

WOODSIDE U3A NEWSLETTER FOR MARCH 2021
MEETING ONLINE UNTIL FURTHER NOTICE

<https://u3asites.org.uk/woodside>

Charity Reg.: 1182140



Hi Everyone,

Spring is here and there's good news on the Coronavirus front - the lockdown laws are being relaxed over the next 4 months. Now the weather is improving we can be outdoors much more - though as my mother used to say "it's not sitting out weather".

Our February General Meeting via Zoom was very enjoyable and we thank Don Roberts for his talk on the history of Cassiobury House and Sue Brown for devising a fun quiz.

Val May and Sue Brown have offered to co-ordinate a group project. Each month a country will be featured (chosen by your committee). This month is Spain, April will be Iceland and May will be France. Groups can contribute from their individual aspect. For example, the language groups can create a greeting. The history group can write a paragraph on the specific country's history. The photography group can submit interesting photos. The crafters could write a piece on crafts in that country. Maybe members involved in music or dance could write about entertainment there. The environment group could write of the environmental culture there. Sports groups could write a paragraph about their sports and the curry group could write on food specific to the country.

Of course, if individuals wish to contribute they are very welcome. All should be sent to Val May at valmay421@hotmail.com

Val and Sue will co-ordinate all the contributions and submit it in a readable format to the monthly newsletter. It will be fascinating to see the final article. Happy writing.

Stay safe and well

Barbara Elman
Chair

Our speaker for **Tuesday 16 March at 10.00am** is Dr Sue Stuart-Smith, a local psychiatrist and psychotherapist. Her talk entitled 'The Well Gardened Mind' - Combining contemporary neuroscience, psychoanalysis and compelling real-life stories, this illustrated talk investigates the remarkable effects of nature on our health and wellbeing and teaches us how vital gardening can be, both as an escape for the brain and to help our minds through movement as well as thought. You can join the meeting by clicking on the link in Lesley's email to you on 11 March at 16.30ish or use: Meeting ID: 926 9585 7670 Passcode: 486509 on Zoom.

Our speaker for Tuesday 20 April is Chris Thorne, Retail Manager at Ayletts Garden Centre.

Sue has given us an interesting quiz this month.

Spanish Quiz Questions for March U3A

1. How does the Spanish dish Paella get its name?
2. The Alhambra is a palace and fortress in which city?
3. Name the most famous major thoroughfare of Barcelona?
4. The capital Madrid lies on which river?
5. What sort of food fight occurs on the streets of Banyol on the last Wednesday in August?
6. What in Spain is "El Gordo"?
7. What is the international car registration plate for Spain?
8. Costa Blanca means "White Coast" but what does Costa Brava mean?
9. Which Costa means "The Golden Coast"?
10. Which range of mountains forms a natural border between France and Spain?
11. What is the most common surname in Spain?
12. What are Bolsa de Barcelona and Bolsa de Madrid?
13. Name the second most populated island of the Canary Islands?
14. Name the Spanish soup made of raw vegetables and served cold?
15. Which city is known as the city of sherry, flamenco and horses?

Sue - on behalf of the quiz group

Answers upside down at end of this newsletter - no peeping

More fantastic work from the Crafters

Nina has been busy knitting coats for her daughters new puppy, Libby has made a scale model of a study complete with dozens of tiny books which measures 22cm long by 18cm deep and 18cm high. The stunning knitted blanket with a chevron design was a joint effort by the Crafters.



The Walking Book Club

We are hoping the book club can meet again in April we are planning to go to Leavesden Country Park at 10.30 on April 21st. Our choices of book are 'Northanger Abbey' by Jane Austen, 'I know an old lady' by Margaret Standafer and 'Backlash' by Linda La Plante, all available on Amazon Kindle at low prices. Libby

VIRTUAL TOUR OF THE WORLD

Hi everyone, welcome to Woodside departure lounge. We are waiting to take off for various destinations around the world. Today we are boarding the u3a community jet to sunny Spain. So please have your passport, Covid vaccine record and boarding pass ready, let's go. Viva Espania!!!

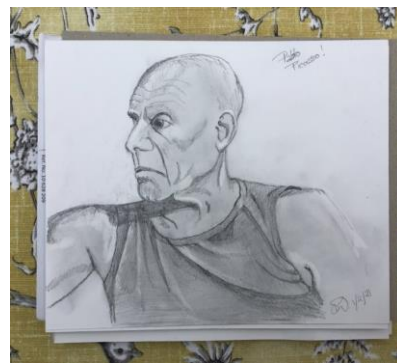
Enjoy the delights of Spain provided by various interest groups or individuals; imagine the sun, the smells of the sea, the aromas of Spanish cuisine and explore the country from the comfort of your armchair.

Art Group

Spain has many famous artists each having a very different and distinctive style. Valazquez known for his Baroque style, El Greco also from the renaissance period, Goya with romanticism, Picasso cubinist, Dali and his very easily recognised surrealism works.



Sue Walters has kindly shared her sketch of Picasso and a couple of her paintings completed whilst on holiday in Spain.



Spanish Visit

My granddaughter's school has close ties with a Spanish school in Negran in the Galician area of Northern Spain. I went there on one of their exchange trips (they had spare spaces so Grannies were welcome to join them).

Here are just two of the highlights of the trip.

Along the coast from Negran is Bayona (Baiona) where there is a replica of the *Pinta* one of Christopher Columbus's three ships (the *Pinta*, *Nina* and *Santa Maria*) in which he set out and discovered America. The *Pinta* and the *Nina* landed at Bayona on their return.

We visited Santiago de Compostela. The cathedral of Santiago (St James) is the finishing point of the Camino which has been walked for hundreds of years. We encountered many pilgrims who had walked all, or some of, the several hundred kilometres of the Camino. It was uplifting to observe how they appeared so tired yet so elated. They are easy to spot as they traditionally carry a staff adorned with a scallop shell, the emblem of the Camino. Inside the cathedral is a huge incense burner (*botafumiero* in the Galician language) which is swung by a series of pulleys operated by a team of eight men. It is said to have been installed to mask the smell of the pilgrims who would have walked for weeks, and of course in olden times, wouldn't have had the facilities to wash.

Mary O'Hara

Spain is the third most mountainous country in Europe.

Spanish language dialects are Aragonese (*aragonés*) Astur-Leonese. Asturian (*asturianu*, *bable*) Basque (*euskara*) Catalan (*català*), known as Valencian (*valencià*) in the Valencian Community. Galician (*galego*) Eonavian (*eonaviago*) Gascon (Occitan dialect) and Aranese (*aranés*).

Barbara

Curry group

(who have kindly agreed to cover foods of each country we visit)

For those of us that have a sweet tooth we can enjoy a churro. These are a type of fried dough from Spanish cuisine, usually made from flour, water and salt. In Spain churros can either be thin (and sometimes knotted) or long and thick. Where we would typically eat these as a snack or dessert, in Spain they would normally be eaten for breakfast, dipped in hot chocolate and often sprinkled with sugar on the top.



Spanish Tapas

The Spanish rarely drink alcohol without eating, so wherever you travel in this vast

country you will find tapas served in Spanish bars and cafes throughout the day. Tapas are small bite-sized morsels of tasty food, like finger food, that are uniquely Spanish and the preparation, eating and enjoyment of them are essential parts of everyday Spanish life .

There are too many varieties to list - made from either meat, poultry, vegetables, seafood or cheese. One of the most popular is probably Spanish omelette- cut into mini cubes - and served on toothpicks. The Internet provides many recipes for those of you who may like to give them a try. Buen Appetito and Viva Espana



Marie Welsh has submitted these interesting facts about Spain - enjoy them.

Bull Run

The most famous bull-run is the *encierro* held in Pamplona during the nine-day festival of Sanfermines in honour of Saint Fermin.^[2] The event has its origins in the old practice of transporting bulls from the fields outside the city, where they were bred, to the bullring, where they would be killed in the evening.^[4] During this "run", local youths would jump among them in a display of bravado. In Pamplona and other places, the six bulls in the event are still those that will feature in the afternoon bullfight of the same day. It has become a major global tourism event, today quite different from the traditional, local festival. More traditional summer bull-runs are held in other places such as towns and villages across Spain

The Tooth Fairy is a Mouse

In the English-speaking countries, when kids lose a tooth, they leave it under their pillow, and during the night, the Tooth Fairy replaces it with cash? Well, in Spain it's similar, but instead of a fairy, they have a mouse, named Ratoncito Pérez, who became part of the Spanish folklore in 1894 when **Luis Coloma** was contracted to write a story for King Alfonso XIII, who had just lost his tooth at the age of 8.

Looking for a Husband

In Madrid, there is a little chapel close to the river which is called *Ermita de San Isidro*. On May 15, all the single women go to this chapel with pins and they put them on a vessel. Tradition says if they prick their finger with the pins, they will find a husband. For this reason, there are always a lot of people who come to the chapel on this day. If they do not wake up early, they will have to wait in a long line to enter the chapel.

Spanish Saying!

Spanish people are very fond of food. A famous saying is *Barriga llena, corazón contento*, which translates to "A full belly and a happy heart"!

Monkey Business

Spain is home to a type of **tailless monkey**, the macaque, which is the only type of wild monkey that lives in Europe.

Spaniards Invented the Stapler The very first known stapler was made in the Basque region of Spain for France's King Louis XV. The grandson of the extravagant Sun King also loved decadence, which is probably why every single staple was engraved with his royal emblem!

Spaniards Love Their Downtime

It is estimated that Spaniards spend 16 hours of every day on leisure activities, from socialising and relaxing to eating and sleeping. They also have more bank holidays than most of their European neighbours, with up to 14 each year. Part of their downtime is the Spanish siesta - literally meaning nap - observed in most villages and even some larger cities. Residents take a break for one to two hours in the heat of the afternoon to rest up before finishing their days.

Spanish Law

There are **no laws against public nudity** in Spain with exception of Barcelona. With its Mediterranean climate of hot, dry summers and mild, wet winters, you might be tempted to strip off while in Spain. It's not advisable though to let it all hang out at every opportunity - better to hit a designated naturist beach, of which there are hundreds across Spain.

Spanish widely spoken outside Spain

There are an estimated 440 million native Spanish speakers around the world, second only to Mandarin. But while Spanish is the official language of Spain, the regional languages of Catalan, Basque (Euskara) and Galician (Galego) all have official status in their respective regions.

Best Christmas Present Ever!

Fancy becoming rich this Christmas, well in Spain, that might just happen. Held just before Christmas in Spain, the country's national lottery, *El Gordo* ('the fat one'), had a total prize fund of €2.24 billion in December 2019. That makes it the world's largest total prize fund for any lottery.

There aren't many tax inspectors!

According to official figures, in Spain, there is one tax inspector for every 1,928 taxpayers. For comparison, over the border in France, there is one inspector for every 729 residents. This may explain why the Spanish tax authorities estimate a quarter of Spain's GDP comes from the black market.

Garden Group



Spain puts on many flower festivals during the summer which are quite different from those in England. In Cordoba people decorate their Balconies which would be our equivalent to Open Gardens and in Girona Monuments, courtyards and urban locations are turned into Ornamental Gardens.

(photo Heather Lace - Spanish Group)

I can remember in the very hot summer of 1976, taking our Honda 250cc motorbike down through France and over the Pyrenees. As we lent into the mountain bends on the road, you could see 100s of feet below as there were no barriers. The bike struggle as we neared the top, to Andorra, as the air was very thin (it was carrying two people + camping gear + food&water) and even we felt the difference when walking at the top. After a week in a very wet Tarragona, we followed the coast road to Italy, then on to Switzerland and home through France. Jo (& Chris)

Eastern dance - Flamenco

Flamenco - Bernice

Flamenco's origins are a subject of much debate because it has only been documented for the past two hundred years, and the word Flamenco, which applies to the song, the dance and the guitar, did not come into use until the 18th century. Much of what we know before this time comes from stories that have been passed down through families, in a similar way to the flamenco song itself.

From 1915 on Flamenco shows were organized and performed all over the world and around 1955 we started to see an emergence of Flamenco Renaissance.

Mass Media brought Flamenco to the world stage, but it has always been and will remain an intimate kind of music. That's why one of the most authentic Flamenco you may experience is in a juerga (flamenco party) with a small group of friends, at midnight somewhere in the South of Spain, when there is nothing around but the voice, the guitar and the body of a dancer moving in the moonlight.

Singing for Pleasure contribution

Music - Ady Shaw

The unique characteristics of Spanish music arose out of the meeting of Muslim, Catholic and Jewish influences in southern Spanish regions such as Andalusia, during the 15th Century.

This resulted in dance forms such as flamenco and guitar based compositions and songs. I've chosen the song Spanish Caravan by the Doors to illustrate this type of music.

Sewing Group - Tina Photi



A mantilla is a traditional **Spanish lace or silk veil or shawl** worn over the head and shoulders, often over a high comb called a peineta, popular with women in Spain.

Mantilla with beautifully scalloped lace reminiscent of the Spanish lace. There are different types of mantilla and the common triangular one is the weight distribution of the lace. The infinity scarf mantilla, the weight of the lace is around your head and shoulders instead of at the back of the head which allows it to stay put without multiple clips



(Antoinette)

Photo of Lace shawl and embroidered Spanish Fan

In **Spain** a **peineta** is a large decorative comb usually worn under a mantilla, or lace head covering. The hair ornament, worn by women, consists of a convex body and a set of teeth that affix it to hair worn in a bun. The **peineta** was once made of tortoise shell but is now usually made of synthetic materials such as acrylic or plastic.





Examples of Spanish embroidery on table clothes (Penny)

The day dress is body-hugging to mid-thigh, and then continues in multiple layers of ruffles to the ankle.

Modern interpretations of the style are difficult to walk in, let alone dance. The dancers' version therefore flares out from higher on the hip to allow freedom of movement.



Bullfighter costumes are flamboyant and decorative, a custom of 18th century Andalusian clothing. These suits have detailed embroidery and lavish designs, and Spaniards refer to them as traje de luces, or "suits of lights."



The **Spanish Group (1)** has translated to Spanish the answers to last month's 'Name the Vegetable Quiz'. No excuses now for not knowing what to ask for if you go to a food market in Spain.

Name the Vegetable Quiz - which vegetables have these varieties

Veg varietyEnglish AnswerSpanish translation of Answer

1. SwissChardAceiga
2. SavoyCabbageCol
3. Salad BowlLettuceLechuga
4. Enorma.....Runner BeanFrijol Corredor
5. ChantreyCarrotsZanahorias
6. RidgeCucumber.....Pepino
7. GreenshaftPeas.....Guisantes
8. White LisbonSpring OnionsCebolletas
9. Jack o ' LanternPumpkinCalabaza
10. Green BushMarrowTuetano
11. Acorn SquashCalabaza
12. Bedfordshire GiantOnionCebolla
13. BoltardyBeetrootRaiz de remolacha
- 14 AquadulceBroad BeansHabas
15. Purple SproutingBroccoliBrocoli
16. Golden Self-blanching ..CeleryApio
- 17 . CharlottePotatoPatata
- 18 . ElephantGarlicAjo
- 19 JalapeñoChilliChilli
- 20: VictoriaRhubarbRuibarbo

Hope you have enjoyed our Spanish answers - Spanish Group 1
Best wishes Sue

Thank you everyone for your wonderful contributions - we are sure everyone has enjoyed their first Woodside journey and their trip around Spain , discovering many interesting facts and sampling what the country has to offer.

It's been a great start to our virtual world tour - next month is Iceland and we are hoping more groups will contribute something about this fascinating country based on their interest group perspective. Looking forward to seeing what everyone suggests for the itinerary.

Val and Sue xx

1. From the pan it is cooked in
2. Granada
3. La Ramba
4. River Manzanares
5. A tomato food fight
6. The Lottery (El Gordo means - The Fat One)
7. " E "
8. Wild Coast
9. Costa Dorado
10. Pyrenees
11. Garcia - (Fernandez is second and Gonzalez is third)
12. Spanish Stock Exchanges
13. Gran Canaria
14. Gazpacho
15. Jerez

WANTED: NEWS & PHOTOGRAPHS

suitable for publication please send to
The Webmaster, Andrew Cummings at
andrew.cummingsu3a@btinternet.com

AND FOR THE NEWSLETTER

The newsletter is available online at
<https://u3asites.org.uk/woodside>

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