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INTERIM NEWSLETTER No. 84 April 2020

Dear U3A member,

Welcome to our second Interim Newsletter, intended to keep us in touch and raise our spirits in these unprecedented times. Keep your distance and keep smiling.

In this interim newsletter

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A message from our Chairs

Hello members

We hope you are keeping well and managing to get supplies, stay occupied and remain in contact with others by phone or online.

In one way the days seem to pass slowly allowing us to spend time observing nature from our balconies, windows or gardens. In other ways time seems to pass quickly and those spring cleaning jobs somehow haven't got done yet. Concentrating on the minutiae of daily life while we contemplate the magnitude of events around us is certainly challenging. We are all dealing with an emotional rollercoaster, but it helps to know that we are not alone.

Again in this interim newsletter we share useful information as well as items to brighten our days. If you have anything you'd like to share with members in future newsletters from recipes to rhymes, practical tips or inspirational stories or images, please contact Ken.

Let us together make the most of every day whilst we are apart and let us be hopeful that we will meet again in the not too distant future.

Stay safe and well.

Sara and Anne (Co-chairs)

Waste not want not

Waste not want not soup - a recipe from Sara Meyer

My husband Lawrence has been making delicious soup to ensure we use every bit we can of our precious fresh vegetables.

This soup is a great way to use up any bits of vegetables you have. For example:

Potato peels (well washed)

Broccoli stalks, asparagus ends, chard or spinach stalks, celery leaves or any stalks/bits of green vegetables

A peeled carrot or two, yellow or red pepper bits, piece of peeled squash or peeled sweet potato.

Bit of Onion or leek chopped.

Stock cube or herbs, salt and pepper.

Make sure the vegetables are washed.

Sauté the vegetables gently in a little oil or butter for 5 minutes. Do not allow to brown.

Add stock to the sautéed vegetables ie diluted stock cube in approximately pint of boiling water or, if no stock, add boiling water flavoured with whatever you have eg herbs, salt, pepper.

Simmer vegetables and stock in a pot with lid for approximately 25 minutes or until veg are reasonably soft. Skim the top of scum periodically, if necessary.

Cool soup slightly and blend until smooth. This soup freezes well or keeps in a fridge for about 3 days. Gently heat the portions you plan to eat ie heat again only once. Flavour or garnish and serve. We use chives or parsley from the garden.

Enjoy!

Some spring pictures to lift our spirits



Spring garden at Ken Fisher's home.



Local water birds photographed by members - robin and tufted duck.

Thoughts for today

Confucius Says

Man who drives like hell is bound to get there.

Wise man does not keep sledge hammer and slow computer in same room.

Questions

What if the hokey-cokey actually turned out to be what it's all about?

What was the best thing *before* sliced-bread?

Parenthood



Boatman experiences *over lockdown* reaction by Royal Navy



Interest Group Creative Pieces

Following a suggestion by the Getty Museum and an article in the Guardian where people were challenged to recreate famous artworks, Art Appreciation 2 created these:



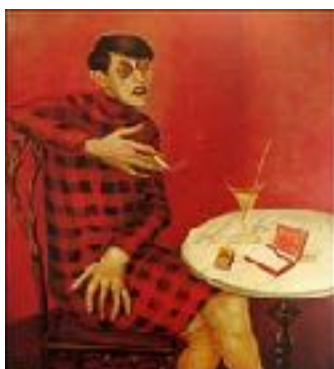
Pas meche, Jules Bastien-Lepage.
with help from Angela Crawshaw's grandson



Girl with a Pearl Earring
Vermeer. 50 years on,
Julia Frances



Marat by Jacques Louis David
Recreated by Ian Binnie



Sylvia von Harden by Otto Dix
Recreated by Gill Binnie

Useful sites for news of Coronavirus

Government web site

Here you can access the latest information and advice.

NHS web site

For latest information and advice from National Health Service.

West Midland Police

See some crime prevention tips from West Midlands Police specific to the outbreak of coronavirus.

Times like these can bring out the best and worst in people. While some will be looking out for vulnerable relatives and friends, a small minority will be looking to profit from worry and concerns.

Guardian Web Site

Some useful advice about fake news. Get the facts rather than the rumours.

Silverline

One of the members at our Coffee morning recommended [Silverline](#), (Child line for Older people). She has a Phone Pal via this, never met and talk every week at the same time, it also offers advice etc. [Helpline – 0800 4 70 80 90](#)

Birmingham Council News

This site looks provides useful information about council services.

Home delivery

Morrisons is offering a very useful delivery service to the elderly.

You telephone [0345 611 6111](#) and then choose [option 5](#).

You speak to a person who takes your details and then they read out a list of around 45 items. You say YES or No to each item and, if you choose an item you say how many you want (1-3). They deliver the order to your door and you pay by card at the door.

A Message from All Saints Community Catering



Catering for the community

0121 693 1299

allsaintscatering@outlook.com

Know of anyone struggling due to isolation, or financial hardship during the lockdown?

Could they benefit from a hot midday meal?

We are delivering meals to homes every day.

Payment is according to ability.

For more information call 0121 ~~2931699~~ between

9.30 – 2.30, or email

allsaintscatering@outlook.com

A Plea from your Membership Secretary

If you are renewing by post, please send your renewal cheques to me: Jackie Spearpoint, 14 Awdry Court, St Nicolas Gardens, Birmingham, B38 8BH and **not** to our Treasurer. The good news is that more than $\frac{3}{4}$ of you have now renewed – 155 to go!

Contact information

Interest Group enquiries - please contact one of the Interest Group Coordinators:

- Brenda Bingham 0121 444 6295 brbingham@hotmail.com
- Roy Stove 0121 459 8604 jroystove@googlemail.com

Membership enquiries - please contact:

- Jackie Spearpoint 0121 439 5824 membership@mkhdu3a.org.uk

Social events enquiries - please contact:

- Julie Allder 07506 720 756 julieallder@yahoo.co.uk

Newsletter

- Ken Fisher ken@ken-fisher.com

General enquires - please contact:

- Sara Meyer sarameyer@hotmail.co.uk
 - Anne Crerar 07881 702 305
 - Mike Clark 0121 689 2765
- Or email enquiries@mkhdu3a.org.uk

Your Committee

- Co-chair Anne Crerar
- Co-chair Sara Meyer
- Business & Communications Secretary Ken Fisher
- Treasurer Tessa Bidgood
- Social Secretary Julie Allder
- Interest Group Co-ordinators Brenda Bingham and Roy Stove
- Membership Secretary Jackie Spearpoint
- Monthly Meeting Co-ordinator Sylvia Butler
- Advisory Member Mike Clark