

Newsline No 47 November 2023

Public Version



Working hard to tell others what we do (see page 6)

&

Celebrating growth to over 800 members! (See Page 7)

u3a

Southwell

From the Chair

I'm now going to break my golden rule of not mentioning the state of the weather, political developments or the fortunes of Sheffield Wednesday, as experience has taught me that things will be the exact opposite by the time this edition of Newslines actually appears. In the case of Sheffield Wednesday, such a change of fortune would of course be very welcome, in politics the proverbial week is a long time but in the case of the weather, what a marvellous "Indian Summer" we've been having and long may it continue.

This prompted me to consult Professor Google on the origins of the term "Indian Summer". I was surprised to find that the phrase was first used in the 18th century, relating to weather conditions at this time of year in some parts of North America inhabited by Native Americans. It's of course now used to describe any unseasonably warm and quiet weather in October and November in the northern hemisphere, although Germans apparently prefer to say "Altweibersommer" (old women's summer) – much less charming to my mind!

These Autumn months are always fairly quiet ones in the u3a year. October though has brought us a

record-breaking 800th member for Southwell u3a. Those of you who were at our October monthly meeting will have seen Rosie Barnes of Upton



presented with a special flower arrangement to celebrate the occasion. Later in the month, our Group Leaders met to exchange thoughts and ideas over a lunch at Southwell Rugby Club. Our GLs really are the stars of our u3a and it was great to see them together and to hear their suggestions.

On a personal note, I joined the Ukulele Group a few weeks ago, following the impulse purchase of a ukulele in Folkestone some months ago. What a welcoming and tolerant lot our ukulele players are, prepared to put up with the bum notes and fretboard fumbling of an incompetent such as myself. That said, I do seem to be making some progress now – Christmas show performance by the Ukulele Group here I come! On that subject, we could also still fit another one or two non-musical variety performers into the show and so please let me know if you could "give us a turn" (even if it's more of a "funny turn"!).

Mention of which leads me inevitably

CHAIR (CONTINUED)

to this month's "Joke of the Month". I'm sure that all of you know of Karl Marx, the German-born philosopher and revolutionary socialist. Not many people know though that he had an Olympic sprinter daughter by the name of Onya. She was such a great sprinter and well-known athlete that her name has been mentioned at the start of each and every race, even to this day!

Well, no doubt you all saw that coming but that's as good as it gets, I'm afraid. Enjoy the "mists and mellow fruitfulness" until next time.

Brian

COURSES AND WORKSHOPS

I've attended three recently: two tasters of the new On-line lectures – 80+ in all – which you can join for £12 a year in addition to your u3a or on its own: it's ideal if you're struggling to get to physical meetings. There has been a week of taster sessions and I tasted Armchair Archaeology and Pop for Third Agers both extremely interesting and informative in very different ways. But the best 'lecture' I have heard for a long time has been Carl Honoré's How to Age Better (it was recorded and can be found on the national website). He suggested society was drenched in ageism which affects all on the spectrum but weighs more heavily on

those at the higher end. We call out racism and sexism so why not ageism? If we worship youth and denigrate age we are going to age less well; we may even shave off seven and a half years of life! Ageism narrows our horizons.

So, he suggests we should ditch all the old expressions and stereotypes, redefine upwards, our attitudes to ageing. No more 'senior' moments: think of them as goldfish moments! Learning is not just for the young: you **can** teach old dogs new tricks – it's even true of dogs! We are entering a golden age of ageing: there are more of us on the planet than ever before; chronological age is losing its power to define and limit us. Take pride in being the oldest there; of how much fun you are having and celebrate the year you're in as being that level in 'The Game of Life'. All those on Level 20 may be doing it quicker but they have such a long way to go, so much to learn.

Lynne

Our Monthly Meetings are normally on the first Tuesday in the month, at Southwell Leisure Centre: Please arrive between 9:40 and 10.00. If possible bring along a cup* for refreshment time.

***Preferably unbreakable!**

OUR OCTOBER SPEAKER: Russia: Beauty or Beast?



On 3rd October we had a return visit from Russian expert Dr Cathy McAteer, Post-Doctoral Research Fellow at Exeter University specialising in Russian culture. This time her talk *Russia: Beauty or Beast* gave us an insight into what has been going on in Russia since the break-up of the Soviet Union and some background to what is happening now in Ukraine and within Russia and other former USSR countries. We had hoped of course that the war would be over or coming near to a conclusion by now

but it seems to be heading for more years of savage attritional conflict backed by many people across Russia, people who thank Putin for bringing stability and economic growth, particularly after the collapse of the rouble in 1998 which wiped out savings and pensions and resulted in widespread poverty and misery. Cathy's talk was, like her earlier talk, lively, informative and passionate and above all very knowledgeable about the country, its people and culture. No wonder then that she is in great demand as a speaker and those of our members who were not at the meeting missed a memorable talk, one of the best in the ten years that I have been booking speakers.

OUR NEXT SPEAKER (7th Nov)

Next month we have booked Paul Lillie who will talk about the evolution of rock and popular music from Blues, Gospel, Folk and Country and pop music's capacity for protest and rebellion against key political events such as the Vietnam war. He will also examine the cultural impact of writers such as Dylan and The Beatles and illustrate rock's relationship with the visual arts through the work of artists such as Peter Blake and Andy Warhol. Paul's entertaining and informative talk will be interspersed with many songs and anecdotes from his own career which has included impersonating and illustrating many of his musical idols.

Chris

Our Speakers for 2024

We have a varied programme of speakers booked for next year. We hope you will enjoy them and please feel free to give us your views on the speakers and topics as it isn't easy to judge what members feel about them without feedback. We do our best and our programme is brought together taking into account what sounds topical, informative and enjoyable, tempered by what speakers are available and whether we can afford them! Below is the programme for the next few months. **Note that the January meeting will be on 9 January, i.e., the second Tuesday, as the first Tuesday is so close to the New Year.**

Chris

9 Jan	Kim Kettle	Cheesemaking at Long Clawson Dairy
6 Feb	Minster School Students	As We See It
5 March	Ann Hilton	Medical Dogs
2 April	Geoffrey Bond	Lord Byron
7 May	Martin Gorman	Bromley House Library
4 June	Roger Browne	History of Jazz Piano and its Influence on Popular Music

Newsline Deadline for the December Edition

Please email articles & pictures to the Newsline team by 10th of each month to ensure inclusion:

su3anewsline@gmail.com

Items that arrive after the 10th November 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
Editor

NEWS

Last chance for PAT testing

If you have any u3a electrical equipment on long-term loan and you've not already had it PAT-tested for electrical safety, now is your last chance this year to do so! Our PAT tester, Verdun, will be at our next monthly meeting in the Leisure Centre on 7th November. You (or a member of your group) should bring along any equipment that still requires testing and Verdun will collect all such items during the break or at the end of the meeting. He will then take them away for testing and will contact you as soon as he has done so.

Please note that it is usually only the power cable that needs to be tested. The electrical item itself does not normally need testing, unless it has 2 concentric squares close to the serial number details. If in doubt, bring along both the lead and electrical item and Verdun will let you know what needs to be done.

Anne (Equipment Coordinator)

SUPER MARKETING



New Chair of the Trips & Social Events committee Miriam and Publicity Group member Pam were spreading the u3a message in the entrance to Southwell Co-op a week or two ago. 'Every little helps' – oh no, that's a different supermarket, isn't it!

NEWS CONTINUED

Southwell u3a hits a record 800 members!

Rosie has gained the distinction of becoming Southwell u3a's 800th current member. She was presented with a bouquet of flowers to mark the occasion by Chair Brian at the October monthly meeting. We wish Rosie and all other new members a long and enjoyable membership of our u3a!



NEWS FROM MEMBERS

Fly Like a Bird?

Fancy indoor skydiving? Last year my granddaughter and I stood in a windy chamber and were blown upwards until airborne. With the instructor as guide we were eventually 25' high. More experienced 'pilots' could manoeuvre around the flight area. However, the less able (such as myself – pictured) aimed for 'steady-as-she-goes' and not appearing to be 'out-of-control'! Don't worry –



you 'fly' individually and are well looked after. A thrilling experience.

Venue: iFLY, Milton Keynes.

Richmond

u3a
learn, laugh, live

SOCIAL AND TRIPS: Three Events for your diary:

Quiz & Cake:

Monday 13th November

Come along and join us for an informal quiz at the Southwell Rugby Club. 2pm- 4pm. Tickets £3.00 (includes tea, coffee and cake)

Please email via Website

You will be able to collect your tickets at the November u3a meeting. Please remember to bring cash or cheque payable to "Southwell u3a". Looking forward to seeing you there!

Burns Night:

Saturday 27th January

This popular event will be held at the Trebeck Hall in Southwell: Full information to follow next month.



Robin Hoodie Murder Mystery

Thursday 7th December

Robin Hoodie and his Merry People (Southwell Theatre Club) Murder Mystery and Supper:

Robin Hoodie and his Merry People have a problem! So successful have they been in robbing the rich to give to the poor, there are no poor any more! Bored almost to death, Alan a-Dale, the resident minstrel organizes snail races; Friar Tuckin dreams of his next meal; Robin is ensuring his horse is kept off the menu; and Mad Marion is bossing them all about. Throw in an invisible forest sprite, the devious Sheriff of Nottingham, the treacherous Prioress of Kirklees, Pitkin an innumerate peasant, and you have a recipe for mayhem – and murder!

Southwell library. 7.00pm for 7.30pm
Ticket £10.00 includes quiz and light supper.

Please email via website.

You will be able to collect your tickets at the November u3a meeting . Please remember to bring cash or cheque payable to Southwell u3a

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 the 9th and 23rd November. 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.



VOLUNTEERING

Facebook Expertise

The Publicity Group is very keen to improve our u3a's presence by setting up a vibrant public-facing Facebook page. If you have the expertise to help, we would be most grateful.

Please contact: Publicity Chair, Tony

Could you help our Newsline Editor?

Do you or a family member travel to Newark most weeks? We need "Someone" to collect our printed copies of Newsline and bring them to Southwell.

Please contact: Newsline Editor su3anewsline@gmail.com

Useful websites

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

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

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

As u3a members we can join a wide range of online talks, and courses, all included in membership fees: Visit [National u3a On-Line Learning Events](#)

MEAL DEAL!!!

The Hearty Good Fellow in Southwell has agreed to give a 10% discount on all food (not including drinks) to Southwell u3a members. Lunch and dinner – just show your current u3a membership card to

obtain the discount. Every little helps!



COURSES AT

SOUTHWELL LIBRARY

Inspire are running several interest courses at Southwell Library. If you are interested, explore their website. www.inspireculture.org.uk



Community News

Southwell Town Council website is <https://www.southwellcouncil.com>, council office 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 01636 650000

GROUP NEWS

GROUP LEADERS' MEETING

12TH OCTOBER 2023

Leaders and other representatives from 41 of our Interest groups, together with Committee members and other volunteers, enjoyed a light lunch and the opportunity to exchange news and views about group activities. They were thanked for all their hard work by both u3a Chair, Brian and the Groups coordinator, Jean. There was a discussion about how to make more room for members in groups that are full and also how to establish new or duplicate groups. It was a very enjoyable occasion with those attending really valuing the opportunity to meet and talk with others.

If there is a group that you would like to join but you know it is full, please do let the Group Leader, or Groups Coordinator, know of your interest. It may be that a vacancy arises or that there is sufficient interest to start up a new group.

Jean

Group Leaders' Co-ordinator

New Groups

Last month we told you about two more proposed groups: These have already attracted several members: **"Film Extra"** will have started by the time you read this page, see page 16.

"Music through the decades" appeals to our "popular music" – loving members, and we expect its first meeting to be in January. See page 20, and do sign up whilst there is still room.

Meanwhile, our new **Croquet Group** has just completed its first season so successfully that it will run again next year: Put your name down soon, as this will fill up fast! See page 15.

Group Statistics

We now have more groups than ever: Our [website lists all 77](#) of them! Of these, 53 groups can accept more members. The other 24 are full, but you can ask their Group Leader to add you to their waiting list.

To contact a Group Leader: Go to the ["Members' Area"](#) (usual password), and click on "Groups and Leaders". Note the contact details for the relevant Group Leader and phone or email them.

Astronomy Group

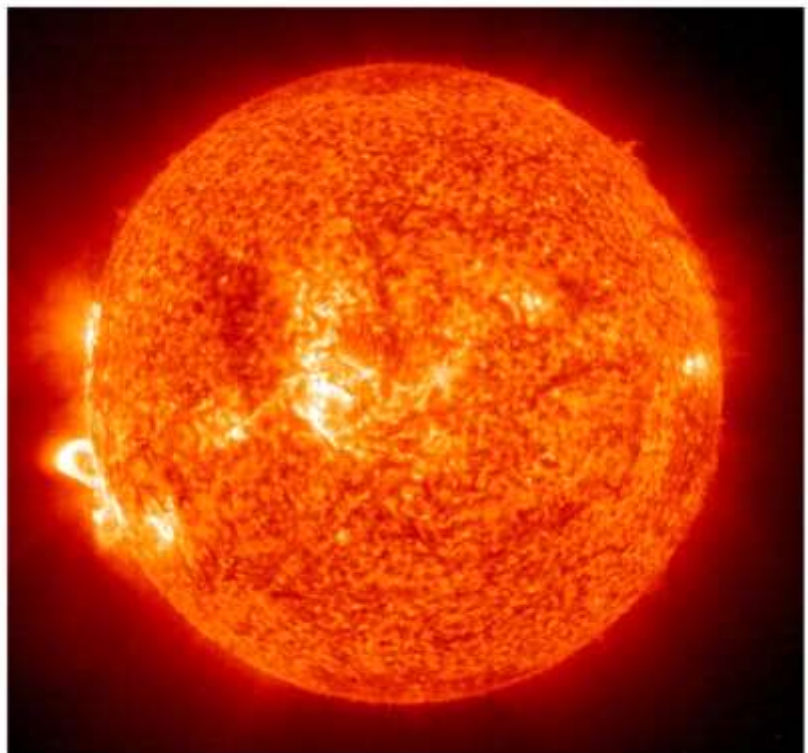
The [Astronomy Group](#) has an exciting long-term list of topics to be presented and discussed at our future regular monthly meetings. These include bodies and moons in the solar system, stars, exoplanets and black holes. We also want to look back at how it all began through to how it may end along with the history of ancient astronomical clocks and measures through to early space flight, then leading on to modern space exploration via rovers and robots and Astro photography. We even plan to look at related topics like particles and waves, space medicine and the building blocks of life.

We meet from 10:00am to 12 noon, and the next group meetings are on **Thursday 26 October** in the downstairs meeting room of Southwell library and then on Thursday **23rd November** in the meeting room at the Baptist Church in Southwell (*this is a one-off change from our normal venue, which is not available then*).

The October topic is by a local external speaker telling us all about the fascinating world of Astro photography and the November topic will be a presentation on our star, the Sun.

We hope to see all group members there (new and long standing), but also any u3a member who is interested (and intrigued) by space is welcome to attend. I am hoping to build on the recent influx of interested members who are keen to learn about astronomy at a level that is acceptable. Yes, for now we still have room for a few more members!

Richard



The Lost Muse

The muse looked out through the unseeing eyes of the writer as he sat morosely at his desk, wondering what to write. He had grumbled for nearly two weeks that she had 'gone walkabout' yet again, and that he was devoid of inspiration. What on Earth could he write about? Inspiration simply would not come. Chewed pencils and brown ring stains from many cups of coffee littered the desktop, and still the blank white paper lay unmarked before him, a silent reproach for his lack of results.

As he sat, sighing, head in hands, the muse saw the sun rise across the green fields, sparkling with morning dew. She heard the dawn chorus as scores of birds awoke to the new day, their chirping, chattering joy at still being alive, sharing the good news. A great band of gleaming gold split the sky as the sun pierced the light cloud, and the day lit up in all its glory.

Millions of insects swarmed and bustled, buzzed and danced in the warming air, and tiny animals scurried hither and yon about their small business, eager to find food, and shelter from predators. Beady eyes shone and whiskers twitched. Out in the field innumerable plants worked their magic, turning sunlight, water, fresh air and a smidgeon of dust into glories beyond belief; intricate and beautiful flowers, fat, ripe seeds, leaves of all shapes and sizes in brilliant shades of green. Down in the dark soil moved trillions more organisms, all the vast panoply of nature in perfect harmony, blindly bearing the torch of life down the generations.

And still the writer sat, wrestling with his lack of inspiration. Whatever could he write about? Nothing was happening. The muse looked on, silently.

Mountain ranges, where great birds soared through the crystal-clear air, and the slow, slow rocks crept and crystallised, changed and eroded over eons. Rivers ran, seas surged and entire continents rose and fell, moved and metamorphosed. The magnificent blue pearl of Earth swung silently through the vast darkness of space, around the colossal nuclear furnace of the sun, itself only one of millions of billions in the endless cosmos.

And still the writer glared at the empty, mocking paper before him, and the muse waited.

CREATIVE WRITING GROUP: The Muse continued.

Somewhere beyond this small suburban house seven billion people lived and moved and had their being. Seven billion stories of life, love, tragedy and joy, struggle and triumph, loss and disaster, inspiration and achievement. Each was connected somehow to all the others, and to every living thing, and to the whole mighty and infinitely complex universe through the ages. All the myriad works and wonders of Man; the art, science, mathematics, chemistry, technology, music, law, society, fashion, education, architecture, religion, language, writing, philosophy, cuisine and culture were there for the consideration of the curious mind, the conscious mind itself perhaps the greatest wonder of them all.

And still the writer sat in despair, the muse silent.

© Mike Biggs, August 2023



We hope you will look forward to the monthly contributions from members of the [Creative Writing Group](#). If you are interested in joining our successful (and full) group, please contact via website

u3a Southwell



The second Monday in October was a glorious sunny afternoon for our final [croquet group](#) meeting this year. It was an afternoon of fun and laughter, plus the chance to have a competition against each other. There were many challenges and much debate about the appropriate shots needed to be attempted in order to score hoops.

Everyone played well, and there has been much improvement in play and tactics. During our tea and biscuits break it was a unanimous decision to commit to playing in 2024.

The lawns need to rest and have treatment over the winter. So, weather permitting, hopefully the start for our Croquet group will be on the second Monday afternoon in April.

**Would you like to join us next year?
Places are limited, so contact me
soon if you are interested.**

Elaine (Group Leader)

Discussion Group

In [Discussion Group](#) we never allow the facts to get in the way of a good argument; prejudice and common-sense flow freely. Whether you agree or disagree with this “Freedom of Speech” approach, we would welcome you joining us with your views on the ethics, politics and facts behind issues of current events. We meet at 10.30am on the 4th Thursday of the month, except December, in the Old Court House where you will have a warm welcome.

Clive

Recorder Group

Our [Recorder Group](#) has gradually grown and now exceeds its pre-Covid number: Over twenty of us meet on the 1st and 3rd Wednesday of each month to enjoy a wide range of repertoire, much of it arranged by our own members. We are currently practicing for a concert for friends and family, a slot at Southwell Minster “Carols for Everyone” and of course our own u3a Christmas meeting. Hope to see you there!

Ian

Film Extra

The u3a [Film Group](#), run by Lynn, is so successful and its members so loyal that it is permanently full. Due to the enormous amount of interest in the Cinema, **Lynn has decided to open another group, “Film Extra”.**

This means we have room for our patient “Waiting List” members and a few more: **This could be you!**

Film Extra takes place on the last Thursday of the month at the Broadway Cinema in Nottingham. Film Extra starts on 26th November 2023.

Thursday is Silver Screen Day; all tickets are £5 and there are subtitles for the hard of hearing. We catch the 26 bus to Nottingham using our bus passes. We watch the film and, if you wish to, you stay for our post-film discussion in the Broadway Café. All films will be in the afternoon.

If you are interested in joining this group please contact Sheila by email giving her your mobile number and email address. The December programme for the Broadway will not be published until much nearer the time.

Sheila

Photography Group

The highlight of last month was our visit to Southwell Minster, led by Kevin, one of our members, who is a volunteer there. He showed us some really interesting details around The Minster. We have all been there so many times and walked by so much without noticing. For example, as well as the famous stone leaves in the Chapter House, the wood carving in the choir stalls, if not as world famous, is just as superb, he showed us the variations in quality and technique between sections, made by different carvers at different times.

We normally meet at Southwell Library on the second Tuesday of each month at 2pm when we'll be looking at our images from some recent projects, in particular 'Weather Watchers' and 'Analogous Colours'. We're also going back to basics –

most of us find it so easy to just use the automatic settings on our cameras, our Leader is continually encouraging us to use manual controls, and to try to get us to be more creative.

We cover a wide range of expertise and equipment; we are a genuine self – 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 currently have a few vacancies in our [Photography Group](#) so if anybody with an interest in photography would like to join, please get in touch.

Graeme



Graeme

'Analogous Colours'



Anita

Southwell Minster taken at 9pm with the sounds of Meatloaf wafting gently out from within!

Debbie

Beautiful end to a miserable rainy day!



Noble

I took this photo of a camel's mouth some years ago whilst on my travels.

Southwell u3a Concert Coaches – Royal Concert Hall, Nottingham



Booking is still open for the following 2 concerts, but please email me if you still want to attend the first as I plan to close it off soon.

Friday 27 October, 7.30pm

Royal Philharmonic Orchestra

Vasily Petrenko conductor

Pavel Kolesnikov piano

Liadov Baba Yaga

Tchaikovsky Piano Concerto No. 1

Rachmaninov Symphony No. 2

Saturday 25 November, 7.30pm **Royal Liverpool Philharmonic Orchestra**

Domingo Hindoyan conductor

Simone Lamsma violin

Victor Julien-Lafferrière cello

Bizet Jeux d'enfants

Brahms Double concerto

Debussy Iberia

Rimsky-Korsakov Capriccio espagnole

The second concert on November 25 needs to be booked early as I will be on holiday during November and will need to finalise all arrangements including buying tickets and reserving the coach by November 8th. **The time I have available means that I cannot accept any bookings after 2nd November.**

I am also opening booking for the following concert, and I will be able to take

Southwell u3a Concert Coaches continued

bookings at the November Monthly Meeting for this concert. As the December Monthly Meeting is the 5th December and I am away during November, you must please book early.

Tuesday 5 December, 7.30pm

The Hallé

Chloé van Soeterstède **conductor**

Bruno Philippe **cello**

Chabrier Suite Pastorale

Saint-Saëns Cello Concerto No. 1

Rachmaninov Symphonic Dances

Seat plus coach prices are: Band A £39, Band B £35 and Band C £33.

Please can I have separate cheques (made out to Southwell u3a) and booking forms for each concert. My address is shown on the booking form (next page of Members' version of Newsline).

Roger

Proposed New Group for all music lovers: "Music through the decades"

My name is Philip . I have been a member of Aylesbury Vale u3a for a number of years and have enjoyed running a successful music group based around music from our younger days. My wife and I recently moved to Southwell and I would like to start a similar group here, **"Sounds from The Decades" (from 1930s to 1970s)**.

We already have several members interested, and we hope to hold our first session in early 2024. We still have space for more founder members! If you are interested, please contact me.

Sessions are based around favourite artists, groups, life experiences or life events. The format includes telling a brief story and hearing the music that triggered that memorable moment or it can just be music you like.

I have previously created a number of presentations that will be used for each session, and these can be interspersed with new material, which can be from member participation.

Philip
(Contact via website)

PISTO CON HUEVOS – Serves 2 (photo shows quantity for 4)

“Ah, Pisto!” – as the old gravy advert almost used to go. Pisto is originally from the La Mancha region of Spain and it’s really the Spanish equivalent of the French dish, ratatouille. It’s a recipe that’s suitable for vegans/vegetarians but I guess you could throw in a few chunks of cooking chorizo at the stage of adding the herbs, if you absolutely can’t do without some meat in your meals!

Ingredients

1 tbsp olive oil
1 onion, finely chopped
2 garlic cloves, finely chopped
2 different coloured peppers, chopped into chunks
1 tsp dried oregano
Leaves from a few thyme sprigs
2 bay leaves
1 courgette, chopped into chunks
½ aubergine, chopped into chunks
2 large tomatoes, roughly chopped
2 large eggs
Smoked paprika to taste
½ small pack parsley, leaves roughly chopped

**Method**

Heat the oil in a large flameproof casserole dish or a cast-iron skillet over a low heat. Add the onions and a sprinkle of salt, cover and cook gently for 15 mins, stirring occasionally. Add the garlic and cook for another 2 mins.

Next, throw in the peppers and cook over a medium heat, covered, for about 5 mins, stirring every so often, until the peppers are just tender.

Mix in the oregano, thyme, bay leaves, a little smoked paprika and some black pepper and a little salt, if needed. Tip in the courgette and aubergine, combine thoroughly, and cook over a medium heat, covered, for 10 mins. Stir in the tomatoes, cover and cook for 20 mins, stirring occasionally.

Carefully crack the eggs into the pisto – try not to break the yolks. Making two shallow wells in the pisto helps. Cook in the sauce on a medium heat for 5–6 mins until the eggs are cooked through but still a little soft, then scatter with parsley before serving.

Serve with country-style bread and fruity red wine – Enjoy!