



Queen Alexandra College

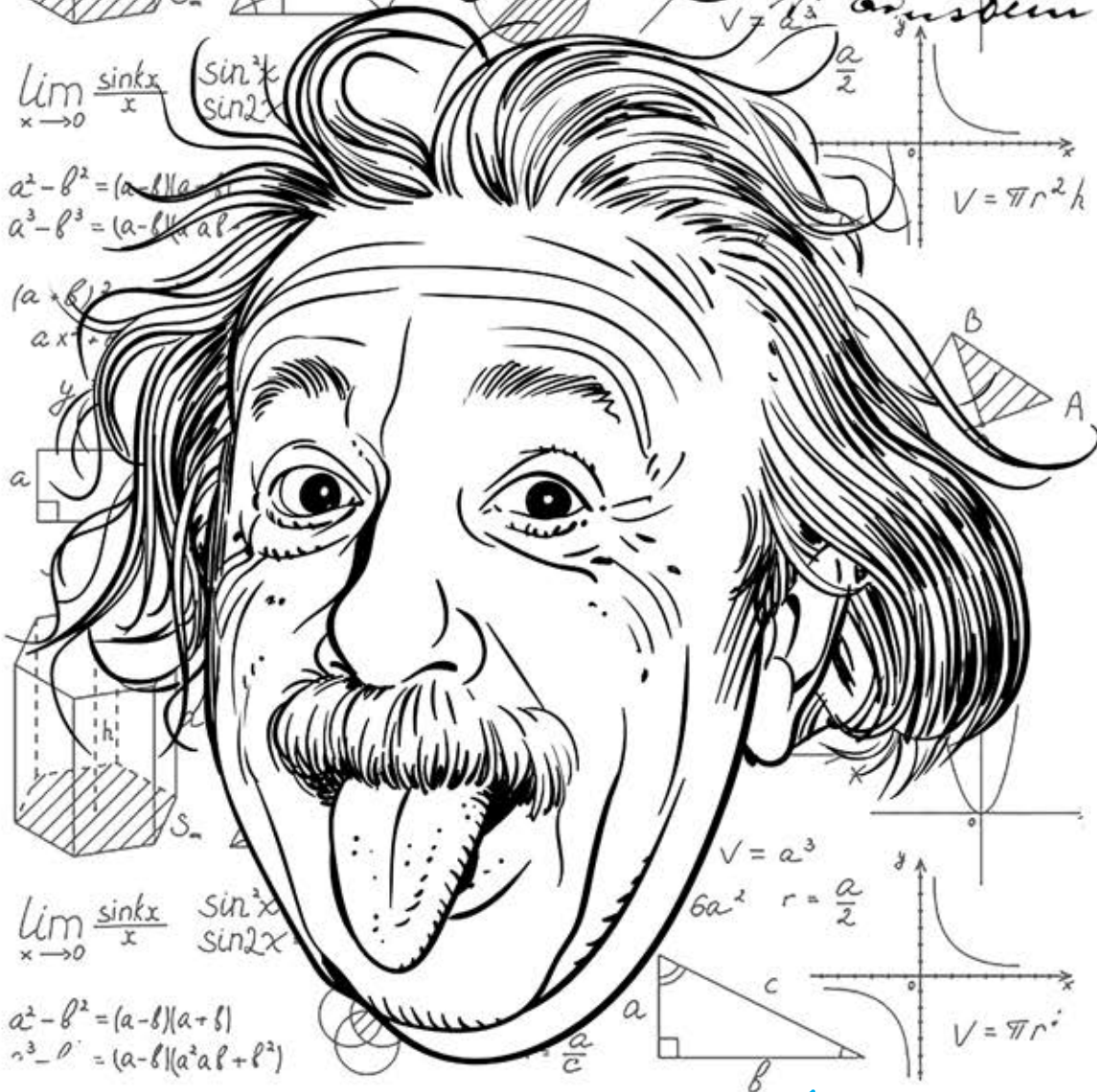
# *QAC Weekly*

*Issue 12*

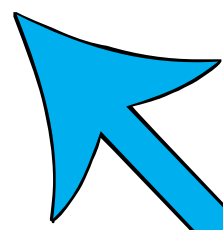


# Monday

You never fail  
until you stop  
trying



# Colour Me





# Monday

## On This Day...

**1846**

The United States and Britain signed the Oregon Treaty, establishing the border between Canada and the United States at latitude 49° N



**1215**

Magna Carta - a charter of English liberties that occupies a unique place in the popular imagination as a symbol and a battle cry against oppression - was sealed this day, under threat of civil war, by King John.



## Notable Birthdays...

**1969**

*Ice Cube*  
**AMERICAN RAPPER  
AND ACTOR**



**1861**

*Emestine Schumann-Heink*  
**AMERICAN-AUSTRIAN  
CONTRALTO**



# Monday

## *Recipe of the Day* *Mozzarella, Ham and Pesto Pizzas*

### **Ingredients:**

- 4 mini pitta breads
- 150g pack mozzarella
- 4 tsp pesto
- 85g smoked wafer-thin ham



### **Method:**

- Turn the grill to high, put the pittas on the grill rack and heat for about a minute while you slice the mozzarella into five.
- Turn the pittas over and spread each one with 1 tsp pesto, then top with a mozzarella slice.
- Pile the ham on top, so it looks quite ruffled, then tear the final mozzarella slice into four, put it on top of the ham and grind over black pepper.
- Return to the grill for 3-4 minutes more until melted and starting to turn golden.

# Monday

## New York City Word Search

DIRECTIONS: Find and circle the words in the word search grid.  
Look for them in all directions including backwards and diagonally.

Bagel  
Big Apple  
Borough  
Bridge  
Broadway  
Bronx  
Brooklyn  
Bustle  
Central Park  
Cheesecake  
Chinatown  
Ferry  
Harlem  
Jamaica  
JFK  
LaGuardia  
Little Italy  
Manhattan  
Pizza  
Pretzel  
Queens  
SoHo  
Staten Island  
Subway  
Taxi  
Times Square  
Wall Street

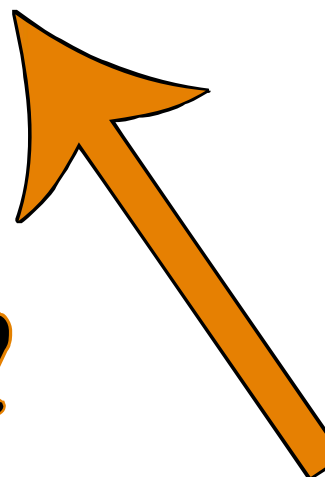




# Tuesday



# Colour Me



# Tuesday

## On This Day...

**1976**

South African police fired on a group of Soweto students marching in protest against state plans to impose the Afrikaans language as a medium of instruction in black schools, igniting a massive popular uprising



**1963**

Soviet cosmonaut Valentina V. Tereshkova became the first woman to travel in space, having been launched into orbit aboard the spacecraft Vostok 6, which completed 48 orbits in 71 hours.

## Notable Birthdays...

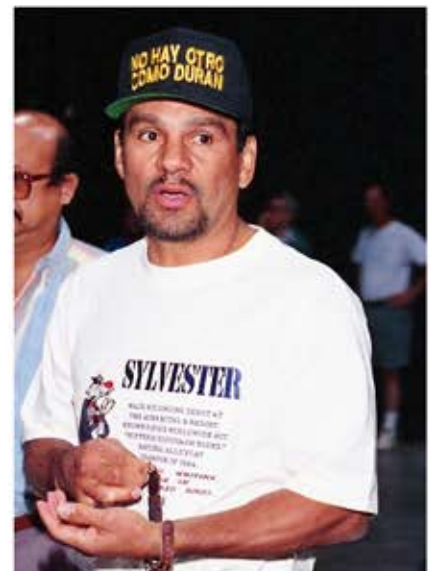
**1971**

*Tupac Shakur*  
**AMERICAN RAPPER  
AND ACTOR**



**1951**

*Roberto Duran*  
**PANAMANIAN BOXER**





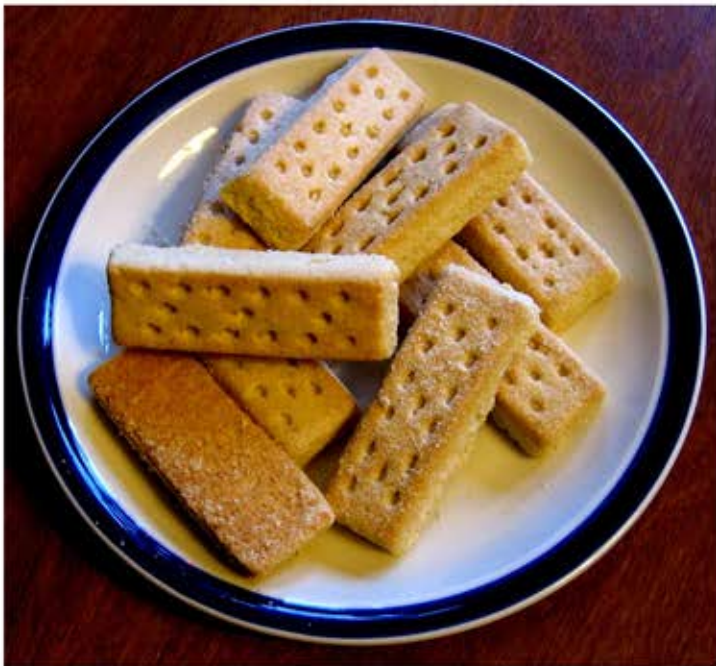
# Tuesday

## Recipe of the Day

### Shortbread

#### Ingredients

- 300g butter, softened
- 140g golden caster sugar, plus 4 tbsp
- 300g plain flour
- 140g rice flour



#### Method

- Place the butter and 140g sugar in a food processor and whizz until smooth.
- Tip in both the flours and a pinch of salt, then whizz until mixture comes together.
- Using your hands, roughly spread the mixture out in a 20 x 30 x 4cm baking tray. Cover with cling film and smooth over until there are no wrinkles. Place in the fridge, uncooked, for at least 30 mins and up to 2 days.
- Heat oven to 180C/160C fan/gas 4. Remove cling film, then lightly mark the shortbread all over with a fork.
- Sprinkle with the remaining sugar, then bake for 20-25 mins.
- Leave to cool in the tin, then cut into 24 thin slices. Shortbread will keep in an airtight container for up to 1 week.



# Tuesday

## Football Word Scramble

Football, often called soccer is a sport played between eleven players where each team has to score a goal by getting the ball into the opposing goal.

leueag

-----

galo

-----

neefedrd

-----

oryhtp

-----

ilthwse

-----

lgrpeeeako

-----

otbllafo

-----

irskret

-----

nfas

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edr rdca

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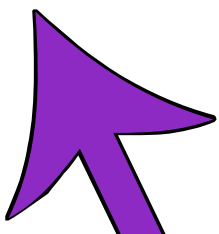
This Football Soccer themed Word Scramble features **10** Football Soccer themed words which have been scrambled. See if you can unscramble them to see what they are.

# Wednesday

Good Morning  
never forget how awesome you are



# Colour Me





# Wednesday

## On This Day...

**1994**

American gridiron football hero O.J. Simpson was charged with the murders of his ex-wife Nicole Simpson and her friend Ronald Goldman, though after a sensational trial he was acquitted the following year.



**1972**

The Watergate, an office-apartment-hotel complex in Washington, D.C., that was the headquarters of the Democratic National Committee, was broken into by five men who were later arrested, prompting the Watergate scandal that upended the administration of U.S. President Richard M. Nixon



## Notable Birthdays...

**1987**

*Kendrick Lamar*  
AMERICAN MUSICIAN



**1973**

*Leander Paes*  
INDIAN TENNIS  
PLAYER



# Wednesday

## *Recipe of the Day* *Mango and Passionfruit Fool*

### **Ingredients**

- 2 large ripe mangoes
- 4 passion fruits, halved
- 2 x 150g/5oz tubs Greek yogurt (use low-fat if you prefer)
- juice 1 lime



### **Method**

- Peel the mangoes using a vegetable peeler. Slice the cheeks off one and cut into small dice. Set aside.
- Cut the flesh from the remaining mango and stone, then purée flesh in a liquidiser. Squeeze out the seeds from 2 of the passion fruit halves and mix with the mango purée. Add lime juice to taste. Gently fold the yogurt and half the diced mango through the fruity purée.
- Divide between 4 glasses and top with the remaining diced mango. Cover and chill for 30 mins before eating. Scoop the seeds from the remaining passion fruit over the top of the fools to serve.



# Wednesday

## 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.

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

116831

365239

652260

129262

380942

698743

236659

462904

711253

238617

480086

765858

239688

485997

779510

288751

536381

799667

*Thursday*



*Colour Me* 



# Thursday

## On This Day...

1983

The first American woman to fly into outer space, Sally Ride, was launched with four other astronauts aboard the space shuttle Challenger.



1815

Napoleon was defeated in the Battle of Waterloo, ending 23 years of recurrent warfare between France and the other powers of Europe.

## Notable Birthdays...

1942

*Paul McCartney*  
BRITISH MUSICIAN



1901

*Anastasia Nikolaevna*  
RUSSIAN GRAND DUCHESS



# Thursday

## Recipe of the Day

### *Fast Truffle Fudge*

#### **Ingredients:**

- 250g dark chocolate
- 25g butter
- 30g dried sour cherries
- 150g caramel or dulce de leche

#### **Method:**

- Line a 18cm x 18cm brownie tin or similar-sized square food box with cling film.
- Put the dark chocolate and butter in a heatproof bowl and microwave until melted, stopping to stir the mixture every 30 seconds.
- Add in the sour cherries along with the caramel.
- Mix everything together then put into your prepared tin.
- Chill in the fridge until set (around 1 hr) then turn it out onto a board and remove the cling film.
- Chop into squares to serve..

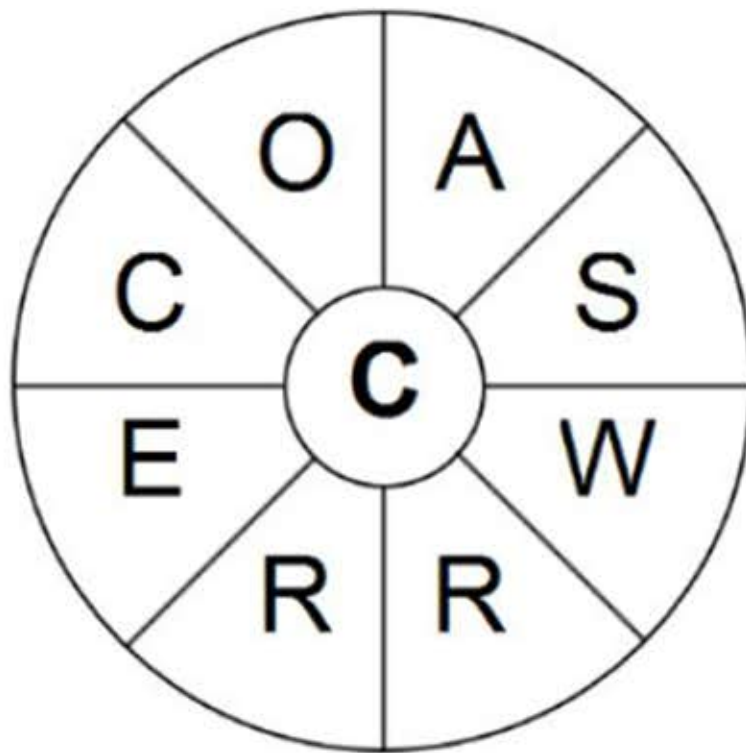




# Thursday

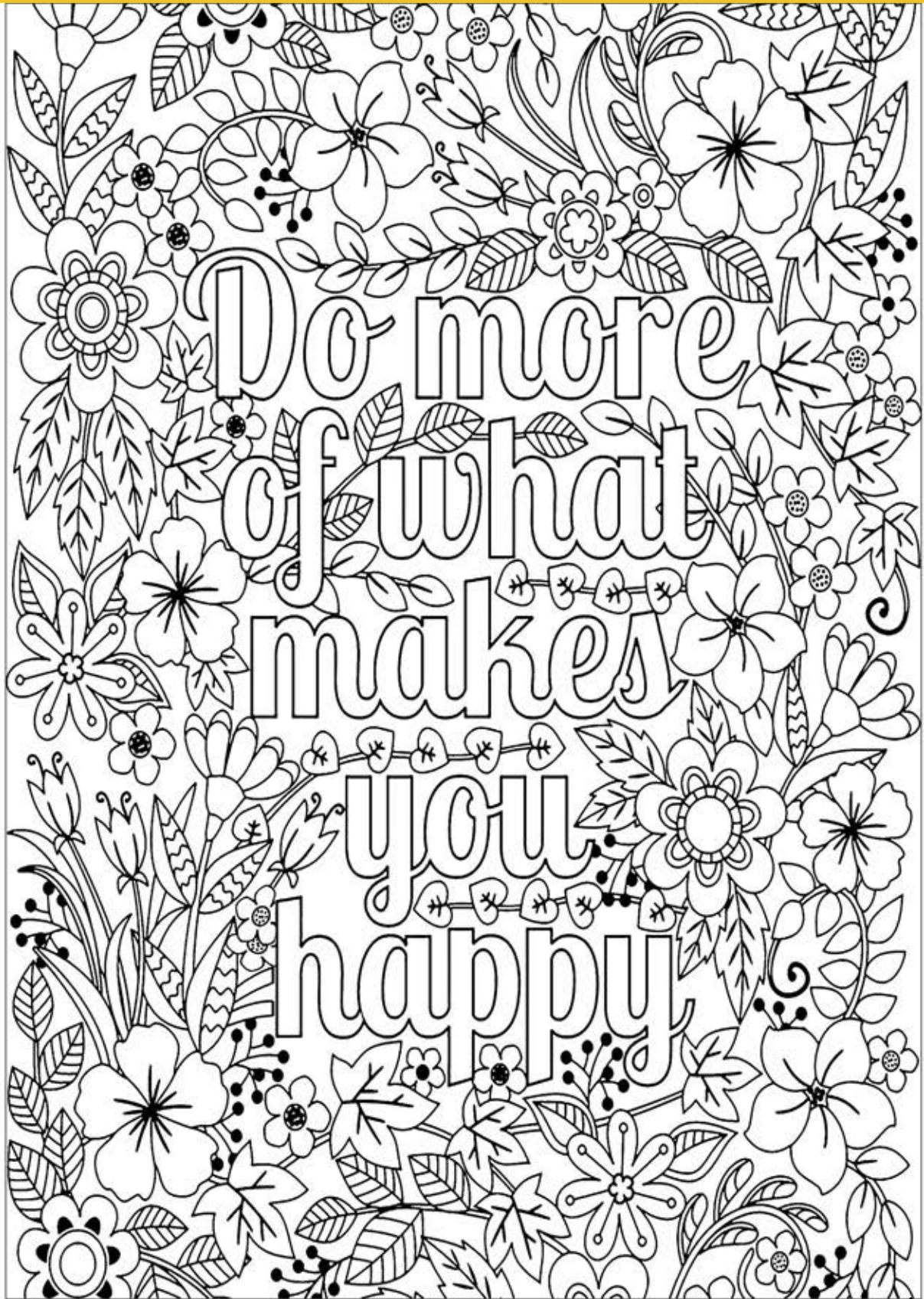
## Farm Word Wheel

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.

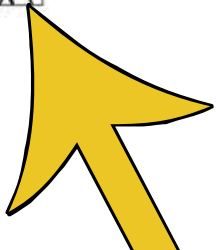


This Farm themed word wheel is made from a 9 letter Farm themed word. Try and find that word, then make as many words of any length as you can from these letters. You can only use each letter once, and each word must include the letter **C**.

# Friday



# Colour Me





# Friday

## On This Day...

**2016**

The Cleveland Cavaliers, led by star LeBron James, defeated the Golden State Warriors in a thrilling game seven to claim the franchise's first NBA title.



**1865**

With the arrival of Union soldiers in Galveston, Texas, the state's residents finally learned about the Emancipation Proclamation (1863). The day became the annual holiday known as Juneteenth, commemorating the end of slavery in the United States.



## Notable Birthdays...

**1948**

*Phylicia Rashad*  
**AMERICAN ACTRESS**



**1947**

*Salman Rushdie*  
**BRITISH-INDIAN  
NOVELIST**



# Friday

## *Recipe of the Day*

### *Basic Shortcrust Pastry*

#### **Ingredients:**

- 225g plain flour
- 100g butter, diced
- pinch salt

#### **Method:**

- Sift 225g plain flour into a large bowl, add 100g diced butter and rub in with your fingertips until the mixture resembles fine breadcrumbs.
- Stir in a pinch of salt, then add 2-3 tbsp water and mix to a firm dough.
- Knead the dough briefly and gently on a floured surface.
- Wrap in cling film and chill while preparing the filling.





# Friday

## *Did you not - Interesting but useless facts*

- Your foot is as long as your forearm; your thumb is as long as your nose; your lips are as long as our index fingers - you've just checked it all, haven't you?
- Your ears and nose never stop growing.
- More germs are transferred shaking hands than kissing.
- Sneezes regularly exceed 100 mph, while coughs clock in at about 60 mph.
- Your body contains 100,000 miles of veins.
- There are more than 1.6 million ants per person on Earth.
- Falling coconuts kill far more people per year than sharks.
- Some Inuits have been known to use refrigerators to prevent their food from freezing in the cold temperatures that they live in.
- Koalas are the only animals with a unique fingerprint pattern, like humans.
- A group of Hippos is called a bloat.
- Camels do not actually store water in their humps; they are used to store fat.
- There are more artificial flamingos in the world than there are live ones.
- Neil Armstrong's space suit was made at a bra factory.
- The King of Hearts is the only King in a deck of cards without a moustache.
- A 'jiffy' is actually a measurement of time and is approximately one trillionth of a second.
- Months that begin on a Sunday will always have a Friday the 13th



# Biography

## Anne Hegerty

Anne is best known as a Chaser on the quiz show *The Chase*, in the UK and Australia, which requires her to out-wit contestants as they try to amass winnings. So good is she that Anne has earned the moniker 'The Governess' from the host Bradley Walsh.

Initially a local reporter and ghost-writer, Anne has a phenomenal skill at quizzes which has led to two appearances on *Mastermind*, as well as appearances on the programmes *Fifteen to One*, *Today's the Day* and *Brain of Britain*. She also reached the semi-final of the second series of *Are You an Egghead*.

In 2010 Anne landed a regular slot on *The Chase*, becoming a regular personality on our screens. In 2015 she went international, joining *The Chase Australia*. Anne also hosts *Britain's Brightest Family*.

In 2005 Anne was diagnosed with Asperger's Syndrome, and she has spoken publicly about how her neurodivergence fuels her desire to learn huge amounts of information - leading to her success. Anne was ranked 18th in the UK quiz rankings in January 2018, and 65th in the World Quizzing Championships in 2017. Her career has gone from strength to strength with appearances on well-known television programmes such as *I'm a Celebrity... Get Me Out of Here*, various pantomimes around the country and a guest spot on BBC Radio 4's *I'm Sorry I Haven't a Clue*.

Anne's success has led her to be featured regularly by The National Autistic Society, along with a number of television appearances, and interviews in national and international news about life with Asperger Syndrome.

She also has over 126K followers on Twitter making her a widely respected and influential voice in the quizzing and autistic communities across the world.



Photo of Anne Hegerty



# 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!

## Lavender Soap

### Materials

- 1 lb Goat's Milk Melt & Pour Base (Amazon)
- 1-2 TBSP Dried Lavender
- Lavender Oil
- Silicone Soap Moulds

### Method

- Cut 1 lb of 'goat's milk melt & pour soap mix' (1/2 of the 2 lb brick) into squares and place in a heatproof dish.
- Melt in the microwave for 30 seconds. Remove & stir and keep microwaving in 10 second intervals until fully melted.
- Add 15 drops of lavender to melted goat's milk and stir and a tablespoon of dried lavender.
- Ladle into silicone soap moulds.
- Let it set overnight.

