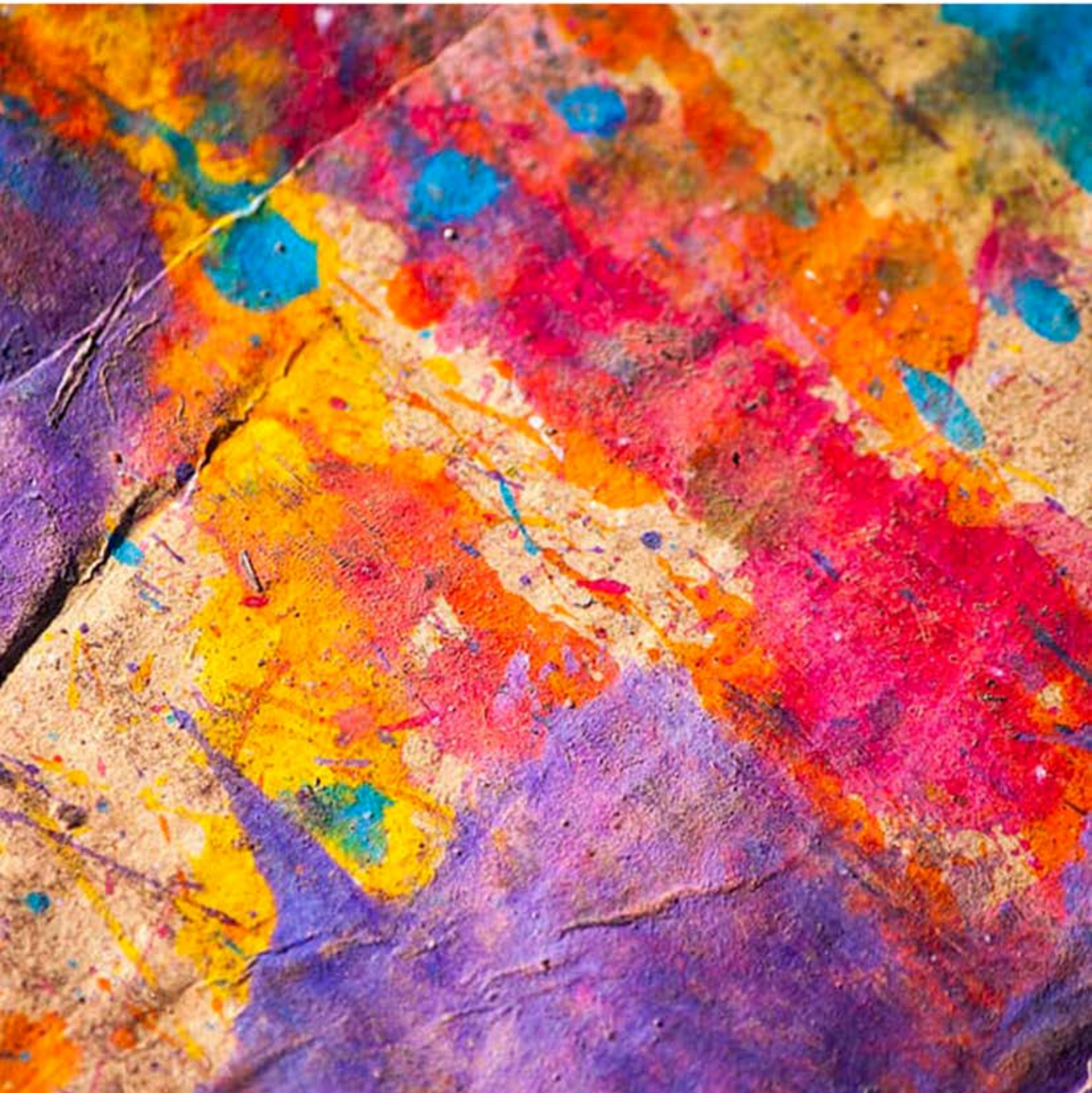


QAC Weekly

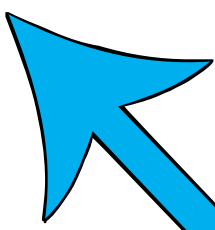
Issue 11



Monday



Colour Me



Monday

On This Day...

2002

Serena Williams defeated her sister Venus Williams to win her first French Open tennis title



1504

Believed to have been installed on this day in 1504 in the cathedral of Florence was Michelangelo's statue of David, commissioned in 1501 and considered the prime statement of the Renaissance ideal of perfect humanity.



Notable Birthdays...

1977

Kanye West
**AMERICAN PRODUCER
AND RAPPER**



1933

Joan Rivers
**AMERICAN COMEDIAN
AND ACTRESS**



Monday

Recipe of the Day *Super Berry Smoothie*

Ingredients:

- 450g bag frozen berries
- 450g pot fat-free strawberry yoghurt
- 100ml milk
- 25g porridge oats
- 2 tsp honey (optional)

Method:

- Whizz the berries, yogurt and milk together with a stick blender until smooth.
- Stir through the porridge oats, then pour into 4 glasses and serve with a drizzle of honey, if you like.



Monday

Dance Word Scramble

Dance has been around for a very long time. The first evidence of dance came from cave drawings in India that were more than 9,000 years old. There are many styles of dance today, people enjoy ballet, jazz, hip hop, ballroom and many others. Did you know that the longest ever conga was danced in Miami in 1988 when 119,986 people gathered together to join in the fun?

llbrmoao

pobdaolse

noagt

zajz

oaencmlf

pat

ngfaando

inle

decna

iph ohp



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

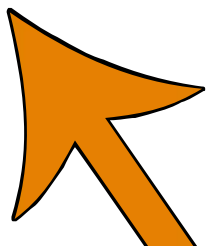
Tuesday

Have an

Attitude

of Gratitude

Colour Me



Tuesday

On This Day...

1983

British Conservative Prime Minister Margaret Thatcher, buoyed by victory in the Falkland Islands War and by deep divisions within the opposition Labour Party, was easily re-elected to a second term in office this day in 1983



1870

English writer Charles Dickens, generally considered the greatest Victorian novelist, died at Gad's Hill near Chatham, Kent.



Notable Birthdays...

1963

Johnny Depp
AMERICAN ACTOR



1949

Kiran Bedi
**INDIAN SOCIAL
ACTIVIST AND
POLITICIAN**



Tuesday

Recipe of the Day *Dried Fruit Energy Nuggets*

Ingredients

- 50g soft dried apricot
- 100g soft dried date
- 50g dried cherry
- 2 tsp coconut oil
- 1 tbsp toasted sesame seed

Method

- Whizz apricots with dates and cherries in a food processor until very finely chopped.
- Tip into a bowl and use your hands to work in coconut oil.
- Shape the mix into walnut-sized balls, then roll in sesame seeds.
- Store in an airtight container until you need a quick energy fix.



Tuesday

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

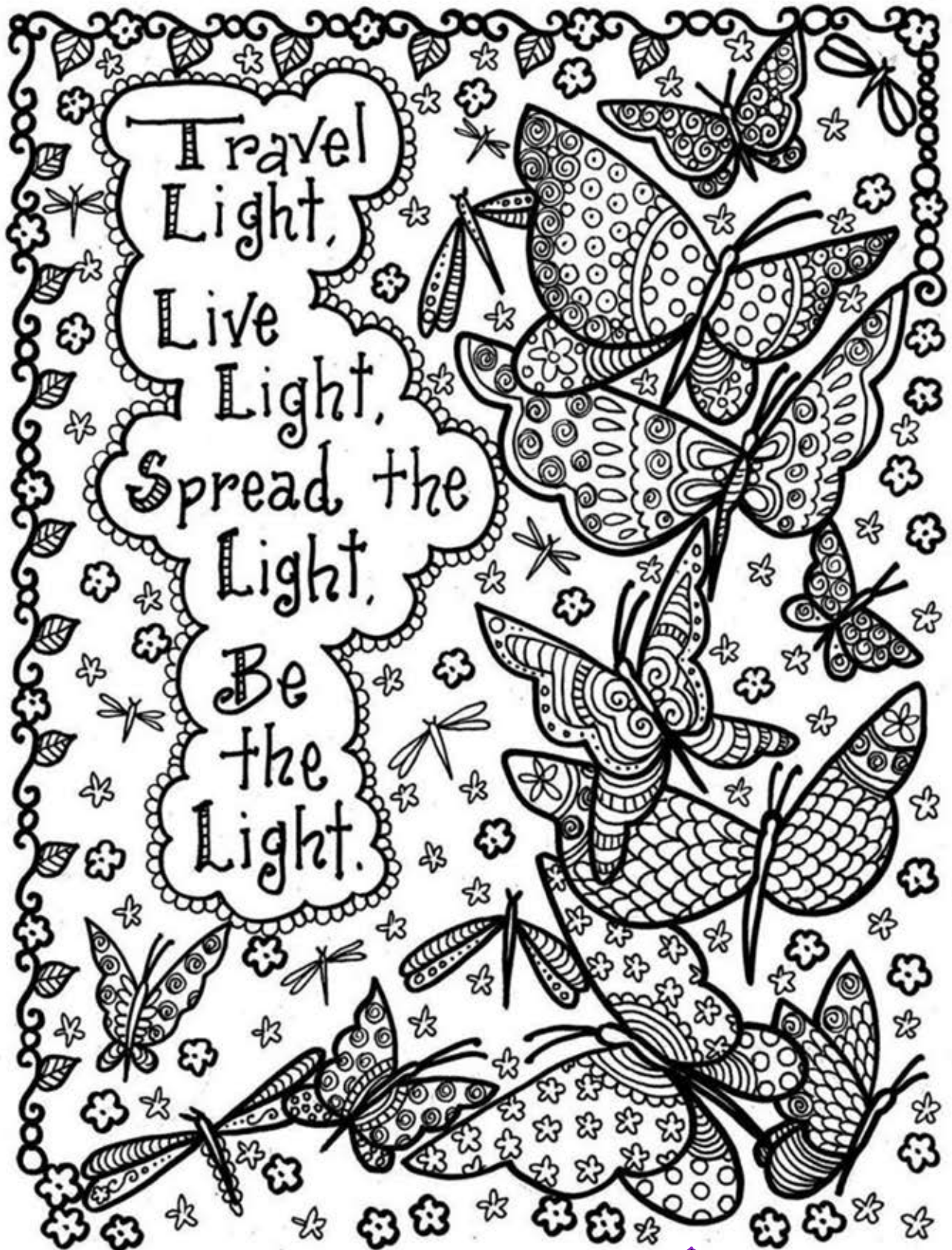
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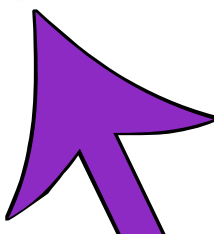
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936463

Wednesday



Colour Me



Wednesday

On This Day...

2007

HBO aired the last episode of its landmark TV series *The Sopranos*, which centred on Mafia boss and family man Tony Soprano (played by James Gandolfini).



1865

Tristan und Isolde, the earliest example of what Richard Wagner called "music drama," was first performed on this day in 1865 in Munich, Germany, and became the greatest German opera of the late 19th century



Notable Birthdays...

1922

Judy Garland
AMERICAN SINGER AND
ACTRESS



1921

Prince Phillip
DUKE OF EDINBURGH,
BRITISH PRINCE



Wednesday

Recipe of the Day

Spicy Vegetable and Quinoa One-Pot

Ingredients

- 1 onion, sliced
- 4 tbsp vegetarian korma or Madras curry paste
- 1l milk
- 750g frozen mixed vegetable
- 175g quinoa, rinseds

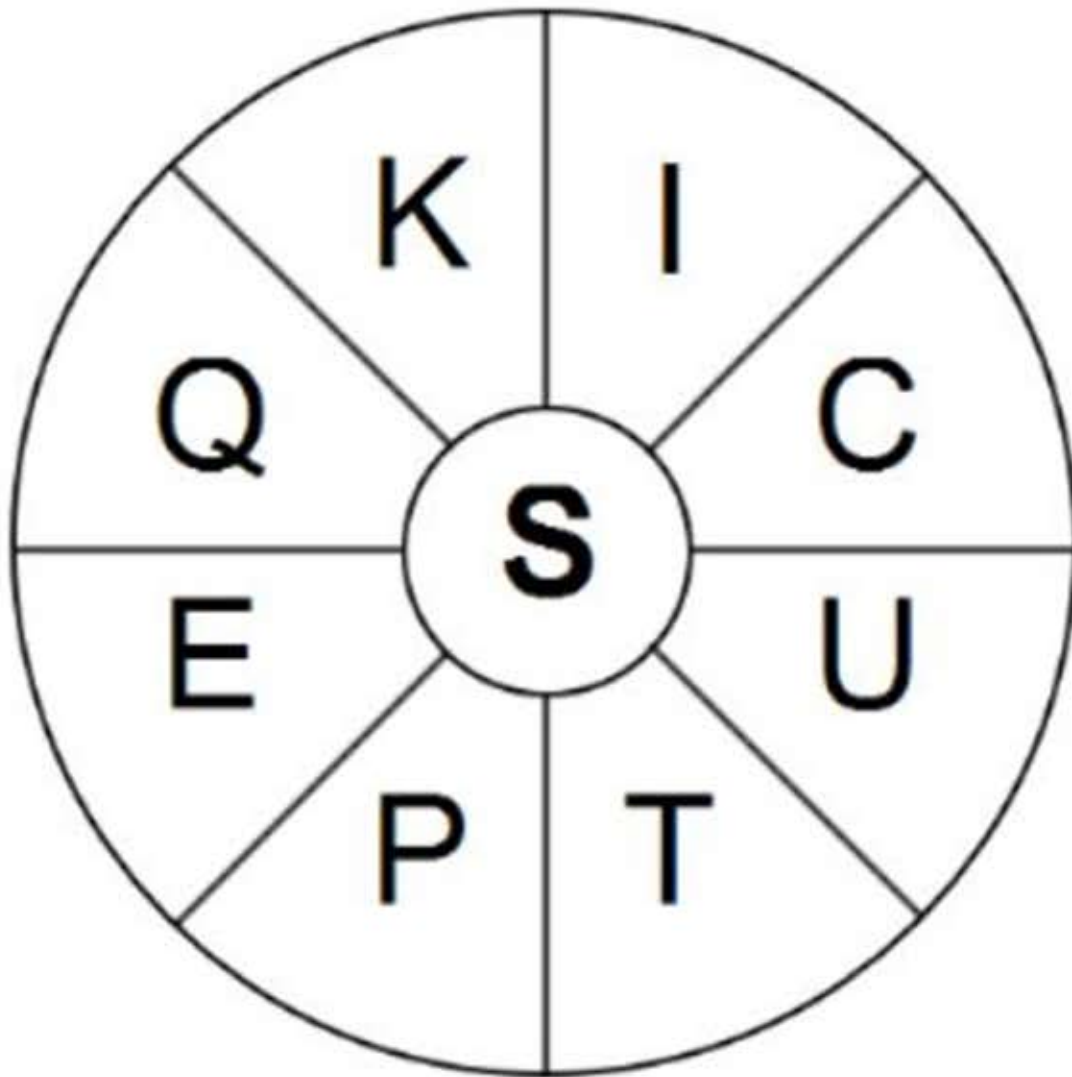
Method

- Simmer the onion and the curry paste with a splash of water for 5 mins in a large saucepan, stirring from time to time.
- Heat the milk in a jug in the microwave.
- Add the vegetables and quinoa, then stir in the milk.
- Bring to the boil, simmer gently for 10 mins until the quinoa is cooked.
- Check seasoning. Serve with warm naan bread.



Wednesday

Dance Word Wheel

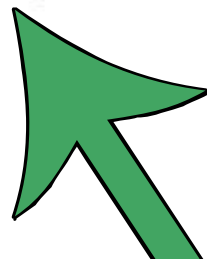


This Dance themed word wheel is made from a 9 letter Dance themed word. Try and find that word, then make as many words of any length as you can from these letters. You can only use each letter once, and each word must include the letter **S**.

Thursday



Colour Me



Thursday

On This Day...

2010

The 19th World Cup football tournament opened in the host country of South Africa, marking the first time that the event was played on the African continent; Spain won the tournament.



1898

The Guangxu emperor of China issued his first reform decree initiating the Hundred Days of Reform, an imperial attempt at renovating the Chinese state and social systems

Notable Birthdays...



1959

Hugh Laurie
BRITISH ACTOR

1880

Jeannette Rankin
AMERICAN POLITICIAN



Thursday

Recipe of the Day *Creamy Fish and Mussel Soup*

Ingredients:

- 500g pack mussel in creamy sauce (find these in the chilled aisle)
- 1l strong, hot fish stock (we used Knorr Touch of Taste concentrate)
- 500g floury potato, cut into sugarcube-size pieces
- 200g mixed fish
- small bunch flatleaf parsley

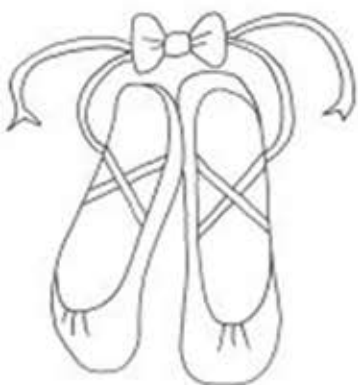
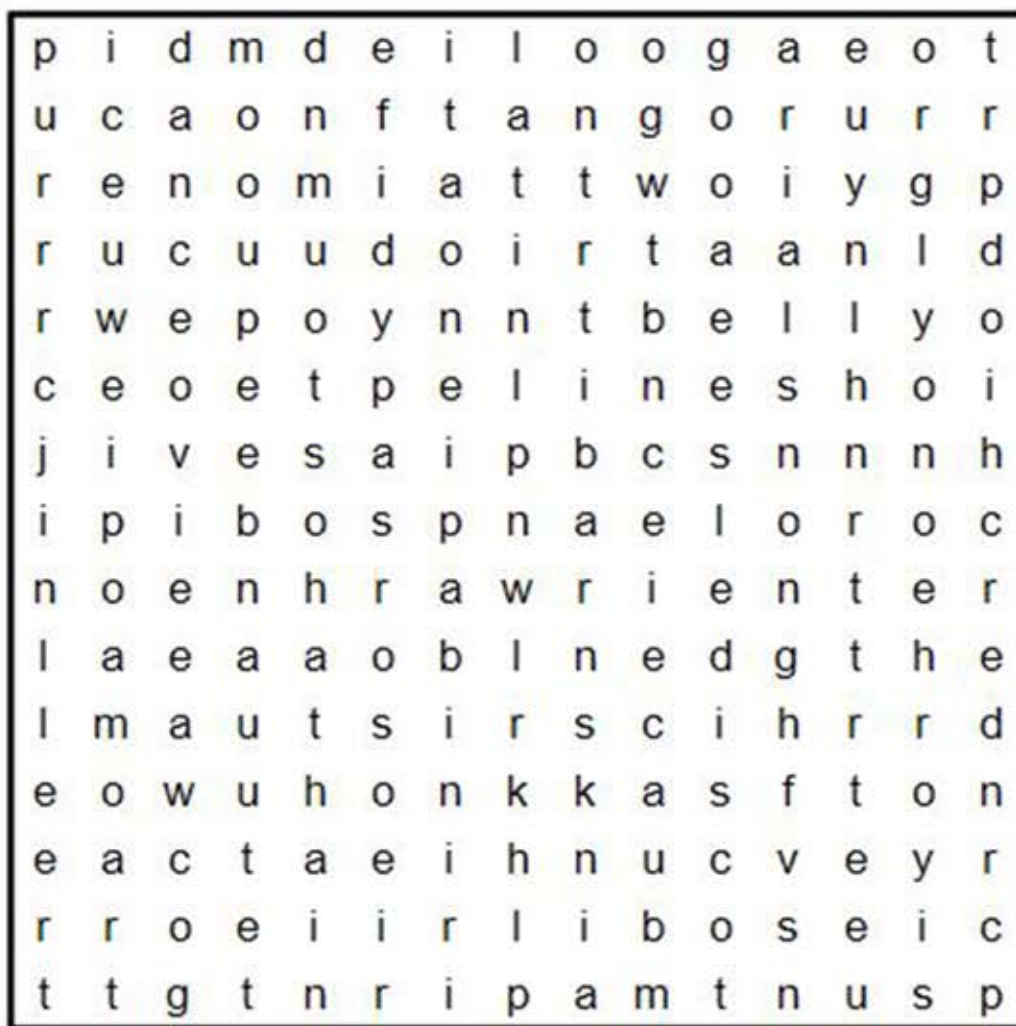
Method:

- Drain the sauce from the mussels into a large saucepan and add the stock.
- Tip in the potatoes, cover and bring to the boil.
- Once boiling, take off the lid and simmer for about 12 mins or until the potatoes are very tender.
- Meanwhile, cut the fish into large chunks and roughly chop the parsley.
- Stir the fish and mussels into the soup, then bring back to a simmer for about 3 mins or until the fish has changed colour and flakes easily.
- Stir in most of the parsley, then serve scattered with the rest of the parsley and eat with crusty bread.



Thursday

Dance Word Scramble



Word List

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

Barn
Disco
Line
Tap

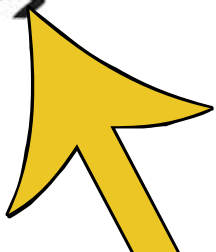
Belly
Jive
Salsa

Dance
Latin
Tango

Friday



Colour Me



Friday

On This Day...

1991

Boris Yeltsin was elected president of Russia (then part of the Soviet Union) in the republic's first direct, popular elections, and he was president of independent Russia until the eve of 2000.



1701

The Act of Settlement, the law that continues to regulate the succession to the throne of the United Kingdom, was passed by Parliament.



Notable Birthdays...

1929

Anne Frank
GERMAN DIARIST



1924

George H.W. Bush
**FORMER PRESIDENT OF
UNITED STATES**



Friday

Recipe of the Day

Peanut Butter Cookies

Ingredients:

- 200g peanut butter (crunchy or smooth is fine)
- 175g golden caster sugar
- ¼ tsp fine table salt
- 1 large egg

Method:

- Heat oven to 180C/160C fan/gas 4 and line 2 large baking trays with baking parchment.
- Measure the peanut butter and sugar into a bowl. Add ¼ tsp fine table salt and mix well with a wooden spoon. Add the egg and mix again until the mixture forms a dough.
- Break off cherry tomato sized chunks of dough and place, well-spaced apart, on the trays. Press the cookies down with the back of a fork to squash them a little. The cookies can now be frozen for 2 months, cook from frozen adding an extra min or 2 to the cooking time.
- Bake for 12 mins, until golden around the edges and paler in the centre. Cool on the trays for 10 mins, then transfer to a wire rack and cool completely. Store in a cookie jar for up to 3 days.



Friday

Interesting facts about Birmingham

- Iconic brands Birds Custard, Cadbury Chocolate, Bournville Drinking Chocolate, HP Sauce and Typhoo Tea all started in Birmingham.
- Birmingham has the largest public library in Europe.
- Birmingham is the youngest city in Europe with almost 40 per cent of the population being made up of under 25's.
- The anchor of the Titanic was made in the Black Country.
- Our Jewellery Quarter produces 40 per cent of all jewellery in the UK – the highest concentration in Europe.
- Birmingham is the birthplace of the Balti and home to over 100 Balti houses.
- Birmingham has the most Michelin star restaurants in the UK outside of London.
- Birmingham is home to Europe's largest urban park outside of a capital city, and with over 8,000 acres of parks and green space we're one of the UK's greenest cities.
- Birmingham Museum and Art Gallery has the world's largest collection of Pre-Raphaelite paintings.
- Birmingham has over 50 festivals across the city every year.
- Birmingham Hippodrome is the UK's busiest theatre with over 520,000 visitors each year.
- The first working steam engine was built in the Black Country.

- Birmingham was home to the great scientists and inventors Matthew Boulton, James Watt and William Murdoch, leading Birmingham to be the first manufacturing town in the world.

- There's a crater on the moon called Birmingham

- Birmingham chemist Joseph Priestley discovered oxygen in 1774.

- The Hobbit and Lord of Rings are based on places and people in Moseley, where the Author JRR Tolkien lived.

- Perry Barr was home to the world's first ever ODEON cinema in 1930, standing for Oscar Deutsch Entertains Our Nation.

- Birmingham was the birthplace of heavy metal with the likes of Black Sabbath, Judas Priest and lead singer of Led Zeppelin originating from the city.

- The Streets, UB40, Wizzard, Laura Mvula and Duran Duran also originate from Birmingham.

- Thomas the Tank Engine was invented in Birmingham by Wilbert Vere Awdry who was reverend at St Nicholas' Church in Kings Norton.

- Tennis was invented on a lawn in Edgbaston in 1859.

- We have more canals than Venice with 100 miles of canal navigations.

- The first ever hole-in-the heart surgery was carried out in Birmingham's Children Hospital in 1950.

- The FA cup was made in Birmingham, and the first football league in the world started here.



Her Majesty The Queen

Interesting facts about Her Majesty The Queen ahead of her official Birthday celebration.

- Queen Elizabeth II was born at 2.40am on 21 April 1926.
- She was crowned Queen on 2 June 1953.
- She is the longest reigning monarch ever in British History.
- As Queen, she has been served by 14 UK Prime Ministers.
- Her favourite dogs are corgis.
- She's the only person in the UK allowed to drive without a licence.
- The Queen has two birthdays - she was born in April but celebrates her 'official state' birthday early in June when the weather is better.
- She owns an elephant, two giant turtles, a jaguar and a pair of sloth.
- She owns all the dolphins and swans in the UK waters
- Her favourite tipple is said to be Gin & Tonic.
- She pays the Poet Laureate with 720 bottles of sherry per year



Biography

Rosie Jones

Rosie is a researcher, writer and stand-up comedian who has written for, and appeared in, some of the biggest comedy panel shows on television.

Rosie attributes her humour to a lifetime of working around other people's awkwardness about disability: she evolved a sharp wit as jokes put people at ease. Ataxic cerebral palsy makes Rosie's speech slower than most people's. Working with this, she has developed a clinical precision for setting up punchlines - then subverting expectations for an even bigger laugh.

In 2015 Rosie took a screenwriting class and began performing stand-up. Within a year she reached the final of the Funny Women Awards and began writing for The Last Leg's Rio Paralympics coverage. In 2017 Rosie first began appearing on The Last Leg too, including as a roving reporter examining benefits assessments. Rosie says:

"Growing up, I didn't really see disability represented in the media often, and it got me down. I didn't feel valid. I love my job now because I can now go onstage and on TV and say, 'I'm Rosie, I may have slow speech, I may have a wobble to my walk, but I am here, I have a voice and I am valid'. It's so important to embrace all kinds of diversity in the media, and it's so great to be part of this change."

Rosie took comedy shows to the Edinburgh Fringe Festival in 2017 and 2018. Last year she also made her acting debut in Silent Witness. Rosie has researched and written for Harry Hill's Alien Fun Capsule, Would I Lie to You? and 8 Out of 10 Cats Does Countdown. This year she appeared on 8 out of 10 Cats, Hypothetical and The Guilty Feminist Podcast, and spoke at the Women of the World Festival. She is currently co-writing a sitcom



Photo of Rosie Jones

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!

Flowerpot Windchime

Materials

- 4 x clay flowerpots – whatever sizes look good to you, or use what you have on hand.
- acrylic craft paints
- clear sealer
- rope, jute, heavy duty string, etc.
- beads – larger than the holes in the flowerpots

Method

Paint your pots with acrylic craft paints. You could paint the rims solid colours, followed by making some leaf prints on the body of the pot. Painter's tape is useful to help paint the rim with a clean edge.

When the pots are dry, paint a couple of coats of clear sealer on them. Any type of clear paint-on or spray sealer would work.

Time for beading! Thread a large wooden bead through a piece of string and secure in place with a knot. Thread through your first plant pot so that the bottom of the pot is facing upwards and thread another bead to secure the pot in place. Then add another bead so it hangs just inside the pot (this is what creates the chime). Repeat this process with your remaining pots and thread beads intermittently between each pot for decoration.



Long Service

CONGRATULATIONS to Stuart Male, one of our Maintenance Team members, who completed 25 years' service in May 2020.

Stuart, along with other staff who have celebrated long service, was with QAC when it was still a part of Birmingham Royal Institution for the Blind. The College has grown and developed in that time and Stuart has seen and been a part of all those changes.

“Well done and thank you for your commitment, Stuart. I hope we can celebrate and recognise your long service when we return to ‘normal’ working on campus in the near future.” - Bev Jessop, QAC Principal and Chief Executive

