

Newsline Extra

Southwell U3A

September 2020 - No 10



Autumn

John Keats famously called autumn the 'season of mists and mellow fruitfulness'.

Our AGM is finally under way. All the details will be sent out by email and post soon. The pressing need to find a Treasurer may have been solved. I certainly hope so because the prospect of carrying on without one is not practical. If we have to cease operating, no-one would be very happy.

Finding volunteers to help run our U3A can be hard work. Do you realise that this is a valuable way to keep in touch with changes which could improve your experience of being a member. The committee is there to represent our members and aims to keep Southwell U3A working smoothly. There are no entrance qualifications – we are all amateurs. It's an opportunity to develop your social contacts and it may be a surprise to yourself to find out what you are capable of. Do you think it is a worthwhile cause – would you like to help? Here are some members who thought it was worth the effort. <https://www.u3a.org.uk/volunteer-gallery>

Covid 19 is still a major challenge to our way of life. But we are carrying on, despite the difficulties of large group meetings. The Notts Network and national office of the U3A have published details of many initiatives to carry us forward. If you have not subscribed to the national newsletter – the link is here - <https://www.u3a.org.uk/newsletter>. And the national website has information on national advisors, subject advisors – and lots more. The latest Third Age Matters has interesting articles about what other U3As are doing and is well worth a read,

If you have any contributions to Newsline – the address is su3anewsline@gmail.com

Committee Information

U3A Website: Membership Area – a note from our Webmaster, Paul Wilkinson

We have not changed the password needed to access the Membership area of our website since it was set up, but in that time members have come and gone, so we really need a new password to ensure the information held there is as secure as we can reasonably make it. So on the day that you receive this email the password will be changed to **Key2openSU3A**. I hope you will find this a bit easier to remember. And don't forget this is NOT to be shared with anyone who is not a member of Southwell U3A.

If you haven't visited the Members Area before it contains quite a bit of useful information. The Contact List you find in Newsline is held there on a separate page, together with pages, including contact details for all the Committee Members, Group Leaders and the Social & Trips Committee Members. You will also find past copies of Newsline going back to December 2016 as well as Newsline Extra which was started up in April this year. There is also a page describing many of the available venues in Southwell and surrounding villages used by U3A groups, along with contact details for those looking for venues, although I appreciate this might not be of much use currently. Finally there is a page called Swop Shop, which was advertised in a previous edition of Newsline Extra for those who might want to swop or offer items to other members during this time.

Finally if you do forget the password and want to access the membership area please use the CONTACT US page of the website to get in touch with me and I will happily remind you of it.

Nottinghamshire Network U3A

Carlton & Gedling U3A featured in the last newsletter giving information on how some groups are coping with meeting during the current restrictions the Bonsai group were able to combine zoom meetings with garden meetings; the Opera study group have actually thrived and meet on zoom twice a month watching then discussing operas; the Film study group has just started during lockdown and have succeeded by choosing films to watch online which are available free examples being Citizen Kane and Twelve Monkeys.

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Group Leader Profile

Desert Island Discs – a profile of John Tebbs - Music Lovers Group



In my early years music was something that came from the wireless with sounds of big bands, film, and stage with simple melodies and catchy lyrics. Over the last ten years they have been recreated by John Wilson and his orchestra at the BBC Proms. It was not until my fifties that I really got into chamber music and it has become a firm favourite maybe it is because I played a cello, very badly.

I was not very adventurous in the rock and pop era. I was not the world's best dancer or dresser and preferred camping and army cadet activities and later motor bikes. I had a scout master who played Hank Williams and Lonny Donegan whilst at 14 I discovered Buddy Holly. When I married Rosie, I had met a real expert on popular music especially Motown. The musical journey continues with the U3a Music Lovers Group, moving on from audio to video and let us hope we resume soon.

For many years I was manager, then director, in charge of the 24 – 7 operation of the East Midlands Electricity system and all things technical before as an independent consultant on projects in the UK, Ireland, Australia, South America, Former Soviet Union, Malaysia, The Balkans, Sudan, South Africa, Cyprus and the Caribbean

For a book I choose “The Source” by James A Michener, a fictional history of Israel based on archaeological excavations. As a luxury I would like to take a camera failing that I would take a mouth organ and learn to play it properly.

How would I cope and what would I miss most? I do not cope very well alone. I do not fancy being Ben Gunn, although like Gunn, I could get obsessed by the lack of cheese.

John's playlist

<https://www.youtube.com/playlist?list=PLQHiO9b3DnltJwgg4ccFajSD5eu-nPhNC>

No 10 https://youtu.be/GC_mV1lpjWA for the grandchildren

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Group News

Book Group 2

Alison Clarke

The book group still meets on the 4th Tuesday of the month and we have had a mixture of virtual and actual meetings. We have been using Zoom, and also communicate via WhatsApp between meetings. How we proceed for the rest of the year will depend very much on Government advice and the weather (we have been meeting in members' gardens). We are a small group, so have rarely had more than 6 attendees. Our programme for the rest of the year is on the website.

Literature

Dinah Foster

The U3A Literature Group have continued their monthly meetings and programme throughout the Covid crisis. Members are circulated with notes on the book and the poems the week before each monthly meeting (held 10-12am every third Wednesday of the month). Members email their comments to all members about the book and poems during the week before the meeting. The meeting then takes place via zoom at the scheduled date and time.

Our monthly programme can be accessed through the Southwell U3A website. We would very much welcome new members. The only requirement is that you can download the free zoom app to your chosen device and can obtain your own copies of the book each month (via the library, the book wise second hand book shop in Southwell or any online book store). The poems are emailed to members the week before the meeting. Please phone or text Dinah on 0772 502 4837 if you would like to join the group and/or require any help/advice about using zoom.

Discussion group

Clive Bates

Discussion Group meets monthly by Zoom on the 4th Thursday at 10.30 am.

Astronomy Group

Sue Whibley & Richard Ashbery

The U3A Astronomy Group has been unable to hold our usual monthly meetings during the pandemic months. The room we use in Southwell Library whilst ideal for displaying magnificent photos of astronomical objects does not allow us to socially distance ourselves.

The group now concentrate on star gazing. We circulate a monthly guide to the night sky to our members. There has been so much to observe just by looking up at the ever changing sky above our own back gardens. The lockdown didn't stop us looking for comet Neowise, the Perseid meteor shower, Venus against a background of the Pleiades, SpaceX Satellites, the strawberry moon and the planets and more.

A highlight for October, visible clearly with the naked eye, will be Mars. Views of this planet have been getting better and better throughout September, but will peak during the first half of October. Look out for the bright salmon pinkish coloured planet in the south to south eastern night sky. It reaches its highest in the sky at 1am, but start looking 2 hours after sunset. Not only will Mars be closest to the earth at this time but it will be fully illuminated by the sun. The next opportunity for such good views of Mars will not be until 2033.

Computer Group

Clive Bates

Computer Group meets on the 2nd and 4th Wednesday by Zoom at 2.00 pm for both Windows and Linux users.

Group News continued

History

David Hutchinson

Continues to meet via Zoom every 4th Friday at 11am.

Church Visiting group

Chris Bentley

Although no actual church visits have taken place since lockdown virtual visits have been sent out to all members at fortnightly intervals covering the churches which were planned to be visited this year. All these virtual visits are now available on the Group's pages on the SU3A website and our hope is that we will visit them as soon as everything calms down, hopefully starting in March next year. The churches aren't going anywhere in the meantime and they need visiting!

Walking Groups

Beryl Rimmer

Many members of our walking groups have carried on walking during the past 6 months, in small numbers, enjoying exploring the local footpaths around Southwell, Fiskerton, Woodborough, Epperstone and Fulbeck.

Loop Walkers, under the leadership of Tony and Gill Key are back on track as a U3A group and are walking the Cuckoo Way, a route of 46 miles in total, along the towpath of the Chesterfield Canal.

Maggie, Barrie and David and Beryl, from the Loop walking group, met near Chesterfield on 3rd September to walk the first leg of the Cuckoo Way, a distance of about 8.5 miles.

They did come a little closer together, very briefly, so that Beryl could take the photo!



Gill, Tony, David, Sandy, Barrie, Anne and Mike on Wednesday, 16th September On the second leg of the Cuckoo Way.



Marion, Dinah, Ida and Marie on a sunny day in June on a walk from Epperstone.



Members of the Loop Walkers having a carefully socially distanced lunch stop by the River Trent at Fiskerton on 1st July.

Hedgerow Jelly

A balance of sweet, sour & bitter but you can vary the fruit according to what's around, including cultivated varieties. Apples are added for the sake of the set and must be left whole as the skins, pips, and core are the main source of pectin.

Makes 5-6 jars.

1kg crab apples or bramleys

250g blackberries

250g sloes or damsons

250g rowan or elderberries

125g hips

125g haws

About 2 litres of water

About 2kd granulated sugar



1. Rinse & chunk the apples & strip the berries from their stalks & rinse.
2. Put all the fruit into a large pan & add enough water to cover.
3. Bring to the boil, turn down the heat & simmer until all the fruit is mushy.
4. Strain the pulp & juice through a jelly bag overnight.
5. Measure the juice & return to the pan. Add 500g sugar for every 500ml of juice.
6. Bring to the boil & simmer until setting point is reached.
7. Pot whilst still warm.

Enjoy it — it's delicious!





This is the time of year when you are most likely to come across fungi. The conditions in autumn are just right for these strange growths which suddenly emerge from the ground. Do you call them mushrooms or toadstools? Have you ever considered what the difference is between the two? The answer is simple, there is no difference. It is all down to how we perceive them. We tend to think of edible fungi as mushrooms whereas inedible fungi have darker connotations and we call them toadstools. All sorts of myths surround toadstools. Some think the word has an association with toads which have a warty skin that secretes a toxic compound. Another school of thought says that the German word for toadstool is 'todesstolle' which means seat of death.

Whether poisonous or not, fungi are fascinating and they don't all look like the classic shape which we know so well. Their shapes vary immensely. Some are shaped like coral, brains, cages and stars and there is even one which looks like a bird's nest, complete with eggs.

The colours of fungi also differ greatly and they can be all the colours of the rainbow. Those in the waxcap family, can be bright red or yellow; the fungi called Dead Man's Fingers are black and the Amethyst Deceiver is, as the name suggests, a purple colour; the Aniseed Funnel is blue in colour. Some fungi if bruised or cut can change their colour in a matter of seconds.

Not all fungi have gills. Some have a spongy looking underside and possess pores rather than gills. There are also some which have soft spikes underneath like the Wood or Terracotta Hedgehog.

Smells may also differ. Almond, aniseed, coconut, rotting flesh, gas tar, stewed apples and potatoes are just some of the different smells you may encounter. The Stinkhorn can often be smelt before you see it. The cap of this fungus is covered with a smelly spore-bearing coating which attracts flies. They eat this substance then fly off and spread the spores elsewhere.

If you walk through woodland or over fields at this time of year, look out for fungi. They are truly fascinating and indeed we would be worse off without them as they are essential in the process of breaking down decaying matter.



Cauliflower Fungus



Shaggy Inkcap

Information and advice

Driving safely after lockdown

Are you ready and fit for the road, is your car fit for the road and are other people ready for the road now that we are able to go out and about again in our cars following a long period of not driving.

In terms of hobbies like golf or tennis we would normally have a few practice sessions to get ourselves back into shape and a road safety charity would like us to think about practising to get back behind the wheel. The IAM Roadsmart Lincolnshire group, the largest road safety organisation in the country, are offering online activities for U3A's, they offer a 10% discount on Advanced Driver Courses for U3A members (RRP £149), members can get that discount by getting in touch with them or signing up for a free taster and completing this first, also offer a range of other more specific presentations including night driving, winter driving, motorway driving and more if these are of interest. <https://www.iamroadsmart.com/groups/lincolnshire>.

Keep up to date and purchase a copy of the Highway Code available from the Post Office and other stationers, for instance how many of us are aware of what the changing white lines in the middle of the road mean or have we even noticed them.

IAM Lincolnshire 0300 365 0152 07983 122020 www.iamlincolnshire.com

East Midlands U3A Copyright Advice

The Trust has recently published updated **Copyright Advice**, which I really advise you to look at and inwardly digest, even though it is quite long. Better than falling foul of the rules and being fined, which has happened to some U3As! It is very easy for Interest Groups to be in contravention of these rules and the purchase of a CLA licence is vital. I am grateful to Howard Fisher, Chair of Keyworth U3A, for the time he has spent following up this advice, particularly in relation to Newspapers, which are not covered by CLA. He contacted the National Office for further clarification. Currently, because the newspaper licensing body, the NLA, seems to lack understanding of what the U3A is, the advice is not to contact them, and to avoid the use of newspaper articles. If necessary, include a link but do not copy or circulate an article, however old. N O hopes to come to a better understanding with the NLA.

Even articles from Wikipedia should be properly acknowledged and there is information about that on their site. One important thing to remember is never to copy entire articles, only short extracts. If you visit the **CLA web site and enter into the Permissions Search box the title of any publication** you are wanting to use an extract from, it will tell you what you can do from that publication.

If you are comfortable using zoom, read another article. This one is not for you. This article is for people who have never tried zoom or who tried it once and didn't like it.

Zoom is probably the easiest way for several people to meet up on line. It is very flexible. You can share video clips, pictures, music – anything which you can bring up on your computer. You can even join by phone (see below in this short article).

Why should I bother?

There are lots of reasons to learn how to zoom, but there are probably 6 main ones:

- It opens up new horizons
- It stops you missing out
- More and more of our interest groups are using zoom. Our ability to meet in face to face groups will probably get less as autumn and winter make meeting outside impracticable
- You can boast about your new tech savvy skills to your grandchildren, great grandchildren and anyone else who's prepared to listen
- It's dead easy

You can even join by telephone (although you won't see the picture unless it's a smart phone)

What do I have to do?

Joining by laptop or pc

You will be receive an invitation by email and only need to click on a link and the device will guide you through simple steps to set up a temporary link to Zoom and join you to the meeting. Once in the meeting you can switch your video and audio on and off. Zoom will show you who is speaking. At the end of the meeting Zoom will terminate the connection and disappear from your device. (If you want to set up your own meetings, you will need to install the software.)

Joining by smart phone or tablet

You need to download the zoom app to your smartphone, then away you go!

Joining by phone

You can even join by phone, if you really want to. Most of the invitations from our U3A will in future provide you with a land line number to call. Remember, unless you have some sort of land-line package, this could be a relatively expensive option.

What do I do next?

Next time you get an invitation to join a zoom meeting, just say **'yes'** and **click on the link.**

COME DINE WITH MEN RECIPE

Mists and mellow fruitfulness etc are now upon us and so here's an Autumn recipe from one of our meetings last year. It uses Bramley apples, as of course we are in Southwell, but you could use any other apple of your choice.

AUTUMN PUMPKIN AND APPLE SOUP

INGREDIENTS

1 pumpkin or butternut squash – peeled, de-seeded and chopped into half inch cubes - about 500g required. Retain some of the seeds.

2 tbsp olive oil

1 chopped onion 2 cloves garlic – peeled and chopped

1 large apple (eg Bramley) – peeled and chopped into half inch cubes

¼ tsp ground cinnamon ½ tsp salt

¾ litre vegetable stock (1 veg stock cube in water)

2 tbsp raw pumpkin seeds (“Pepitas”)

2 tsp sugar ¼ cup apple cider



METHOD

Heat oil in large saucepan, add onion, cook for 5 mins, stirring occasionally.

Add garlic, cook 2 mins. Add pumpkin, apple, cinnamon, ¼ tsp salt and cook for 5 mins, stirring frequently. Add stock and bring to boil. Reduce heat to medium low, simmer for approx. 20 mins until pumpkin and apple are soft.

While soup is cooking, combine pepitas, sugar and rest of salt in a non-stick pan on low/medium heat. Cook for about 7 mins until sugar melts and pepitas toasted (try not to burn!). Transfer to plate and allow to cool – they will stick together and need separating.

Ladle half the soup into a blender, blend to smooth, pour soup into a bowl. Repeat with remaining soup. Pour in apple cider, stir and reheat if necessary. Sprinkle with toasted pepitas. Enjoy!

This month's puzzle

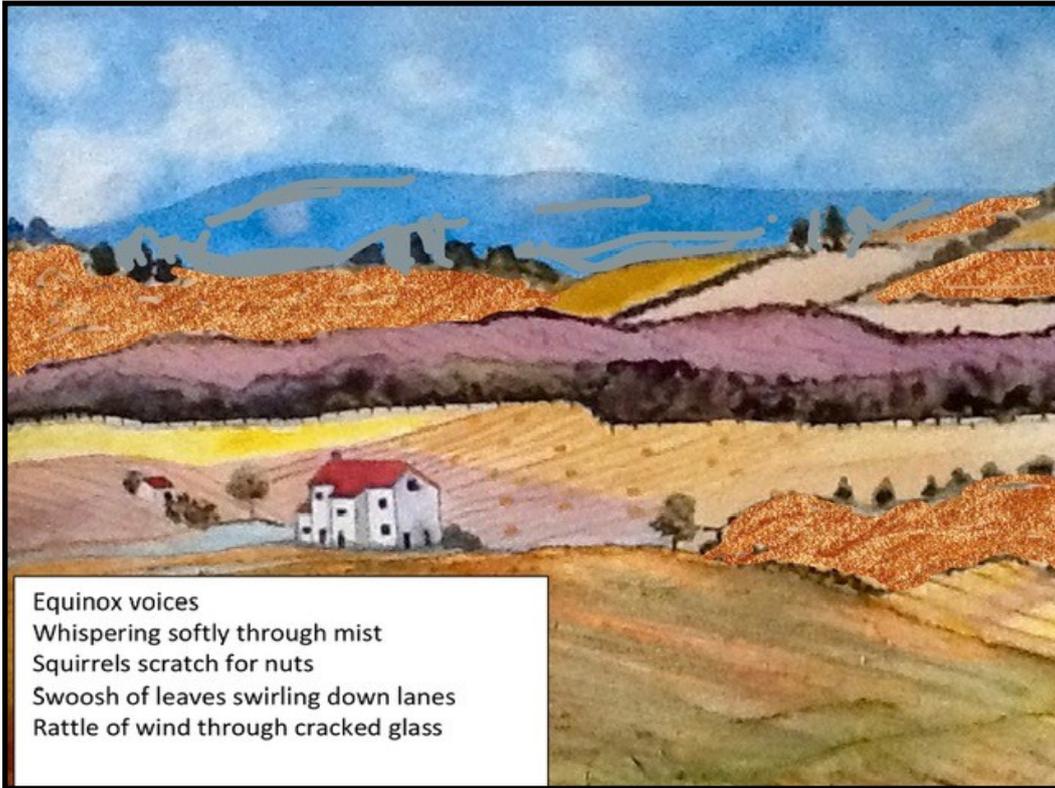
What is this?

Answer on the next page!



Autumn

Pictures and poems Margaret Royall



AUGUST THE 24th
Response to Edward Thomas' poem 'March the 3rd'

It was a halcyon day
for harvesting; the
daylight hours were dry and fair
as Indian summer

I walked the stubble fields
from Aurora's
unveiling of stippled skies
to Morpheus' nightshade

A day of plenitude;
The russet hours
full-tamed; the thought flow
morphed to poetry

Answer to this month's puzzle

It's a weird fungi called Devil's fingers. It shows you how diverse the kingdom of fungi is.