

- Newsletter update
- Letter to be shared
- Activities
- Quiz
- Sudoku

Have a chat

If you are feeling a bit lonely and want to have a chat, please use the **Tunstall call system** and we will arrange for someone to call you back.

If you have any ideas how to help each other at this time, please let us know.

Issue
Sixteen

17/07/2020

Thank you for your lovely emails about this newsletter and your contributions.

A weekly newsletter to bring our community together during these challenging times. Please send anything for this newsletter to denise.tucker@rockdale.org.uk or post to The Lodge, labelled 'For Newsletter'.

Rockdale

Special thanks to you

Thank you for participating in these newsletters and we look forward to receiving more from you going forward. Special thanks to **Sybil** for the very much enjoyed weekly quiz and for helping to deliver the newsletters each week.

Thank you for your response to this newsletter. All feedback has been 100% positive, which we are very grateful for and it seems you would like the newsletter to continue!

Just a few messages of feedback received following last week's newsletter.

'Thank you for all the ones so far, we have enjoyed them greatly and thanks for the contributors of quizzes, pictures, poems and things!! We would very much like to see the news sheet continue if possible, certainly until we are really out of this nasty virus thing'.

'Please don't stop the newsletter, as I am sure most of us would agree that it is something to look forward to in these stressful times, and it is such a good read and content Charlotte is so good. If, of course it is too much for a weekly production, why not fortnightly or even once a month?'

'I have enjoyed the newsletter, the quizzes, photos and news each week. Please carry on with a similar one in the future. It is such a good way to get information to all the residents and to entertain us'. 'I very much appreciate receiving the Rockdale newsletter and hope that it will continue'.

We will start fortnightly issues after Issue 17, so the following issue will be delivered on Friday, 7th August and then fortnightly after that.

Please do keep sending your material to us for the newsletters. Pictures, poems, thoughts, facts, jokes and Sybil's wonderful Quiz.

Thank you very much.

Denise & Charlotte

First part of a letter received to share with Rockdale residents

Hi

My name is Sarah and I have been told that you would be interested to hear some of the things I have been getting up to during the pandemic lockdown. It has been a very strange and worrying time for everyone but there have been some silver linings and it has given us the time to tackle new and old tasks and hobbies. Here is a roundup of what we have been doing.

Cooking has been a big diversion in lockdown. I am the only 'girl' in a houseful of men so keeping everyone fed has been a fulltime job. Luckily my sons enjoy cooking so we have shared the responsibility (a bit!) and tackled lots of new recipes that we have never had before. This includes working a couple of vegetarian meals into a week's menu which is no mean feat when your husband, in particular, is a committed carnivore! I think he is surprised how much he has enjoyed the veggie meals, I just need to keep away from butternut squash and sweet potatoes which he hates.

Like many other people I have taken up making sourdough bread. Making sourdough is part chemistry and part magic it seems to me. You don't use conventional yeast but a starter which is a water and flour paste which collects natural yeasts and bacteria from the air and ferments producing the gasses to make the dough rise. Having a starter is a bit like having a pet. You have to tea It twice a day to keep it going. Luckily you can keep it in the fridge for a while when not using it and it doesn't require so much attention. When you make a loaf, you don't knead the dough but fold it and it rises in the fridge overnight before cooking. All a bit crazy but it works and here is a photo to prove it!

One of my sons has also taken up baking and is surprisingly good at cakes and biscuits. It has taken him, and the rest of us, by surprise how good he is. It is a great skill to have but we just have to watch we don't eat too much of what he bakes !



I have been using lockdown to catch up with lots of things that have been on my to do list for a long time. Cleaning, painting ceilings and doing DIY.

I have taught myself to grout tiles and mastic round baths and showers using DIY videos on the internet. Our bathrooms have never looked so good.

There has also been plenty of time to devote to the garden but with garden centres closed for a long time it had to be weeding, digging and cutting back rather than planting new exciting plants. With all the lovely weather we have had everything had been blooming, particularly the roses which have been fantastic this year. I think they enjoyed all the rain we had in the winter followed by the prolonged sunshine. Here are two from my garden. **(to be continued ...)**



The 'Rockdale Singers' made Val's last day at Rockdale extra special by singing this song to her

We'll meet again don't know where don't know when
But I know we'll meet again some sunny day
Keep smiling through just as you always do
Till the sunshine sends the grey clouds far away

As you say cheerio to the folks that you know,
Tell them you won't be long
They'll be happy to know that as we saw you go
We were singing this song

We'll meet again, don't know where don't know when
But we know we'll meet again some sunny day



Activities! GREAT NEWS

Exercise classes are starting up again!

These will be outside and dependent on the weather.
5 people maximum for each session, so booking is required please.



To register interest, please email denise.tucker@rockdale.org.uk or complete the slip below and post it into **The Lodge, FAO: Support Coordinators.**

We also hope to offer craft sessions

Small numbers to attend for each session, and you will need to bring your own craft - be it knitting, drawing, card making, etc, but it will be 'socially distanced, socially enjoyable!'.
Again, please let us know, using the same method.



Name

Address.....

Please indicate which activity/s you are interested to join, by ticking in the relevant box.

Exercise

Craft

More About Music Quiz

1. A musical freshwater fish
2. Might be found in the ear
3. 1812 was a well known one
4. Hear it when dinners ready
5. Eddie Calvert played one
6. Sounds like he does not tell the truth
7. Kitchen boilers get beaten
8. Would a tie give this
9. Could be short writings
10. Find it on a door or in a tower
11. A two pronged acoustic resonator
12. Does this come from a bull in France
13. It traditionally plays Last Post or Reveille
14. Carrying container with smoking implements
15. Is used to practice playing to a regular beat
16. Larry Adler played this instrument
17. How many strings on a Violin
18. Stephane Grappelli's instrument
19. There were 76 in a big parade
20. A four foot long woodwind instrument!

Quiz by Sybil

Answers in next week's newsletter

Sudoku

(answers in next week's newsletter)

1	8							7
2				8	9			
	6							5
8					7			
4		3					2	
					5	6		
				6	4			3
			1				5	
			2				8	

The answers to the Dogs Quiz from Issue 15

1. Great Dane
2. King Charles Spaniel
3. Corgi
4. Pekinese
5. Mastiff
6. Airedale
7. Cairn Terrier
8. Alsatian
9. Chow
10. Irish Wolfhound
11. Bassett
12. Bulldog
13. 101? Dalmatians
14. Golden Retriever
15. West Highland Terrier
16. Dachshund
17. Welch Springer
18. Beagle
19. Boxer
20. Basenji

Answers to Sudoku from Issue 15

6	7	9	4	5	1	3	8	2
2	8	1	6	3	7	4	5	9
3	4	5	8	2	9	6	1	7
1	9	7	2	6	8	5	3	4
4	2	3	1	7	5	8	9	6
5	6	8	3	9	4	7	2	1
7	1	2	5	4	3	9	6	8
8	3	4	9	1	6	2	7	5
9	5	6	7	8	2	1	4	3

This newsletter was designed and produced by Charlotte Tucker, GCSE student