

- Meet George
- Letter to be shared
- Poems
- 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

**Seventeen**

24/07/2020

**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](mailto:denise.tucker@rockdale.org.uk) or post to The Lodge, labelled 'For Newsletter'.

# Rockdale

## Welcome George Anderson!



You may have seen George on site since June and we are pleased to tell you that George has now become a permanent member of staff, appointed to the role of Caretaker. We welcome George, as I am sure you do too.

## VJ Day 15<sup>th</sup> August

A reminder that the Mayor of Sevenoaks, Councillor Nick Busvine, encourages everyone to decorate their windows with peace doves for the 75th anniversary of VJ day on 15 August. Please find below a template for you to use if you wish.



**Socially Distanced Live On The Vine 2020 in aid of Stag, Sevenoaks 24 July – 6 September 2020**

**Go to [sevenoakstown.gov.uk](http://sevenoakstown.gov.uk) – news/events for more information.**



## Second part of a letter received to share with Rockdale residents, following last week's newsletter.

Eating all the delicious meals, bread and cake we have been making has meant we have kept exercising. We have a dog, so my husband and I walk him in some woodland every morning. This is not new for me but is for my husband who would usually be commuting to work (working at home has its benefits!). My husband noticed that there was quite a lot of litter around on our walks so bought a litter picking arm and now regularly combines litter picking patrol with dog walking. In addition to dog walking we also exercise most days at home. I do 30 minutes yoga six days a week and I am getting a lot better at the tricky poses that require strength and balance. I used to do yoga just once a week, so that is definitely a lockdown benefit. I also do an online class in my own house via Zoom once a week. Who would have believed that was possible?

We have rediscovered the pleasure of jigsaws and board games. The board games have kept us competitive and jigsaws are such great time fillers. There is one up permanently in the living room now so you can just put in a piece as you pass by or spend more time on it if you feel like it. One jigsaw was particularly fiendish - an A to Z map of London. All the pieces looked the same but of course were different. Here is the evidence to prove we finished it.



Communicating via the internet has become part of life and we speak to friends on zoom far more frequently than we use to talk to them when we could have done it face to face. I have been unable to see my father who is 92 and lives in Cornwall but I have been having video calls with him too. We have done quizzes online and even wine tastings. It seems that everyone has adapted very quickly, and we have all been forced to innovate because of the pandemic. Most luckily, we have all kept well.

I am sure that the pandemic has been a very difficult time for you. I hope that you have kept your spirits up and remained well. Hopefully you will be able to get back to a more normal routine in due course. I do hope that my lockdown story has been interesting for you to read.

Stay well and safe!

With best wishes,

*Sarah*



## Residents' contributions

### Ode to Technology

Now that I am eighty six  
I know there are things I need to fix.  
I'm nervous of technology -  
All it does is frightens me.  
'Please calm down and do not flap,  
Just plug in, download an App.'  
But where on earth do I find one?  
(This really isn't any fun).  
I'll just try Facebook, maybe Zoom  
This, perhaps, will clear my gloom.  
A Code, a password now demands.  
I've tried them all and all commands.  
But however hard I try  
I tap and tap and shout and cry.  
But none of them remember me.  
I'll just shut down and let it be.  
There was a time when kids were small  
'Twas I, they thought, just knew it all.  
But now, I know, they are all brighter  
So much more than this old writer.  
All I need is an old fashioned 'phone  
So I can talk freely and have a good moan!

I wandered lonely as a cloud  
Two metres from the madding crowd  
When all at once my name was called  
To enter Waitrose hallowed hall.

This was the pensioners' special hour.  
I'd gone to get a bag of flour.  
But I forgot, when through the door,  
What I had gone to Waitrose for.

The Waitrose staff are extra kind.  
I told them it had slipped my mind.  
They asked what else I had forgot  
They clearly thought I'd lost the plot.

I phoned my wife again to ask.  
She reminded me of this special task:  
"I need some flour to bake a cake  
with all that cream you made me take."

"Ah yes I recall" I had to lie.  
I dared not ask what flower to buy  
But then I saw them next the tills  
a bunch of golden daffodils!



## There is "Dog" in it!!! Quiz

- |                                  |  |
|----------------------------------|--|
| 1. Has a tail but no legs.       | 11. Sounds like a feline and canine monarchy |
| 2. Bit of a fag.                 | 12. Corny tail?                              |
| 3. Sharp bend on a footpath.     | 13. Bitch with pups.                         |
| 4. Chilli con canine.            | 14. Home for miscreant.                      |
| 5. Fathers neckwear.             | 15. Fortunate fellow.                        |
| 6. First stroke perhaps.         | 16. No hope of success.                      |
| 7. Many a DFC won here.          | 17. Been rolling in mud again?               |
| 8. To stay concealed.            | 18. Cure for a hangover.                     |
| 9. Don't disturb them.           | 19. Frederick Forsyth's mercenaries.         |
| 10. So happy he's seeing double. | 20. Elderly sailor.                          |

**Quiz by Sybil**

**Answers in the next newsletter**

## The answers to the More About Music Quiz from Issue 16

- |                |                 |
|----------------|-----------------|
| 1. Bass        | 11. Tuning Fork |
| 2. Drum        | 12. French Horn |
| 3. Overture    | 13. Bugle       |
| 4. Gong        | 14. Bagpipes    |
| 5. Trumpet     | 15. Metronome   |
| 6. Lyre        | 16. Harmonica   |
| 7. Kettle drum | 17. Four        |
| 8. Bow         | 18. Violin      |
| 9. Notes       | 19. Trombones   |
| 10. Bell       | 20. Digeridoo   |

**Newsletters will start to be distributed fortnightly.**

The next one will be circulated on Friday, 7<sup>th</sup> August.  
Please do send us your material for inclusion. Thank you.

Do you know where this lovely water feature is?  
Seating right next to it, for you to relax and enjoy the sound.



## Answers to Sudoku from Issue 16

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

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