

# Newsline Extra

Southwell U3A

October 2021 - No 22



Southwell u3a Cycling Group at Gunthorpe Lock and the Longer Walks Group at Winn Hill in Derbyshire.



## From the Chair

**Brian Platts**

It's a pleasure to say hello to you in this, my first piece for Newslines as the new Chair of Southwell u3a. As I write these notes, our previous Chair, Marjorie Bramhill, is taking a long-awaited break in Alnwick with other members of our u3a holidays group. My sincerest thanks then to Marjorie for all that she has done for Southwell u3a over the past 3 years, particularly during the difficult times of the past 18 months.

I had hoped that by the time that I took up office, Covid infections would be very much on the decline and our u3a meetings and activities would be back to normal. Sadly that has not proved to be the case and the risk of infection remains a concern for us all.

We will nevertheless be restarting our monthly meetings in the Leisure Centre at 10.00am on 5<sup>th</sup> October and it is clear that a majority of our members wish us to do so. Our speaker is Chris Vasper who will be talking about "The Marathon des Sables – the toughest footrace on earth".

The meeting will be held in a Covid-conscious manner, further details of which are set out in Nadina Lincoln's piece in this edition of Newslines. We cannot though make the meeting completely Covid-proof. Do please then consider the mitigation measures that we will have in place and assess your own personal risk and situation when making your decision as to whether or not to attend.

Finally, I'm going to start a new tradition of a monthly joke, in an attempt to put the "Laugh" back into the u3a's "Learn, Laugh, Live" mission statement:

I asked for a wake-up call at a hotel I was staying in recently. They said "Brian, what the heck are you doing with your life?". It was the wake-up call I needed!

If you think you've got a better joke, all entries to [chairmansu3a@gmail.com](mailto:chairmansu3a@gmail.com).

All the best.

## Last Month's Speaker

**Cathedrals in the Modern World: Talk by Dean Nicola Sullivan**

**Chris Bentley**



We were very privileged to have the Dean speaking to us at our last monthly meeting. We originally booked her back in 2019 but we all know what happened next. Then we moved her talk to September, ever confident that all the Covid fuss would be over by then. Well, little did we know but we eventually succeeded in hearing her on Zoom. And if anyone missed the talk we do have a recording that you can borrow, contact Marjorie Bramhill.

The Dean's topic was Cathedrals in the Modern Age, concentrating on the 42 English cathedrals. She said that the essential role of the cathedral as a centre of religious devotion and as the mother church and administrative hub of the Church has not changed and that the Minster will always be an "unthreatening spiritual space for people". But cathedrals these days are much more than just religious centres, bringing much needed income from visitors, keeping the choral tradition alive, providing space for concerts and exhibitions and providing educational opportunities to schools and adults alike with events like Time Travelling here in Southwell, the Earth holographic light show at Exeter and Dippy the Dinosaur at Norwich. And she mentioned how cathedrals are now becoming greener with five cathedrals already having solar panels, including Salisbury, and Manchester which has already fitted a heat pump.

Dean Nicola also said some nice things about our u3a movement and said that when she comes up for retirement she really would like to join us. Nicola, you will be very welcome!

## Restarting Monthly Meetings in the Leisure Centre Tuesday 5<sup>th</sup> October.

Nadina Lincoln

### ***Please arrive promptly since there are new procedures in place.***

Following a survey of members' opinions, we have decided to resume face-to face meetings at Southwell Leisure Centre at 10.00am Tuesday October 5th. We will have a short business section, followed by our speaker **Chris Vasper** who will talk about "**The Marathon des Sables– the toughest footrace on Earth**".

However, the risks of COVID-19 remain and therefore all members should take note of the following:

We expect that you have been doubly vaccinated but if you have not, please take a lateral flow test before attending the meeting and do not attend if the result is positive.

**Please enter by the fire doors to the Sports Hall, and not by the main Leisure Centre entrance.**

Please wear a face mask when you enter and keep it on until you are seated.

Please go straight to a seat and do not move about socialising with others while in the hall, but please feel free to socialise when you are outside.

The seats will be arranged in singles and pairs. The pairs are intended for couples so if you have come singly, please sit on a single seat.

Please bring hand gel with you and use it before you enter and after you leave the building.

No refreshments will be served but you are welcome to bring your own drink with you.

There will be no water available, so please bring your own.

Please maintain social distancing while inside.

We have a limited capacity of 140 people in the hall to ensure social distancing. In the unlikely event that there are more than 140 people attending, it is possible that some people may be turned away. We very much hope this does not occur and if it does happen please be assured this will be reviewed for future meetings.

If you need to use the toilets, please maintain social distancing, and follow the Leisure Centre guidelines.

Do **not** attend if you:

have recently tested positive for COVID

have been advised to isolate via the NHS Test and Trace system.

have been in close contact with someone who has been confirmed to have COVID

are presenting with COVID symptoms, such as loss of smell and taste, elevated temperature, sore throat, sniffles, or continuous cough.

The full risk assessment will be available on the website.

We ask you to do these things so that everyone is as safe as possible, but above all, please enjoy the meeting and help us to get things back to normal as soon as possible.

Thank you.

**Points to note: arrive promptly, wear a face covering, bring hand gel and remain in your seat.**

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### **Our Next Speaker**

Our Speaker on 5 October will be Chris Vasper who is absolutely delighted to speak to us in person! Chris is an ex-soldier whose reaction when diagnosed with Multiple Sclerosis was to start training to compete in the gruelling Marathon des Sables, a marathon like no other, 250 km across the sands of the Moroccan Sahara spread over 7 days and reckoned to be the most extreme gruelling marathon anywhere in the world. He has now completed two runs in the marathon and his talk will be about his experiences and stories about his incredible fellow competitors

## Group News

### Computer Group

Clive Bates

Computer Group meets monthly in small Clubs of five on Wednesday and Friday at 2pm. We also continue meeting monthly on Zoom for those with travel difficulty. With basic topics in mind, improver Club members share practical problems and solutions under guidance, encouraging interests in multimedia, family research, video conferencing, smart devices, media streaming with tablets and smartphones, security when banking and shopping, and the availability and use of a wide selection of free and low priced utilities and programs.

Together with phone and email help, there is an online Worksheet, a comprehensive computing reference guide, available to any Southwell u3a member.

Please email [Clive.Bates@btinternet.com](mailto:Clive.Bates@btinternet.com) or Tel: 01636 813571, if you are interested in joining us.

### Cycling For Fun

Fiona Slatcher/ Dave Johnson



We have continued to enjoy good cycling weather over the last month which is great news as is our 3 new members and finding two new refreshments stops to replenish our energy levels. On the 26th August 9 riders completed a hard 15 mile circuit taking in part of the Welbeck Estate, Cresswell Crags and Clumber Park. It proved to be an enjoyable route using the trails through the glorious woods of two important estates including Drinking Pit Lane, a fantastic name for a track. We were joined by Sue for the first time, a hard baptism. On the 9th September again 9 riders completed a circuit using the trails alongside the river Trent from Fiskerton to Gunthorpe and then returning on the roads to Fiskerton. A refreshment stop was taken

at the pub in Hoveringham which opened especially for us. The fresh warm scones and tea were especially welcome. On this ride Barry S joined us for the first time. This ride was led by Barry, Jan and Mike.

On the 23rd September 7 we started our ride at Newark Railway Station and followed the route of the old railway line south to Cotham before turning north to Hawton, teas and cake at Farn-don and then back to the trail to return to Newark. A circuit of the pleasant lake at Balderton completed the trip. Phil and Fiona led this 16 miler.

The group has grown to 15 members since our last report, and we have decided to close to new members. However, if more people do want to join a cycling group Fiona and I will be happy to help you set one up. Please contact Dave at [davejohnson19tws@gmail.com](mailto:davejohnson19tws@gmail.com) (01636 814277) or Fiona at [Fiona.slatcher@outlook.com](mailto:Fiona.slatcher@outlook.com) for more information.

### Gentle Exercise

Annabel Kingsbury

Now that Our Lady of Victories hall is open, we can start the exercise groups again, Hurray !

I will be there from 2 .00 pm if anyone wants to talk to me before. A lot has happened since we last could meet and if it would be helpful to check out any concerns with me, please feel free. The class lasts one hour 2.15 - 3.15 and is a mix of mobilising and strengthening exercises in sitting, followed by balance work etc in standing with support ( if required ).

I hope to see many of you back again and we will be careful re social distancing. I know that some people remain very COVID cautious so don't worry if you aren't ready to return but hopefully I/ we will be back exercising reasonably gently twice a month from 13th October onwards!

## Group News (continued)

### Book Group 2

Alison Clark



Our Group met on September 28th to discuss *The Forgotten Highlander* by Alistair Urquhart, a very grim tale of the author's experiences as a prisoner of war in the Far East during World War 2. Next month's book is *The Dry* by Jane Harper, a crime story set in Australia. We will be meeting on October 26th in Fiskerton and new members are always welcome. I can be contacted on 016368130695.

### Discussion Group

Clive Bates

In Discussion Group there is too much agreement. It's more fun not to let facts get in the way of a good argument. If you are rebellious, disruptive or just a good sort, please join us, with your views on the ethics, politics and consequences of current events, at 10.30am on the 3rd Thursday of the month in the committee room of the Town Hall on the Burgage. Email [clive.bates@btinternet.com](mailto:clive.bates@btinternet.com) or Tel: 01636 813571.

### Drawing for Beginners

Tom Chamberlain

We made good progress for several months before Covid, and it is time to resume. This is a short course focusing first on materials and motor skills, second on observation (the artists eye), and third, recognising your achievements. I have taught art all my life and this is about the groundwork. There are a few vacancies at the moment, but the urgent concern is where to meet. The member's house we enjoyed at first is no longer available and I hope someone has some spaces to offer a once a fortnight. If nothing is available in Southwell you are welcome to my house in Newark. It is not palatial but there are lots of interesting things to draw. If you are interested, let me know which day you prefer, apart from Tuesday and Friday. The weekend also suits me very well. My email [tomnelli@aol.com](mailto:tomnelli@aol.com). Or phone 01636 678571. .

### Family History Group

Roger Hancock

The Family History Group meets monthly on the 3<sup>rd</sup> Monday in the month at 2pm to 4pm. We will continue to meet on Zoom until the spring next year.

The next meeting of the group is on 18th October from 2pm to 4pm when we have a presentation by Martin Read on "Researching London Records". In addition to the monthly main group's meeting we have a DNA Family History Research subgroup which meets on the 2<sup>nd</sup> Monday in the month again from 2pm to 4pm on Zoom.

The Family History Group also runs eight sessions of Family History Beginners' course each September at 2pm to 4pm on 1st Monday in the month, ideal for beginners or those just requiring a refresher.

There is no charge for the DNA subgroup or the beginners course, but you will need to be members of the Family History Group. The fees for Family History Group membership for the remainder of the year until the end of March 2022 will be just £7.

New members are always welcome.

## Group News (continued)

### Longer Walks Group

Kathryn Bull

We'd be delighted to welcome new members to our group. We meet at 10am on the 1st Friday of each month to do a walk of around 10miles.

The walks are led by group members, usually within an hour's drive of Southwell, ending somewhere serving tea and cake if possible!

If you like to join us, or would like more information, please call Kathryn Bull on 07799 176887 or email [kathrynbull96@yahoo.com](mailto:kathrynbull96@yahoo.com)

I look forward to hearing from you.

### Music Lovers Group

John Tebbs

At last, the issues with the hire of our usual venue of the Roman Catholic Hall on Wolsey Close are now resolved. Meetings will now begin again at our regular times of 1:30 to 3:30 pm on the first and third Wednesday of each month, starting on Wednesday 6 October. We will follow the usual concert format of appreciation of videos of classical music. We have an interval for discussion, but for the time being no refreshments will be provided; members may bring their own. We have lost a few members but there should be a reasonable attendance. We intend to operate in a Covid secure manner and any new members wishing to join us should please contact me first so that the information can be forwarded to you.

[jmtbbs@btinternet.com](mailto:jmtbbs@btinternet.com) 01623 883525

### Philosophy Group

Stephen Rogers

After six years of running the philosophy group I am going to step down and pursue other interests. My thanks to the core members of the group who have been a constant support and have participated enthusiastically in our wide-ranging discussions. During our time together we have covered most of the major themes of Western philosophy, including a reading of Plato's *Republic*. I hope there is someone out there who might be willing to carry the torch for philosophy and for the cause of rigorous and constructive dialogue. The U3A was founded on the principle of members self-help and co-operation in learning adventures, so don't think you have to be a 'ready-made' expert; just start with a desire to ask questions and some curiosity!

### Scrabble Group

Josephine Harris

Unfortunately I regret to say that the Scrabble Group will not be restarting at this moment in time. The reason being that 3 members have left U3A and unfortunately one member has passed away since the first lockdown.

Also I have tried 2/3 free venues locally, bearing in mind easy disabled access and there is such a lot of paperwork to go through now.

### Singing for Fun

Marjorie Bramhill

The Old Schoolroom at Edingley has been reserved for the 27th October from 10 am till 12. All existing members of this group have had an update, but if you want some fun singing - do join us. We use YouTube for backup singing, the words are on the screen - no excuse for not joining in. You don't need to be a perfect pitch - we all sing out of tune anyway, and it is good fun. Let me know if are coming for the renewal meeting - absolutely without charge - what a bargain - [marjorie.bramhill@gmail.com](mailto:marjorie.bramhill@gmail.com)

Coffee is available half way through and maybe biscuits. Time for a chat amongst friends.

## Social Events and a Puzzle!

The Social Committee

### QUIZ

Monday 18<sup>th</sup> October

2pm

At Southwell Rugby Club

Park Lane, NG25 0QN

£3.00

Tea, coffee and cake provided

Tickets available from

Jackie Pitcher 01636 813471 [jackie@bobpitcher.plus.com](mailto:jackie@bobpitcher.plus.com)

Come along and join in,  
teams can be arranged as you arrive

### WORD PUZZLE: Just Add a Letter

All you have to do here is add one letter to make a new word. The first clue is for one word and the second is a definition of a different word with just one letter added.

**EXAMPLE: Clues:** Subsistence Farmer – Game Bird

**Answers:** Peasant – Pheasant.

Now you try. Answers on the Back Page.

<u>Clues</u>			
1	Chess Piece - Crustacean	11	Make a Choice – Killing a God
2	Language Component – Earth	12	Stove Part - Tramp
3	Police Singer – Twine	13	Almost Burn - Chorister
4	Winter Complaint – Was Able	14	Terrible - Legal
5	Healthy - Live	15	Hand Part – Religious Text
6	Comrade – Narrow Lane	16	Location – Grand House
7	Bounce in Water - Explosive	17	Certain – Sudden Increase
8	Liquid Measure - Indicate	18	Heavy Machinery – Easily Bent
9	Vegetable - Fruit	19	Animal Home - Gainsay
10	Almost – Dark Time	20	Demon - Buddy

**Coffee mornings** are held for any member to attend at Southwell Garden Centre on Fiskerton Road, the next ones will be held on 14<sup>th</sup> and 28<sup>th</sup> October from 10.30. Please just turn up, buy your own refreshments and join us. A committee member will be present.

## Southwell u3a Notices

### Southwell u3a Concert Coaches – 2020-2021 Season

Roger Bennett

I am now opening booking for the next concert coach trip:

**Wednesday 3 November, 7.30pm**

#### Aurora Orchestra

<b>Nicholas Collon</b>	<b>conductor</b>
<b>Nicola Benedetti</b>	<b>violin</b>
<b>Tom Service</b>	<b>presenter</b>

<b>Mendelssohn</b>	<b>Violin Concerto</b>
<b>Beethoven</b>	<b>Symphony No. 7</b>

Please can I have separate booking forms and cheques made out to Southwell U3A as soon as possible. These concerts are normally priced with coach included at: Band A seats £33, Band B seats £29 and Band C seats £27.

Details and booking forms have been emailed to all on the circulation list.

#### Su3a Webmaster

Rik Ludlow

Welcome to the team Rik Ludlow who has taken over the role of webmaster a key role within any organisation to ensure our presence is on the internet, Rik has already made some updates to the website and if you have attended any monthly Zoom meetings you will have seen him assisting with the technology.

Thanks go to Paul Wilkinson for his help over many years.

<https://www.southwellu3a.com>

#### Technical Team

Over the intermission the core technical team providing Audio Visual support for the main meeting has been renewed. However, there is still a need for able bodied members to help with the setting up and taking down of equipment. Members are urged to consider whether they can come along half an hour early and/or stay behind afterwards for 15 minutes to help. No technical knowledge is required, but it may also give an opportunity for those with a technical bent to become involved. There are new challenges ahead as we attempt to record meetings or even hold hybrid meetings with simultaneous streaming over the web. Any offers or inquiries in advance to team leader Noble Jayasuriya at [nj8583@gmail.com](mailto:nj8583@gmail.com)

or John Tebbs at [jntebbs@btinternet.com](mailto:jntebbs@btinternet.com)

#### Southwell u3a offices

Don't forget that we have a small office in Minster Chambers on Church Street that is available to groups at a cost of £10 for 2 hours. It has tables, chairs and an internet connection, if you would like to see it contact the chair or vice chair. Possibly at the moment it will hold up to 10 people. It is **not** suitable for people with mobility issues.

## Smoky Tuna and Cannellini Bean Stew - serves 3 - 4

Here's a recipe from last month's CDWM meeting. The price of fresh tuna at Gonalston Farmshop was enough to bring tears to the eyes of a Yorkshireman such as myself but it was no doubt very high quality – any other firm white fish (or supplier) would do though.

### Ingredients:

- 2 tbsp olive oil
- 1 onion finely chopped
- 1 red pepper deseeded and finely chopped
- 3 garlic cloves finely chopped
- 2 level tsp smoked paprika
- Salt and pepper
- 150ml white wine
- 300g cherry tomatoes, halved
- 400g tin cannellini beans, drained and rinsed
- 60g pitted green olives
- 300 – 400g tuna steaks (or other firm white fish) cut into 2.5cm chunks
- 50g Feta cheese
- Handful of chopped dill Crusty bread and green salad to serve



### Method:

Heat the oil in a large shallow pan with a lid and add the onion and red pepper. Mix well, stirring occasionally for about 8-10 mins until soft and golden.

Add the garlic, smoked paprika, pinch of salt and pepper and mix well. Add the white wine and tomatoes. Mix well, reduce heat to medium low, cover with lid and simmer for 12-15 mins, stirring occasionally until the tomatoes have broken down into a sauce.

Add the cannellini beans and olives, mix and bring back to the boil and then add the tuna or other fish. If the stew looks too dry, add a little more wine or water. Shake the pan to nestle the tuna into the stew and simmer for 5-6 mins, turning the tuna halfway through. Do NOT overcook the fish – if using tuna it is best if still slightly pink in the middle.

Scatter with the feta and dill and serve immediately in large bowls with the bread and salad as side dishes.

Enjoy!

### Word Puzzle Answers

- |    |                |    |                  |
|----|----------------|----|------------------|
| 1  | Pawn / Prawn   | 11 | Decide / Deicide |
| 2  | Word / World   | 12 | Hob / Hobo       |
| 3  | Sting / String | 13 | Singe / Singer   |
| 4  | Cold / Could   | 14 | Awful / Lawful   |
| 5  | Well / Dwell   | 15 | Palm / Psalm     |
| 6  | Ally / Alley   | 16 | Place / Palace   |
| 7  | Bob / Bomb     | 17 | Sure / Surge     |
| 8  | Pint / Point   | 18 | Plant / Pliant   |
| 9  | Pea / Pear     | 19 | Den / Deny       |
| 10 | Nigh / Night   | 20 | Fiend / Friend   |