

“Short Mat Times”

Dear All

Here we are again with another 2 weeks flying by and we are on to issue 7. of the newsletter.

I hope that you are all keeping well and happy.

This last two weeks I have managed to meet up with some friends and catch up on all the gossip, which has made a nice change.

On the 13th the committee are braving a meeting—outdoors, socially distanced—if you would like anything put on the agenda please let me know.

Take care and keep safe. Enjoy this issue. Margaret x



Sent by Sue, thank you very much.

Many years ago I spent several months with my Grandmother in Kent. In those days she made her own bread, cakes and pies not to mention jams and jellies. She also made wine which I remember in later years was very good. I still have all her recipe books. I remember one day having to look under the bed I slept in and seeing many bags of sugar and flour (I think I was looking for one of my toys). It was really her love of cooking that set me on the road to demonstrating cookery when I started work.

Now we have coronavirus and social distancing. For those of us who are over a certain age have been prevented from shopping as we used to. Today shopping is delivered to our door though this really nothing new as I remember my mother ringing her weekly order in to the local grocer and it being delivered at the end of the week.

I find myself following in my grandmother's footsteps and hoarding sugar and flour though I'm not keeping it under the bed. An order doesn't go in on a weekly basis like my mum did but I find I'm ordering extra chopped tomatoes, extra tea and coffee not to mention an insane amount of butter (just in case) and don't even think about toilet rolls, liquid soap and bleach. I confess I am running out of hidey holes!

However thinking and getting fresh vegetables and fruit are still problematic. Veg boxes are all very fine but there isn't enough variety and generally quite expensive for what's inside so even catering isn't the same. "What shall we eat tonight?" Rather depends on what have we got. I always decided what we were going to eat for a week, wrote a list and then went shopping. Not so easy now is it.

Still it is getting easier. We have a bit more freedom now and if I can get my brain in gear I can get vegetables for three or four days but I tend to rush in, buy what I think is fresh and scuttle out. Then when I get home I realise I should have got this or that as well.

I then start to wonder whether it is the time we live in or have I joined the elderly brigade?

