

The Indoor Climbing Group Members reaching new heights buddying up with Skydivers for charity!
See page 11



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This year has gone so quickly and now I am writing my last 'From the Chair'. I agreed to take on the role of Chair again for just one year and my main

aim was to ensure succession and the continued success of our u3a. Though it was a bit rocky along the way, I do now feel confident in our future. You should already have received details of our forthcoming AGM and the nominations for Committee roles. I am extremely grateful to those who have put themselves forward and hope that they find it as enjoyable and satisfying as I have done. I also want to thank my fellow Committee members who have been a huge support to me during the year. As well as me, two members are leaving the Committee. Jane has served six years in various roles and has been particularly efficient at organising workshops, and latterly, meetings for new members. I am sure that she will enjoy having more free time! Judy Fessey is also not standing again. Judy has been on the committee for just a year but has had a big impact, mainly in supporting Brian in his role as Groups Coordinator and producing the new newsletter for Group Leaders. They will both be missed!

I have just spent a very enjoyable week with my oldest friend, who I have known since we were six. She has lived in the Netherlands for over fifty years, but we are still very close and, over recent years, have enjoyed the fact that modern technology has enabled us to talk more easily. She does like a challenge! Last year she decided that we should canoe around Copenhagen Harbour, rather than taking a boat trip. I thought that was nerve racking, but this year's challenge was even greater. We did a 'Glass Experience' with Ingrid Pears at Thoresby. When the furnace was opened and we had to try to collect and remove some molten glass, red hot at 1000 degrees, I felt truly terrified! However, by doing exactly what we were told and with quite a lot of help, we both produced a paperweight we feel proud of. I was also recently challenged in a different way at our Archery workshop. Again, with expert tuition, even I was able to hit the centre of the target on more than one occasion!

I am convinced that continuing to challenge ourselves is not only satisfying but keeps us young in spirit. My involvement in u3a, which began almost eighteen years ago, has made an enormous difference to my life. Becoming the second Chair here at Southwell u3a led to me taking on the

FROM THE CHAIR—August 2025 cont'd

role of Chair of the Nottinghamshire Network of u3as, helping to launch several new u3as, and organising workshops. I was the Groups Coordinator in a second u3a, have run several groups and then took on the biggest challenge of all, being Regional Trustee for the East Midlands, on the National Board, for four years. All this has increased my confidence and helped me to make many new friends.

So don't be shy! Not many members do as much as I have, but helping with your Interest Group, being a welcomer at the monthly meeting or taking on any other task that interests you will surely make your life more satisfying. I plan to continue being involved in u3a. I cannot imagine my life without it!

Jean

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 August get-togethers are on the 14th and 28th.

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.



Deadline for our next Newsline, No. 71 for September 2025

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

su3anewsline@outlook.com

Email subject: "August Newsline"

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.

If sending in an article, please look at the guidance on page 6 or at [newsline-guidance-for-contributors](#)

Thank you,
Anne Greenaway, Editor

The 19th Annual General Meeting of Southwell u3a

**will be at 10am on Tuesday 5th August 2025
at Southwell Leisure Centre**

The agenda has been emailed to members, together with a proposed change to the constitution and the Treasurer's report.

Nominations for the committee have now closed.

Members without an email address may obtain copies by contacting the secretary.

We look forward to seeing you at the AGM

Nadina Lincoln, Secretary

GUIDANCE FOR SUBMITTING ARTICLES IN NEWSLINE

Any member of Southwell u3a is welcome to submit articles for inclusion in Newsline in any format but it is a huge help to your Newsline Team if you use these guidelines:

TEXT:

Write in "Word" if you have it.

Fonts Use DM Sans if you have it, or Arial, both size 14pt.

Line spacing should be 1.5pt.

Justification: Fully justified.

Do not double space between paragraphs. If possible, do not use **Italics** or **bold** type, though we may add these in to follow house-style.

Add your name and email address at the end of article, and optionally a phone number. These personal details will appear in the Members' Edition, but are normally removed from the Public Edition.

PHOTOGRAPHS:

We can accept portrait or landscape orientation. The Newsline front cover needs portrait orientation. File formats of .jpg or .jpeg work best for us. A full page photo usually works best if more than 2Mb file size. If submitting several photos, remember that some email systems cannot handle an email with attachments that add up to more than 15Mb: If sending

several high-resolution photos consider sending on two or more emails. Send photos as attachments, not within the body of the email.

If sending a photograph of identifiable people, please check with them that they are happy for the photo to appear in Newsline and tell us if you wish us to include their name (check with them how to spell it!).

How to attach text and pictures

1. Open blank email.
 2. In the subject line, please type the month of the Newsline in which you would like your article to appear, e.g. "September Newsline"
 3. Type your message.
 4. Click insert.
 5. Browse for the **WORD** document you wish to submit. Select file.
- Attach any photographs (see below) then send the email to: su3anewslines@outlook.com

How to attach photographs

1. Browse the file in which you saved your photograph.
2. Choose your saved photograph.
3. Attach to email.

If in doubt... Email and ask!

SHORT COURSES AND WORKSHOPS TABLE FOR 2025

See [page 8](#) 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>BASIC FIRST AID</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>Details available in the Members' Version of Newslines</p>
<p>SKETCHING OUTDOORS</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>Outdoors in Southwell</p> <p>Venue TBC</p>	<p>Details available in the Members' Version of Newslines</p>
<p>INTRODUCTION TO FAMILY HISTORY</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>	<p>Details available in the Members' Version of Newslines</p>

SHORT COURSES AND WORKSHOPS

National Learning Events:

The National u3a runs a programme of web-based talks, workshops and events: See page 23 of the Summer 2025 “u3amatters” magazine. In July, the programme included “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

Email: learning@u3a.org.uk

Phone: 0208 466 6139

New proposed Workshop:

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. For this workshop contact: Jane

COURSES AT SOUTHWELL LIBRARY



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

www.inspireculture.org.uk

u3a Southwell

GROUP NEWS:

NEW and POTENTIAL NEW GROUPS

Calligraphy

We are lucky to have an offer from Marilyn of Mansfield u3a, to run an introduction to traditional Calligraphy. It would be held on September 23rd, 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.



Sketching Outdoors Group

Sunday, 6th July was the only rainy day in the middle of a very long heatwave. It was also the day I chose for the Sketching Outdoors Workshop! Fortunately, fellow u3a member Jill Langford saved the day by offering us the use of her house. We spent a very lovely, peaceful afternoon and everyone agreed that we should do it again.

The very important factor of the weather and people's busy schedules

means that I can't set up a regular fixed date for a Sketching Outdoors group (sorry gardeners you can't rely on me to make it rain!). Different people also like to sketch different things. So instead, we're going to set up a WhatsApp group so that members can post a message e.g. "It's a lovely day does anyone want to go sketching? "

This message can be seen by and replied to by any member who is free and would like to join in. This will be a friendly group of amateurs. No talent needed! That will come with practise. If you are interested and would like to be included in the group, contact me, including your email address, mobile phone number and emergency contact. Sheila



Astronomy

After spending five months studying Earth's nearby rocky neighbours, in June we had a very successful meeting where we looked at a DVD about the Hubble telescope. This was followed up in July by another DVD but this time on the creation of Hubble's successor, the amazing James Webb Telescope (JWT), 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. For August we will return to our solar system and examine the very fascinating 'smaller worlds', starting with Pluto, then venturing further out. Little is known about some of these bodies, but this is what makes them so intriguing and, hopefully, what whets your desire to learn more.

We meet on the fourth Thursday of every month from 10:00am to 12:00 noon in the back room of Southwell Library. The dates of the next few meetings are 28th August, 25th September and 23rd October.

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 (Group Leader)

Pluto—Earth & Sky



Canasta Group 1

At our June Canasta session on 30th June, we celebrated Dinah's 80th birthday. Dinah was one of the original Canasta Group members when it was first set up by Peter Jakeman in 2006. Happy Birthday Dinah.

Indoor Climbing Group Members Defying Gravity and Expectations Skydiving for Charity!

Most seniors are content with quiet retirement, but not Heather and Jim who leapt out of a plane at 15,000 feet, free-falling through the clouds above Langar airfield before their parachutes opened in a tandem skydive to raise funds for Nottingham Hospitals Charity.

Within weeks donations had risen to in excess of £2000 fuelled by well-wishers inspired by their bravery. It's a reminder to us all that courage and compassion don't retire. You are never too old to make a difference or to do something that scares you.

Strapped to expert instructors and cheered on by family and friends Heather and Jim completed their tandem dives with wide grins and waving arms. Jim commented that it was an amazing, phenomenal experience and he would love to do it again.

What's next for these sky legends?

Well after an abseil last year and a skydive this year there are no signs of them slowing down, Heather did mention that next year she is coming down to earth for the next one and signing up to a Dragon Boat Race!

David



Heather
and Jim

BLACK OLIVE TAPENADE

The Ancient Greeks regarded the olive tree as sacred and a symbol of peace, prosperity and wisdom – hence the modern phrase of “offer an olive branch”. Black olives are not a specific variety, rather they are olives which have been left on the tree to ripen, turning from green to black and becoming sweeter and softer as they do so. Black olives have even more of the health benefits of all olives, including heart-friendly fats, antioxidants, fibre and vitamin E. So, here’s a simple picnic dip or starter that both tastes good and does you good!

Ingredients

290g jar of pitted kalamata black olives

(160g drained weight)

1 tbsp capers

2 anchovy fillets

50ml olive oil

1 tsp red wine vinegar

sprig fresh thyme – leaves only
(optional)

Nice crusty bread



Method

1. Blitz all the ingredients except the thyme, ideally in a small food processor.
2. Season with black pepper then transfer to a jar or serving dish and scatter over the thyme leaves if using. Keeps in the fridge for 3 days.
3. Serve on nice crusty bread or toast.

Enjoy!

Nature

I know, you've every right to be,
I'm not contesting that.

I tolerate you, half heartedly,
But, could we have a chat?

You fail to understand my plight,
Your attitude's uncaring,
And so I must demand my right,
As skyward you are staring.

Please consider my opinion,
Don't turn your face away.
Do not claim complete dominion,
I have my part to play.

A most prestigious role I'd say;
I'm told that I'm a seed.
The humans want you out the way,
Because you're just a WEED.

Jeannie Freeman



GROUP NEWS: Peak Walking Group 1

Do you have a love of hiking in the Derbyshire Peak District National Park, or would like to develop one? Why not explore the Peak District's beauty with us. Peak District Group 1 currently has openings for like-minded people. We are a small, very friendly and welcoming group which offers day hikes on the fourth Wednesday of the month.

We undertake good length hikes (approximately 10 miles) including both the challenging moorlands of the Dark Peak, where we can expect a rough terrain and the geology is gritstone, as well as the more moderate White Peak area with its varied and interesting limestone scenery.

Our group members take turns in planning, undertaking a reconnoitre and then leading a hike. Members tend to buddy up in the planning and reconnoitring stage with another member.

We meet around 7.45am in the long stay car park of Southwell Leisure Centre, where we look to car share for the journey into Derbyshire with a prompt start at 8am. Journey times of 1.5 hour can be expected depending on the starting location. We like to have light refreshments in a local cafe/pub at the end of the hike and

before the journey back to the Southwell area.

Walking experience and equipment:

You will need to have a good level of fitness as we always expect to encounter varying quality footpaths, stiles and no doubt mud and wet conditions at times. It will be essential that you have good outdoor gear, including hiking boots and rucksack as well as warm and wet weather clothing. You will need to carry a packed lunch and water/hot drink. Useful kit might include walking poles and/or gaiters.

If you would like any more information or to have a chat about our specific group, contact:

Sandy (Group Leader)



GROUP NEWS: Photography

We've just held our monthly meeting, as usual at Southwell Library on the second Tuesday of the month at 2pm. Our members have been out and about photographing other u3a groups in action, ready for the exhibition on the Library wall in September. So far we've visited the Bowls, Table Tennis, Recorder, and Long Walks groups. They wanted action shots, not just views of members posing for the camera, that's what we've done, and we saw lots of these during our meeting.

We're also in the middle of our 'on location' summer programme, our last visit was to Reg Taylor's swannery – while the variety of birds was rather disappointing, gaggles of inquisitive geese blagging food gave us some great photo opportunities.

Our next project is black and white flower photography, emphasising the form and detail, rather than the colours, of flowers. So, this month we practised – with a cabbage!

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, his contact details are elsewhere in Newline.

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!

Several members of our group visited the Social Bowls Group in action at Farnsfield in early July and took a number of images, shown on the next page, of the group bowling and making the most of the sunshine whilst having fun with this skilful game.

Graeme



GROUP NEWS: Social Bowls Group

Several of members of the Photographic Group visited us in action at Farnsfield in early July and took these images. We were making the most of the sunshine and having fun developing our bowling skills



TRIPS AND SOCIAL COMMITTEE

The **Wentworth Woodhouse** trip was a huge success. It was a very hot day, but plenty of shade. Well worth a visit, and the RHS Garden is a delight.



Regrettably, the **Houses of Parliament** trip planned for the Autumn has had to be cancelled as the coach company asked for us to be ready to board the coach for the trip London at 5:30 am for an 11:00am tour. The Committee felt this was far too early!

Nottingham Forest Football Club, a 'Behind the Scenes Tour' has been organised for Wednesday, 15th October at 10:30am, cost £15, followed by a fish and chip lunch at the Cod and Scallops restaurant in Wilford. We cannot reserve tables at the restaurant, so first come, first served! We will travel in own cars, no coach. If you would prefer to do the Football Club tour and then return home, this would not be a problem.

Tickets for the Tour of the Football Club will be on sale at the August Meeting, or contact: Kathy

The **Floral Media Christmas Lunch** is booked for Tuesday, 16th December, and will cost £28, further details to follow.

Madeline

TRIPS AND SOCIAL: Rolleston Field Farm Trip

Photographs of our afternoon tea and demonstration at Field Farm, Rolleston, last month.



GROUP NEWS: UKULELE GROUP

The Ukulele Group players enjoyed performing for the Moorfield Court residents on a sunny morning in June. The programme included a mix of songs from a traditional medley of wartime tunes to well-known pop songs, a rock classic and concluding with the inevitable George Formby, Leaning on a Lamp-post. Each piece was introduced by a group member giving some background.



GROUP NEWS: FOLK MUSIC GROUP

Folk Music Group Visit to Edingley Lodge Care Home

Following our lively event at Bleasby Primary School the previous month, we now have permission to share a photo with you! We followed this up in late July by visiting Edingley Lodge Care Home for a session. We enjoyed a strong turnout, with 18



of our 27 members, so we outnumbered the audience and had to squeeze ourselves into a compact area of the residents' lounge.

This time we experimented by including some newer material for us into the song list. Although a bit risky, this added to the fun and laughter, as all mistakes were glossed over and quickly forgotten. We explained to everyone that the one

GROUP NEWS: FOLK MUSIC GROUP (Continued)



Our folk music group performing at Edingley Lodge Care Home

rule that we have for attendees at our folk group meetings is that they join in, and it was lovely to hear good audience participation from the residents.

Refreshments afterwards gave us the opportunity to chat with the residents and staff. Once again, we were asked to come back as soon as we can. If only our busy diaries would allow us to do more.

We all come away from the visits to care homes with feelings of pleasure and satisfaction that we have managed in our own simple way to bring a bit of joy to folk who would otherwise have a quiet routine life, with many having no visitors. The staff also enjoy a short time off from their focus on the care of their residents. The visits also remind us that we should do all we can whilst we still can,

as none of us know for how long we will be able to carry on in the way we are today.

As we were leaving, I did joke with the staff that they might just find an extra resident if one of our members decided to stay.

Little did I know that one straggler who took a while to gather his things and bid his goodbyes to residents could not get out through the door security system and became an impromptu resident for the next 30 minutes. There is always one.

We always welcome new musicians and singers of all levels of skill to our group, so if you are interested, why not come along to one of our meetings?

Ken

[Folk Music Web Page](#)

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 JULY and AUGUST SPEAKERS and AGM

Our July talk was delivered by Alastair Littlewood (see picture), who spoke about "Tales from the Norse Gods".

It was a very lively and interesting talk, which covered the four Norse gods Odin, Thor, Loki and Freya.

He told us about the tales relating to Mimir's well, Sifs hair, Thor's hammer and the master builder. His talk was illustrated and very informative about a subject of which many of us had little knowledge. He also showed us his toy Viking with the traditional Viking helmet.

This month's AGM and talk is on the 5th August, 10am at the Leisure Centre:

A reminder that the August meeting starts with our AGM. This usually does not take many minutes. We will then move on to the talk by Gareth Howells, "The Treasure Trove: A Medieval Mystery".

John



Our Speakers for the rest of 2025

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! \(Bi-monthly\)](#)

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

Community Contacts

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