

Dunston and District U3A

Newsletter –June 2020 (the coronavirus edition)

From the Editor:

I hope you and your families are all well and have found ways in which to survive these long weeks of isolation. The couple of spells of sunny weather have certainly helped.

At our last general meeting we welcomed Karen Maclennan from St. Oswald's hospice, which for the last thirty years, has provided an enormous amount of support and care at a time when people and their families are at their most vulnerable.

Every year they need to raise £8-9 million to continue their work. They do this through their 26 retail shops and also through the many challenge activities from which participants raise sponsorship, e.g. zip-wiring from the Tyne Bridge, completing the coast to coast cycle route, coasteering, sky diving and, of course, the Great North Run.

This year, many of these events will have to be cancelled and the shops shut, thus causing them severe financial constraints. I for one, have been using this enforced isolation to have a good clear out of my wardrobes and when at last I'm allowed out, I will make a visit to our nearest St. Oswald's shop. It may be only a small gesture of support but it's one which I'm sure many of us could make for such a good cause.

Best wishes to you all and I hope it's not too long before we're able to meet up again.

Margaret Bauer

A message from the Chairman

Obviously, by definition, a Newsletter needs to contain some news, and that has been in very short supply since our last edition in March! However, Margaret has used her editorial skills to put together a few contributions from our Group Convenors and produced this edition as reminders for members of what we used to get up to, and in the hope that we may be able to recommence in the not too distant future. Inevitably we are not going to be able to hold full meetings for quite some time but if the easing of the lockdown measures proves successful and is then further extended, we may be able to consider limited activities such as a socially distanced stroll in the park or even, if the sunny weather returns, a small scale picnic in the park. If anyone has suggestions of what we may be able to consider and plan for, please get in touch.

In the meantime, my thanks to Margaret, and my best wishes to all our members. Please continue to stay safe and I look forward to seeing you all again before too long.

Graham Setterfield
Chairman

Your current committee and group contacts:

1. Chair:

Graham Setterfield

2. Vice-Chair and Outings Co-ordinator:

Teresa Fawcett :

3. Treasurer:

Martin Bauer

4. Secretary and Membership :

Margaret Williamson

5. Committee Member and Play Reading Group Convener:

Margaret Bauer

6. Committee Member:

Joan Mowatt:

7. Committee Member and Cook and Share Group Convener:

Susan Soulsby:

8. Committee Member and Amblers Group Convener:

Geoff Marshall:

9. Craft & Hogarth Groups Convener:

Lesley Collins

10. Walking Group Convener:

Nigel Collins:

11. Quiz Group Convener:

Kevin Campbell:

12. Meet and Eat Group Convener:

Gill Campbell

Ambling Group

A bright and frosty morning saw the congregating of nine members outside the Market Tavern in Durham.

Progressing down Silver Street and across Framwellgate Bridge, the group descended the steps down to the river side walk. Following the path, the iconic view of Durham Cathedral came into sight, almost overpowering the not insubstantial Fulling Mill (first question: what is a fulling mill?). There were still signs of the flooding in earlier weeks evidenced by the amount of trees and bushes that had been washed into the river.

At the western end of Prebends Bridge, the amblers paused at the obelisk, and other than a gap in the stonework allowing a framed view of the cathedral no one could explain its origins (next questions: who built it, why was in that place, what was it used for, and when did it happen?). Continuing onwards, through the churchyard of the 12th Century St. Oswald's church (daffodils, crocus and snowdrops in bloom) some of the grave stones were examined: quite a few from the early eighteenth century, and not carved with elegant prose. A few examples were as simple as "Here lies the body of.....". An opportunity was taken to spend some time inside the church.

As a complete contrast, the group then passed by the brutal mid 60's concrete architecture of the student union building, and crossed the then heavily criticised the Ove Arup designed Kingsgate bridge, up a shortish flight of steps to the start of Bow Lane, but turned 180 degrees to descend a longer flight back down to the river side. Just before the turn up to the South Bailey, 'Count' Józef Boruwlaski's house was passed. Rumor has it that he lived there, but that has been challenged!

Passing by the largely University occupied buildings (some of the 'newer' ones were built as late as the 17th century!) the Durham Museum and Heritage Centre, located in the North Bailey at what used to be St. Mary le Bow church, was, unfortunately closed (and earned a demerit for the group leader!).

The group descended on the YUM Café on the Green which is run by Durham University, and fed on a variety of delicious foodstuffs. Returning to the outside, the sun had definitely been doing its job as the temperature had risen by quite few degrees.

The final question that came to mind is what happened to the group leader's reading glasses that he ALWAYS kept in an internal jacket pocket? Definitely not in the jacket, must have left on table in café. Went back, no trace... He was then resigned having to buy a new pair. The group dispersed from the market place to return home in different directions.

Oh, and the glasses? In the jeans pocket where he NEVER puts them!

Geoff Marshall



A record turn-out!

Knit and Natter

During lockdown, the amazing ladies in the Knit and Natter group (we are yet to receive our first male knitter) have knitted and delivered the following items.

Mask adapters –



677 were sent to the following:

Edinburgh Royal Infirmary	Queen Elizabeth hospital	RVI
The Manor House	Costco	Pound stretcher
Aldi	Lidl	The Foil Guild
Armstrong House	Chase Park rehabilitation centre	
Rosewood Villa	St John's Ambulance Service	
QE ambulance service	Wallace House	
Abbeymoore	Shotley Bridge hospital.	

Hearts – 96 pairs of hearts were sent to the RVI and Queen Elizabeth hospitals. **26 premature baby jumpers** and **10 premature baby hats** were delivered to the Q. E. and Leyburn Maternity Unit.

Innocent hats:



512 were knitted for cancer research.

Well done everyone!

Craft Group

Meanwhile, the craft group has not been idle. First, it was suggested that we make a simple bird feeder hanger:



Since then we have been busy with our own projects, be they knitting, crocheting, model building, cross stitch, card making or diamond painting – our fingers haven't been idle!

Quiz Group

Although the quiz group has not been meeting we have been keeping our brains active by challenging each other on WhatsApp with Dingbats, emoji film titles and photo quizzes. Kevin challenges readers with this Guess the Celebrity Chef quiz:



Answers at the end of this newsletter.

Play Reading

During lockdown, the group has continued to read a play each month. If we'd been more tech-savvy, perhaps we could have organised a conference call or a zoom party. However, I'm not, so we each read the plays suggested on our own or, in some cases with another member of their family.

In April we read *The Brother's Wife* by Paul Howard Surridge available in *Simply Scripts*. This was a typical whodunit but, with a surprising twist at the end.

In May, we read *The Act of Living* by Robert Scott available on the *Lazy Bee Scripts* website. It was different from any play we'd read before and had only two characters, who depicted the changes in themselves and their lives through different ages.

Cook and Share

As I'm sure you can imagine the cook and share ladies have not been idle. We were first sent recipes for hot cross buns and Easter scones and biscuits.



Then came the instructions for May muffins.



It was at this point that we all locked away our bathroom scales – they were all clearly broken and giving us incorrect weights.

To give us a rest from cooking (and eating)

Susan has given us a wordsearch of summer delights:

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X M U B C Z B U K Y A V O N H M V S D E
C O F F E E P A R F A I T B Z Y Q R A S
P A Q Z Q G O O S E B E R R Y F O O L S
C H E R R Y S T R U D E L B K N S Y A U
E K A C T R O H S Y R R E B W A R T S R
Q M J W I N O R M A N D Y G A L E T T E
G N I D D U P R E M M U S A X U H G I T
A P R I C O T D A C Q U O I S E L E U T
C H O C O L A T E P O T S S Q F X I R O
E L F F U O S N O M E L Q I V I R G F L
Y C B I M T R P D M A Z Z G N Z O Y H R
B L A C K F O R E S T G A T E A U T S A
V A C A E R D S H E R R Y T R I F L E H
P I N E A P P L E W A T E R I C E B R C
T L E M O N S O R B E T O N M E S S F B
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SUMMER DELIGHTS

APRICOT DACQUOISE

CHERRRY STRUDEL

ETON MESS

LEMON SORBET

PINEAPPLE WATER ICE

SHERRY TRIFLE

BLACK FOREST GATEAU

LEMON SOUFFLE

CHOCOLATE POTS

FRESH FRUIT SALAD

CHARLOTTE RUSSE

COFFEE PARFAIT

GOOSEBERRY FOOL

NORMAND GALETTE

STRAWBERRY SHORTCAKE

SUMMER PUDDING



Meet and Eat Group

As we have been unable to meet for breakfast for some time, I thought I would give a view of what other countries have as their traditional breakfast,

starting with Singapore. There, they eat Kaya Toast with Soft

Boiled Eggs and very strong coffee (Kopi). Kaya is a custard jam made from egg, coconut and the vanilla herb pandan. The toast is served with a square of salty butter. The eggs are served very soft and served with dark soy sauce and pepper. The coffee is very strong and made with condensed milk. Other breakfast dishes in Singapore are Lor Mee, Carrot Cake, Chwee Kueh, Mee Goreng, Rice Porridge and Roti Prata. All very different from our full English.

We learned not to ask for Kopi as it's made with condensed milk. Kopitiam shops are everywhere and there is no tea as we know it, only bubble tea, which is an acquired taste.

A traditional Russian breakfast features their famous big and thin pancakes (Blini) sometimes served with cottage cheese (Syrniki). Also on the menu are cheese, sausage and tea.



It looks very appetising to me.

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Answers to the chefs quiz:

- Top row – Marco Pierre White; Nigella Lawson; Heston Blumenthal; Rick Stein
- Second Row – Ina Garten; Tom Kerridge; Monica Galetti; Anthony Worrall Thompson
- Third Row – Simon Rimmer; James Martin; Lorraine Pascal; Keith Floyd
- Bottom Row – Rosemary Shrager; Guy Fieri; Ree Drummond; Michel Roux Jr.