



Queen Alexandra College

# *QAC Weekly*

*Issue 10*

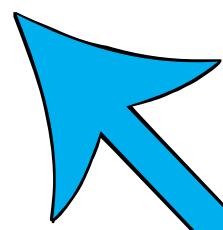


# Monday



# SUMMER

# Colour Me



# Monday

## On This Day...

1980

Ted Turner's Cable News Network (CNN), began 24-hour live news broadcasts and gained worldwide attention in 1991 for its around-the-clock coverage of the Gulf War.



1899

English cricket icon W. G. Grace starts his 22nd and final Test against Australia at Trent Bridge, Nottingham.

## Notable Birthdays...

1937

*Morgan Freeman*  
**AMERICAN ACTOR**



1926

*Marilyn Monroe*  
**AMERICAN ACTRESS**



# Monday

## Recipe of the Day

### *Rice Pudding*

#### **Ingredients:**

- 100g pudding rice
- Butter, for the dish
- 50g sugar
- 700ml semi-skimmed milk
- Pinch of grated nutmeg
- 1 bay leaf, or strip lemon zest

#### **Method:**

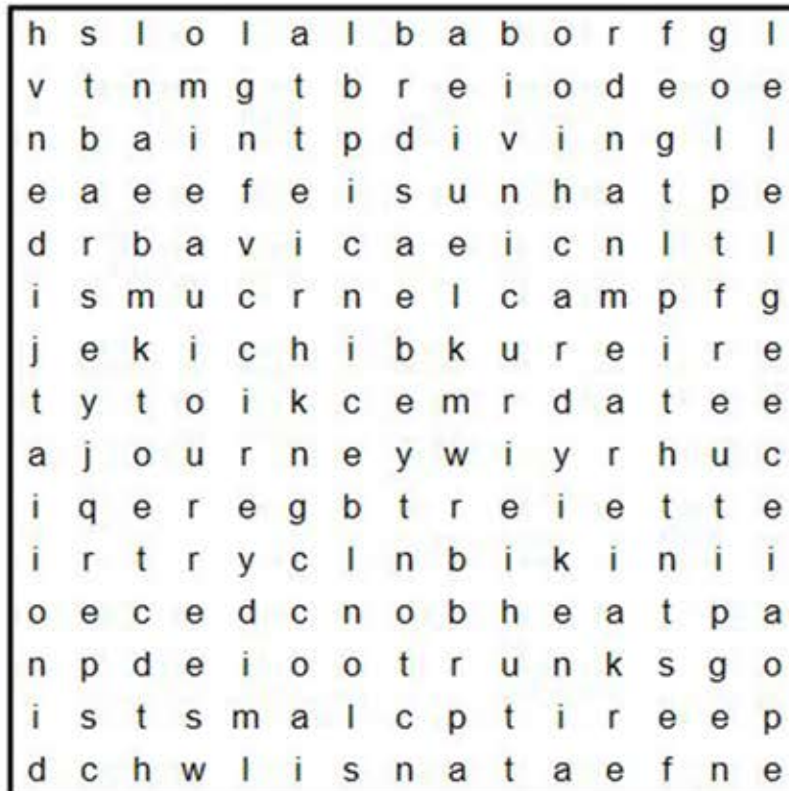
- Heat the oven to 150C/130C fan/gas 2.
- Wash and drain the rice.
- Butter a 850ml baking dish, then tip in the rice and sugar and stir through the milk.
- Sprinkle in the nutmeg and top with the bay leaf or lemon zest.
- Cook for 2 hrs or until the pudding wobbles ever so slightly when shaken.



# Monday

## Summer Word Search

Summer is one of the four seasons and comes after Spring and before Autumn. It is the hottest season of the year. The Eiffel Tower grows in summer. On a hot day the iron from which it is constructed expands so much that the tower can rise by 17cm!!



### Word List

See if you can find the Summer related words in our word search.

Beach  
Camp  
Journey  
Trunks

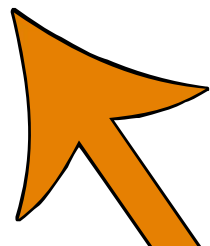
Bikini  
Diving  
Picnic

Bucket  
Heat  
Sunhat

# Tuesday



# Colour Me



# Tuesday

## On This Day...

1953

The coronation of Elizabeth II took place at Westminster Abbey, having taken the throne upon her father's death, George VI, in February 1952.



1886

Frances Folsom, aged 21, married U.S. President Grover Cleveland in the White House and became the youngest first lady in American history.

## Notable Birthdays...

1978



*Yi Soyeon*  
**SOUTH KOREAN SCIENTIST  
AND ASTRONAUT**

1953

*Cornel West*  
**AMERICAN  
PHILOSOPHER AND  
POLITICAL ACTIVIST**



# Tuesday

## Recipe of the Day

### *Jamie Oliver's One Pan Fabulous Fish*

#### **Ingredients**

- 300 g white basmati rice
- 6 heaped teaspoons green olive tapenade
- 350 g ripe mixed-colour cherry tomatoes
- ½ a bunch of fresh basil, (15g)
- 500 g white fish fillets, such as haddock, skin off, pin-boned, from sustainable sources

#### **Method**

- In a large shallow casserole pan on a high heat, mix the rice with 2 heaped teaspoons of tapenade, then pour over 600ml of water.
- Put the lid on and let it come to the boil while you halve the tomatoes and, in a bowl, mix them with 1 tablespoon each of olive oil and red wine vinegar.
- Taste, season to perfection with sea salt and black pepper, and tear in most of the basil leaves.
- Cut the fish into four equal-sized pieces and place in the pan, pushing them into the rice.
- Scatter over the dressed tomatoes. Put the lid back on and boil for 10 minutes, or until the rice is cooked through, then remove the lid and cook for a further 2 minutes until all the liquid has evaporated.
- Spoon the remaining tapenade over the fish, pick over the remaining basil leaves, drizzle lightly with extra virgin olive oil, and dish up.

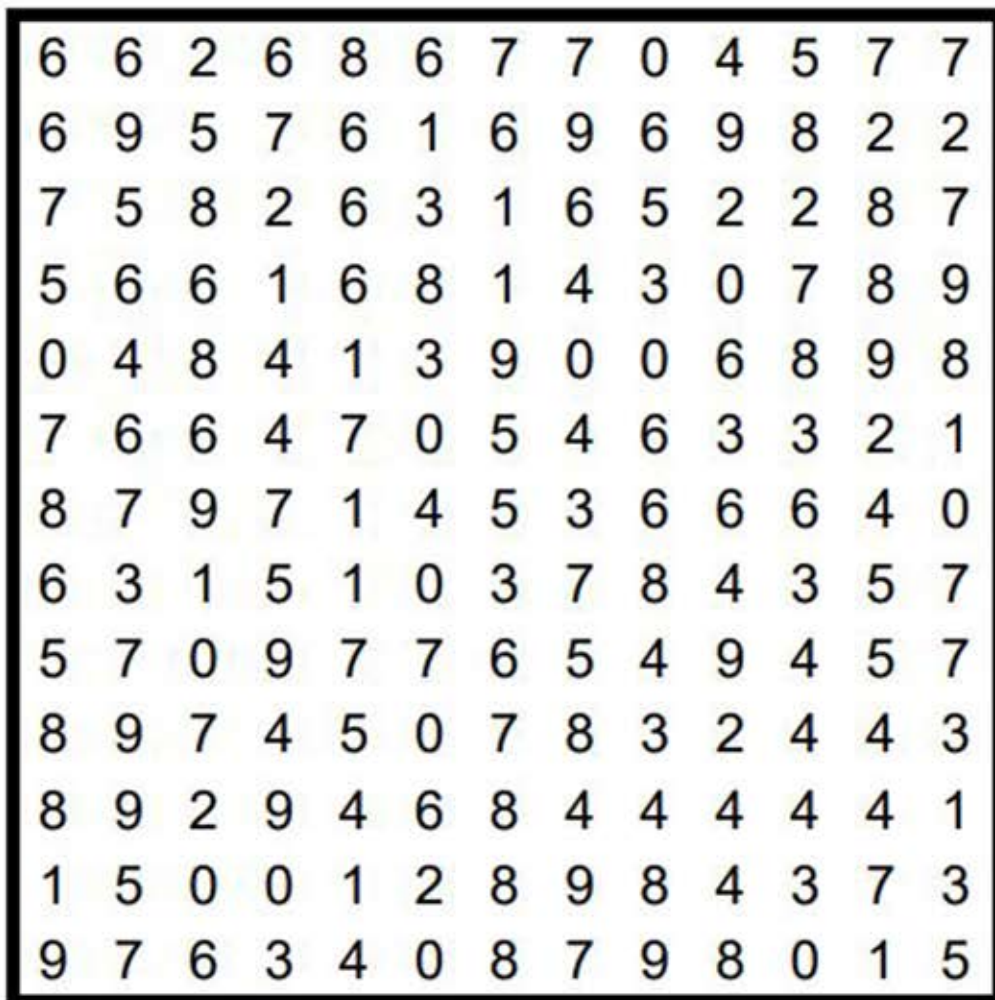




# Tuesday

## Oceans and Continents Word Search

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.



189727

500128

768410

298827

546717

773166

304118

582783

811057

305419

636029

844628

344430

647435

892946

344983

652635

942450

387054

677045

978043

406763

705766

997376

# Wednesday

*I am not strange,  
I am just not normal.*

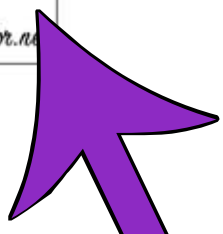
*Salvador Dalí*



o.c.

justcolor.net

# Colour Me



# Wednesday

## On This Day...

2006

Montenegro's parliament declared the republic's independence, severing some 88 years of union with Serbia



1989

The Chinese government called in the military to put down a pro-democracy demonstration staged by more than 100,000 people in Tiananmen Square in Beijing, resulting in hundreds of deaths



## Notable Birthdays...

1986

*Rafael Nadal*  
SPANISH TENNIS PLAYER



1966

*Wasim Akram*  
PAKISTANI CRICKETER



# Wednesday

## Recipe of the Day *Creamy Butternut Squash Risotto*

### **Ingredients**

- Risotto rice or other medium-grain rice (uncooked)
- Vegetable broth (fat-free, less-sodium—use in place of chicken broth)
- Frozen pureed butternut squash
- Parmesan cheese
- Optional: thyme sprigs

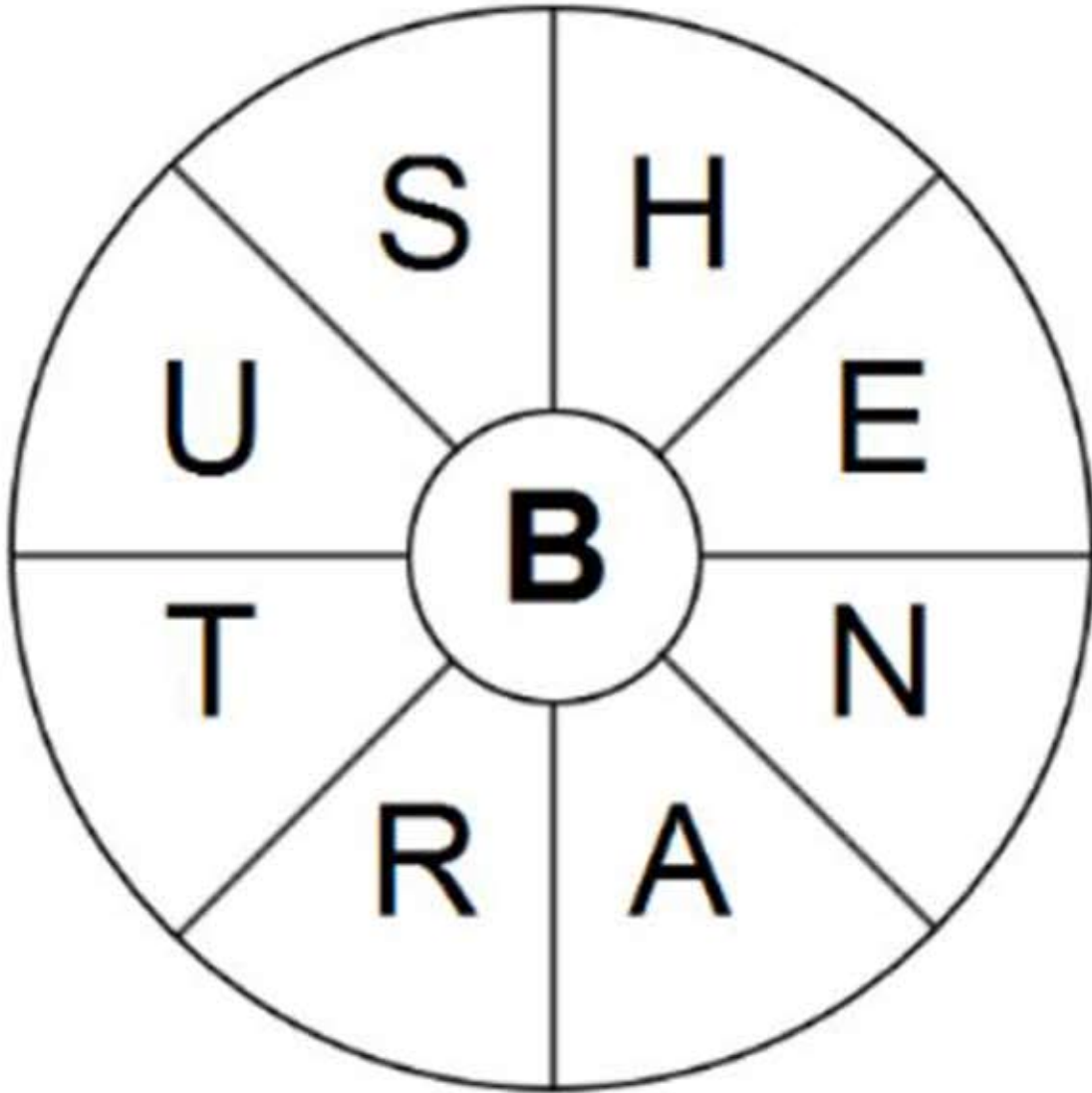
### **Method**

- Combine rice and oil in a 1 1/2-quart microwave-safe dish, stirring to coat. Microwave, uncovered, at HIGH 3 minutes.
- Add broth and 1 cup water to rice mixture; microwave, uncovered, at HIGH 9 minutes. Stir well; microwave, uncovered, at HIGH 6 minutes. Remove from microwave; let stand 5 minutes or until all liquid is absorbed.
- While risotto stands, heat squash in microwave at HIGH 2 minutes or until warm. Add squash, salt, pepper, and cheese to risotto. Stir well to combine. Garnish with additional cheese and thyme sprigs, if desired.



# Wednesday

## Summer Word Wheel



This Summer themed word wheel is made from a 9 letter Summer 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 **B**.

Thursday

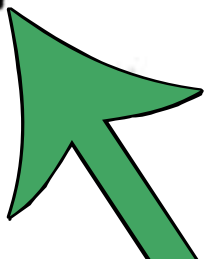
THINK

Believe

DREAM

and DARE

Colour Me



# Thursday

## On This Day...

1984

American musician Bruce Springsteen released *Born in the U.S.A.*, which became one of his defining works.



1940

During World War II the evacuation of Dunkirk, France, came to an end, having saved 198,000 British and 140,000 French and Belgian troops



## Notable Birthdays...

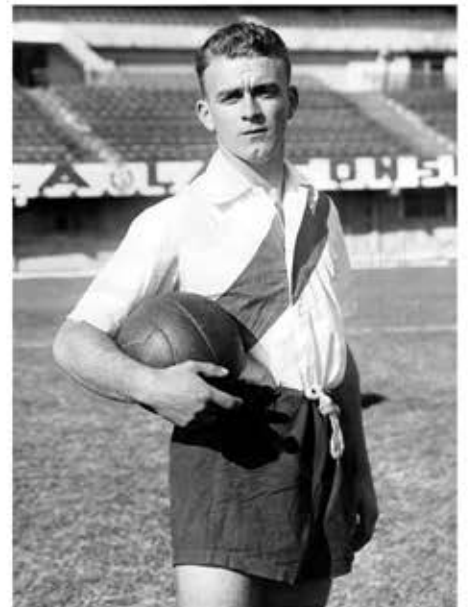
1975

*Angelina Jolie*  
AMERICAN ACTRESS



1926

*Alfredo Di Stefano*  
ARGENTINE-BORN  
FOOTBALLER



# Thursday

## Recipe of the Day

### Baked Eggs

#### **Ingredients:**

- 3 baking potatoes, peeled and cubed
- 1 tbsp sunflower oil
- 600g mushrooms, quartered
- 2 garlic cloves, sliced
- 2 tbsp thyme leaves
- 140g cheddar, grated
- 4 eggs

#### **Method:**

- Heat oven to 200C/180C fan/gas 6. Put the potatoes in a pan of water, bring to the boil, cook for 5 mins, then drain. Heat the oil in a large frying pan. Cook the potatoes, mushrooms and garlic for 5-8 mins to soften the mushrooms and brown the edges of the potatoes. Stir in half the thyme and cook for 1 min more.
- Spoon the potato mixture into a baking dish and sprinkle with the cheese and the remaining thyme. Make holes in the mixture and break in 4 eggs. Bake in the oven for 12-15 mins until the eggs are set and the cheese has melted.





# Thursday

## Summer Word Scramble

encao

-----

iec amrce

-----

apmc

-----

dnehutr

-----

drensuss

-----

inkbii

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rfwsoelnu

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lnassda

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eoncniag

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efebris

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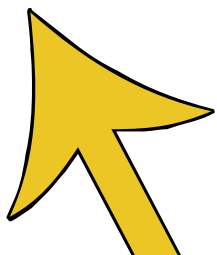


This Summer themed Word Scramble features **10** Summer themed words which have been scrambled. See if you can unscramble them to see what they are.

*Friday*



*Colour Me*



# Friday

## On This Day...

1949

Enid Blyton's wooden toy character Noddy first appears in the "Sunday Graphic"



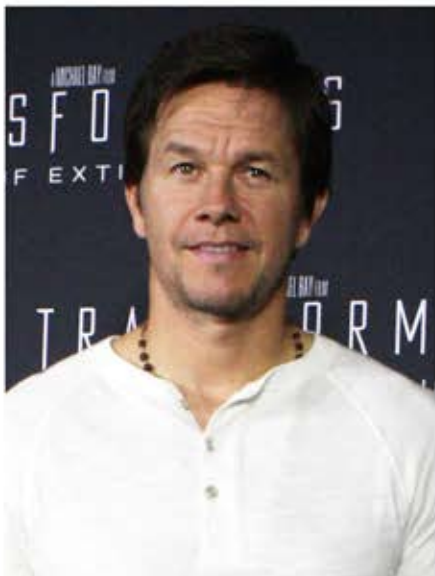
1947

In an address at Harvard University, U.S. Secretary of State George C. Marshall advanced the idea of the Marshall Plan, a European self-help programme to be financed by the United States.

## Notable Birthdays...

1971

*Mark Wahlberg*  
**AMERICAN ACTOR AND  
PRODUCER**



1883

*John Maynard Keynes*  
**BRITISH ECONOMIST**



# Friday

## Recipe of the Day

### Veggie Bean Burgers

#### **Ingredients:**

- 400g tin chickpeas or beans such as borlotti, kidney or butterbeans, drained and rinsed
- 300g/10½oz cooked, mashed vegetables such as carrot, squash, potato, sweet potato or parsnip
- 1 garlic clove
- 1 tbsp sunflower, vegetable or olive oil
- squeeze lemon juice
- pinch ground cumin, coriander or paprika, mild chilli flakes, to taste
- freshly ground black pepper
- 1 tbsp tahini (optional)
- 4 tbsp sesame seeds, breadcrumbs or crushed crackers (optional), for coating

#### **Method:**

- Preheat the oven to 200C/180C Fan/Gas 6.
- Mash the beans or chickpeas as much as you can either with a potato masher in a bowl or with a hand mixer (supervised). Alternatively, you could make the mix in a food processor if you have one.
- Add the mashed vegetables and garlic and any herbs, spices or tahini that you want to use.
- Mix well and add lemon juice, spices or pepper to taste.
- The mixture then needs to be rolled into four burger-sized balls with wet hands, or make 12 smaller "falafels". Flatten the balls slightly. If you like, you can coat them with sesame seeds, crushed crackers or breadcrumbs for extra crunch.
- Drizzle a tablespoon of olive oil on a baking tray and place the "falafels"; or bean burgers on top and then turn them all over so that they have a coating of a little oil on each side.
- Place the baking tray in the oven and cook for 20-30 minutes, turning the burgers over midway through cooking. Allow to cool a little before serving.



# Friday

## *Brummie Born & Bred*

Ian Lavender – Actor, Dad's Army



Jane C. Loudon - Author

Micah Richards - Footballer



# Friday

## *Brummie Born & Bred*

Janice Connolly - Comedy Actress



Murray Walker - Racing Driver and Commentator

Jess Phillips - Politician



# Friday

## *Brummie Born & Bred*

Adrian Lester - Actor,  
Director and Writer



Felicity Jones - Actress

Gabriel Agbonlahor –  
Footballer



# Friday

*Brummie Born & Bred*



Adrian Chiles - Broadcaster



# Biography

## Ade Adepitan

Ade is a Television Presenter, Journalist, Children's Author and Wheelchair Basketball Paralympian.

At fifteen months old Ade contracted Polio, which left him with limited movement in his legs. He was taught to walk with iron callipers; when he was 12 years old two physiotherapists intervened when they spotted Ade being pushed in a shopping trolley by his friends. They introduced Ade to wheelchair basketball, where he fell in love with the sport.

Ade documents his story in his children's books, *Cyborg Cat- Rise of the Parsons Road Gang* and *Cyborg Cat and the Night Spider*. All proceeds from the sales go to Children in Need.

Ade's wheelchair basketball team took Bronze at the Athens 2004 Paralympics and Gold at the 2005 World Cup. He's hosted countless sporting events including the BAFTA award-winning coverage of the 2012, The 2014 Sochi Winter Games, The IPC Athletics, The Channel 4 Anniversary Games, the 2016 Invictus Games and the 2016 Rio Paralympics. Ade co-hosted *The Superhumans Show* with Alex Brooker. Ade's presenting career ranges from CBBC's *Xchange* to Channel 4's *Unreported World* and the BBC's *Travel Show*. Earlier this year he released the four-part BBC documentary *Africa with Ade Adepitan*. He's a patron of the charity *Go Kids Go*, a supporter of the *NSPCC* and *WheelPower Charity*, and an Athlete Ambassador for *Right to Play*.

For *Comic Relief* Ade's travelled to Ghana and taken part in the *Disabled Motoring UK Alps Challenge*. He trekked through Nicaraguan rainforests, deserts, rivers and over mountains for ground-breaking documentary '*Beyond Boundaries*' showcasing people with disabilities taking on major challenges. Ade's done various work with *Rotary International* and the *Gates Foundation*, supporting the *End Polio* campaign.

He took part in a basketball match with MPs and GB wheelchair basketball at *Trafalgar Square* to help raise awareness and money to end polio. For the last three years he has co-presented *Children in Need*, helping raise more than £50 million for charity.

Ade said: "The most important thing I've learnt in life is to never lose your sense of wonderment, empathy, or adventure. Dream big and fight as hard as you can to make those dreams come true."



Photo of Ade Adepitan

# 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 Baskets

Lobelia, geraniums and fuschias are common flowers found in hanging baskets but, if you'd prefer an edible basket, you could go for cherry tomatoes, parsley and nasturtiums. Coconut fibre, jute and/or sisal, and compressed paper pulp all work well as liners, as do grass clippings or moss raked out of the lawn.

### Preparing your basket

- Sit your basket on top of a pot or a bucket to keep it steady.
- Arrange your liner inside the basket – aim for a thickness of a couple of centimetres.
- Adding a layer of plastic inside the liner helps cut down on watering. Use an old plastic bag and make slits to plant through.
- If you are using water-retaining granules and/or slow-release fertiliser, mix these into the potting compost before you start planting. These cut down on the need to feed and water.

### Planting the basket

- Each plant has to be pushed through from the outside of the basket, roots first. Wrapping the roots in paper makes this easier and helps prevent damage to the roots. Once the plant is in position, remove the paper.

- Plant in layers from the bottom of the basket, adding more compost and firming the plants in before starting the next layer. Start with the trailing plants for the bottom and sides, leaving the tall ones for the top.
- The final stage is to plant the top of the basket and then water well. In a large basket, consider planting a small plant pot in the top of the container – watering into the pot makes it easier to water the whole basket.
- Display stands will hold a few baskets but most are hung on the wall using a bracket screwed into the wall or a fence post.
- Keep your basket in the shade for a couple of days to allow the plants to settle, and don't forget to make sure the weather is suitable before hanging outside.
- Water every day in summer and give a liquid feed weekly. Remove faded blooms to encourage the growth of more flowers.

