

Newsline Extra

Southwell U3A

June 2021 - No 18



Spring at the bog garden at Thorpe Perrow Arboretum
near Bedale, Yorkshire.

Chair's report

Marjorie Bramhill

Membership fees need paying from June 2021 after a full year of free membership. Membership is being held at £20, but this may be reviewed as we open up for business again. See below message from membership secretary.

Hopefully the next few months will mean that we can start meeting up in person again. I read the following comment recently -

In the UK it is assumed that if you ask people what they want – they will go for expensive equipment or nursing care – when in fact what they often want is friendship and hope.

And this is what I think the u3a is about. Friendship, learning and fun.

Other countries treat their third agers with a different approach. In the Netherlands they have set up a system – run by nurses. Staff themselves decide what patients need. They build partnerships with friends, neighbours and family to maintain independence. I have read that they set up accommodation for students (young people) in the same building as seniors and the relationship grows between the generation as there is an agreement that this will happen between the residents. Just because we are in our third age that doesn't mean we aren't interested in what young people are up to. Many of our members live a long way away from their children. The u3a is a lifeline!

The committee is planning a u3a day on 15th August at the Market Square in Southwell to let other members find out what more about us and what we do. Group Leaders have been asked to participate in this event – which is linked to the national u3a day on 2nd June. We will have stalls, bunting and leaflets to hand out. I hope you will be there to help out with the crowds. Let's hope the weather is good on that day (if wet – hopefully in the Library).

On 1st June you will be able to ask friends and neighbours to join in our Monthly Meeting on zoom. Chris Bentley is talking about Japan. I will be writing to you separately – invite your friends and neighbours to zoom in. There may also be a mention of Japan's Pom Pom dancers – all aged over 50!

See you all in Japan.

Membership subscriptions

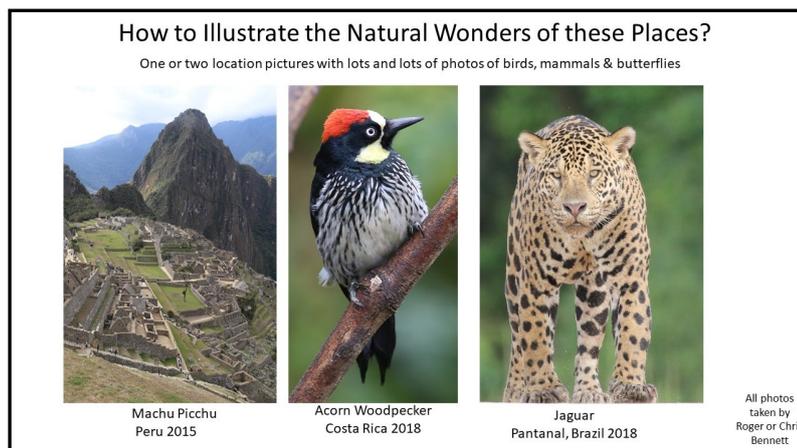
Richmond Kingsbury

Southwell u3a members have benefitted from up to 1 years free membership to offset the restrictions on our activities posed by lockdown. However, as the world begins to open up, subscriptions will become due again. From June 2021 and rolling out into 2022 members will begin to receive a monthly reminder that subs are due. The renewal date differs for each member (depending on when you joined) so you may not get a reminder for several months. The Membership Secretary will contact you at the appropriate time to remind you. Don't worry – you will probably be reminded several times before any action is taken. If you have any queries contact the Membership Secretary, Richmond Kingsbury, on memsecsu3a@gmail.com.

Presentation by Roger Bennett: *Retirement Around the Natural World*

There can't be many members who have been to more countries than Southwell u3a Members Chris and Roger Bennett, and that's not just our membership I'm talking about but nationwide as well! He says surely not but he's been to an awful lot of countries especially in South America. And each time Roger has gone abroad he's taken his camera, off up mountains, into the jungle, by the lakeside or just in the back yard of where he's stayed. And the result is that over the last 15 years or so he has taken thousands of stunning photos of wildlife, and especially of birds, some gloriously coloured and of all shapes and sizes.

At our last monthly meeting by Zoom on 4 May Roger treated us to his presentation *Retirement Around the Natural World* featuring many of his photos taken in the Americas, South Africa, Mongolia and Siberia and many countries in between. I never knew so many birds existed: tanagers, woodpeckers, kingfishers, cute little bee eaters, majestic birds of prey and many more, so many in many different plumages. One thing I'd like to know is how Roger managed to get close enough to the birds to take his photos and how did he manage to get them to stay still while he took them? My one trip to the equatorial rain forest was in Malaysia when we stayed at a Government run resort. I thought we'd see lots of wildly coloured tropical species. Not a bit of it, apart from numerous worryingly large insects, squeaking geckos and macaques that jumped on the table and stole food I think we saw one toucan all week and even that was too quick for me to get a picture!



Next Speakers

Our next Monthly meeting (by Zoom) is on 1st June when the Speaker will be Chris Bentley talking about Living in Japan.

Our current plan is to continue with Zoomed meetings until August with the hope that we can again meet face to face in September. So on 6 July our Speaker will be Martin Perry on the History of the Guitar and on 3 August we've got Bob White, former PR Chief at Nottingham City Council talking about what goes on behind the scenes at the Council.

Our Speaker on 7 September will be Dean Nicola Sullivan talking about Cathedrals in the Modern Age. We do so hope that we can get back to some degree of normality by then.

Who's that girl?

Brian Platts



More about my new friend later!

First though, almost all u3as appear to have suffered falls in their membership numbers during the COVID-19 pandemic. Our own fall in numbers in Southwell u3a has been rather less than most so far, no doubt in part because of the efforts of many groups to switch to virtual activities and maintain contact with group members. However, we will only fully know the impact of the pandemic on our numbers when our subscription holiday ends in the next month or two.

I'm sure we all want Southwell u3a to get back to and even surpass our pre-pandemic best of just under 800 members, as soon as possible. This is not least because by increasing our membership, we gain economies of scale which help keep subscriptions low and we are

able to increase the number and variety of our interest groups and social activities.

To this end, our Management Committee already has Retention and Recruitment and PR/Publicity subgroups that are looking at lots of ways to raise the profile of Southwell u3a, increase membership benefits and recruit new members. We can all play a part though by telling friends and acquaintances about Southwell u3a at every opportunity!

You may well already know that we will be having an Open Day on Southwell Market Square on Sunday 15th August. We will have use of the market stalls and so please think about how your interest group might put on a display of your activities – the more lively and interactive the better. Your efforts will help boost the profile and recruitment for both your own group and Southwell u3a in general. Please invite friends, family and neighbours along and do get in touch if you need any help with displays or publicity materials.

We will also have a stall at Southwell Town Council's Fun Day in the War Memorial Park on the afternoon of Saturday 3 July.

Back now to my pop-up friend above!

Kindly supplied free to us as a "Pathfinder" u3a group by the Third Age Trust, she will be making an appearance at all of our activities this year. She does need a name though. Please then send your suggestions for her name to my email address below - no Boaty Mc Boatfaces though! The best suggestion will appear in next month's edition of Newslines.

Hope to see you at one of our events over the Summer.

Group News



Long Distance Loop Walk

Mike Broadley

A photo taken today on our Cuckoo Way walk- the group taking a coffee break at one of the locks on the Chesterfield Canal. This was Leg 4 of the walk and seven members came along starting at Kiveton Park.

Group News (continued)

Family History Group

Roger Hancock

The Family History Group will continue with regular monthly meetings on Zoom (3rd Monday in the Month) at least until the autumn. For our June meeting on Monday 21st June at 2pm, we will look at Immigration and where to find Immigration records. Many of us have ancestors who came from Ireland, France, other European countries or even farther afield. So, after a short break, attendees will be invited to share their memories or research results about any ancestors they have that might have arrived from overseas.

At the July meeting we will look at Emigration Records.

The next meeting of the DNA Sub Group (meets second Monday in the month) will be on Monday the 12th July at 2pm and we will look at "How to interpret Ancestry DNA results".

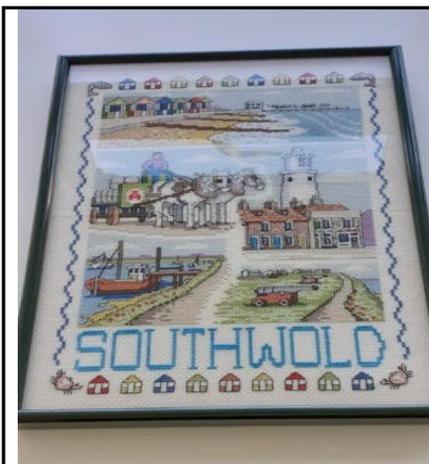
We will also be starting a new Family History beginners' course from September this year at 2pm to 4pm on 1st Monday in the month. This eight session course is ideal for those starting out in family history or just those requiring a "refresher". The course is suitable for both people who have no or limited experience in family history research and are just starting or those who just fancy a refresher of the basics. The aim for group members is to be able to carry out their own research effectively by the end of the course. Subjects covered include planning research, civil registration, censuses and parish registers. Sources and techniques will be demonstrated. There will also be the opportunity to progress your own family history helped by others from our U3A Family History Group during the sessions. There is no charge for the course, but you will need to be members of the Family History Group. From September, the fees for family history group membership for the remainder of the year until the end of March will be just £7.

If you wish to join us either at our regular monthly meeting or join our new beginners' course, please contact me, we still have a few spaces left. Roger Hancock roger@silverhost.co.uk

Stitching group

Fran Cayless

We have been meeting about every 6 weeks via Zoom meetings with Joan Arnold, who is the group's leader. Joan does PowerPoint presentations which we find very helpful .



Group News (continued)

Woodwork and chat

Barry Charlesworth

The 'Woodwork and Chat' group are at last recommencing meeting on Wednesday afternoons at 2 o'clock beginning on the 19th May. We like to keep things low key and always stop half way for a cup of tea/coffee a biscuit and a 'natter'.

We sometimes do communal projects and at others times follow our own. Below are some photos to give an idea of what we do.

We would welcome additional members to the group including complete beginners. In fact, this would be good introduction to woodworking and DIY in a very informal setting. So anyone who may be interested but is held back by a lack of confidence, please feel free to come and see what we do and maybe join our group if it appeals.

We meet at the 'Old Stables' located off a road part way down the Burgage next to the old police station .



Scrabble group

Josephine Harris

The group is planning to restart when rules allow and enquiries have been made as to when the room at Kings Court can be booked for meetings. There are places for any new members who may be interested in joining when they restart. Please contact Josephine on 0757282211

History Group

David Hutchison

In September the History Group will resume the study of twentieth century international affairs which we postponed at the beginning of the pandemic. If possible we will resume meeting in the Library - otherwise we will continue to meet on zoom.

Badminton

Judith Craig

Badminton started Tuesday 18th May. The day had to change due to timetable changes at the leisure centre. No new members until we are able to assess how many people will return. Watch this space.

Longer Walks

Katherine Bull

The longer walks group is following guidance from the Ramblers for small group walks which includes carrying out a risk assessment, pre booking by those wanting to attend and providing phone numbers for track and trace.

Group News (continued)



Practical Gardening

Mike Broadley

We had a meeting at Ida Mills', conforming of course to the current COVID rules to we had 5 attendees.

Film extra

Kit Sullivan

This is a small group meeting via zoom after watching a film on TV hopefully making it accessible to all. New members are welcome. Currently meeting fortnightly. Please contact Kit on kitsullivan029@gmail.com.

Music Lovers Group

John Tebbs and son Charles

It is so good to get out and about and for those that have not been able to get out, I offer a taste of spring with this YouTube video of Lea Rhododendron Gardens with music.

<https://youtu.be/YDFFiVjLm1M>

Other News

Research

Nottinghamshire Archives has reopened for pre-booked appointments to view archival documents. Please contact us with your initial enquiry, and to request an appointment, by email where possible on archives@inspireculture.org.uk or call **0115 958 1634**.

Can't get to Nottinghamshire Archives? Don't worry we run a remote reprographics and research service. We're also open for the deposit of new collections and conservation work. Our team are specialises in historic paper repair and bookbinding in leather and cloth. If you've always wanted your favourite book or family bible repaired or rebound, get in touch.

WhatsApp update action may be required

WhatsApp has changed its group settings to include "everyone" by default so people you don't know can add you to a group without your knowing, These people may include scam messages, loan sharks etc. You can change default setting as follows:

- 1 Go to WhatsApp
- 2 Go to settings
- 3 Go to account
- 4 Go to privacy
- 5 Go to groups
- 6 Change from (Everyone) to (My contacts)

Puzzle and Jokes page

Changeword Puzzle 4

The rules are simple in this puzzle; in each line there are five simple definitions the answers of which form a sequence of five letter words in which one letter changes each time.

Example:

Clues: US TV Show – Ship's Load – Slow Music – Big – River Boat

Answers: FARGO – CARGO – LARGO - LARGE – BARGE

Now you try it (Answers on the Back Page):

CLUES

1. Throw – Young Bird – Small Opening – Cut of Meat – Ceramic
2. Place to Stay – Ramshackle House – Book – Belly Button – Nautical
3. Big Man – Consent – Pig Noise – Emaciated – What Ghosts Do
4. Cleaning Tool – Go Red – Wash Away – Sudden Light – Liquid Container
5. Colour – Deadly Sin – Welcome – Big – Old Coin
6. Company Workers – Rigid – Things – Graze – Laugh At
7. Big Animal – Roofer – Much Worse - Snake – Scottish Musician
8. Paper Measure – Oddity – Fast – Bad Doctor – Set of Particles (Physics)
9. Nasal Cavity – Less – Takes Offence At – Female Deer – Asian Language
10. Book Support – Egg Part – Magic Formula – Old Type of Wheat – Extract Metal

Joke corner

Adaptations

Have you heard about the new express stair lift? It's so fast that by the time you get upstairs you can still remember why you wanted to get up there!

Playing golf

3 retired gentlemen were playing golf one fine March morning.
One remarked to the other "Windy isn't it?"
"No" the second man replied "It's Thursday".
The third man said "So am I. Let's have a beer".

Kids wisdom

The children were asked to discuss the best age to be a parent. The teacher asked them to think what it must be like to be a parent when one is young and when one is much older.

Sarah explained to the teacher that the reason women over 50 don't have babies is because they would put them down and forget where they left them.

Here's an easy dessert from our latest meeting of Come Dine With Men. It was the 33rd of our monthly meetings. Has our cooking got any better in that time? We'd like to think so but I guess our wives will have to be the judges of that!

A familiar snack made extra-fruity in this particular version. Keeps well in a Tupperware container or a biscuit tin (do they still exist?).

Fruity Flapjacks – makes 16 pieces

[Picture on brian's email](#)

Ingredients

100g butter.
150g soft dates, pitted
4tbsp orange juice (fresh or carton)
4tbsp runny honey
50g soft dried apricots, chopped
50g sultanas
75g mixed seeds
150g rolled porridge oats

Method

Pre-heat oven to 180c/fan 160c. Lightly grease an (approx) 20cm square tin with butter and line with baking paper.

Place the dates and orange juice into a blender and blend until smooth (consistency of a thick jam).

Tip the blended dates into a saucepan, add the butter and honey and melt together over a low heat. Add the rest of the ingredients and stir together.

Scoop the mixture into the prepared tin and smooth the surface with a wooden spatula.

Bake for about 20 mins until quite firm and golden but not too hard and dark. Remove flapjacks from oven and leave to cool in the tin.

When cool, tip out onto a board and cut into 16 squares. Serve with cream/ice cream/Greek yoghurt or just a cup of tea/coffee. Enjoy

ANSWERS: CHANGWORD PUZZLE 4

- | | |
|--|---|
| 1. CHUCK – CHICK – CHINK – CHINE – CHINA | 6. STAFF - STIFF – STUFF – SCUFF – SCOFF |
| 2. HOTEL – HOVEL – NOVEL – NAVEL - NAVAL | 7. TIGER – TILER – VILER – VIPER – PIPER |
| 3. GIANT – GRANT – GRUNT – GAUNT – HAUNT | 8. QUIRE – QUIRK – QUICK – QUACK – QUARK |
| 4. BRUSH – BLUSH – FLUSH – FLASH – FLASK | 9. SINUS – MINUS – MINDS – HINDS – HINDI |
| 5. GREEN – GREED – GREET – GREAT – GROAT | 10. SHELF – SHELL – SPELL – SPELT - SMELT |