

AUTUMN SOCIAL PROGRAMME 2020

Dr M's introduction to Forest bathing in a time of Covid-19

Jonathan Mitchley

Online introduction on Wednesday 21 October, 6.00-7.00pm

As we are unable to organise group activities at this time, Dr M has devised an alternative activity which, if you so desire, you can make happen in any forest or woodland near you!

Dr M's idea is inspired by the Japanese nature therapy known as *Shinrin roku* which means 'forest bathing' and involves going on a leisurely walk and taking in the forest atmosphere along the way. It is a therapy developed in Japan during the 1980s and has become a cornerstone of preventive health care and healing in Japan.

Dr M will hold a virtual introduction online using Microsoft Teams on Wednesday 21 October where he will discuss how participants can make their own forest bathing activity as a family or a <6 distanced group. Dr M will ask each group to record images or other records (digital or by hand), videos and audio tracks, (so long as this does not detract too much from the overall destressing and health goals of the event!). Dr M will collate the responses and compile an online resource on the SCR website to record the activity and individual reactions.

The event is free and you can register for the online introduction by email to scr@reading.ac.uk and make the forest bathing activity in your own time, though we suggest Saturday 24 or Sunday 25 October as a good date to enable feedback to be collated during the first half of November.

Organiser: Jonathan Mitchley, Social Steward.

Italian Cookery 1

Francesco Tamagnini

Friday 23 October, 6.00-8.00pm

The autumn has arrived, and it is the time to enjoy the long Sunday afternoons reading books with a blanket on your lap and the fire crackling. This is the time for warm drinks, mushrooms and full-bodied wines.

During this session, we will prepare homemade “tagliatelle al sugo di funghi misti”, which is a long, flat pasta seasoned with a sauce based on mushrooms. The session will be online, and I will drive you through the procedure, step by step. Make sure you can place your PC/Tablet/Phone somewhere in the kitchen and follow me online for the preparation of this warm, tasty and simple dish of the Mediterranean tradition.

The tools and ingredients for this session will be sent to those who register for this online event.

Pairing wines will be recommended by our Wine Steward, Giuseppe di Fatta.

Please note a maximum of 20 people can attend this session so early booking is advisable.

To book your online invitation please contact Charlene McGroarty in the SCR Office:

scr@reading.ac.uk

Organiser: Francesco Tamagnini, Social Steward.

Halloween Never-ending Spooky Stories!

Jonathan Mitchley and Francesco Tamagnini

Friday 30 October, 6.00-8.00pm

Halloween, the night of Ognissanti. While the dead ones crawl underground, bats fly around the necks of the innocents and the Devil dances on the dark moor, in the cold air of the coming November wind, howling at the Moon we, the mortals, have to leave all our hopes at his doors! The night is coming! So, for this night, we will tell stories... with no end.

One of us will start a story and another one will continue it for a bit, and then another one and so on. You can contribute with several paragraphs, or only one line. It is up to you to take the story from where it was given to you to wherever you want.

Of course, we will drink wines chosen especially for the night and, if you wish, you can dress in a Halloween costume and bring props. Get ready to lose your soul!

To book your online invitation please contact Charlene McGroarty in the SCR Office:

scr@reading.ac.uk

Please note a maximum of 20 people can attend this lecture so early booking is advisable.

Organisers: Jonathan Mitchley and Francesco Tamagnini, Social Stewards.

Italian Cookery 2

Francesco Tamagnini

Friday 27 November, 6.00-8.00pm

Let's follow up our first session of Italian cookery. Today, we will go regional. In Romagna, we have a flat bread called "Piada" or "Piadina". It is as simple and primordial as it gets, but in that region is less of a dish and more of a cult. While it almost disappeared after World War 2, because of the industrialisation, it lived a new renaissance during the 50s onwards, as the perfect street food, consumed by the ton on the beaches of the "Riviera Romagnola". It exists in two forms: the piadina, which is just a flat bread cooked on the stove (not baked), and the cascione/cassone/crecione (depending on where you get one in Romagna: Cesena is different from Rimini!), which is a parcel made with the same dough of piadina, filled with the ingredients of your choice (such as spinach, wild herbs, mozzarella and ham, potatoes and sausage) and subsequently cooked on the typical cooking tool, the "testo", which is placed on the stove.

Today, we will cook two variants of these classics: the "Piadina, Salsiccia e Cipolla", the flat bread with grilled sausage and caramelised onion, and the cascione with spinach. While these are very nice as "autumn variants", remember that you can use this recipe with all the fillings you prefer, and you wish to experiment with.

The tools and ingredients for this session will be sent to those who register for this online event.

Pairing wines will be advised by our Wine Steward, Giuseppe di Fatta.

Please note a maximum of 20 people can attend this session so early booking is advisable.

To book your online invitation please contact Charlene McGroarty in the SCR Office:

scr@reading.ac.uk

Organiser: Francesco Tamagnini, Social Steward.

Christmas Wine Sales

Wine Shop, Park House

Monday 30 November to Friday 18 December

A selection of Christmas wine bundles will be offered to members by email.

Payment and collection will be from the wine Shop and by appointment only.

To register your interest please contact Charlene McGroarty in the SCR Office: scr@reading.ac.uk

Organiser: Giuseppe Di Fatta, Wine Steward.

Christmas Tales from around the World

Stuart Black

December date and time to be confirmed.

The SCR would like to invite all members of staff to join us online and relax with a drink of your choice. We are inviting staff tales from all corners of the world so please join in and describe what the Christmas Holiday period means to you and your family.

Visitors welcome!

To register your interest please contact Charlene McGroarty in the SCR Office: scr@reading.ac.uk

Host for the evening: Stuart Black, Senior Steward.