

# Newsline Extra

Southwell U3A

July 2020 - No 8

## DANDELION CLOCKS

Floating on air  
these frayed threads  
of fairy weavers  
mark out the cruel  
passage of time.

Old men's beards  
turned prematurely grey  
by life's relentless thrust,  
searching for a place  
to rest weary heads.

A gentle lightening,  
a lifting of melancholy,  
the last hurrah as  
Old Father Time  
calls final orders.



Photo+poem combination from recent lockdown  
by  
Margaret Royall

Heard some news about the Groups in Lockdown. The Practical Gardening 2 are meeting in gardens – by invitation only. Further Steps in Family History have had their first Zoom session with Roger Hancock. These sessions will continue on 1<sup>st</sup> and 3<sup>rd</sup> Monday each month.

Book Group 2 have given me a full report on their successful Zoom Sessions. Many thanks to Alison Clark. It looks very well organised!

Socialising is like a muscle that need exercising. But how can we do this when we can't have group meetings? I paraphrased this from an interesting article by the author of a book called 'Sorry I'm Late, I Didn't want to Come' by Jessica Pan. She was an introvert who forced herself to live like an extrovert. She made new friends and overcame her social anxiety. But in lockdown, she did not want to go back to being her old self. After some research she signed up for Quarantine Chat, a feature of the voice-app Dialup.com. This opened up a whole new world for her. She was talking to people all over the world and found that these strangers brought new information into her life. Conversations with a woman in Galway who spoke to an Italian man who gave her film recommendations, a woman in Florida who gave her book recommendations, a man in Finland about sauna culture, a twentysomething man in Nigeria who tells her that he always wanted to go to America but that the Black Lives Protests in America were making him think again. If you would like a copy of the article, let me know (chairmansu3a@gmail.com) and I will send you a scan.

I highly recommend the July National Newsletter – do have a look. There is loads of stuff in it about what other U3As are doing. It is an inspiration! <https://mailchi.mp/u3a/your-national-newsletter-july-5uoi0c153g?e=534f542c5a> You can sign up for it, just read this issue and all it's attachments, or read back issues.

### **PROFILE—Pam Baisley, Vice Chairman**



Hello U3A Members, I am Pam Baisley, your present Vice Chairman and this is a brief and very boring profile of Me. I grew up 2 miles outside Henley on Thames, Oxfordshire and as was the norm then, walked and then cycled to school every day (no school buses then). After a year at Business College I then progressed to a career in business, starting at the bottom and working up to Personal Secretary through various posts, ending in Military Security where I travelled much of England and also the USA and where I experienced use of some of the first computers used in business in England.

I then decided on a career change when I went to Salisbury College of Education, linked to Southampton University, and qualified as a teacher of English. Eventually taking a post as Business and IT teacher in Sherborne, Dorset teaching 14-18-year olds, GCE and A Level which I loved. At this time, I also worked with the examination boards developing IT examinations for students all over the world.

Ten years ago, I moved to the East Midlands and my close friends bought me a voucher, which I had to promise to use to join the local U3A. Needless to say, after settling into the area I did so. During my first years with the U3A I joined the wine group, cooking group, balanced by exercise via table tennis and walking group. On hearing an appeal at a monthly meeting for committee members I volunteered and was voted in, at the AGM, as Business Secretary and when Anne Greenaway kindly offered to take over that role I became vice- chair I feel it is important to make a contribution to the organisation.

I have one son who lives with his family, (my daughter in law, and two gorgeous granddaughters), in Edingley.

## Group News

### Book Group 2

**Alison Clark**

The group programme is decided in advance and runs from September to August, consisting of one novel per month and 2 or 3 poems. This is publicised on the U3A website. A group member takes responsibility for leading each month and a week or so before our meeting emails to members some preliminary notes and questions for discussion. This part of the process has not changed.

Since lockdown, we have been responding to the discussion by email, copying in all members, so that by the time of the meeting we are all well prepared and know what others are thinking. Roger Bennett has been setting up the Zoom sessions, one for the novel and one for the poetry, with a "comfort break" in between. The leader introduces the topic and then all the members have the opportunity to contribute. We all mute ourselves except when invited to speak, so there isn't a free for all! We have now held 3 meetings using this format, and plan to continue until we can resume our live meetings in the library.

### History Group News

**Roger Hancock**

With the onset of Coronavirus, the Family History Group is now meeting online on "Zoom" on the first and the third Mondays in the month. The next meeting is the 3<sup>rd</sup> August from 2pm to 4pm. We do hope at some stage to return back to our normal venue – Rolleston village Hall with its easy parking and disabled access. As social distancing is likely to continue until at least the spring, no fees for either of the Family History Groups will be due. Whilst we are using Zoom, we are trying to make our online meetings fun. So as well as a Family History topic they will include Quizzes and occasional guest visitors.

### Literature Group

**Dinah Foster**

The literature group has been meeting as usual throughout lockdown via zoom. This has worked extremely well with our usual lively and informative exchanges on each month's book and poetry. At the start of lockdown we agreed to precede the zoom meeting with emailed responses to the book and poetry following the leader's circulation of notes and questions to consider. This was a new "lockdown" procedure for the group which has proved an inspiring means of exchanging initial impressions and thoughts prior to the 'live' meeting.

Our current book and poetry programme will terminate after our August 2020 meeting. Via zoom and a subcommittee meeting in a member's garden the group have finalised a new literature programme starting in September 2020 and running through to August 2021. This is another fascinating programme of monthly books and poems which is now available online via the Southwell U3A website.

New members are most welcome to join the group. We meet (currently via zoom, but in the Southwell library meeting room when conditions allow) on the third Wednesday of every month, 10-12 am. If you would like to join the group contact Dinah on 0772 502 4837.

### Creative Writing Group

**Carolyn James**

Below is a piece of prose written as an example exercise for this group.

#### **The U3A Reading and Writing Group**

'Morning all, glad you could make it. We've had two apologies from Sheena and Janet.' Joyce looked around the table and was happy to see five eager members ready to start another session.

In a past life Joyce had been a high school teacher in a large inner city. There she'd found motivating many of the students a real challenge. She knew it wasn't really their fault they had no respect for school, teachers and learning. Many of them believed that there wouldn't be anything for them after leaving; sadly, they saw no future. One of the problems in her opinion was that many had parents who were out of work, who saw no value in education and, even worse, didn't give their children loving homes.

Despite all the challenges of the job, Joyce found a lot a satisfaction in the teaching profession. She still received cards at Christmas from students she'd taught.

Since joining her local u3a she'd been fully involved and had offered to lead a group which studied works of literature then writing critical reviews of them. She'd found it refreshing to be faced with a group of people all eager to work at any set task. It had reminded her that she had loved teaching once; but even more importantly she was appreciated. A real tonic!

## Group News (continued)

### Family History Group

Roger Hancock

#### New Beginners Course on “Zoom”

Commencing the 7<sup>th</sup> September this year, we are restarting the “Beginners Group” on the first Monday in the month sessions on “Zoom”. This is designed to help those who want to start out to discover their family trees. The course will continue until April. Note, because of Easter, the last session will be held on the 12<sup>th</sup> April. You will need either a laptop, tablet or computer set up to use “Zoom” for the sessions. For those without computers with “Zoom”, we hope to run a face to face course starting September 2021

The Beginners 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 your own research effectively by the end of the eight session 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, when we break into smaller groups. You may also wish to attend the other Family History group Zoom meetings of our “Further Steps in Family History Group” should you be interested in one of our topics.

Of course if you are a member of the “Further Steps in Family History” group you will be welcome to join the “Beginners Group” sessions for either a refresher or to help out. There is no charge for either this year’s “Beginners Group” or the “Further Steps Group” until after Easter 2021 whilst we are using “Zoom” for the meetings.

#### Further Steps in Family History Group

For the remainder of the year, the Further steps in Family History Group” has the following “Zoom” meetings planned, all sessions are Mondays 2.00 to 4.00pm, Provisionally, the main topics are:-

3 <sup>rd</sup> August	Forename & Surname Distribution
17 <sup>th</sup> August	Family History Quiz & VJ Day 75
21 <sup>st</sup> September	Life in the Workhouse & Quiz
19 <sup>th</sup> October	Customs, Folk law & Superstitions of our Ancestors
16 <sup>th</sup> November	Fleshing Out your Family Tree – “Who Do You Think” You are Example
21 <sup>st</sup> December	Christmas Get Together on Zoom with Quiz

If you would like to either join our group, attend one of our “Zoom” meetings or would like further information, please contact Roger Hancock, the Group Leader on 01636 830267 or email: roger@silverhost.co.uk.

#### U3A Zoom Quiz – The Final Count up.

We will have a final social Zoom quiz at 3.00pm on Thursday 6<sup>th</sup> August. No matter whether or not you’ve taken part so far – it’s simple! Just send your preferred email address to me asap at drbrianplatts@hotmail.com. You will then need to come up with 2 pub quiz-type questions and be ready to ask them on Zoom on the day. We try to keep the questions not too hard and there is no naming and shaming.

That’s all there is to it!

## Creative work by some of our members whilst in lockdown

Here is a watercolour I completed during lockdown.  
It is about dreaming about exotic places and better times.....Brian Hammersley

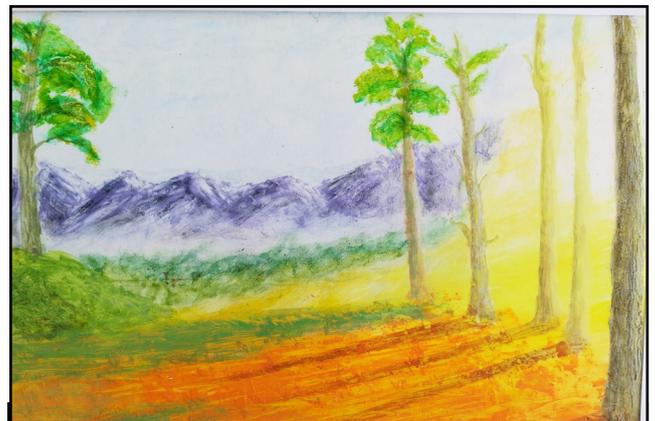


Photograph from an evening stroll in the Norwell area.  
Margaret Royall

A photo of my 6 jumpers, all knitted (and designed) by me during lockdown. Liz Garrod



Knock down during lockdown -  
Michael Wilkinson



This is an effort I've just done, based originally on a photo of light through trees but my imagination ran away with the background!

Anticipating future travels perhaps.  
Philip Morgan

## Bridget Smith 28.4.20

### Lockdown

Traffic, traffic, traffic, traffic  
noise surrounded  
walk,  
walk ... walk, walk away  
from lockdown, lockdown, lockdown.

Then birdsong fills the gaps.  
Strong, high, persuasive power  
shaking the air around  
my ears, giving heart-felt joy.

May, light-lying on lethal branches  
grasps my arm to share  
its beauty and delights my eye,  
but never pluck for homely vase.

Green of Burgage, green, greener  
by the day;  
lime green, chestnut white,  
with shapely swaying branches  
overhead, filled with stately candles.

Teddy bears gazing,  
lonely window-bound.  
Dogs cavorting, canine company  
need sorting  
when owners are moving on.

Turn the corner to the footpath  
stopping short with smile, I find  
crinkled tissue poppies  
of gold and orange hue still there,  
dancing in the light-soft breeze of middle



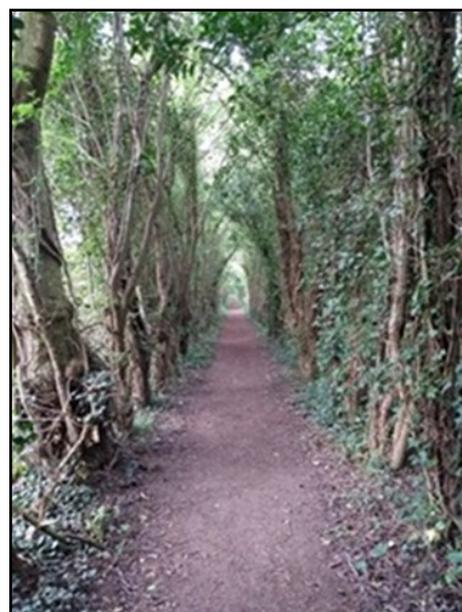
### Lockdown 2

Long-lost promised rain delights my  
shorn off hair with pin point taps,  
tiny drops of chill exposure  
as we speak and  
I wait for my two metre gap to clear.

Stop, gaze heavenward  
as shade  
casts heavier light.

New thick clouds of pink  
and white hang  
soft as gauze above me;  
around my feet confetti  
soft-shaded  
untrodden and unspoilt.

New hope within, new  
joy,  
such beauty heard and seen.  
I tread the last few steps to home  
free-shaking rain-drops  
as they try to land on me



Southwell Trail during  
lockdown  
Marjorie Bramhill

## **Community News**

### **Neighbourhood Alert**

As you are aware, from Friday 24th July 2020 it will be compulsory to wear a face covering in shops and supermarkets in England. Many disabled people are exempt from wearing one and because of this it has raised serious concerns about the rising tide of coronavirus-related disability hate crime, amid fears that this could increase even further from today.

There has been a big increase during Covid 19 of targeted attacks on disabled people, they have been verbally abused, spat at and in some instance physically attacked. For example, one disabled passenger on public transport who cannot wear a face covering was targeted by another passenger who shouted "This person hasn't got a mask, is trying to infect us and kill us". Please show compassion and respect not all disabilities are visible.

The Government has promised to produce a card for people who can't wear a mask however no more details as yet.

Please remember that many people fall victim to scams because the perpetrators are very adept at their crime, phone calls are unfortunately very easy as a route to do this and they will attempt to panic you into believing their fabrication. Always give yourself time to pause, consult trusted family or friends and never be afraid to leave a conversation because if the bank or company is genuine then they will understand your need for caution. Many frauds start with an email. Remember that banks and financial institutions will not send you an email asking you to click on a link and confirm your bank details. Always question whether an email could be bogus.

You can report to Action Fraud by calling 0300 123 2040 Monday to Friday 8am - 8pm

### **Some interesting web links**

At this website you are able to view a map of an area and then comment on areas of particular concern to you, for instance overgrown hedges making the pavement impassable.

[www.widenmypath.com](http://www.widenmypath.com)

The big butterfly count is at <https://bigbutterflycount.butterfly-conservation.org> it is a UK-wide survey aimed at helping us assess the health of our environment simply by counting the amount and type of butterflies (and some day-flying moths) we see.

The British Trust for Ornithology has a lockdown project which looks at garden birds and may be of interest to those of us who regularly put out food for the birds.

<https://www.bto.org/our-science/projects/gbw/join-gbw/free-gbw-lockdownFamily>

### **Inspire: Southwell Library**

Although Southwell library has reopened the experience is quite different, no more sitting reading newspapers or anything else for that matter since all the chairs have been removed however it is a welcome move back to normal.

Each year Inspire commissions an artist and author to create and deliver a programme of visual art and literacy activity in our libraries for children and families.

Stimulating creativity and imagination, we ask that they enhance our existing library programmes, influence new directions using their professional expertise and to leave a legacy of collaborative work. This year it will be digital visit

<https://www.inspireculture.org.uk/arts-culture/community/artist-author-residence/>

### **Newsline Extra**

Items for Newsline Extra are welcomed and should be sent to [su3anewsline@gmail.com](mailto:su3anewsline@gmail.com) we do not have a specific date in mind for each copy but are trying to get something to you every 3-4 weeks, Apologies for not being able to use all of the great photos people have sent in but they will come in handy in future.

## Puzzle Page

Name the Garment (clues to items of clothing) *Answers on Back Page*

1	Fasten	
2	What a hot dog does	
3	Traffic cop's order	
4	Cricket hat?	
5	Athlete	
6	People who tell tales	
7	Confused night time drinking place	
8	Thomething to thing	
9	What foxes might wear in winter	
10	Punch	
11	Atomic island	
12	Tell animal to go away?	
13	Big girl might wear one?	
14	Apparel for afternoon drink?	
15	Crimean battle	
16	Cover with paint	
17	Chemist	
18	Sportsman on a hot day	
19	Spirits drunk neat	
20	Gangster	

### ChangeWord No. 3 *Answers on Back Page*

The object of this Puzzle is to find five words from the clues given. Each word has four letters and differs by one letter from the previous one in the sequence. See the following example:

**Clues:** *Young Animal - 50% - Stop - Lobby - Collapse*

**Answers:** *CALF - HALF - HALT - HALL - FALL*

**Clues:**

Pubs – Naked – Challenge – Move Quickly – Wagon

Minor Dispute – Sterilise - Move To and Fro – Not Here – Askew

Wild Goat – Holly – Electric Cable – Run Away – Gratis

Cereal Grain – Liquidise – Clothing Support – Church Instrument – Bad Place

Mistake – Weapon – Burial Place – Book – Not All

Flexible Pipe – Bouquet – Intersecting Point – Ore Deposit – Set of Rules

Demonstrate – Dog – Cut Fire Wood – Bloke – Applaud

Wise Person – Drink – Animal – Active Person – Viable Proposition

Entrance Point – Fate – Weaving Frame – Soil – Wander

Fish – Single Performer – Equestrian Sport – Survey – Road Tax

## Come Dine With Men

Brian Platts

Following on from our Scottish dessert in the last edition, here's another Scottish recipe that we tried which can serve as either a hearty starter or a light main course. Smoked haddock was on offer on the fish stall on the market when I last looked and it's also available in the Co-op and so what's stopping you?

CULLEN SKINK – serves 4

### INGREDIENTS

1 tbs butter 1 medium onion – finely chopped  
2 medium potatoes, peeled and cut into 1cm cubes  
300ml water 250ml milk  
250g smoked haddock  
Salt and pepper to taste  
2tbs finely chopped parsley or chives

### METHOD

Melt butter in a saucepan, add onion and fry gently until transparent. Cook for about 5 mins without browning.

Add potatoes and water and bring to boil. Simmer for 10-15 mins.

Meanwhile, cover the haddock with the milk in another pan and cook gently for about 5 mins until just tender. Remove from milk and, when cool enough to touch, flake gently into large pieces, removing bones.

Add milk and flaked fish to potatoes saucepan and cook for a further 5 mins. Season to taste with salt and pepper and sprinkle with chopped parsley or chives.

Serve with crusty bread. Enjoy!

**The Swop Shop page** is now 'live' in the Members Area of our website.

A link is here <https://www.southwellu3a.com/swop-shop.html>

### Name the Garment Answers

1. Tie; 2. Pants; 3. Pullover; 4. Bowler; 5. Jumper; 6. Sneakers; 7. Bra; 8. Thong; 9. Gloves; 10. Sock; 11. Bikini; 12. Shoe; 13. Blouse; 14. T shirt; 15. Balaclava; 16. Coat; 17. Boots; 18. Sweater; 19. Shorts; 20. Hood

### ChangeWord No. 3 Answers:

BARS – BARE – DARE – DART – CART  
SPAT – SPAY – SWAY – AWAY – AWRY  
IBEX – ILEX – FLEX – FLEE – FREE  
MALT – MELT – BELT – BELL – HELL  
BOOB – BOMB – TOMB – TOME – SOME  
HOSE - NOSE – NODE – LODE – CODE  
SHOW – CHOW – CHOP – CHAP – CLAP  
SEER – BEER – DEER – DOER – GOER  
DOOR – DOOM – LOOM – LOAM – ROAM  
SOLE – SOLO – POLO – POLL - TOLL