

Just Good Friends

February 2021 Newsletter

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Website: justgoodfriends.org.uk - www.facebook.com/justgoodfriendsNW/

SCAMS

A scam regarding the vaccine is circulating supposedly from the NHS. Details were sent to Jo Jackson to follow up. Checking the email address of the sender is always a good way to check authenticity. People are advised not to give out personal details, addresses etc. A scam report has been sent to all members.

EXERCISE

It is very important that we all try to exercise during lockdown. Fitness classes are available on the JGF Facebook page and on our website. We are also doing on-line exercise classes at very reasonable prices Please let me know if you would like to know more Bev

ALLOTMENT

We will need some help on our Allotment when the weather improves. Please contact Mags and/or Bev for information.

DEALING WITH AUTHORITIES

One of our volunteers is experienced in dealing with such organisations as the Police, Insurance Companies, Legal issues, Landlords etc. and they would be happy to help anyone who feels they are not being fairly treated.

If this is something you would like to know more about, please contact Bev in the first instance.

In The Kitchen

Thank you Alison Graddon for these tips and recipe which she called her 'Happy Accidents'.

I always have some runny honey in the kitchen — the cheapest you can buy — and it gives an added zip of flavour to many recipes.

For example: add it to a chicken casserole; on top of a gammon steak; mixed with new potatoes and chives; with a salmon steak, baked.

Recipe: Eastern Salmon

Pre-heat oven to 200 (fan 180) Gas mark 6. Mix 1 -2 tablespoons soy sauce, 1 tsp clear honey and 1 tsp Chinese five spice powder in shallow, oven proof dish.

Roll a salmon fillet (plain, not smoked) in the mix so all sides are coated well. Can be left for 30 min or so but if hungry, making sure fish is skin side down in dish and bake for 20 min.

Half way through I baste with runny honey. Sometimes I add small mushrooms from the start and cook in foil for 25 minutes. Good with rice or potatoes but do not freeze.

Weekly Zoom meetings below:

Monday - just a light hearted chat Tuesday - Quiz



Friday - is for volunteers to chat

and see how they can help and possibly put forward any new ideas. We would also like the meeting to encourage new volunteers to join us. For more information contact Jo Jackson - click on email staysafejgf@yahoo.com. NEXT MEETING 5PM ON FRIDAY 29TH JANUARY. Minutes will be taken from the Friday Zoom meetings so that we can share with other volunteers who may not be able to get on zoom. Please use the link below to join JGF meeting. This link applies to all JGF Zoom meetings. Please download and import the following iCalendar (.ics) files to your calendar system. Weekly: https://us04web.zoom.us/meeting/upYsd-qrpjlvH9O-C5aBLALaaN8i40SWOJfn/ics?icsToken=98tyKu6qrzspGdyctRyAR7YQBYigb-nxiFhYgvpy0TywAgJ Qy 3N8waO-YvI-

If anyone is interested in the detail below, please make direct contact via their email at gil@dukeslancaster.org

The Dukes: Bring Me Laughter Online Festival!



We're just a month away from our virtual Bring Me Laughter dementia arts festival!

Funded by the Wellcome
Trust and
running from
February 2226, this
exciting weeklong online
event is a

chance for us to celebrate, share and explore the importance of the arts for people living with dementia alongside practitioners, professionals and participants.

You'll be able to enjoy as much of the festival as you like for free, with sessions ranging from workshops, talks and live discussions, to virtual exhibitions and film.

More details about the programme will be released when booking opens on February 3.

If anyone would like to join the number of members who already receive the Newsletter via email rather than hard copies please let me know on jandcburgess@hotmail.co.uk. Thank you, Celia

February Newsletter Quiz No. 4

(Answers on Page 3)

- 1. Who is the patron saint of Scotland?
 - a) George b) David c) Andrew
- 2. How many letters are used in each game of Channel 4's Countdown?
 - a) 7 b) 8 c) 9
- 3. What year did the Great British Bake Off programme start?
 - a) 2008 b) 2010 c) 2012
- 4. The first frozen food went on sale in the UK in 1937, but what was it?
 - a) Asparagus b) Peas c) Broccoli
- 5. How would you win in a gurning competition?
 - a) Do the highest star jumps b) Pull the funniest face c) Eat the most burgers
- 6. Which BBC weather man famously said in 1987 that there wasn't going to be a hurricane?
 - a) Michael Fish b) Bert Ford c) Bill Giles
- 7. How many carats is pure gold?
 - a) 18 b) 22 c) 24
- 8. What is hippophobia the fear of?
 - a) Hedgehogs b) Horses c) Hippos
- 9. The latest singing sensation, with millions of streams on Spotify, is a cartoon granny. What is she called?
 - a) Edith Whiskers b) Agatha Wrinkly c) Elsie Toothless
- 10. It was recently announced that a shop group would shortly be closing all its high street stores. Which shop is it?
 - a) John Lewis b) Debenhams c) Primark
- 11. The footballer Maradona, was infamous for his hand of God goal against England in 1986. Which country did he play for?
 - a) Argentina b) Brazil c) Colombia
- 12. Keith Harris, the ventriloquist had two dummies, a duck and a monkey. The duck was called Orville, but what was the monkey called?
 - a) Nookie b) Lenny c) Cuddles
- 13. What is the upper age limit for becoming an MP in the UK?
 - a) 70 b) 80 c) there isn't one
- 14. Where is the smallest bone in the human body?
 - a) In the hand b) In the ear c) In the nose
- 15. British Airways have been selling off to the public surplus first class dinnerware from their planes. Which of these items cost the most to buy?
 - a) A set of 4 steel bread baskets b) A set of 6 china bowls c) A set of 6 crystal brandy glasses

Answers on Page 3



February Birthdays

- 10 Stephanie Mutch
- 10 Stuart Thomas
- 12 Dave Johnson-Walford
- 13 Lily Cryer
- 14 Irene Thorpe
- 15 Audrey Nicholas
- 22 Maureen Barry
- 22 Graham Clark
- 23 Joyce Rimmer
- 26 Pauline Greenney
- 26 Mary Hopkins
- 26 David Marchant
- 28 Dorothy Shenton

Happy birthday to all of you with February birthdays. We hope that you are able to enjoy them with family and friends even if only electronically or by phone.

It's such a long time to wait but we are looking forward to the time when we can celebrate people's birthdays on the last Thursday of the month at the St Ives Hotel 2pm when once again everyone will be welcome.

Our JGF Quizzes are Zoomed every Tuesday

If anyone is interested please let Bev know for access details.

Please also note that the answers to quizzes will in future be included in the same Newsletter.

Answers to January Quiz No 5

1. c) Scotch egg 2. b) They sang Disney songs 3. a) What they eat 4.c) 60 5. a) Boo-Boo 6. a) Victoria 7. b) As a tribute by an elderly man to his late wife 8. c) Bakewell 9. a) dot dot dot 10. c) The overhead lockers 11. b) Sherwood Forest 12. b) His second best bed 13. a) Red squirrel 14. b) The no of states 15. c) They thought that it was too far-fetched

During this time we are unable to have hard copies of the Newsletter printed or delivered but electronic versions will be sent out to those who have registered their emails with us.

If you have means to print and can <u>safely</u> pass a copy to a friend who doesn't have computer access, please do so.







To join our **JUST GOOD RAFFLE**

simply search for

Just Good Raffle on Facebook and click the JOIN button.

January prizes & winners are:

Ginger Rodgers

Mags Hanning

Kath O'Brien



Wine & Chocs

ucher

Echo Dot Mini Warmer £25 Sainsburys card Jude Jeffrey Louise Adetoro Robyn

George Foreman grill £25 Morrison's card £25 Pastry Pete's voucher Marie Wilcock Joanne Campbell Ellen Thomas

Jude







JUST GOOD FRIENDS - A GREAT GROUP

A great group works well together For the benefit of all It can be a rock of great strength On which you stand firm not fall.

It can be a fountain of knowledge For everyone to share It can be a source of inspiration When ideas are just not there.

It can be an oasis of calm
When you're in a stressed-out way
It can be a ray of sunshine
On an otherwise cloudy day.

It can be an arm of comfort
When you're feeling down and blue
It can be a hand of friendship
That extends to me and you.

It can be a wealth of humour When smiles are thin on the ground It can be a cocoon of warmth Where true loyalty can be found.

A great group makes all the difference And should never be undersold It can be a vein of riches and is worth it's weight in gold.

Submitted by Steve Mason, a friend & member of JGF

Creamy Chicken Pasta (sent in by Gill Studden)

Serves 4 - Ready in 20 minutes

Great recipe as it contains your protein, your veg and your carbohydrate

300g cherry tomatoes

Salt & freshly ground pepper

3 sprigs of fresh thyme (dried can be used)

Low calorie cooking spray (1cal per spray)

350g spiral pasta

4 skinless chicken breast fillets cut into small pieces

200g chestnut mushrooms, sliced

1 courgette, thinly sliced

75g Philadelphia Light with garlic and herbs

Finely grated zest and juice of lemon (I normally use just lemon juice)

Small handful of fresh parsley, plus extra for garnish (I usually forget this)

Preheat oven to 200c/fan/180c/gas 6. Put the cherry tomatoes in a roasting tin, season well, scatter over the thyme and bake for 15 minutes.

Cook the pasta according to the packet instructions, then drain and set aside.

Place a frying pan sprayed with low calorie cooking spray over a medium high heat. Season the chicken and stir fry for 6-8 minutes or until cooked through and transfer to a plate and set aside.

Spray the pan with more low calorie cooking spray and add the mushrooms and courgette, season and stir fry for 3-4 minutes or until lightly golden. Return the chicken to the pan and add the roast tomatoes and cook for 1-2 minutes.

Put the Philadelphia in a small bowl and stir in the lemon juice. Add to the pan with the pasta and parsley, stir and season with black pepper.

Divide the mixture between 4 shallow bowls and garnish with the lemon zest and parsley to serve.



Answers to February Quiz No. 4

1.c) Andrew 2.c) 9: 3.b) 2010: 4.a) Asparagus: 5.b) Pull the funniest face: 6.a) Michael Fish: 7.c) 24: 8.b) Horses: 9.a) Edith Whiskers: 10.b) Debenhams: 11. a) Argentina: 12. c) Cuddles: 13. c) There isn't one: 14.b) In the ear: 15.a) A set of 4 steel bread baskets



