

Newsline No 56 AUGUST 2024



Southwell u3a
members sent to the
Workhouse! Read all
about it on page 17

From the Chair

Well – this is my last piece “From the Chair” and, by my calculation, that must be 36 editions of Newsline in which I’ve had the pleasure of letting you know what’s happening in our u3a, along with a few personal thoughts and some very corny jokes! If all goes to plan, Jean will be sitting in the chair by the time the next edition of Newsline goes out and you’ll be pleased to hear that she’s already promised not to subject you to any more awful jokes.

Our AGM will be a short part of our next monthly meeting at the Leisure Centre on 6th August. Two of our long-standing committee members, Marjorie and Ann, will be leaving the committee at that time and I would like to take this opportunity to put on record our thanks to them both for their great contributions over the past few years. If elected, Judy F will become a member of the new committee, along with Richard P, who is currently a co-opted committee member. I hope that you will be able to attend the meeting on the 6th and join us all after the meeting for free pizza, salad, tea and coffee up at Southwell Rugby Club (see box below for more details).

These past three years seem to have flown by but, when I think about it, an awful lot has happened in that time.

When I first became Chair, our monthly meetings and group meetings were still taking place on Zoom, due to the social distancing restrictions of the Covid pandemic. Since



then, our u3a has bounced back to its full range of interest group activities, programmes of short courses and workshops, well-attended social events and trips and record membership numbers. Meanwhile, outside the u3a, we’ve had four prime ministers and two monarchs!

Thanks then to you all for making this past three years such a pleasure and privilege for me. I’ve certainly made a lot of new friends and acquaintances along the way and I would recommend the experience of committee membership and even becoming Chair to anyone who may be interested. I might have a bit more time now for interest group activities, barbershop singing and the dubious pleasures of being a Sheffield Wednesday season ticket holder. I will though continue to be in touch with many of you in my new committee role as Groups Co-ordinator.

That only really leaves me space for

From the Chair cont'd

one last "Joke of the Month". This whole column has set me thinking about what happens when people give up particular roles and interests. I know that golfers tend to lose their drive, accountants lose their balance, musicians decompose, bank managers lose interest, beekeepers buzz off and watchmakers just wind down. But in my own case and in the (almost) words of Lady Bracknell, well that would just be chairlessness!

Wishing you all the best for many more years of living, laughing and learning with Southwell u3a.

Brian

Courses and Workshops

First Aid Course 25th July

Hurry! The next first aid course with the British Red Cross has spaces, it will be at Southwell Library on Thursday 25th July from 10-12 and as usual is free. If you would like a place please contact me as soon as possible, I have contacted those on my list already and will reserve those spaces of course.

Jane

IT Support

For many years we had some Computer groups, that supported members at varying levels and were all run by Clive Bates. Since his death, early this year, we have not been able to provide what we feel is still very important. With such a large membership there must be those members who need help with IT and also those who are capable of providing support.

I would be very pleased to hear from you if you feel you could spare a couple of hours a month to help members develop their IT skills. It may be possible to have a team to share out different aspects of support.

I would also like to hear from you if you would like some help.

Jean, Groups Co-ordinator



Letters to the Editor

Dying Matters

In the last Newline, Brian referred to the importance of making a Will and/or using Powers of Attorney. Make sure they're 'lasting'. Any good solicitor will tell you why.

Equally important is leaving some information behind when you go. How many halves have been left struggling because the other half was the one who handled the bank account and knew all the passwords?

To that end the NHS has compiled a questionnaire (www.bit.ly/Dying-Matters) for us to fill in and leave behind for the executors/survivors.

Colin Rieley

Our July Speaker

In July we had an hilarious morning listening to Canon Rev Alan Haydock on his subject of "Confessions of a Country Vicar"

He had our members in stitches over some of the anecdotes and hilarious stories of his time as a vicar in Nottinghamshire.

He was born in Wigan and educated at the King's school in Ely. He trained at Kelham Theological College and



subsequent to his ordination in Southwell Minster in 1965, has served the whole of his ministry in Nottinghamshire so is very conversant with the parishes of the county.

Over a period of thirty-five years, he has donated over £120,000 to various churches, charities and sporting organisations by means of his speaking fees and we are pleased that we could add to his total through his talk to us.

His subject gave a lot of scope to his anecdotes and stories, and everybody appeared to have enjoyed themselves.

Our August Speaker

Our speaker next month is Peter Slater whose subject will be "Do you know who I am?" Peter is a former BBC sports reporter so we can expect some humorous comments regarding sporting moments. Please do come along and join us.

Our Next Speaker: Any Suggestions?

It would help to know what members have thought about the speakers we have used this year, to help us in our efforts to supply speakers on a different range of subjects but which members find interesting. Also as to whether they have enjoyed the talks this year or not.

To help here is a list of the subjects for the speakers so far this year:

January *Cheese Making at Long Clawson Dairy* by Kim Kettle

February *How to Make a Music Festival* by Marcus Farnsworth

March *Medical Dogs* by Ann Hilton

April *Lord Byron and his Links to Southwell* by Geoffrey Bond

May *Bromley House Library* by Martin Gorman

June *History of Jazz Piano and its Influence on Different Genres of Music* by Roger Browne

July *Confessions of a Country Vicar* by Canon Rev Alan Haydock

Your thoughts (praise and criticism) could be sent to me.

John

Our Speakers for 2024

August	Peter Slater	Do You Know Who I Am? Former BBC sports reporter
September	David Skillen	A Few Appropriate Remarks —Lincoln At Gettysburg
October	Paul Lillie	An Impression Of Elvis Presley
November	Paula Cornwall	The Flying Housewife
December		Christmas Party

County u3a Conference open to all Southwell u3a members:



Nottinghamshire Network Conference

Saturday 21st September

Open to all Nottinghamshire u3a members
To be held at the Girls High School, Squires Performing Art Centre
9 Arboretum Street, Nottingham, NG1 4JB
(corner Arboretum and Addison Streets)
9:30am – 3:30pm

9:30am – 10:00am refreshments and registration

Keynote Speaker

Chris French, Professor Emeritus of Psychology at Goldsmiths College, University of London specialising in the psychology of paranormal beliefs and anomalous experiences.

The talk will be entitled:

The Science of Weird Sh**

Why our Minds Conjure the Paranormal

Admission £30

plus booking fee

Includes refreshments during the day and buffet lunch supplied by Delilah's
Use link below to register and choose workshops

<https://www.trybooking.com/uk/DOTV>

Break Out Workshops

- Guided walk around the Arboretum
- Line Dancing
- Chair Yoga
- Safe Driving
- Creative writing
- Scamming and Fraud

There will be break out workshops in the morning and afternoon enabling members to attend two groups. More detailed descriptions of each workshop will be available when you register where we ask you to choose three options.

To book your place, please copy and paste this link into your url/address bar:

<https://www.trybooking.com/uk/DOTV>

Newsline Deadline for the September Edition

Please email articles and pictures to the Newsline team by 10th August to ensure inclusion in the September edition.

su3anewsline@gmail.com

Items that arrive after the 10th August will be carried forward to the following edition

Group news is of particular interest to existing and new members and an excellent opportunity to review and promote your group.

Updates on social activities are also good to see, such as the coffee mornings at Southwell Garden Centre or Sunday lunch groups. We now have space for some 'Letters to the Editor.'

PLEASE remember to include your email address; a telephone number is optional. Anne Greenaway, Editor

**Do YOU have material for
Newsline No. 57
September 2024?**



u3a Southwell



**COME AND GET A "PIZZA"
THE ACTION AT THE AGM!**



Our [Southwell u3a AGM](#) will be held during our next monthly meeting at the Leisure Centre, commencing at **10.00am on Tuesday 6th August**. We will have our usual notices and speaker and the AGM will be only a short section of the meeting but it's an essential part of our u3a year and we would like as many members as possible to attend and take part.

As a small thank you, we will be offering free pizza, salad and tea or coffee to anyone who attends the meeting. The Welcome Team will be giving out tickets at the entrance to the hall in the Leisure Centre and so don't forget to pick one up.

The food and drink will be freshly prepared and served at Southwell Rugby Club, just up from the Leisure Centre and commencing at midday. We will have gluten-free and vegetarian pizza slices available but no other food options. There will also be a pay bar for other drinks – once Steve the Steward has finished cooking all the pizzas!

Hope to see you there.

Brian Platts

u3a
learn, laugh, live

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The Hearty Goodfellow in Southwell has agreed to give a 10% discount on all food (NOT drinks) to Southwell u3a members. Lunch or dinner. – **EACH** member must show their own current u3a membership card before ordering to get their **INDIVIDUAL** discount.

COURSES AT SOUTHWELL LIBRARY

Inspire are running several stimulating courses at Southwell Library. If you are interested, explore their website. www.inspireculture.org.uk



Useful websites

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

Our “public” Facebook page is <https://www.facebook.com/southwellu3a/>

The home page gives links to the county and national u3a websites and more.

Community News

Southwell Town Council website is <https://www.southwellcouncil.com>, council office admin@southwell-tc.gov.uk or 01636 816103

Nottinghamshire County Council website is <https://www.nottinghamshire.gov.uk>

You can contact Notts County Council customer service team via 0300 500 8080

Customer service opening hours: Monday to Thursday: 8:30am to 5pm Friday: 8:30am to 4:30pm

Newark & Sherwood District Council website is <https://www.newark-sherwooddc.gov.uk>, customerservices@newark-sherwooddc.gov.uk 01636 650000

Sole Food

In Austria it's dumplings,
In every form and place,
Ubiquitous and filling,
Served with ancient Celtic grace.

Across the pond it's different,
As the Yanks, so keen to please,
Invariably smother
Every dish with lots of cheese.

Then we've Scandinavians,
With tastes not fine or fickle,
Who'll eat almost anything
So long as it's in pickle!

In Thailand it's hot chilli
Which dominates the scene,
In Spain it's warm paprika
Upon fish, or meat or bean.

But high above this lofty bunch,
Comes Glasgow, glorified
By dipping all in batter
And serving it deep-fried!

© Mike Biggs, 23/01/24

SOCIAL AND TRIPS

Rolleston, Afternoon Tea.

We all enjoyed a little country walk, a cookery demonstration and the most delicious Afternoon Tea.

A big thank you to Clare F and her daughter Helen for making the most amazing savoury tarts, sandwiches and scrumptious scones and meringues.



SOCIAL AND TRIPS

Wednesday 25th September.

[An exciting day trip to Castle Howard](#)



There are just three tickets still available for this trip.

The ornate, gilded 18th century stately home is set in landscaped grounds with fountains, trails and lakes and is used for the filming of period productions such as Brideshead Revisited and Bridgerton.

Departing Leisure Centre at 8.00hrs, returning at approximately 18.00hrs. Cost £40, to include coach and entrance to house and gardens.

Please contact

Jane P

Thursday 14th November

Christmas Demonstration and Two-course Lunch



This event is to be held at:

Floral Media, The Woovers, Norwell Road, Caunton , NG23 6AQ

12:00 hrs for 12.30 hrs

Tickets are £25.00

If you are interested, please contact Miriam

Thursday 5th December

Murder Mystery Play and Supper
at Southwell Library

Performed by Southwell Theatre Club



January 2025

Rugby Club Quiz –
details to follow.



SOUTHWELL u3a TRIP BOOKING FORM

Please book a place for me on the trip on (date)

to (place)

Name

u3a member yes/no

Contact Tel no Mobile.....

Emergency contact name.....

Emergency contact Tel no

NB This information must be included on all booking forms I enclose a cheque for £..... made out to Southwell u3a. Money is non-refundable unless your place can be re-sold. Please return this form with payment at the August monthly meeting.

COFFEE MORNINGS

Southwell u3a enjoy fortnightly coffee mornings at Southwell Garden Centre, Fiskerton Road They are very popular and open to all members. It is an opportunity to have a chat and a coffee. Do come along at 10:30hrs on the 2nd and 4th Thursday mornings of the month. August's get togethers are on the 8th and 22nd August. There are usually one or two Committee members present for you to talk with. It can help other members if you remember to bring and wear your u3a lanyard.

Marjorie





**The 18th Annual General Meeting of Southwell u3a
will be held on at 10am on Tuesday 6th August 2024
at Southwell Leisure Centre**

The agenda will be emailed to members before the
meeting.

Nominations for the committee are invited.
Please complete the nomination form available on our
[website](#).

Members without an email address may obtain a copy
of the agenda, and a committee nomination form, by
contacting the secretary.

We look forward to seeing you at the AGM
Nadina Lincoln, Secretary

Astronomy Group

After a two month Summer break the [Astronomy Group](#) is back with an exciting programme covering the rest of 2024.

On 26th September we will be looking at exoplanets, which are planets orbiting other stars. Discovery of such bodies has really taken off recently and forms an interesting quest in our search for alien life.

On 24th October we will have the second part of a talk on astrophotography by our outside speaker Alex. The first session proved to be a fascinating insight into this area and the follow up promises to be equally mind-blowing.

On 28th November we will have a talk on black holes, those very mysterious (some would say worrying) powerful objects in space. Only very recently another one close to us (astronomically) has been mooted.

On 19th December we will be having a Christmas session on dimensions and wormholes. This seemingly takes us into the world of science fiction but could well be true.

Generally, we hold our group meetings

on the fourth Thursday of every month, in the downstairs meeting room of Southwell library from 10:00am to 12 noon (in December we are meeting one week earlier as the scheduled date would have been Boxing Day!).

We try to cater for beginners by not making the sessions too technical but with enough content to stimulate the more knowledgeable.

The chance to ask questions, to comment or offer views is, I think, an important part of our meetings.

Recently we have had quite a few new members and potential new members who I would like to welcome and to thank for their interest. I hope to see as many people as possible in the remaining sessions this year.



Computer generated view of the Milky Way

Peak Walks 2



In July the Peak Walks 2 group walked on The Roaches in the Dark Peak area of Staffordshire. Included in the walk was a visit to Lud's Church shown in the photo. Lud's Church is a deep chasm created by a massive landslip which was used as a secret meeting place for religious dissenters in the 15th century.

Photography Group

Again our last meeting was affected by the library, we were unable to use the big screen to look at our images from the last project, portraits. But we managed to see them on a laptop, and

some excellent pictures were seen and discussed.



In the interests of personal privacy we can't share them with you, so we've put in a few pictures from the Folk Festival Morris Dancers parade last Saturday.

Our leader then gave us a presentation on minimalist composition, and we all took some shots using an assortment of props, exploring more of our manual settings, we'll show you some of these next month.





We normally meet at Southwell Library on the second Tuesday of each month at 2pm, where as well as progressing our latest project, we look at our recent work against a particular theme, and discuss the shots. We also get some tuition from our more expert members on a particular subject – editing, camera settings, etc. And if anybody needs help on any aspect of their camera or camera phone, that is available on a one-to-one basis.

If we ever get a summer, we'll be arranging some 'on location' excursions. We were at the Workhouse bi-centennial event on July 13th and pictures from this event are on the

next page, "Folk Music Group".

We can still probably squeeze in a few more members, so if you'd like to join contact: Graeme

We cover a wide range of expertise and equipment, we are a genuine self-help group and support each other whatever level of skill and camera or phone that we have. If you've got a phone you can be a photographer – you don't need a camera!

Group News (continued)

Folk Music Group:

See Front Cover Illustration and [web page](#) for more photos of this event.

July 2024 saw the 200th Anniversary of Southwell Workhouse (a National Trust property) being marked by a celebratory weekend of activities.

Several Southwell u3a members

volunteer at the Workhouse, some also being members of our Folk Music Group, so unsurprisingly we were happy to help out with the musical entertainment! Almost twenty of our number sang, played, learned, laughed lived and entertained!



Thanks to Deb from the Photography Group for these photos



Southwell u3a Concert Coaches – Royal Concert Hall, Nottingham



On June 27th 53 members joined the packed concert coach to enjoy the final conducting appearance of Sir Mark Elder at the Royal Concert Hall. It was a memorable evening with Boris Giltburg playing Rachmaninov's Piano Concerto No. 1 followed by the Halle Orchestra's hugely impressive performance of Mahler's 5th Symphony. It was followed by a presentation to Sir Mark and a staged photograph with Sir Mark, the Orchestra and the whole sell out audience. The coach seemed full of very happy concertgoers as it left to return to Southwell.



The programme for next season is now out and seat prices have inevitably increased but as I haven't yet received quotes for the coaches I can't finalise the cost to members. I will hopefully have this information by the August Monthly Meeting when I will start taking bookings for the first concert on October 1st 2024.

Below is a link to the Royal Concert Hall's website detailing the full classics season programme plus the Special Event with Sheku Kanneh-Mason playing the Shostakovitch Cello Concerto No. 1 on October 19th 2024.

<https://trch.co.uk/seasons/nottingham-classics-orchestral-series/>

GREECE IS THE WORD!**VEGETARIAN MOUSSAKA** (serves 4–6)

For the next stop around the world on our CDWU culinary odyssey, we find ourselves in Greece (via the BBC Food website!) for a moussaka. Aubergine is always the key ingredient, often layered with minced lamb and a bechamel sauce topping, but other variants can be found across Turkey and the Middle East. Here though, lentils and potatoes are used to make a vegetarian version, which went down well at our latest CDWU meeting.

**Ingredients**

160g/5 1/2oz red lentils.

650g/1lb 7oz potatoes, scrubbed.

1 tsp olive oil.

2 onions, finely chopped.

2 garlic cloves, finely chopped.

4 sprigs thyme, leaves picked.

1/2 tsp dried oregano.

1/2 tsp ground cinnamon.

1 tbsp tomato purée.

400g tin chopped tomatoes.

1 vegetable stock cube.

1/2 tsp sea salt.

2 large aubergines, thinly sliced.

2 tbsp roughly chopped flat leaf parsley.

250g/9oz ricotta.

50g/13/4oz mature cheddar, grated.

Freshly ground black pepper

Method

1. Preheat the oven to 200C/180C Fan/Gas 6 (can wait until 20 minutes in, to save energy).
2. Put the lentils into a bowl. Cover with water and set aside to soak.
3. Put the potatoes into a saucepan, cover with water and bring to the boil. Turn the heat down and simmer for 15–18 minutes until just tender.
4. Whilst the potatoes are simmering, heat the oil in a large sauté pan, add the onions and cook over a medium heat for 5–6 minutes until just softening.
5. Add the garlic, thyme, oregano and cinnamon and cook for 1 minute, stir in the tomato purée and cook for a further minute.
6. Add the tomatoes, salt and pepper and bring to a simmer. Fill the tomato

tin with water and add to the pan. Do this once more and add the stock cube (this should be 800ml/1pint 8fl oz of water in total).

7. Drain the lentils and stir into the tomato sauce, bring to the boil and simmer over a medium heat, stirring occasionally, for 20 minutes until the lentils are soft and the liquid nearly all absorbed.
8. Meanwhile, drain the potatoes and run under cold water until cool enough to hold. Using a spoon, scrape the skin off of the potatoes, then cut into slices about 7mm/3/8in thick and set aside (if using new potatoes, keep the skin on).
9. Heat a griddle pan until hot then griddle the aubergine in batches until browned and softened.
10. Spoon half the lentil sauce into a medium ovenproof dish then layer half the potatoes and aubergines over the top. Top with the remaining lentils, potatoes and aubergines.
11. Put the ricotta into a small bowl and stir in the grated cheese. Spoon the mixture over the aubergines and smooth out to cover the top.
12. Bake in the oven for 20–25 minutes, or until heated through and golden brown.
13. Sprinkle with the parsley and serve with a green salad.

ENJOY!