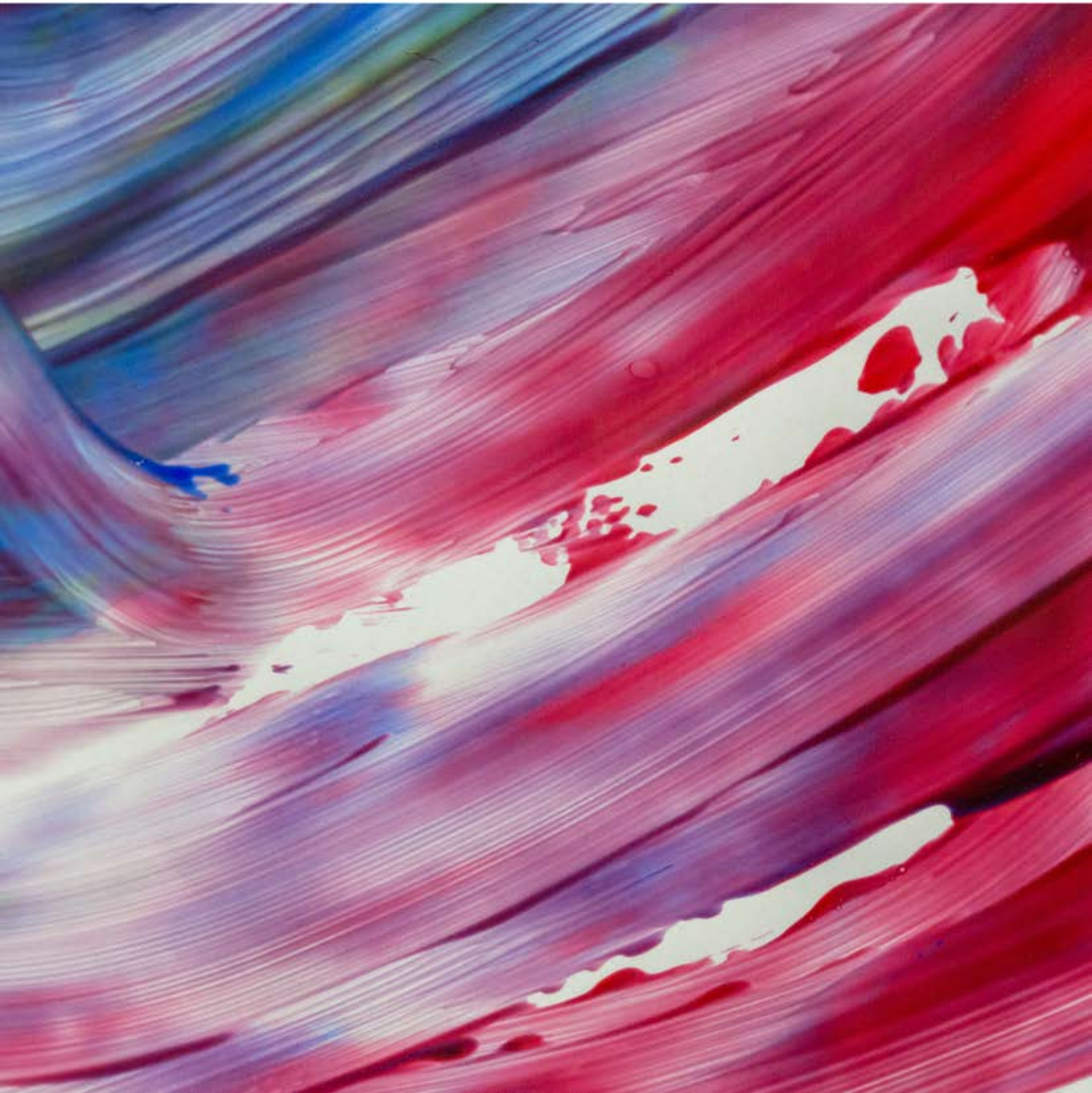




QAC Weekly

Issue 9



Monday



YOGA HEALS THE SOUL

Colour Me

justcolor.net



Monday

On This Day...

2011

The last episode of The Oprah Winfrey Show aired; the long-running TV programme had helped make Winfrey one of the richest and most influential women in the United States.



1935

American track-and-field standout Jesse Owens set three world records and equalled one other at a meet in Michigan.

Notable Birthdays...

1939

Sir Ian McKellen
BRITISH ACTOR



1878

Bill "Bojangles" Robinson
AMERICAN DANCER



Monday

Recipe of the Day

Potato Gnocchi

Ingredients:

- 1 kg floury potatoes, such as Maris Piper, King Edward
- 100 g Tipo 00 flour, plus extra for dusting
- 1 whole nutmeg, for grating

Method:

- Use potatoes of a fairly even size, as you're going to cook them whole. Cook in a large pan of boiling salted water for 20 to 25 minutes, or until tender.
 - Drain and leave until cool enough to handle, then remove the skins.
 - Mash the potatoes using a potato ricer or masher on to a large clean board.
 - Sprinkle over the flour, finely grate over half the nutmeg, season well with sea salt and black pepper, then scrunch and push the mixture together with clean hands.
- Depending on the potatoes, you may need to add a little more flour – use your common sense.

- Knead on a flour-dusted surface for a few minutes until pliable, then divide into 4 equal pieces and roll each into a sausage about 2cm thick.
- Slice into 3cm lengths - this is your basic gnocchi. Now you can gently roll each piece down a butter pat, the back of a fork or a fine grater to add grooves, which will help your sauce to stick, or simply roll into balls.
- Cook 2 portions at a time, as it's so quick, and it also means they're less likely to break up. Cook in a pan of boiling salted water for 2 to 3 minutes - as soon as they come up to the surface, they're ready.
- Remove with a slotted spoon and toss with melted butter and finely grated Parmesan, my Hero tomato sauce (or leftover sauce from a stew, which you can see in the picture), then finely grate over a little Parmesan, to serve. I also like to add a little dollop of pesto - homemade or jarred, it's up to you.

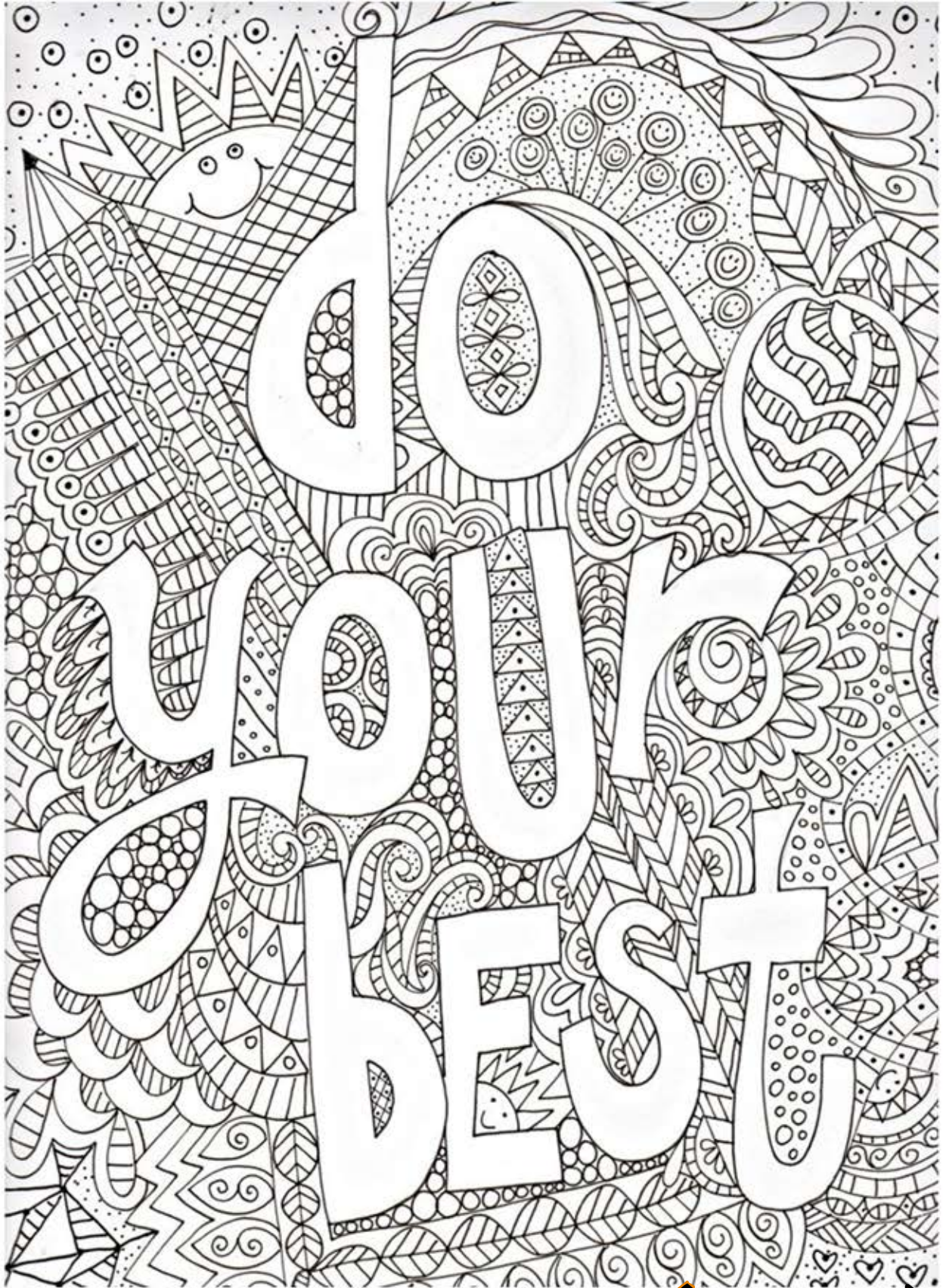


Monday

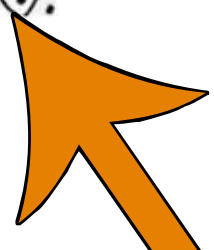
Harry Potter Trivia Quiz

1. What is Hagrid's first name?
2. What colour are Harry Potter's eyes?
3. What kind of snake did Harry talk to at the zoo?
4. When Mr. Dursley nailed up the mail slot, where did Harry's letters come through?
5. True or False: One of the first books Harry had to buy for Hogwarts was called One Thousand Magical Herbs and Fungi
6. What is the name of the famous pub in Diagon Alley?
7. On which holiday did Voldemort kill Harry's parents?
8. What kind of creatures run Gringotts bank?
9. What is Bellatrix's last name?
10. What is the name of the Minister of Magic at the beginning of the story?

Tuesday



Colour Me



Tuesday

On This Day...

1940

During World War II Britain began to evacuate its troops from Dunkirk, France



1876

The Challenger Expedition, a ground-breaking oceanographic exploration cruise carried out by the British Admiralty and the Royal Society, concluded successfully.



Notable Birthdays...

1975

Lauryn Hill
AMERICAN
SINGER-SONGWRITER



1949

Jeremy Corbyn
MEMBER OF
PARLIAMENT



Tuesday

Recipe of the Day

Flapjack Biscuits

Ingredients

- 100 g unsalted butter, (at room temperature)
- 100 g mixed dried fruit & nuts
- 100 g porridge oats
- 100 g self-raising flour
- 100 g golden syrup

Method

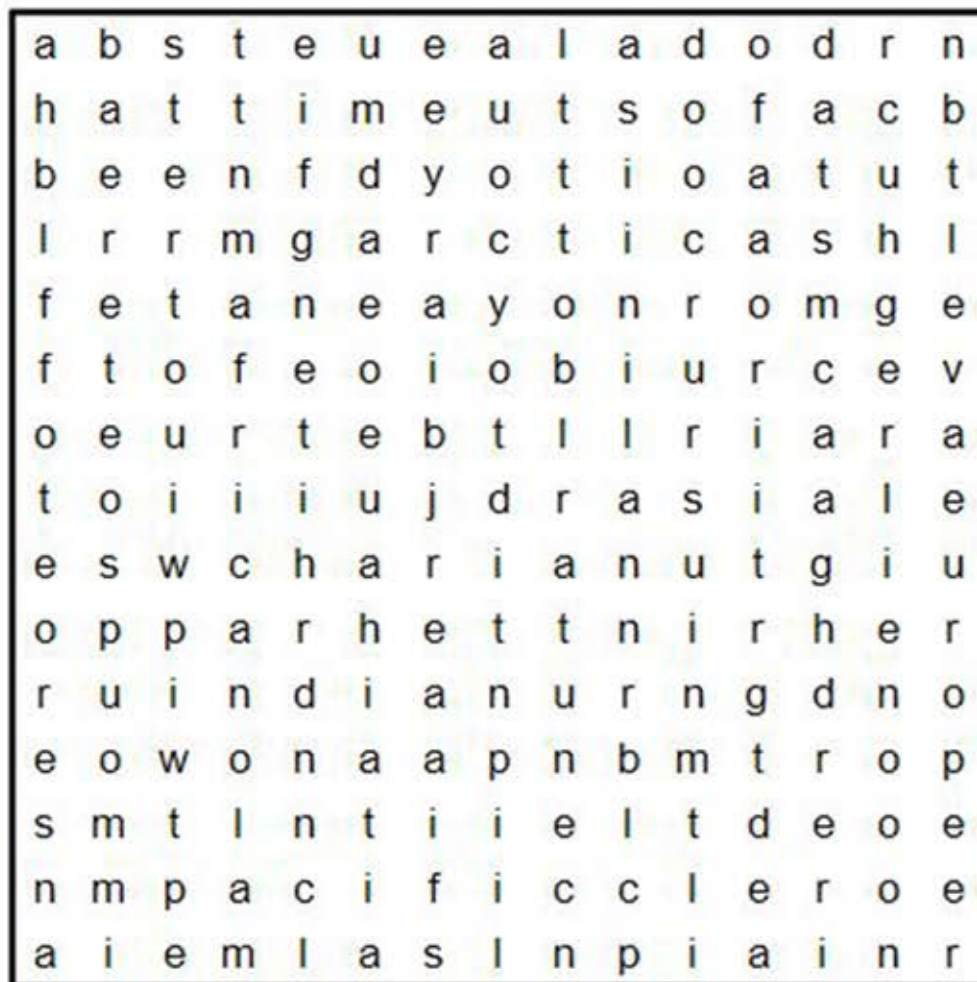
- Preheat the oven to 180°C/350°F/gas 4.
- Line a deep 20cm square baking tin with greaseproof paper and rub with olive oil.
- Pulse the butter, dried fruit and nuts, oats and flour in a food processor until the mix comes together and away from the sides, then pulse in the syrup until fully combined.
- Transfer to the lined tin, flattening to the edges. Bake for 15 to 20 minutes, or until golden.
- Remove from the oven, slice into 16 squares ready to cut, and leave to cool in the tin for 5 minutes.



Tuesday

Oceans and Continents Word Search

There are seven continents on Earth covering about a third of the Earth's surface. Continents include Europe, Asia, North America, South America, Australia, Africa and Antarctica. Oceans cover two thirds of the Earth's surface. The five oceans are the Pacific, Indian, Atlantic, Arctic and Southern Ocean (sometimes called the Antarctic).



Word List

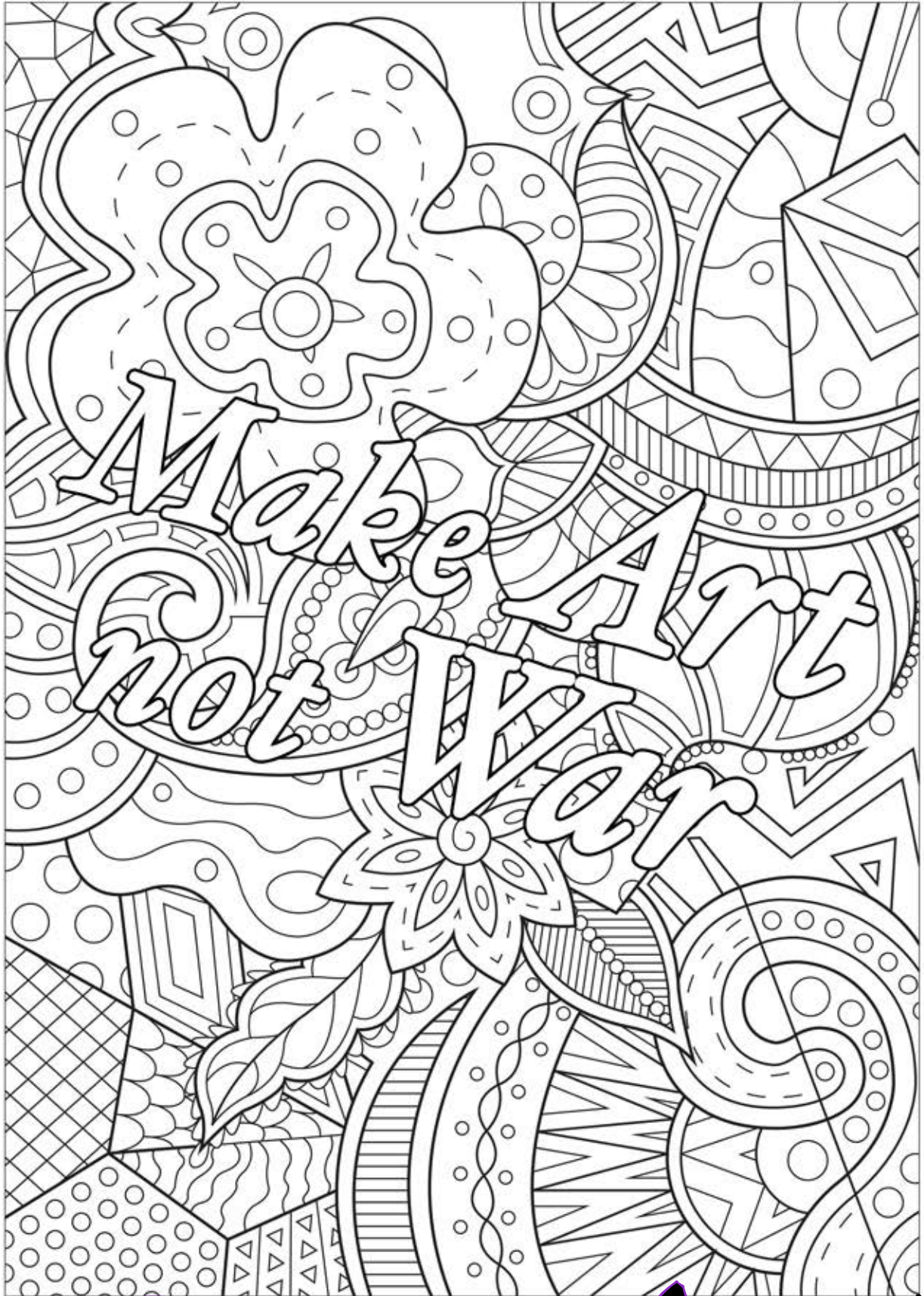
See if you can find the oceans and continents in our word search.

Africa
Europe

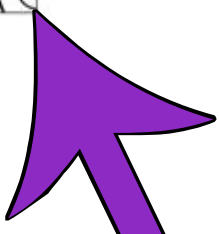
Arctic
Indian

Asia
Pacific

Wednesday



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Wednesday

On This Day...

1993

A terrorist bomb went off in Florence, damaging a wing of the famous Uffizi Gallery.



1703

Founded by Peter the Great, St. Petersburg has played a vital role in Russian history and is especially known as the scene of the 1917 revolutions and as a fiercely defended city during World War II.



Notable Birthdays...

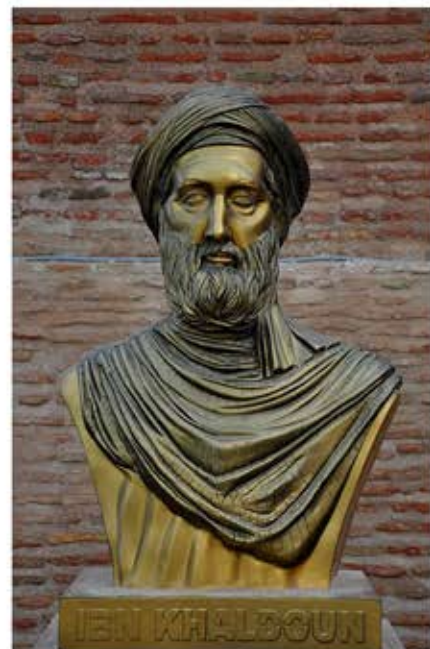
1975

Jamie Oliver
BRITISH CHEF



1332

Ibn Khaldun
MUSLIM HISTORIAN



Wednesday

Quick Fire Food Facts

- The '57' on the Heinz ketchup bottle represents the number of pickle types the company once had.

- Marmite was first introduced into the UK in 1902.

- Honeybee workers must visit 2 million flowers to make one pound of honey.

- Radishes are members of the same family as cabbages.

- Almonds are a member of the peach family.

- Apples, pears, cherries and strawberries are all members of the rose family.

- Egg yolks are one of the few foods that naturally contain Vitamin D.

- There are approximately 350 different pasta shapes around the world.

- Canned peach was the first ever fruit to be eaten on the moon.

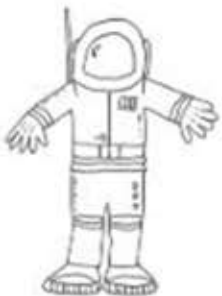
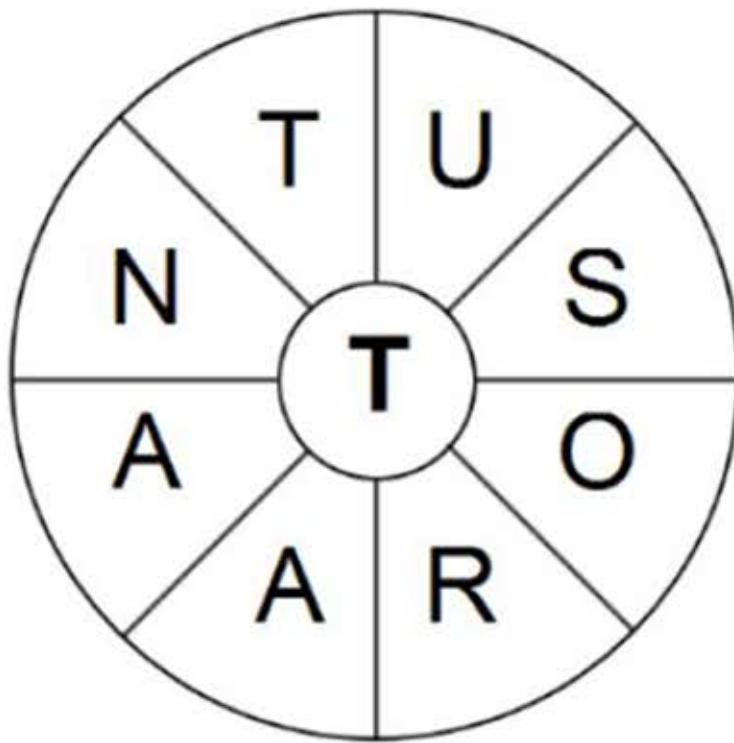
- The M's in M&M's stand for Mars & Murrie, the co-creators of the sweet.



Wednesday

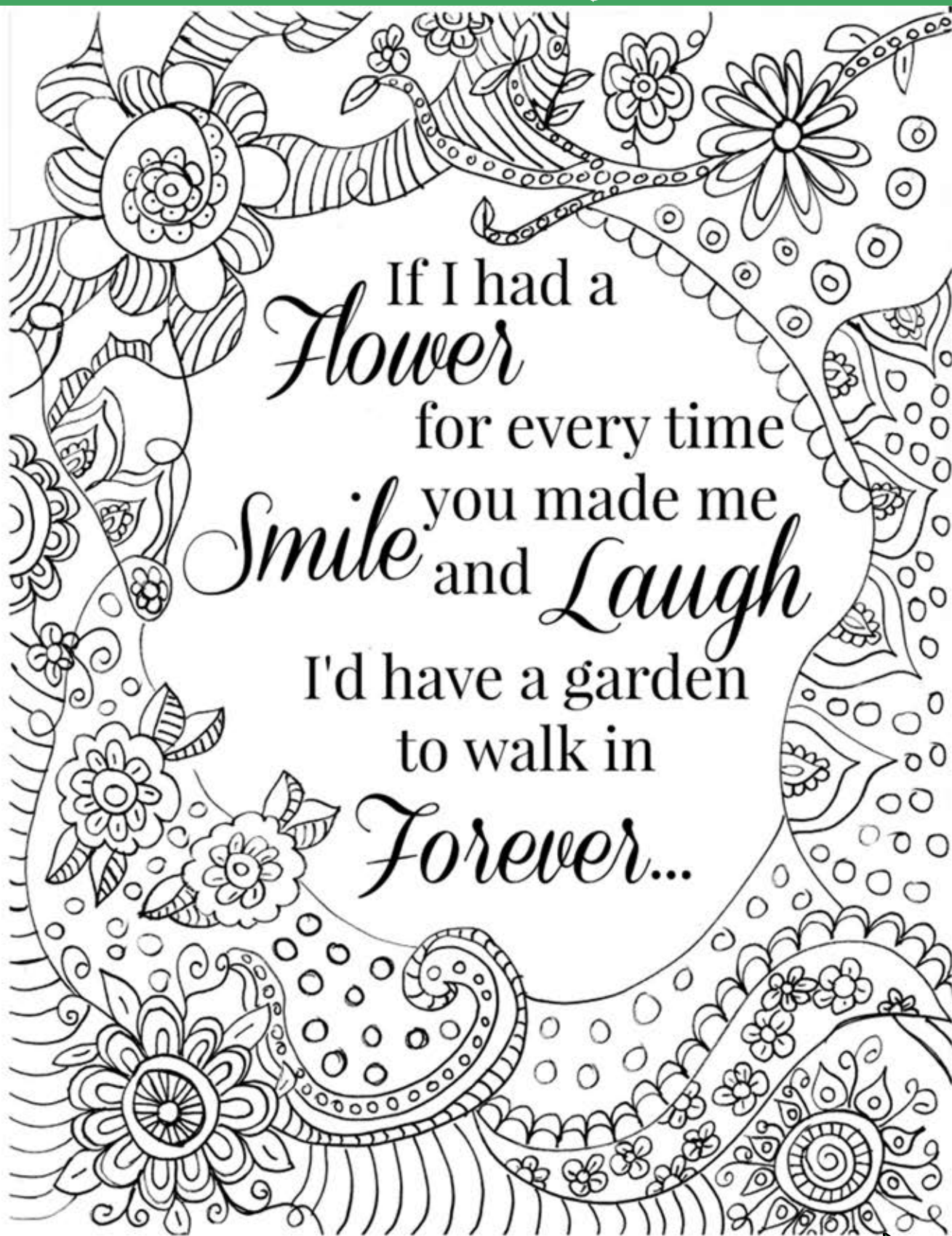
Space Word Wheel

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.

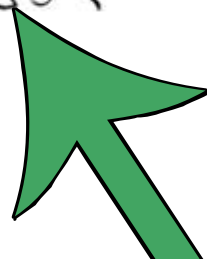


This Space themed word wheel is made from a 9 letter Space themed word. Try and find that word, then make as many words of any length as you can from these letters. You can only use each letter once, and each word must include the letter T.

Thursday



Colour Me



Thursday

On This Day...

1961

Dedicated to informing public opinion about human rights and to securing the release of political prisoners, Amnesty International was founded in London and won the 1977 Nobel Peace Prize.

ai
amnesty international



1937

Birmingham born politician Neville Chamberlain became prime minister of Great Britain.

Notable Birthdays...

1968

Kylie Minogue
AUSTRALIAN SINGER



1908

Ian Fleming
BRITISH AUTHOR



Thursday

Recipe of the Day *Butter Bean and Chorizo Stew*

Ingredients:

- 200g cooking chorizo
- 2 x 400g cans chopped tomatoes
- 2 x 400g cans drained butter beans
- 1 tub fresh pesto

Method:

- Slice the chorizo and tip into a large saucepan over a medium heat. Fry gently for 5 mins or until starting to turn dark brown. Add the tomatoes and butter beans, bring to the boil, then simmer for 10 mins. Swirl through the pesto, season lightly and ladle into four bowls.



Thursday

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.

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

128036

132798

170596

247495

257669

274797

376203

389980

400950

414663

438795

456405

466855

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608607

626528

638358

658582

689972

782657

826867

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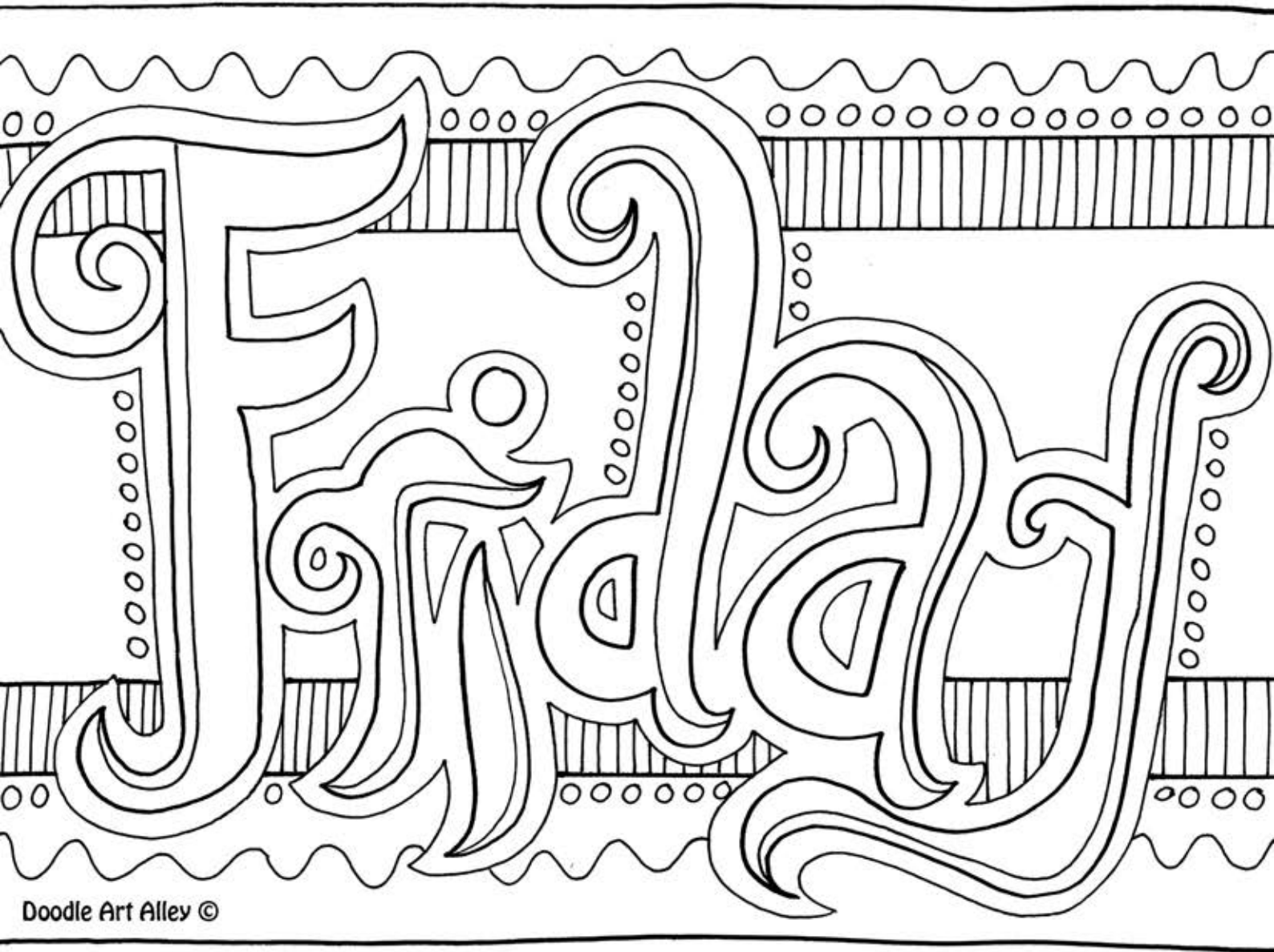
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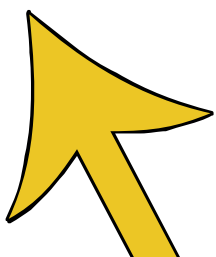
954445

989895

Friday



Colour Me



Friday

On This Day...

1999

Discovery became the first space shuttle to dock with the International Space Station.



1953

Following numerous failed attempts by other climbers, Edmund Hillary of New Zealand and Tenzing Norgay of Tibet surmounted Mount Everest, the highest mountain in the world (29,035 feet).

Notable Birthdays...

1917

John F. Kennedy
**FORMER PRESIDENT OF
UNITED STATES**



1912

Chien-Shiung Wu
**CHINESE-AMERICAN
PHYSICIST**



Friday

Fun Foody Facts

Ketchup was used as a medicine - In the early 1800s, tomatoes were believed to have medicinal qualities.

Ripe Cranberries will bounce like a rubber ball - Cranberries are commonly referred to as "bounce berries" because they bounce when they're ripe.

Apple Pie is not American - "As American as apple pie" isn't actually very American. Pie was invented in Medieval England.

The red food dye for skittles is boiled beetles - Carmine, also known as carminic acid, is a common red food dye that can be found in Skittles, maraschino cherries, raspberry and strawberry- flavoured junk food, and even lipstick.

Bananas are technically berries and strawberries are not - Bananas, along with cucumbers and kiwis — are classed as berries, whereas strawberries, blackberries and raspberries are not

Carrots were originally purple - According to the UK National Carrot Museum, the first carrots looked nothing like they do today. Originally these vegetables were purple or white with a thin root. The orange carrots we know and eat today are actually the result of a genetic mutation in the late 16th century that won out over the original colour.



Friday

Brummie Born & Bred

Jasper Carrot - Comedian



Troy Deeney - Footballer

Helen George - Actress



Friday

Brummie Born & Bred

Visanthe Shiancoe - American Football Player



John Curry - Olympic and World Champion figure skater



Laura Mvula -
Singer-songwriter



Friday

Brummie Born & Bred

Bob Carolgees - TV Presenter



Aktar Islam - Michelin
starred chef and restaurateur



Stephanie Cole - Actress



Friday

Brummie Born & Bred



Brad Simpson -
Musician, The Vamps

Biography

Stevie Wonder

American singer, songwriter, and multi-instrumentalist Stevie Wonder was born May 13 th 1950 in Michigan.

Blind from birth and raised in inner-city Detroit, he was a skilled musician by age eight. Stevie made his recording debut at age 12. The soulful quality of his high-pitched singing and the frantic harmonica playing that characterised his early recordings were evident in his first hit single, "Fingertips (Part 2)," recorded in 1963.

Over the following years Stevie had hits with "I Was Made to Love Her," "My Cherie Amour" (both co-written with producer Henry Cosby), and "For Once in My Life," songs that suited dancers as well as lovers.

'Where I'm Coming From', an album released in 1971, hinted not merely at an expanded musical range but, in its lyrics and its mood. Music of My Mind (1972) had been strongly influenced by Marvin Gaye's What's Going On, the album in which his Motown stablemate moved away from the label's "hit factory" approach to confront the divisive social issues of the day. These albums produced a steady stream of classic hit songs, among them "Superstition," "You Are the Sunshine of My Life," "Higher Ground," "Living for the City," "Don't You Worry 'Bout a Thing," "Boogie On Reggae Woman," "I Wish," and "Sir Duke."

Although still only in his mid-20s, Stevie appeared to have mastered virtually every idiom of African-American popular music and to have synthesized them all into a language of his own.

His command of the new generation of electronic keyboard instruments made him a pioneer and an inspiration to rock musicians, the inventiveness of his vocal phrasing was reminiscent of the greatest jazz singers, and the depth and honesty of his emotional projection came straight from the black church music of his childhood. Such a fertile period was unlikely to last forever, and it came to an end in 1979 with a fey and overambitious extended work called Stevie Wonder's Journey through the Secret Life of Plants. Thereafter his recordings became sporadic and often lacked focus, although his concerts were never less than rousing. The best of his work formed a vital link between the classic rhythm-and-blues and soul performers of the 1950s and '60s and their less commercially constrained successors. Yet, however sophisticated his music became he was never too proud to write something as apparently slight as the romantic gem "I Just Called to Say I Love You" (1984). (I bet you're singing it now!)

Stevie was the recipient of numerous honours. He was inducted into the Rock and Roll Hall of Fame in 1989, and in 1999 he was awarded the Polar Music Prize for lifetime achievement by the Royal Swedish Academy of Music. In 2005 he received a Grammy Award for lifetime achievement. Four years later he was awarded the Gershwin Prize for Popular Song from the Library of Congress.



Photo of Stevie Wonder

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 with photos of your attempt!

Solar Plant Pot Water Fountain

What you'll need:

- 2 plastic or glazed plant pots in different sizes
- 1 plastic or glazed flower pot saucer
- 1 plastic pail
- River rocks
- Solar Power Fountain Pump

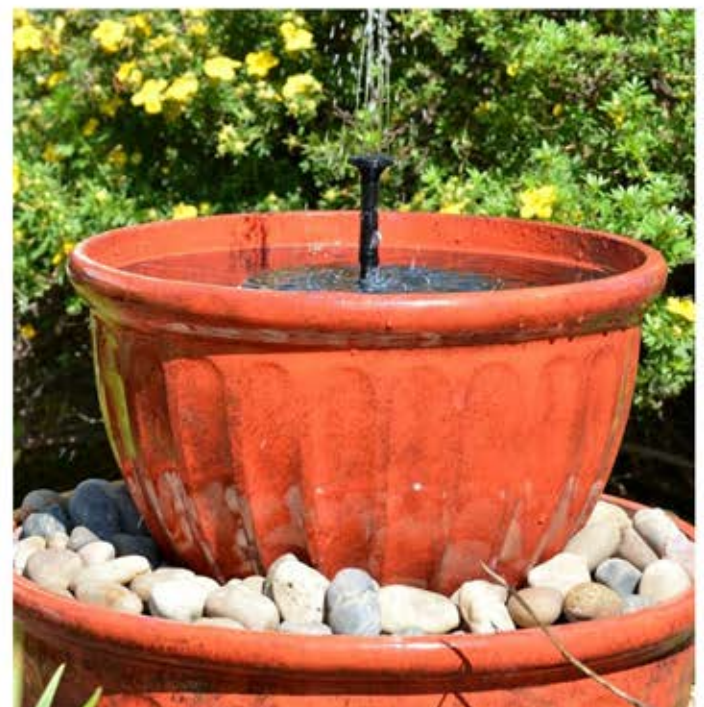
Instructions:

- Level the ground that the pump will sit on. You could use a broken paving stone to set the fountain on to keep it off the dirt.
- Base flower pot. Set the largest pot on top of the stone.
- Tiered plant pot riser. Insert a large pail (or whatever you have on hand) into the bottom pot.
- Base for second flower pot. You will need a large saucer for the second pot to sit on.
- Stack the second flower pot. Stack the smaller flower pot in the centre and fill the saucer with river rocks for decoration.
- Fill the top flower pot with water. If your top flower pot has a drainage hole, it will need to be sealed so the water doesn't drain out the pot. One option is to place a tile over the hole and secure it with silicone. Run a bead of silicone all around the edge of the tile as well to ensure a tight seal. Let the silicone cure for at least 24 hours before filling the top flower pot with water.

- Add the solar pump. Drop and go and let the solar panel do the work!
- How to keep the solar pump in the centre of the flower pot.

Now you may be wondering what those four galvanized wires are about. Because the pump floats on top of the water if it moves towards the edge of the pot, the spray will flow over the pot and drain the water more rapidly from the flower pot.

Here's a tip for keeping the solar pump centred so the spray lands back inside the flower pot. Insert galvanized wires into the foam floatation's on the pump. Cut the wires to fit the distance from the pump to the sides of the pot.



Have a go and show!

How to Upcycle Old Furniture

What you'll need:

- Dust sheet
- Dust mask
- Paint brush
- Sandpaper
- Metal paint
- Furniture paint in your chosen colour (you can buy this from your local DIY store)
- Sponge
- Primer
- Dust brush
- Roller & tray

Method

1. On bare wood, lightly sand the surface removing any rough edges.
2. Remove excess dust using a dust brush or damp cloth.
3. Apply a primer, remembering to stir it well.
4. Wait for the primer to dry before sanding down your piece of furniture, ready for the first coat of your chosen colour.
5. Paint your furniture evenly for the best finish.
6. Wait for the first coat to dry before adding any more coats of paint.
7. If you're adding detail with a second colour, mask off areas that could get splashed with paint.
8. Paint smaller areas with a brush and larger areas with a roller to save time.

