

# Newsline Extra

Southwell U3A

March 2021 - No 15



**Snowdrops Spring 2019, photos taken by Bob Pitcher at Church of the Holy Rood, Ossington**



## From The Chair

Marjorie Bramhill

Our first Zoom Monthly Meeting was attended well – over 100 members were there. Beth Fisher gave us an excellent talk about her journey to become an elite athlete and her experience of training as a Paralympic Canoeist. Her enthusiasm was an inspiration to us all and we wish her well in her future competitions.

U3A day – plans are being made to hold a **Southwell u3a day** this year on June 2nd. We were planning one last year, but – as you all know – it went on hold for better times. At the moment we have the option of holding a real event, which could, maybe, take place at the Market Square in Southwell, with Groups manning their own stalls. Or, as an alternative, we could have a virtual event – format to be explored. The idea is to publicise u3a to local people who don't know about us and to recruit those people who have recently retired from full time work.

**The February national newsletter** is full of ideas. If you haven't subscribed here is the link <https://www.u3a.org.uk/newsletter>. Copy it into your browser.

There is information about online events which you can sign up to. I was interested in the talk on using historical maps when researching family history. A variety of other talks are available - under 'Events' there is a talk at the National Gallery, one on a Taste of Japan, and a live cookery demonstration amongst others. And lots of information and ideas from other u3as all over the country.

There has been more interest in our Groups using zoom – Colin Boulter tried his first zoom session with the Practical Gardening Group and I heard it was a success. Singing for Fun is paying a visit to West Bridgford u3a, where Sue Bailey has invited us to sing along with her members on 26<sup>th</sup> February.

We welcome our new Treasurer – Jan Clarke-Humphries. Tony Key is gradually handing over from his new address in Thatcham. We are now looking for a Speaker Seeker for our monthly meetings. Chris Bentley has been doing an excellent job, but now feels it is time for another member to take over. . There are adverts in the national u3a magazine for speakers and other members often are willing to give ideas on excellent speakers.

Hope to see you at our March 2021 zoom Members' Meeting.

## After lockdown

Jane Zdanowski

Members may like to refresh their driving skills after lockdown. Many people have not been driving as much as they usually do and those who are shielding (until the end of March 2021) may not have driven for many months. There is a possibility that we will be able to access webinar topics which would include:

Are you ready to get back on the road?

Is your car ready for the road?

Observation skills.

IAM Roadsmart, a charity has been mentioned on Newsline before, as an independent road safety charity and they would run the webinar for us. A webinar is similar to a zoom meeting in that you do need access to a computer and will need to log in to access it so if you have been on a zoom call you should be able to use this resource. There is no date at present but if there is sufficient demand a workshop will be organised.



## Group leader webpage

**Paul Wilkinson**

Editing your Group's web page on Southwell u3a Website

If any group Leader, or a member of a group delegated by their group leader, wishes to be able to edit their own group page on our website, in order to update the narrative, photos or even videos, then this option is being made available to you this year.

It means you no longer have to rely upon our webmaster updating the page for you when he has the time to do so.

It also means you have total control over the layout and design of your group's page. All you have to remember is that when uploading photos or videos you have permission from any persons in them to display them publicly on the website. Likewise, if you are using images or videos downloaded from other sites on the internet, check that they are not copyrighted and you are free to publish them.

If any group would like to take editorial control of their page then the Group leader should email our Webmaster, Paul Wilkinson, using his southwellu3a@gmail.com email address, or alternatively using the CONTACT US page on our website. The email should advise that you wish to be given editorial control of your Group page, or naming another member of your group who has agreed to undertake the editing on behalf of your group.

Paul will firstly send that person an invitation, via the website, which will allow you to create your own password to log into the editorial controls of our website. Control will be restricted to just your Group page. He will secondly make personal contact by email or telephone to arrange a suitable time and date for him to take you through the editorial controls available to you to use on your page.

Rest assured the controls are very simple and intuitive to use; you will be happily editing your page in less than 30 minutes!

Paul will always be prepared to help you if for any reason you get stuck, or something has gone awry!

Southwell u3a website is <https://www.southwellu3a.com>

Southwellu3a Facebook page <https://www.facebook.com/groups/southwellu3a>

## Local Information

Nottinghamshire County Council website provides information on libraries, recycling, social care, trading standards, schools, roads and local Covid restrictions. There is a single telephone number which will then direct your call to the correct department.

<https://www.nottinghamshire.gov.uk> 0300 500 8080

All 12 recycling centres for household waste are currently open 8am - 4pm daily although only selected items will be accepted, households are required to register a vehicle before using the sites.

Nottingham and Nottinghamshire Clinical Commissioning Group are the place to access information on the vaccination programme. The latest news including which groups are now eligible is found on.....<https://nottscg.nhs.uk/covid-19/covid-19-vaccination-in-nottingham-and-nottinghamshire/>.

Newark & Sherwood District Council also give information on Covid 19 on their website alongside all their usual services housing, environment including waste, leisure centres and of course council tax and benefits.

**Our Speaker Paralympian Beth Fisher**

On 2<sup>nd</sup> February we had our first all member monthly meeting with a speaker. We were very pleased that 87 laptops and mobile phones accepted the invitation to join which meant that with a number of couples sharing the same device well over 100 members joined in. That was a great result as we were worried that considerably fewer members might join in. But those who did participate were in for a treat with our speaker, Beth Fisher, a local Southwell girl, who is training as an elite member of the British Paralympic Canoeing Team aiming to represent Great Britain at the 2024 Paralympics. Beth was a great speaker, passionate, articulate and committed. Although the share screen facility failed and she couldn't speak to her presentation or show us a video, Beth spoke without notes and kept us well entertained and inspired for 50 minutes. We think we've got problems? Beth is an amputee but that doesn't stop her. She only took up water sports in 2018 and she's already eying up



world records and medals at the European and World Championships and her ultimate target is for gold at the Paris Paralympics. And it isn't only the physical training that Beth has had to undertake; she has had to make decisions affecting her financial stability, giving up full time employment with the District Council and self-funding herself initially before being accepted on the elite programme that guarantees her financial support and a range of technical training and medical facilities.

Beth said that now she "gets what she wants to do every day and gets paid to do it". But that obviously isn't why she does it; her passion for her sport and the urge to become the best in the world in her class was plain to see. What an incredibly inspiring young woman! We were privileged to hear her

and I'm sure we will all be rooting for her in years to come. Our hope too is that when we get back to face to face meetings Beth will again come to speak to us and keep us up to date on what she has achieved in the future. All our best wishes to you Beth!

**More Speakers at Future Monthly Meetings**

We are now planning to have monthly meetings by Zoom until we can meet up again in person. These will be held on the first Tuesday each month except for April when we'll meet on 13<sup>th</sup> April (to avoid any clash with Easter arrangements). Speakers are listed below:

2nd March	Philip Dixon	Building of The Chapter House at Southwell Minster
13th April	Fools Gold Folk Duo	"Dark Light" Folk Songs related to a Dark Mystery
4th May	TBA	
1st June	TBA	

Also pencilled in for the summer months (by Zoom or in person) include Martin Perry on 6<sup>th</sup> July with his illustrated talk about the History of the Guitar and Bob White on 3<sup>rd</sup> August on Behind the Scenes at Nottingham City Council.

On 7<sup>th</sup> September we hope to see Dean Nicola Sullivan in person (we can hope!) talking about the Cathedral in the Modern Age.

## Group News

### Book Group 2

Alison Clark

Programme 2021

23rd February Any book by John Grisham

23rd March I am Malala by Malala Yousafzai

27th April All the Light we Cannot See by Anthony Doerr

25th May. The Secret River by Kate Grenville

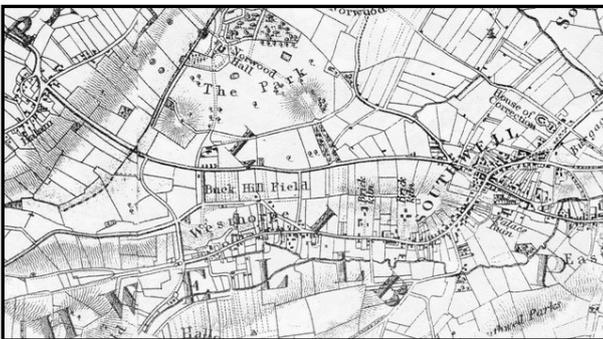
22nd June Hamnet by Maggie O'Farrell

27th July The Thursday Murder Club by Richard Osman

### Family History

Roger Hancock

G1835 Sanderson's Map of Nottinghamshire



At our February meeting, the Family History Group looked at Enclosure of the open fields in the villages of Woodborough, Oxtun, Fiskerton & Morton and Nottingham. To illustrate the talk, the 1835 Sanderson Maps of Nottinghamshire were of great interest to illustrate the changes in land use seen at this time.

The surveyor, George Sanderson of Mansfield, was born in Richmond, Yorkshire in 1798 and took over the Mansfield firm in 1828. As a surveyor, he surveyed and mapped enclosure awards, produced several tithe maps and published a Parish and Poor Law Union Map of the County of Nottingham. His Map of the County of Nottingham from 'a Careful Survey Made in the Years 1834 & 1835' was published in 1836. How he found the time to complete a survey of the whole of Nottinghamshire in just two years and carry out his day job is a mystery. His map includes every field, every house and its position, road etc, in accurate detail in Nottinghamshire. To complete it a visit would have had to have been made to each location to survey it. His maps line up accurately with modern Ordnance Survey Maps.

For instance, in the part Map here of Southwell, you can see the extent of the housing in 1835 in Southwell which essentially was confined to the road running from the Burgage where the House of Correction for Nottinghamshire is shown to Westhorpe and down the road past the Minster to Easthorpe. A few years after the map was drawn, there was a census in 1841 and if you live in one of these old houses you can work out who was living there in 1841. The 1851 census provides even more details of the occupants.

His map was first published at the scale of 1 inch to 1 statute mile and measures 110 cm by 140 cm but is also conveniently published in book form: "Sanderson's Map, Twenty miles around Mansfield 1835" by Inspire: Culture, Learning and Libraries (Midlands) in 2005, ISBN: 9780902751439 on 42 pages and still available from Nottinghamshire libraries on the inter library loan scheme.

Our Southwell u3a Family History Group, presently meets on Zoom at 2pm on the third Monday in the month. At our next meeting 2pm to 4pm on the 15<sup>th</sup> March we are looking at "the Early Years of the 19th century and the Year without a summer." All are welcome. We will also be starting a new Family History beginners' course later in the year on 1st Monday in the month from 2 to 4pm. This six session course is ideal for those starting out in family history or just those requiring a "refresher". If you wish to join us either at our regular monthly meeting or join our new beginners' course, please contact me.

## Group News Continued

### Music Lovers Group

John Tebbs

The Music Lovers Group continues to circulate a programme of music for members at least monthly. This is based on YouTube videos. There has been an explosion of videos to stream in recent months. Here are some recommendations which you might enjoy.

Wigmore Hall is starting a season of chamber music and has 200 musicians lined up for 40 concerts. The concerts are streamed from the Wigmore Hall website and on YouTube and are available for 30 days from the date of live streaming. More details can be found on <https://wigmore-hall.org.uk/help/accessing-our-live-streams>. The link also provides advice on how to watch on a PC, tablet/mobile or TV. The concerts are free but donations are welcome.

If you are looking for orchestral music, the YouTube channel Avrotros Klassiek streams concerts from the Concertgebouw Amsterdam, and much more. Frankfurt Radio Symphony Orchestra run a series of concerts on their YouTube channel hr-symphonieorchester. Look under the Playlists tab for the stage@seven series of lockdown concerts.

For something a bit more upbeat try the sister channel

hr- Bigband - Frankfurt Radio Big Band. I especially enjoyed the Playlists Echoes of Ellington and Porgy and Bess, superb arrangements in glorious video and sound.

I know some members have difficulty accessing YouTube especially on a smart TV. It is not too difficult to cast from a phone or tablet to a smart tv that are on the same WiFi network; but is difficult to give advice as the method varies depending on equipment. A fall back for a Windows 10 pc is to search windows or control panel for "connect to wireless display" This should bring up the "Display" settings page and under "Multiple Display", select "connect to wireless display" then choose the TV required. Whatever is displaying on the PC will then display and sound on the smart TV. This could include YouTube playing on the pc, which should be set to the highest quality and full screen. It is also useful to show slides on a large screen. This is not the only method, or even the best method of displaying YouTube on a TV, but it is simple. Smart TVs normally have a YouTube App already installed and you do not have to do anything except access it on your Apps button on the handset.

### The Photography Group

Graeme Stewardson

The Photography Group has setup a new Facebook group page – Southwellu3a Photography Group. It is primarily for members of our group but we do welcome any members from the wider Southwell U3A community. If anybody wants to post photos or seek advice about cameras, their settings and how to take better shots, we'd be more than happy to help. You are more than welcome to join this Facebook Group, as long as you are a U3A member.

The Photography Group currently has a theme of 'Bleak Mid-Winter' since the start of this year and these are some of our current photos.



## New Groups

Ann Powers

### New Groups Co-Ordinator

In answer to my appeal last month for new subject group leaders, I am very pleased to announce that Fiona Slatcher and Dave Johnson have volunteered to become joint leaders of a Cycling for Fun Group and John Elkington a History of Architecture Group. They have each given further details below so please contact them if you are interested in joining either group. I hope that you will be able to support them in these two new ventures.

### Cycling Group

Do you own a bike? Do you like cycling for fun? Do you cycle as part of a keep healthy programme and to socialise? Then Southwell U3A Cycle Group might be just what you need/want. We, Fiona Slatcher and Dave Johnson, are proposing to start a Cycle for fun group as part of Southwell U3A. Neither of us has any preconceived ideas as to what the group should do or where we should go other than it should involve some exercise, a good chat and a cup of tea with cake. If you are interested, then please get in touch, and let us know what would entice you to join us.

For example: Your name and contact details (an email)

How far should we cycle? (miles or time)

How often should we meet? (once a month/twice a month etc..)

Where should we cycle? (Roads/Lanes/Parks/Trails etc.)

Do you have any favourite rides!

In the first instance please contact Fiona at [fiona.slatcher@outlook.com](mailto:fiona.slatcher@outlook.com) or Dave at [davejohnson19tws@gmail.com](mailto:davejohnson19tws@gmail.com) and let us know your thoughts and provide a contact email address. We think that we will need to hold a Zoom meeting (sorry, another one) to see how to take the group forward, but we would endeavour to share the ideas received so that we can have a focused discussion.

### History of Architecture Group

John Elkington

I have run this course on the History of Architecture twice before but it lends itself to being done via Zoom and in this period of lockdown it occurred to me that it might be of interest to some members who were unable to take part previously. If there is sufficient interest I would be happy to run it again.

The intention of the course is to look at ancient architecture and the western succession up to the nineteenth century. During each period we will look at the main influences on the buildings typically - geographical, geological, climatic, religious, social and historical factors. We will look at the general appearance and special features of the buildings of each period, their origin and evolutionary development supported by illustrations of typical examples from ancient Egypt, Greece, Roman, Byzantium, Romanesque, Gothic and Renaissance Architecture.

### Tai Chi Group

I am pleased to tell you that we will be able to establish a Tai Chi Group. This will be taught, initially on Zoom, by a member of Newark u3a who is already holding several sessions for u3a Groups in the county. She was keen to point out that anyone would be welcome from beginners to those who have attended classes before.

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## **Arts and Culture**

### **Languages**

**Lynn Dorling**

During the last 10 years you must have been in one of various cafes in Southwell where folks were not speaking in English? Other coffee drinkers say they enjoy the ambience in La Parisienne when they can hear French spoken. In 2010 we started Southwell Café Conversations with French CC at La P on Wednesday mornings. This attracted lots of people- some fluent- others with a dodgy '0' level from some fifty years previously and one or two who had never learned French. The group quickly became established and proved to be great fun. Because of this success we formed three more groups in 2011- German (Saracen's) Italian (Alfresco) and Spanish (La P). These are still going strong and provide much fun and friendship. The Italian group spawned the Italian Twinning Association- now known as 'All Things Italian'. During lockdown the French and Italian CC groups met in the Education Garden- bringing our own coffee and picnic chairs. Two years ago, I was asked to start an Italian conversation group in the Secret Garden in Newark. This attracted several people – mostly who had just a smattering of the language. We met every week until the first lockdown and beginners turned into pre- intermediates! They worked really hard between meetings using various aids on the internet and made great strides. No-one wanted to give up during lockdown so now there are two Zoom meetings every week, one slightly more advanced than the other. We read books that we bought on the net – some real books – others as PDF versions that can be printed off. We also devise things to do which will stimulate conversation as this is the thing that people most struggle with. We have lots of fun and laughter, but take it seriously in that we strive for correct pronunciation and a build-up of grammar learning.

None of these conversation groups costs anything -other than buying refreshments from our wonderfully accommodating cafes. There is no committee, no membership and no commitment to attending every week. I keep an eye on all the groups and we have an informal network for keeping each other informed and making other arrangements. The Spanish and German groups have been meeting on Zoom during these difficult times- keeping their links alive.

Like the u3a, our groups are convivial and about learning- just another way of being part of a community and enjoying experiences together. We firmly believe that we are keeping our brains alive! We cannot wait to be able to meet in our café 'homes' again – hopefully there is some light at the end of this long tunnel

### **National Gallery**

The National Gallery may be closed but you are still able to view some of their exhibits and each month they feature a Picture of the Month. In February it was View of Oudewater by Willem Koekkoek with a video of the painting. There is also a fascinating example of how they restore a painting, a work by Rubens is shown being cleaned and restored, a very restful 10 minutes of watching craftspeople revealing a beautiful bright outdoor scene at Het Steen.

### **Inspire Southwell library**

“Don't forget you can still access thousands of eBooks, eAudio, and eNewspaper from other suppliers, all free to access with your library membership. If you have any questions contact our Ask Inspire team on [ask@inspireculture.org.uk](mailto:ask@inspireculture.org.uk) or call 01623 677 200”.

Members may already be using this service. Because the library remains closed, click and collect is available; however you do need access to a computer to complete a request form. If you are registered as “Housebound”, live in a shielding household or have health issues that mean it is unsafe for you to leave your home the library may be able to arrange a home delivery to you. Again there is an online form or you can call 01623 677200 open 9- 6pm Mon to Fri, 9-4pm Sat. The library has access to your records and are able to check to see if you have already read any books before they choose for you under click and collect. There is an excellent book in the library which gives recommendations of books that are similar to those you like to read a very helpful way of broadening your reading.

Online book clubs include Richard and Judy <https://www.richardandjudy.co.uk>,

Oprah Winfrey <https://www.oprahmag.com/entertainment/books/g23067476/oprah-book-club-list/>

Shelter, the charity for homeless people also has a book club with a monthly subscription to support their work.

<https://england.shelter.org.uk/bookclub?>

[gclid=EAlaIqobChMI2OC8yem7gIViLPtCh2uLgxLEAAYASAAEgK6g\\_D\\_BwE&gclid=aw.ds](https://england.shelter.org.uk/bookclub?gclid=EAlaIqobChMI2OC8yem7gIViLPtCh2uLgxLEAAYASAAEgK6g_D_BwE&gclid=aw.ds)

## Knitting Design Group

Liz Garrod

Here are 3 of the many jumpers I have designed and knitted since the first lockdown in March. These are numbers 14, 15 and 16



## Changeword Puzzle 2

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:** Used a Car – Small Wood – Serious – Yearn For – Wooden Packing Case

**Answers:** DROVE – GROVE – GRAVE – CRAVE - CRATE

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

### CLUES

Breakfast Food – Brag – Blow Up – Animal – Baking Ingredient  
Abrasive Agent – Without Exception – Tennis Champion – Prevent – Warn  
Untrue – French Dance – Worth – Unclear – Fashionable Style  
Unclean – Song – Narrow Passage – Landing Pier – Trivial  
Domesticated Animal – Dwelling Place – Small Animal – Large Animal – Untied  
Flamboyant Male – Confectionary – Useful – Robust – Late  
Loose Clothing – Marshy – Misty – Pet Cat – Sticky Weather  
Bite – Winner – Monkey – Fool – Punch  
Christmas Vegetation – Mountainous – Stupid – Bell Rope Part – Dawdle  
Flu Symptom – Bank Note – Bodily Organ – Beau – Popular Dog Name

## COME DINE WITH MEN RECIPE

### SMOKED MACKEREL KEDGEREE

Brian Platts

Serves 4 - around 25-30 mins total prep and cook time

Here's a recipe from our latest CDWM Zoom meeting – very quick and easy to prepare. You can use smoked haddock, if you prefer, but you will need to cook it through for a few minutes in the microwave before adding to the recipe.

Kedgeriee is thought to have originated from the Indian rice and lentil dish “khichri”. It was brought to the UK by returning British colonials who introduced it as a breakfast dish. The odd sultana has been known to sneak into it but not here! It can be eaten hot or cold.



#### Ingredients:

4 medium eggs   Olive oil   1 red onion – finely chopped  
Thumb-sized piece of ginger (or 1 tsp ground ginger)  
1 tbsp curry powder  
400g long-grain rice   300g frozen peas  
4 smoked mackerel fillets, pre-cooked (available in Co-op)  
- can use smoked haddock if prefer (see above)  
1 lemon   Salt and pepper  
Bunch of fresh coriander (or parsley if preferred)

#### Method:

Add rice to large pan of boiling water. Bring back to boil and set timer for 7 mins less than rice cooking time. When buzzer goes, add eggs to boiling water and set timer for 7 mins. Meanwhile, set a large frying pan over a high heat and add 2tbsp olive oil. Add chopped onion and turn heat down to medium. Grate ginger into pan (or add ground ginger). Add curry powder and cook for 2-3 mins, stirring regularly.

When the buzzer goes, remove eggs and drain and rinse rice in boiling water. Plunge eggs into cold water and leave them to cool for a few minutes before peeling. Add rice to frying pan with a good splash of boiling water. Add frozen peas, cook for a couple of mins to defrost peas, stirring regularly. Meanwhile peel skin off the mackerel fillets. Flake mackerel into pan, stir, turn heat down to simmer and leave to heat through. Season with salt and pepper. Cut soft boiled eggs in half. Cut lemon into wedges and add eggs and lemon to pan.

Garnish with coriander (or parsley). Enjoy!

#### ANSWERS to Changeword

TOAST - BOAST – BLAST – BEAST - YEAST  
EMERY – EVERY – EVERT – AVERT - ALERT  
FALSE – VALSE – VALUE – VAGUE – VOGUE  
DIRTY – DITTY – JITTY – JETTY – PETTY  
HORSE – HOUSE – MOUSE – MOOSE – LOOSE  
DANDY – CANDY – HANDY – HARDY – TARDY  
BAGGY – BOGGY – FOGGY - MOGGY – MUGGY  
CHOMP – CHAMP - CHIMP – CHUMP - THUMP  
HOLLY – HILLY – SILLY – SALLY – DALLY  
FEVER – FIVER – LIVER – LOVER - ROVER