

Newsline No 59 October 2024



CONTENTS of Newslines No. 59, October 2024

Page	Contents	Page	Contents
2	Deadline for next Newslines	10	Short Courses, Workshops and Social Events
3-4	From the Chair	11	Trip Booking Form (for printing)
4	Group News: Proposed new groups: Computing, Wine and Microscopy	12	Concert Coach Trips
5	Newly formed group: Kurling	13	Southwell u3a Concert Trip Booking Form
6	Group News: Come Dine With Us	14	Speakers and Monthly Meetings
7	Group News: Creative Writing	15	Committee Notes and Useful Websites
8	Group News: Music Lovers and Photography	16	Member Discounts and Community News
9	Future Social Events	17	(Members only)

Newslines No. 60 November 2024

Please email articles and pictures to the Newslines team by 10th October to ensure inclusion in November edition.

su3anewslines@gmail.com

Items that arrive after the 10th October will be carried forward to the following 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. Thank you.

Anne, Editor

From the Chair

I am writing this on a drizzly Saturday in September, and it does feel as though autumn has arrived, but yesterday I joined many others enjoying warm sunshine and the sight of elite cyclists zooming through the town accompanied by almost as many police motorcyclists. It was one of those occasions when a walk through Southwell meant meeting one u3a member after another, giving a wonderful sense of friendship and community. By the time you read this, members of the Committee and others will have spent time on 28th September at the Saturday market, letting the wider community know about u3a and all it has to offer.

One of the most important aspects of our u3a is, of course, our amazing range of groups. However, we know that some of the most popular are full which is always disappointing to new members. I have just had a count of those listed on our website and think the total is seventy-one. A few have closed recently, and others are just starting, so being sure of the number is always a bit tricky! That is an amazing figure but, with a membership of over eight hundred, we could do with about ten more! A few need to be duplicates but how about these, that some other u3as in Nottinghamshire already have?

Armchair travel,
Antiques, Beer
Drinking, Climate
Change, Desert
Island Discs, or
even a Breakfast
group. If you think



you would be interested in organising one of those or anything else that appeals to you, do contact Brian, our Groups Coordinator, who will be really glad to help. Brian

As well as the Christmas Party, Committee members are currently involved in organising meetings for new members and Group leaders, and a 'Thank you' tea, for all the members who volunteer at our Monthly meetings, and help with publicity, social events and membership. Thank you to all of them!

Christmas Party! Can you believe it?

Once again, we are beginning to plan the extravaganza of members' talent that is showcased at our December meeting, this year on Tuesday 3rd. Items of all sorts, quirky, fun or thoughtful, are welcomed from individuals or groups, and all abilities. As Brian put it last year – 'polished and unpolished, witty or tuneful, joyful or reflective'. Your slot will only be for a

From the Chair (continued)

few minutes and a maximum of ten. So please think about it, whether or not you have performed before!

Please contact Richmond

if you have a musical item or me for anything else.

Do get in touch!

Jean

Our October Meeting

Our Next Meeting is Tuesday 1st October, 10am at Southwell Leisure Centre. **The Speaker** will be Paul Lillie, who will entertain us with an impression of Elvis Presley.

GROUP NEWS

We have plenty to be excited about this month, with THREE new proposed groups (Computer Help, another Wine Group and "Small Wonders", looking at the microscopic world). We also report the formation of our newest group "Kurling", and then look at news from several of our existing groups.

Proposed New Groups

'Computer Help'

A new group to watch out for: Our newest group leader Mike with assistance from Tony, will be setting up a group to help with computer questions. Initially these will be on

Windows topics and "Staying Safe Online". However there will be an opportunity for prospective members who come to raise topics that Mike can hold a session on later. The day of the week hasn't been decided on yet, but it will be on each month except August and December. Keep your eyes peeled for further developments: We will give contact details and more information next month.

'Wine Group 3'

This is planned to be a tutor led course. Following on from a most enjoyable short



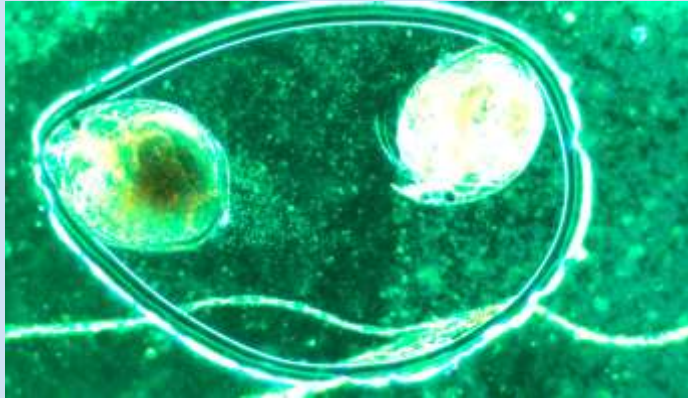
three-session taster course, this group already has some founder members so will go ahead! The group is keen to explore the world of wine. To help us we are starting to use an assessment method taken originally from that used by WSET. The topics will be chosen by group members and resourced and researched by the Group Leader.

We meet on the second Thursday of the month at the Burgage Community Centre. Interested? Contact Liz

'Small Wonders'

This proposed new group will be a self-learning group looking at the small-scale natural life that surrounds us at home, in our gardens, houses or even on our food and drink. Examples might

include, small pond life, yeasts and moulds, tiny plants, mosses, lichens, and about any native insect that you care to mention.



It is not intended that complex biology will be involved. We will be answering questions such as what is it, where is it, how does it fit into the web of life, how does it affect me?

The group will choose one or more topics to discuss at the following meeting. Members can contribute by finding out something about the topic to discuss. That could be anything from a lengthy discourse to a few simple facts, or perhaps a picture or even an example.

Initially, the group will meet at the leader's home, Honing Drive Southwell, where there is some facility for microscopic examination. Refreshments will be provided, and some on-street parking is available as well as safe storage for cycles.

As this is a new group it is expected that the format may need refining as

we go along. Initially the group will be limited to 8 to 10 attendees so please get in touch as soon as possible, if you are interested in joining the group. Contact Group Leader Steve

Newly Started!

New Group News

Kurling

Hot news! Your new Southwell u3a Indoor Kurling Group is about to begin !

When? Thursday 3rd October 2024

Where? Thurgarton Village Hall with loads of parking

Time? The session runs 14:00–16.00 hrs but please arrive a little earlier to register and pay.

How? This activity is suitable for all abilities / disabilities. Please wear flat non-slip footwear.

Leaders? The Group Leader is Ann and the Coaches are Beryl and Elaine .

Cost? To cover hall hire costs, there will be a charge of £10 for 5 sessions, payable in full on 3rd October.

We look forward to seeing many old and new friends on that start-up date.

If you have enquiries, or would like to become a member of this group, then contact **Brian**

GROUP NEWS

Come Dine With Us



CHILLI CON CARNE - serves 4

For our latest round of CDWU meetings, we've come up with a new twist. The host is allocated an ingredient (in this case chocolate) that they must use in both of their two courses. The origins, ingredients and even the spelling of "chilli con carne" are hotly(!) disputed, some saying it's definitely Mexican, others that it came from Southern Texas. "Mole" though is another iconic Mexican dish that typically contains dark chocolate, and so our chilli certainly has a Mexican flavour – Chilli con Carne y Chocolate!

Ingredients

- 1 onion diced
- 1 red pepper diced
- 4 cloves garlic (or to suit taste) chopped
- 500g minced beef (Quorn or vegan mince as an alternative)
- 1 tsp paprika
- 1 tsp cumin
- 2 tsp oregano

- 1 tsp chilli powder or to suit taste
- 1 tbsp chipotle paste or to suit taste
- 1 tbsp tomato paste
- 400g tin chopped tomatoes
- 200ml beef stock
- 400g tin butter beans or kidney beans
- 20g dark chocolate 70%.
- Boiled rice – follow pack instructions
- Soured cream
- Nachos
- Chopped parsley

Method

Heat a little oil in a large pan. Fry the onions and red peppers over a medium to high heat for 4/5 minutes or until they soften. Add minced beef (or alternative), using a wooden spoon/spatula to break down. Cook for about 5 minutes until it's browned all over.

Chuck in the garlic, paprika, cumin, oregano, chilli powder, chipotle paste, tomato paste and cook for 2 more minutes. Pour in tin of tomatoes and beef stock, stir well.

Add in beans, stir well then add the chocolate. Stir in and simmer for about 15 mins.

Taste for seasoning and add as required. Serve on a bed of rice with a dollop of soured cream.

Garnish with chopped parsley and nachos.

ENJOY!

Brian

Creative Writing

The Sea

The small inland dweller stood transfixed.
Sibling arguments, the journey long, forgotten.
Looking, listening, feeling the sensation
Of tiny waves trickling over her feet,
The gritty sand between her toes.
Watching swimmers, splashers, wave jumpers
And seagulls bobbing gaily, lords of the beach.
Seeing the sea stretching forever, beyond her
dreams,
Beyond her far imaginings.

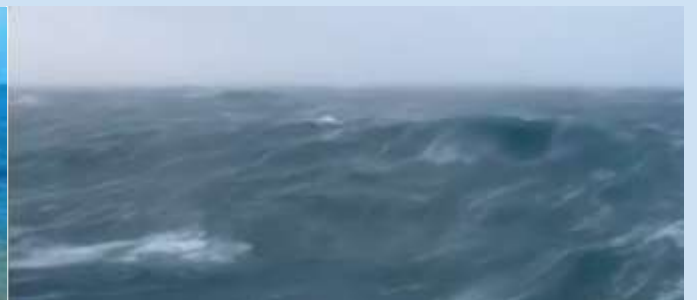
Gathered up in dad's safe arms
She became a wave jumper,
A swimmer of the waves,
Shrieking with delight.
Back on shore, she watched him plunge and rise
Like some sea creature.
She longed to be that creature, too.
"One day" he said,
And joyfully she ran the shoreline,
Holding aloft long lengths of ribbon seaweed
Streaming behind her, a wild thing, calling to the
wheeling gulls,
Seeing the beach stretching forever, far beyond her
vision,
Beyond her own horizon.



Walking on high cliffs, wind buffeted, crouched
down
Protected by the grassy mounds, while far out to
sea
White waves frothing, raging, racing, pacing.
Huge waves hurtling into jagged cliffs, crashing,
slamming over the rocks, plumes of foaming spray
Cascading, blown up in the wild air
And thrown back into the blue/grey depths.
No longer the peaceful, friendly sea but powerful
beyond her wide imagining.

Standing and watching it that first last time,
That sad leaving time.
The gentle rippling across the sands.
The outgoing tide leaving its treasures behind.
She knew that it would be forever in all her
imaginings.

Anne Wells © 2024



Music Lovers

After over 10 years' service, John Tebbs has decided to give up the leadership of Music Lovers. The group is therefore in abeyance whilst we try to find new leaders or develop a similar group focussing on classical music. In the meantime, the membership list will be held on Beacon and existing members will be kept informed of any developments. John and Brian , the group coordinator, will be points of contact for anyone interested in leading the group. John is also willing to assist anyone wishing to take it on and has a large collection of music and videos available for use by the group. The group also has a very good sound system which is available for any group to

and more done at home between the meetings, at our September gathering. Some of these are shown here.



We are in full swing with our 'on location' excursions. We've been to Newstead Abbey, and we were on the streets of Southwell and Farnsfield for the Tour of Britain cycle race on 6th September.



use. See photo above. The TV is shown for scale and is not u3a equipment.

John Tebbs

Photography

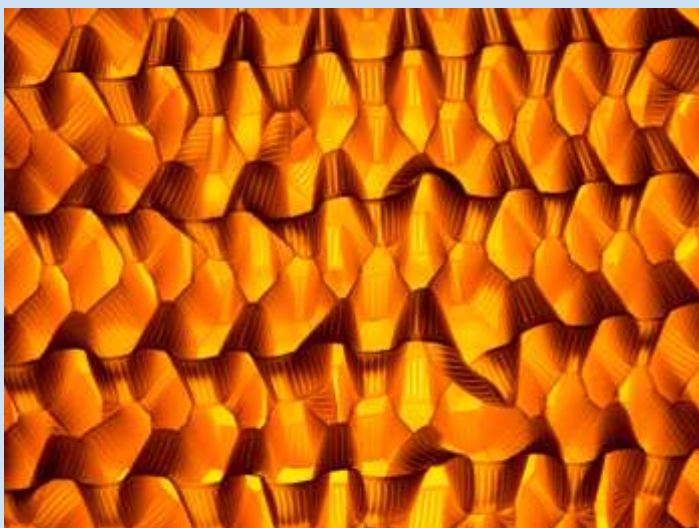
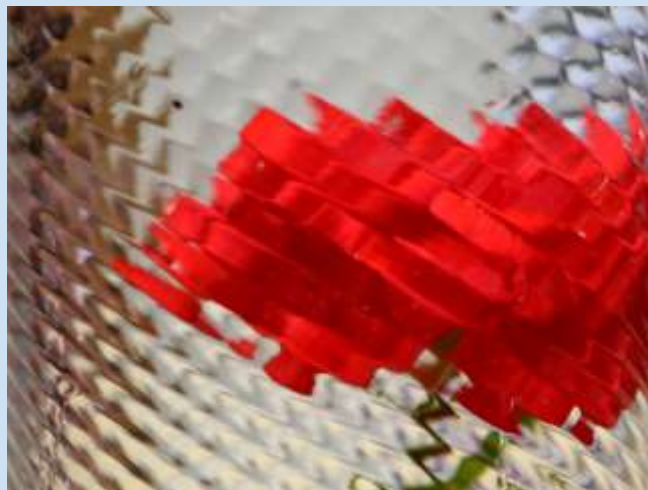
At our August meeting we started on Abstract Photography, using some props brought in by members, and, as usual, some water!

Again no lasting damage was done to the library. We looked at some of these pictures,

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 also get some tuition from our more expert members on a particular subject – editing, camera settings, etc. Also, if anybody needs

help on any aspect of their camera or camera phone, that is available on a one-to-one basis.

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 can be a photographer – you don't need a camera! We can still probably squeeze in a few more members, so if you'd like to join contact Graeme

Future Social Events (Social and Trips Committee)

**Christmas Demonstration
and 2 course lunch
Thursday 14th November**



This event is to be held at:

Floral Media, The Woovers, Norwell Road,
Caunton , NG23 6AQ

12:00 hrs for 12.30 hrs

Tickets are £25.00

If you are interested, please contact:

Miriam

Thursday 5th December 2024

**Murder Mystery Play and
Supper** at Southwell Library

Performed by: Southwell
Theatre Club



20th January 2025



Quiz Southwell Rugby Club: Details to
follow in next month's Newslines.

Short Courses and Workshops

Adapt and Recover (one-off free workshop)

This event is on Thursday 14th November 10:00hrs-12:00hrs Southwell library art room.

We all encounter many moments of stress and strain but sometimes they are very difficult for us to cope with and make life very uncomfortable and unhappy. This workshop being presented by the British Red Cross will give you some practical and emotional strategies to cope and recover from those difficult times. The event will be activities, discussions and sharing in a small group and will help build coping strategies for emotions, and build confidence to cope.

Contact Jane

Social Events

Afternoon Tea for New Members

This event is on Tuesday 14th November 14:30hrs-16:00hrs at Southwell Rugby Club.

New members of Southwell u3a for 2024 are hopefully finding their way around the groups and activities as well as coming along to the monthly meetings but the committee would like to extend an invitation to you to come to meet us and others in November. Jean Hogg, our Chair, looks forward to welcoming you to tea and cakes. There is ample parking and disabled access to the venue. However, the nearest public transport is outside the leisure centre, so if you need a lift from the nearest bus stop, please let me know and I will arrange that for you.

Contact Jane

COFFEE MORNINGS

Southwell u3a members enjoy fortnightly coffee mornings at Southwell Garden Centre, Fiskerton Road. They are very popular and open to all members. It is an opportunity to have a chat and a coffee. Do come along at 10:30hrs on the 2nd and 4th Thursday mornings of the month. This month's get-togethers are on the 10th and 24th October.

There are usually one or two Committee members present for you to talk with. It can help other members if you remember to bring and wear your u3a lanyard.

Marjorie



Southwell u3a Trip Booking Form

Please print and complete:

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

to (place)

Name.....

u3a member yes/no

Contact phone Mobile.....

Emergency contact name

Emergency contact phone

NB This information must be included on all booking forms, one form per person

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 next monthly meeting.

If you would like more information on the above, please contact

Miriam



Concert Coach Trips

I have now closed off booking for the opening concert on October 1st with an excellent number coming on the coach.

Booking is still available for the two concerts shown below, the first is a Special Event with Sheku Kanneh-Mason which has special pricing. Band C £39, Band B £42 and Band A £46.

Be aware, however, for this concert early booking is close to the maximum number we can take on the coach with only a limited seat availability.

Normal prices apply to the second concert which has plenty of space available are: Band C £35, Band B £37 and Band A £41.

Please may I have separate Booking Forms (next page) and cheques made out to Southwell u3a for these two concerts.

Roger

Saturday 19 October 7:00pm

Sinfonia of London (Special Event)

John Wilson	conductor
Sheku Kanneh-Mason	cello
Kenneth Hesketh	Pattersongs
Shostakovich	Cello Concerto No. 2
Rachmaninov	Symphony No. 1

Thursday 24 October 7:30pm

Royal Liverpool Philharmonic Orchestra

Andrew Manze	conductor
Mark Bebbington	piano
Cantamus Girls Choir	
Walton Spitfire Music and Battle in the Air from Battle of Britain	
Bliss Piano Concerto	
Holst The Planets	

Southwell u3a Concert Trip Booking Form

Please book me a ticket and place on the concert coach to the Royal Concert Hall on:

Name: u3a member: Yes/No

Contact Tel No:

Emergency Contact

Name: u3a member: Yes/No

Emergency Contact No:

Pick up point

No. of tickets:

Seating Area: Stalls/T1/T2 Price Band: A/B/C

Seat Nos. *Please circle your choice.*

I enclose a cheque for £..... made out to Southwell u3a.

Money is non-refundable unless your ticket/place can be re-sold. Please return this form and cheque at the Monthly Meeting.



Speakers and Monthly Meetings

Paul Lillie is our Speaker for Tuesday 1st October

2024. He will entertain us with an impression of Elvis Presley. As usual, we will meet at Southwell Leisure Centre, from 10am to around noon.



Our speaker in September was David Skillen. David spoke to us previously in January 2023 about the battle of Towton between the House of York and the Lancastrians. It has the dubious distinction of being the largest and bloodiest battle ever fought on English soil.

This time David took us to America where in the middle of the Civil war there was a battle at Gettysburg in July 1863 between the Unionists and the Confederate forces. It also was reported to be the bloodiest battle on American soil where during three days over fifty thousand men were killed which amounted to 25% of both armies.

David told us about the to-ing and fro-ing between the Union and Confederate forces ultimately resulting in the withdrawal of the Confederates which proved a turning point in the whole civil war.

The following November in 1863 there was a

dedication ceremony for the Union soldiers who lost their lives in the war. The famous orator Edward Everett spoke first for over 2 hours. Abraham Lincoln spoke after him and delivered his Gettysburg address which was not well received at the time but is now recognised and widely considered one of the most notable and famous speeches delivered in American history.

Parts of Lincoln's speech (which only lasted 20 min) are as follows:

"Four score and seven years ago our fathers brought forth on this continent a new nation, conceived in liberty and dedicated to the proposition that all men are equal"

"It is rather for us to be here dedicated to the great task remaining before us (winning the civil war) that from these honoured dead we take increased devotion to that cause for which they gave the last full measure of devotion, that we here highly resolve that these dead shall not have died in vain, that this nation, under God, shall have a new birth of freedom and that government of the people, by the people, for the people, shall not perish from the earth". This speech resonates around the world today.

John (Speaker Seeker)

Our Speakers and Meetings for the remainder of 2024

Looking ahead, Paula Cornwall "The Flying Housewife" is our speaker on Tuesday 5th November. On Tuesday 3rd December we will enjoy our customary Christmas Party, with entertainment provided by several of our members and groups. Both run from 10am to around noon.

Committee Book Ends.....

Join the committee they said – it's really good! – and do you know what? They were right!

I have been on the committee for several years now, and, in that time, we've had great leadership from our Chairs, but we are all a team and work well together with planning, implementing, 'thinking out of the box' and generally making Southwell u3a pretty successful! I think this is evidenced by the large membership and growing numbers of new members over the last few years (and this). I should know, as I am a proud wearer of the shiny pink **WELCOME** sash on the door. I am also the Membership Card policeperson, and I am gratified to see members coming to the Monthly Meetings wearing their card round their neck or searching through their bag/pockets on the way up the corridor!

The committee is made up of eight to twelve members; some of whom have specific roles, e.g. Treasurer, Secretary, Trips Organiser and, in my case Welcome/Welfare Officer. The other members ensure we have an objective and wider perspective, a bit like a Minister without Portfolio! It's a good way to start when joining the committee so one learns about the various aspects of developing and strengthening our u3a. It allows you to decide where your skills lie. We all do have them or develop new ones. I'm not a details person but am getting better at it.

When we have put on an event or planned a trip or many of the other things we have actioned, there really is a sense of shared achievement and satisfaction ... and you can have that too! Really!

Annabel

Useful websites

Southwell u3a website: <https://www.southwellu3a.com> The home page gives links to the county and national u3a websites and more.

Southwell u3a "public" Facebook page: <https://www.facebook.com/southwellu3a/>

M
E
A
L

D
E
A
L



The Hearty Goodfellow in Southwell has agreed to give a 10% discount on all food (NOT drinks) to Southwell u3a members. Lunch or dinner. **EACH** member must show their own current u3a membership card **before** ordering to get their **INDIVIDUAL** discount.

COURSES AT SOUTHWELL LIBRARY



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

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