



Newsletter Term 4

November 2020

CHRISTMAS LUNCH IMAGINED – U3A RINGWOOD

Date: Createday 31st November 2020



Since we are unable to have our annual Christmas Lunch this year, we have created an imagined one for your reading enjoyment and amusement.

VENUE: RESTAURANT SURPRISE

You have purchased your ticket and chosen your table at Restaurant Surprise which is beautifully decorated with large lush green indoor plants each hung with dozens of brightly coloured Christmas baubles and tiny flashing Christmas lights.

You share this table with your other class members and the mood is merry. Chefs Lynn, Diane and Jeanette greet you at the door and show you to your table which

has an arrangement in the centre of Singapore Orchids, Gerberas and Ferns.

You peruse the menu and find the choices of the Main Course being Atlantic Salmon with Lime & Ginger Glaze or Seared Lemon Chicken both with Potatoes Anna and Seasonal Vegetables. The Dessert Course sounds equally yummy with a choice of Double Chocolate Velvet Mousse or Lemon Cheesecake, both served with cream and raspberries.

There's even a surprise Hors d'oeuvres Course of Baked Bread Casings with fillings of tuna, cheese and spring onions or sweet corn, cheese and bacon.

To complete this festive menu there is coffee and tea together with some scrumptious little accompaniments, catering for the chocoholics, of White Chocolate Apricot Balls and Chocolate Crème de Menthe Delights and just in case you are not a chocoholic, Tropical Truffles.

The three Chefs have very graciously offered their recipes to you.

The Beverage Menu gives you a choice of "A Taste of Life" Chardonnay or "A Taste of Southern

European" Cabinet Sauvignon as well as Passionfruit & Blood Orange Mineral Water.

President Daryl walks up to the podium and offers a welcome to all his members and thanks his organising committee for arranging such a wonderful occasion for U3A Ringwood. He concludes his welcome with his usual joke with its (hardly) surprising ending which you all laugh about and he is happy for you to have a copy to share with family and friends.

Now comes the entertaining part you have all been waiting for. Psychiatrist John produces his guitar and sings you a song he has written about Post COVID Christmas celebrations. This is followed by Secretary Jeanette with an interesting story or two and you all laugh and clap a treat.

Having bought some raffle tickets, you are anxious to know if you have won a prize. "Three cheers", your number has come up and you find you have won a lovely hanging basket of begonias which will enhance an area of your garden.

At the tea/coffee stage, it is time to clear the throats and sing along to the Christmas Carols you all know so well. Finally, you all stand, cross



arms and hold hands and sing the traditional Auld Lang Syne.

THE CHEFS RECIPES:

ATLANTIC SALMON WITH LIME & GINGER GLAZE – SERVES 6

Ingredients:

- 6 x 120g Atlantic Salmon fillets, boned

Glaze:

- $\frac{1}{2}$ cup Rose's English Breakfast or Lime Marmalade
- 2 teaspoons finely shredded fresh ginger
- 2 tablespoons light soy sauce
- 1 teaspoon lime juice

To serve:

- 2 spring onions, finely sliced
- $\frac{1}{4}$ cup fresh coriander leaves
- 1 lime, cut into wedges

Method:

- Heat glaze ingredients together in a small saucepan until the marmalade has dissolved to a liquid.
- Place salmon skin-side down onto an oven tray lined with baking paper. Generously brush marmalade glaze over the salmon fillets. Bake in a preheated oven of 200 degrees C for 8-10 minutes, or until salmon is just cooked. Place remaining glaze in a small saucepan and simmer for 1-2 minutes until thickened and syrupy.
- Serve fish on a platter, drizzled with extra glaze, sprinkled with spring onions, coriander and lime wedges. Serve hot or cold.

SEARED LEMON CHICKEN – SERVES 4

Ingredients:

- 4 Chicken Fillets

- 1 tablespoon Lemon Juice
- 2 Garlic Cloves crushed
- 1 tablespoon Clear Honey
- 1 tablespoon Balsamic Vinegar
- 2 tablespoon Olive Oil
- 2 tablespoons Chopped Flat Leaf Parsley
- Zest of 1 Lemon to garnish

Method:

- Place chicken breasts side by side in a shallow dish. Mix together lemon juice, garlic, honey, balsamic vinegar, 1 tablespoon olive oil and half chopped parsley and pour over chicken. Turn breasts over until well coated. Cover in refrigerator to marinate for 30 minutes.
- Brush non-stick griddle pan with the remaining olive oil and heat until very hot. Lift chicken from the refrigerator, reserving marinade and add them to the pan.
- Sear quickly for 1-2 minutes on each side or until chicken browns. Lower the heat and cook for 10 minutes, turning the breasts once or twice or until chicken is cooked through. Meanwhile put reserved marinade in a saucepan and boil for 1-2 minutes.
- Pour the marinade over the chicken, remove from pan and arrange on serving plates. Grate over the lemon zest and scatter with the remaining parsley.

DOUBLE CHOCOLATE VELVET MOUSSE – SERVES 4

Ingredients:

- 200g Milk Chocolate Melts
- 1 cup Sour Cream
- 2 Egg Yolks
- 4 Egg Whites
- $\frac{1}{4}$ cup Caster Sugar
- 200g White Chocolate Melts
- $\frac{1}{2}$ cup Cream, whipped to decorate
- 4 Strawberries, to decorate
- 1 tablespoon Sift Cocoa, to decorate

Method:

- Combine milk chocolate melts with $\frac{1}{2}$ the sour cream and 1 egg yolk in a large bowl, stir until smooth. Beat 2 of the egg-whites until soft peaks form, gradually add $\frac{1}{2}$ of the caster sugar, beat for a further 3 minutes, fold into chocolate mixture. Pour mousse into 4 large balloon glasses and chill for several hours or until set.
- To make white chocolate layer: Combine white melts with remaining sour cream and remaining egg yolk, stir until smooth. Beat the remaining egg-whites until soft peaks form, gradually add remaining sugar, beat for a further 3 minutes.
- Fold into white chocolate mixture and pour on top of chilled milk chocolate mousse, chill to set. Decorate with piped cream and raspberries, dust with cocoa.

LEMON CHEESECAKE – SERVES 8

Ingredients:

- 1 cup Plain Biscuit Crumbs
- $\frac{1}{2}$ cup Butter melted
- 250g Philadelphia Brand Cream Cheese, softened at room temperature
- 1 Pkt Lemon Jelly
- $\frac{3}{4}$ cup Boiling Water
- $\frac{1}{4}$ cup Lemon Juice
- 1 cup Caster Sugar
- 1 $\frac{1}{2}$ cups Carnation Milk whipped thickly
- $\frac{1}{2}$ cup Cream
- Raspberries to decorate

Method:

- Mix biscuit crumbs and butter and press into the base of a 20cm springform pan. Chill.
- Mix lemon jelly and lemon juice with the boiling water.
- Beat the cream cheese with an electric mixer until soft. Add caster sugar.

- Combine jelly and whipped carnation milk with the cream cheese mixture.
- Pour onto crumb base and chill in refrigerator (2-3 hours or overnight). Decorate with whipped cream and raspberries.

DARYL'S JOKE – THREE SOVEREIGN CITIZENS APPLYING FOR THE AFP.

We have heard a lot about ‘sovereign citizens’ over the last 6 months or so.

People who believe that they have rights that do not come with obligations and in some cases rights which don’t actually exist, at least in Australia.

Three ‘sovereign citizens’ decided that they had enough and decided that if you can’t beat them- join them! So, the 3 of them applied for a detective position with the Australian Federal Police (AFP) – that must have hurt!

The detective conducting the preliminary interview looked at them and said: “So you all want to be Feds, uh?”

The 3 all nodded.

The detective got up, opened a file drawer and pulled out a folder.

Sitting back down, he opened it and pulled out a photograph, and said, “To be an AFP detective, you have to be able to detect. You must be able to notice things such as distinguishing features and oddities, such as scars and so forth”

He turned to the first job applicant, held the photo up in front of his face and withdrew it after about two seconds.

“Now,” he said, ‘did you notice any

distinguishing features about this man?”

The ‘job applicant’ immediately said, “Yes, I did. He has only one eye in this picture!”

The photo is a profile of his face! ‘You are just wasting my time – you can go!’

The first job applicant hung his head and walked out of the office.

The detective then turned to the second applicant, put the photo in front of his face for two seconds, pulled it back and said.

“What about you? Notice anything unusual or outstanding about this man?”

“Yes! He only has one ear!”

The detective put his head in his hands and exclaimed, “Didn’t you hear what I just told your friend? This is a profile of the man’s face! Of course, you can only see one ear! You can go too!”

The 2nd ‘applicant’ sheepishly walked out of the office.

The detective then turned his attention to the third and last ‘applicant’ and said, “This is probably a waste of time, but...” He flashed the photo in her face for a couple of seconds and withdrew it, saying, “All right, did you notice anything distinguishing or unusual about this man?”

The 3rd ‘applicant’ replied, “Yes, I sure did. This man wears contact lenses.”

The detective frowned, took another look at the picture, shook his head and began looking at some of the papers in a folder on his desk.

He looked up at the 3rd job applicant’ with a puzzled expression and said, “You’re absolutely right! His

bio says he wears contacts!

“How the hell could you tell that by looking at his picture?”

The 3rd job applicant’ rolled her eyes and said, “Well, Helloooo! With only one eye and one ear, he certainly can’t wear glasses”

GRANTS RECEIVED



U3A Ringwood has been successful in obtaining a \$3,650 grant from Volunteering Victoria to assist us in our CovidSafe plans and to purchase equipment to assist our volunteers.

The 2020 Supplementary Volunteer Grant is part of the Australian Government and Volunteering Victoria’s work to support the efforts of Australia’s volunteers.

The grant is funded by the Australian Government Department of Social Services and supported by Volunteering Victoria.

ZOOM FOR PERSONAL USE



Be Connected

Every Australian online.

U3A Ringwood has been using Zoom for our online classes but you also can use Zoom to stay in contact with family and friends.

Zoom is one of the world's most widely-used video conferencing services. The Zoom platform allows users to see and talk to people from anywhere in the world in real time.

All you need to use Zoom is:

- a computer or mobile device with a stable internet connection

- an internet plan with sufficient data allowance
- a Zoom account.

In the course Be Connected will show you, step-by-step, how to set yourself up on Zoom and start connecting with friends safely.

To start the Zoom course go to the Be connected web site:

beconnected.esafety.gov.au/

Then:

- Sign up to Be Connected (optional)
- Click on Topic Library
- Search for Zoom
- Click on Explore in the “Connecting to Others” topic

Be Connected has many topics that may interest you regardless if you are a novice or an expert.

2021 CLASSES

You can now view our 2021 classes online but you will not be able to enrol in them until 14th December 2020.

This applies to renewing members , new members and all members who send in their 2021 application forms in the mail.

Our web site has a number of online guides to help to enrol in our 2021 classes:

- (1) There's a video introducing UMAS. Use any browser to go to our [web site](#). Then look for, and click on, the following button on our home page.



[View Introduction to UMAS For Members Video](#)

- (2) There's our web page on joining us/renewing your membership:

<https://www.u3aringwood.org.au/joining-us-or-renewing-your-membership/>

This page gives you step-by-step instructions on joining us as well as renewing your membership.

- (3) There's our FAQ web page that answers some question you may have:

<https://www.u3aringwood.org.au/faqs/>

It also includes printer friendly guides that you can view and print at home.

Don't Have your 2021 Application Form?

If you do not have a 2021 membership form you can:

- Download it from our [Newsletters and Forms](#) page on our web site, or
- Send us an [email](#) requesting one to be posted to you, or
- Call us on 98793349 to request one to be posted to you.

Enrolling in Our 2021 Classes

We will enable 2021 class re-enrolments from 14th December 2020. Please note that:

- You cannot re-enrol online before 14th December 2020. However you can see our 2021 classes before and after this date.
- If you want to enrol via the mail the 14th December 2020 is the date we begin entering the paper application forms, into our membership system, that we have received. Forms received after this date will be entered as soon as practicable.

You have a number of options to re-enrol for 2021:

- Login into our membership system, check your details online, enrol in your classes online and pay your invoice online via ‘Pay with PayPal’ or with a Bank Transfer using our PayID. This is our preferred approach as everything is paperless. You do not need a PayPal account to use ‘Pay With PayPal’
- Login into our membership system, check your details online and enrol online but send us your cheque payment in the mail or bring it to our office (no cards) when face to face classes restart in 2021. We need a copy of your invoice or at least your name/membership number with your payment.
- Complete and sign a 2021 application form by including any changed member details and listing the classes you want to enrol in. You can include a cheque (no cash please) with your mailed application form. We ask that you post your application form with payment as soon as possible. Instructions on where to deliver or post your 2021 application form are included on the 2021 application form. You can also pay at our office (no cards) when face to face classes resume.