

Newsline Extra

Southwell U3A

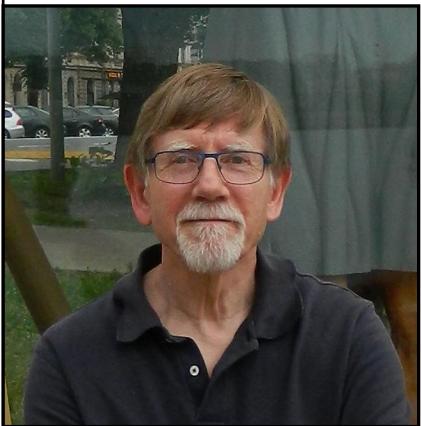
June 2020 - No 6



Empingham Church, near Rutland Water visited during
a virtual Church Visiting Group trip recently

Meet your Committee

Chris Bentley



Chris grew up in Norfolk and Suffolk where his interest in the architecturally diverse churches that he saw began. He with his family moved from Stonehaven in Scotland in 1988 so that he could take up a job in Nottingham as a Chartered town planner. Since he had also grown up in Rutland he was happy with the move whilst in Scotland he had undertaken an MSC at Aberdeen University at the age of 40 while continuing to work showing his interest in lifelong learning.

He joined the U3A in 2013 when he realised that they had a latin group and that he was old enough to do so, the reason latin was important at the time was while visiting churches

he wanted to read the inscriptions which were so often written in latin.

Chris co-ordinates the church visiting group which has travelled extensively around the region, each trip covers approximately 5 churches but includes the al important social aspect of coffee break and lunch. During one outing the local church group had kindly laid on cake too. Personally he is interested in anything connected to Japan, a son and his family have Japanese nationality, sumo wrestling (not as a participant), loud rock music, British and European history, surviving the virus.....

Puzzle pages

ChangeWord No. 1

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
Calf - Half - Halt - Hall - Fall

- Clues:** (Answers on the back page)
1. English Popular Female Singer – Swimming Centre – Airbed – French Composer - Sign of Holiness
 2. Soft Drink - Musical Ending - Drink Additive – Lounge Furniture - Not Hard
 3. Train Track – Attack – Stated – Wind Propelled – Earth
 4. Not Speedy – Type of Weather – Store – Halt – Grade
 5. Food Producer – Company – Conflagration – Father (Vb) - Large or Small
 6. Shout – Water Source – Testament – Droop – Gold Plated
 7. Tome – Stole – Implement - Idiot – Measurement
 8. Measured Ground – Operatic Song – Dry– Corrosive Liquid – Amongst
 9. Wild Animal – Rolling Countryside – Metal – Castrate – Blend
 10. Prison – Post – Servant – Spent Money – Duo



Can you identify the sweets?



1	Wobbly infants	
2	Wise Guys	
3	A place for refined people	
4	Edible fasteners	
5	Nine, ten, eleven	
6	Paul Daniels in the dark	
7	Fallen fruits	
8	Prince's recreation	
9	See on a racecourse	
10	Black miscellany	
11	Aromatic spheres	
12	Money maker to the Sovereign	
13	Mother's local	
14	Between the Two	
15	Pirate's loot	
16	All sorts of girls	
17	Dining al fresco	
18	Scrooge's comment on Christmas	
19	An 'S' with underwear	
20	French goody goodies	
21	Phidippides' reward perhaps	
22	Mouth halters	
23	Sniffed by pigs	
24	A splendour in Ankara	
25	Artist's sketch of grapes etc	

Answers next time!

Group news

Indoor Climbing Group

David Moore

Our weekly visits to the Nottingham Climbing Centre are suspended due to the lockdown, however the managing body for climbing centres are preparing to reopen as soon as they have government approval, we will then access if we are happy to return.

In the interim I was looking at ways to keep the group together and communicating. For the last couple of years, we have attended the annual Banff Mountain Film Festival in Nottingham and enjoyed half a dozen short adventure films

The Banff Mountain Film Festival is an international film competition and annual presentation of short films and documentaries about mountain culture, sports, and the environment. Immediately after the festival in November, a selection of the best films entered in the festival goes on tour.

Every year the Banff World Tour team chooses about 25 films that feature a range of styles and themes, including climbing, skiing, kayaking, biking, adventure, culture, and the environment. Many of these films are now available to view free online. I have a list of over 100 varying in length from 5mins to 80mins. I have been putting one or two of these on our group Whatsapp every two days for our members to view and comment on if they wish. Below is a link to a film which is an example of what we have viewed (over 30 to date) which U3a members may enjoy.

Liv Along the Way (2018, 23 min) Since she first summited Mont Blanc as a teen, Liv Sansoz knew she would make her life in the mountains. She was twice crowned World Champion in sport climbing, and eventually expanded her professional horizons to mixed climbing, ski mountaineering, and base jumping. In 2017, at 40 years old, Liv set out from her base in Chamonix, France to attempt to climb all 82 4000m peaks in the European Alps in a single year. As she's learned several times throughout her life, things don't always go as planned. <http://tv.salomon.com/story/livalongtheway> I hope you all enjoy it. All the best.

Music Lovers Group

John Tebbs

The music lovers group has often featured Wynton Marsallis and his Jazz at Lincoln Centre. This concert recorded in 2017 was published on YouTube 27 May 2020 the day of the death of George Floyd. It is a classic tribute to freedom and achievement. It is very moving and worth sharing.

<https://youtu.be/ekZ1haJltCE>

Group Activity in Lockdown

Book Club 2	Alison Clark
Holding Meetings via Zoom on 4th Tuesday of each month. Also communicating via WhatsApp.	
French Discussion Group	Gillian Belton
Holding Zoom meetings twice a month.	
The History Group	David Hutchinson
Meets via Zoom at 11am every 4 weeks. David has postponed the remaining sessions on twentieth century relations, which were due to occupy them this year, and they are looking at a series of one-off historical topics. If more of the group were to change their minds about using Zoom he would need to start a second History Zoom group - He thinks the ideal size for a meeting is a little smaller than the existing number.	
Peak District Walks	Peter James
Round Robin newsletter. Got everyone to send me a short description of what they had been doing then collated it all into one long email. A few people sent in photos and videos too. I have prepared and sent out:- <ol style="list-style-type: none">1. a virtual walk up Scafell Pikes2. detailed instructions for a 10 mile walk from/to Southwell where there is plenty of room to social distance. I have bumped into several members on my wanderings around Southwell and district and the news is that various members are keeping in touch with each other. Now they can have a coffee together in gardens I think there will be more interaction.	
Computer and Discussion Groups	Clive Bates
Meeting on Zoom in Windows and Linux for the last three months.	
Museums and Galleries	Margaret Royall
Margaret has kept in touch regularly by sending newsletters with quizzes, crosswords, suggestions of arty programmes on TV and videos of virtual gallery tours, to me.	
Film Extra	Kit Sullivan
Meeting via Zoom every week to discuss a film, mutually decided upon.	

Well, I think our garden birds are definitely in full swing and that will apply to those which we see on our countryside walks. I have more birds in my garden than I did a few weeks ago as the building site situated at the back of my house has closed down for the moment so it's very quiet. When I say quiet, I didn't include the Starlings. I have had an invasion of them, many of which are young ones and it's great to see them. I particularly like Starlings because they are so full of character. I managed to take a few photos of them on the feeders and around the bird bath. It was total chaos as you can imagine. Other birds seen in my garden over the last fortnight include the usual regulars, Blackbird, Wren, Dunnock, Blue Tit, Collared Dove and of course the Woodpigeon.

Over the last week, I have enjoyed visits from some House Sparrows. I only seem to get these once a year in summer when they bring their young along. They tend to stay about two weeks and then I won't see them in the garden for another year. It's lovely to hear them chirruping away. I am continuing to feed my birds. Nowadays the experts say you should feed your garden birds all year round.



Other visitors to my garden include a Large Red Damselfly; this is for the third year running, plus quite a few moths. One evening I had my moth trap out and to my surprise caught more than I expected. My list is as follows: Elephant Hawkmoth (see picture), Small Magpie, Heart & Dart, Green Carpet, Pebble Prominent, Treble Lines, Bright-line Bright-eye, Cinnabar, White Ermine, Oak Hook Tip, Brimstone, Common Swift, Setaceous Hebrew Character, Miller, Marbled Minor. The Cinnabar moth is a day flying moth and I have never before seen them in my garden. I am hoping later on in the year to get the Hummingbird Hawkmoth but that won't be until the Buddleias are out.

My neighbour advised me the other day that she has bees in one of her nest boxes. I went round to see them, staying at a 2m distance from her of course. I am sure you know that this happens quite frequently and the usual suspect is the Tree Bumblebee. These are not native bees. They arrived in this country in 2001 and have since spread throughout much of the country. They appear to like man-made nesting sites, even tumble dryer vents! They have a preference for flowers which are pendulous such as Comfrey, various fruits and fuchsias. If you would like to find out more about them visit the website of Bumblebee Conservation.

Another visitor to my garden was a hedgehog on Wednesday night. I recently had some fencing erected and I insisted they put a hole in the base of the fence for hedgehogs. Sadly, these days so many people make no provision for hedgehogs and this means they don't always find enough food. I remember a few years ago we had regular visits from hedgehogs but not anymore.

I visited Netherfield Lagoons for a second time this year and one of the highlights was seeing a Banded Demoiselle which had alighted on a bush. I have never been so close to one before so it was quite a treat. The Cuckoo is still there and the orchids are just only beginning to come out. You may be interested to know that Nottinghamshire has had a rare visitor from the continent. In Ordsall just outside Retford, a Hoopoe has been around. It was on a playing field for a couple of days. I haven't heard any further reports of it so it may have moved on.

A White Stork project undertaken on the Knepp Estate in West Sussex has released the good news that a chick hatched on 8th May. This project aims to have 50 breeding pairs of White Storks in southern England by 2030. Last year three chicks hatched but didn't manage to fledge. Five eggs were laid this year so fingers crossed, they will hatch and hopefully succeed in fledging. Apparently, the last record of White Storks in the British Isles was in the 15th century in Edinburgh.

Many parents and grandparents have been “enjoying” the Joe Wicks Youtube workouts every morning for children but there’s no denying that they are challenging for larger older bodies. Below are some other ideas from the same channel just enter the search term exercise for seniors and take your pick.

Youtube Joe Wicks has several films for older people including some chair based exercises, easy to do in your own home without any equipment.

An offering from North Carolina is a keep fit instructor who appears to specialise in exercise for older people, she’s called Jenny McClendon and reminds me of keep fit to music from many years ago.

A kitchen exercise regime presented by Joanna Marcinekova was developed for her grandparent for those 70 plus.

I normally do both yoga and pilates and have found, again on Youtube, an instructor The girl with the pilates mat which I enjoyed especially when they are standing position since you can follow it more easily that way. Yoga I haven’t found a channel yet but will keep looking.

I have also learnt quite a lot of Taichi from this channel taichi18 which is both good for strength, balance and mindfulness.

Sporting films

Diego Maradona is available at Curzon Home Cinema at a cost, they also appear to have films on tennis star John McEnroe and ice hockey.

<https://www.curzonhomecinema.com/film/watch-diego-maradona-film-online>

Channel 4 have some sport including the Diego Maradona film and some on disability sport.

<https://www.channel4.com/>

Amazon Prime has quite a lot of sport being offered including on football, cricket and tennis.

BT has a sports channel that is showing the Bundesliga football games, subscription required.

You can listen to predominantly football and cricket on BBC sport rewind.

Starting this weekend there may be some availability of sport broadcast from New Zealand may just be on Sky Sports.

NHS guidance physical activity for older adults

<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-older-adults/>

Older adults should do some type of physical activity every day, any type of activity is good for you.

Aim to be physically active every day any activity is better than none

Do activities that improve strength, balance and flexibility

Do at least 150 mins of moderate intensity activity a week or 75 mins of vigorous activity

Reduce time spent sitting or lying down and break up long periods of not moving with some activity

There are links on the website about aerobic exercise, strength and resistance, pilates and yoga and other ideas. It also lists the new guidelines on lockdown for everyone and for those who are continuing to shield due to age or health conditions.

Come Dine with Men

Looks like you won't be flying to Spain anytime soon and so here's a recipe to help you recreate a leisurely Spanish lunch at home. Hackles would rise in Valencia over the inclusion of both meat and seafood – it's one or the other if you really want to be authentic – but this version is really tasty and looks good. Mix yourself a jug of sangria and enjoy!

Paella

Ingredients – Serves 4 but could halve quantities and use smaller pan for 2.

4 chicken thighs (bone in)

200g cooking chorizo – cut into 1-2cm chunks

4 large king prawns in shell – raw or cooked (try the fish stall on the market)

Small red onion peeled and diced

2 garlic cloves

1 red pepper roughly diced

¾ tsp smoked paprika

Pinch of saffron, if feeling flush – otherwise ½ tsp turmeric

1 tsp dried oregano or 1 tablespoon fresh oregano leaves

Pinch of dried chilli flakes

4 tablespoons olive oil

250g paella rice (long grain just won't do)

750 ml chicken or fish stock (stock cube is fine)

Lemon wedges and handful chopped parsley for decoration

Method

1. Fry chicken thighs and chorizo in the olive oil on medium heat in a paella pan or large frying pan for about 5-10 mins. until coloured.
2. Add the paprika, saffron/turmeric, oregano, chilli flakes, garlic, chopped onion and red pepper to the pan.
3. Fry for 4-5 mins until the onion and pepper are softened and then tip in the rice. Cook for a further 3-4 mins, stirring the mix. Check with a knife that chicken cooked through to bone.
4. Add the prawns (if raw) and pour in the stock and ½ tsp salt and bring to boil, stirring occasionally.
5. Turn heat down to a low simmer. Cook uncovered for about 20 mins without stirring. The Spanish prize any crispy bits on the bottom (socarrat)
6. If using cooked prawns, put into paella for last 5 mins.
7. Scatter generously with parsley and decorate with a few lemon wedges before serving in pan.

Making a face covering

<https://www.gov.uk/government/publications/how-to-wear-and-make-a-cloth-face-covering/how-to-wear-and-make-a-cloth-face-covering>

Plenty of examples on Youtube including no sew options and one using an old T shirt.

Swap, loan or share?

Do you have games, jigsaws, books, music CDs, Film DVDs or any other items you are prepared to swap, loan or share with other U3A members?

If so this is the page for you. Submit details of what you have to offer on a form on the website and we will put it up on this page for other U3A members to view.

We will then put you in touch with each other. If you are using this service then you must be prepared to allow us to pass on either your telephone number or email address to interested U3A members.

Southwell Town Council

Information is available on the council website on how to get help if needed <https://www.southwellcouncil.com/>. Several people have recommended these voluntary groups for example where they needed a prescription collected and delivered to their home.

Brown bins - garden recycling collections have resumed from 1st June leave your brown bins out on the usual collection day as set out on your calendar. You can check this on <http://app.newarksherwoddc.gov.uk/bincollection/>

Car park charges remain suspended. Southwell market will partly re-open 6th June however all play areas, outdoor gym and toilets remain closed.

The Co-op on The Ropewalk now has a traffic light system operating at the door, obvious how it works ie green means you are ok to enter, red continue to wait outside; in the shop there is a one way system.

ChangeWord No. 1 Answers:

DIDO – LIDO – LILO – LAZO – HALO

COLA – CODA – SODA – SOFA – SOFT

RAIL – RAID – SAID – SAIL – SOIL

SLOW – SNOW – STOW – STOP – STEP

FARM – FIRM – FIRE – SIRE – SIZE

YELL – WELL – WILL – WILT – GILT

BOOK – TOOK – TOOL – FOOL – FOOT

AREA – ARIA – ARID – ACID – AMID

WOLF – WOLD – GOLD – GELD – MELD

JAIL – MAIL – MAID – PAID – PAIR