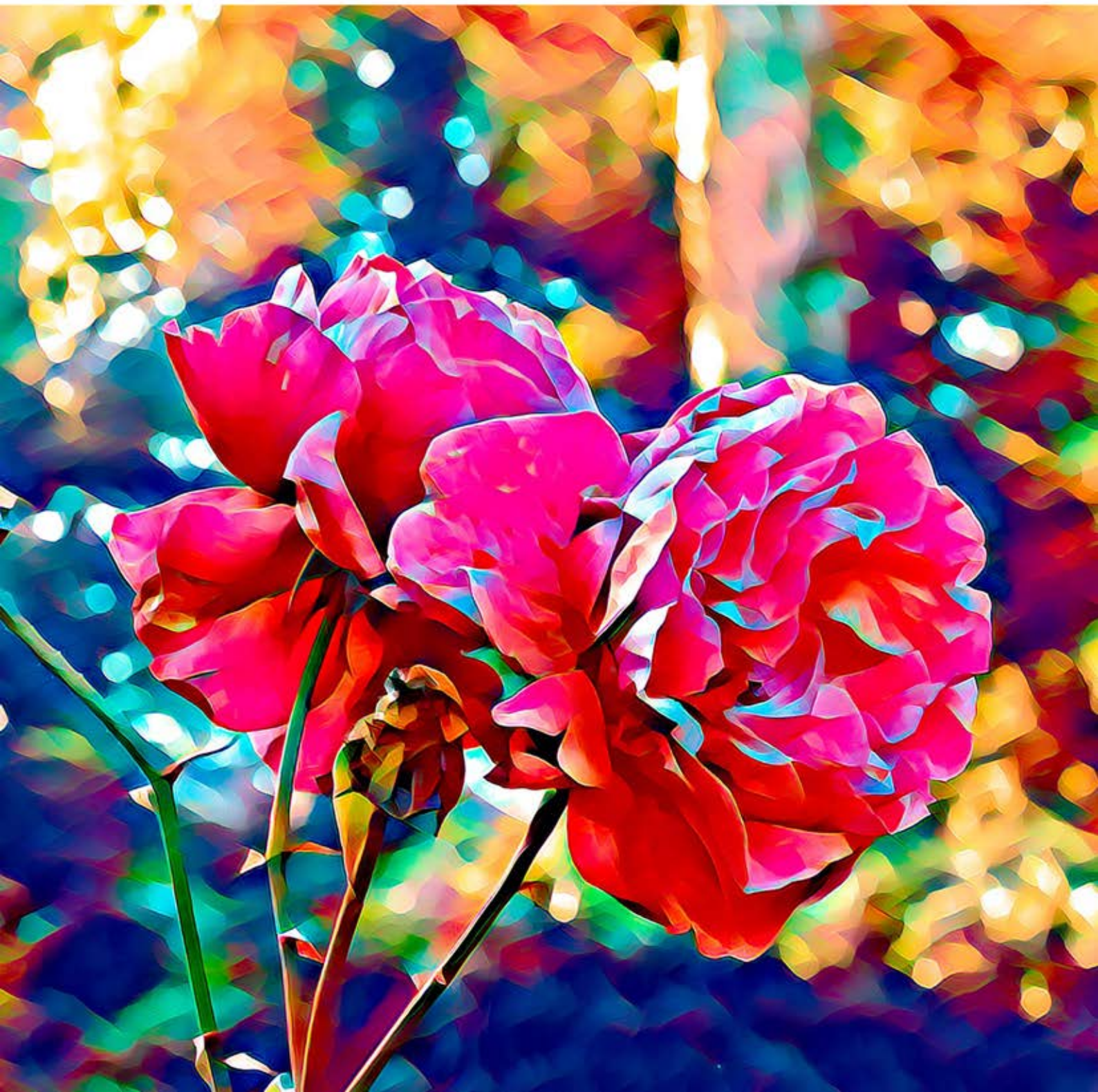




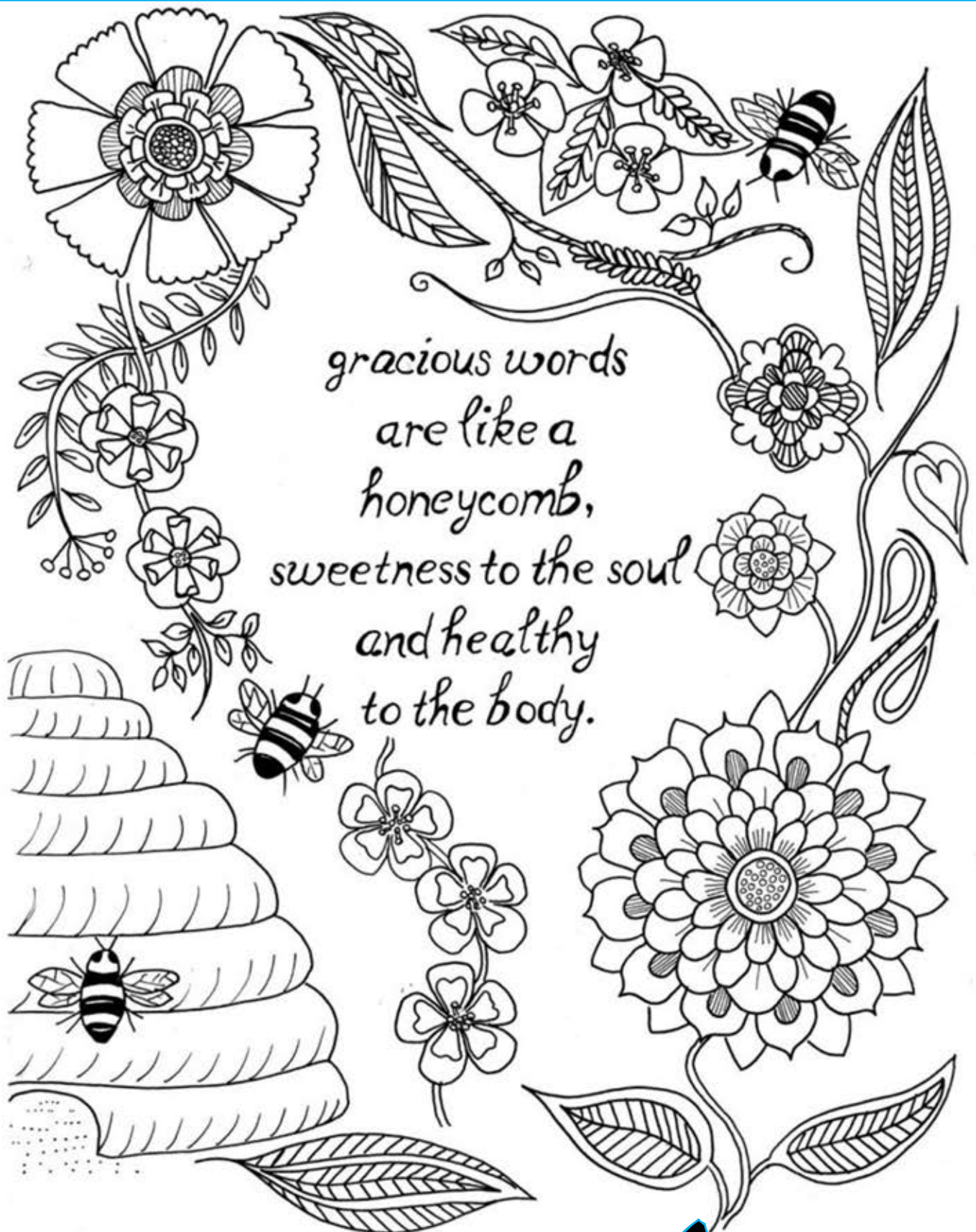
Queen Alexandra College

QAC Weekly

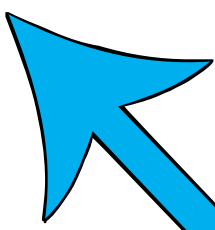
Issue 8



Monday



Colour Me



Monday

On This Day...

1980

Following an earthquake with a magnitude of 5.1 on the Richter scale, Mount St. Helens in Washington erupted in one of the greatest volcanic explosions ever recorded in North America.



1953

American aviator Jacqueline Cochran became the first woman to break the sound barrier.



Notable Birthdays...

1970

Tina Fey
**AMERICAN COMEDIAN,
WRITER AND ACTRESS**



1920

John Paul II
POPE



Monday

Recipe of the Day *2 Ingredient Ice Cream*

Ingredients:

- 1 pint of heavy whipping cream
- 1 (14 ounce) can of sweetend condensed milk

Method:

- Beat heavy cream in a bowl using an electric mixer until soft peaks form; add sweetened condensed milk and beat until thick and well combined.
- Transfer mixture to a shallow container and cover with plastic wrap; freeze until solid, about 6 hours.
- You can also add extra ingredients before freezing: chocolate chips, caramel, vanilla bean etc.



Monday



Computer Terms Word Scramble

Help! The school computer had its memory scrambled and we need your help to get things back in order. Can you unscramble the computer terms and write the correct word on each line?

EITTRNNE

SAEHRC

LLCORS

BOKEDYRA

UNMSAERE

VSIRU

EVRSER

FOTN

MONORIT

EENSRC

HAKCRE

WSREROB

KEERSAP

UADOLP

NTERPRI

IONC

SOTWRFEA

NLDDWAO

SOEUM

RSDAWSPO

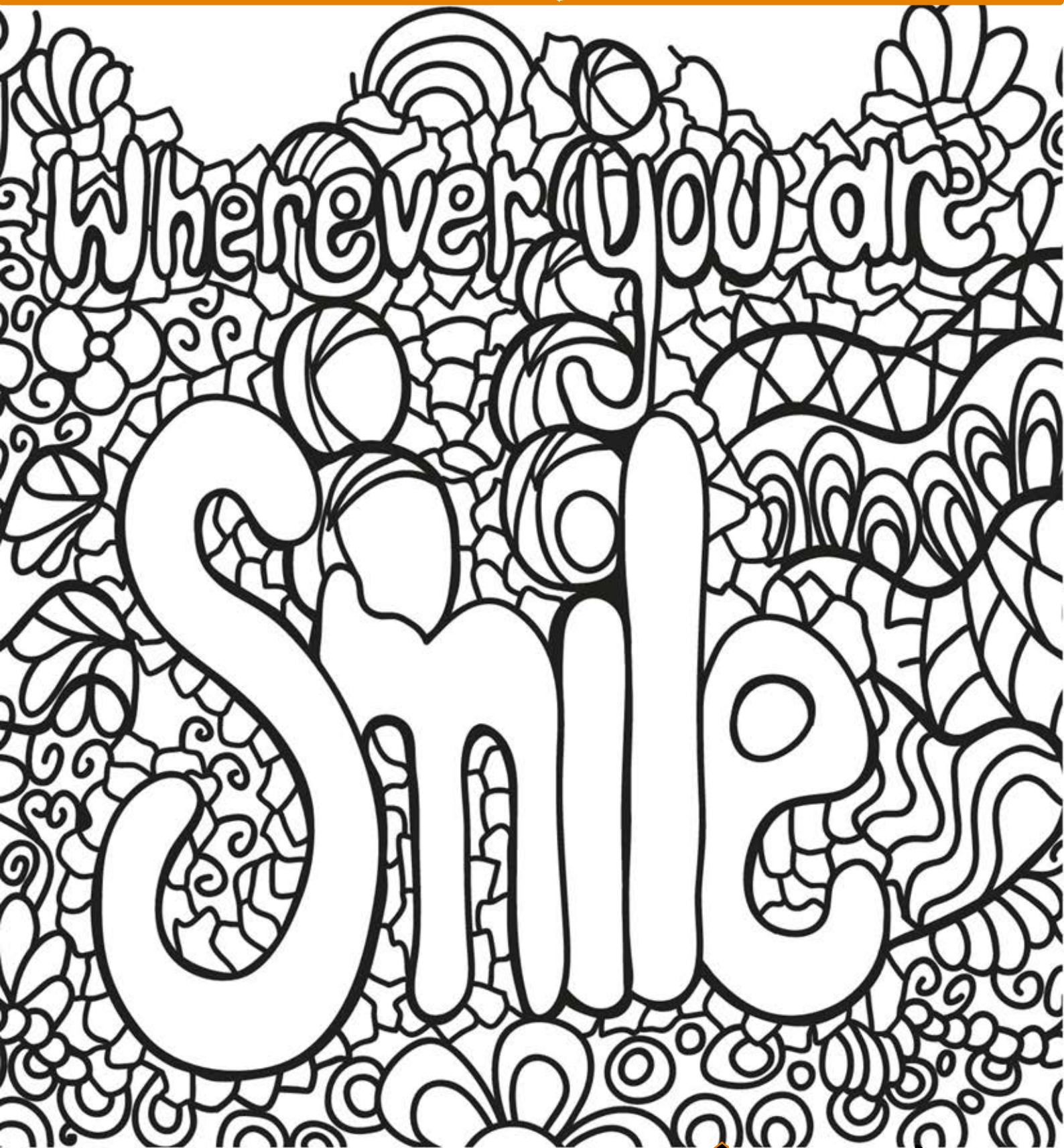
EACCH

YEAGBTIG

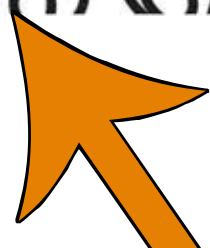
FODRLE

OEMUDNTC

Tuesday



Colour Me



Tuesday

On This Day...

2018

Prince Harry married American actress Meghan Markle at St. George's Chapel, Windsor Castle.



2001

Apple Inc. opened its first two retail stores, in McLean, Virginia, and Glendale, California.



Notable Birthdays...

1992

Sam Smith
BRITISH
SINGER-SONGWRITER



1925

Malcolm X
AMERICAN MUSLIM
MINISTER AND HUMAN
RIGHTS ACTIVIST



Tuesday

Recipe of the Day

Yorkshire Puddings

Ingredients

- 140g plain flour (this is about 200ml/7fl oz)
- 4 eggs (200ml/7fl oz)
- 200ml milk
- sunflower oil, for cooking

Method

- Heat oven to 230C/fan 210C/gas 8.
- Drizzle a little sunflower oil evenly into two 4-hole Yorkshire pudding tins or two 12-hole non-stick muffin tins and place in the oven to heat through.
- To make the batter, tip 140g plain flour into a bowl and beat in 4 eggs until smooth.

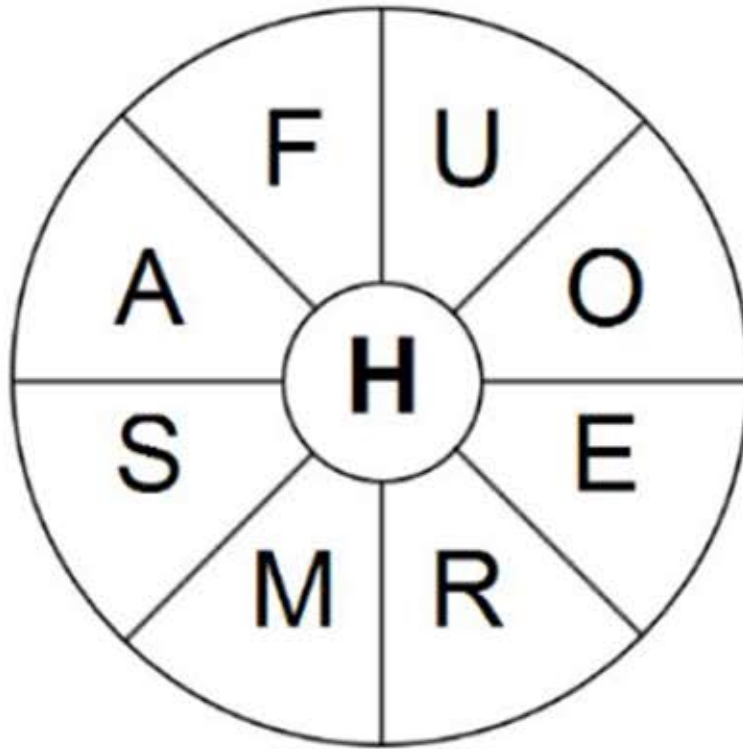
- Gradually add 200ml milk and carry on beating until the mix is completely lump-free. Season with salt and pepper.
- Pour the batter into a jug, then remove the hot tins from the oven. Carefully and evenly pour the batter into the holes.
- Place the tins back in the oven and leave undisturbed for 20-25 mins until the puddings have puffed up and browned.
- Serve immediately. You can now cool them and freeze for up to 1 month.



Tuesday

Farm Word Wheel

The change from hunter gathering to settled agricultural societies happened around 12,000 years ago. Now much of our land is farmed whether it is for growing crops or raising animals for meat, eggs and products such as milk.



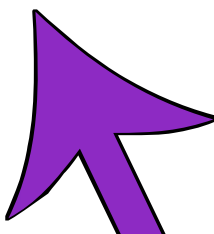
This Farm themed word wheel is made from a 9 letter Farm themed word. Try and find that word, then make as many words of any length as you can from these letters. You can only use each letter once, and each word must include the letter **H**.



Wednesday



Colour Me



Wednesday

On This Day...

2015

David Letterman - who redefined American talk shows with his unconventional humour and innovative segments - stepped down as host of the Late Show with David Letterman.



1873

Levi Strauss and Jacob Davis were granted a patent for using copper rivets to strengthen certain areas of trousers, notably pocket corners; the patent was credited with giving rise to blue jeans



Notable Birthdays...

1946

Cher
**AMERICAN ACTRESS AND
SINGER**



1908

James Stewart
AMERICAN ACTOR



Wednesday

Recipe of the Day

Curried Cauliflower Soup

Ingredients:

- 4 tbsp rapeseed oil
- 1 onion, finely chopped
- 1 tbsp mild curry powder
- 600g/1lb 5oz cauliflower, stalk removed, florets roughly chopped
- 500ml/17fl oz milk
- 500ml/17fl oz vegetable stock
- 1 tbsp white wine vinegar
- pinch sea salt flakes
- 4 free-range eggs
- 2 slices white bread, cut into cubes
- freshly ground black pepper
- squeeze lemon juice
- 1 tbsp chopped fresh coriander or parsley leaves, to garnish

Method:

- Heat 1 tablespoon of the rapeseed oil in a deep-sided sauté pan over a medium heat. Add the onion and fry for 1-2 minutes, or until just softened. Stir in the curry powder and cook for a further minute, then add the cauliflower and stir-fry for 2-3 minutes.
- Pour in the milk and vegetable stock and bring the soup to the boil, then reduce the heat until the soup is simmering and simmer gently for 12-15 minutes, or until the cauliflower florets are just tender.

Meanwhile, poach the eggs. Prepare a bowl of iced water. Bring a pan of water to the boil and add the vinegar and a pinch of salt, then reduce the heat until the water is just simmering.

- Crack 1 of the eggs into a small bowl. Whisk the water to create a whirlpool, then drop the egg into the vortex. Simmer for 1-1½ minutes, then carefully lift the poached egg out of the pan and transfer to the iced water.

- Repeat the poaching process with the remaining eggs. Keep the eggs chilled in the fridge, in the water, until needed.

- Heat 2 tablespoons of the rapeseed oil in a separate frying pan over a medium heat. Fry the bread cubes on all sides until golden-brown all over, then set aside to drain on kitchen paper. Set aside.

- When the soup is ready, set aside to cool slightly, then blend to a smooth purée using a food processor or hand-held blender. Return the soup to the saucepan, season, to taste, with salt and freshly ground black pepper, then finish with a squeeze of lemon juice.

- When ready to serve, bring a pan of water to the boil, then remove it from the heat and gently lower the poached eggs into the water all at once to reheat for 30-60 seconds, or until hot throughout.

- Serve the soup in bowls and garnish each portion with a poached egg, a scattering of croûtons and herbs, and a drizzle of the remaining rapeseed oil.



Wednesday

Let's Get Quizzicle!

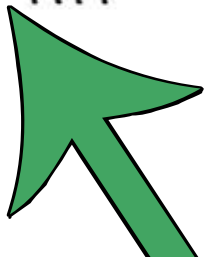
Try these 10 random quiz questions to test your knowledge...

1. What is the world's largest land mammal?
2. 'The Godfather' was released in 1972; who played the title role?
3. Who was Prime Minister when Britain joined the European Union?
4. Zn is the symbol of which chemical element?
5. The traditional Claret Jug is the trophy awarded to the winner of which annual sporting event?
6. What is the art of stuffing animals for preservation?
7. What does a Geiger Counter measure?
8. Which two main ingredients make up Banoffee Pie?
9. The UK sitcom 'Gavin & Stacey' was written by Ruth Jones and which other comedian?
10. The Boat Race takes place between crews from which two UK universities?

Thursday



Colour Me



Thursday

On This Day...

1972

Michelangelo's Pietà, a sculpture depicting the Virgin Mary supporting the body of the dead Christ, was attacked and badly damaged in St. Peter's Basilica, Vatican City.



1927

American aviator Charles A. Lindbergh completed the first non-stop solo flight across the Atlantic Ocean, travelling from New York to Paris in the monoplane Spirit of Saint Louis in about 33.5 hours.

Notable Birthdays...

1944

Mary Robinson
**FORMER PRESIDENT OF
IRELAND**



1780

Elizabeth Fry
BRITISH PHILANTHROPIST



Thursday

Recipe of the Day

Hasselback Potatoes

Ingredients:

- 2½ kg medium potatoes, scrubbed (choose a variety that roasts well like Maris Piper)
- 2½ tsp black peppercorns
- 150g butter
- 120ml olive oil
- 2 large lemons, zest pared

Method:

- Heat oven to 200C/180C fan/gas 6. Rest each potato on a large serving spoon and cut widthways at 3mm intervals – cutting the potato on a spoon stops you slicing all the way through. Repeat with all the potatoes. Roughly grind the peppercorns with a pestle and mortar.
- Melt the butter and oil in a large roasting tin. Once sizzling, add the potatoes and pared lemon zest. Toss well so that all the potatoes get coated in the fat, then season well with salt and three quarters of the freshly ground black pepper. Roast on the bottom shelf of the oven for 1 hr-1 hr 15 mins until golden and tender. Discard the lemon zest and scatter over the remaining pepper to serve.



Thursday

Number Search Puzzle

INSTRUCTIONS: Find the numbers that appear in the list below the grid. Numbers can be found in any of the following directions: up, down, forwards, backwards and diagonally.

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

174244

254802

269208

279104

323460

329946

351751

515970

578506

597735

629565

634716

687409

699428

714488

742119

743619

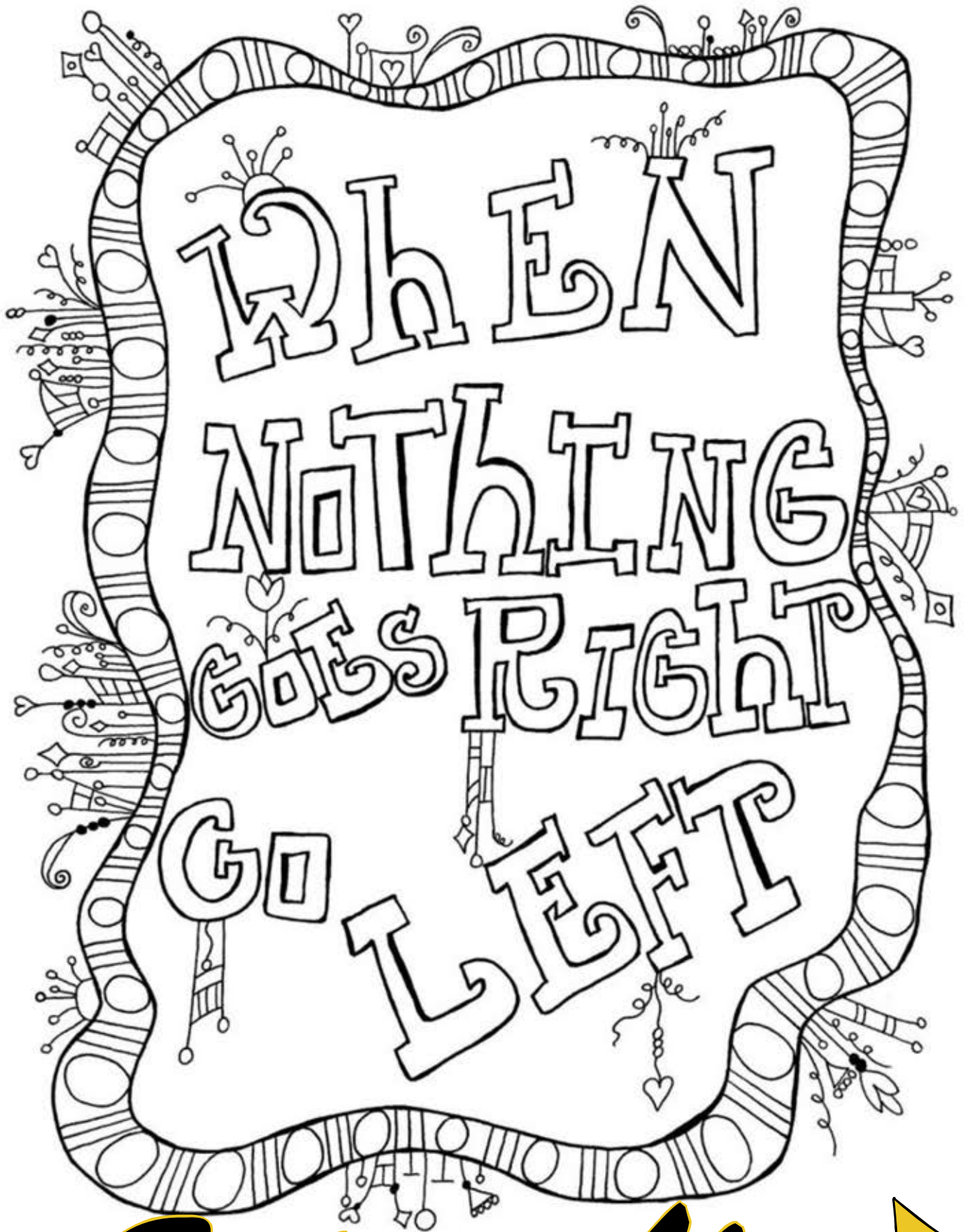
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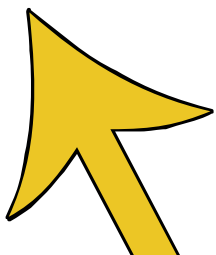
914749

936463

Friday



Colour Me



Friday

On This Day...

1972

Richard M. Nixon arrived in Moscow, the first visit by a U.S. president to the Soviet Union.



1960

One of the largest earthquakes on record struck the southern coast of Chile, killing about 5,700 people and creating seismic sea waves that caused death and destruction in distant Pacific coastal areas, notably Japan and Hawaii.



Notable Birthdays...

1946

George Best
**NORTHERN IRISH
FOOTBALLER**



1930

Harvey Milk
**AMERICAN POLITICIAN
AND ACTIVIST**



Friday

Recipe of the Day *2 Ingredient Wheat Free Banana Pancakes*

Ingredients:

- 1 teaspoon butter
- 1 large egg
- 1 large banana broken into chunks

Method:

- Heat a large skillet over medium heat; add butter.
- Mash banana chunks in a bowl using a fork until it becomes a wet consistency. Add egg and whisk mixture until batter is smooth.
- Drop batter into the hot butter to make 2 pancakes. Cook until bubbles form and the edges are dry, about 3 minutes. Flip and cook until browned on the other side, about 2 minutes.
- Top your pancakes with something extra: walnuts, banana, honey, syrup.



Friday

Brummie Born & Bred

Ali Campbell - Musician,
UB40



Matthew Boulton - Pioneering
Industrialist and member of the
Lunar Society

Zena McNally - Singer,
Mis-Teeq



Friday

Brummie Born & Bred

Tony Hancock - Comedian
and Actor



Soni Razdan - Actress and
Film Director

Duane Henry - Actor



Friday

Brummie Born & Bred

Julia Hartley-Brewer -
Journalist and TV Panelist



Kal Yafai - World Champion
Boxer

Grace Jacqueline Hill -
Actress, Doctor Who



Friday

Brummie Born & Bred



Nick Rhodes -
Musician, Duran Duran

Biography

Daniel Kish

Daniel is an American expert in human echolocation and the President of World Access for the Blind (WAFTB), a California-registered nonprofit organisation founded in 2000 to facilitate “the self-directed achievement of people with all forms of blindness” and increase public awareness about their strengths and capabilities. Daniel and his organisation have taught a form of echolocation to at least 500 blind children around the world.

Born 1966 in Montebello, California, Daniel had to have his eyes removed before he was 13 months old due to eye cancer and is the first totally blind person to be a legally Certified Orientation and Mobility Specialist (COMS) and to hold a National Blindness Professional Certification (NOMC). He also holds master's degrees in developmental psychology and special education from University of California Riverside.

His work has inspired a number of scientific studies related to human echolocation. In a 2009 study at the University of Alcalá in Madrid, Spain, ten sighted subjects were taught basic navigation skills within a few days. The study aimed to analyze various sounds which can be used to echolocate and evaluate which were most effective.

In another study, MRI brain scans were taken of Kish and another echolocation expert to identify the parts of the brain involved in echolocation, with readings suggesting “that brain structures that process visual information in sighted people process echo information in blind echolocation experts.”



Photo of Daniel Kish

Local Heroes

Manisha Patel - QAC Staff Member

Manisha volunteers with the Elias Mattu Foundation in Wolverhampton where she spends three days a week packing and delivering food parcels for people in the community who are vulnerable, elderly, or unable to leave their houses.

She has also been making one hundred visors as part of the service projects undertaken by Sri Sathya Sai International Organisation and delivered these to care homes in Wolverhampton.

In her spare time, Manisha also runs group spiritual meetings on Zoom to help people reflect inwards and find calm within in this difficult and chaotic time. Having helped to organise a prayer session, over five hundred families participated online and she now helps others to hold their own sessions promoting wellbeing across the West Midlands.

