HAYES MEN'S FELLOWSHIP

Newsletter August 2020, edited by Allan Evison, HMF Honorary Secretary
(Membership Enquiries: For more information on joining the Fellowship retired and semi-retired men can ring me for a friendly chat on 020 8402 7416, or please drop me an e-mail to secretary@hayesmensfellowship.org)

CORONAVIRUS EXTRA 6

KEEPING IN TOUCH: As promised we are continuing with this mid-month Newsletter during our normal summer break to keep in touch with members of the Fellowship. The Committee want to assure members that although there is little opportunity for our normal activities at the moment, they have not been forgotten. Your Committee are happy to chat over the phone with any of you who may be feeling isolated at this difficult time. Their numbers are on your current Membership Card.

What is in this Newsletter: As we are in our summer break, there is a different look to this Newsletter. With no missed activities to write about here we have a couple of articles we hope you will enjoy. This month we have:-

- Latest news: the usual round-up including the Committee's progress in establishing a programme of activities for the next Fellowship season. (see below);
- Quizzes and puzzles: another selection of challenges to occupy you and keep the grey cells moving. (page 4);
- Chaplaincy during the Pandemic: much has been written about the stress that NHS staff have borne during the pandemic, but this article has been written from the perspective of an NHS Chaplain – read her story here. (page 9);
- Hedy Lamarr – Brains and Beauty: once referred to as the most beautiful woman in the World, you will see that there was another side to her. Just as we are having to be agile now, she demonstrated the skills and interests that were needed in her era during WWll. (page 13);
- Internet links: Although the Lockdown has been easing, many of us are still rightly cautious about what we do, so we continue with our compendium of links. Albeit slightly shorter this month as some, eg the Andrew Lloyd Webber Musicals, are no longer available. (Page 15)

If you have a contribution for the Things to occupy us section, let us know. Contributions will be gratefully received!

LATEST NEWS

Programme Update: Last month we reported on the proposed programme of Outings for 2021. Since then the Committee have been working to establish a programme of meetings to follow after the Annual Service in October. Unfortunately, we have been advised that OCS, our normal venue, will not be available to us at all during 2020. We

are making efforts to secure an alternative venue that will enable us to meet and comply with social distancing requirements. We plan to agree a full programme at our regular September Committee meeting (though, unlike previous meetings, this one will have social distancing too). Keep an eye on our Newsletters and the website for the latest information. **BUT** the programme will always need to respond to changing Government advice. This may be the further relaxation of restrictions or, regrettably, their reintroduction as has been the case elsewhere in the country.

RIP Friends: Sadly, Terry Wheeler's funeral has been delayed as a result of an inquest. When we know the revised arrangements, they will be emailed round in the normal way though attendance is still likely to be limited under the current rules.

Bromley Borough Foodbank update: Note – This list has been slightly revised since the one published in the main August Newsletter. Currently the most-needed items include: shampoo (urgent), packets of mashed potato, cold meat, small bottles of squash, custard, coffee, jam, instant whip, shaving gel, washing detergent, children's toothpaste and toothbrushes. Currently NOT needed are UHT milk, pasta, rice, beans, soup, tinned tomatoes, cereals and tea. Donations can be made at their supermarket collection points which are in: Sainsbury's, Chislehurst, Locksbottom, Orpington, Petts Wood and West Wickham (Station Road); Tesco, Bromley, Orpington; and Waitrose, Green Street Green. As always, food items must be non-perishable and in date.

Premiere Travel Day Trips: As has already been said, we will have no Outings at all this year. However, if you are missing our usual Outings, Premiere Travel have introduced their own programme of day trips during this autumn after a "trial run" to Eastbourne. These trips would need to be booked directly with Premiere (their brochure with all the details has recently been emailed round, and they can be contacted on 01959 576519 or email info@premieretravel.co.uk.) This would be without liability for HMF of course but we do all know how reliable Premiere have always been for us over many years.

The Government's advice is to stay alert which, for most people of our age, entails staying at home as much as possible (sounds familiar!), keeping your distance, limiting contact with other people and washing your hands regularly. Let us hope that others do this too so that we can avoid further lockdowns locally!

But don't just stay alert - stay healthy in body, mind and spirit. We hope this Extra Newsletter helps with some of that!

We leave you with some poignant words about gentle renewal that are very apt at this time when many of us are forced to slow down or stop some of our normal activities. They are by the late Irish poet John O'Donohue from "Benedictus Book Of Blessings".

"This is the time to be slow,
Lie low to the wall
Until the bitter weather passes.
Try, as best you can, not to let
The wire brush of doubt
Scrape from your heart
All sense of yourself
And your hesitant light.
If you remain generous,
Time will come good;
And you will find your feet
Again on fresh pastures of promise,
Where the air will be kind
And blushed with beginning."

Remember when we could do this???

Meeting – March 2020, Inns of Hayes Talk

Quizzes and Puzzles

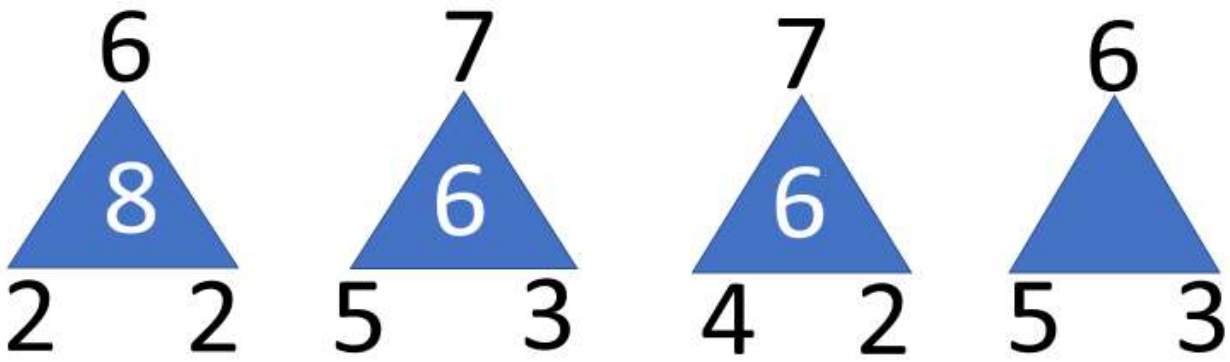
Lots more quizzes and puzzles for you again this month.
Remember - contributions for this Section will be gratefully received!

Things to entertain and enthuse you

These are now all grouped together at the end of this section.

Brain Teaser - The Empty Triangle

To follow the pattern set by the first three triangles, what number should go in the fourth triangle on the right



This puzzle works your executive functions in your frontal lobes by using your pattern recognition, hypothesis testing, and logic.

Warning: There could be more than one solution…but make sure whatever you say works in all four triangles!

Good luck!!

See Page 18 for the solution

Quizzes

This month we have three quizzes to challenge you. We start with a picture quiz based on car makes and models as well as the Films or TV programmes they have featured in – there 24 in all for you to identify. Then we move on to the usual General Knowledge quiz with a variety of topics. This is followed by a couple of shorter quizzes, the first on books then a series of anagrams of TV presenters!

Good luck

Car Quiz – Name the vehicle and the Film/TV programme it appeared in

1. **2.** **3.** **4.**

5. **6.** **7.** **8.**

9. **10.** **11.** **12.**

13. **14.** **15.** **16.**

17. **18.** **19.** **20.**

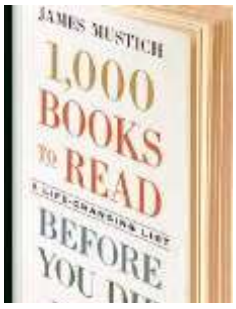
21.	**22.**	**23.**	**24.**

See page 18 for the answers.

	General Knowledge Quiz	**Answer?**
1.	Four and twenty of which common UK bird were baked in a pie, according to the children's nursery rhyme?	
2.	'The Conquest of Gaul' by Julius Caesar was originally written in which language?	
3.	Felicity Montagu played hardworking PA Lynn for which British comedy character?	
4.	The upper body bone called the Clavicle has which common name?	
5.	Peter Perfect and Penelope Pitstop are characters from which children's animated series?	
6.	Which former West Ham United footballer became the first England footballer to be sent off in 1968?	
7.	Plinths carrying statues of Henry Havelock and Charles James Napier sit in which London square?	
8.	‘Floreat Etona’ is the motto of which British public school?	
9.	Catatonia had a 1998 hit with 'Mulder And Scully’. From which TV series did the song take its’ name?	

10.	Blathers, Charlotte and Fagin are characters from which Charles Dickens tale?	
11.	The Battle of Killiecrankie of 1689 during the Jacobite Rising took place in which country?	
12.	Named after the German neurologist who discovered the disease, which disorder of the brain causes premature senility?	
13.	In 1800, the capital of the USA was transferred to Washington DC from which city?	
14.	The historical novel Wolf Hall which won the Booker Prize in 2009 was written by which author?	
15.	Which Australian cricketer was known as "The Don"?	
16.	Whom did António Guterres replace as United Nations Secretary-General in 2017?	
17.	Francis Crick and James Watson made which medical discovery in 1953?	
18.	What does the Beaufort scale measure?	
19.	24) Which British-Italian engineer obtained a patent for radio in London in 1897?	
20.	Which western astrological sign is represented by the twins Castor and Pollux?	

See Page 18 for the answers



Good luck with this one as well!

	Book Quiz	**Answer**
1.	What position did novelist, playwright and poet, Simon Armitage accept in May 2019?	
2.	The book 'Our Man in Havana' is by which author?	

3.	Who is the main character in the book 'Around the world in 80 days' by Jules Verne?	
4.	"It was love at first sight. The first time Yossarian saw the chaplain he fell madly in love with him." Is the opening of which book?	
5.	Arthur Hastings is the best friend of which detective, and was first introduced in the Agatha Christie novel The Mysterious Affair at Styles?	
6.	"Be not afraid of greatness: some are born great, some achieve greatness and some have greatness thrust upon them." Is a quote from which Shakespeare play?	
7.	Known for his science fiction/techno thrillers who wrote 'The Andromeda Strain'?	
8.	Who is the author of the book series 'The Unwanteds '?	

See Page 18 for the answers.

Beware – none of these are the answers below!

	Anagrams – Who are these presenters?	**Answer**
1.	blowy hilly lough (HW)	
2.	aerobic fun (FB)	
3.	jacklyn remorse (JC)	
4.	able cradling (CB)	
5.	honest Kellen (HS)	
6.	adorer motley (DO)	
7.	augment chanty (NM)	
8.	clam vandalic (DM)	

See Page 18 for the answers.

Hospital Chaplaincy during the Pandemic by Jacqui Dean

Jacqueline Dean went to East Surrey Hospital on placement as part of a post Graduate Certificate in Chaplaincy and stayed on as a Voluntary Chaplain where pre prior to the pandemic she provided spiritual care in the Stroke ward and Acute Medical Unit. She is currently employed by SASH as a Bank and On Call Chaplain and studying for an MA in Chaplaincy. She is a friend of Graham Marsden.

He reached for my hand and I took it. Despite my goggles and mask across my face, I smiled with my eyes. As he closed his eyes then, for him my mask and goggles and gown disappeared; my voice became the voice of those he wished to be there from times past, and times present. I held his hand as he pressed it to his cheek, his eyes still closed, and held it there a long time. In that moment, my blue gloved hand became the hand of all those he loved and remembered, who could not be physically present with him at the last. When it came, that last letting go of breath, it was as if Christ had become his oxygen, and a moment of almost sacred stillness.

OXYGEN & HOPE

East Surrey Hospital (By Ian Capper)

Chaplaincy is a very distinct Ministry; by its nature we are called to walk with people of faith, different faiths, some faith, and no faith at all. It is a ministry of presence, where we are called to meet people as they are and, in their need - being alongside people who are often in stress, in difficult and challenging situations and asking the question, "how can I help you?" In a way, to bring the hands, the voice and face of Christ into our stricken communities, even when sometimes one is constrained from speaking His name.

It is a ministry to be a presence of hope, whatever the situation or outcome may be. It is a ministry of holding and of letting go; of conversation and silence; of memories of the past and what may lie ahead: most significantly, a ministry of being in the moment for those around and in need.

The arrival of the coronavirus and the response to it in the hospital setting has been a challenge for us in hospital chaplaincy with circumstances that we would have found unimaginable only a few weeks before.

The Trust provided support for the chaplaincy team to ensure that we would be comfortable with seeing patients with Covid-19. For us, spiritual care could still be offered, even from behind masks, goggles or visors, and cold blue rubber gloves. To avoid the use of books or paper, I needed to learn more scripture and liturgy off by

heart than usual. The 23rd 121, 139 Psalms, the Nunc Dimittis, the Prayer to the Ephesian's, the Lord's Prayer became my refrain.

In line with Government advice, visitor restrictions were put in place at the hospital, which meant that friends and relatives could not always see their loved ones. This was heart wrenching for us, that in some cases patients could not be reassured by their physical presence, and their loved ones could not be reassured by being with them. In cases, where possible, the hospital let immediate family members in to visit their loved one at the end of their life. They had to follow guidelines and wear PPE, yet even so, these moments together, where they could touch, hold, see and say goodbye were very precious. After leaving the ward sometimes the only support I could offer was to let them cry, and yes, sometimes to cry with them.

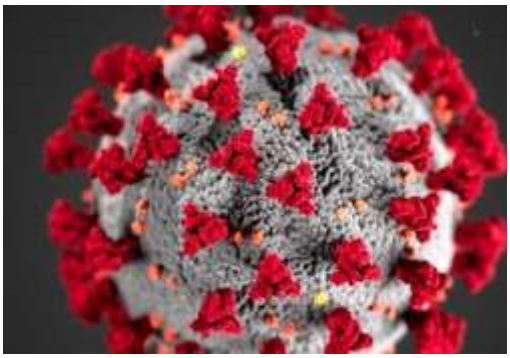
Many of our elderly patients were confused and fearful: protective equipment turned familiar faces into strange ones, so trying to create a safe and comforting place was a challenge. We became practised at smiling with eyes only, while trying to make raised voices to the hard of hearing seem gentle and reassuring.

I trained to be a singer and I never thought this would become part of my hospital ministry, but in these last weeks I found myself singing with and to patients hymns, modern worship songs, monastic chants, popular songs from the thirties and forties- even singing 'smile, though your heart is breaking' with the nursing staff on one of the wards late one night. On one occasion I was singing Amazing Grace to one patient in a ward when two of the other patients joined in and as our voices softly filled the air, so it seemed the still peaceful presence of The Holy Spirit filled the ward…

I have so many memories from the last intense weeks. Holding the phone to a patient's ear, while their loved one said goodbye, or so their Minister could pray with them; quietly reading Compline to a priest who was reaching the end of his life; offering prayers, as life support ended or just sitting quietly holding a patient's hand.

Along with my colleagues I have given out rosaries, holding crosses, Bibles, Qur'ans, knitted hearts and prayer cards, anything that would bring comfort and healing to those in need of it. Sometimes such little things, given to patients and also to their families, could bridge distances in unexpected ways; though held in separate hands, apart in different places, they became tokens of love and assurance between them and symbolically brought people together. The children in a family whose grandad was at the end of his life, and who could not visit, had been given little knitted hearts as tokens of comfort. After he died, I have since been told they have become very treasured possessions, kept beneath their pillows at night, a connection with the person that had meant so much to them.

COVID-19 is such a cruel disease. It deprives us of contact and touch with those we love, limiting how we say good-bye at funerals, leaving us standing in the loneliness of our loss. Their stories are often heart breaking. One bereaved husband, sitting in self-isolation at home, grieving the loss of his beloved wife, from whom he had never been apart for 55 years, simply said "I just want someone to hold me."



Covid -19

As I spoke with nursing staff it was evident that they were facing situations they had never experienced. The dedication of the medical staff continued to shine through despite this unprecedented situation. As a chaplaincy team we do a lot of work in the background and are called not just to be alongside patients and families but also to care for and support staff. Walking the wards in the evening, and called upon to be that listening ear, I heard the staff's stories. Some have families who are far away in other countries; some moved out of their family homes into hotels, so they could protect their families, patients. One paramedic confided to me that he had not been able to hold his children for two months. I saw staff anxious, often emotionally and physically exhausted, but still resiliently continuing to put their own fears, concerns, and comfort to one side, to care for others.

It was humbling to continually witness the tenderness and care that medical staff gave to patients. One of my most privileged moments was at the height of the crisis, in a ward where tragically many had died that day. I was sitting and praying at one bedside, and hearing the voice of a nurse speaking softly, sitting with another patient nearby… "Don't worry … you are safe… Keep drinking in the oxygen. Do not be afraid." Then there was tragic loss of much-loved colleagues and friends among the staff. The Chapel become a haven for remembrance with condolence books to write in, candles to light, little knitted mementoes, and other tokens to place on the altar or to take away. It became a space to seek peace, and a safe place for tears to be shed.

Yet, amid all this, there were also moments of grace…where the chaplaincy team sensed the ever-present movement of the Spirit across the hospital. Receiving requests for prayer from matrons and nurses at shift handovers, setting up a spirituality resource table where we found that the free bibles, Quran's, rosaries, prayer cards constantly needed replenishing throughout the day. And there were moments of joy, giving thanks in prayer with one of our cleaners, for the birth of a grandchild - remembering the gift of life, in the midst of mortality.

My niece, an anaesthetist working in Intensive care in a London Hospital, said 'Sometimes all we can offer is OXYGEN AND HOPE.' Her words confirmed that

chaplaincy is fundamentally about going into the heart of the community to be and bring the oxygen of hope.

As I walk the wards of the hospital, the words from a familiar hymn run through my mind… *"I will hold the Christ light for you in the night time of your fear I will hold my hand out to you, speak the peace you long to hear. I will weep when you are weeping; when you laugh, I'll laugh with you; I will share your joy and sorrow, till we see this journey through".*

My prayer life has become a precious solace as I processed the grief and rawness of emotions. Familiar verses of scripture have taken on a greater significance, and I find that I live more deeply connected to them … *"Nothing can separate us from the love of God…" "How wide and long and high and deep is the love of Christ…Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us" …. "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. …… "Lord, now lettest thou thy servant depart in peace".*

(Published with permission from the Author, Jacqui Dean, and edited from material on the Southwark Diocese website.)(By Ian Capper, CC BY-SA 2.0, https://commons.wikimedia.org/w/index.php?curid=13931550)

And now another reminder of happier days

Outing – February 2020 RAF Museum, Hendon

Hedy Lamarr – Brains and beauty

by Beryl Hales

In preparing a documentary of her life in 1997, Hedy Lamarr was recorded as saying that she did not want to be remembered only as an actress and "wanted to sell my story….because it's so unbelievable."

Growing up in Vienna, Austria, Hedy's father encouraged her to use her brains. He discovered that she was interested in how things worked when, at the age of five, she took her music box to pieces and put it back together again. They would discuss the working of different machinery and, from then on, she counted invention as one of her hobbies and pursued it for many years.

Hedy Lamarr - 9 November 1914 to 19 January 2000

But it was her looks rather than her inventions which led to her career. She found fame as an actress first in Germany and then in America, where she stopped being Hedwig Kiesler and became Hedy Lamarr. But despite Louis B Mayer, Head of MGM film studios, promoting Hedy as "the world's most beautiful woman"", she still felt that there was more to a person than looks alone. She said that "the brains of people are more interesting than the looks, I think".

At the start of World War ll, Hedy took part in war work in the way expected of a film star, by entertaining the troops, promoting war bonds and, famously, selling kisses. But she was not satisfied with doing just this.

Hughes H-4 Hercules – better known as the Spruce Goose

Meeting entrepreneur Howard Hughes, she became interested in his engineering work and plane building. He described her as a genius after she solved the problem of how to make his planes go faster by redesigning their wing shape. *(NOTE - Hedy suggested he change the rather square design of his aeroplanes (which she thought looked too slow) to a more streamlined shape, based on pictures of the fastest birds and fish she could find.)*

She met composer and inventor George Antheil after following up some health information in one of his newspaper columns. They discussed the war effort and found a common interest in the subject of torpedoes – something about which Hedy had gained some knowledge during her first short marriage to munitions manufacturer Friedrich Mandl. This led to them working together on a torpedo radio guidance system to support the war effort.

Hedy and George patented their frequency hopping system in 1942 but it was not adopted by the US Navy at that time. However, it was not totally forgotten and used by the US Navy in 1962 during the Cuban Missile Crisis. Although it had expired at that time, the Antheil-Lamarr patent was subsequently referred to as the basis for further work in this field. In 1997, Hedy was finally honoured for her work by the Electronic Frontier Foundation, and the system has gone on to be used in modern wireless technology including GPS, Bluetooth and Wi-Fi. *(NOTE - The Electronic Frontier Foundation (EFF) is an international non-profit digital rights group based in San Francisco, California. The foundation was formed in July 1990 to promote Internet civil liberties.)*

Two years after making her last film in 1958, Hedy was recognised for her roles in films such as Cecil B DeMille's Samson and Delilah with a star on the Hollywood Walk of Fame. In the last years of her life she became a recluse, seeing few people and only communicating by phone. She died of heart disease, aged 85

(Published with permission from the Author, Beryl Hales – Notes added for this publication) (Hedy Lamarr image found on https://wallpapersafari.com/w/mlI1wF)

Remember when we could do this???

Outing - April 2019, Ely

Things to entertain and enthuse you from previous months

Things have eased but we still need to stay alert and stay safe. And things may get worse again before they get better! So here is a reminder of the things we have suggested.

Internet based opportunities

Some special lockdown opportunities have now been withdrawn so this list is getting a bit shorter:-

- **Chelsea Flower Show** – the Chelsea Flower Show this year had to be cancelled but if you missed seeing it you can revisit the BBC's coverage with highlights from previous years and various interviews. You may need a BBC account to access this site. https://www.bbc.co.uk/programmes/b007lyhs
- **Keukenhof Gardens** – These beautiful Gardens in the Netherlands are offering a 360º tour as the gardens are currently closed. https://www.youtube.com/watch?v=GUeI2iINhpY
- **Château de Villandry** – amongst the most beautiful gardens in the world, Château de Villandry in the Loire region of France now offers a virtual tour. https://www.chateauvillandry.fr/en/explore/an-overview-of-villandry/virtual-tour/
- **ZSL London Zoo** – Bringing the Zoo to us during lockdown, this offers webcams, animal antics and zookeeper interviews. https://www.zsl.org/zsl-london-zoo/virtual-london-zoo
- **Chester Zoo –** The most visited zoo in the country and featured regularly on TV. On their home page look at "Things to Zoo at home" and click on "Watch our virtual zoo". https://www.chesterzoo.org/
- **Taronga Zoo** – Australia's premier Zoo offering views over Sydney's amazing harbour has set up Taronga TV to keep wildlife fans happy during lockdown with a similar range of facilities to ZSL. But with the time difference, their webcams offer the novelty of live coverage of nocturnal creatures during our day time! https://taronga.org.au/taronga-tv
- **Glyndebourne Opera** – video streaming of performances recorded in East Sussex – operas available change periodically - https://www.glyndebourne.com/on-screen/
- **Berlin Philharmonic** - Classical Music video streaming with a redeemable voucher which gives free access to their extensive archive - https://www.digitalconcerthall.com/en/home
- **Guggenheim Museum, New York** – Online access to their collection - https://www.guggenheim.org/collection-online
- **Rijksmuseum, Amsterdam** - A variety of art works and articles to view - https://artsandculture.google.com/partner/rijksmuseum
- **Uffizi Gallery Florence** – A variety of art works and articles to view - https://artsandculture.google.com/partner/uffizi-gallery?hl=en
- **British Museum** – Brilliant virtual tour of hundreds of artifacts in the British Museum identified by timeline, region or theme, each with pictures and explanations (in addition to Curators Corner below) - https://britishmuseum.withgoogle.com/
- **English Heritage** – For many of their properties there is a history and virtual tour, eg for Stonehenge and Dover Castle - https://www.english-heritage.org.uk/visit/
- **National Theatre** – Live streaming of a different performance each week - https://www.nationaltheatre.org.uk/nt-at-home
- **Shakespeare plays** – Clips from the RSC at https://www.rsc.org.uk/education/teacher-resources/online-performances or at The show must go on - https://www.youtube.com/watch?v=KOAHj4ANGKw&t=3327s
- **Royal Opera House –** Our house to your house series with regular changes - https://www.youtube.com/user/RoyalOperaHouse
- **British Museum** – Curators Corner videos which also change each week https://www.youtube.com/user/britishmuseum

- **Science Museum** - Virtual tours etc https://www.youtube.com/user/sciencemuseum
- **National Trust** – Regular podcasts available from the National Trust - https://www.nationaltrust.org.uk/features/listen-to-podcasts-from-the-national-trust

Activities around your home

If you have not done these already – shame on you!

- Have you revisited your photo albums either to sort them out or to remind you of the times before lockdown??
- Have you sorted out your shed or your garage recently??
- Have you written down your own family memories or your family history??
- Sort out the loft or the spare room – wherever things go that you are not sure what to do with!
- "Spring clean" your paperwork – have you got bills etc going back years, well now is the opportunity to sort them out.
- Revisit your bookshelves – which books have you not read yet? Which ones are well worth reading again?
- Your own Repair Shop – the BBC Repair Shop programme is filmed at the Weald and Downland Museum which we now won't be visiting until July **2021**. Do you have a cherished item that is looking a little sad – a family heirloom or something that has special memories. Why not have a go at restoring the item to its former glory – it can be very satisfying!

Remember when we could do this???

Walk - May 2019, Crockenhill area

Answer to the Brain Teaser

The pattern from the first three triangles is that the top number minus the bottom left-hand number is multiplied by the bottom right-hand number to give the number inside the triangle.

So the answer for the fourth triangle would be 3. But did you find an alternative solution?

Answers to the Car Quiz

1. Mini Cooper and the Italian Job, 2. Volvo P1800 and the Saint, 3. Ford Thunderbird and Thelma & Louise, 4. Darracq and Genevieve, 5. Cadillac and Ghostbusters, 6. Porsche 917K and Le Mans, 7. De Lorean and Back to the Future, 8. Ford Gran Torino and Starsky & Hutch, 9. VW Beetle and the Herbie films – this is from Love Bug, 10. Jaguar Mkll and Morse, 11. Reliant Regal Van and Only Fools & Horses, 12. Lotus Elan and the Avengers, 13. Ford Capri and the Professionals, 14. Rolls Royce and Thunderbirds, 15. Audi Quattro and Ashes to Ashes, 16. Lotus 7 (now Caterham 7) and the Prisoner, 17. Aston Martin DB5 and James Bond's Goldfinger (but more recently also Skyfall?), 18. Triumph Roadster and Bergerac, 19. Ford Consul 3000GT (which was a derivative of the Ford Granada) and the Sweeney, 20. Land Rover Defender and Vera, 21. Austin A35 Van and Wallace & Gromit films, 22. KITT based on the Pontiac (Firebird) Trans Am, 23. Austin 1100 Countryman and Fawlty Towers, 24. Jaguar E-Type and the Austin Powers films.

Answers to the General Knowledge Quiz

1. Blackbirds, 2. Latin, 3. Alan Partridge, 4. Collarbone, 5. The Wacky Races, 6. Alan Mullery, 7. Trafalgar Square, 8. Eton, 9. The X-Files, 10. Oliver Twist, 11. Scotland, 12. Alzheimer's disease, 13. Philadelphia, 14. Hilary Mantel, 15. Don Bradman, 16. Ban Ki-moon, 17. Structure of DNA, 18. Wind Strength, 19. Guglielmo Marconi, 20. Gemini.

Answers to the Book Quiz

1. Poet Laureate of the United Kingdom. 2. Graham Greene, 3. Phileas Fogg, 4. Catch-22, 5. Hercule Poirot, 6. Twelfth Night, 7. Michael Crichton, 8. Lisa McCann.

Answers to the Presenter Anagrams

1. *blowy hilly lough* is Holly Willoughby, 2. *aerobic fun* is Fiona Bruce, 3. *jacklyn remorse* is Jeremy Clarkson, 4. *able cradling* is Clare Balding, 5. *honest kellen* is Helen Skelton, 6. *adorer motley* is Dermot O'Leary, 7. *augment chanty* is Naga Munchetty, 8. *clam vandalic* is Davina McCall.

We leave you with another reminder stay healthy in body, mind and spirit until we can all meet again at OCS, on an Outing or on a Walk.