



“On the Bright Side”

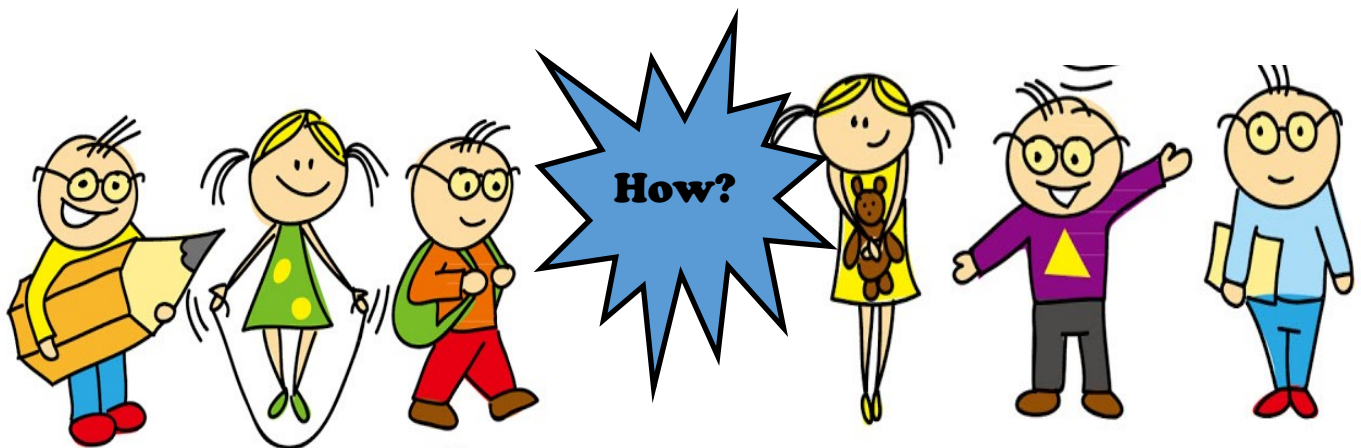
November 2020

Welcome to this Lockdown newsletter.

It's good to keep in touch during these difficult times. We're all in this U3A together and it's up to all of us to ensure that we Learn, Laugh and Live.

At this time when it's either impossible or very difficult for groups to meet as usual due to the 2nd Lockdown and continuing Covid regulations, we can try to keep each other entertained and informed.

At this time, this is a one-off edition of **“On the Bright Side”**. If we are able to produce more we will need your help.



Did you develop a new passion during the previous Lockdown? Share it with photos! Favourite recipes, visits or walks you've enjoyed in 2020, what has helped you when things seem grim, information you've found useful, jokes and anything to help us look **“On the Bright Side”**. Please don't be shy! Send your contributions to bob@carvey.org or ring 01793 526746.

Chicken and Chorizo Jambalaya

Ingredients - makes enough for 2

- 1 tbsp olive oil
- 1 chicken breast, chopped
- 1 small onion, diced (about 50g or just under 2oz)
- ½ red pepper, thinly sliced
- 1 clove garlic, crushed
- 50g or just under 2oz chorizo, diced or sliced
- ½ tbsp Cajun seasoning
- ½ 400g tin of chopped tomatoes
- 125g or 4½ oz long grain rice
- 225ml or about 7½ fl oz chicken stock

Method

1. Heat the olive oil in a frying pan with a lid or casserole dish and brown the chopped chicken breast for 5 - 8 mins until golden.
2. Remove the chicken from the pan and set aside. Tip in the onion and cook for 3 - 4 mins until soft.
3. Add the red pepper, garlic, chorizo and Cajun seasoning and cook for 5 mins more.
4. Stir the chicken back in with the rice, chopped tomatoes and chicken stock. Cover and simmer for 20 - 25 mins until the rice is tender.



Adapt to suit your own taste

Ditch the garlic if you don't like it, add a few peas or use brown rice. This will take longer to cook so add a little more liquid if required.

Have you heard?

Even during the second Lockdown, the **National Trust** is keeping parks, gardens and countryside sites open for us to enjoy. Houses and shops will be closed at least until 3rd December but some cafes will offer a takeaway service.

Opening times will vary as some places have moved to their winter opening schedules and are not open daily, so please check before visiting.

It is necessary to limit numbers of visitors in order to maintain social distancing so it is wise to book before you go to save disappointment.



Stourhead

Patience Strong was the pen name for the UK writer Winifred Emma May, born 4th June 1907. In 1935 she asked The Daily Mirror for a regular publication of her poems. The features editor asked her to return the following day with eighteen new poems and a suggested pseudonym. She chose Patience Strong, a name she took from a book of the same name by Adeline T. Whitney. Her daily poems published in 'The Quiet Corner', continued throughout World War II until 1946 when her column was transferred to the Sunday Pictorial (later The Sunday Mirror) and continued for several decades.

Takings Things Easily

Calm your mind, get quiet within
And hold yourself in check,
Try to do too much and you will end a nervous
wreck.

Do not rush and tear through life,
Conserve your energy.

Keep on at a steady pace
And take things easily.

Patience Strong (1907 - 1990)



How fortunate we are to live in the Swindon Area!

That may not be something you hear everyday but just think about the access we have to some very interesting outdoor areas and many are very easy to access. Take Queen's Park near the town centre for example: it's not the sort of place for a long walk but it's a little gem and a lovely place for a gentle stroll. South Swindon Parish council has put up a temporary exhibition commemorating war veterans. These posters on the trees around the large grassy area are an interesting read.

Wildlife abounds. Even cormorants have been seen recently in the trees and squirrels are everywhere.

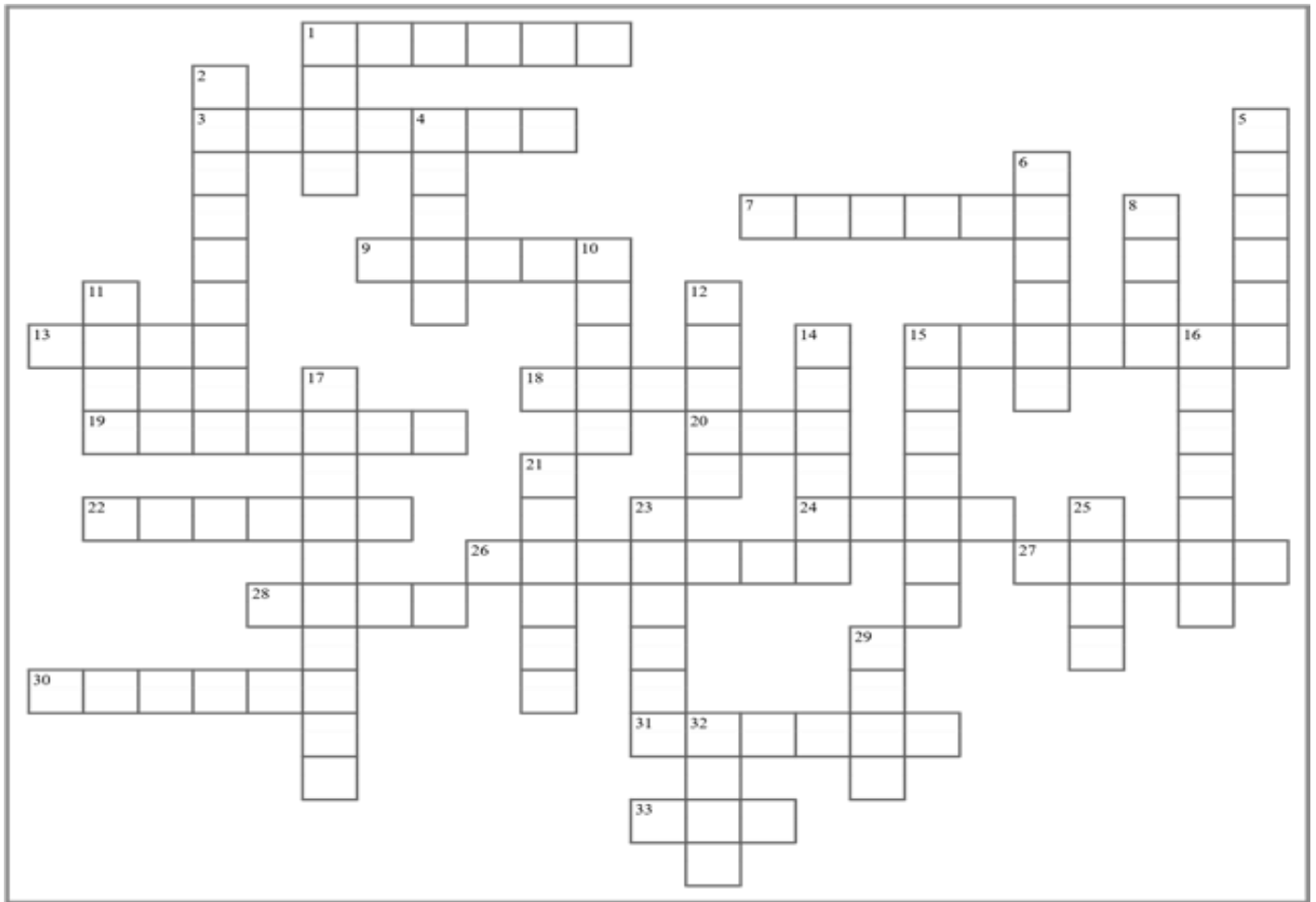


Why not take time out to sit by the lake and feed the birds. There are certainly plenty of them. According to the RSPB, sweetcorn, porridge oats, peas and bird seed are good alternatives to bread.

Thanks to Colin Finch for his photograph of a cormorant taken in Queens Park.

Crossword

Spoiler Alert - Answers on Last Page!



Across

1. Talkative 6
3. Forsake 7
7. Choice 6
9. Suez . . . 5
13. Painful 4
15. Topmost 4
18. Inert gas 4
19. To own 7
20. Go wrong 3
22. Unified 6
24. Cooking fat 4
26. Posy 7

Across

27. Smooth 5
28. 60 minutes 4
30. Prosper 6
31. One or the other 6
33. Outer edge 3

Down

1. Applaud 4
2. Perfect 9
4. Backless sofa 5
5. Subtract 6
6. Sufficient 6
8. Flank 4

Down

10. Afterwards 5
11. Pageantry 4
12. Colliery worker 5
14. Only just 6
15. Ordinary 7
16. Slim 8
17. Kindly 10
21. Agricultural tool 6
23. Begin again 6
25. Unsightly fat 4
29. Article 4
32. Garden flower 4

Word Search

Anything Bicycle

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

Basket

Bicycle

Brakes

Chain

Chrome

Clip

Competitor

Cycling

Cyclist

Gears

Handlebar

Helmet

Hills

Milk race

Padlock

Path

Pump

Puncture

Road

Saddle

Speed

Sport

Steer

Travel

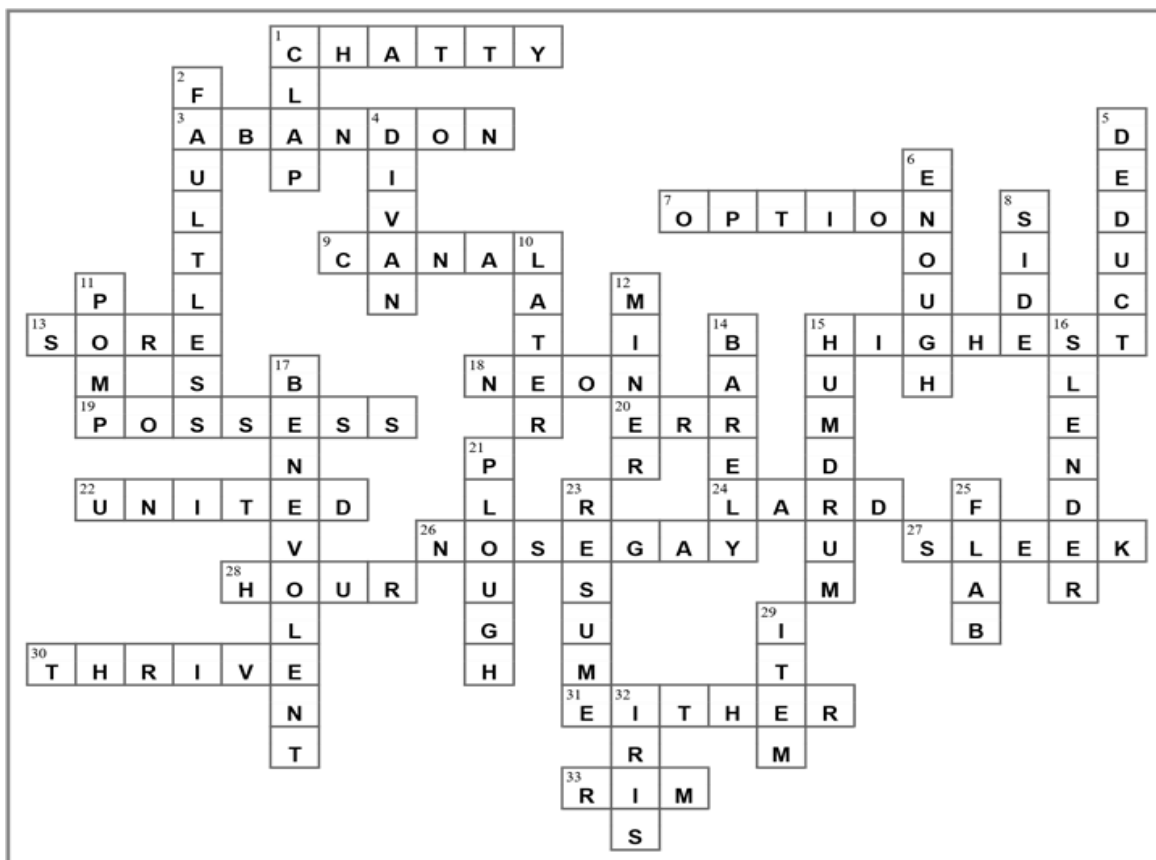
Velodrome

Wheels

Wobble

Answers on the last page

Answers



Anything Bicycle

