



Queen Alexandra College

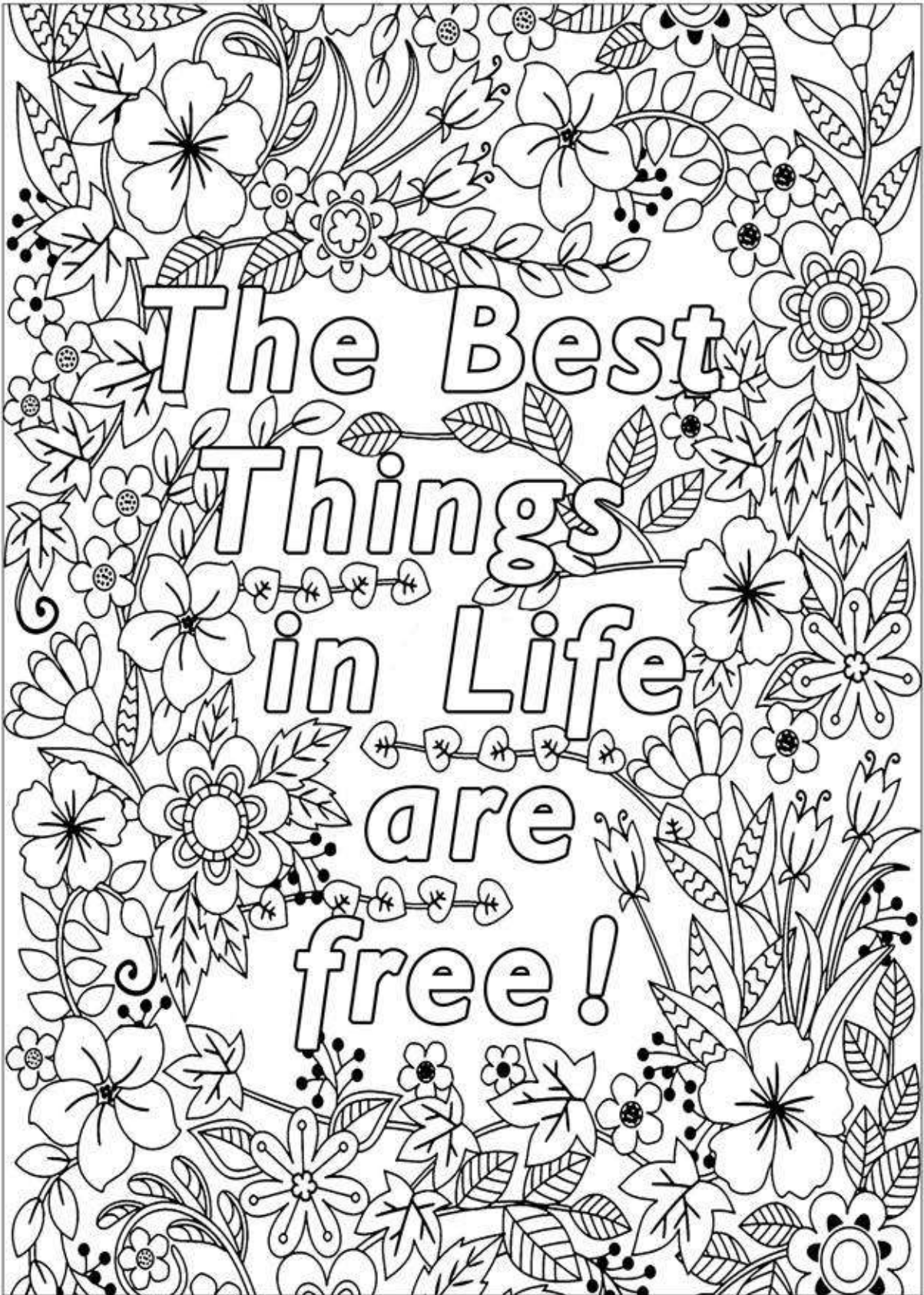
# QAC Weekly

*Issue 6*





# Monday



# Colour Me



# Monday

## On This Day...

**2000**

British politician Ken Livingstone was elected Mayor of London, marking the first time that British voters had directly elected a candidate to an executive office at any level of government.



**1814**

Napoleon landed at the island of Elba to serve the first of his two exiles.

## Notable Birthdays...

**1989**

*Rory McIlroy*  
**NORTHERN IRISH GOLFER**



**1929**

*Audrey Hepburn*  
**BELGIAN BORN BRITISH  
ACTRESS**





# Monday

## Recipe of the Day

### *Two Ingredient Chocolate Cake*

#### **Ingredients:**

- 4 eggs, whites and yolks separated
- 9oz chocolate (255g)
- Powdered sugar, to serve
- Vanilla ice cream, or seasonal fruit to serve (optional)

#### **Method:**

- Preheat the oven to 325F (170C)
- Place the chocolate in a microwave-safe bowl and melt completely, about 1 minute.
- Separate the egg yolks and egg whites. Using a hand mixer, whisk the whites until soft peaks form.
- Add the yolks, one by one, into the bowl of chocolate, whisking to combine.

- Using a rubber spatula, gently fold 1/3 of the whipped egg whites into the yolk and chocolate mixture. Repeat with the remaining egg whites, adding 1/3 at a time.
- Pour the mixture in a greased 6-inch (15 cm) cake tin.
- Bake for 30 minutes.
- Once the cake is cool to the touch, gently invert it onto a plate.
- Optional: Sprinkle with powdered sugar, slice and serve top with ice cream.



# Monday

## Space Word Scramble

Our solar system formed around 4.6 billion years ago. It is made up of the sun and the planets Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus and Neptune. Pluto has now been designated a dwarf planet. The solar system is vast, it took the Voyager 2 twelve years to reach Neptune.

- rnaul -----
- raunsu -----
- tiobr -----
- ermoet -----
- nntueep -----
- uvesn -----
- clsiaieet -----
- aygaxl -----
- voseupnar -----
- ltieeslat -----



This Space themed Word Scramble features 10 Space themed words which have been scrambled. See if you can unscramble them to see what they are.

*Tuesday*



*Colour Me* 



# Tuesday

## On This Day...

1961

Alan Shepard, Jr., made a 15-minute suborbital flight in the Freedom 7 spacecraft, becoming the first U.S. astronaut to travel in space.



1640

King Charles I of England dissolved the Short Parliament, the first parliament to be summoned in 11 years

## Notable Birthdays...

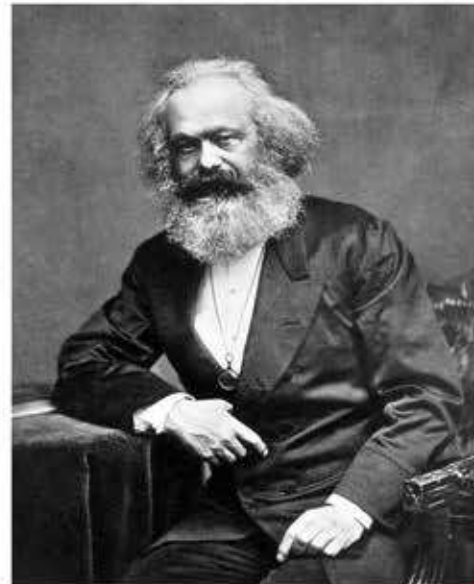
1988

*Adele*  
BRITISH SINGER  
SONGWRITER



1818

*Karl Marx*  
GERMAN PHILOSOPHER



# Tuesday

## Recipe of the Day

### Beans on Toast

### Eight ways to enjoy!

#### **Spice it up!**

If you like things hot try adding a bit of chopped chilli and Tabasco sauce onto your beans, (or chilli or curry powder!)

#### **Add Veg**

Dice up and sauté veg such as onions, peppers or mushrooms and add them to the beans.

#### **Beans on French Toast**

Rather than just a standard slice of toast, enjoy your beans on French toast/eggy bread. Beat the egg with a splash of milk, soak the bread in the mixture and fry on both sides in butter, top with beans.

#### **Make a sandwich**

Turn your beans on toast to beans IN toast by adding a slice on top to enjoy a baked bean sandwich... just be sure to have some tissue handy as things get a little messy!

#### **Cheese it up**

Grate a load of your favourite cheese all over the top and let it melt. Add a splash of Worcestershire sauce if you like.

#### **Add a bit of meat**

Add some cooked meat to the beans such as crispy bacon pieces, ham, sausage, chicken or gammon.

#### **Get your egg on**

Mix beans with scrambled egg or make a bean omelette or simply add a fried or poached egg to the top of your beans for that additional protein hit!

#### **Finally, love it or hate it...**

Stir in a spoonful of Marmite to your beans for a rather unique taste.





# Tuesday

## Number Search Puzzle

DIRECTIONS: Find the numbers in the list below the grid. The numbers can be in any direction: backwards, forwards, up, down, or diagonally.

2	5	6	1	8	5	6	3	0	4	8	3	6	1	6
7	2	8	7	6	5	3	2	8	0	8	5	8	1	8
3	0	2	3	1	3	5	0	5	5	4	8	7	5	5
2	2	9	0	8	3	4	5	2	0	9	6	2	0	8
4	8	5	7	4	3	3	3	3	4	5	2	4	9	8
4	8	6	6	9	2	6	1	9	8	4	1	5	0	5
4	7	8	5	1	0	0	0	2	1	5	1	4	6	1
7	0	5	6	5	4	1	8	0	9	0	6	9	0	3
9	0	5	4	4	4	5	9	7	7	0	3	3	3	4
1	9	5	3	9	2	7	4	2	3	5	2	9	5	0
0	9	8	9	6	4	9	7	9	8	0	5	9	2	0
3	2	2	9	4	2	5	5	0	0	6	3	9	0	0
3	8	7	1	2	6	0	0	0	0	8	2	1	6	5
9	6	5	4	9	8	7	2	5	2	0	6	8	0	1
4	3	6	2	3	4	7	0	8	9	9	1	0	1	3

130456  
150526  
253060  
270159  
280858  
286554  
296684  
322942  
325326  
399918

410974  
433334  
436234  
444791  
454908  
470085  
481973  
500043  
520680  
549872

561280  
567037  
572855  
588586  
592884  
642950  
712600  
870099  
896497  
991013

# Wednesday

DANCE

like theres nobody watching

LOVE

like youll never be hurt

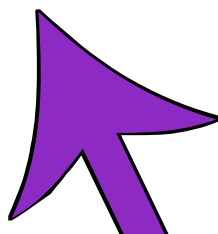
SING

like theres nobody listening

DREAM

like its heaven on earth

# Colour Me



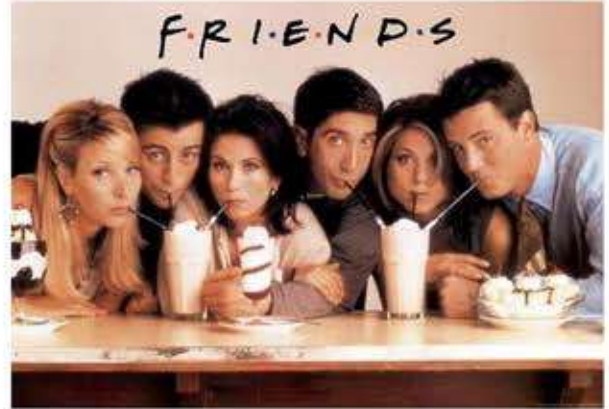


# Wednesday

## On This Day...

**2004**

The final episode of the television sitcom Friends aired and was watched by more than 52 million viewers.



**1954**

Roger Bannister of Britain became the first athlete to run a mile in less than four minutes.

## Notable Birthdays...

**1953**

*Tony Blair*  
**PRIME MINISTER OF  
UNITED KINGDOM**



**1937**

*Rubin Carter*  
**AMERICAN BOXER**



# Wednesday

## Recipe of the Day *Butter Bean and Chorizo Stew*

### **Ingredients:**

- 200g cooking chorizo
- 2x 400g can chopped tomato
- 2x 400g can butter beans (drained)
- 1 tub fresh pesto

### **Method:**

- Slice the chorizo and place in a large saucepan,
- Fry gently over a medium heat for five minutes, or until starting to turn dark brown.
- Add the tomatoes and butter beans, bring to the boil and simmer for ten minutes.
- Swirl through the pesto, season to taste and ladle into four bowls. Add a sprig of fresh basil to serve.





# Wednesday

## Famous Authors Word Search

DIRECTIONS: Find and circle the famous authors' last names in the grid. Look for them in all directions including backwards and diagonally.



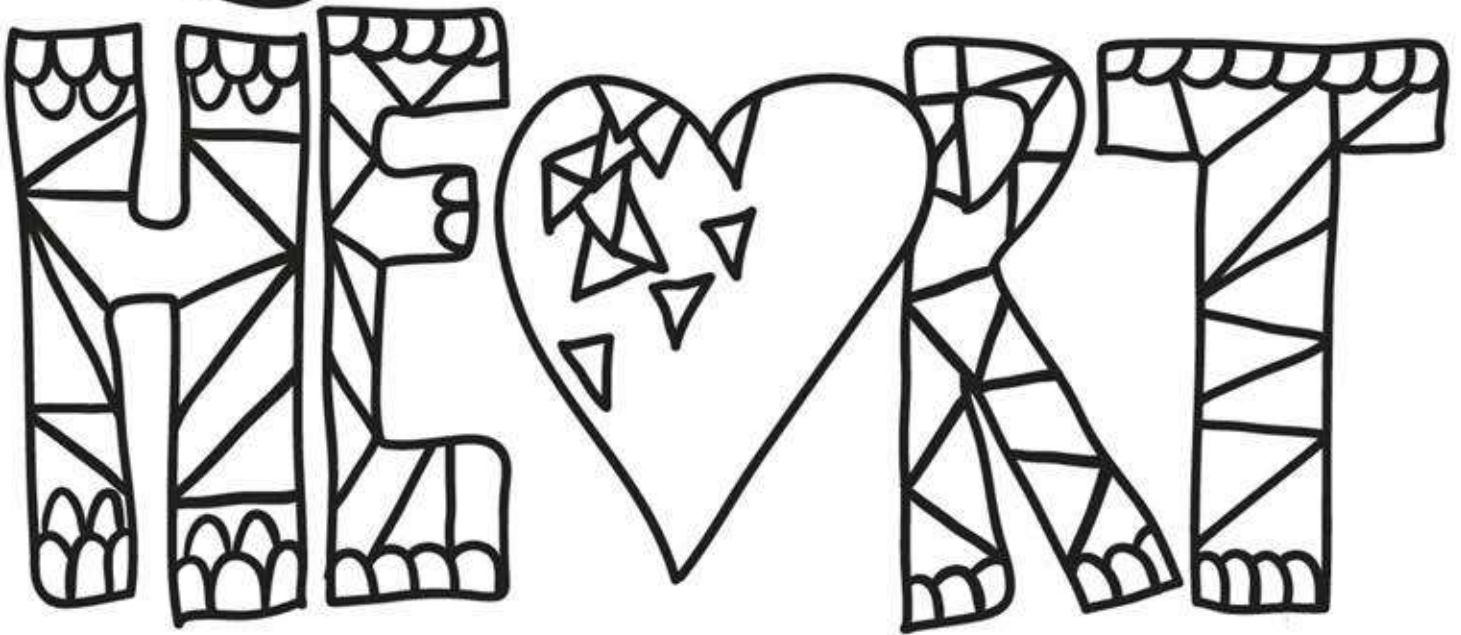
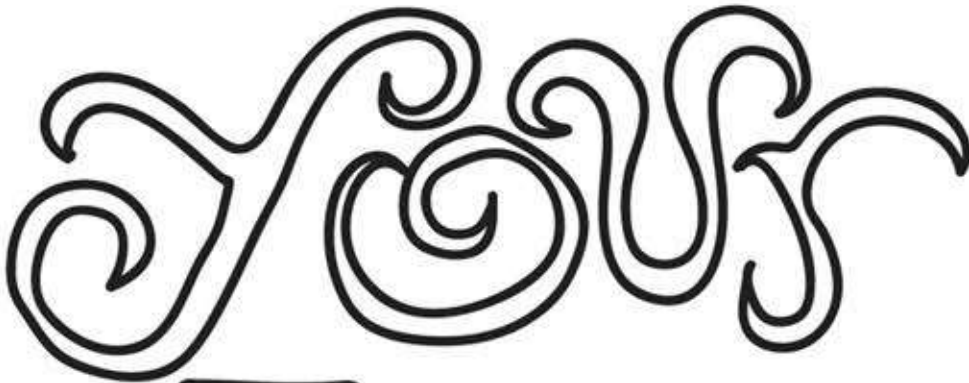
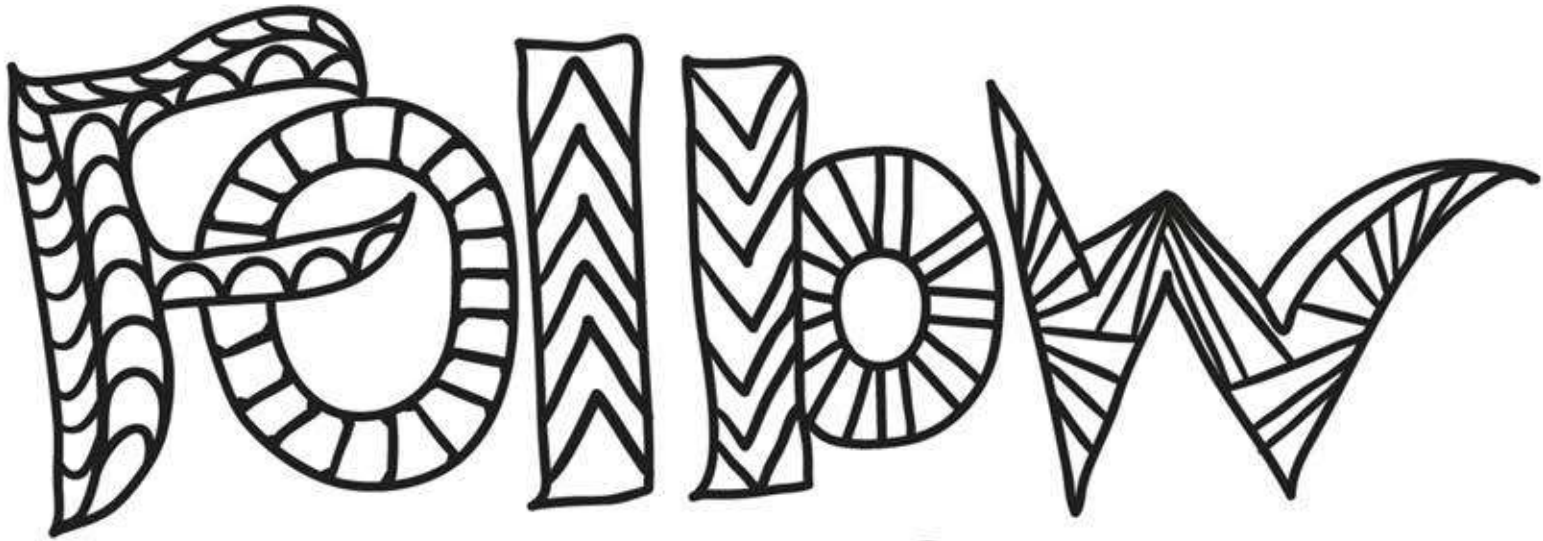
ANGELOU, Maya  
AUSTEN, Jane  
CHRISTIE, Agatha  
DICKENS, Charles  
DICKENSON, Emily  
FAULKNER, William  
FITZGERALD, F. Scott  
HEMINGWAY, Ernest  
JOYCE, James  
KAFKA, Franz

KEROUAC, Jack  
KING, Stephen  
MAILER, Norman  
MELVILLE, Herman  
ORWELL, George  
ROWLING, J. K.  
SHAKESPEARE, William  
SHAW, George Bernard  
STEINBECK, John  
TOLSTOY, Leo

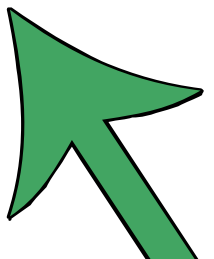
TWAIN, Mark  
VERNE, Jules  
VONNEGUT, Kurt  
WILDE, Oscar  
WOOLF, Virginia



*Thursday*



*Colour Me*





# Thursday

## On This Day...

1946

Sony Corporation, a major Japanese manufacturer of consumer electronics products, was founded by Ibuka Masaru and Morita Akio.

# SONY

1663

The Theatre Royal, built by the dramatist Thomas Killigrew for his company of actors and now commonly known as the Drury Lane Theatre, opened in London and is the oldest English theatre still in use.



## Notable Birthdays...

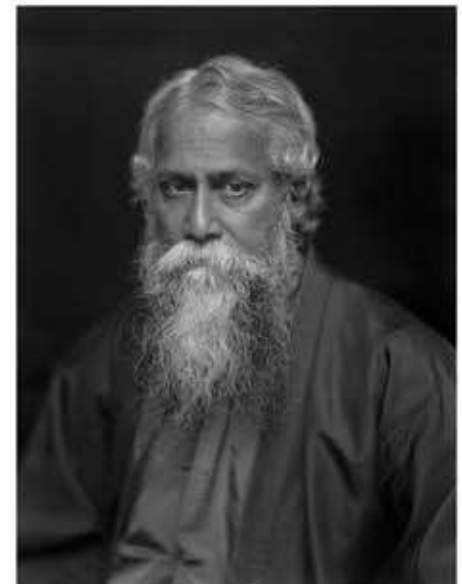
1919

*Eva Peron*  
**ARGENTINE POLITICAL  
FIGURE AND ACTRESS**



1861

*Rabindranath Tagore*  
**BENGLI POET AND  
NOBEL PRIZE WINNER**



# Thursday

## Recipe of the Day

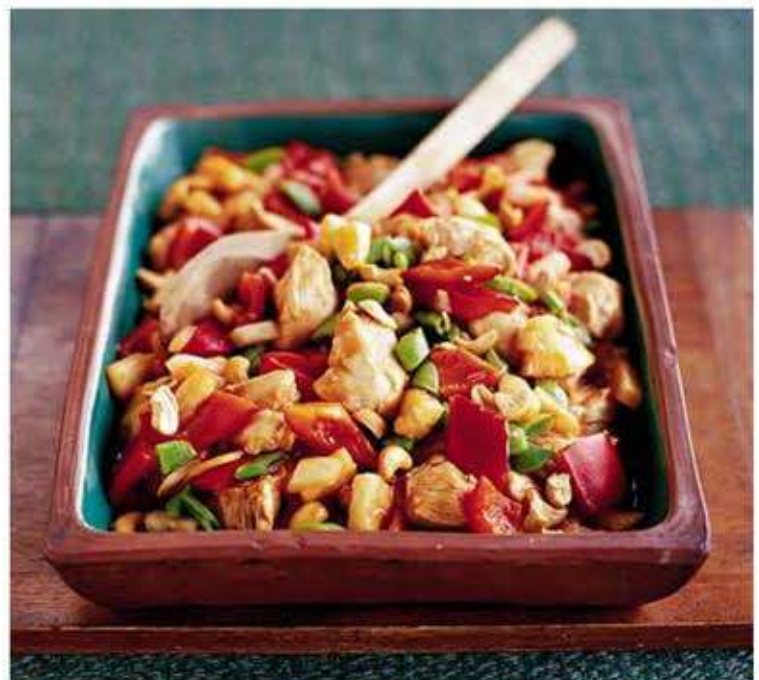
### Easy Sweet and Sour Chicken

#### **Ingredients:**

- 9tbsp tomato ketchup
- 3tbsp malt vinegar
- 4tbsp dark muscovado sugar
- 2 garlic cloves crushed
- 4 skinless and boneless chicken breast cut into chunks
- 1 small onion roughly chopped
- 2 red peppers seeded and cut into chunks
- 227g can pineapple pieces in juice (drained)
- 100g sugar snap peas roughly sliced
- handful of salted, roasted cashew nuts (optional)

#### **Method:**

- In a large microwaveable dish, mix the ketchup, vinegar, sugar and garlic thoroughly with the chicken, onion and peppers.
- Microwave, uncovered on high for 8-10 mins until the chicken is starting to cook and the sauce is sizzling.
- Stir in the pineapple pieces and the sugar snap peas and return to the microwave for another 3-5 mins until the chicken is completely cooked.
- Leave to stand for a few minutes, then stir in the cashews, if using, and serve.





# Thursday

## The Bob Quiz

### The 'Bob' Quiz

Every answer relates to a famous 'Bob' (please note some answers may include the name Robert):

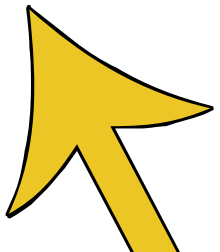
1. He died in January 2012, which man presented the TV quiz show *Blockbusters* from 1983 to 1994?
2. Whose greatest hits album is the biggest selling reggae album in the U.K. and the U.S.A.?
3. Which England footballer was arrested for theft during the build up to the 1970 World Cup finals?
4. Who played the Sundance Kid in the 1969 film *Butch Cassidy and the Sundance Kid*?
5. Nicknamed 'The Divine Ponytail', he retired in 2004 after scoring over 200 goals in Italy's Serie A. Who is he?
6. Which famous diet guru died on April 17th, 2003, at age 72 after suffering a head injury from slipping on an ice?
7. Who was '... *Waiting*' according to Bananarama?
8. Whose albums include *Bringing It All Back Home*, *Highway 61 Revisited* and *Blonde on Blonde*?
9. Which actor has played Freddy Krueger in all the *Nightmare on Elm Street* series of horror films?
10. Which Scottish dog was immortalised on film in a 2006 production starring Ardal O'Hanlon and Gina McKee?

*Friday*



PLEASE

*Colour Me*





# Friday

## On This Day...

**1970**

A month after officially disbanding, the Beatles released their final studio album, Let It Be



**1945**

Following Germany's unconditional surrender, World War II in Europe officially ended at midnight on this day in 1945, although the war in the Pacific continued until the Japanese surrender in September.



## Notable Birthdays...

**1926**

*David Attenborough*  
**ENGLISH**  
**BROADCASTER, WRITER**  
**AND NATURALIST**

**1910**

*Mary Lou Williams*  
**AMERICAN MUSICIAN,**  
**COMPOSER AND**  
**EDUCATOR**



# Friday

## Recipe of the Day Vegan Lemon Cake

### **Ingredients:**

- 100ml vegetable oil, plus extra for the tin
- 275g self-raising flour
- 200g golden caster sugar
- 1 tsp baking powder
- 1 lemon, zested,  $\frac{1}{2}$  juiced
- For the icing
- 150g icing sugar
- $\frac{1}{2}$  lemon, juiced

### **Method:**

- Heat oven to 200C/180C fan/gas 6. Oil a 1lb loaf tin and line it with baking parchment.
- Mix the flour, sugar, baking powder and lemon zest in a bowl.
- Add the oil, lemon juice and 170ml cold water, then mix until smooth.
- Pour the mixture into the tin. Bake for 30 mins or until a skewer comes out clean. Cool in the tin for 10 mins, then remove and transfer the cake to a wire rack to cool fully.
- For the icing, sieve the icing sugar into a bowl. Mix in just enough lemon juice to make an icing thick enough to pour over the loaf (if you make the icing too thin, it will just run off the cake).





# Friday

## *Brummie Born & Bred*

Neville Chamberlain - Prime Minister



Maya Sondhi - Actress

Joe Lycett - Comedian



# Friday

## Brummie Born & Bred

Stefflon Don - Rapper,  
singer and songwriter



Roy Wood - Musician,  
cofounder of the Electric  
Light Orchestra

Sukshinder Shinda -  
Punjabi Music  
Producer and Artist





# Friday

## *Brummie Born & Bred*

Ann Jones - Tennis Player,  
Wimbledon Champion 1969



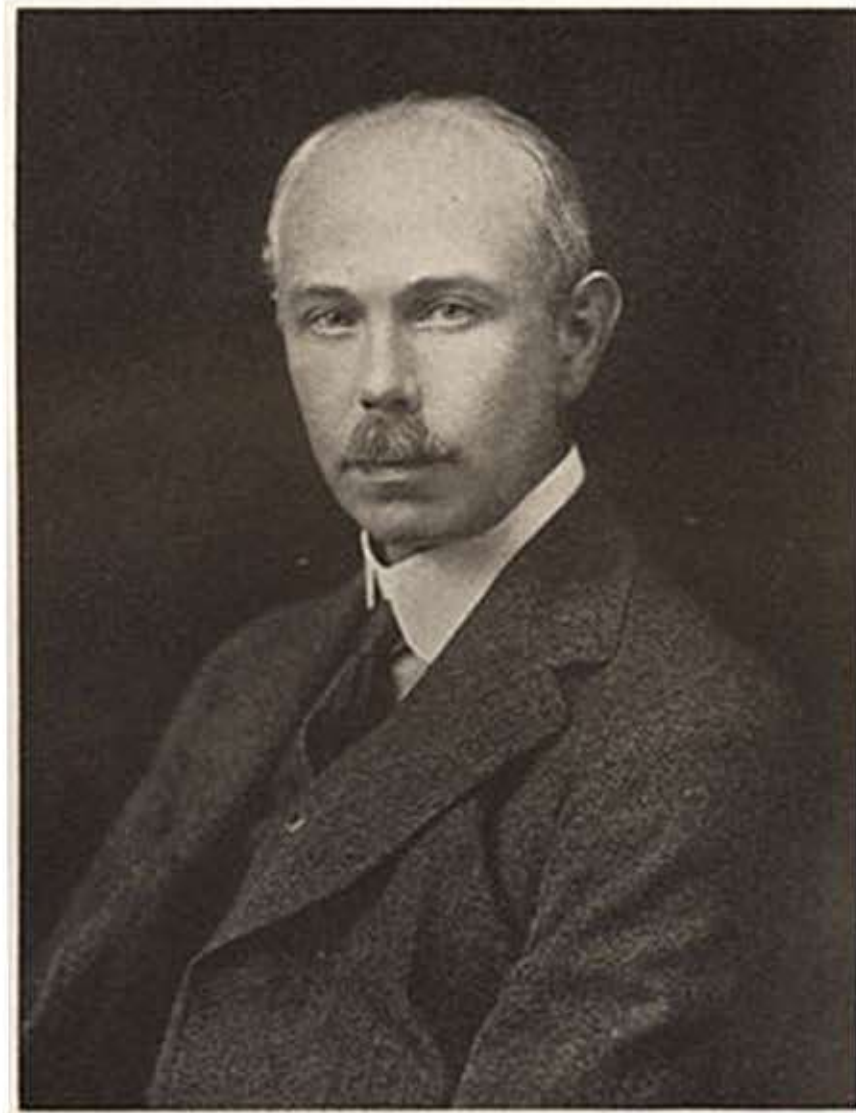
Joleon Lescott -  
Professional Footballer

Emma Willis - TV Presenter  
and former Model



# Friday

*Brummie Born & Bred*



Francis William Aston -  
Nobel Prize Winner,  
Physicist



# Biography

## Dave Heeley - 'An ordinary bloke from a little market town called West Bromwich'

Dave was born 24th November 1957, he is married to wife Debbie whom he whisked off to Gretna Green (a romantic at heart) and they have three girls who they are very proud of.

He was always known as a clumsy child, never a day passed without cuts, bruises or a broken pair of glasses, and at the age of ten, he was diagnosed with an eye condition called Retinitis Pigmentosa.

When first diagnosed he was quite a celebrity at school, 'Wow Dave's going blind', no one else was, so it was a case of 'I've got something you haven't'. He attended mainstream school; Greets Green Junior and George Salter High School.

The realisation of his eye condition hit him with some force at the age of seventeen with the dream of a career in the army shattered and with all his friends taking driving tests, he realised the true implications of going blind. It was at this point he inwardly started feeling sorry for himself, and wondered 'Why me' but he realised that, in life, there are two paths to tread; negative or positive and he chose the positive route.

Regardless of his sight problem, he's had a varied working career, mainly office bound. He had his own company for around seven years, distributing suspended ceilings, partitions, dry lining and joinery.

After spending three years at Queen Alexandra College, he achieved skills in Braille, computers, carpentry and wood turning; it's now easy for him to lose himself in his workshop where he loves to design and make all kinds of furniture. He now also has a weekly radio slot on Insight radio called 'DIY with Blind Dave'

Dave tried hard over the years to conceal his blindness but with his eyesight gradually declining the accidents kept increasing until he had to admit defeat and resort to using a white cane, which made him feel incapable, vulnerable and extremely frustrated. However, overnight Dave's life was changed when he was introduced to Peter, his first Guide Dog. With Peter came confidence, standing and walking tall, feeling very proud, striding out with a sure-footed four-legged friend, mobility assured and independent, the perfect recipe for adventure.

Dave is up for most challenges, and has had a go at most things; skiing, water skiing, horse riding, cliff jumping, driving around Brands Hatch, riding motor bikes, driving a tank, abseiling, he was let loose in a speed boat, completed a Go Ape course and, of course, he certainly enjoys running!



Photo of 'Blind Dave' Heeley

# Biography

He has competed in numerous half marathons, including the Great North and South runs along with the New York and London marathons, and of course is famous for completing 7 marathons in 7 days on 7 continents - the ultimate challenge! He is the first and only blind person in the world to achieve this.

The epic challenge, which took him on a running journey around the world running 7 marathons, in 7 days, over 7 continents, began on 7th April 2008 in the Falkland Islands (Antarctica), Rio, Brazil, (South America), Los Angeles, (North America), Sydney, (Australia), Dubai, (Asia), Tunisia, (Africa), with the challenge ending in the Flora London marathon, (Europe), on 13th April 2008.

The challenge launched Dave into a new career as a 'Motivational Speaker' to a diverse audience including corporate after dinner speaking, and speaking at colleges and schools.

A fitting end to 2008 was 'Blind Dave' and his running guide being acknowledged at the BBC Midlands Sports Awards as the winners of the 'Sporting Achievement of 2008'

In 2009 Dave became the Physical Activities Champion for Sandwell Council and an Ambassador for the Birmingham Half Marathon. He was also acknowledged with an award by the High Sheriff of the West Midlands.

He has been involved with many charities, including running the first Birmingham Half marathon for the Kidney Kids appeal with 'Team Blind Dave'

2010, Dave was appointed to the board of Governors at Queen Alexandra College, he was also appointed patron of Ideal for All charity. As a West Bromwich Albion fan, Dave was also made Ambassador of the club - his ultimate accolade.

2011, Dave announced that he was taking on the Top2Toe challenge; a ten day running and cycling challenge from John O'Groats to Lands' End. In Dave's words, it was an unbelievable journey, fighting the elements, rain, hail, fog, cold sunshine, hills, valleys, A roads, B roads, dual carriageways and traffic. There was pain and pleasure, physical and mental fatigue but with support from a great team around him, the journey, the challenge, the adventure, was a great success for both him and Macmillan charity for which he raised funds for.

The journey completed - another first and a world record, running 10 marathons in 10 days and cycling over 700 miles; John O'Groats to Lands' End had certainly never been done this way before, possibly never again either!

In recognition of his achievements, West Bromwich Albion Players Awards presented Dave with a 'Contribution to the Community' award. This is the first time an award of this nature had been presented to anyone.

After finishing The Epic Top2Toe Challenge, Dave went on to complete his 10th consecutive Great North run 3 weeks later.

In recognition of Dave's charity work over the years he was invited to Buckingham Palace for a Christmas reception with the Queen and also to a function at the House of Lords. In 2011 Dave was honoured by the Wolverhampton University with an honorary degree of Doctor of Letters.



# Biography

He has also attended events at No.10 Downing Street, St James's Palace where he met Prince Philip, and Clarence House, where he met Prince Charles.

2012 began with Dave training for his 11<sup>th</sup> consecutive London Marathon, and for a 240 mile cycle ride over 2 days! Again, for charity, these challenges were in aid of 'Changing our Lives Charity' which is very personal to Dave as a good friend lost her life and this was her chosen charity.

On 31<sup>st</sup> March Dave became the 11<sup>th</sup> Honorary Freeman of the Metropolitan Borough of Sandwell, the highest accolade a council can bestow.

On the 31<sup>st</sup> May Dave completed the slowest ever 300m of his life as a torchbearer carrying the Olympic Flame and on the 29<sup>th</sup> August, Dave and his mate Duggie rode tandem into the Olympic stadium to take part in the opening Ceremony of the Paralympic Games.

2013 started off with a very painful 12<sup>th</sup> consecutive London marathon, his slowest to date and with both knees giving him serious problems, he wondered if his body was beginning to ask questions! Unfortunately the answer was yes and after undergoing an MRI scan it was decided that Dave had to have cortisone injections in both knees and consider REST AND LOW IMPACT TRAINING!!

Through radio WM and their red alert appeal, supporting Cure Leukaemia, Dave took on a series of challenges in support of the charity. Could a blind bloke do.....? Hairdressing? Yes but leaving presenter Adrian Goldberg with an unusual haircut! Drive a steam train.....? Yes on the Severn Valley Railway from Bewdley to Bridgnorth. Fly a plane.....? Yes a single prop plane over the skies of Coventry.

Eventually, Dave and Duggie got back on the tandem for a little low impact training. After the success of the Olympic games the first ever 'Ride London' event was put on. It gave Dave and other riders the opportunity to cycle over 100 miles, traffic free, starting in the Olympic Park, encompassing the course of the Olympic road race, finishing on The Mal, alongside some 20,000 other riders. Dave's knees held out!

On September 23<sup>rd</sup>, Dave began a new challenge; cycling over 700 miles across 7 countries in 7 days. Dave and Duggie's journey began in Zurich, travelling through, Germany, France, Luxembourg, Belgium, Holland and finally on the 29<sup>th</sup> September finishing on Broad Street in Birmingham alongside 25 other core riders - a real team effort supporting Help Harry Help Others Charity.

Decision time; Dave's 12<sup>th</sup> consecutive Great North run and another Birmingham half marathon should these be shelved, or should the knees be tested? The knees were tested, but sadly Dave realised that his 13<sup>th</sup> consecutive London marathon was not going to be. The knees needed more TLC.

2014 training commenced but not as intense as Dave had no marathons scheduled. First challenge of the year was taking part in 'Wheels for Change' a 100k bike ride starting and finishing at Dave's top premier club West Bromwich Albion in aid of UNICEF. Next was the Aberdovey bike ride, which has become an annual event for Dave and Duggie. The final tandem adventure of the year was the 'Coast to Coast Challenge' East to West across England and down through Ireland and back into Wales as part of a team supporting Teenage Cancer.

# Biography

**"I THOUGHT I WAS BEING ASKED ABOUT DESSERT BUT IT TURNS OUT I WAS SAYING YES TO THE DESERT"** Dave's next challenge was announced, in aid of The Albion Foundation, he was to participate in the 2015 'Marathon Des Sables' billed as the toughest foot race on earth where participants endure 6 gruelling days across the Sahara Desert running almost 160 miles in the searing heat.

In preparation for this challenge, Dave ran his 13th Great North run, an ultra 50 mile Gower Coast run, giving Dave and his guides the psychological boost they needed for the MDS challenge. Final preparations included a 24 mile ultra-run across the Brecon Beacons, in the cold and heavy rain, regular training sessions over the Wrekin in Shropshire, in the snow, they were shaking their heads in regards to the weather; off to run in 50 degree heat and they are training in the snow!

In July Dave received a High Sheriff's award and in August the Points of Light award from the Prime Minister David Cameron.

In November Dave was invited to the Black Country Sport and Physical Activity Awards, where for once Dave was stunned into silence as he picked up 'The Elvis Gordon Chairs Recognition Award' the first time this award had been presented.

Then the Marathon Des Sables was upon them, so along with Tony and Rosemary, his guides; he flew to Morocco for the 30th Marathon des Sables on the 3rd April 2015. The MDS as it is known is reputed to be the toughest foot race on the planet, an event covering 156 miles over 6 days, being totally self-sufficient across the Sahara Desert. Over the 6 days they encountered dried up lakes and river beds, 4 mountain ranges, sand dunes, at times as long as 17 miles, and temperatures that peaked around 50 degrees. After 6 gruelling days they finished and Dave became the first English Blind person to undertake and complete. After such a fantastic adventure the sun must have got to Dave, as the following week he ran the Ironbridge half marathon, followed by his 14th London marathon and the first Great Birmingham 10k. Then for a little fun Dave, and his guides, Tony & Garry ran the Halesowen 10k dressed as the three blind mice!

No rest for the wicked it seems, as the mantle was picked up again with Dave's book, the hard work editing, sorting photos, it was mentally demanding but with a lot of help from his wife, Deb and Sophie Parkes who helped co-write it, the publishers deadline for the end of November was met, ready for the book launch early in 2016.

The year ended with Dave being invited to become a fan in the crowd at the Hawthorns as part of the 'Match of the Day' programme, along with his daughter they were filmed before, during and after a game promoting diversity.



# Biography

2016 New Year, new challenge; Escape from Alcatraz!! The event is considered by many to be the toughest annual triathlon in the world and would test Dave to his limits.

The challenge a mile and a half swim from the iconic Alcatraz prison through the cold, shark infested tidal waters of San Francisco bay, cycling 18 miles through the hills, then another 8 miles over cliffs, beaches, followed by a 400 sand step ladder. Dave did wonder if too much been taken on this time as he and Tony could barely swim! Swimming lessons soon commenced with slow progression from armbands to wet suits and then to open water swimming.

February 15th Dave's book 'From Light to Dark' was launched at Waterstones flagship store in Birmingham and a book signing tour was organised.

Dave was presented with a new West Bromwich Albion branded tandem ready for the annual Albion Foundation bike ride which this year was from Norwich City FC back to the Hawthorns over a period of 3 days and covering 180 miles.

In May he participated in the 2nd Great Birmingham 10k, his last event before Alcatraz.

At 7.30 am on the morning of the 12th June, Dave along with Tony leapt off the San Francisco Belle into the cold, rough, shark infested waters of San Francisco Bay. 58 minutes later hitting the beach, they transferred onto the tandem and took on the San Francisco hills, finally donning the trainers and hitting the cliffs & sand ladder, finally crossing the finishing line and escaping from Alcatraz in 4 hours, 14 minutes and 11 seconds, with smiles of relief!

Celebrating the success of Alcatraz, Dave, Tony and Garry dressed as convicts to take on another Halesowen 10k later that year.

In September Dave took part in his 15th Great North Run, training continued in preparation for the final couple of runs the year; The Birmingham half marathon in October, and The Brecon Beacon Ultra in November, then it was all hands to the deck as Dave prepared for 2017 and yet more challenges.

In 2017 Dave completed all of the Great Run events, beginning in Edinburgh in January and ending in Ethiopia, which was the 25th run of the year. The Great Run team also added 2 marathons to their schedule this year, including a marathon and half marathon in Birmingham on the same day, Dave being Dave, this had to be done!

2018 saw him take on the Great Wall of China, spending 6 days on renovated and un-renovated mountainous regions. This adventure was certainly special as the family, Deb and the 3 girls all went along too.

2019 he completed the Comrades Ultra Marathon in South Africa which is the oldest ultra-event. The 2019 event was its 94th year! The challenge consisted of 55 miles (87k) of hell; the race alternates each year between the 'up run' and the 'down run' 2019 was the year of the 'up run'!

With 20,000 runners starting (3,000 pulled out) and strict criteria (you had to finish in less than 12 hours or no recognition and no medal) Dave completed the challenge in 11 hours 50 minutes, with one of the guides collapsing with 10k to go.

# Biography

2020 and Dave should have been 'Escaping from Colditz' The challenge was to spend two nights in the castle then effectively 'escaping' on Sunday 19 April followed by an 800 mile ride back home to the Hawthorns. Sadly the nightmare virus took over however; Dave is already planning to participate in next year's event.

So, for the time being, Dave is grounded at home, he has a run out with the kids each morning and then with the skills he learned at QAC, he spends time in his workshop.

In 2019 a short film charting Dave's remarkable achievement of running 7 marathons in 7 days was made. For more information, search "7 Days - The Story of Blind Dave Heeley" on Amazon!

Information about Dave's book can be found on Audible and Kindle as well as searching for "From Light to Dark: The Story of Blind Dave Heeley" on Amazon!



# Have a go and show!

Below are some simple DIY Craft ideas you can get involved in and try for yourself! Share your efforts with us by emailing [info@qac.ac.uk](mailto:info@qac.ac.uk) with photos of your attempt!

## Hanging Teacup Bird Feeder

What you'll need:

- An old teacup and saucer
- All-purpose glue
- Birdseed
- Lard or peanut butter



1. Place the teacup on to the saucer and decide where you want it to be fixed before adding glue. Where you place the teacup will depend on the size and shape.
2. Add glue to your teacup and place in position on to the saucer.
3. Use masking tape to hold the teacup in place, making sure that the handle is sticking straight up. This helps it stay in place while the glue cures.
4. Depending on the position and size of your cup you might just want to place your bird seed on it, or you can mix the birdseed with lard or peanut butter and fill your cup.
5. Using a piece of string or an old necklace, tie this around the handle of your cup to create a hanger.

# Have a go and show!

## Hanging Herb Garden

You will need:

- Scrap of wood
- Empty 2-litre plastic bottles
- Batting
- Fresh herbs
- Potting soil
- Some small screws
- 2 picture hooks
- 2 concrete nails
- Hammer

**Step 1:** Cut a piece of board to the size that you want your hanging herb garden. It should be approximately 20cm wide and long enough to accommodate the amount of herbs you want to place in the herb garden.

**Step 2:** Attach two picture hangers to the top of the board at the back, for mounting onto the wall.

**Step 3:** Use a craft knife to cut the top section off the cold drink bottles. If you look at the empty bottle you will see a moulding line at the top, and you can use this to cut a straight line.

**Step 4:** Space evenly along the length of the board to allow for growing height, and fasten the tops onto the board with small screws.

**Step 5.** Use a piece of bundled up batting to fill in the neck of the bottle. This prevents the soil from falling out! Only place a small amount of potting soil into the container for the time being, as the soil from the potted herb will take up quite a bit of space. Plant the herbs into the container and fill up with soil, leaving at least a 1cm gap between the level of soil and the top of the container.

Now you are ready to hang your herb garden in a sunny spot. Measure where you want it to hang and hammer in two concrete nails.

