

# Newsline No 53 May 2024

## Public Edition for Non-Members



Some of our Theatre Group  
enjoying time together:  
See "Theatre Group" news

## From the Chair

Coffee and cakes with a roomful of new members in Southwell Baptist Church a week or two ago was a great pleasure, as usual. It's always good to meet "newbies" and to hear their fresh perspective, feedback and ideas from their first few months as members of our u3a. We love to see new members get involved with our existing interest groups and, even better, to set up new groups of their own. I'm sure our latest bumper band of recruits will be no exception.

Last night, Steph and I were at Southwell Library to hear Katherine and Alan Clark (aka 'ARKangel') perform the premiere of their latest show "Cider with Rosie". It also reminded me how fortunate we are to still have libraries in Southwell and Farnsfield and what a great community resource they are. u3a member Katherine will be repeating her learn-to-play-the-violin "Violin Virtuosos" short course for us in October. She told me that she has one (or possibly two) places left and so any budding virtuosos should get in touch with her: [info@arkangel.uk.com](mailto:info@arkangel.uk.com) Next week, I'll be attending the Group Leaders' lunch at the Rugby Club and then there's the latest meeting of our "Come Dine with Us" cooking group on the following day. I'll be at the u3a

food quiz and lunch at the Saracen's Head on the next day and then I'll be on our recruitment stall at the Saturday market – I may need to put my



feet up (or at least go on a diet!) by Sunday. All of these events will already have happened by the time you read this of course but I hope they'll have given me the opportunity to speak to quite a few of you by then, as I'm always keen to hear what you have to say about our u3a.

Nationally, the u3a has just announced the launch of "u3a Friends Extra". Any u3a members who subscribe to the national "u3a Friends" free monthly newsletter will gain access to a wide range of discounts, offers and services. Further details, including how to sign up to the newsletter, follow in this edition of Newslines.

We inevitably now come to my Joke of the Month, with some further random thoughts on life:

People who use selfie-sticks really need to take a good long look at themselves.

I was wondering why the frisbee kept getting bigger – and then it hit me.

If a book falls on your head, you



probably only have your shelf to blame.

]

And finally, despite the high cost of living, let's not forget that it's still more popular than the alternative!

All the best for another month.

## Extra Benefits for u3a supporters

We are delighted to announce a new range of services to those who sign-up to receive the u3a Friends Newsletter.

u3a Friends Extra is a benefits website developed exclusively for members of the u3a Friends newsletter community. The website provides access to a wide range of offers, discounts and additional services.

Friends Extra is completely free to access. Anyone signed up to the u3a Friends Newsletter can now also make savings on well-known brands, shopping, travel, days out and more.

- Offers and services on Friends Extra include:
- Health and wellbeing
- Shopping savings on major brands and retail discounts
- Travel and holidays
- Leisure offers, like family days out, trips to the cinema and theatre

- Insurance offers on car, travel and medical insurance
- Access to financial advice and a legal helpline.

**To become a "Friend"**, simply sign up to receive the Friends Newsletter on the u3a website: <https://www.u3a.org.uk> Each issue of the Friends Newsletter will include a link to the Friends Extra benefits website and highlight one of the offers.

This is just one element of the u3a Friends Newsletter, which brings together stories from local u3a groups, learning opportunities and news of upcoming events to highlight the fun and learning within the u3a community.



## Our Next Speakers:

7 May	Martin Gorman	The Bromley Library in Nottingham (Angel Row)
4 June	Roger Browne	History of Jazz Piano and its Influence on Popular Music

## IMPORTANT MESSAGE ABOUT ENTRY TO MONTHLY MEETINGS

Our u3a management committee have been asked by the Leisure Centre to ensure that members **do not use the fire escape doors** by the car park for entry to and exit from our monthly meetings. This request is apparently in the interests of maintaining security and preventing unauthorised access. The fire doors are only to be used in the event of a fire and to gain entry for large and cumbersome items of equipment (with the Leisure Centre's prior permission).

From the May meeting onwards, entry will now only be by the main entrance to the hall, via the main doors to the Leisure Centre. The fire escape doors will no longer be open before or after the meeting. This unfortunately means that members will have to walk a little further if using the long stay car park and so please arrive in plenty of time to get into the hall by 10am. Please also remember to have your

**NO ENTRY OR EXIT**

membership badge on show as you enter. We are sorry for any inconvenience caused by the closure of the fire doors, particularly to any members with mobility problems, but we are obliged to comply with this request.

Brian

**Our Monthly Meetings are on the first Tuesday in the month, at Southwell Leisure Centre: Please arrive between 9.40 and 10am. If possible bring along a cup\* for refreshment time.**

**\*Preferably unbreakable!**

## OUR APRIL SPEAKER

In April we were all entranced with a talk by **Geoffrey Bond** about the early life of Lord Byron and his attachment to Southwell.

We were told by Geoffrey that he was born in Aberdeen in 1788 and had a very strong Scottish accent which he worked very hard to lose once he became famous. He went to school in Aberdeen and finished up at the grammar school where he claimed they taught nothing but Latin. He was the only child of Captain John Byron (known as Mad Jack) and Catherine Gordon, heiress of the Gight estate in Aberdeenshire

When he was 10 years old he became the 6th Lord Byron when his cousin the 5th lord was killed in action in Corsica. However, he wasn't allowed to inherit the house and estate of Newstead Abbey until he reached the age of 21 and he became a ward of the Chancery in London until then. Mad Jack subsequently spent his wife's money.

Both Byron and his mother came to Nottingham to be near Newstead Abbey and stayed with some friends called the Parkins who were very well



known in Nottingham. However, his mother realised they needed to have their own house and in 1803 bought Burgage Manor in Southwell. They lived there until 1808

During this time Byron went to Harrow school and Trinity College Cambridge where he discovered his love of poetry.

Whilst living at Burgage Manor he wrote a lot of poetry encouraged by Elizabeth Pigott who lived in the house directly opposite. She did some editing for him and promoted his poems to printers and book publishers. She remained a good friend until his death.

Byron's first four books named "Fugitive Pieces" were printed by Ridge and Sons, Printers, in Newark who were located just off the Market Square. These were published in 1806/7 when Byron was only 17. His poem Genesis was also written in Southwell.

The first two cantos of Childe Harolds Pilgrimage were published by John Murray in 1812 and overnight Byron found himself famous. This book sold more copies in weeks than Keats and Wordsworth sold in their entire

## OUR APRIL SPEAKER Continued

lifetime. He was a great self-publicist and was greatly helped by the publicity gained by his publishers in London. Cantos 3 and 4 were published in 1816 and 1818. However probably Byron's most famous book of poetry was Don Juan published between 1819 and 1824.

Byron died in 1824.

It was agreed by all that we should attempt to promote Southwell and his links to Byron much more as it is a very important part of our heritage and the talk was thoroughly enjoyed by all members.

John

## SHORT COURSES and WORKSHOPS

### Introduction to smartphones course

We are shortly to hold an 'Introduction to Smartphones' course. There will be two different sessions dedicated to introducing beginners to the basics of using a smartphone. Much of the course content is also applicable to tablets.

The course will be held on Thursday 6

June and Thursday 20 June. Both sessions will begin at 6.30pm prompt and last for around an hour.

Venue: Southwell WI Hall, Sheppards Row, Southwell, NG25 0AB. The hall is fully accessible.

To book your place, please email Tony and Lorna

### Driving

There is a real need as we get older and drive less to keep our skills up to scratch, so have a think about joining our session on 6th June at Southwell Rugby Club 2-4pm. Notts Road Safety Partnership are hosting a light-hearted and interactive session, giving advice and tips on how to prolong and enhance safer driving. Topics covered include The Highway Code, licence renewal, and medical conditions,

among many others. Have a go at the 'drinking game' and see a selection of adaptations that are available for drivers. This positive and encouraging workshop is always well received, with many commenting on how informative and fun the workshop is. I have several bookings from women but so far men have been far slower at acknowledging the marching of time.



## SHORT COURSES AND WORKSHOPS

### Wills

Finally, Talents Solicitors are offering a session on preparation of wills and Powers of Attorney, topics which may be on your mind right now. This session is on Tuesday 11th June 10-12 noon, venue to be confirmed.

Sarah Allen of Talents writes: 'During the session I will discuss wills and provide guidance on points for consideration by individuals when they are deciding on the terms of their wills to include those they should have regard to and any steps that may be warranted to protect assets in the Estate and the Inheritance Tax consequences of the wills. I will also discuss both types of Lasting Powers

of Attorney and explain the processes involved in entering Lasting Powers of Attorney as well as the potential increasing level of need for individuals to consider Lasting Powers of Attorney and their use as and when required. I will of course keep the workshop general to ensure that it is applicable to as many members as possible, however I am of course happy to answer specific questions either at the end of the workshop or on a one-to-one basis thereafter'.

Both the Driving and Wills sessions to be booked with Jane

## Newsline Deadline for the June Edition

**Please email articles and pictures to the Newsline team by 10th May to ensure inclusion in the June edition.**

**[su3anewsline@gmail.com](mailto:su3anewsline@gmail.com)**

**Items that arrive after the deadline will be carried forward to the next month's edition**

Group news is of particular interest to existing and new members and an excellent opportunity to review and promote your group.

Updates on social activities are also good to see, such as the coffee mornings at Southwell Garden Centre or Sunday lunch groups. We now have space for some 'Letters to the Editor.'

**PLEASE** remember to include your email address; a telephone number is optional.

Anne Greenaway, Editor

## COMPETITION TIME

The publicity group are running their first photography competition.

It is open to all members of Southwell u3a and with a prize worth more than money – the chance to have your photo used as the cover photo for our new public Facebook page for all to see.

If you are not a Facebook user [visit our page](#) to see what it looks like.

The theme for the photo is 'My Southwell', how you interpret this is completely up to you with the following requirements

- All photos must be landscape orientation.
- All entries must be submitted as JPEGS.
- All photos must be the original work of the person submitting.
- The photo must not infringe upon the trademark, copyright, moral rights, intellectual rights, or rights of privacy of any entity or person.
- All photographers will be given artistic credit on Southwell u3a Facebook page.
- A maximum of 3 photos per person will be accepted.
- Photos may be used for other marketing purposes by Southwell u3a.
- Winners will be decided by the publicity committee, their decision is final.
- Photos must be submitted by 31st May 2024 to Deb with the winner being announced in July's edition of Newslines.

Good luck and we look forward to seeing your work.





## Useful websites

National u3a website: <https://www.u3a.org.uk>

Nottinghamshire [website](#) and [April](#) bi-monthly Newsbites Magazine  
(Have a look at what our wider network has to offer!)

Southwell u3a website: <https://www.southwellu3a.com>

Southwell u3a Facebook: <https://www.facebook.com/groups/southwellu3a>

## Risk Assessments

As an extra support for members, the “Interest Groups” pages on our website <https://www.southwellu3a.com> will increasingly feature links to the “Risk Assessments” for each group, as these are sent to us by Group Leaders.

Watch out for your own group’s assessments, and “Stay Safe”.

## COFFEE MORNINGS

The fortnightly coffee mornings held at Southwell Garden Centre, Fiskerton Road, are still popular and open to all members, so if you fancy a chat and a coffee come along at 10.30am on the 2nd and 4th Thursday mornings of the month.

This month’s meetings are on the 9th and 23rd May. There are usually one or two Committee members present.

It can help other (and especially new) members if you remember to bring and wear your u3a lanyard.

Marjorie



## MEAL DEAL!!!

The Hearty Goodfellow in Southwell has agreed to give a 10% discount on all food (NOT including drinks) to Southwell u3a members. Lunch and dinner.

**EACH** member must show their current u3a membership card **at the time of ordering** to get their **INDIVIDUAL** discount.



## COURSES AT

### SOUTHWELL LIBRARY

Inspire are running several interest courses at Southwell Library. If you are interested, explore their website. [www.inspireculture.org.uk](http://www.inspireculture.org.uk)



## Community News

Southwell Town Council website is <https://www.southwellcouncil.com>, council office [admin@southwell-tc.gov.uk](mailto:admin@southwell-tc.gov.uk) or 01636 816103

Nottinghamshire County Council website is <https://www.nottinghamshire.gov.uk>

You can contact Notts County Council customer service team via 0300 500 8080

Customer service opening hours: Monday to Thursday: 8:30am to 5pm Friday: 8:30am to 4:30pm

Newark & Sherwood District Council website is <https://www.newark-sherwooddc.gov.uk>, [customerservices@newark-sherwooddc.gov.uk](mailto:customerservices@newark-sherwooddc.gov.uk) 01636 650000

## SOCIAL AND TRIPS

Here is the Social and Trips committee's list of events until the end of the year. We hope you will join us for some of them!

**Friday 5<sup>th</sup> July**

**Strawberry Cream Tea and Demonstration**

The Old Barn, Field Farm, Rolleston.  
Tickets £20.00

Details are now on our website.

**Wednesday 31<sup>st</sup> July**  
**Sandringham Flower Show**

Tickets £45.50, now sold out!

**Wednesday 25<sup>th</sup> September**  
**Day trip to Castle Howard**

See next column for details

**Thursday 5<sup>th</sup> December**  
**Southwell Theatre Club Murder Mystery**

If you would like tickets for any of these events please contact Miriam

**An exciting day trip to  
Castle Howard**

**Wednesday 25<sup>th</sup> September.**



The ornate, gilded 18th-century stately home set in landscaped grounds with fountains, trails and lakes and used for the filming of period productions such as *Brideshead Revisited* and *Bridgerton*.

Departing Leisure Centre at 8am, returning at approximately 6pm  
Cost £40, to include coach and entrance to house and gardens.

Please contact Jane

Tickets will also be on sale at the May meeting.

## Southwell u3a Trip Booking Form

Please book a place for me on the trip on (date) .....

to (place) .....

Name .....

Southwell u3a member yes / no:.....

Contact Tel no ..... Mobile no .....

Emergency contact Name.....

Emergency contact Tel no .....

I enclose a cheque for £..... made out to Southwell u3a Money is non-refundable unless your place can be re-sold. Please return this form with payment at the May monthly meeting.

### NEW GROUP NEWS

**Chess Group** There has already been a response to the April newsletter and my brief intro at the April meeting regarding a possible Chess group, including several who would like to learn at least the basics of how to play.

I will be organising a first small group at the Chess Master cafe in a few weeks' time. If anyone else would like to meet informally please let me know so I can advise the date/time. We can't take many members as the venue is small.

Richard



**Closure of Walking Football Group** The brief life of the fledgling Walking Football group has come to an end, after only half a dozen sessions. Unfortunately, there have been several falls and some associated injuries, despite rules intended to prevent such injuries. In discussions, it was concluded that there was no additional risk mitigation that would ensure the avoidance of similar injuries in the future. As a result, and by mutual agreement, it was felt there was no choice but for the group to close down.

Thanks go to Roger, Group Leader, for setting up and running the group. Those of us who took part really appreciated Roger's enthusiasm, enjoyed the weekly sessions, and are sad to see them come to an end.

Brian



## NEW GROUP NEWS

### **New group – ‘The Play’s the Thing’.**

The aim of this group is to explore plays, not only to read them aloud. We hope to discuss ideas and themes, select scenes and workshop them, play with the language and experiment with characterisation. The choice of plays will be decided by the group members and could include classic, modern and international writers.

No prior experience is needed, though welcome. What is needed is willingness to try things out and possibly an inclination to move it and shake it. All, of course, in a safe and supportive environment. This group will be led by Jill Morris so all that is needed to start it are some enthusiastic members.

We are looking for a venue in Southwell and plan to meet on the 3rd Friday of each month from 10-12noon Please contact : Jill or Jean

## GROUP NEWS

### **Birdwatching Group 1**

In February members of Birdwatching Group 1 travelled to Norfolk and visited a number of reserves including Titchwell Marsh and Cley Marshes. The weather was cold and blustery, but it stayed dry and with the help of our expert guides we recorded over 80 species. The photo shows the group near the village of Cley with the well-known Cley Windmill in the background.



### **Country Dancing at Thurgarton Village Hall**

Dancing is a fun way to get some exercise on a Monday morning. Come along and join us at Thurgarton Village Hall in term time on the 2<sup>nd</sup> & 4<sup>th</sup> Mondays of the month 10 - 11.30am to chat, laugh and enjoy some easy “Country Dancing”.

All dances are called and no experience is necessary. Everyone is welcome either with or without a partner.

Why not come along for a couple of taster sessions?

For more information email Sue

## CREATIVE WRITING GROUP

This month's contribution is "**Origins**" by Austin

The first thing I remember was the pull of the moon. I felt it draw me forward across the face of the swelling ocean. I was there with the millions, the water darkened by our numbers. We were small but we were many, or so it seemed. Onwards we all went, inexorably towards vast unseen continents and into the welcoming mouths of rivers. Thinning out now, we shone like glass as we moved to seek the shelter of freshwater. Would we be chosen, would we find safety, sanctuary, sustenance? There was no longer any safety in numbers. We were spreading out now, each seeking our own space. We must keep moving but how will we know when we can stop? We must stop when we are alone.

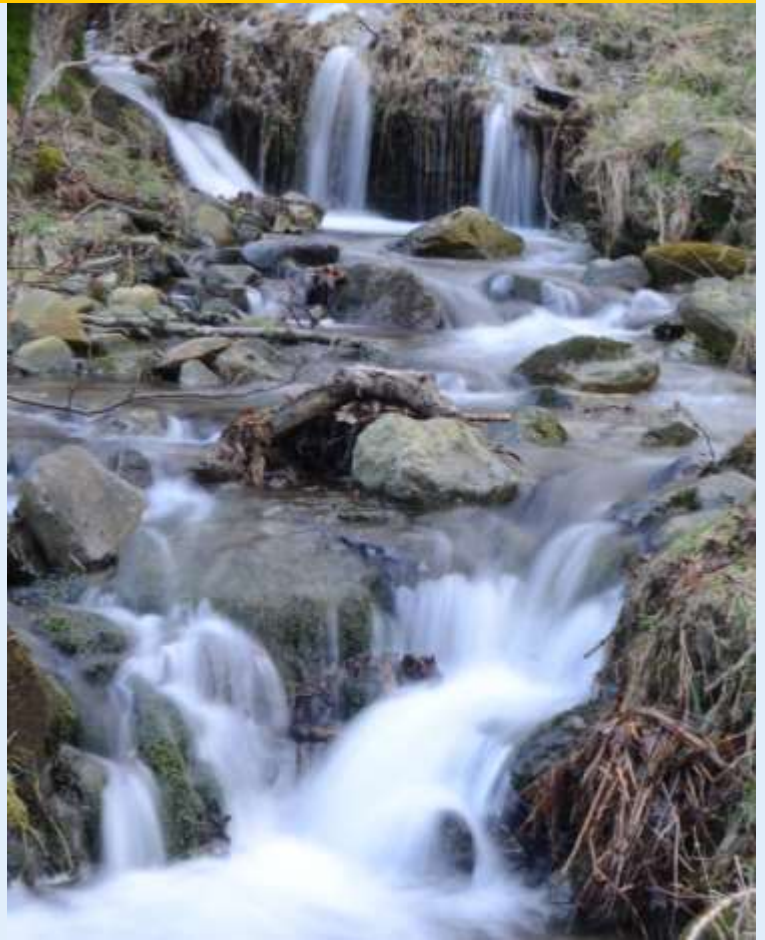
I am alone. The water is quieter now and moves slowly past me. It is time to grow, to feed, to extend my firming flesh. It seems that I have everything I need but there are others here who want my space, who want my flesh. I learn to hide and, as I grow, I become stronger and faster. This water cannot hold me now when other streams and lakes are calling. Onward, to better, safer, richer places. I feel only the rhythms of the seasons now, as each winter's slumber in dark and warmer depths gives way to the awakening of spring. Years have passed but now I start to dream of salt. Slowly, gently, I turn my face towards the moon and once again I can feel its power.

I realise now I have a part to play in something bigger. This is what I have been preparing for. I am not sure what I must do but the moon will guide me again. I must not be alone; I must find the others. There will be strength in numbers. For now, there is only the journey. I crave the ocean and its salt, I long for the bond I once felt as we swarmed from its depths. Nothing can stop me now, I am going back to my source, my origin, the start of everything. Surely, I will be reborn. Everyone will be reborn.

No longer bound by the seasons, I am travelling to where the salt grows stronger. I must go back to the ocean, to feel its depth and the pull of the moon once more. I can sense the presence of my gathering kin as we all seek the origin together. My flesh is firm. I feel it shifting, ready for the frenzy of the congregation. I am here now, at last, beneath the floating weed that once sheltered my tiny form. So, few of us have made the journey back, a mere fragment of the millions that first felt the moon. The cycle is complete, the circle is closed.

We free our own new millions now and cast them on the water as we were once cast. New life setting out on that same journey anew, yet we must fall into these Sargasso depths one last time.

Austin



At our last meeting in the library, we were again exploring manual settings by photographing water falling into a bowl using different exposure times and apertures.

As one may imagine, there was a lot of spillages and splashing, but we had come prepared with towels and no lasting damage was done to the library!

Umbrellas were also involved, but not to keep dry, we were spinning them to again test varying shutter speeds. Others of us had shot more natural moving water in outdoor settings. With improving weather and daylight, we'll soon be planning our 'on location'

programme – we're looking at wild fowl at somewhere like Attenborough Nature Reserve, and probably will go back to our favourite bluebell wood.

We are technically full, but can still squeeze in a few more members, so if you'd like to join contact Graeme – his details are in Members' Area of our website.

We normally meet at Southwell Library on the second Tuesday of each month at 2pm, where as well as progressing our latest project, we look at our recent work against a particular theme, and discuss the shots. We only show



## GROUP NEWS cont'd

about four shots each – this makes us look more carefully at what we bring to the meeting – why do we want to show this photo? Have we edited it to get it to be as good as possible?



We also get some tuition from our more expert members on a particular subject – editing, camera settings, etc. And if anybody needs help on any aspect of their camera, that is available on a one-to-one basis.

help group and support each other whatever level of skill and camera or phone that we have. If you've got a phone you're a photographer – you don't need a camera!

We cover a wide range of expertise and equipment; we are a genuine self-

John

Dr Noble Jayasuriya sent this photograph from his Winter Home in Sri Lanka:



Mango season has arrived. 'in the next door's garden!'



## GROUP NEWS cont'd

### Quiz Group



The Quiz Group goes from strength to strength. Here we are at The Admiral Rodney in March, taking a brief break from The Hearty Goodfellow as they had a big meal booking. The Admiral had us recorded as "A Youth Group" having misheard u3a as "Youth 3 a" – not a bad way to describe us really!

Lynne

### Wine Groups



The two Wine Groups – Wine Lovers Group and SWIG joined forces for a fun wine tasting evening at Ann et Vin in Newark, a very enjoyable evening.

## GROUP NEWS cont'd

### Theatre Group

Southwell u3a Theatre Group is a friendly and welcoming group who enjoy live theatre in all forms and meet on the 4th Friday of the month in the back room of Southwell Library. We open at 10am (coffee/chat) for a 10.15am start.

At each meeting we decide on which shows to see and also discuss previous performances. We try to visit at least one production per month locally, both as part of the group or individually. We also plan an annual visit to Toilethorpe and occasionally productions in London and Stratford. Usually we frequent local theatres mostly in Averham and Nottingham and also in Derby, Leicester and Sheffield. We attend Live Screenings of London plays in local cinemas.

We occasionally have a social lunch, and the front cover features an enlargement of this small shot, which shows our most recent lunch which took place at The Saracen's Head hotel.

We do have places available within the group so if you are interested in joining us, even for a couple of taster sessions, please contact Pam



### Averham future productions:



### E Midlands future productions:



## Southwell u3a Concert Coaches – Royal Concert Hall, Nottingham



### Southwell u3a Concert Coaches – Royal Concert Hall, Nottingham

The following two concerts are open for booking. I will be available at the May 7<sup>th</sup> Monthly Meeting to take bookings for the May 17<sup>th</sup> concert.

**Wednesday 1 May, 7.30pm**

**Philharmonia Orchestra**

**Santtu-Mathias Rouvali**      **Conductor**  
**Sunwook Kim**                      **Piano**

Brahms                                  Piano Concerto No. 2  
Dvořák                                  Symphony No. 7

**Friday 17 May, 7.30pm**

**The Hallé**

**Sir Mark Elder**                      **Conductor**  
**Stephen Hough**                      **Piano**

Brahms                                  Piano Concerto No. 1  
Butterworth                              A Shropshire Lad  
Elgar    Enigma Variations

Please provide separate Booking Forms and separate cheques made out to Southwell u3a for each concert. Ticket prices remain at Band A £39, Band B £35 and Band C £33 with the coach included in that price.

**Roger**



## MISO SOUP – Serves 4

Japanese cuisine was the order of the evening at our last CDWU meeting and here's the recipe for our miso soup – a Japanese classic. We were told that there are 1300 or more varieties of miso but you should at least be able to get the red and white varieties at larger supermarkets – the darker the miso the longer it has been fermented, apparently.



The kombu and the wakame proved to be more of a challenge and in the end had to be obtained online. For both, you can use the substitutes suggested in the ingredients list.

If you don't like tofu, just use some quick-cook vegetable (eg chopped mushrooms) instead.

### INGREDIENTS

#### ***Dashi (or Stock)***

You can buy dashi ready-made from Asian stores and larger supermarkets, but you can make your own by soaking 20g of kombu (dried kelp) in 1 litre of water for 30 minutes. Bring to the boil, simmer for 2 minutes and then remove the kombu to leave a great vegetarian dashi.

If you can't get the kombu, just use 1 litre of good quality vegetable or mushroom stock.



## COME DINE WITH US RECIPE cont'd

### SOUP

5g dried wakame seaweed (or shred a handful of dark greens like Cavallo Nero or kale).

200g fresh tofu, cut into 1cm cubes

silken tofu is soft and tended to fall apart a bit in the soup but you can use firm or smoked tofu if you prefer.

2 tbsp white miso paste.

3 tbsp red miso paste.

Spring onion, finely chopped, to serve.

### METHOD

#### Step 1

Put the wakame in a small bowl and cover with cold water, then leave it for 5 mins until the leaves have fully expanded.

#### Step 2

Make the dashi (or use ready-made dashi or stock) and heat until it reaches a rolling boil. Add the tofu and cook for 1 min before adding the wakame seaweed (or shredded greens).

#### Step 3

Reduce the heat. Put both types of miso in a small bowl. Slowly loosen up the miso with a spoon and a little of the hot stock – the paste will slowly melt. Once all the miso is dissolved, stir it into the soup and then turn off the heat immediately. Sprinkle with chopped spring onions to add colour and fragrance.

Enjoy!