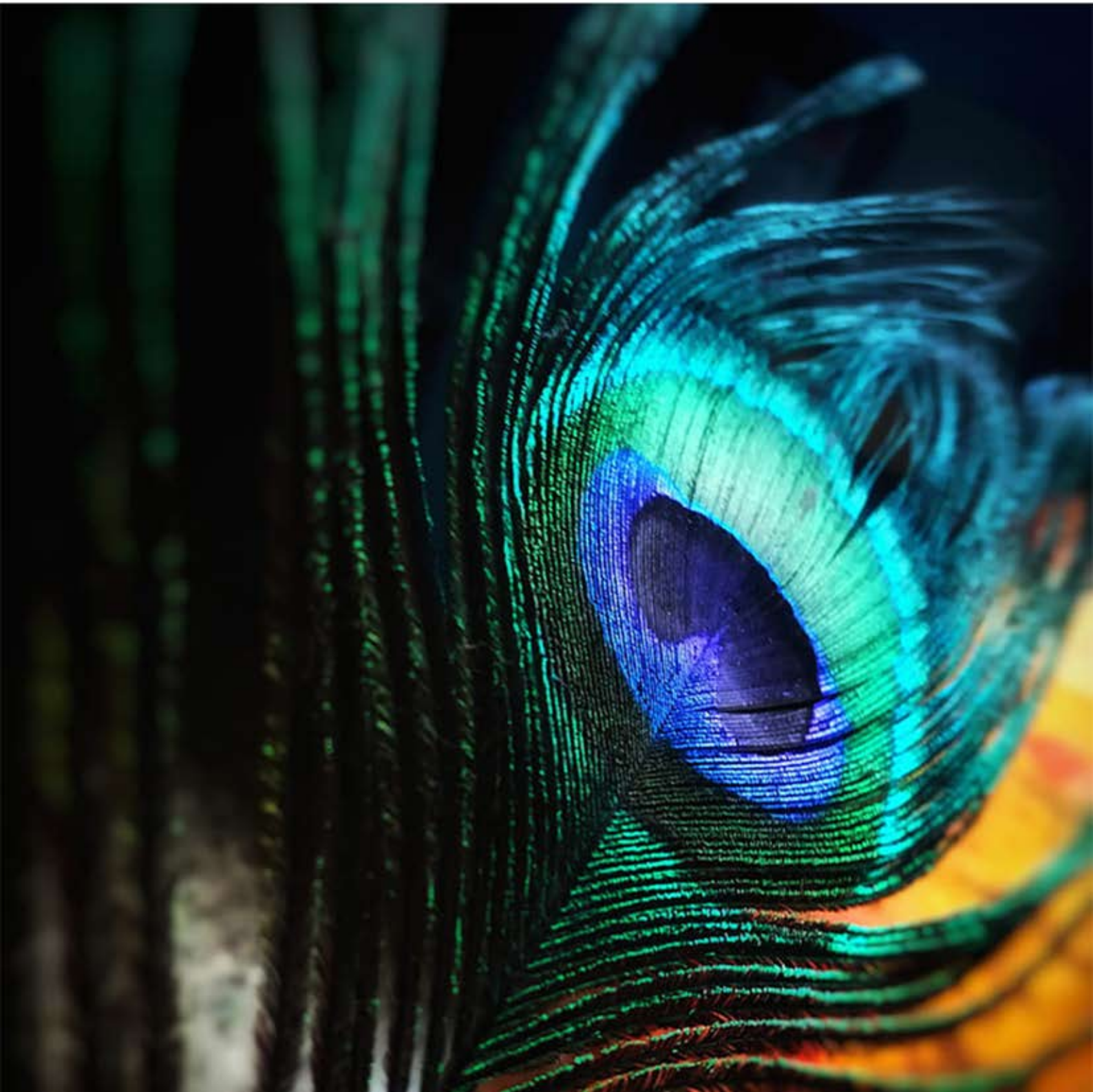




Queen Alexandra College

# *QAC Weekly*

*Issue 14*

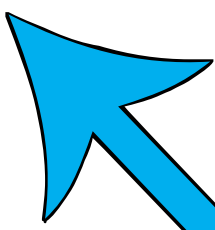


*Monday*



Doodle Art Alley

# Colour Me



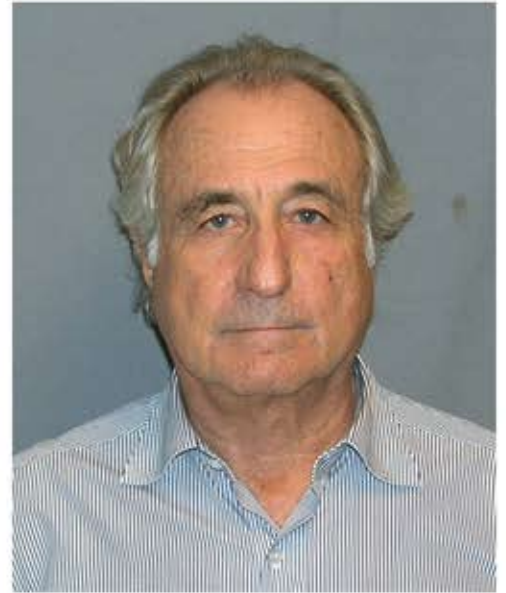


# Monday

## On This Day...

**2009**

American hedge-fund investment manager Bernie Madoff received a sentence of up to 150 years in prison for operating the largest Ponzi scheme in history.



**1613**

During a performance of William Shakespeare's Henry VIII, the Globe Theatre was destroyed within an hour after its thatch was accidentally set aflame by a cannon marking the king's entrance onstage.



## Notable Birthdays...

**1964**

*Chandrika Kumaratunga*  
**FORMER PRESIDENT OF  
SRI LANKA**



**1949**

*Stokely Carmichael*  
**POLITICAL ACTIVIST**



# Monday

## *Recipe of the Day* *Jamie Oliver's Jam Jar Dressings* *French Dressing*

### **Ingredients:**

- ¼ of a clove of garlic
- 1 teaspoon Dijon mustard
- 2 tablespoons white or red wine vinegar
- 6 tablespoons extra virgin olive oil

### **Method:**

- Peel and finely chop ¼ of a clove of garlic.
- Put the garlic, 1 teaspoon of Dijon mustard, 2 tablespoons of white or red wine vinegar and 6 tablespoons of extra virgin olive oil into a jam jar with a pinch of sea salt and black pepper.
- Put the lid on the jar and shake well.



# Monday

## Paris Word Search

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

Baguette  
Bastille  
Bistro  
Bonjour  
Café  
Catacombes  
Champs Elysees  
Croissant  
Eiffel Tower  
Escargot  
Hotel  
Left Bank  
Les Halles  
Louvre  
Metro  
Mona Lisa  
Museum  
Notre Dame  
Opera  
Pyramid  
Sacre Coeur  
Seine  
Taxi  
Tuileries  
Versailles  
Walking  
Wine

V	Z	I	N	C	R	C	S	D	R	X	C	Q	X	A	L	F	W	O
K	Q	N	O	T	R	E	D	A	M	E	G	U	L	H	B	R	P	E
L	O	U	R	M	I	U	Y	D	X	C	S	Q	O	V	T	E	T	P
U	G	E	T	N	M	U	B	L	O	U	V	R	E	M	R	W	N	X
P	K	M	E	V	E	R	S	A	I	L	L	E	S	A	U	O	A	D
C	H	A	M	P	S	E	L	Y	S	E	E	S	J	G	O	T	S	I
M	B	B	X	Y	J	U	A	Z	S	I	T	O	T	L	J	L	S	M
U	S	Z	A	Y	N	S	E	E	E	S	V	M	V	H	N	E	I	A
E	M	B	O	S	I	T	K	U	L	A	H	O	B	B	O	F	O	R
S	E	H	Q	L	T	U	W	I	L	O	O	G	E	I	B	F	R	Y
U	O	X	A	E	O	I	Z	W	A	R	A	Z	U	S	J	I	C	P
M	V	N	U	K	G	L	L	S	H	K	N	A	B	T	F	E	L	É
I	O	G	A	S	R	E	F	L	S	N	N	M	N	R	Z	H	F	G
M	A	P	G	M	A	R	Q	H	E	R	O	U	G	O	X	A	X	Z
B	H	Y	E	E	C	I	W	A	L	K	I	N	G	C	C	A	L	V
Z	V	Z	M	P	S	E	B	M	O	C	A	T	A	C	W	E	G	V
Q	M	Q	J	L	E	S	P	L	B	E	A	B	L	I	T	U	M	E
S	A	C	R	E	C	O	E	U	R	X	R	Q	N	O	K	V	R	G
U	O	Y	K	S	G	D	T	O	I	B	U	E	H	Q	S	P	Q	W





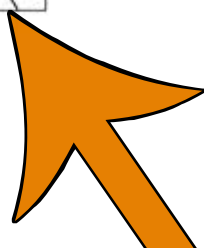
# Tuesday

Live as you were to  
die tomorrow ,  
learn as you were  
to live forever.

*Gandhi*



# Colour Me



# Tuesday

## On This Day...

**1908**

An enormous aerial explosion, presumably caused by a comet fragment colliding with Earth, flattened approximately 2,000 square km (500,000 acres) of pine forest near the Podkamennaya Tunguska River in central Siberia



**1859**

Jean-François Gravelet, known as Blondin, crossed the Niagara Falls on a tightrope that was 335 metres (1,100 feet) long and 49 metres (160 feet) above the water.

## Notable Birthdays...

**1985**

*Michael Phelps*  
**AMERICAN SWIMMER**



**1966**

*Mike Tyson*  
**AMERICAN BOXER**



# Tuesday

## Recipe of the Day

### *Tarka Dhal*

#### **Ingredients:**

- 200g red lentils
- 2 tbsp ghee, or vegetable oil if you're vegan
- 1 small onion, finely chopped
- 3 garlic cloves, finely chopped
- ¼ tsp turmeric
- ½ tsp garam masala
- coriander, to serve
- 1 small tomato, chopped

#### **Method:**

- Rinse the lentils several times until the water runs clear, then tip into a saucepan with 1 litre water and a pinch of salt.
- Bring to the boil, then reduce the heat and simmer for 25 mins, skimming the froth from the top. Cover with a lid and cook for a further 40 mins, stirring occasionally, until it's a thick, soupy consistency.
- While the lentils are cooking, heat the ghee or oil in a non-stick frying pan over a medium heat, then fry the onion and garlic until the onion is softened, so around 8 mins.
- Add the turmeric and garam masala, then cook for a further minute. Set aside.
- Tip the lentils into bowls and spoon half the onion mixture on top. Top with the coriander and tomato to serve.





# 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.

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

116209

123631

167815

214483

231463

364624

437129

452485

480228

569335

716073

761707

812572

844873

894549

# Wednesday

COME

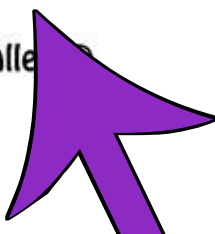
WHAT

MAY and

LOVE it

Colour Me

Doodle Art Alle





# Wednesday

## On This Day...

**1968**

The United States, United Kingdom, U.S.S.R., and 59 other states signed the Nuclear Non-proliferation Treaty in an attempt to halt the spread of nuclear weapons.



**1903**

The first Tour de France began, and the race went on to become cycling's most prestigious and difficult event.

## Notable Birthdays...

**1971**

*Missy Elliott*  
AMERICAN RAPPER AND  
MUSIC PRODUCER



**1961**

*Diana Princess of Wales*  
BRITISH PRINCESS



# Wednesday

## *Recipe of the Day* *Garlic Bread Toasts*

### **Ingredients**

- 2 ciabatta loaves
- 140g butter, softened
- 4-6 garlic cloves, crushed
- handful parsley, chopped
- 2 tbsp finely grated Parmesan (or vegetarian alternative)

### **Method**

- Slice the bread in half lengthwise.
- Toast the crust side for 2 mins until really crispy.
- Mix together butter, garlic and parsley in a bowl. Spread over the cut bread halves.
- Sprinkle over the Parmesan.
- Just before serving place on a baking sheet, then cook under a hot grill for 5 mins until toasty and lightly golden. Let it cool for 1 min before cutting into thick slices.





# Wednesday

## Love in Other Languages Word Search Puzzle

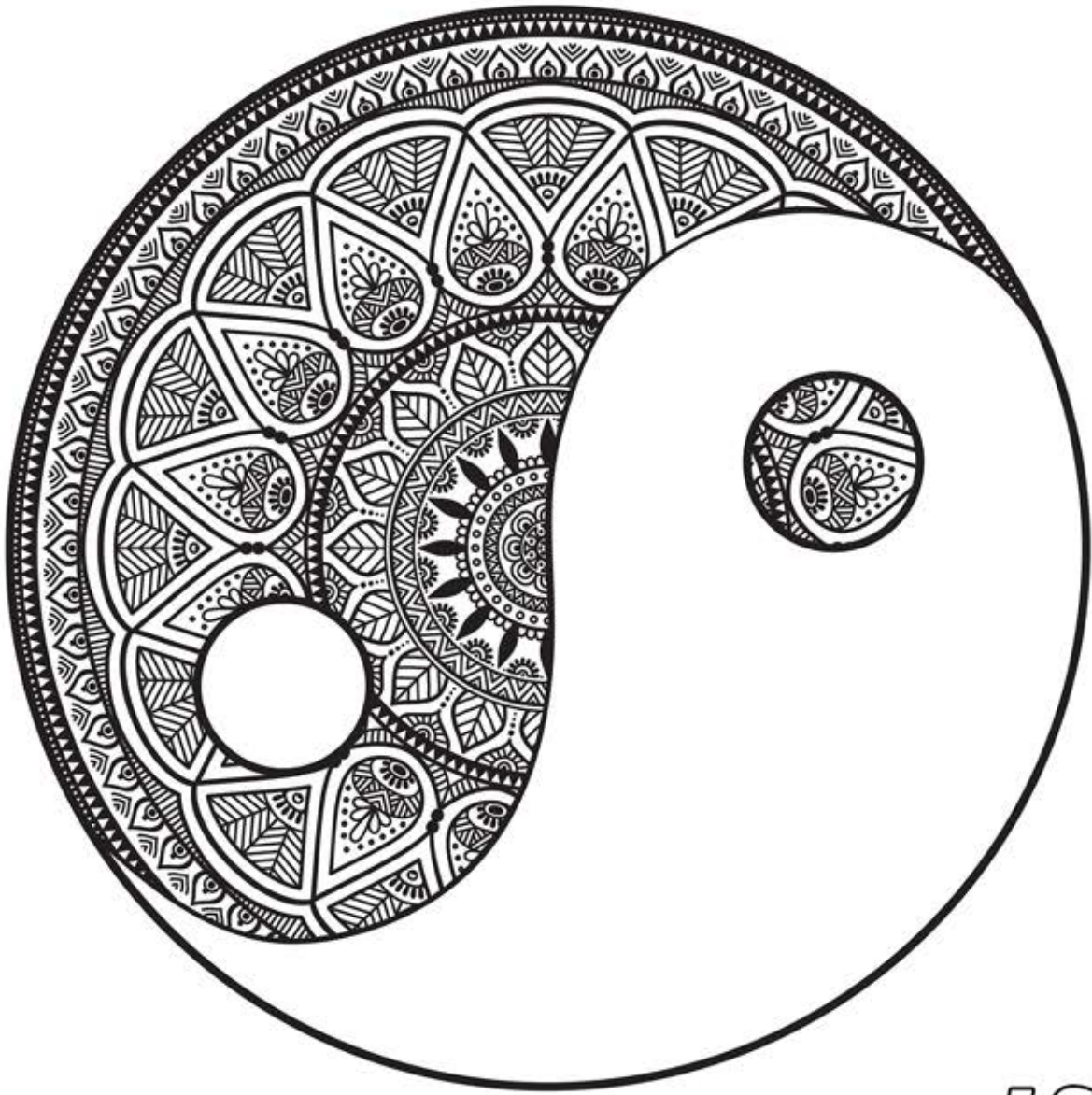


S I C H L I E B E D I C H I A  
A L E N G O H O I N E I H K N  
R O F X Y Q F S D A B I M H A  
A V T E C H I H H I L A A O B  
N E K H E T J O U L I E F U E  
G Y A I N V P R L I S S W V H  
H O D O O S E T D A R A M A I  
E U G T E A M O V E R R A N B  
Y X F E F E B E M I A T E J A  
O W O A I N I C W M A Y N O K  
Y A T E B Y A L Y U B L Y U X  
I K H H O B D I K H O M A I T

### Word Bank

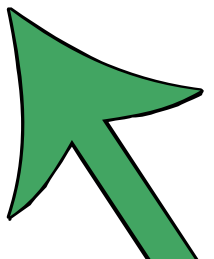
I LOVE YOU (English) • ICH LIEBE DICH (German) • EK HET JOU LIEF (Afrikaans)  
IK HOU VAN JOU (Dutch) • YA TEBYA LYUBLYU (Russian) • SARANG HEYO (Korean)  
DOOSET DARAM (Farsi) • WO AI NI (Mandarin) • JE TAIME (French) • TI AMO (Italian)  
TECHIIHILA (Sioux) • TE AMO (Spanish) • ANA BEHIBAK (Arabic)  
NGOH OI NEIH (Cantonese) • IKH HOB DIKH (Yiddish)

# Thursday



Believe in *yourself*  
and you will be  
*unstoppable*

*Colour Me*





# Thursday

## On This Day...

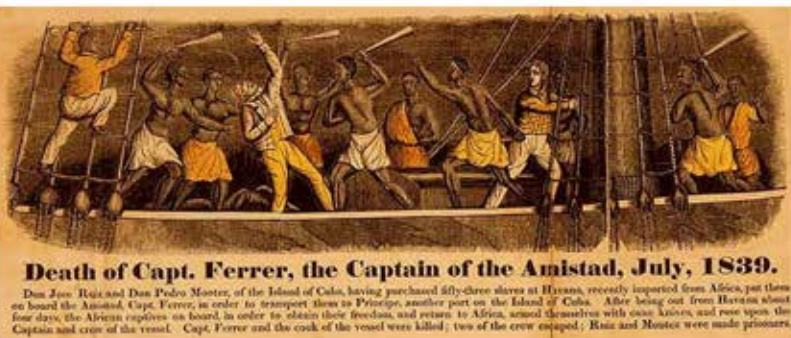
2002

American adventurer Steve Fossett became the first balloonist to circumnavigate the world alone.



1839

The Amistad revolt saw 53 Mende tribesmen, kidnapped from Eastern Africa, gain control of their captors' ship. The subsequent acquittal of the mutineers, who were deemed to be kidnap victims rather than merchandise, was a victory for American abolitionism.



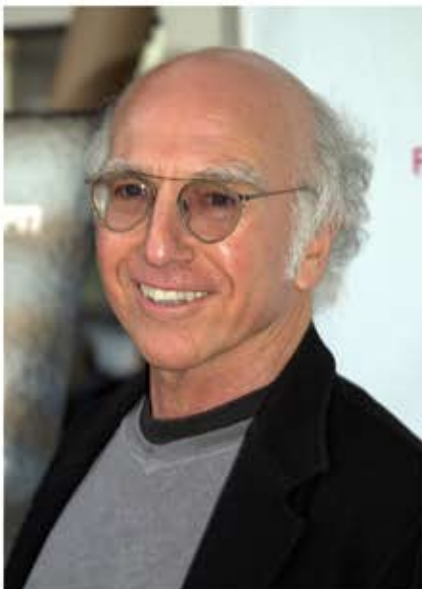
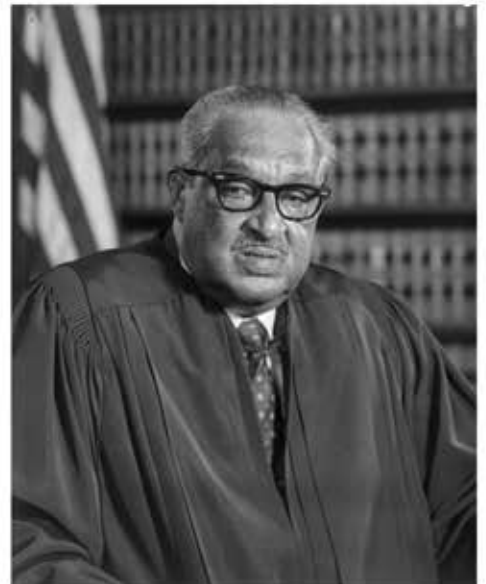
## Notable Birthdays...

1947

*Larry David*  
**AMERICAN COMEDIAN  
AND WRITER**

1908

*Thurgood Marshall*  
**FORMER UNITED STATES  
JURIST**



# Thursday

## Recipe of the Day

### Easy Chocolate Truffles

#### Ingredients

- 300g good-quality dark chocolate, 70% cocoa solids
- 300ml pot double cream
- 50g unsalted butter)

#### Method

- Chop the chocolate and tip into a large bowl. Put the cream and butter into a saucepan and heat gently until the butter melts and the cream reaches simmering point. Remove from heat, then pour over the chocolate. Stir the chocolate and cream together until you have a smooth mixture. Add any flavourings to the truffle mix at this stage (divide the mixture between bowls and mix in liqueurs or other flavourings, a tsp at a time, to taste. Try bourbon, Grand Marnier, coconut rum or the zest and juice of an orange), or leave plain. Cool and chill for at least 4 hrs.

- To shape the truffles, dip a melon baller in hot water and scoop up balls of the mixture, then drop the truffles onto greaseproof paper. Or lightly coat your hands in flavourless oil (such as sunflower) and roll the truffles between your palms. You could also use a piping bag to pipe rounds onto greaseproof paper.

- Coat your truffles immediately after shaping. Tip toppings into a bowl and gently roll the truffles until evenly coated, then chill on greaseproof paper. Try: crushed, shelled pistachio nuts; lightly toasted desiccated coconut; or roll a truffle flavoured with orange zest and juice in cocoa powder. To coat in chocolate, line a baking tray with greaseproof paper. Melt 100g milk, dark or white chocolate for 10 truffles. Allow chocolate to cool slightly. With a fork, pick up one truffle at a time and hold over the bowl of melted chocolate. Spoon the chocolate over the truffle until well-coated. Place on the baking tray, then chill.





# Thursday

## Under The Sea Word Scramble

Our oceans cover over 70% of the Earth's surface. Of all the habitats on Earth the oceans hold the most mystery. While we are aware of hundreds of thousands of marine life forms there are still many more still to be discovered.

hpsi

\_\_\_\_\_

uertlt

\_\_\_\_\_

hsfi

\_\_\_\_\_

iyransgt

\_\_\_\_\_

armnei

\_\_\_\_\_

coalr

\_\_\_\_\_

btselor

\_\_\_\_\_

aoelnis

\_\_\_\_\_

lekp

\_\_\_\_\_

ele

\_\_\_\_\_



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

*Friday*

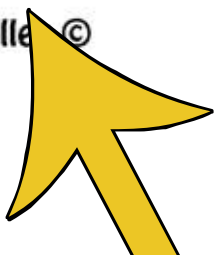
DON'T

STOP

BELIEVING

*Colour Me*

Doodle Art Alle ©





# Friday

## On This Day...

**1863**

Following three days of intense fighting  
- casualties numbered more than 50,000  
- the Battle of Gettysburg ended with a victory for the Union forces and was seen as a turning point in the American Civil War.



**1608**

Samuel de Champlain founded the city of Quebec, the first permanent European base in Canada.

## Notable Birthdays...

**1963**

*Tracey Emin*  
**BRITISH ARTIST**



**1962**

*Tom Cruise*  
**AMERICAN ACTOR**



# Friday

## Recipe of the Day

### Lamb Koftas

#### **Ingredients:**

- 500g lamb mince
- 1 tsp ground cumin
- 2 tsp ground coriander
- 2 fat garlic cloves, crushed
- 1 tbsp chopped mint
- oil for brushing

#### **Method:**

- Mix together all the ingredients until well blended.
- Divide into eight balls, then roll each ball on a board with a cupped hand to turn them into ovals.
- Thread onto four metal skewers and brush with oil.
- To cook on a griddle: heat the pan until you can feel a good heat rising and cook for 3-4 mins each side.
- Don't turn until they are well sealed or the meat will stick to the grill or pan.
- Season if you want, and set aside. Serve the koftas with yogurt and spiced flat breads.





# Friday

## 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.

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

115041

195809

201451

235659

457605

589510

619894

629910

736678

748018

798405

818810

# Biography

## Ian Karten, MBE

THE "SECOND chance" of sanctuary offered by the British government to Ian Karten just before the Second World War was something he never forgot. Karten was a prime example of refugees from persecution, which has more than paid back British generosity in allowing them entry. Born of Polish Jewish parents, he moved from Vienna to Germany when he was three years old. Facing anti-Semitism in his German high school, Ian was moved to a Jewish school near Cologne in 1937 aged 16, where he studied the Cambridge School Certificate syllabus, in preparation for education in Britain. He was also taught there by the late Raphael Loewe who inspired in Ian a love of Jewish studies. As a result Ian obtained a student visa to study mechanical engineering at a London college.

His parents were less fortunate. His mother survived the war and Ian managed to bring her back to England. The rest of his family died in the Holocaust.

War broke out in the third year of his degree and with no more resources; Ian was given a free place and a scholarship by his college to complete his studies. His appreciation of this support became the basis for the creation of the Ian Karten Charitable Trust set up in 1980 to offer educational opportunities for those in need. It supported over 3000 students many of whom developed remarkable careers inside and outside academia.

In 1939, Ian Karten met Christian scholar and activist, the Reverend Dr James Parkes, and was deeply impressed by this eccentric and independent scholar who, more than anyone, had alerted the English speaking world to the dangers of Nazi anti-Semitism, and in combatting it, also rescued and supported Jewish refugees. Whilst the two never met again, such generosity was repaid many times over.

Since the 1990's, the Parkes Institute for the study of Jewish/Non- Jewish Relations at Southampton University has been the benefactor of the Karten Trust with the endowment of a lectureship, a fellowship and most recently a post in outreach work which was close to the heart of both James Parkes and Ian Karten. In 1998 his contribution was recognised with the award of an honorary doctorate from the University of Southampton. The following year he was awarded an MBE in the New Year's Honours List for his wider 'services to charity'.

After completing his degree Ian joined the RAF where he used his skills in engineering. After the war he joined the Multitone electronics company, set up by the Poliakov family. It specialised in hearing aids and other medical related products.

Ian Karten managed to turn this struggling company around using his linguistic skills to make it truly international. Through selling his part in the now thriving company, Ian was able to create the Karten Trust which, alongside its scholarships, also began to create technology centres for the disabled.



# Biography

The first CTEC Centre was established in 1997 in Crow Thorne, Berkshire by a sister charity of the Ian Karten Charitable Trust. At the same time the Trust embarked on an ambitious programme for the rapid establishment of a sizeable "family" of Computer-aided Training Education and Communication (CTEC Centres). In order to achieve this, the policy of the Trust was to find suitable charities which share its enthusiasm for the use of assistive technology to improve the quality of life and the independence of people with disabilities. The Trust then offers to provide generous funding for all the equipment, software, assistive devices, and furniture for the Centre, and in some cases a contribution to other related costs, in return for an undertaking by the charity to establish and operate the Centre on a basis acceptable to the Trust. Since 1997, more than 300 Centres have been established in the U.K., Israel and Eire.

There are many differences between the Karten Centres, and between the organisations which operate them. The latter include Universities, Colleges, Hospitals, the remainder being charities, mostly with Day Centres and Centres for older people. The size of the Karten Centres varies as does the range of technology they use. Some specialise in a particular disability, others cover a range of disabilities. Some Centres are strongly focused on vocational training, while others concentrate on providing training in communication and life skills for people with learning disabilities.

Early Karten CTEC Centres were typically rooms with fixed computer workstations that people went to in order to access the technology. However, with ongoing technological advances, and more recently the very exciting mobile revolution our modern Karten Centres appear very different to the initial suites, but the underpinning principles remain unchanged. The Trust is committed to improving life outcomes for disabled people through the use of assistive technology throughout the network of Karten Centres.

At an Anglo-Jewish Association gathering in the early 1960s, Ian met Mildred and they married in 1968. Although they had no children, those supported by the Kartens have felt like an extended family. The world of Jewish studies and disability will be much diminished by the loss of Ian Karten. He was a gentle and modest man with an impish sense of humour and enormous vision.

Sadly, Ian and his wife Mildred are now deceased, but Ian's legacy and the work of the Ian Karten Charitable Trust continues to have a considerable impact for people with disabilities



Photo of Ian Karten & wife Mildred

# 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!

## Salt-dough tags

### Materials

- 2 cups of flour
- 1 cup of salt
- 1 cup of water
- heart cookie cutters
- stamps (Amazon has a great selection of stamps)
- ink pad
- bamboo skewer or straw to make hole in tags
- ribbon
- sand paper

### Method

- Preheat oven to 200 degrees Fahrenheit.
- Mix dry ingredients.
- Add water to dry ingredients and mix.
- Roll to 1/4 inch thick.
- Ink your stamp and press stamp into dough.
- Press cookie cutter over your stamped dough.
- Place your cut-out dough on a baking sheet.
- Using a bamboo skewer, chopstick or straw, make a hole in the top of the tag.
- Bake in a 200-degree oven for 6 hours.
- Remove from oven and let cool.
- Sand edges.
- Thread ribbon through the hole and tie.
- If you want to get extra fancy, paint the tags, add glitter, then varnish.

