



QAC Weekly

Issue 15

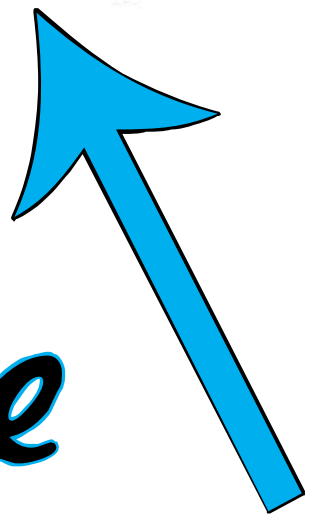


Monday

Today is Your DAY!
Your Mountain
is Waiting. So get
On Your Way.

Doodle Art Alley ©

Colour Me



Monday

On This Day...

1957

American Althea Gibson became the first black tennis player to win the Wimbledon singles championship.



1942

Anne Frank and her family went into hiding in Amsterdam and lived in a secret annex - an experience documented in her diary, which became a classic of war literature - until their capture on August 4, 1944.



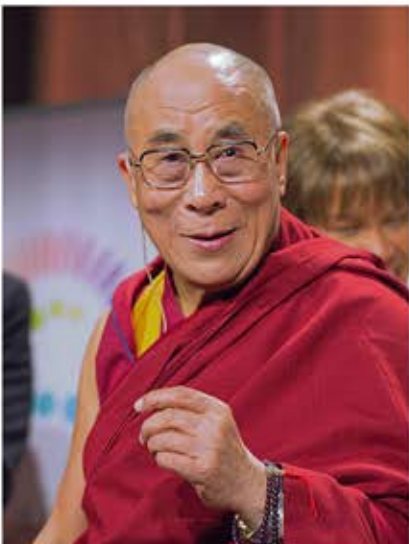
Notable Birthdays...

1935

14th Dalai Lama
TIBETAN BUDDHIST
MONK

1907

Frida Kahlo
MEXICAN PAINTER



Monday

Recipe of the Day

Hairy Biker's Spicy Lentil and Kale Soup

Ingredients:

- 2 tbsp olive oil
- 1 onion, finely chopped
- 1 carrot, finely chopped
- 2 celery sticks, finely chopped
- 2 tbsp red harissa paste
- 200g brown lentils
- 1.5 litres vegetable stock or water
- 200g kale or spinach
- salt and black pepper

Method:

- Heat the oil in a large pan and add the onion, carrot and celery. Cook for about 10 minutes over a medium to low heat, until the vegetables have started to soften and brown slightly around the edges.
- Stir in the harissa paste, followed by the lentils and season with salt and pepper. Pour over the stock or water and bring to the boil. Partially cover the pan and leave to simmer until the lentils are tender and have started to collapse into the soup. This should take 20–30 minutes.
- If you're using kale, cut out any thick woody stems, shred the leaves and add them to the soup after the lentils have been cooking for 20 minutes. If you're using spinach, add it once the lentils are cooked.
- You can leave the soup as it is if you like the texture, or blitz it with a stick blender to break it down further.



Monday

Airports Word Search

AIRPORTS

Find the three letter codes for 30 international airports in the word search grid.



AMS (Amsterdam Schiphol)
ATL (Hartsfield Jackson Atlanta International)
BKK (Suvarnabhumi Bangkok)
CAN (Guangzhou Baiyun International)
CDG (Charles de Gaulle International)
CGK (Soekarno-Hatta International)
CLT (Charlotte Douglas International)
DEL (Indira Gandhi International New Delhi)
DEN (Denver International)
DFW (Dallas Fort Worth International)
DXB (Dubai International)
FRA (Frankfurt am Main International)
HKG (Hong Kong International Kai Tak)
HND (Tokyo International)
IAH (George Bush Intercontinental Houston)

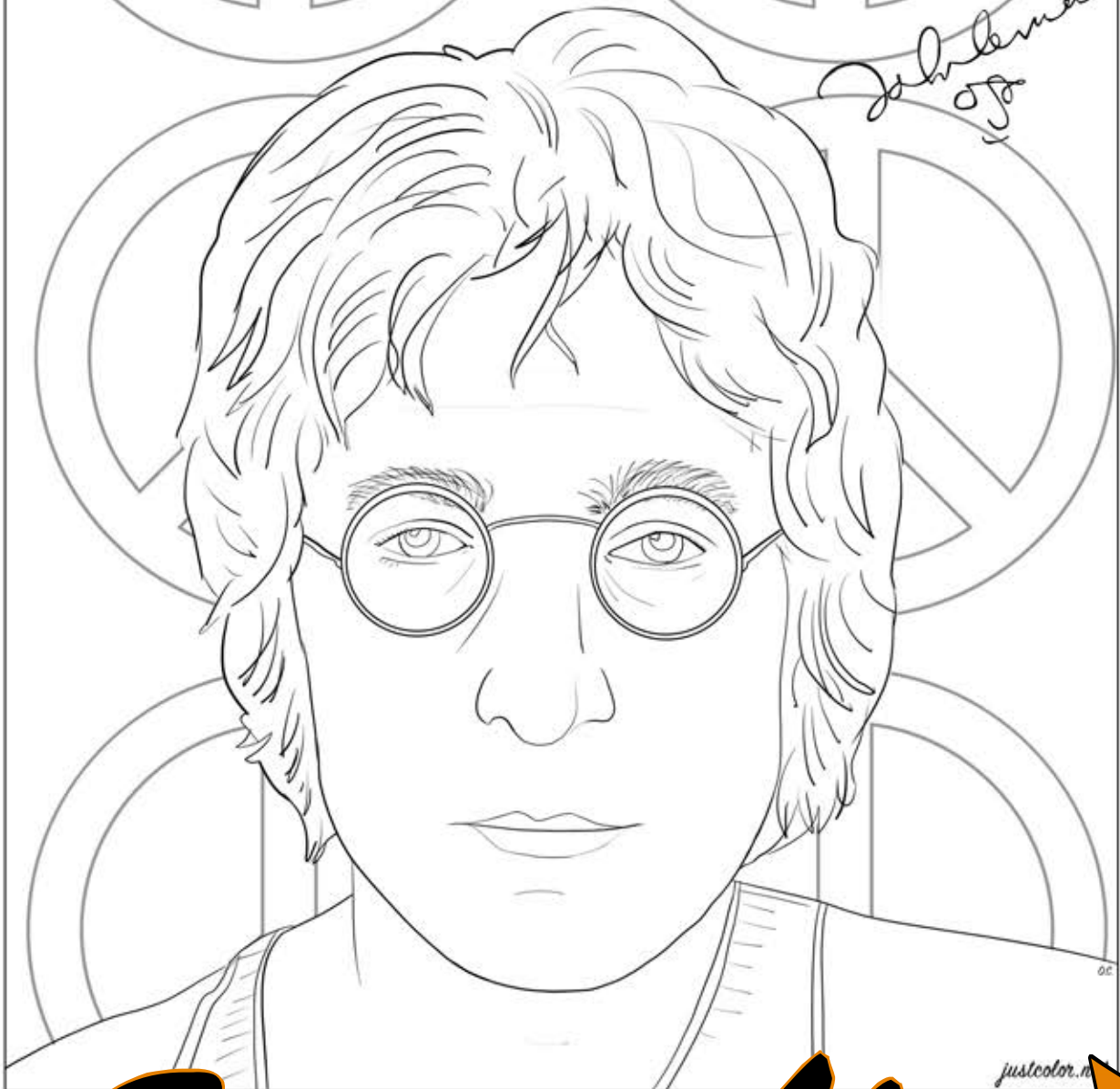
ICN (Incheon International)
IST (Atatürk International)
JFK (John F Kennedy International)
KUL (Kuala Lumpur International)
LAS (McCarran International Las Vegas)
LAX (Los Angeles International)
LHR (London Heathrow)
MAD (Madrid Barajas International)
MIA (Miami International)
ORD (Chicago O'Hare International)
PEK (Beijing Capital International)
PHX (Phoenix Sky Harbor International)
PVG (Shanghai Pudong International)
SFO (San Francisco International)
SIN (Singapore Changi International)

Tuesday

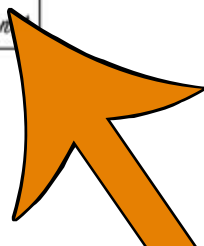
*Count your age by friends,
not years.*

*Count your life by smiles,
not tears.*

*John Lennon
1970*



Colour Me



Tuesday

On This Day...

1946

Mother Frances Xavier Cabrini became the first U.S. citizen to be canonized by the Roman Catholic Church



1898

The U.S. Congress annexed Hawaii through a joint resolution signed by President William McKinley, paving the way for the islands to become a territory (1900) and later a U.S. state (1959)



Notable Birthdays...

1981

Mahendra Singh Dhoni
INDIAN CRICKETER



1980

Michelle Kwan
AMERICAN SKATER



Tuesday

Recipe of the Day *No Churn Ice-Cream*

Ingredients:

- ½ a 397g can sweetened condensed milk
- 600ml pot double cream
- 1 tsp vanilla extract

Method:

- Put the condensed milk, cream and vanilla into a large bowl.
- Beat with an electric whisk until thick and quite stiff, a bit like clotted cream.
- Scrape into a freezer container or a large loaf tin, cover with cling film and freeze until solid.



Tuesday

Fruit Word Scramble

Fruits are important for a healthy balanced diet, they provide lots of essential nutrients and are naturally low in fat. The definition of a fruit is different depending on whether you are a gardener or a chef. As a gardener you may consider tomatoes and peppers to be fruit, a chef on the other hand would probably class these as vegetables.

appielepn

yerhcr

ecylhe

gif

taecenrni

bbueeylrr

trgfrpaeiu

prenu

mgaon

hapec



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

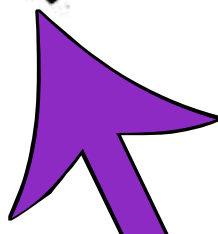
Wednesday

Doodle Art Alley ©

Some Days
You Have To
Create
your OWN

Sunshine

Colour Me



Wednesday

On This Day...

1889

Journalist Charles Henry Dow published the first issue of The Wall Street Journal



1497

Vasco da Gama sailed from Lisbon with a fleet of four vessels, opening up a sea route from western Europe to Asia by way of the Cape of Good Hope, ushering in a new era in world history

Notable Birthdays...

1951

Anjelica Huston
AMERICAN ACTRESS



1914

Billy Eckstine
AMERICAN SINGER



Wednesday

Recipe of the Day

Easy Beef Stew

Ingredients

- 350g Hereford casserole beef
- 2 tbsp plain flour seasoned with black pepper
- 3 tbsp olive oil
- 2 onions, peeled and finely chopped
- 2 cloves garlic, peeled and finely chopped
- 4 carrots, peeled and cut into chunks
- 300ml stock
- 400g tin chopped tomatoes
- 2 tsp English mustard)

Method

- Preheat the oven to 140°C/fan 120°C/Gas 1
- Dip the beef in the seasoned flour, heat 2 tbsp of the oil in a large heavy-based casserole dish and brown the beef in batches
- Put the browned beef onto a plate
- Put the remaining 1 tbsp oil into the casserole
- Add the onion and cook over a high heat for a couple of minutes
- Turn the heat down and add the garlic. Cover and leave to sweat until tender
- Once the onion and garlic are soft, add the carrots, stock, tomatoes, mustard and the browned beef, then cover and cook in the oven for at least 2 hours or until the beef is tender
- Alternatively, cook it on the hob for the same amount of time
- Make sure your dinner is fully cooked and piping hot before serving it up



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.

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

18467

20096

23640

25097

30318

33976

38312

40905

44235

45888

53675

55102

56782

59301

63900

75470

76848

78879

79331

79494

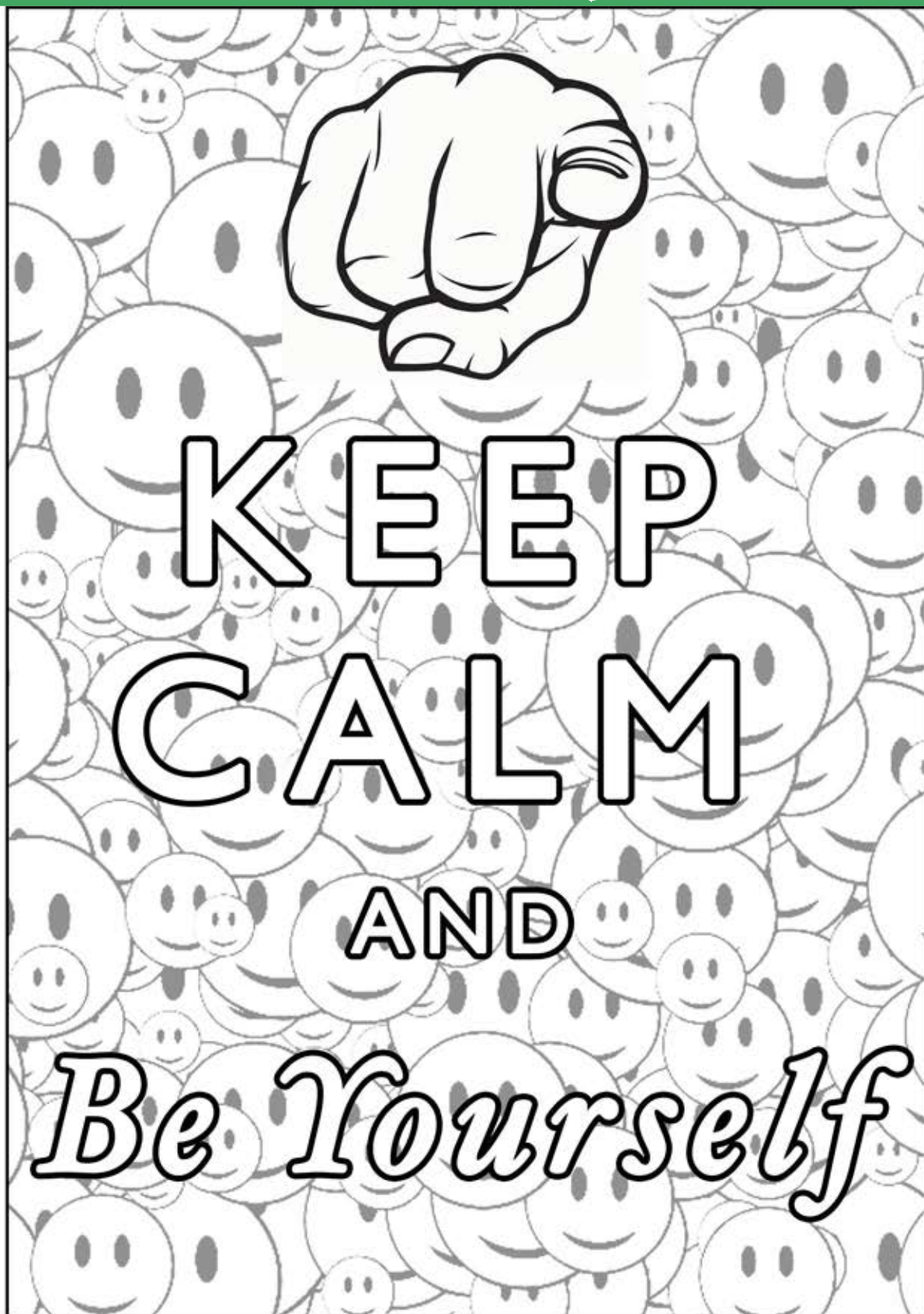
80460

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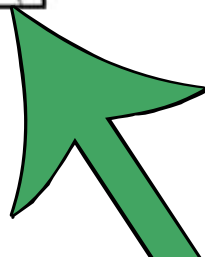
94865

97832

Thursday



Colour Me



Thursday

On This Day...

1762

Catherine the Great overthrew Peter III and began her reign as empress of Russia, leading her country into full participation in the political and cultural life of Europe and extending Russian territory



1540

The marriage of King Henry VIII of England and his fourth wife, Anne of Cleves, was annulled

Notable Birthdays...

1956

Tom Hanks
AMERICAN ACTOR



1937

David Hockney
BRITISH PAINTER



Thursday

Recipe of the Day *Homemade Peanut Butter*

Ingredients

- 400g blanched peanuts
- 2 tsp sea salt flakes
- 2-3 tsp peanut oil

Method

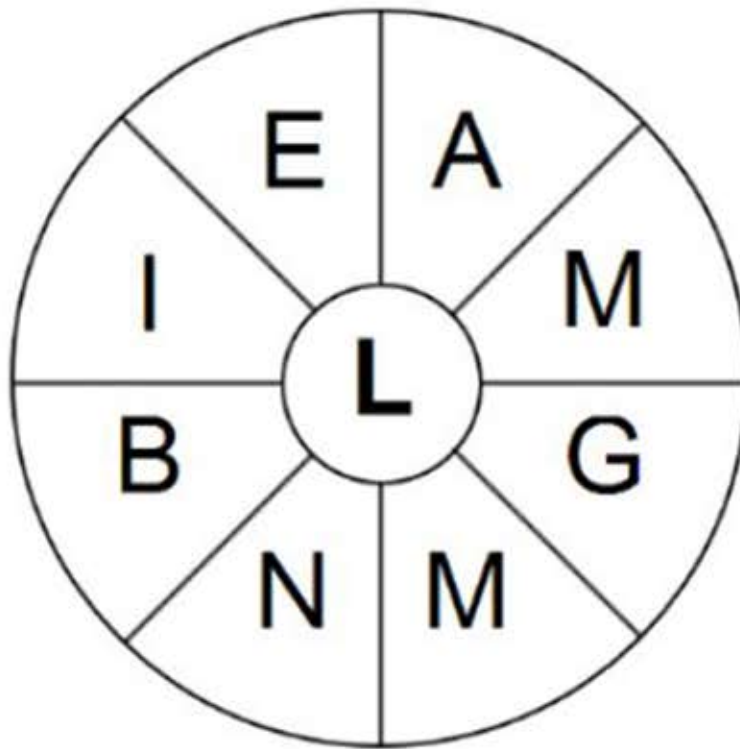
- Heat oven to 200C/180C fan/gas 6.
- Tip the peanuts onto a large baking tray, place in the oven and roast for 10 mins, stirring now and then to ensure they don't catch at the edges.
- When golden brown, remove from the oven and leave to cool completely.
- Tip the nuts into a food processor, and add the salt.
- Blend for 4-5 mins, until you're left with a smooth nut butter, if you want to loosen the consistency, add a drizzle of oil and blend again.



Thursday

Ancient Egypt Word Wheel

Around 5000 years ago the Ancient Egyptians built a great civilisation. There are lots of mysteries surrounding this ancient civilisation. We are fascinated by the pyramids, mummification, the Egyptian Gods and Goddesses, canopic jars and the ancient curses of the pharaohs.



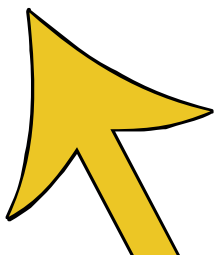
This Ancient Egypt themed word wheel is made from a 9 letter Ancient Egypt themed word. Try and find that word, then make as many words of any length as you can from these letters. You can only use each letter once, and each word must include the letter L.

Friday

Doodle Art Alley ©



Colour Me



Friday

On This Day...

1973

The Bahamas gained independence from Britain within the Commonwealth



1962

Telstar 1, the first communications satellite to transmit live television signals and telephone conversations across the Atlantic Ocean, inaugurating a new age in electronic communications



Notable Birthdays...

1943

Arthur Ashe
**AMERICAN TENNIS
PLAYER**



1875

Mary McLeod Bethune
AMERICAN EDUCATOR



Friday

Recipe of the Day *Quiche Lorraine in 4 easy steps*

Ingredients:

- flour, for dusting
- 500g block ready-to-roll shortcrust pastry
- 200g smoked streaky bacon, chopped
- 85g medium cheddar, cut into small cubes
- 3 eggs, lightly beaten
- 284ml tub double cream
- pinch grated nutmeg

Method:

- Roll out pastry and lift into tin: Leave pastry to soften at room temperature so it doesn't crack when rolling. Lightly flour rolling pin and work surface. Gently press top of pastry, from the end closest to you outwards, a few times, turn 90°, then repeat until 1cm thick. Now roll out pastry in one direction only, turning every couple of rolls, to a circle the thickness of a £1 coin. Use the rolling pin to lift pastry up and over tin, floured side facing up.



- Line the tin and trim the pastry: Smooth pastry over the base of the tin to remove any pockets of air. Gently ease pastry into the inside edge of tin and against the sides. Trim overhanging pastry with kitchen scissors so pastry rises 1cm above the rim. Roll excess pastry into a small ball and use to press pastry into the fluted edges. Chill for 30 mins, covered with cling film. Any left-over can be chilled and reused, or frozen for up to a month.

- Bake the pastry case blind: Heat oven to 200C/fan 180C/gas 6. Cut a large piece of baking parchment, then scrunch into a ball. Open it out and use to line chilled pastry case, then tip in baking beans with more against the sides, to support pastry wall when baking. Bake on a baking sheet for 15-20 mins until the sides are crisp and set. Remove from oven and carefully lift paper and beans out. Return pastry to oven and cook for another 5 mins or until the base and sides are golden and crisp.

- Fill pastry case and bake Lower oven to 150C/fan 130C/gas 2. Heat a pan, then fry the bacon until golden. Scatter over the pastry base, discarding excess fat, followed by the cheese. Mix eggs, cream and nutmeg together, then half-fill the case. Rest baking sheet on an oven shelf, then pour in the rest of the mixture. Bake for 30-35 mins or until just set. Remove and allow to cool for 10 mins.

Friday

Las Vegas Word Search



Gamble	Resort
Golden Nugget	Restaurant
Hotel	Roulette
Las Vegas	Show
Lights	Slot Machine
Mirage	Strip
Neon	Sun
Nevada	Tropicana
Poker	Vacation

Bellagio
Blackjack
Buffet
Caesars
Casino
Chapel
Clark County
Comedian
Convention
Desert
Drinks
Excalibur
Fremont Street

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

Biography

Jesse Dufton

Jesse Dufton is a blind rock climber. He is best known as the first blind person to lead climb the Old Man of Hoy, which is the focus of Alastair Lee's multi award winning documentary 'Climbing Blind'.

The Old Man of Hoy is however only a part of the extensive roster of hard traditional "trad" rock climbs he has completed. As well as this, he is also the first blind person to claim 1st ascents in the Arctic, and a world class competition climber representing the GB Paraclimbing team.

Jesse has Rod-cone dystrophy which is a genetic condition. He was born with approximately 20% of central vision (no peripheral vision) with large blind spots.

From this drastically low baseline Jesse's vision has further deteriorated and he can now only distinguish between light and dark (light perception) in an extremely restricted field of view.

Jesse's lack of sight means that he is no longer able to recognise images or to read. Consequently, he uses text-to-speech software in order to use a computer and to work full-time as a Principal Patent Engineer for a clean energy technology company making hydrogen fuel cells.

While Jesse has climbed all his life, he only became aware of Paraclimbing as a competitive sport in September 2017. Following his selection to the British team in early 2018, he has trained hard to improve his competition climbing, which is also providing a dividend for his outside adventures.



Photo of
Jesse Dufton

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!

Make your own Green Terrarium

STEP 1: Prepare the Container

- Remove any price tags or stickers from your vessel and wash both the interior and exterior thoroughly to ensure that there are no unwanted residues that could affect the health of your plants. Envision how you want to arrange your plants inside the jar.

STEP 2: Add Your Drainage Layers

- Once the container is ready, fill the bottom with rocks or pebbles. This is to create a false drainage layer so water can settle and not flood the plant. The depth of the rocks totally depends on the size of your container, but aim for ½ inch to 2 inches.

STEP 3: Add the Activated Charcoal

- The charcoal looks exactly like what you would expect it to and it's messy. Sometimes it comes as small granules and other times it comes as shards—either works. You don't need much, just enough to cover the rocks. The charcoal will improve the quality of your little world including reducing bacteria, fungi and odours.

STEP 4: Add Soil

- Again, cactus and succulents need a special soil compared to most other plants, so be sure to get the appropriate bag depending on which plants you're using. Add enough soil so the plant roots will have plenty of room to fit and then grow. Aim for a depth slightly greater than the height of the plant's pot.

STEP 5: Plant

- Take your plant out of the pot and break up the hard soil ball until you get down to the roots. If you're breaking the plant into multiple parts, be gentle. You may also want to trim the roots if they are especially long; don't worry, they'll grow back. Using a spoon, your fingers, the end of a brush, or even a pencil, dig a well to place your plants roots in. Add more soil around the top and compact the soil down around the base of the plant. Continue placing your little plants in the container and try to keep them away from the edges. The leaves are likely to touch the sides but aim to keep them away as much as possible.

STEP 6: Add Accessories

- After you're done planting you can add little accessories like a blanket of moss (dried or living), little figurines, old toys, glass beads, shiny metal object, sticks, stones, or even a layer of rocks. This is your little world and you can put whatever you'd like in there.

STEP 7: Clean and Water

- You'll likely have dirt all over the sides of the container, so wipe them down so you can enjoy the beautiful living world inside. Give the terrarium a little bit of water. Unlike most of your house plants, a terrarium doesn't need to be soaked: just a couple of shots of water should get it started.

