

Happy New Year



On the Bright Side January 2021

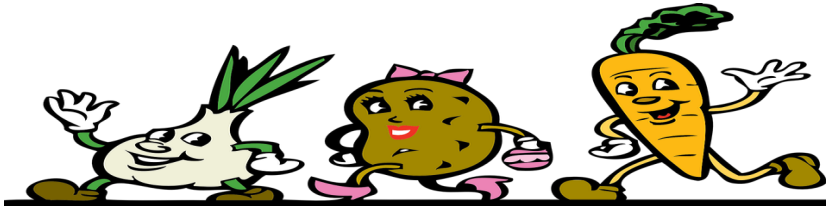
Thank you to everyone who got in touch to comment on the first issue of "On the Bright Side" and to all who sent contributions for this issue. It is because of your responses that the Management Committee agreed to this issue and to a further one in March. We really do appreciate your support.

Looking forward to a brighter new year, we are in need of contributions for the March issue. What are you looking forward to doing again when we have more freedom to get out and about? Are there local visits and walks that you've enjoyed in the past and can recommend to others. Have you enjoyed a short break? Tell us about it. We also welcome recipes, quizzes, puzzles and anything which you think may be of interest to other U3A members. Please send your contributions to bob@carvey.org or ring 01793 526746. Thank you.

We have been asked why we have not used the new U3A logo, recently introduced by the national body. Local U3As are able to customise the basic design for their own use but there are strict guidelines. For anyone interested in finding out more, go to u3a.org.uk, create an account and log into the Brand Centre.



Fun with Vegetables



Parsnips

Chop parsnips up then boil until soft. Mash well with butter or substitute, add finely chopped raw onions or fried onions or a spoonful of curry powder or finely grated raw carrot.



Cauliflower

There's no need to chop a cauliflower up before boiling it. Put it whole in a large pot with water enough to nearly cover.

If you're serving it with a sauce, add a few hard boiled eggs to a large casserole type dish, together with cooked rashers of bacon, then lift the cauliflower out whole and pop it on top. Then pour the sauce on top and around it. Always cook any green leaves, they taste good.

With fussy eaters who say "Don't like the stalk on cauliflowers" - they eat it when presented with a slice from a whole cauliflower instead of the silly bits normally dished up. The stalk tastes the same as the rest of the cauliflower, anyway.



Onions

If you don't bother with fried onions as they stink the house out when cooking them..... why not do a large amount at once and then freeze them in individual portions. Always pop the sliced onions in the microwave until soft. They still need to be fried but only take a few minutes to be just as fried onions should be.

Sweetcorn

If you're cooking sweetcorn, do NOT add salt to water you're cooking it in. It makes the skin thicken on the individual kernels.

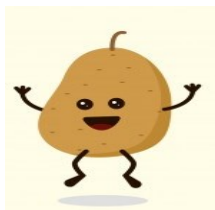
Peppers

When cooking peppers for a stir fry, slice them and pop into a microwave until soft. Then fry them with whatever meat you're using. Don't add them until the meat is nearly cooked, saves a lot of stirring to get them evenly cooked with the meat. Can also be popped in a freezer bag for later use.



Mint and Parsley

Both can be picked when at their best, washed, dried and put in freezer bags. You don't have to chop them as when still deeply frozen, they are easy to break up. Just rub the freezer bag.



Potatoes

Mashed potatoes shouldn't always be naked.

Add freshly ground black pepper, not white pepper. Fried onions go well with mash, so do chopped up pickled onions but only give that mix if you know s/he likes them. No one ever recognises them the first time they're given a mash and chopped pickled onion side dish! Young relative of mine will only eat mash if a packet of crisps, any flavour, is sprinkled in them.

Kaitlin Gabriel

We asked. "What have you been up to?"

Here are some of the answers!

I found the garden and visits from my children and grandchildren (when this was possible) a great source of pleasure. I also decided to write my autobiography and keep a record of main news events since the 1st Jan 2020.

I have in the past visited development projects in Africa and India. I have described below an experience which I would like to share with U3A members:

The Kindness of Strangers **An account of a train journey in India**

I made my way to the railway station in Visakhapatnam to obtain my ticket for my return Journey. I had decided to travel third class. When I asked for the ticket (about £2) I was asked what age I was. The question surprised me. "Do you realise that you can have a concessionary half price ticket".

As the crowds pushed their way into the train I started to think there might not be enough room for me. Both the seated compartments and the corridors were full to the brim. The doors on one side were open as the train moved off and three people were seated on the floor facing out into the blackness. I squeezed in and stood next to the toilet where I deposited my video camera. As the night wore on some people lay along the corridor and I wondered how those standing might negotiate their way along the corridor if they wanted to go to the toilet.

I had been standing for about 40 minutes when one of the men seated in the open doorway got up and offered me his space. When the train stopped at the next station he got off the train and came back with two hard boiled eggs and a cup of coffee for me; which I gratefully accepted.

After about an hour a man came out of the seated compartment and offered me his seat. There were about 12 people seated there and I asked them if they would like to see some of the filming I had done. They were keen to see this and I then had to relay a message to the people standing near the toilet to pass my video camera to me. As I made my journey home I reflected on the kindness of strangers and one of my most enjoyable travel experiences.

On another occasion my wife and a friend had a very pleasurable experience on our train journey home via Delhi (First class this time). Five young ladies in our carriage had just returned from what was to have been a concert in the south in which they should have taken part. They arrived there only to find the event had been cancelled and they were on their way back to their home town of Jammu in the north. They put on a special performance for us which was made all the more enjoyable because other passengers joined in.

On both occasions we had been monitoring development projects our charity had been supporting (that's a much longer story - see www.fiohnetwork.org)



Pulling a rickshaw with an Indian friend in Andhra Pradesh



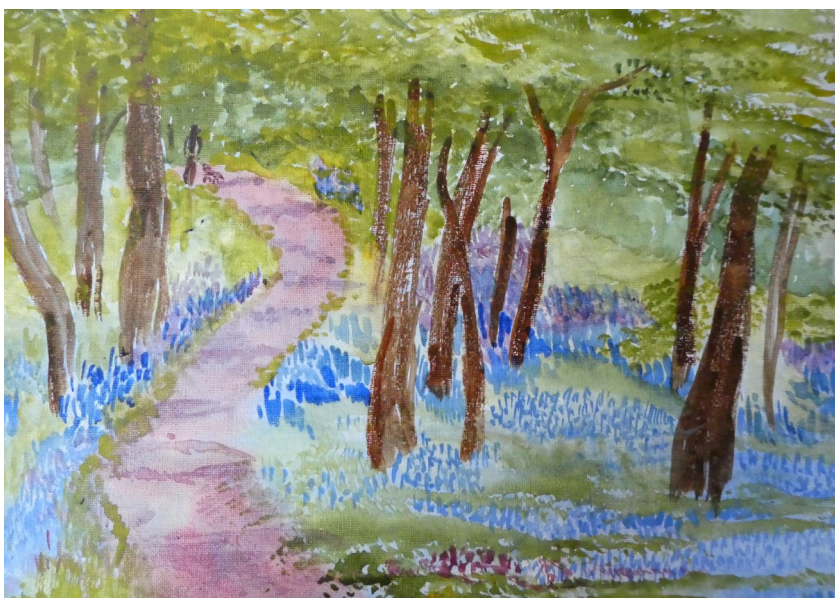
At a children's home in Orissa during Holi



Michael's wife holding a baby in a leprosy colony in Puri

“What have you been up to?”

Margaret Gardiner started painting many years ago and would accompany her husband when he did his work for the Canal Trust. While he worked she would sit by the canal painting. After he passed away she found that painting by herself on the canal side brought too much passing attention and even advice! These days she confines her painting to the summer house at the bottom of her garden. She is also an active church member and paints cards for her church.



“What have you been up to?”

In lockdown I rediscovered my love of knitting and made this Irish doll for my granddaughter.



The pattern I used came from a company on line called Knitting by Post, where you can download patterns instantly for a small cost.

The wool was double knit and the needles were 3mm single pointed. All purchased from Hobbycraft. The doll was a Christmas gift for my 8 year old Irish granddaughter.



I made another doll during lockdown, along with other items for my two great grandsons, both born during lockdown.

I usually play pétanque twice a week and tai chi once but all the U3A classes were closed because of the pandemic so I started knitting to keep myself busy.



When I lived in Salisbury 2004-17 I belonged to a yarn-bombing group and we met each week in a local pub to talk and knit together. We even took part in the decorated Christmas tree event held annually in a local church. Whilst living in Salisbury I also belonged to a U3A Art Group and a local pétanque club.

Val Pettefar

“What have you been up to?”

A Year To . . . Remember ? !!

Like everyone else, this year developed into an amazing shock to my system, with everything we took for granted disappearing within a very few days. Having a medical background, it was immediately obvious to me that this would be serious, and very much a long term crisis.

The first thing I did - in very early February - was realise this was an amazing opportunity ! We are living through an exceptional period of history, and although old enough to remember it, my grandchildren - growing up with the terrible consequences - will in fact soon forget the detail. It's how we cope.

So I started writing a book, just for my family. The situation changed so rapidly it turned into a daily journal, covering our lives, the effects worldwide, cartoons, Trumpisms !, statistics - all sorts of aspects of Covid-19. This will soon be printed in colour, novel-size and about 400 pages and Volume Two will start on 1st January 2021 ! There's a long way to go yet !



Having the largest number of Coronavirus cases, 1.5million, is a badge of honor, as we have more testing than anywhere else in the world.

Lesley Coleman

The Only Game in Town

1. Which Swindon born actress played Rose Tyler in Doctor Who?
2. Which Swindon park includes a reservoir originally built to provide water for the Wilts & Berks Canal?
3. In 2009 which unusual place was Swindon twinned with for one year?
4. Swindon is mentioned in the Domesday Book as Suindune, but what is that believed to mean?
5. Which band is named after a leisure centre in Swindon?
6. In what year was the magic roundabout constructed and how many roundabouts does the magic roundabout have?
7. Where in Swindon are there 153 miles (246 km) of bookshelves?
8. Which member of the Moody Blues was born and brought up in Swindon?
9. Which mythical creature with a dragon's head and wings, a reptilian body, two legs, and a tail gives its name to a Swindon theatre?
10. What two types of racing take place at the Abbey Stadium?
11. Which bird is associated with Swindon Town Football Club?
12. There are no fish in the pond in Old Town Gardens, but where can you see a perch nearby?

Answers on last page

Chris Brooks



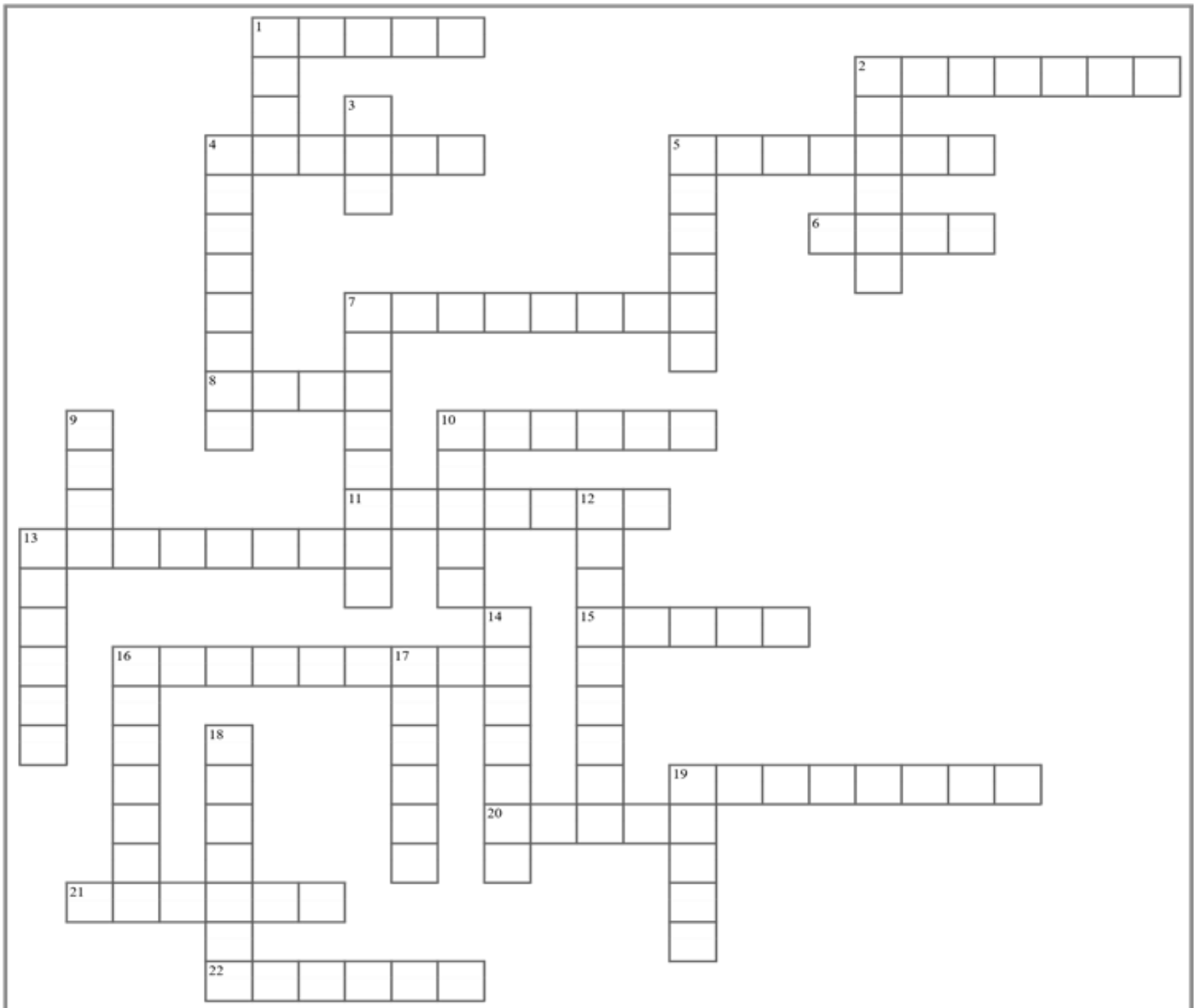
For the eagle eyed - Spot the Difference



The 10 differences are on last page

Rob Yeowell

They all begin with R . . .



Across

- | | | |
|--------------------|------------------|-----------------|
| 1. Answer 5 | 16. Pay Back 9 | 5. Oarsmen 6 |
| 2. Wandering 7 | 19. Recall 8 | 7. Practise 8 |
| 4. Unmask 6 | 20. Wireless 5 | 9. Anger 4 |
| 5. Colourful Arc 7 | 21. Safe Haven 6 | 10. A Bird 5 |
| 6. Depend On 4 | 22. Garbage 6 | 12. Tell Off 9 |
| 7. Type of Gun 8 | | 13. Guess 6 |
| 8. Female Name 4 | | 14. Need 7 |
| 10. Torn Up 6 | | 16. Celebrate 7 |
| 11. Heist 7 | | 17. Sturdy 6 |
| 13. Careless 8 | | 18. Saviour 7 |
| 15. Opp. of Left 5 | | 19. Regal 5 |

Down

- | | |
|---------------|-----------------|
| 1. Ascend 4 | 16. Celebrate 7 |
| 2. Teased 6 | 17. Sturdy 6 |
| 3. A Colour 3 | 18. Saviour 7 |
| 4. A Herb 8 | 19. Regal 5 |

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He! He! He!

Warning!

The answers are on the next page!

Answers

The Only Game in Town

1. Billie Piper 2. Coate Water Country Park 3. Walt Disney World, Florida 4. Pig Hill or possibly Sweyn's Hill, where Sweyn is a person 5. Oasis 6. 1972 -5 small ones arranged round a 6th larger one 7. Bodleian Library's book depository in South Marston 8. Justin Hayward 9. Wyvern 10. Greyhound racing and Speedway 11. Robin 12. In the aviary.

They all begin with R . . .

Across 1. reply 2. roaming 4. reveal 5. rainbow 6. rely

7. revolver 8. ruth 10. ripped 11. robbery 13. reckless

15. right 16. reimburse 19. remember 20. radio

21. refuge 22. refuse **Down** 1. raise 2. ribbed 3. red 4. rosemary 5. rowers 7. rehearse 9. rage 10. robin

12. reprimand 13. reckon 14. require 16. rejoice

17. robust 18. rescuer 19. royal

Spot the Difference

