

## BRIDGEND COMMUNITY NEWS

**Bridging Social  
Isolation  
Edition 39**



**This week, the UK passed the sad milestone of 100,000 people passing away from Covid. Most people and families know someone or know of someone who has been affected by the illness. For most of us, this is probably a time of reflection and sadness. But there is also hope that there will be better days ahead. We at Bridgend are thinking about you all and hoping that the day we can open our doors and be together again is not far away.**

**We have a extra long issue for you to enjoy this week, with 12 pages of articles and activities. Thank you as ever to all our wonderful contributors, there is a lot of variety and interest in the articles we have this week.**

**Don't forget, if you would like to send articles, photos and pictures to entertain our fellow residents please do drop us a line at [info@bridgendcentre.org.uk](mailto:info@bridgendcentre.org.uk)**

## The faces of the Middlewood Covid-19 Vaccination Programme

### Update from the Middlewood Partners—22nd January 2021

Vaccinating the populations of Bollington, Disley and Poynton in a safe, efficient and rapid manner was always going to involve leadership, organisation and teamwork. The faces pictured here are just some of the team involved in the first week of our vaccination programme at Poynton Civic Centre.

We heard many words of gratitude from residents who attended our clinics last week and earlier this week to be vaccinated – your kind comments are truly appreciated. We witnessed the excitement of the start of the roll out of the immunisation programme in our community and feel privileged to play our part in this.

We are also very much aware of the huge debt of gratitude we owe to the unseen faces of the vaccination programme – without whom the whole exercise would have not been possible. For example, the Middlewood team members who tirelessly telephone hundreds of patients to book their slots, the friend who puts themselves at risk to take a vulnerable neighbour to Poynton (and then waits in a freezing carpark whilst they have their vaccination), and those patients who are on reserve lists and drop everything to rush to Poynton at a moments notice to ensure no vaccine is wasted – we salute and thank you. There are so many more examples of people in our community beavering away, or putting themselves out, to make this vaccination programme a success – we all have our part to play in beating Covid-19 and your roles are not being forgotten. Thank you!



**Update 29th January 2021**—We have been informed that Middlewood will receive a further delivery of first vaccinations next week. Two further first vaccination clinics will be held on Friday the 5<sup>th</sup> of February and Saturday the 6<sup>th</sup> of February. These clinics will see us getting very close to completing first vaccinations for all our patients aged over 80. This week we will be trying to contact, by letter, the last few people registered with us who are over 80 and who we have not been able to get in touch with.

Invitations will continue to be sent either, by text or telephone, to the over 75s age group. This is a large group and we are working our way through it. We hope to be reaching out to the 70-75 age group as soon as possible depending on supply. Our team of Middlewood nurses, alongside our community nurses are continuing to work their way through the list of patients who are housebound and visiting each one to give them their first vaccination in their homes. All care home residents have been vaccinated. By the end of our clinic on Tuesday of this week 4900 people had received their first vaccination.

## Would you like to become a 'Friend of Bridgend'?

Could you support the Bridgend Centre by becoming a regular giver? With all the challenges the Bridgend has faced in the last year, particularly having to close our wonderful shop for months on end, regular reliable income is thinner on the ground than before.

Having regular donors who give an amount monthly is wonderful for us as it ensures we have reliable and sustainable income. Just £20 would fund one of our online activities, such as our community choir social or creative writing, which are wonderful distractions opportunities to talk to others. £50 pays for 100 copies of this newsletter to be printed and distributed to lonely and isolated people in Bollington.

If you can afford a regular donation, we would appreciate the support to help to ensure that the Centre is here when Covid has passed.

If you would like to make a donation or set up a Direct Debit, please go to <https://bridgendcentre.org.uk/donate/>. Thank you



## Bridgend eBay

Nearly a whole month into 2021 and thanks to donations from before lockdown the Bridgend Centre eBay Charity Shop is continuing to trade. The Centre first registered to use eBay occasionally for some more specialist and high value donations away back in November 2014.

Using an online marketplace means we are able to reach a much larger audience than those who physically come through the door and it has been in the last 12 months that this has become more important than ever. With the help of a small band of volunteers, we developed the online sales to our current level where the centre now employs a coordinator for two days a week along with a team of six volunteers. Current lockdown guidance means no volunteers at the moment but despite this we have managed to keep the shop stocked with over 150 items ranging from loungewear to Lego and jigsaws to jumpers! In the last twelve months we have sold over 2500 items including a ukulele, a baseball and bat and a 52 piece dinner service - now that WAS fun to pack!!!



We are a top rated seller and you can find us by going to [https://www.ebay.co.uk/usr/bridgend\\_centre](https://www.ebay.co.uk/usr/bridgend_centre). Alternatively the items for sale are listed on our website. Just go to [www.bridgendcentre.org.uk](http://www.bridgendcentre.org.uk), then Charity Shop, then eBay Shop.

We do miss the face to face interaction with customers but eBay does have the facility for feedback and it's lovely to see some of the appreciative comments that come in. Just last week we received a lovely message from Jo who runs nancy-anne-antique-dolls and bought a fabulous wicker basket. She wrote



'Thank you for the excellent service I received the basket yesterday & am very pleased with it, A few tweeks has made it exactly what I wanted, I have stained it & replaced the straps & now its a very useful & tidy paint box.'  
The photos enclosed show that it already put to use!

When we mentioned our very own White Nancy here in Bollington her she told us. 'It was my aunts name, she started me on my passion in the 60's, when as a small child she let me hold her Bisque doll, I was enthralled as the 60's was the time of mass produced plastic dolls. 20 years later I found an identical doll at an antiques market & was hooked.'

Have a look at her shop to see come incredible porcelain dolls along with clothes and tiny little dolls shoes by going to <https://www.ebay.co.uk/usr/nancy-anne-antique-dolls> **Avril Corbett**

## Big Garden Birdwatch—29th—31st January 2021

This weekend is the RSPB Big Garden Bird Watch. During this weekend, the public is asked to spend one hour watching the birds in their garden or green space and recording what they see. They can then submit to the RSPB here: <https://www.rspb.org.uk/get-involved/activities/birdwatch/>



Only count those birds that land, not the ones flying over and they would like to know the total number of birds for each species, not the total. As well as counting birds, participants are once again asked to log some of the other wildlife they have seen throughout the year. Some of the other wildlife participants may have seen over the last year include foxes, hedgehogs, or red squirrels. Across the UK just 6% of those taking part had seen a red squirrel in their garden in the past year, while in Scotland 37% reported they had.

Not only is it a great way to enjoy a spot of warm, winter twitching but it is also a vital opportunity for the RSPB to keep tabs on the population of British birds. Since the Big Garden Birdwatch started in 1979, numbers of many species have been on the decline. These studies offer a chance to find out which species are struggling and perhaps provide clues as to why, and how they can be protected. It also supplies conservationists with data tracing those birds that are doing well.



Birds such as the house sparrow, song thrush and starling have drastically declined since the late 1980s, while collared doves, woodpigeons and coal tit numbers have increased. The house sparrow remained at the top of the Big Garden Birdwatch rankings as the most commonly seen garden bird with more than 1.2 million recorded sightings in 2019.

# Snowmen of Bollington

*With all the wintry weather we have had recently, there have been lots of creative snowmen out there in the Bollington area! It has certainly brightened our day to see their smiley faces. Thank you to everyone who submitted their photographs.*



*We loved this happy chappy on the Nab so much that he was our cover boy on 8th January. We later found out that he was the creation of Will Smith and his girlfriend Sophie and that many other people had taken photos of him in his picturesque position!*



Louise McEveley



Louise McEveley



Will Smith



Jacky Timms



Rev. Steve Murphy



Rev. Steve Murphy



Louise McEveley



Luke Pearce



Snowman and Snowdog by Siobhan Ainscough



Mr and Mrs Bollington by Harriet Wallace



Jenny Leeson



Darren Broadhurst



Kerry Langstaff



Emily Clowes



# Snowmen of Bollington continued



We love this photo of White Nancy from 1982 sent in to us by John Portlock



Andrew Foote



Richard Gratton



Louise Upton



Snow Horse—Katy Goford



Martin Ryan Heath



Andrea Cavanagh



Sarah Bradley



Tinker Jane Heath



Ashley Strachan



Daniel O'Brien



Kate Mummery

## Focus on Technology—Avoiding the pitfalls

Just twelve short months ago, if you told people that you were going to spend the evening Zooming with Grandma, they would give you some very strange looks! There is no denying that this pandemic has had a huge impact on the way that we use technology. Many of us are relying on the internet heavily for working from home, educating our children, shopping, entertainment and staying in touch with family and friends. For some people, using technology comes naturally and for others it brings them out in a cold sweat. If you fall into the latter camp, there is help out there.

In the last edition we mentioned courses from the Disability Information Bureau to help with I.T skills. The Age UK website has some fantastic instructional videos and they even have a digital buddy scheme to pair people who could benefit from online support with a tech savvy buddy.

There are some amazing benefits to the internet, but there are also a few pitfalls that it pays to be aware of.

Some people are confident enough using technology but their concerns are falling prey to digital scams. Ways to help keep yourself safe include making sure you create strong passwords for online accounts, update them often and try not to use the same password on multiple sites. Make sure you have an antivirus program (such as Norton or AVG) installed on your device. Beware any email trying to get you to transfer your money anywhere or “update” your bank details even if they look like they come from a company that you do use. Most organisations, banks and certainly HMRC do not communicate with you in this way. If in doubt, call the company in question and speak to them.

You may have heard a lot of talk about false information online (particularly relating to Coronavirus) and it seems that on some social media platforms, everyone is an “expert” (some people find it hard to differentiate between facts and their own opinion!) To combat this, there are websites such as [fullfact.org](http://fullfact.org) and [simplepolitics.co.uk](http://simplepolitics.co.uk) which help you separate the wheat from the chaff in an independent and unbiased way.

Another term that you may have heard in the news is “Doom scrolling”, this refers to the practice of reading lots and lots of depressing news articles online. I think that technology has been so important in the way we live currently but one thing we need to bear in mind when it gets too much is that these devices have an off switch for a reason! Take Care.

**Kerry Langstaff**



## With a little help from our friends



There is no escaping the fact that some people are really struggling in the current lockdown and our friendships have never been more important in helping us all get through this together. We all know that it is important to check in with our friends, whether that be on a video call, phone call or a simple message but what else can we do to keep the fun in our friendships and raise the spirits of our buddies? Here we share some ideas, if you think of any more please let us know!

**“Go for a meal—”** Obviously we can't literally go out to dinner but why not order takeaway from the same place to arrive at the same time and eat together on a zoom call. If funds are tight and they live locally, you could drop off a home cooked dinner outside the door on your daily exercise. Instead.

**Put your glad rags on—** a lot of people are living in loungewear currently. Why not organise a night at home dressed in your finest (maybe tie it in with take away night!) and share some of your favourite music on your video call.

**Say it with flowers—** Whilst florists shops are not open during lockdown many are still working away behind closed doors, why not brighten someone's day with surprise sunflowers.

**“Go to the pictures”—** Choose a film to watch simultaneously on your zoom call....3.2.1 press play!

**Story time—** Share a book you have really loved, order them a copy from an online retailer or post your own.

**Pen Pals—** Hark back to the golden days of letter writing and send your friend a letter. Drop it in the post box on your daily exercise and wait by the post box for your reply!

**Kerry Langstaff**

## Feel fit and feel good with purpose this January

January is a popular month for making changes, trying something new, trying to stop eating the last bit of the Christmas cake or adopting Veganuary! With the gym and swimming pool remaining closed and team sports suspended finding a new way to blow away the cobwebs can be really exciting especially when your determination can benefit someone else.

The ethos of the Bridgend Centre is that physical wellbeing actively promotes mental wellbeing. Exercise helps to reduce anxiety, stimulates your mind and body by giving structure and routine. Once you find a type of exercise you enjoy it no longer feels like a chore, but it becomes part of you. For example, our Walking for Health programme helps to provide physical activity in the form of a guided walk, members can confidently explore the pathways of Bollington and have the opportunity to engage in social interaction with other members of the group.

Age, physical ability and access to resources can often feel like they get in the way. If you choose something you genuinely enjoy you are more likely to commit. This is also the case if you have a purpose. So how about if that run around the block or your local park actually meant so much more? We spoke to Max and Fin, who have set themselves a very meaningful challenge.

We are 9 year old twins who live in Marple. Things are a little different now due to lockdown restrictions, we are missing playing football for our team, Rose Hill Junior Football Club, we miss training and playing matches with our friends, so we decided to set ourselves a challenge to run 50 miles in January to raise money for the Alzheimer's Society. We thought setting a running challenge would be good to keep us fit during lockdown as well as raising money for charity. Its also helped us to understand more about the Alzheimer's Society and how our fundraising will benefit the charity.

So far, we have ran 32 miles and have been running every day since the start of January. We try and choose different routes for our run to but our favourite route is along the canal as we get to run through lots of mud and the route goes past the park so we can stop and play. Sometimes we have to run in the dark as we have to do our schoolwork during the day but it's really exciting running in the dark.



To help us to keep track of how we are doing, we are using Strava, which is a free app you can download on your phone or tablet, it's a great way recording your achievements and you can also share your activities with your friends and family, its really helps to keep you going.

We wish Max and Fin every success with their challenge, and we will keep you posted on how they get on.

For ideas and advice to help you find the best exercise programme to fit your health needs and ability you can try [www.nhs.uk/live-well](http://www.nhs.uk/live-well)

To find out more about the Bridgend Centres Walking Trails you can visit our website [www.bridgendcentre.org.uk](http://www.bridgendcentre.org.uk) then select the 'our services' tab and then Bridgend Walking Trails, you will be able to download the trail which most appeals to you. If you do not have access to the internet please do get in touch and we will be happy to help you find out more.

## Becky's personal challenge



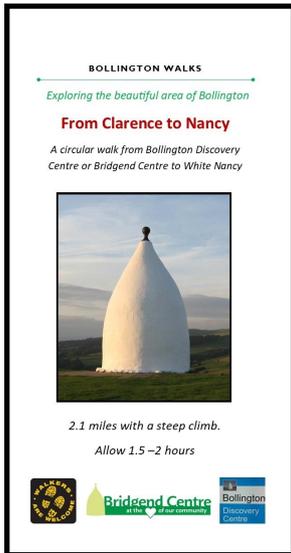
Bridgend's Becky occupied herself at the beginning of January with a 'Lands End to John O'Groats' virtual exercise challenge with her walking group. People were put into five teams of five and had to do exercise every day to meet the travel challenge.

15 minutes of exercise counted as 5km on the route and there were bonus points on different days for different types of exercise. She really enjoyed the team spirit her team had (known as team 'Marple') and it was fun to try new exercises. Boxercise to dance was particularly fun! She did end up getting very tired by the end as doing exercise every day is quite challenging so was quite glad when Team Marple were the first past the finish line on the return leg John O'Groats to Lands End, taking nine days to finish.

It was a great way to be encouraged to exercise and also a good 'virtual' social activity to chat to others.



# Walk to White Nancy



**A great walk from Bollington is the short but sharp climb to the top of White Nancy. A couple of years ago, we produced a short leaflet in conjunction with Walkers are Welcome and the Discovery Centre to help people to find their way to the top. You can download the leaflet from our website by going to [www.bridgendcentre.org.uk](http://www.bridgendcentre.org.uk), going to 'Our Services', and then 'Bridgend Walking Trails'. We also stock paper copies at the Centre and would be happy to send you one if you wish. Just drop us a line at [info@bridgendcentre.org.uk](mailto:info@bridgendcentre.org.uk) and we will do that, along with any of our other walking trail leaflets.**

**1. Starting at the Discovery Centre** Turn left out of the door and walk to the end of Clarence Mill. Turn right down Clarence Road to the traffic lights. Cross the road at the traffic lights at the Aqueduct.

**Starting at the Bridgend Centre.** Turn left and walk along Palmerston Street to the traffic lights at the Aqueduct.

**2.** At the traffic lights by the Aqueduct walk up Water Street and walk to the end. Turn right up High Street and walk up the hill. At the top of High Street turn left and walk into Chancery Lane. After a

very short distance you will come to a two-way junction, look on the right hand side for some stone steps leading to a stile in the wall.

- 3.** Cross the stile to reach a stone flagged path. Follow this path uphill until you reach a metal kissing gate. Go through the gate, turn left and climb a few stone steps to another gate. After passing through the gate, you will have a choice, the easy route or the strenuous route.

## Easy route

- 4a.** Follow the path leading diagonally uphill to your right until you come to a gate leading to a concrete paved track. There are fantastic views here over Bollington as far as Manchester, the Wirral and beyond. Turn right and follow the track until you see a cattle grid. Just before the cattle grid turn left and follow the signed path up the steps. At the top of the steps you will have reached White Nancy.

## Hard/Strenuous route

- 4b.** Turn right after the gate and follow the steep path uphill with the drystone wall on your right. This path can be muddy and slippery in wet weather. Go through the gate at the top, turn left, go up a few stone steps to another gate which leads to a concrete surfaced track. Look for a signed footpath opposite leading up stone steps. Climb the stone steps up to the top of the hill where you will find White Nancy. Take some time to get your breath back and admire the panoramic view.

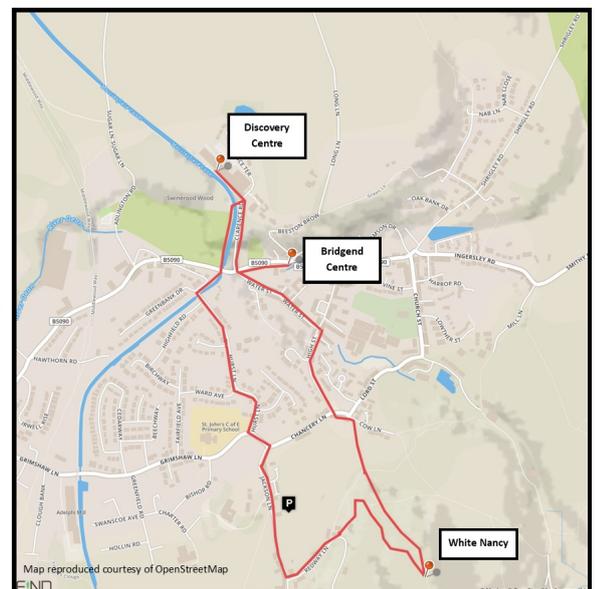
Return either by the same route or the alternative route:

- 5.** With your back to White Nancy, walk back towards the top of the steps you came up and look for a metal kissing gate diagonally on your left. Go through the gate and follow the steps downhill through the woods. The path ends at a concrete paved track. Turn left and follow the track downhill until it meets a road. Turn right and take the pavement along the front of a row of cottages. The road ends at a T junction with the Bull's Head pub on the corner.
- 6.** At the T-junction turn right onto Oak Lane which after a few yards becomes Jackson Lane. Continue along Jackson Lane, passing the entrance to Hollin Hall hotel on your left. At the junction with Chancery Lane continue along Jackson Lane to the left. After a few yards turn right into Hurst Lane.
- 7.** Follow Hurst Lane downhill until you reach the canal bridge. The road crosses over the canal and then bends to the right.
- 8. To return to the Discovery Centre.** Shortly after the canal bridge, look for a gate on your right leading to the towpath. Go through the gate and turn left. Follow the towpath until you reach a footbridge. Cross the bridge to reach Clarence Mill and the Discovery Centre.

**To return to the Bridgend Centre.** Take the path which leads downhill in front of Aqueduct Cottage. This path leads to some steep steps down to Wellington Road. (To avoid the steep steps continue to the end of Hurst Lane and turn right). Turn right onto Wellington Road, and walk under the Aqueduct to the traffic lights. Cross Water Street and continue ahead along Palmerston Street. The Bridgend Centre is on the right hand side.



Photo by Sue Bauer



## Have you discovered the Blue Dot?

Bluedot is a four-day festival of music, science and cosmic culture, taking place each July at Jodrell Bank Observatory in Cheshire. Chris McCormick is a partnership director at From The Fields, we asked Chris to share his experiences.

We launched the festival in 2016 following a number of successful one day concerts at Jodrell Bank. In previous years which hosted the likes of the Halle Orchestra, Elbow and New Order and with collaboration from the team at the Observatory, we set about planning a brand new festival unlike any seen before.



Jodrell Bank Observatory is one the most magical places in England. The grounds are dominated by the shadow of the incredible steelwork of the Lovell Telescope which spends its days listening into the far reaches of the universe. The Observatory was recently awarded UNESCO World Heritage status and joins a prestigious group of sites across the globe recognised by UNESCO's international community as sites of Outstanding Universal Value.



At bluedot you can be creating science experiments with the kids or listening to a talk from astronauts one minute and the next you are dancing in a field to some of the incredible artists that perform each year. Over the last 5 years we have welcomed some fantastic speakers and artists: from Britain's first astronaut Helen Sharman and everyone's favourite physicist Brian Cox to Hot Chip and the Chemical Brothers.

The name of the festival comes from a famous photograph of planet Earth taken on February 14, 1990, by the Voyager 1 space probe from a record distance of about 6 billion kilometres. The astronomer and Author Carl Sagan coined the phrase "Pale Blue Dot" in his reflections on the photograph's

significance, documented in his 1994 book of the same name.

As well as being festival where people of all ages can kick back and enjoy themselves, we also recognise the festival has a duty and purpose to help promote positive change and get people interested in issues and subjects that will help shape the future of the planet. It is summed up best in the festivals mission statement:

- To inspire and entertain.
- To explore the frontiers of human advancement.
- To celebrate science and the exploration of the universe.
- To explore collaborations in science, culture, art and technology.
- To highlight the fragility of planet Earth.

It's hard to pick a personal favourite moment from the festival as there has been so many over the years, however one that sums up the magic of bluedot most succinctly was in 2018. I found myself talking to a very engaging marine biologist about their recent study of Antarctic phytoplankton in the crowd while we both waited for the Chemical Brothers to come on to the stage. Just before they started the moon, Venus and the international space station gently made their way across the skyline above the main stage in the evening twilight.



bluedot returns to Jodrell Bank Observatory in 2021 on the 22<sup>nd</sup> – 25<sup>th</sup> July. Tickets and more information can be found at [www.discoverthebluedot.com](http://www.discoverthebluedot.com)

**Anna Hatley**

## A bargain base recipe—By Ben Roscoe

With many of us spending more time in the kitchen, it can be handy to have a good versatile recipe that can be used in a number of different ways. Here, Ben shares with us his tomato sauce recipe and how to turn it into a warming soup, family friendly pizza and ideas for other uses. Great tasting and very budget friendly!

### Simple Tomato Based Sauce/Soup

(s) is for soup

(p) is for pasta, pizza, etc

#### Equipment needed

Pan big enough

Blender (s)

Something to stir it with



#### Ingredients

2x tins cheap chopped tomatoes

Oil

Onions,

Dried Basil

Oregano (p)

Garlic fresh, frozen doesn't matter (p)

One large or a couple of medium potatoes (s)

Black Pepper

Tomato Puree



#### Method

Both follow the same route so you can either end up with a cheap soup or a pasta or pizza sauce that can be frozen

- 1.Heat the pan with a splash of oil on a low heat whilst getting everything ready.
- 2.Slice the onion to a size you like (if soup then it'll be blended so doesn't matter)
- 3.On a low/med heat sauté the onion until softened.
- 4.Add the dried Basil and Oregano (p) to your liking and also ground black pepper (again to your liking)
- 5.Sauté for a little longer just to get everything mixed round.
- 6.Add in 2 tins of chopped tomatoes and bring up to a simmer.
- 7.If you're making soup at this point put in your potatoes (peels or not up to you)
- 8.Keep it simmering for around 30 minutes, if it gets low add a bit more water.
- 9.If you're making soup now is the time to turn the heat off and when cool enough blend it down, it will become thicker.
- 10.Soup is now ready to enjoy, eat some, freeze some it's all fine
- 11.So for pasta or pizza then you need to carry on simmering until a lot of the water has evaporated
- 12.When it's quite thick then it's done. Yes, it's that simple and very tasty. Don't be surprised if when cooled down water appears on top, this is fine as tomatoes are full of water, all you need to do is mix it back up and then it's ready for freezing or using straight away.

**Uses** Spag bol    chicken thighs and pasta    chilli  
Tuna pasta bake    lasagne    ratatouille    curry

#### Simple pizza dough recipe

200g Strong flour

150ml warm water

6g dried yeast

Salt

Oil

#### Method

- 1.Mix the flour and yeast in a bowl then add a good sprinkle of salt to one side
- 2.Make a well in the centre and add the water.
- 3.Mix until a dough is made that isn't overly sticking to your hands (may need a bit more flour so add if needed)
- 4.When it's mixed and not too wet, spray some oil or pour a bit on a chopping board and coat the dough and your hand in oil and roll the dough around kneading it for a few minutes.
- 5.Spray or wipe oil round the bowl then put the dough back in the bowl and cover loosely with a tea towel and leave for at least 30 minutes.
- 6.After it has grown in size (again around 30 minutes) lightly flour the board and your rolling pin and squish the dough and put on the board and roll out to the thickness you want and preheat your oven to around 190-200C fan oven, etc.
- 7.Get a baking tray and cut some non-stick parchment to size, put the tray in the oven to heat up and keep the parchment to place your pizza on and make it easy to transfer onto the tray on one side.
- 8.Place the base on the parchment paper add some of the sauce you made as the base to the pizza, then toppings of your choice.
- 9.When the oven hits temperature, carefully add the pizza on the parchment onto the tray and cook for around 10-15 minutes or until done.



## A Poem for our Times

**How many references to Poets or Poems can you find in this poem sent in to us by Ann Mayer and Angela Smith?**



I won't arise and go now, and go to Innisfree,  
I'll sanitise the doorknob and make a cup of tea.  
I won't go down to the sea again, I won't go out at all,  
I'll wander lonely as a cloud from the kitchen to the hall.

There's a green-eyed yellow monster to the north of Kathmandu  
But I shan't be seeing him just yet and nor, I think, will you.  
While the dawn comes up like thunder on the road to Mandalay  
I'll make my bit of supper and eat it off a tray.

I shall not speed my bonnie boat across the sea to Skye  
Or take the rolling English road from Birmingham to Rye.  
About the woodland, just right now, I am not free to go  
To see the Keep Out posters or the cherry hung with snow.

And no, I won't be travelling much, within the realms of gold  
Or get to Milford Haven. All that's been put on hold.  
Give me your hands, I shan't request, albeit we are friends  
Nor come within a mile of you, 'til this pandemic ends!

## Letter from Pam

**We were so touched to get a lovely letter from Pam Vickerstaff this week, one of our regular readers. She included in her letter some cuttings from newspapers and a printout of this wonderful poem which reminds us of the value of relaxing and taking in our surroundings. Thank you Pam!**

What is this life if, full of care  
We have no time to stand and stare.

No time to stand beneath the boughs  
And stare as long as sheep or cows

No time to see, when woods we pass,  
Where squirrels hide their nuts in grass

No time to see, in broad daylight,  
Streams full of stars, like skies at night

No time to turn at Beauty's glance,  
And watch her feet, how can they dance

No time to wait till her mouth can  
Enrich that smile her eyes began

A poor life this, if full of care  
We have no time to stand and stare



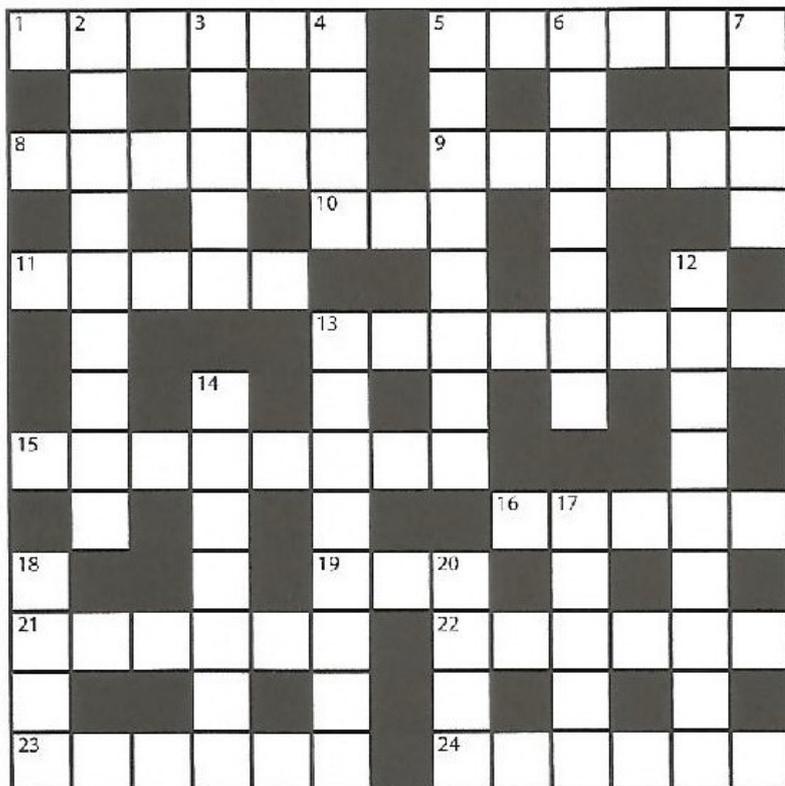
Photo by Kate McCreery

## Answers to 'A Poem for our Times'

The Lake Isle of Innisfree by W.B. Yeats  
Sea Fever by John Masefield  
I Wandered Lonely as a Cloud by William Wordsworth  
The Green Eye of The Little Yellow God by J. Milton Hayes  
The Road to Mandalay by Rudyard Kipling  
Something on a Tray by Noel Coward

The Skye Boat Song by Sir Harold Boulton  
The Rolling English Road by G.K. Chesterton  
Loveliest of Trees the Cherry Now by A.E. Housman  
On First Looking into Chapman's Homer by John Keats  
Milford Haven by Michael Drayton  
Give Me your Hands by William Shakespeare from Mid-summer Night's Dream

## Mind game— Crossword



### Across

- 1 Phonographic disc (6)
- 5 Fortified wine (6)
- 8 Wanders (6)
- 9 Exceedingly sudden and unexpected (6)
- 10 Title of a baronet (3)
- 11 Glacial (5)
- 13 Official emblem of the Nazi Party and the Third Reich (8)
- 15 Daughter of a sovereign (8)
- 16 Easy to reach (5)
- 19 Piece of advice (3)
- 21 Deer's horn (6)
- 22 Reach a destination (6)
- 23 Hit-or-miss (6)
- 24 Animal or plant material used to fertilise land (6)

### Down

- 2 Outgoing person (9)
- 3 Port city of Japan (5)
- 4 Sleep in a convenient place (4)
- 5 George Lucas film of 1977 (4,4)
- 6 On the way (2,5)
- 7 Abominable snowman (4)
- 12 Aquanaut (4-5)
- 13 Ambit, scope (8)
- 14 Disabled person (7)
- 17 Protective garment (5)
- 18 Set of two (4)
- 20 Underside of the hand (4)

## Answers to last week's Animal Collective Nouns

- |                             |                              |
|-----------------------------|------------------------------|
| 1) Hippo—Bloat/Thunder      | Celebration                  |
| 2) Hyena—Clan/Cackle        | 12) Raven—Unkindness         |
| 3) Jellyfish—Smack          | 13) Rabbit—Colony/Warren     |
| 4) Kangaroo—Troop/Mob       | 14) Rhino—Crash/Stubbornness |
| 5) Lemur—Conspiracy         | 15) Sloth—Bed                |
| 6) Leopard—Leap             | 16) Squirrel—Dray/Scurry     |
| 7) Monkey—Troop/Barrel      | 17) Tiger—Ambush/Streak      |
| 8) Otter—Romp/Family/Raft   | 18) Vulture—Venue            |
| 9) Panda—Embarrassment      | 19) Wombat—Wisdom            |
| 10) Porcupine—Prickle       | 20) Zebra—Zeal/Dazzle        |
| 11) Polar Bear—Pack/Aurora/ |                              |

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