

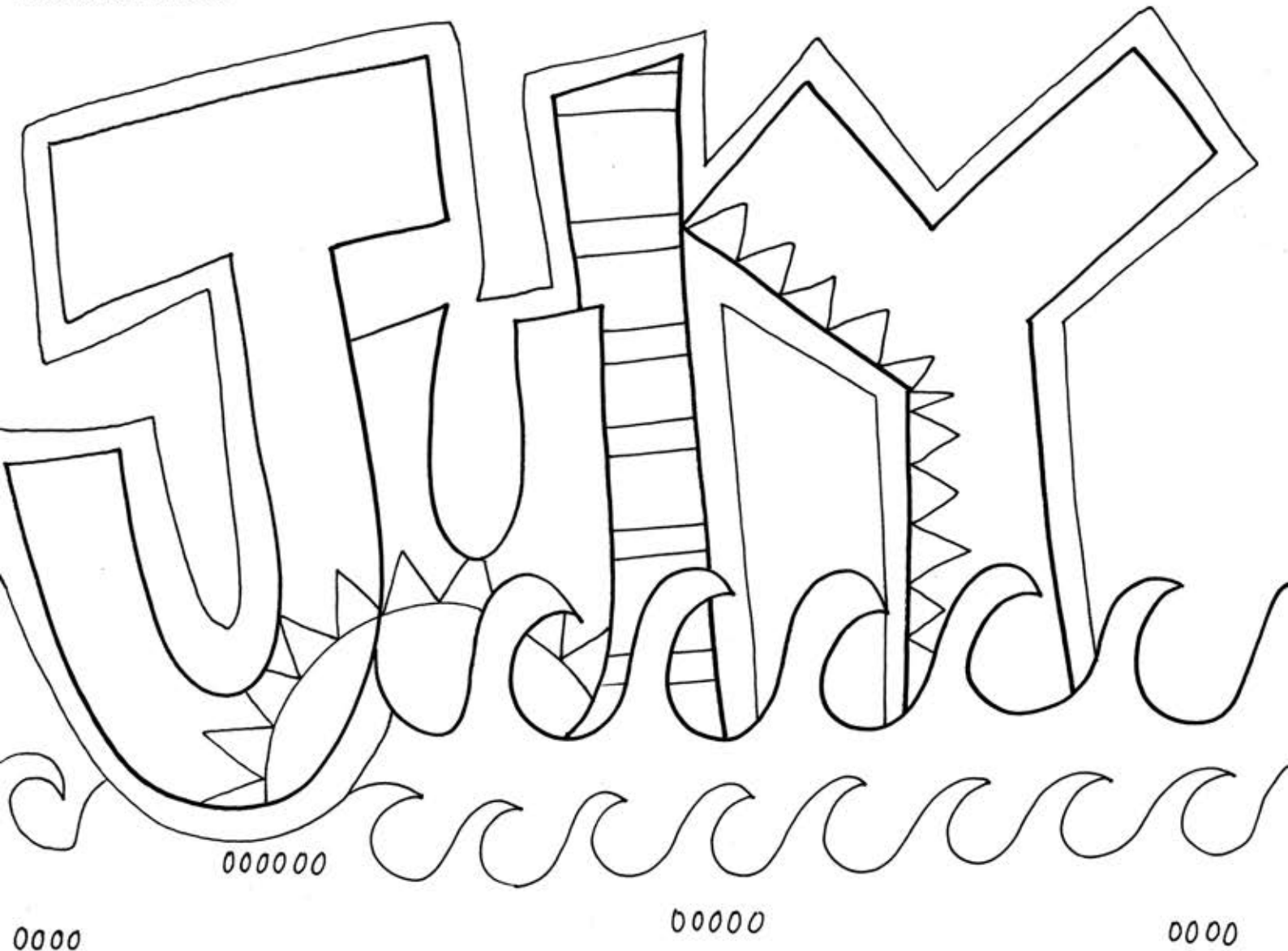
QAC Weekly

Issue 16

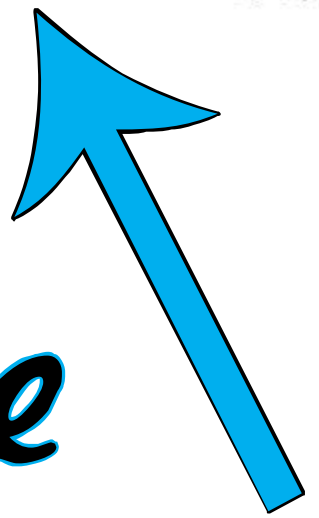


Monday

Doodle Art Alley ©



Colour Me



Monday

On This Day...

2016

Theresa May, the Conservative Party leader, became the second woman prime minister of the United Kingdom, replacing David Cameron, who resigned after the country voted to leave the European Union.



1985

The benefit concert Live Aid was held simultaneously at Wembley Stadium in London and JFK Stadium in Philadelphia; the event drew an estimated 1.5 billion television viewers and raised millions for famine relief in Ethiopia.



Notable Birthdays...

1940

Patrick Stewart
BRITISH ACTOR



1934

Wole Soyinka
NIGERIAN AUTHOR



Monday

Recipe of the Day

Jamie Oliver's Spicy Beef and Cauli Rice

Ingredients:

- 500 g lean minced beef
- 1 head of cauliflower, (800g)
- 1 heaped teaspoon rendang powder
- 1 bunch of fresh mint, (30g)
- 1 x 400 g tin of light coconut milk

Method:

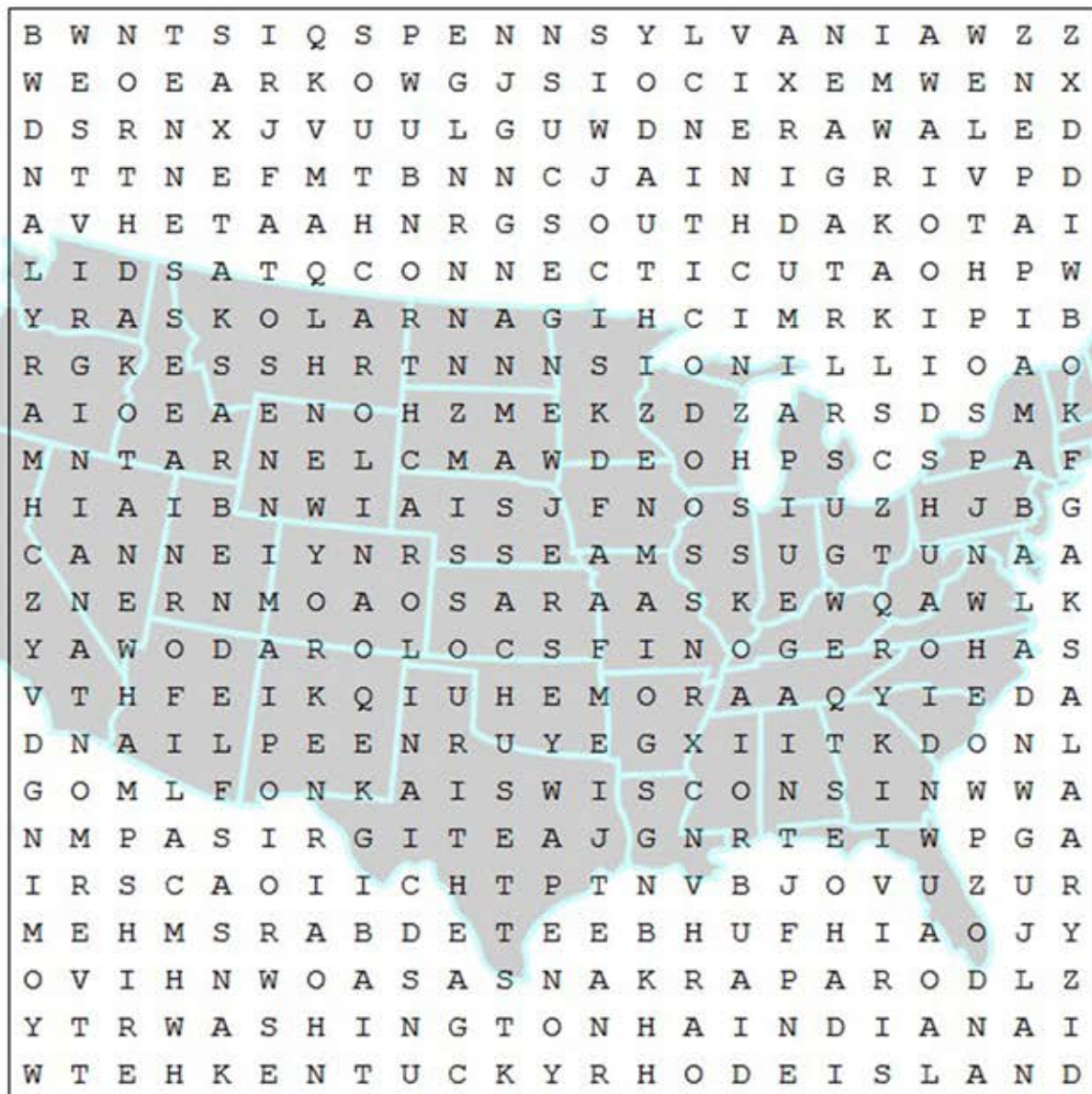
- Place the minced beef in a large shallow casserole pan with 1 tablespoon of olive oil, then break it up and fry on a high heat, stirring regularly.
- Click off and discard any tatty outer leaves from the cauliflower, putting the nice leaves into a food processor.
- Halve the cauliflower, breaking up one half into the processor. Cut little bite- sized florets off the other half into the mince pan, chucking all the stalks into the processor as you go.

- Stir the rendang powder into the pan and cook it all for 10 minutes, or until crispy, stirring regularly.
- Meanwhile, pick half the mint leaves into the processor, add a pinch of sea salt and black pepper, and blitz until fine.
- Tip into a heatproof bowl, cover, and microwave on high for 4 to 5 minutes.
- Reserving the baby leaves, pick the remaining mint leaves into the pan, toss well, then pour in the coconut milk and half a tin's worth of water.
- Bring to the boil, simmer for 5 minutes, then taste, season to perfection, and scatter over the reserved mint leaves.
- Give the cauli rice a good mix up, and serve on the side.



Monday

The 50 States of America Word Search



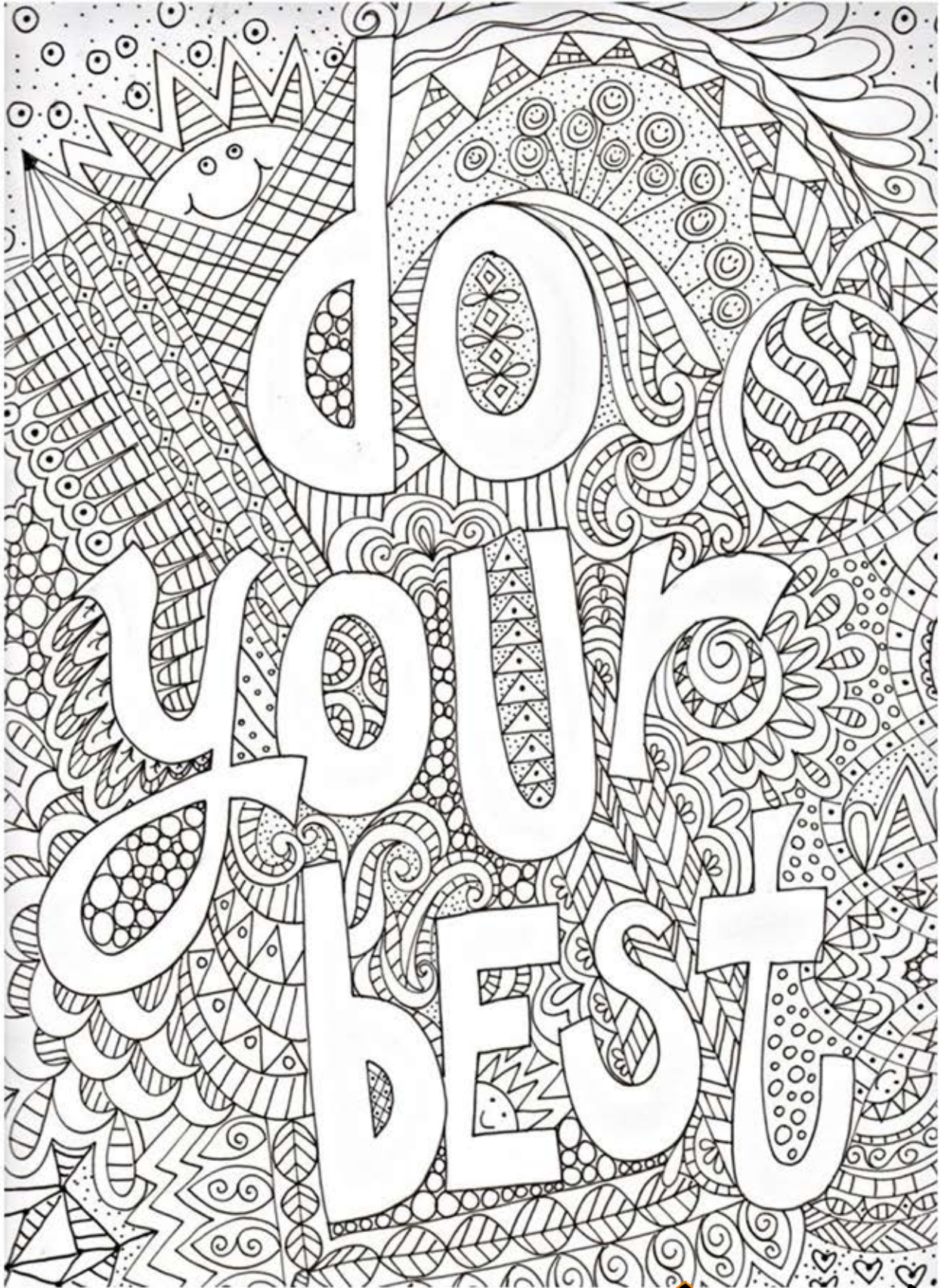
Alabama
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Arizona
Arkansas
California
Colorado
Connecticut
Delaware
Florida
Georgia
Hawaii
Idaho
Illinois

Indiana
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Kansas
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Louisiana
Maine
Maryland
Massachusetts
Michigan
Minnesota
Mississippi
Missouri
Montana

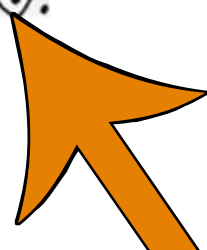
Nebraska
Nevada
New Hampshire
New Jersey
New Mexico
New York
North Carolina
North Dakota
Ohio
Oklahoma
Oregon
Pennsylvania
Rhode Island

South Carolina
South Dakota
Tennessee
Texas
Utah
Vermont
Virginia
Washington
West Virginia
Wisconsin
Wyoming

Tuesday



Colour Me

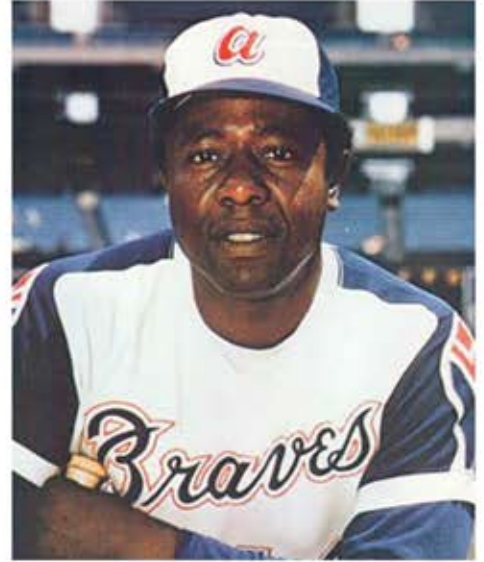


Tuesday

On This Day...

1968

American baseball great Hank Aaron hit his 500th career home run.



1789

A mob advanced on the Bastille in Paris, demanding the arms and munitions stored there. When the guards resisted the crowd captured the prison, an act that symbolised the end of the ancien régime



Notable Birthdays...

1868

Gertrude Bell
**BRITISH POLITICIAN AND
WRITER**



1858

Emmeline Pankhurst
**BRITISH POLITICAL
ACTIVIST**



Tuesday

Recipe of the Day *Jamie Oliver's Sicilian Tuna Pasta*

Ingredients:

- 300 g dried pasta shells
- 4 heaped teaspoons baby capers
- 500 g ripe mixed-colour cherry tomatoes
- 1 tablespoon dried oregano, ideally the flowering kind
- 1 x 220 g jar of tuna in olive oil, from sustainable sources

Method:

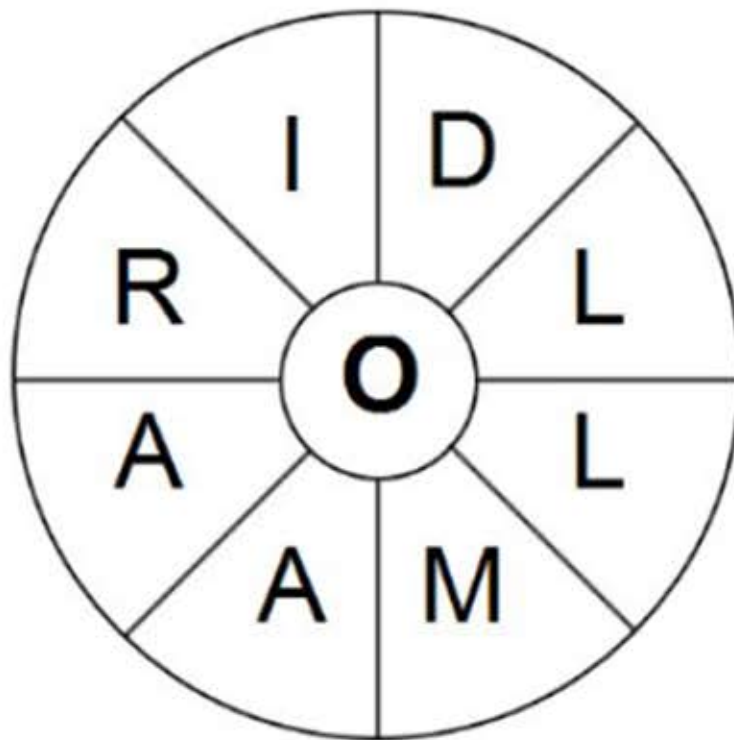
- Cook the pasta in a pan of boiling salted water according to the packet instructions.
 - Meanwhile, place a large non-stick frying pan on a medium-high heat with 1 tablespoon of olive oil. Add the capers, fry until super-crispy, then scoop out and put aside, leaving the fragrant oil behind.
 - Halve and add the tomatoes, then sprinkle in most of the oregano.
 - Drain and flake in the tuna, add 2 ladlefuls of pasta cooking water, and simmer until the pasta is done.
 - Drain the pasta, reserving a mugful of cooking water, then toss the pasta into the tuna pan, loosening with a splash of reserved cooking water, if needed.
 - Taste, season to perfection with sea salt and black pepper, then dish up.
- Sprinkle over the crispy capers and the remaining oregano from a height, drizzle with 1 teaspoon of extra virgin olive oil, and tuck in.



Tuesday

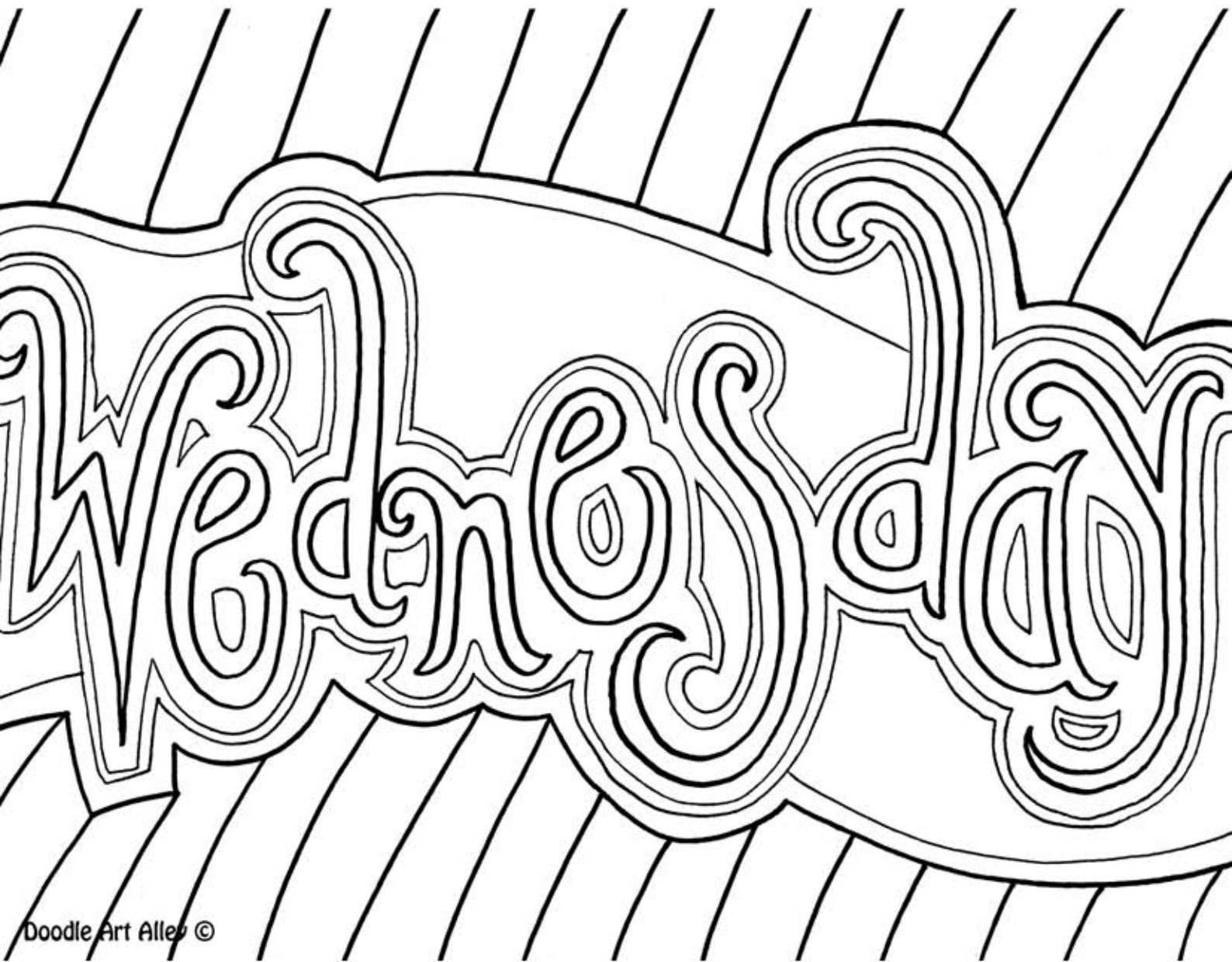
Animals Word Wheel

There are many animals in the world. Animals can live in even the harshest environments such as the hot deserts and the cold Antarctic.



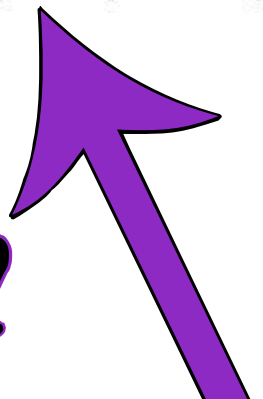
This Animals themed word wheel is made from a 9 letter Animals themed word. Try and find that word, then make as many words of any length as you can from these letters. You can only use each letter once, and each word must include the letter **O**.

Wednesday



Doodle Art Alley ©

Colour Me



Wednesday

On This Day...

2006

The online microblogging service Twitter was publicly launched, and within the following decade it had more than 300 million users.



1965

Mariner 4, an unmanned space probe launched by NASA in 1964, flew by Mars and returned close-up pictures of its surface. The pictures proved that the planet's rumoured canals were actually illusions.



Notable Birthdays...

1922

Leon Max Lederman
AMERICAN PHYSICIST



1606

Rembrandt van Rijn
DUTCH ARTIST



Wednesday

Recipe of the Day

Jamie Oliver's Honey Berry Filo Smash

Ingredients

- 3 sheets of filo pastry
- 6 heaped teaspoons runny honey
- 40 g shelled pistachios
- 200 g raspberries
- 400 g Greek-style coconut yoghurt



Method

- Preheat the oven to 180°C/350°F/gas 4.
- Lay 1 sheet of filo on an oiled baking tray, drizzle with 1 heaped teaspoon of honey from a height, then repeat.
- Lay the final sheet of filo over the top and drizzle with a little olive oil. Scatter over the pistachios, then bake for 10 minutes, or until everything is golden.
- Meanwhile, crush half the raspberries with a fork and ripple them through the yoghurt, then divide between your plates.
- Shake the pistachios on to a board, then lightly crush.
- Snap off pieces of crispy filo and arrange nicely on top of the yoghurt.
- Scatter over the pistachios and remaining raspberries, then drizzle over the remaining honey from a height.

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.

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

290949

299752

350490

416484

457605

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619894

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638706

650653

706428

734300

736678

748018

798405

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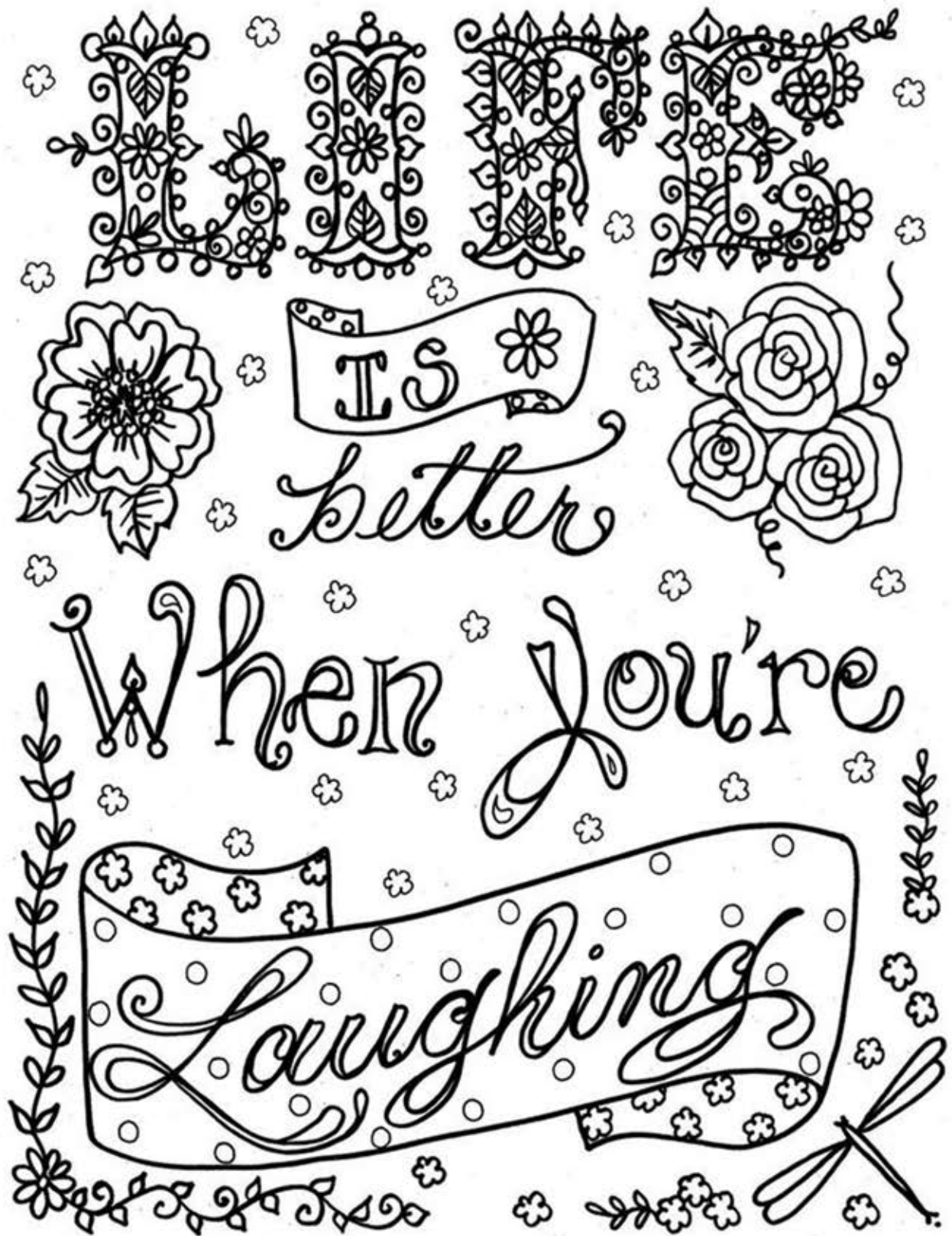
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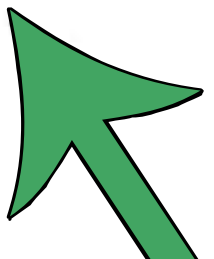
928783

949512

Thursday



Colour Me



Thursday

On This Day...

1969

Apollo 11 lifted off from NASA's John F. Kennedy Space Centre in Florida. Four days later two of its astronauts, Neil Armstrong and Buzz Aldrin, became the first humans to set foot on the Moon



1965

The Mont Blanc Tunnel officially opened, linking France and Italy. At the time it was the world's longest vehicular tunnel, spanning 7.3 miles (11.7 km).

Notable Birthdays...

1872

Roald Amundsen
NORWEGIAN EXPLORER



1862

Ida B. Wells-Barnett
**AMERICAN JOURNALIST
AND SOCIAL REFORMER**



Thursday

Recipe of the Day *Jamie Oliver's Lovely Lamb Hotpots*

Ingredients

- 3 red onions
- 400 g lamb neck fillet
- 6 teaspoons mint sauce
- 4 teaspoons umami paste
- 500 g potatoes

Method

- Preheat the oven to 170°C/325°F/gas 3.
- Peel and roughly chop the onions, dice the lamb into 3cm chunks, then divide both between four 15cm ovenproof bowls, placing the bowls on a large oven tray.
- Add 1 teaspoon each of mint sauce and umami paste to each of the bowls, followed by 150ml of water and a little pinch of sea salt and black pepper. Stir well.
- Quickly scrub the potatoes and rattle them through the thick slicer attachment of a food processor so they're just under ½cm thick. Divide between the bowls, overlapping them slightly to cover.
- Press down on the potato layer to compact everything, then cover with tin foil and bake for 2 hours, removing the foil for the last 30 minutes.
- Spoon over the remaining mint sauce, and tuck in.



Thursday

Summer Word Scramble

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!!

shennsiu

bikiin

inagpcm

ateh

divgni

kecutb

xlinarge

eic rmcae

sucsernen

laiyhod

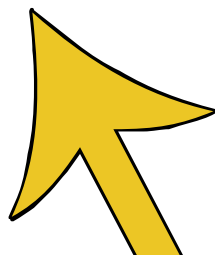


This Summer themed Word Scramble features **10** Summer themed words which have been scrambled. See if you can unscramble them to see what they are.

Friday



Colour Me



Friday

On This Day...

1955

Disneyland, an amusement park featuring attractions based on the creations of Walt Disney and the Disney Company, opened in Anaheim, California.



1945

Joseph Stalin, Winston Churchill, and Harry S. Truman met at the Potsdam Conference, the last Allied summit conference of World War II.



Notable Birthdays...

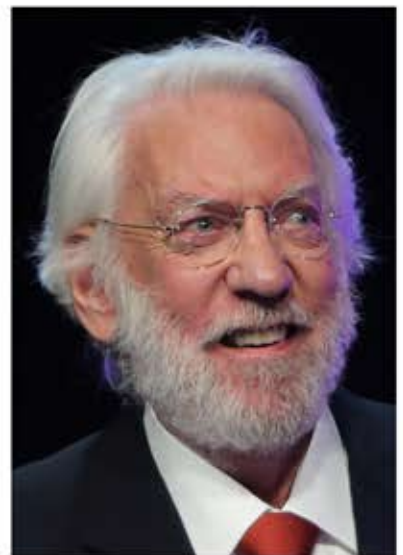
1954

Angela Merkel
**CHANCELLOR OF
GERMANY**



1935

Donald Sutherland
CANADIAN ACTOR



Friday

Recipe of the Day

Jamie Oliver's Plum Tarte Tatin

Ingredients:

- 600 g ripe mixed-colour plums
- 1 teaspoon ground cinnamon
- 120 ml maple syrup
- 320 g sheet of all-butter puff pastry
- 6 large scoops of vanilla ice cream

Method:

- Preheat the oven to 220°C/425°F/gas 7.
- Place a 26cm non-stick ovenproof frying pan on a medium heat.
- Halve and destone the plums, add to the pan with 30ml of water, and cook for 1 minute.
- From a height, sprinkle over half the cinnamon, then evenly pour over the maple syrup.
- Place the pastry over the plums, using a wooden spoon to push it into the edges of the pan, and trimming off any excess to patch up little gaps, if needed.

- Bake at the bottom of the oven for 16 minutes, or until golden and puffed up.
- Making sure you use oven gloves to protect your hands, confidently and very carefully turn the tarte out on to a plate bigger than the pan.
- Dish up with nice round scoops of ice cream, sprinkle over the remaining cinnamon from a height and drizzle lightly with extra virgin olive oil before serving.



Friday

The Beatles Word Search



The Beatles



Abbey Road

Apple

Beatlemania

British

Fab Four

Fans

George

Harrison

Help

Hey Jude

Invasion

John

Lennon

Liverpool

McCartney

Paul

Penny Lane

Revolution

Ringo

Starr

Yesterday

Yoko

Biography

Amar Latif

Amar Latif is a blind traveller, entrepreneur and TV personality with an astonishing track record of facing up to major challenges. Born with the eye condition, Retinitis Pigmentosa, Amar lost 95% of his sight by the age of 18. Through sheer determination, he has managed to turn an unpromising tale of loss, into one of truly inspirational achievement.

Amar became known to millions through the ground-breaking BBC2 reality series, *Beyond Boundaries* (series 1), a jungle endurance expedition across Central America. Screened worldwide, this was a gruelling 220-mile trek on foot across the rugged interior of Nicaragua, from the Atlantic to the Pacific coast. Amar had to ford swollen rivers, cut through dense jungle, cross waterfalls, climb a 5,000 ft. active volcano and navigate the second largest lake in Latin America.



Photo of
Amar Latif

In 2004, Amar founded Traveleyes, the world's first commercial tour operator to specialise in holidays for blind as well as sighted travellers. Traveleyes has opened the holiday travel industry to millions of blind and partially sighted people around the world, giving them the opportunity to walk with lions in Africa, sail the Ionian Sea and ski down Europe's highest mountains. Amar continues to lead many of these group explorations himself; uncovering the countless wonders that world travel offers the senses.

For his entrepreneurial achievements, Amar received The Outstanding Young Person of the World accolade (Business / Entrepreneurial category) from the Chamber of Commerce International (CCI) and the prestigious Stelios Disabled Entrepreneur Award, presented by Sir Stelios Haji-Ioannou.

Amar has a long relationship with QAC Sight Village and regularly attends the events. He is currently showcasing his culinary skills on BBC *Celebrity MasterChef*.

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!

Paint-by-Numbers Hex Symbol

Materials:

- Wood log (or you can purchase pre-made cut pieces)
- 4 paint colours + white paint
- Clear fast-drying waterproof sealant
- Paintbrushes
- Carbon paper or tracing paper to make your own carbon paper
- Pencil and ballpoint pen
- Computer and printer
- Tape
- Mitre saw and sandpaper (if not purchasing pre-made stump pieces)

Method:

1. Print out templates to the size of your wood. You can find templates via the below link:
http://www.designsponge.com/wp-content/uploads/2010/11/hex_numbers1.pdf
2. If you did not purchase your log pieces, cut 1/2" to 3/4" thick rings out of your wood log and about 4" in diameter.
3. Sand surfaces until smooth.
4. Cut out paper design circles and a carbon paper circle the same size.
5. Tape both layers on top of the wood, with the carbon paper facing the wood and the design facing up, and use a ballpoint pen to trace design.
6. After the design is lightly lined, paint all shapes in with a thin layer of white paint.
7. Use your paint-by-numbers guides to paint colours.
8. Seal with a quick-drying clear sealant.

