

# Newsline July 2025 (Public Version)



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I do hope you have all read the article about our Photography group in the latest edition of u3a Matters. If you just put the magazine to one side, or even worse, in the bin, you have missed a treat! Look at page 29, where there is an article by Deb about the group's activities, as part of a larger item about photography. Great to see one of our brilliant groups being recognised.

I know that some members do not enjoy the u3a magazine, but it has changed a lot recently and is full of interest. We have a wonderful u3a here in Southwell but that does not mean there are no ideas worth pinching from others! If you have not already done so, sit down with a cup of tea and have a read.

Regarding our wonderful u3a I am delighted that we now have a full quota of members happy to be nominated for posts on next year's Committee. It is very satisfying to know that our u3a will continue to be part of our community for many years to come, and I am very grateful to those who have come forward.

My recent holiday in France was with Riviera Travel. You may not know that

the company donates 10% of the holiday cost to your u3a, but you do have to mention it at the initial booking. Sadly I forgot! Everyone in the group could be said to be in their 'third age' and it was wonderful to learn that many of them were enthusiastic u3a members, enjoying activities in u3as across the country. One organises a singing group, another French conversation and a third is on her committee. No wonder I enjoyed the company so much! I think we could have formed our own wine tasting group by the end of the week ...

Next year it will be 20 years since the launch of our u3a. I know that we still have some original members and I am wondering if anyone has a copy of the very first Newline, or even one from 5, 10 or 15 years ago. It would be interesting to look back and see how things have changed. If you have any old copies I would be very interested to see them.

One thing will not have changed – the ethos of u3a! By the members for the members, and our motto,

Learn, laugh, live!

Jean

## July 2025 Front Page Photograph

The Photographic Group joined the Long Distance Walking Group on the 6th June, covering their walk through Belvoir Vale. This month's photograph shows some of our super-fit Southwell u3a "Longer Walks Group" navigating a stile on a recent walk.

Thanks to the Photographer, Richard: This was a winning and appropriately stylish shot (!). Thanks to Graeme and Kathryn from the Photographic Group for their support in ensuring the Editorial Team so often have a great selection of potential front page portrait-orientation photographs to select from.

## Deadline for our next Newline, No. 70, for August 2025

Please email articles and pictures to the Newline team **by 10th July** to ensure inclusion our next edition.

[su3anewline@outlook.com](mailto:su3anewline@outlook.com)

**Items that arrive after the 10th will be carried forward to the following month's 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. Please include your email address; a telephone number is optional.

Also could you send photographs (ideally in portrait format) and as a **separate attachment** NOT within your email or article.

Thank you, Anne Greenaway, Editor

## 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. We meet at 10.30am on the 2nd and 4th Thursday mornings of the month, so the July get-togethers are on the 10th and 24th. 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.



## Attention All New Members!

Are you a new member of Southwell u3a?

A new member is anyone who has joined within the last nine months.

If you are a new member, please accept this invitation to come along to an afternoon tea, and the opportunity to meet our Chair, Vice Chair and some Group Leaders:

Thursday 17th July from 2pm at Southwell Rugby Club.

This is our way of helping you learn more about the u3a movement: how it

is run; what it offers you as a member; an opportunity to find answers to questions you may have; discuss our very many "Interest Groups" and other activities; plus get to meet other new members and see if you have interests in common.

## TRIPS AND SOCIAL EVENTS

### Afternoon Tea and Demonstration at Rolleston Farm

Thursday, 10<sup>th</sup> July at 2:30pm cost



£20 Contact Rosemary or book your place at our Monthly Meeting on 1st July.

A **Floral Media lunch** is booked for Tuesday 16th December, cost £28. Further details in a future Newline.

### In the planning stages:

- ⇒ A visit to **The Houses of Parliament** in the autumn
- ⇒ In October a 'behind the scenes tour' of **Nottingham Forest Football Club** coupled with a fish and chip lunch at the "Cod and Scallops" restaurant in Wilford. This will be a "travel in own cars" event, no coach, and details will follow in a future Newline.

Madeline

## SHORT COURSES AND WORKSHOPS

### National Learning Events:

The National u3a runs a program of web-based talks, workshops and events: See page 23 of the Summer 2025 u3amatters magazine. In July, the programme includes “Laughter Yoga”, “Unseen Universe: A safari through the invisible world of microbes” and “Taste and Smell: What happens in our brain to allow us to taste or smell food or objects?”

The contact for subscribing (free) to these learning events online is:

[www.u3a.org.uk/events](http://www.u3a.org.uk/events)

Email: [learning@u3a.org.uk](mailto:learning@u3a.org.uk)

Phone: 0208 466 6139

### COURSES AT SOUTHWELL LIBRARY



Inspire are running several stimulating courses at Southwell Library. Interested? Explore their website.

[www.inspireculture.org.uk](http://www.inspireculture.org.uk)

### New proposed Workshop:

## Calligraphy

We are lucky to have an offer from Marilyn Jones, of Mansfield u3a, to run an introduction to traditional Calligraphy. It would be held on September 23<sup>rd</sup>, between 10am and 2 pm at Marilyn’s house in Hilcote, not far from the Designer Village: She does not drive far and all the equipment she needs is there. I would be grateful if you could let me know if you are interested in this session. Many thanks, Jean.

### 14th August: Tax, Care & Toy Boys

There are a few places available for the Legal Planning Workshop, 14th August 10-11.30 at the WI Hall in Southwell. This will be led by the Co-op Estate Planning Team. The session promises to be a light-hearted and jargon-free approach to estate planning, and will include how to protect your home and savings, sideways inheritance and blended families, and Lasting Power of Attorney.

## SHORT COURSES AND WORKSHOPS TABLE FOR 2025

See [page 6](#) for national learning events, courses at Southwell Library, 14th August Legal Planning Workshop and an invitation to an introduction to traditional calligraphy

SUBJECT and BRIEF DESCRIPTION	LIKELY DAY, DATE and VENUE	COURSE/WORKSHOP LEADER or CO-ORDINATOR and CONTACT DETAILS
<p><b>BASIC FIRST AID</b></p> <p>Two-hour training session in basic first aid for emergency and everyday purposes provided by British Red Cross.</p>	<p>September, date TBC</p> <p>Southwell Venue TBC</p>	
<p><b>SKETCHING OUTDOORS</b></p> <p>Sketch outdoors in Southwell. Talent? It doesn't matter – just come along and have a go! Just bring a pencil; paper provided.</p>	<p>July, date TBC</p> <p>Outdoors in Southwell</p> <p>Venue TBC</p>	<p>Contact Details on Members' version of Newslines only—not in the public version</p>
<p><b>INTRODUCTION TO FAMILY HISTORY</b></p> <p>Where to start collecting info, use of internet websites and family history programmes. Registration of births, deaths and marriages, census and parish records.</p>	<p>6th and 20th November,</p> <p>Southwell Library</p>	

## GROUP NEWS: A Cappella and Quiz Groups

### A Capella

The first meeting of the A Cappella group took place on Wednesday 18 June at Southwell WI Hall and very soon the hall was echoing with the exciting harmonies we produced. We sang rounds, sea shanties and a 60s pop song with great gusto and enthusiasm. Our next meeting will take place on Wednesday 16 July from 2-4 pm, also at Southwell WI Hall, and we agreed to meet every third Wednesday in the month. It's not too late to be part of this friendly group. Everyone is welcome. Please contact Alyson if you're interested or want any more information.

### The Big Quiz

Southwell and Collingham u3a's Quiz Groups went head to head in the first ever contest between the two groups. Based on an idea by a Southwell member, it was picked up by Lesley who suggested to Collingham Quiz group leader John that we ought to test our wits against formidable opponents. Eight members from each group formed four teams of four and competed for two hours answering a wide range of questions set by both groups.



The eventual winners were Elaine, Sue, Clive and David from Collingham with the other Collingham team coming a close second. The event was held at the Hearty Goodfellow Public House where you can purchase a meal with a 10% discount on production of your u3a membership card but not on drinks. A rematch has been suggested in due course probably at Girton Village Hall, when Southwell hopes to make it one all!

Examples of questions asked;

1. What do the words Silver, Month and Orange have in common?
2. Who was Agnes Bojaxhiu?
3. In which century did Nottingham receive its town charter?

Answers on the next page

Lynne

### Answers to quiz questions ([page 8](#))

1. No other word rhymes with them.
2. Mother Teresa
3. Fifteenth

### Astronomy

Having this year studied Earth's rocky neighbours, namely the Moon, Mars, Venus and Mercury, in our June meeting we peered much deeper into space, going back in time towards the start of it all through the 'big bang'. We watched a DVD about the Hubble telescope which was set into its orbit in 1990 and has since then revealed some amazing pictures of the universe. All good things though must come to an end and in our July meeting we will look at another DVD but this time on the creation of Hubble's successor, the amazing James Webb telescope which was

launched in 2021. The JWT has looked even deeper into space and promises to get data from creations dating back almost up to the big bang.

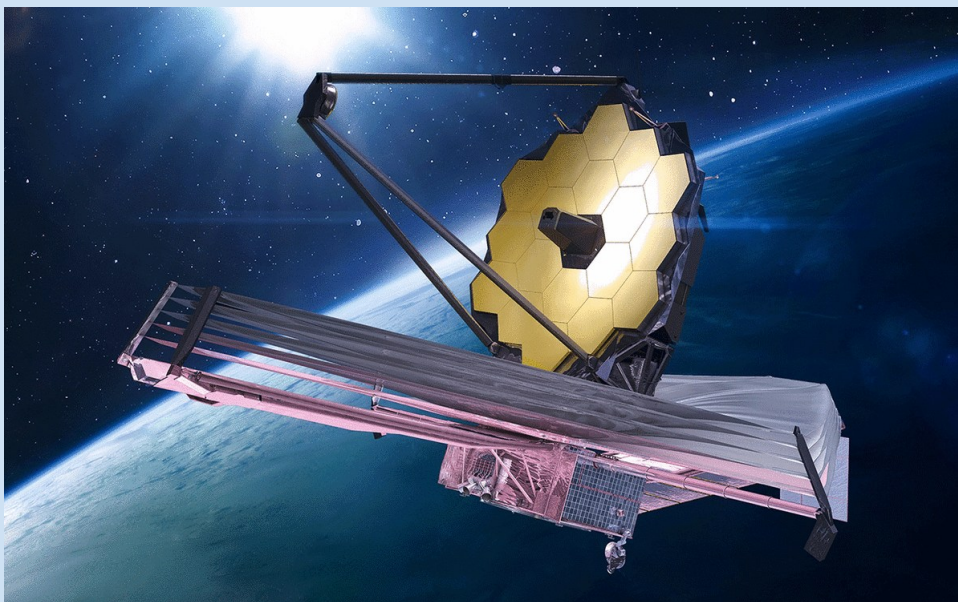
We meet on the fourth Thursday of every month from 10am to 12 noon in the back room of Southwell Library. The dates of the next few meetings are 24<sup>th</sup> July, 28<sup>th</sup> August and 25<sup>th</sup> September.

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

After coffee the audience get the chance to ask questions, comment or offer views, which is, I think, an important part of our sessions.

I hope to see as many people as possible at the next meeting.

Richard



James Webb – parade.com

In June, we visited our Group Leader, Mike's amazing garden in Southwell and spent an hour in the sunshine checking out the varied planting, including some impressive clematis, dahlias, peonies and hostas.

The Group meets every month at a member's garden and these are usually rotated throughout the year so we can see the same gardens but at different stages of their growing cycle.

Both of our Practical Gardening groups are currently full, with waiting lists: If there are any more keen gardeners in our membership willing to be "Group Leaders" for additional groups? Contact Brian and find out how rewarding this can be! [Web page](#)

The picture below shows Mike inspecting one of his peonies, *Paeonia lactiflora* 'Bowl of Beauty'.



Mike inspecting one of his peonies, *Paeonia lactiflora* 'Bowl of Beauty'

## GROUP NEWS: Photography

We held our monthly meeting, as usual at Southwell Library on the second Tuesday of the month at 2pm. We started by looking at the results of our Flat Lay Photography project, and other shots from the last month. We then discussed our 'on location' programme, we have trips out arranged for every month until the autumn, starting with the swans and cygnets at Reg Taylor's, including a zoo trip later in the year. Lots of opportunities for some interesting shots.

We also spent some time getting into the intricacies of mobile phone photography, particularly how to photograph portraits, both selfies and other people.



Photograph by Jim

Mobile phones have a huge menu of controls that most of us don't even know about, it's so easy to just point and shoot, but with a bit of effort there is so much more potential.

While the group is full, we can normally take on a few new members, if you are interested get in touch with our Leader, Graeme.



Photograph by Lisa

## GROUP NEWS: Photography (Continued)

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 model of camera or phone that we have. If you've got a phone you can be a photographer – you don't even need a camera !

Graeme

*Note from Editor: There is more from our Photography Group Deputy, Deb p.29 of Summer 2025 "u3a matters" national magazine*



Photograph by Deb



Photograph by Anita

## MARINATED CHICKEN AND VEGETABLE TRAYBAKE

Serves 2

10 mins prep, cooking time approx. 1 hour

Traybakes have become very popular in recent years and whole recipe books are dedicated to them. Rather less appetisingly, Americans apparently call them “sheet pan dinners”. So, cut down on all that prep, faff and washing-up with this simple traybake. It’s a family recipe of one of our members and was featured in our last CDWU meeting.

### Main Ingredients:

2 chicken breasts

1 onion, quartered, not chopped

1 leek

2 carrots

2 sweet potatoes

2 white potatoes

1 large red pepper

4 mushrooms, quartered

Olive oil

4–6 garlic cloves, whole unpeeled, not chopped or crushed

Any other seasonal root veg can be used as additions or alternatives.



### For Marinade:

Combine 25ml olive oil, ½ tbsp grainy mustard, 1 tbsp runny honey, 125ml white wine, juice of ½ a lemon, stir well, and, at **1-2 hours before cooking**, pour over the chicken and set aside, turning at least once.

## Method:

Preheat oven to 220C / 180C fan. Peel and chop white potatoes and sweet potatoes to small roast potato size, carrots to 1cm chunks. Mix with 2 tbsp olive oil in a large roasting tin and put into pre-heated oven. Cook for 15 mins.

Cut pepper into bite-size pieces, discard seeds. Cut leek into generous chunks. Add these, along with peppers, garlic, and the quartered onion to the roasting tin, stir, and cook for further 15 mins.

Add mushrooms, stir, place the whole chicken breasts on the top of the vegetables, then pour over the marinade.

Cook for approx. a further 30 mins until the chicken is cooked through and the vegetables are slightly caramelised. Check halfway through and turn over the chicken breasts.

Remove the chicken, check fully cooked, and rest for 5 mins (the chicken, not you!), keeping warm. Cut the chicken breasts diagonally and fan out on the plate. Pile the vegetables on the side pouring over the juices. Eat, squeezing out the soft garlic as you go.

Enjoy!



### In Praise of Suet

Golden goddess, how thy warm embrace  
Within these islands, damp and drear and cold,  
Brings glow to cheek and eye, and gentle grace,  
When Boreas' icy hand doth grimly hold.

In precious partnership with wheaten flour,  
Thy bounteous nature nurtures one and all,  
Bringing life and light to the darkest hour  
As frosty frowns now from our faces fall.

Thy gilded touch enlivens jammy duff,  
Ennobles mighty steak and kidney pie,  
Celestial One, we cannot get enough,  
Of this thy manna given from on high.

O Blessed Suet, never leave my side,  
But stay, whilst wicked winter doth abide.

Mike Biggs, © 2025



## MEMBER BENEFITS AND DISCOUNTS

### BAG A DISCOUNT AT ROHAN!

The recently opened Rohan clothing shop in Southwell is generously offering a discount to all u3a members. Members will receive a 10% discount on all **full price** items (not sale items) – just show your membership card on request.

**Enjoy!**



### DISCOUNT AT LASANI, SOUTHWELL!

In the mood for a curry? **Lasani**, on Church Street Southwell, has agreed to give Southwell u3a members a 10% discount on their bills (food **AND** drink) at their 'contemporary Indian brasserie'.

You will need to show your membership card when you order your meals and drinks and the discount will only apply to u3a

members in your party. The discount is on offer all week but not for takeaways, which are already discounted.

**Enjoy!**



### MEAL DEAL AT THE HEARTY GOODFELLOW

The Hearty Goodfellow in Southwell has agreed to give a 10% discount on all food (not drinks) to Southwell u3a members for lunch or dinner.

You will need to show your membership card **before you order** your meals and drinks and the discount will only apply to individual u3a members in your party.



## OUR JUNE SPEAKER

Our speaker at the June meeting was Janine Buckley who is responsible at Notts CC for the upkeep of all of Nottingham's historic buildings. However her talk was about pit ponies in Nottinghamshire coal mines. She



had researched her subject well and gave us a very interesting and amusing talk. She related the history

of pit ponies and the work they did down the mines.

She also educated us about the way they were looked after. Did you know that pit ponies had a two week holiday in the summer when the miners were away?

The talk was well applauded at the end and everyone appreciated Janine's delivery and slides indicating every aspect of her talk.

### This month's talk

On 1st July Alastair Littlewood will be regaling us with interesting and humorous tales of the Norse gods. Please come along and enjoy.

John

## Our Speakers for the rest of 2025

5th August	Gareth Howells	The Treasure Trove: A Medieval Mystery
2nd September	Rev. James Woolford	Musician, Comic and Magician
7th October	u3a Astronomy Group	Birth and Death of the Universe
4th November	Roger Browne	Great American Songbook
2nd December	Christmas Meeting	

## Useful u3a websites

### Southwell:

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

Southwell u3a members Facebook page is <https://www.facebook.com/groups/southwellu3a>

### Nottinghamshire:

The 34 individual u3a organisations are all federated into the Nottinghamshire Network, which has its own website and magazine:

[Nottinghamshire Network of u3as - Learn, Laugh, Live!](#)

[June 2025 Newsbites available now!](#)

### National:

National u3a website is <https://www.u3a.org.uk>

The National u3a organises a range of events and workshops:

[www.u3a.org.uk/events](http://www.u3a.org.uk/events)

## Community Contacts

Southwell Town Council website is <https://www.southwellcouncil.com>, council office [admin@southwell-tc.gov.uk](mailto: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](mailto:customerservices@newark-sherwooddc.gov.uk) 01636 650000

Chair		
Vice Chair and Workshop Co-ordinator		
Secretary		
Treasurer		
Group Leaders' Co-ordinator		
Assistant Group Leaders' Co-ordinator		
Groups Treasurer		
Webmaster	<b>THIS PUBLIC EDITION OF NEWSLINE DOES NOT CONTAIN CONTACT DETAILS</b>	
Webmaster		
Welfare		
Publicity Group Chair		
Social Media		
Newsline Editor		
Beacon Administrator		
Committee Member		
Committee Member		
Trips & Social Committee Co-Chair		
Trips & Social Committee Co-Chair		
Social Committee Treasurer		
Holiday Co-ordinator		
Concert Trips Organiser		
Membership Secretary		
Membership Administration		
Speaker Finder		
Website address (URL)	<a href="http://www.southwellu3a.com">http://www.southwellu3a.com</a>	
* <b>and bold text</b> = committee member		