

Newsline October 2025



Members of the Strollers
and Shufflers Group

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As the year moves from summer into autumn (always my favourite season) then it seems appropriate that the theme of u3a week at the

end of September is Positive Ageing. That can mean many different things, but it's intended to be all about celebrating ageing, staying healthy and energised.

I had time to ponder more about that over the past few weeks when, after a gloriously exhausting week with our two grandchildren, we met up with two long-standing friends in Madrid and the four of us headed off for six days cycling around the hills and villages of Segovia in north-west Spain. It was a part of Europe we had never explored before, and the trip made me appreciate the breadth of all the fabulous groups run by you in the Southwell u3a.

Madrid itself was a focus of the differing arts and culture offered, from Picasso's Guernica through to more classical Velázquez, Goya and Rubens. As we headed into the hills and gorges, the birdwatching groups would have been in their element, with Griffin Vultures circling overhead and

nesting on the ledges, through to kites and eagles soaring around. The highlight for us was a beautiful Booted Eagle caught in all its splendour against the blue sky (one for the photography group!).

History and architecture would have enjoyed exploring the sites from the magnificent aqueduct in Segovia, the grand palace and gardens of La Granja through to the many smaller chapels in Pedraza, Sepulveda and other surrounding villages. On course, there was the language challenge (over 90% of visitors to the region come from within Spain) and as it was Fiesta time in the villages it was a chance to learn a lot more about local culture and customs.

To cap it all was the fabulous food and wine – just a warning in case you do ever decide to visit but as the local speciality is roast lamb and suckling pig it is not the centre of the culinary world for vegetarians!

At the top of some of the steeper climbs we felt more like we'd "positively aged" but the experience of the whole week would certainly fit with us all as a great experience of Positive Ageing. When I look back on all the experiences we shared during the week and compared them to our own Groups List, it emphasised to me

FROM THE CHAIR October 2025 cont'd

how much we have on offer to try to help everyone continue to Learn, Laugh and Live.

To help us manage and communicate all that is on offer, then the big news for the month is that the new website is up and running. As anyone involved in any IT project would appreciate, this has taken a huge effort and there are still some final teething problems to

be resolved. However, I hope you all find the new site one that's much easier to find your way around and you'll soon see the benefits it offers. Many thanks to Steve, Richard and Rik for the many hours and hard-work they've put into developing the new site and getting it up and running – it's not been an easy task at all.

[Mike](#)

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 October get-togethers are on the 9th and 23rd. 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](#)

Deadline for our next Newsline, No. 73 for November 2025

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

su3anewsline@outlook.com

Items that arrive after the 10th October will be carried forward to the December 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 G, Editor](#)

SHORT COURSE

Family History

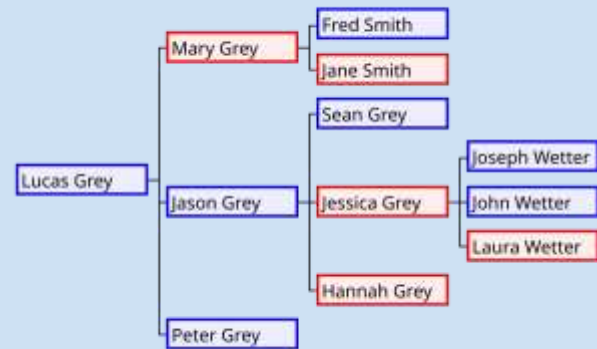
Have you thought about tracing your family history but did not know where to start? We are running a short course which introduces this fascinating pursuit. We will outline how to search for records of your ancestors and how to build up a family tree. The course will cover topics like census records, church registers and birth certificates together with ways to access these online and we'll also touch on how to interpret DNA test results.

If, like many, you get hooked on the subject, there is an active and friendly

Family History Group which meets monthly and which you would be welcome to join. You do not need any prior experience before the course.

The course will run in the library on Thursdays 6th and 20th November.

If you're interested, please contact [Martin](#)



GROUP NEWS

A Capella Group

Autumn Beginnings

We kicked off the season with a joyful September gathering, and we were thrilled to welcome four new voices into our fold! After a gentle but energizing vocal warmup, we revisited some well-loved favourites and dipped into fresh repertoire with two new additions: California Dreaming and The Mingulay Boat Song. Huge thanks to two of our members for these suggestions!

We meet monthly every third Wednesday from 2pm to 4pm at the

Southwell WI Hall. Whether you're a seasoned singer or simply curious, you are warmly invited to join us. Our next session is on Wednesday, 15th October, and I would love to see as many of you there as possible.

If you are thinking about giving it a go, do not hesitate to reach out. You will find a friendly welcome, uplifting harmonies and plenty of musical camaraderie.

[Alyson](#)

Astronomy

At the Astronomy Group we believe in variety, and this has certainly been reflected in this year's programme so far.

In September we will be looking at man-made creations that have in recent years had a big technological effect on our lives. Firstly, satellites which play a role in communication, weather monitoring and scientific research. Then probes, which have been invaluable to our learning, especially of bodies far out in space. Finally, rovers that have been crucial in exploring the terrain of both the Moon and Mars.

In October we shift back to the solar system and study our biggest planetary neighbour Jupiter. It is a gas giant, and you could fit about 1,300 Earths inside it! In the early days Jupiter could have destroyed Earth and its rocky neighbours, but today it plays a useful role by diverting many stray asteroids away from our planet. One area of fascination is its 'great red spot'

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: 23rd October, 27th November and 18th December (**not** the 4th Thursday).

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 gets 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.



Jupiter – livescience.com

[Richard](#)

[Come Dine with Us](#)

[Brian](#)

Oven-Baked Fish

Fish as the main ingredient was the challenge for last month's meeting of CDWU. We were careful to avoid recipes combining salmon and Nutella, due to the risk of ending up with salmonella. Fish recipes do not get any easier though than the one we used below. It takes minimal time and effort and gives you one of the (at least) two portions of fish per week recommended by the NHS (at least one of those two should be an oily fish). Eat fish – stay healthy!



Ingredients – Serves 2

- 5 small potatoes (about 400g) scrubbed and cut into wedges
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- ½ tsp of dried oregano or marjoram
- 2 tbsp olive oil
- ½ lemon cut into wedges
- 2 large tomatoes, cut into wedges
- 2 fresh skinless firm white fish fillets (about 200g) e.g. cod, haddock or pollock
- Small handful of parsley, chopped

Method

- Heat oven to 200°/180° fan.
- Tip potatoes, onion, garlic, oregano/marjoram and olive oil into a roasting tin.
- Season, mix all together to coat with the oil.
- Roast for 15 mins, then turn everything over and bake for 15 mins more.
- Add the lemon and tomatoes and roast for 10 mins.
- Top with the fish fillets and cook for another 10 mins.
- Serve with parsley scattered over.

Enjoy!

Creative Writing this month's contribution is from Andy Soper

Before There Were Screens

I buckle my gun belt, adjust my Stetson and in the blink of an eye I cease to be eight-year-old Julian Smedley and become...Two Gun Bronco Smedley, Lawman and Gunfighter. I mount Thunder, my massive coal black stallion and we are transformed into a centaur, boy and horse as one. We set off at a canter down to the park.

Outside the butcher's Thunder sees a rattler, coiled and ready to strike. Thunder rears up, whinnies, but I control him and drawing my trusty Colt 45 at lightning speed I plug the snake between the eyes. Blowing the smoke from the barrel, I spin the gun on the trigger guard and re-holster it.

When we reach the zebra crossing, Thunder prances, impatient, dancing in circles waiting to cross. Eventually a gentleman in an A35 van pulls up to let us trot over. At Aunty Joan's Paper Shop, I dismount and hitch him to the railings. Inside the shop it is dark and cool. Reaching up to the counter I hand over my Saturday shilling. I buy a Jamboree Bag, a quarter of aniseed balls, ten Fruit Salads and still get a threepenny bit as change. Thunder and I share a Fruit Salad as we cross into the park at a gentle ambling walk. Then over by the swings I see Trevor the Kid, my best amigo, riding Laramie, his palomino. We ride towards each other at full gallop, slapping rumps, pumping reins. Breathlessly he tells me that a war party of Apache braves has been sighted in the bushes behind the bowling green, and the Maverick Gang were acting suspiciously down by the slide.

Looks like another busy morning.

© Andy Soper. 14/07/25

[Group Leader: Mike](#)

Literature Group

The Literature Group has an exciting new programme for the year September 2025 to August 2026.

- From September to November the reading books selected are by mid-20th century authors with poetry to match for the second half of each meeting.
- December will be a play reading month.
- January to April 2026 has non-fiction books based on themes of nature, again with poetry to match in the second half of each session.
- May to August has different books from authors read before.

Full programme details are in the Literature Group section of Southwell u3a website.

The group meets in Southwell Library every third Wednesday morning (10am-12noon) of the month. The meeting room is fully accessible to those with disabilities. The group is friendly and fun and welcomes new members to join at any time during the year.

If you are interested, please contact me:

[Dinah](#)

Photography Group

The September theme for the Photography Group was 'One Object Three Images'. This was a great idea and resulted in quite an eclectic mix of images. A few are shown on the following page.

Our next theme is a Scavenger Hunt, trying to track down a range of items such as the colour 'orange', someone smiling, a road sign with a warning. Twenty-two items to Scavenge! We look forward to seeing the results of the hunt next month.

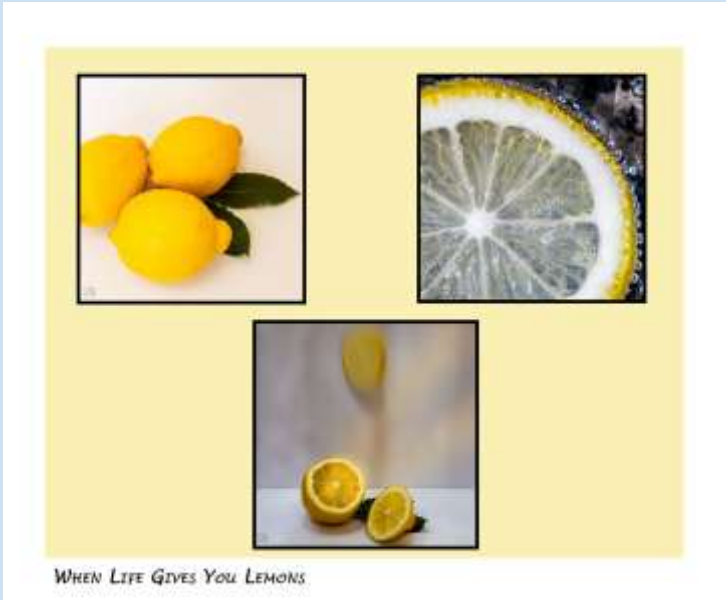
We are very pleased with the u3a Group Photos on the library gallery wall where we helped some Groups show their activities in an interesting way. We are always happy to help other Groups if they would like their activities to be photographed.

Finally, we are always happy to talk to potential new members. If you are interested in photography either with a camera or a phone, just contact the Group Leader for further information.

[Graeme](#)

Photography Group cont'd

One Object Three Images



Practical Gardening Group 2



Susan in her Southwell garden inspecting her superb Echinacea plant.



..... and her "Guardian of the Garden", keeping watch over her plants (every garden should have one!).

Graeme



Elaine's garden in Kirklington. The Bumblebee gathering the last drops of nectar from a dahlia.....

Strollers and Shufflers (SAS)

After two days of much-needed rain, Friday morning was perfect for a pleasant stroll around the quieter parts of Southwell. As is evident from the photograph, we all thoroughly enjoyed our morning.



Strollers and Shufflers is for those members who want to go for a gentle walk with friends. Walks are between two and three miles.

We now normally meet every second Friday rather than on a regular day in the month. The dates of the next few walks are:

3rd and 17th October, 7th November.

If you are interested in finding out more or joining us, please contact me:

[Carolyn](#)

Trips and Social Events

An opportunity for our members to visit The Nottingham Forest Museum and have a Stadium Tour experience.

We will get an exclusive behind-the-scenes look into The City Ground

culminating in a visit to a brand-new museum celebrating the rich history of Nottingham Forest Football Club. You will learn about the history of the Club as you hear tales from the expert tour guide whilst walking down the Boardroom Corridor. We then visit the Director's Box, which offers panoramic views of the entire ground. You will then walk in the footsteps of both manager and footballer, entering the City Ground through the Player's Entrance before exploring the changing rooms! The Stadium Tour ends with a walk out of the tunnel to experience the world-famous City Ground the same way players do on a match day. There is your chance to take a photo on the pitch or sitting in the home dugout. We then visit the brand new, state-of-the-art Nottingham Forest Museum, where you will see the Club's most prized possessions including an original green jumper belonging to Brian Clough. We can also see a collection of the club's relics and

archive footage of NFFC's most famous moments.



This trip is organised for Wednesday 15th October; meeting at the ground at 10.20am, cost only £15, and

afterwards an optional social Fish and Chip Lunch at the Cod and Scallops restaurant in Wilford. Travel will be by own transport. Some car lifts have kindly been offered. If you prefer to do the Football Club tour and then return home or shop, that is fine. Last chance to buy tickets for the Tour of the Football Club will be at the October Monthly Meeting or [contact Kathy B via the website](#)



Our next social will be to **Floral Media at Caunton**, for a delicious Christmas Lunch on Tuesday 16th December: cost £29 for two courses. Places are limited so please, if you wish to go, buy your ticket early. Tickets will be sold at the October Monthly Meeting or from [Josephine via the website](#)

Rolleston Field Farm Field Trip in July
Following on from the wonderful photographs of our Afternoon Tea and Demonstration at Field Farm, Rolleston in July we have been given the lovely recipes used there to enjoy at our leisure.

These can be found on the next page.



Flatbreads

Ingredients

- 200g self-raising flour.
- 200g natural yogurt
- 1 tsp baking powder.
- A pinch of salt and pepper



Method

1. Combine the flour, baking powder and seasoning.
2. Mix in the yogurt until it forms a dough. Gently knead the dough until smooth.
3. Split the dough into little balls (table-tennis ball size) Roll each ball into a disc.
4. Cook in the air fryer for 3-4 mins at 240C . Alternatively you can BBQ the bread or cook in a pan.

Courgette dip

Ingredients

- ½ lemon
- 2 medium courgettes
- 1 tsp garlic paste
- Olive oil
- 1 tbsp plain yogurt



Method

1. Roast the courgettes in oil with some garlic paste.
2. Blend the courgettes with the yogurt using a hand blender.
3. Squeeze in some lemon juice and stir to combine. Season to taste (You could add a teaspoon of tahini if you like).

Chocolate roulade (gluten free)

Ingredients

- 180g dark chocolate (at least 50%)
- 180g caster sugar.
- 6 medium eggs.
- 300ml double cream.
- Icing sugar to decorate.



Method

1. Melt the chocolate and leave to cool slightly.
2. Whisk the egg whites to stiff peaks and set aside.
3. Whisk the egg yolks with the sugar until thick and creamy.
4. Whisk the melted chocolate into the sugar and yolks.
5. Fold the egg whites into the mixture. Pour into a lined roulade tin / shallow baking tray.
6. Cook for around 15 minutes at 180C until firm.
7. When cool spread with whipped cream and roll up. Serve straight away or chill in fridge.

[Rosemary](#)

OUR SEPTEMBER SPEAKER



Our speaker at the September meeting was Pam Farquhar who spoke about military dogs. She traced the history of the

dogs from the First World War where they were used to carry messages along the front-line trenches with small containers attached to their collars, through to the Second World War where they were trained in various uses including as sniffer dogs for explosives, to track the enemy and to carry messages. They were also trained as attack dogs. The US army used them a lot in Vietnam to sniff out the enemy.



As well as army personnel military dogs suffer from war fatigue and Post Traumatic Stress Disorder and need special training to accommodate to civilian life again.

It was a very interesting and informative talk illustrated with many examples of dogs of different breeds

and backgrounds.



We are particularly thankful to Pam who stepped in at the last minute as our scheduled speaker had to pull out due to illness. She thanks our u3a members who contributed £270.00 towards her charity through donations.



Our speaker in October's meeting is Richard Peacock, who is the leader of our Astronomy group and he will be talking about the universe – the beginning, middle and potential end so please do come along and listen to what should be a very interesting talk

[John](#)

Southwell u3a Concert Coaches—Royal Concert Hall



I have had an incredible response to the Halle opening concert on 30th September with all 53 coach seats filled and some unlucky members on the waiting list. We do have some great concerts coming up in October and November with plenty of places available. I will be at the October Monthly Meeting with credit card machine to take bookings for these three concerts.

[Roger](#)

Wednesday 15th October 7:30pm – City of Birmingham Symphony Orchestra

Michael Seal	Conductor
Katherine Thomas	Harp
Marie-Christine Zupancic	Flute
Britten	The Young Person's Guide to the Orchestra
Mozart	Flute and Harp Concerto
Mussorgsky (o. Ravel)	Pictures at an Exhibition

Friday 24th October 7:30pm – Royal Philharmonic Orchestra

Vasily Petrenko	Conductor
Simon Trpceski	Piano
Nielsen	Maskarade Overture
Grieg	Piano Concerto
Sibelius	Symphony No. 2

Friday 7th November 7:30pm – BBC Philharmonic Orchestra

Elena Schwarz	conductor
Peter Moore	trombone
Debussy	La Mer
Dani Howard	Trombone Concerto
Mahler	Symphony No. 1

Southwell u3a Concert Trip Booking Form

Please book me a ticket and place on the concert coach to the Royal Concert Hall on:

Name: I confirm I am a su3a member.

Contact Tel No:

Emergency Contact

Name: u3a member: Yes/No

Emergency Contact No:

Pick up point

No. of tickets:

Seating Area: Stalls/T1/T2

Price Band: A/B/C

Seat Nos.

Please circle your choice.

I enclose a cheque for £..... made out to Southwell u3a.

Money is non-refundable unless your ticket/place can be re-sold. Please return this form and cheque for the full amount to Roger. Contact: [Roger](#)

Alternatively, cheques and Booking Forms can be given in at the Monthly Meeting.



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.



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'. **The offer excludes vouchers.** 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.



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.



[RIVIERA TRAVEL](#)

Riviera Travel offer 10% contribution to Southwell u3a (based on the cost of most of their holiday packages) if you mention you are a su3a member and show proof of membership at time of booking. This can be really helpful in keeping our subscriptions low!

Southwell u3a contacts and other u3a websites:

Southwell u3a:

Southwell u3a website NEW ADDRESS is <https://southwell.u3asite.uk>

Southwell u3a members Facebook page:

<https://www.facebook.com/groups/southwellu3a>

To contact our officers, committee and other postholders:

[Contact - Southwell u3a](#)

For information about our interest groups and to contact our Group Leaders:

[Groups - Southwell u3a](#)

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!](#)

[August 2025 Newsbites now available](#)

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