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### Waitrose reminder

Waitrose is offering to shop for your essential items (**up to £40 worth**) and deliver them to your home on **Monday, Wednesday and Friday between 10:00-12:00 noon.**

Details can be found on [www.rockdale.org.uk](http://www.rockdale.org.uk) or in last week's newsletter.

**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

wishes you a

## NATURE SECTION

Happy Easter



*The sun continues to shine for Easter weekend. Don't let your Easter eggs melt!*

The picture below shows some fawn with their mother.

Deer give birth to their young in spring or summer and can have between 1 and 3 babies (2 being most common). They are born with their eyes open and fully furred. We are very lucky to have Knole Park in Sevenoaks where we are able to see lots of deer.



Picture courtesy of Bob Bannister

**I would like to wish you all a Happy Easter.** The picture below is of my brother, William and I a couple of years ago during the Easter holiday. Two lots of siblings staring at each other wondering whether to approach each other! We did get to stroke the little lambs.

*I will miss having the freedom this year and a lot has changed for me too. My GCSEs have been cancelled along with all of the events I had organised to take part in following my exams, like the Government NCS scheme and probably Boardmasters festival, my first independent holiday with friends.*

*I know that things will get better though, and the most important thing right now is thinking of each other. Good times will be appreciated much more, definitely by me! I'm enjoying helping with these newsletters, it is keeping me busy. Thank you for sending your stories, please keep sending them to my Mum, I enjoy reading them too.*  
**Charlotte Tucker**



## Staying positive

### "The Rockdale Wave"

Wave With Your Neighbour  
Stand at your window, stand at your door.  
Give a big wave to your neighbours and  
Staff. **MONDAYS AT 2pm.**

### Cheer for the NHS.

Show your support for everything they are  
doing to keep this country as safe as  
possible.

**Every Thursday evening at 8pm.**  
**Clap your hands or beat your pans!**

### Good advice

The esteemed Headmistress, of a renowned girl's grammar  
school, found herself sitting next to Miss. World at an official  
dinner. Conversation was challenging as Miss. World spoke  
very little English.

However, the Headmistress did manage to put the  
following question to her. "What is the secret of your  
success?"

And she answered, "Always smile."

## Messages and pictures from children

To the residence at Rockdale Lodge myself and  
my sister Imogen, drew you all some pictures  
to put on the walls to brighten up your  
days. We hope you like them.  
Stay safe and keep smiling.  
We are all in this together.  
Love from  
Olivia Melmet aged 7  
and  
Imogen Melmet aged 6.

The letter (in the picture to the left) reads:

To,

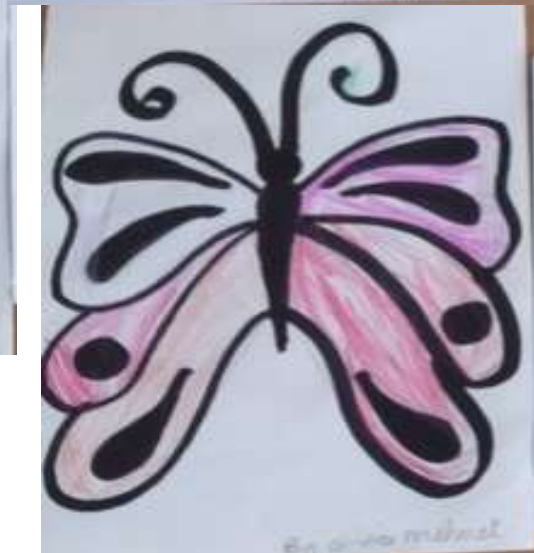
The residents at Rockdale Lodge, myself and my sister  
Imogen, drew you all some pictures to put on the walls to  
brighten up your days. We hope you like them.

Stay safe and keep smiling.

We are all in this together.

Love from,

Olivia Melmet aged 7 and Imogen Melmet aged 6



Drawings by Imogen and  
Olivia

### You can pay online

If residents would like to pay online any sundry invoices they receive from Rockdale (eg, for home help), please use the details below with reference, 'home help', etc.

Account Name: Rockdale Housing Association Ltd.

Account Number: 25848488    Sort Code: 60-19-02

### Staff news

#### Val Riches, Housing Manager is retiring

'When I joined Rockdale in 1998 as lettings officer, little did I think I would still be here in 2020! A lot has changed at Rockdale during this time – new homes at Constant Meadow, Summerbank and Laurie House and a fantastic care home in the valley.

Now that I have passed a milestone birthday, I have decided to retire during the summer so that I can spend more time with my family, in the garden and having time to do all the things that I always wanted to do. There are things that I will miss and others that I won't!

It has been a hard decision to take but I know that I am leaving Rockdale safe in the capable hands of our Chief Executive Anita and her team.'

*Val Riches*

#### Louise Wixen, Lettings Officer

Louise Wixen has decided to leave her position as Lettings Officer at Rockdale. Louise has made a significant contribution since she first joined in January 2009 and has been a valued member of the team.

We would like to thank her for all she has done in that period of time and we wish her all the very best for the next stage of her career.

### Contributions from residents

Safe in Jesus's Last Supper  
room,  
ten apostles assembled.  
Suddenly, the risen Jesus came  
Among them!  
Absent, Thomas disbelieved.  
A week later, with all eleven  
there,  
Jesus again appeared.  
His same greeting: "Peace be  
with you!"  
Then to Thomas: "Put your  
finger into  
My hands, and put your hand  
into  
My side, and believe!"  
Thomas exclaimed: "My Lord  
and My God!"



#### Scorflufus

" There are many diseases,  
That strike people's kneeses,  
Scorflufus! is one by name  
It comes from the East  
Packed in bladders of yeast  
So the Chinese must take half the blame.

There's a case in the files  
Of Sir Barrington-Pyles  
While hunting a fox one day  
Shot up in the air  
And remained hanging there!  
While the hairs on his socks turned grey!

Aye!Scorflufus had struck!  
At man, beast, and duck.  
And the knees of the world went Bong!  
Some knees went Ping!  
Other knees turned to string  
From Balham to old Hong Kong.

Should you hold your life dear,  
Then the remedy's clear,  
If you're offered some yeast - don't eat it!  
Turn the offer down flat-  
Don your travelling hat-  
Put an egg in your boot - and beat it!

*Spike Milligan*



## The Rainbow Quiz

1. As good as...
2. Could be a green island?
3. The sweet smelling one's in prose
4. Hero rang everyone when hidden
5. Colour made famously by Colmans!
6. The way the cop persecuted the metal thief?
7. Reform to live with this flowery colour!
8. Squashed melon turns into this colour!
9. The rag gets tangle in net!
10. Could be squirrels or hounds!
11. When I call, a change happens
12. It's a dangerous one
13. The money factory makes this one
14. This lady keeps up appearances
15. It links to pages, hammers and fever
16. I think she could be under the sea?
17. Go round this on a cold and frosty morning?
18. Used to be sounded to call the rescue boat
19. The rogue spun around to avoid this
20. It's found in a slim elephant.

By Sybil (Mrs G)

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

Here are the answers to The Music Quiz from last week's newsletter.

- |             |              |
|-------------|--------------|
| 1. Viola    | 11. Flute    |
| 2. Rattle   | 12. Jingle   |
| 3. Strings  | 13. Dulcimer |
| 4. Beat     | 14. Whistle  |
| 5. Horn     | 15. Triangle |
| 6. Tuba     | 16. Vibrato  |
| 7. Chord    | 17. Key      |
| 8. Organ    | 18. Fiddle   |
| 9. Panpipes | 19. Brass    |
| 10. Quaver  | 20. Cornet   |

### **Some things to do if you're online:**

The National Theatre is streaming some of the best of their NT Live productions free at 7pm every Thursday night via YouTube! They have announced the following for April, with further dates for May coming soon:

Thursday 16 April: Treasure Island  
Thursday 23 April: Twelfth Night

Patrick Stewart is reading a Shakespeare 'Sonnet a Day' on Twitter.

**If you are missing singing in a group, Gareth Malone is teaching the nation to sing as part of a massive choir and you can take part!**

Please email [denise.tucker@rockdale.org.uk](mailto:denise.tucker@rockdale.org.uk) for quick online links to these.



A picture of a quilt that Christine made as a wedding present for her daughter in law's, daughter. It is called 'The Red House'. Christine doesn't like red, so she decided to do it purple instead! The pattern is from the Quilters Guild, every month you receive a new pattern. Currently, Christine has just completed No7 and has 5 more months to go. It looks amazing!

### **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.

### **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.**