

Newsline Extra

October 2022 No 34

The monthly news from Southwell U3A



**Rest in Peace Ma'am
8th September 2022**

FROM THE CHAIR

Well it has certainly been an eventful month since my last piece for Newslite! I can't hope to add anything original to the reams of articles and days of TV coverage concerning the death of the Queen and her subsequent funeral. The sad events did seem to bring the nation together though in a way that no other previous occasion in my lifetime had ever quite managed to do. No doubt it was because the Queen had been a constant throughout our lifetimes and that we somehow felt that we knew her (even though few really did) that gave us a sense of personal loss with her demise.

You will know that we decided to go ahead with our u3a Open Day, despite it falling within the period of national mourning. I have no regrets about that decision, as it allowed us to come together in a respectful manner and our one minute's applause for the Queen was a positive way for us to demonstrate our appreciation of her life and achievements. The recorder group did a great job too with their performance of the national anthem later in the day.

Those members to whom I've spoken seem to have felt that the day itself was a real success. Despite limited numbers of passers-by on a cool Southwell Sunday, we managed to sign-up 9 new members and quite a few more people took away application forms and will hopefully join our u3a in the next week or two. Perhaps even more encouraging though was the number of existing members who came along to take a look at the stalls and to chat. There was a real feeling of camaraderie by the time that we were all singing along with the ukulele and folk-singing groups at the end of the day. Thanks and well done to all of you who took part.

Many of us waved off the cycling group from the market square that morning, as they carried the Notts Network u3a beacon to Carlton and Gedling u3a. Their scenic route to and from Carlton Square was a trip of 34 miles – apparently twice as far as they had ridden together on any outing before. The glasses of prosecco provided by Carlton and Gedling's welcoming party hopefully went some way to ease their pain though! Photos of the cyclists and others at our Open Day can be seen later in this edition.

Time now then for a moment of inevitable disappointment – yes, it's my latest Joke of the Month!

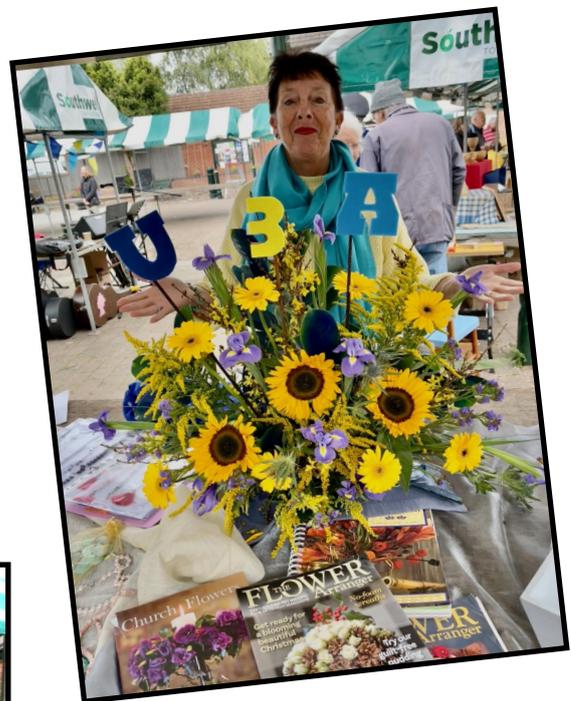
I heard that "Cock-a-Doodle-Two", the dating website for chickens, has had to close. Apparently it was struggling to make hens meet.

All the best.

Brian

SOUTHWELL U3A OPEN DAY!

Many of our members turned out on a cool autumn Sunday a week or two ago to take part in our celebration of the 40th anniversary of the u3a in the UK. There were some great displays in the market square by a wide range of our interest groups and entertainment was provided throughout the day by our music groups. Here are just a few photos from the day:



(more photos from the Cycling Group in Group News)

I have a very impressive total of 45 members travelling to the first Halle Concert on October 7th. This concert is closed to any further booking. Booking remains open for the concert below and there are plenty of available seats.

Thursday 20 October 7:30pm

BBC Philharmonic

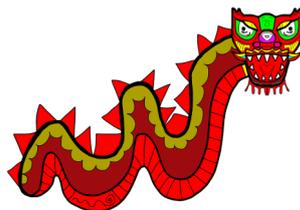
| | |
|---------------|---------------------------|
| Ben Gernon | conductor |
| Zlatomir Fung | cello |
| Dukas | The Sorcerer's Apprentice |
| Elgar | Cello Concerto |
| Walton | Symphony No. 1 |

I will be opening booking on the following two concerts in the middle of October: the Royal Liverpool Philharmonic Orchestra on Wednesday 16 November and the Malta Philharmonic Orchestra on Thursday 24 November.

The coach whisks members from the Southwell Leisure Centre via Thurgarton and Lowdham pick-ups to drop members right outside the Royal Concert Hall. The return journey leaves close to the Concert Hall. If there is anyone new who would like to be informed of this scheme, please let me know. My email is bennettsrandc@btinternet.com.

Please send a cheque made out to Southwell u3a plus booking form to me for the concert. Seat plus coach prices are: Band A £35, Band B £31 and Band C £29 per person.

Rogr Bennett—please contact me on bennettsrandc@btinternet.com



Chinese New Year

Notts Network are again holding their stupendously popular Chinese New Year celebration at Springwater Restaurant in Calverton on Monday 23rd January 2023, the cost for an all you can eat buffet, Chinese dragon dance and fireworks is £25. Names and a £5 deposit will be required by the end of October by our treasurer Jan Clarke Humphries please watch out for formal notice of this event.

Wills and Powers of Attorney Information Session

Clare Newton from Tallents Solicitors delivered an excellent session for 30 members in September her style of delivery suited the audience since she gave information but invited questions as she went along meaning that we could all join in.

The topic of powers of attorney was about the 2 types - Health and Welfare, and Property and Financial Affairs, both of which are lasting powers of attorney (LPOA). In the past you may have heard of Enduring Power of Attorney but these have been replaced by those above, although if you have an Enduring Power of Attorney it is still effective. Two main points came out firstly that a LPOA is about ensuring that the person appointing the attorneys is at the heart of decisions in terms of their best interests and expressed wishes, the second that you need to consider who to appoint as attorneys and ask their consent (they will have to sign a form too). LPOAs are effective if you lose capacity but they can also be used during a temporary incapacity as well, for example if having an operation or stay in hospital.

If you are interested in writing a living will then Clare suggested trying this website for templates and information

<https://www.resus.org.uk/search?search=living+wills>

also available is Age UK

<https://www.ageuk.org.uk/information-advice/money-legal/legal-issues/advance-decisions/>

There are no future workshops planned although Clare has been asked if she could provide one on trusts since there are likely to be some members who have dependents who they would want to see provided for.

IMPORTANT!

Welcomers at the monthly meetings would appreciate it if all members could have their membership cards with them when they attend. If you haven't got yours, please ask at the membership table at the meeting to collect it.



Healthy Buzz in the Room, Our Talk in September



Our speaker in September commented on the healthy buzz from u3a members before settling down to give his talk. A healthy buzz is music to the ears of beekeepers said our speaker, Simon Croson, beekeeper and award winning photographer because twenty years ago when Simon was about to retire from the RAF his wife gave him a present, a course on bee keeping. In 2006 he started keeping bees as a hobby, by 2011 he had established the Artisan Honey Company at Caythorpe in Lincolnshire, what started as a hobby with a few hives in the back garden is now a thriving business with 300 hives producing many types of honey, beeswax and other products like pollen, propolis and royal jelly.

What did we learn about beekeeping? Well, each hive could be home to up to 60,000 individuals and the range of flights they make can be up to three miles. Each hive is centred on a queen who lays eggs at the rate of 1,500-3,000 per day. Each hive can produce up to 15kg of honey. And honey can last almost indefinitely, with some found in 3,000 year old Egyptian tombs still being edible.

The real fascination about bees is how they are organised, how they control their populations, how they make new queens to replace the old ones, how swarms will separate from one hive with a new queen ready to start up a new community elsewhere, how they determine which eggs will become drones or worker bees, how they regulate temperatures in a hive and how they instinctively know how to do all this. On top of this, bees can learn from each other and can recognise human faces, so they recognise their keepers but as Simon told us that doesn't stop him getting stung on a regular basis! But the relationship between beekeeper and bee is crucial for both, the beekeeper ensures that the bees are healthy and have a sound hive to live in, safe from parasites and predators. The bees respond by increasing in numbers and collecting a surplus of honey which the beekeeper can harvest without putting the colony at risk from starvation.

A really interesting talk and Simon also brought with him a selection of his honey and other products to show and sell.

Our next speaker on 4th October will be Andy Smart, former journalist and radio broadcaster with 20 years spent on the Nottingham Post, and involved in the publication of the monthly Bygones magazine. His talk will cover a wide variety of subjects from the past relating to Nottinghamshire including Royal visits, weather, industry, sport, WW1 & WW2 and many other topics.

Group News

Cycling for Fun

Well, what a day 18th September was with the responsibility of transporting and passing on the u3a Beacon to Carlton group. We did it, 34 miles on 1 glass of prosecco and a cup of tea and cake was some achievement. That's twice as far as we usually do.

Six of us, John, Nadina, Fiona, Jan, Mary and myself were wished "bon voyage" by Brian Platts and all the early visitors and group representatives from Southwell Market Place as we departed down King Street. After making our way towards Morton we quickly meandered down to the river Trent and joined all the fishermen, walkers and other cyclists enjoying the autumnal weather by the side of the river. Surprisingly few boats but there were a couple of canoeists close to

Gunthorpe weir. Following a largely traffic free route we passed Ferry Farm, Gunthorpe and Burton Joyce before following Stoke Lane through Stoke Bardolph and Netherfield to Carlton Square.

Here we were welcomed enthusiastically by Paul Martinez and members of Carlton U3A. What a friendly and interesting group of people they are. They made us feel like celebrities and accepted the beacon to pass on to the next group on Tuesday. After a lot of chatter and our glass of prosecco we were waved on way for the return journey. We were supported by Lynn who drove carrying supplies, the banner and refreshments and took all the photographs.

We have continued to ride on the 1st and 3rd Thursday of the month. On the 1st September, Jan, been returned to Hoveringham. On the 15th September John led our first ride in Derbyshire taking in the High Peak and Tissington Trails. The ride started from Minninglow car park and gave spectacular views over some of the best dales in Derbyshire in perfect weather conditions.



Cycling Group continued



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 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 in the Old Court House where you will have a warm welcome.

Indoor Climbing Group

There are a few changes in the pipeline for the group the Nottingham climbing centre which we use every Monday has been taken over by new owners. Apparently, they are investing in the centre over the next 12 months which will improve the facilities and challenges for us. The new climbing wall at Newark is opening shortly so we will no doubt be trying that. Have a look at the attached link to see what we do <https://www.youtube.com/watch?v=elrsACY2e0s> If you would like to join us for a taster session, please contact the group leader.

email: damoore115@gmail.com

Jewellery Group

We had a good time this week with everyone concentrating very hard to create some masterpieces!



Photography Section

We put on a good show at the open day on the market square on 18th September, with lots of examples of our recent work hung on clothes lines, blowing in the wind ! Several existing u3a members expressed an interest in joining our group, and some new potential recruits to the u3a also came along.

Normally we meet at Southwell Library on the second Tuesday of the month from 2.00 until 4.00. Our next meeting will be on October 11th when we'll be looking at our next project, self portraits.

Between us we cover a wide range of technical abilities, from novice to very accomplished. We do look at the technicalities, we try to explore the possibilities of manual settings in our cameras and phones, and what we can do with the picture on a computer, but the main thing is the image. Is it interesting? Does it tell a story?

We are always looking for more members, if you've got a phone you're a photographer. If you are interested contact our group leader.

COFFEE MORNINGS

The fortnightly coffee mornings held at Southwell Garden Centre, Fiskerton Road, are still going ahead. 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 13th and 27th. There are usually one or two Committee members present. There were 18 u3a members at the August coffee morning - a record turnout. It's open to all members, but we hope not all 700 turn up! There would be a long queue for coffee!



Keep an eye open for notices from Social and Trips Committee Members who have great plans for activities for over the coming year.

Please send all items for inclusion in the November issue to: su3anewsline@gmail.com by Tuesday 20th October

A Duty done on a day to remember

When I heard the news of the passing of HM The Queen my partner and I were on a short holiday in Denmark. The next two days until we arrived home were a bit of a blur as our minds were in two places at once as we watched events unfold. The next day I sat and watched as people started to queue up to see Her Majesty lying in state and thought that it would be a once in a lifetime thing to do, but when they said that it could be 10 hours or more of waiting, I quickly realised that my legs probably wouldn't take it.

However, after seeing a military veteran on tv saying that it was his duty to be there, I changed my mind since I served for 25 years in the Army with the Queen as my Commander-in-Chief, it WAS my duty. My eldest daughter called and said that she was thinking of going and would I like to go with her. Eighteen hours later we arrived in Edgware at 0500 on Friday and parked her car before getting on the Tube to London Bridge, and, after a rapid 10 mins walk, reached the end of the queue at 0635. It was a good way further back than I had anticipated but at least we were in it. A bonus was my 15 year-old granddaughter Olivia had decided at the last minute to come along as well.

We quite quickly started nattering to two ladies in front of us, who, themselves had only just met and it turned out that one of them had spent 15 years working for the Home Office in the very same building that I had started my working life in way back in 1967 and had been born a week after I started there – amazing!!! I mentioned London Bridge earlier and a 10 min walk, well, it took us another 100 mins to get back there and by then the media was saying it was going to be about 12 hours all told. The queue was only moving occasionally and then in fits and starts. At about 1030 we were handed our wristbands and shortly after I spotted an M&S food place so dived in and stocked up on sandwiches and snacks, including some chocolate eclairs. A welcome distraction from my very sore feet was when my brother turned up to chat and he stayed with us for a couple of hours.

By this time my legs were hurting quite noticeably and I'm sure one or two of the group were hurting as well but they weren't saying. There was a lot of good humour in the queue and the stewards, some of whom were volunteers I believe, were doing a great job. We eventually reached Victoria Tower Gardens, which is the patch of grass next to the Hall and went through what seemed like interminable airport style queueing and very soon passed through security. My legs by then were like jelly but the thought that we were nearly there helped.

Very quickly we were at the top of the stairs looking down into the hall and it all seemed quite surreal. Only 10 days earlier the Queen had greeted the new Prime Minister and now here she was in a coffin surrounded by soldiers. In the blink of an eye we had been ushered down and I said a quick prayer, bowed my head and away we went. It was all over so fast but I felt that my duty was done! All the stewards and guides did a brilliant job and in particular a troop of Sea Scouts from Jersey.

I mentioned Denmark earlier in the piece for a reason. Only 24 hours after the Queen's passing, the Danes were due to start a weekend of celebrations for their Queen's Golden Jubilee. They immediately cancelled the weekend in sympathy with the UK, and I never heard one person complain. Much respect to Queen Margrethe, the Danish royal family and the people of Denmark



New Groups

Film and Opera

We received the following message from Margot Gale, via Notts Network U3A. If you are interested in joining either or both groups then please contact Paul Martinez for Opera and Sue Warren for Film. In order that we can keep accurate records of Interest Group Members then please let me know if you subsequently join either of these groups.

CARLTON, GEDLING & DISTRICT u3a

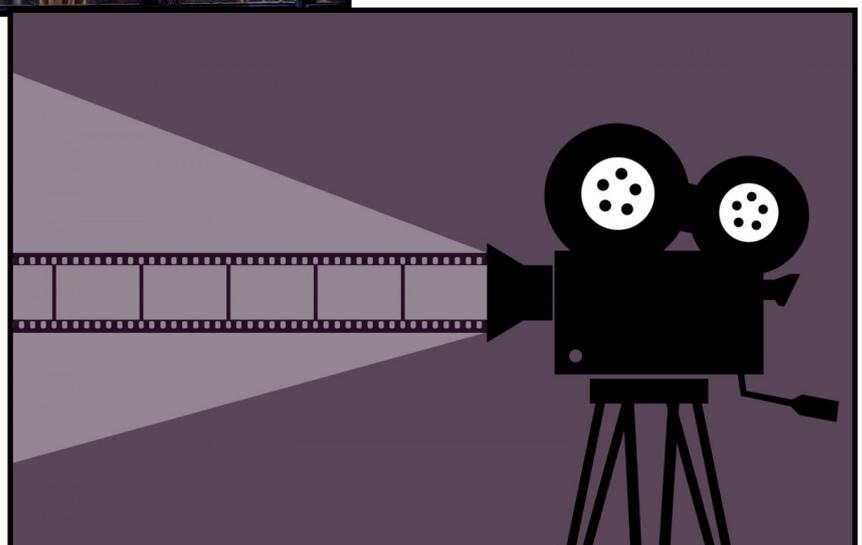
Notts Film and Opera Groups for YOU

Both groups meet on Zoom to discuss films and operas which group members have watched on their TV or on YouTube.

The groups meet monthly and are hosted by Carlton and Gedling u3a. To join, you need to be a member of a u3a in Nottingham or Nottinghamshire. You don't have to be a member of Carlton and Gedling u3a. Both groups have a mix of pretty experienced members, beginners and those at all stages in between.

To join either group, email Paul Martinez (pkmartinez14@gmail.com) for Opera and Sue Warren (sue.warren2011@gmail.com) for Film. We look forward to hearing from you.

Paul Martinez and Sue Warren, Carlton and Gedling u3a



Save time in the kitchen?



When I lived in France, I picked up some recipe suggestions from fellow members of the AVF (Accueil des Villes Francaise), which is a French organisation established to help newcomers to an area (French and foreign) find the information and social integration they may need. A bit like u3a. I found out an easy way to chop parsley instead of chasing it all over the chopping board- put it into a cup and use scissors - brilliant! You can leave the stalks on as well - they all have parsley flavour.

**Social and Trips Committee are organising a
Murder Mystery Event**

presented by The Southwell Theatre Club

“Sleeping Gorgeous Beauty”

Thursday 8th December

7.00pm for 7.30pm

In Southwell Library

To include a light supper

(provided by the Theatre Club)

A bar will be available to purchase drinks.

Teams of 6

Teams can be arranged on the night



**Tickets
£10 each**

**The £10 tickets for this event will be on sale at the
October and November Monthly Meetings**

COME DINE WITH US RECIPE



Chicken Satay - serves 4

Satay is believed to have originated in Javanese cuisine but went on to spread throughout Indonesia to become a national dish. You can now find it in many other Southeast Asian countries where it can be any seasoned, skewered, grilled meat with a sauce. Like here though, it is typically accompanied by a peanut sauce.

Ingredients

| | | |
|---|--|--------------------------|
| 500g skinless chicken breast | 1 tbsp curry powder or red curry paste or 2 tsp garam masala | |
| 1 inch (2 tsp) ginger, peeled and grated | 1 tsp turmeric | 2 garlic cloves, crushed |
| 1 lime: ½ zested and juiced & ½ cut into 4 wedges | 1 tsp clear honey | 1 tbsp soy sauce |
| 3tbsp (100g) smooth peanut butter | 165ml coconut milk | |
| Garnish: Handful of peanuts, roughly crushed | Coriander – handful coarsely chopped | |

Method

Place each chicken breast in a plastic bag and flatten with a rolling pin until about ¼ - ½" thick. Cut into 1-2" batons.

In a medium bowl, mix curry paste/powder/garam masala, ginger, garlic, lime juice and zest, turmeric, honey, soy sauce, peanut butter. Add a splash of water if too stiff.

Retain a third of the sauce in the bowl and transfer the other two thirds into a small pan.

Put the chicken in the bowl and coat with the sauce. Cover with cling film and chill for up to 3 hours. Thread the chicken pieces lengthways along skewers (pre-soaked if wooden, to stop them catching fire!) bunching the pieces up to fill about half the length of each skewer.

Add the 165ml coconut milk to the pan containing the sauce and gently heat it. Simmer for about 5 mins and then put into dipping bowl(s).

Meanwhile grill or fry (in a non-stick pan) the chicken skewers on a high heat for about 10 mins, turning occasionally. Keep an eye on them - lightly charred is good, burnt is bad! Garnish with the lime wedges, crushed peanuts and chopped coriander and serve with the dipping sauce and rice or salad of your choice. Enjoy!

