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**Palm Sunday:**  
At Jesus's birth, angels sang: 'Glory to God in the highest!'  
Thirty-three years later, Jesus is on a colt, going down the Mount of Olives, around him his disciples joyfully praising God:  
'Blessings on the King who comes in the name of the Lord!  
Peace in heaven and glory in the highest!'  
*Provided by a resident*

**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 see [www.rockdale.org.uk](http://www.rockdale.org.uk) for any immediate information.

# Rockdale

## NATURE SECTION

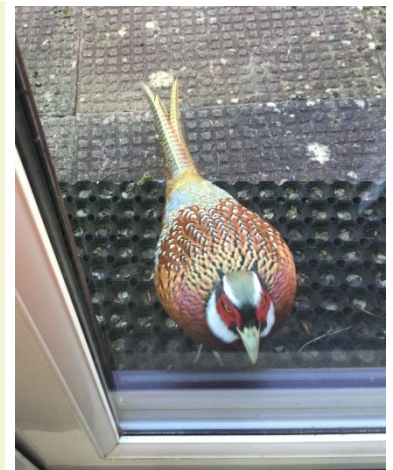
The sun has continued to shine this week, bringing out all the beautiful insects and birds. If you have any seeds at home, this is a great time to start sowing some of them.



The picture to the left shows a hoverfly, a perfect example of Batesian mimicry. They use this survival tactic to disguise themselves as a bee, wasp or even a hornet in order to deter predators and humans. Despite this, like most flies, they do not bite or sting. The best way to distinguish between hoverflies and other similar looking species is that, as suggested by the name, they hover. *Picture, courtesy of Bob Bannister.*

"Last week I had visitor each morning ..... He was a beautiful cock pheasant ..... I called him Mr. P. He would tap on the window of my French Door and I would tap back and then he would arrogantly saunter off into Knole Park. I thought it might have been "My Brief Encounter". I am now in isolation!"

Wendy, Webb's Meadow



Our beautiful Magnolia Tree is in full bloom (see picture to the left). Picture taken by Jean, so that you can all enjoy it.



## Delicious home food deliveries

### Waitrose will do your shopping for you!

Waitrose are offering to shop for your essential items (**up to £40 worth**) and deliver them to your home on **Monday, Wednesday and Friday between 10:00-12:00am**. To use this service, please either email Waitrose with your list (and your address and telephone number) to **communitymatterssevenoaks@waitrose.co.uk** or, if this isn't possible, please call the branch on **01732 450180** between 9-5pm and Sundays between 10-4pm.

**When you are contacted for delivery details, a payment method will be discussed.** This is a great service that you should take advantage of.

**Goddard's Pies** can deliver pies, liquor and mash to your doorstep.

For more information, you can contact them by:

Email: sales@pieshop.co.uk

Freephone: 0800 862 0400

Telephone: 01732 252525

Or fill out an enquiry form on their website: pieshop.co.uk

**Haywards Farm shop** are also doing deliveries of fruit and veg boxes and meat boxes.

If you want more information, contact them by:

Email: info@haywardsfarmshop.co.uk

Telephone: 01732 850354

Or fill out an order form on their website: haywardsfarmshop.co.uk

## Residents' contributions

### Wendy's poem:

THE WALLFLOWER

It was my first dance.  
I was at College aged 16.  
Mother had made my special dress.  
I had bought my first high heels  
They were black satin stilettos.  
I had paid 19shillings for them.  
I could hardly walk.  
I was sitting nervously waiting.  
The Band struck up a quick step.  
Someone asked me to dance.  
I was so surprised and said "Oh ....thank  
you".  
He walked away.  
He thought I'd said "No thank you".

Wendy, Webb's Meadow.



### Barbara's story:

It involves my time at senior school when I was a member of an amateur drama group and was involved in the production of A Midsummer Night's Dream.

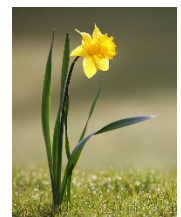
I was playing the part of Puck and was expected in one scene to cartwheel across the stage. I was no good at this kind of acrobatics, and my attempt at doing so on in front of a full house, sent me landing in the middle of the orchestra!

This caused a huge laughter and I had to somehow extricate myself, get back on stage and try to convince the audience that it was all part of the play, which strangely enough seemed to go down well, and was adapted for future shows!

Since that time I have spent most of my social life in amateur dramatics and thoroughly enjoyed adaptations!

### The last verse of 'The Daffodils' sent in by Daphne:

For oft when on my couch I lie  
In vacant or in pensive mood,  
They flash upon that inward eye  
Which is the bliss of solitude;  
And then my heart with pleasure fills,  
And dances with the Daffodils.



William Wordsworth

## Important messages from children!

These beautiful posters have been drawn to help remind everyone how important it is to stay at home, whilst remaining positive by adding a very colourful and eye-catching rainbow. Many people around the country have been putting posters like these up on their windows to help cheer up any passers-by. Rainbows are used as a symbol of peace as they often emerge after a heavy rainfall. You could make your own poster like this to help pass some time and spread a cheerful message to others.



Posters created by Sadie (8yrs) and Jude (5yrs) – Leanne's children.



10-year-old George (Anita's son) holding his picture of a sunny day.

George has also written a letter to you, to help spread some joy.

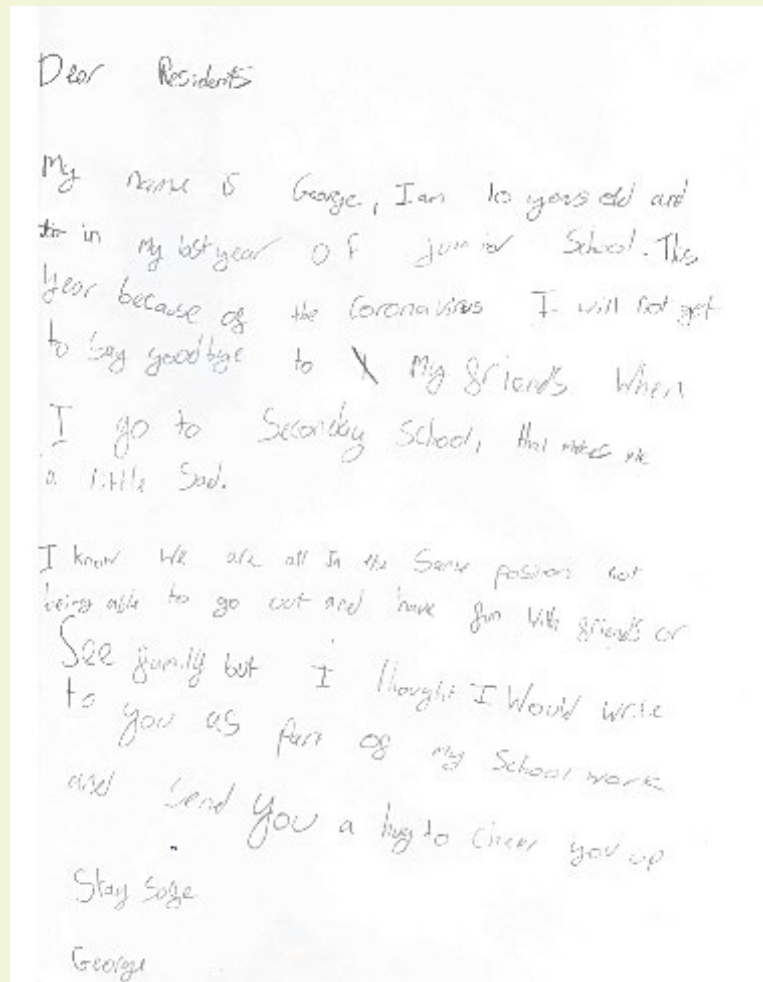
It reads:

"Dear Residents,

My name is George, I am 10 years old and in my last year of junior school. This year, because of the coronavirus I will not get to say goodbye to my friends when I go to secondary school, this makes me a little sad.

I know we are all in the same position not being able to go out and have fun with friends or see family but I thought I would write to you as part of my school work and send you a hug to cheer you up.

Stay safe,  
George"





## Music Quiz

1. A pretty little flower is musical.
2. Babies first instrument.
3. Might be used to tie things up.
4. The music throbs with it.
5. Is the Unicorns one musical.
6. Tubby was one in a 1940's song.
7. Sounds like a piece of rope.
8. Groan is turned to play this.
9. Coking utensil with hollow tubes makes music.
10. You might tremble over this 8<sup>th</sup> note.
11. James Galway's one could sound magical.
12. Will Len jig around to this.
13. The chef mixes lime curd to make it.
14. A train or kettle might give it out.
15. Is it Equilateral or Scalene.
16. Bravo it changes the sound another way.
17. It will solve and unlock the note.
18. A cheat might be playing on this.
19. It's made from Copper and Brass.
20. Could hold an icy dessert.

By Sybil (Mrs G)

**(Answers to the quiz will be in next week's newsletter)**

## Sudoku

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

**(Answers below)**

## Meditation

Sometimes reading the news can become stressful and make you anxious. Therefore, it might be the perfect time to try meditation. And don't worry, you don't even have to move! Meditation for beginners:

1. Get comfortable and prepare to sit still for a few minutes.
2. Focus on your breath, paying attention to where you're breathing. Your stomach? Your nose? Your chest?
3. Follow your breath for about two minutes. Inhaling deeply and then slowly exhaling.

## Get to know each other better using this newsletter

Lots of residents will enjoy reading each other's stories.

**Please speak to Jean or email [denise.tucker@rockdale.org.uk](mailto:denise.tucker@rockdale.org.uk) if you have something we can share in future newsletters.**

## 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.

The person who calls you back, may be a member of staff or a fellow resident.

## Drawing

Grab a pen or pencil and some paper and try to draw something. Your view from a window, a plant, or maybe even yourself. If you think your drawing was a success, send it in and we could add it to a newsletter in the future.

Sudoku answers

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