



**Nature's Way**

Is there anything as tranquil  
As a brightly glowing jonquil  
That stands in sweet serenity,  
A part of nature's tapestry?

A flower that never questions  
why,  
The rivers flow and birds will fly,  
Content to fill part of the plan,  
To beautify the world of man.



If we would only realize  
We, too, can help to glorify,  
To find within each passing day  
A happiness along the way.

A loving hug or cheerful smile  
Can help to make a life worthwhile.  
If all would lend a helping hand,  
We soon would have a world so grand.

Alora M Knight

**More Interesting Facts—(Well I still think they are!)**

1. 7% of American adults believe that chocolate milk comes from brown cows.
2. In 2017 more people were killed from injuries caused by taking a selfie than by shark attacks. 6 by sharks and 35 taking a selfie.
3. In Uganda, around 48% of the population is under 15 years of age.
4. Nearly 3% of the ice in Antarctic glaciers is penguin urine!
5. Sea otters hold hands when they sleep so they don't drift away from each other.
6. The world record for stuffing drinking straws into your mouth at once is 459!!!
7. Nowhere in England is more than 75 miles (121 km) from the sea
8. The first fish and chips restaurant was opened in 1860 in London by a Jewish immigrant named Joseph Malin.

**Newsletter**

Items for the newsletter should be sent to  
Kath Bryan, please.  
Email: bkath326@gmail.com  
Mobile: 07722 301612

**Sudoku**

Medium (0.56)

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

Please try to keep in touch with your  
Phoenix friends by **Text, email or  
phone**, not everyone has internet  
connection.

Join the Rugeley **Phoenix Facebook**  
page, another way to keep in touch.

**Phoenix now has a Facebook page -**

**You can find it on Rugeley Phoenix Group**

**Or on**

**[www.facebook.com/groups/RugeleyPhoenixClub/](http://www.facebook.com/groups/RugeleyPhoenixClub/)**

**(This is closed facebook page just for Rugeley  
Phoenix members).**

HM Government NHS Test and Trace

**Contact tracers will NEVER**

- ✗ Ask you to make any form of payment
- ✗ Ask any details about your bank account
- ✗ Ask you for any passwords or PINs
- ✗ Ask you to download anything

## Theatre update



I received a call from the Hippodrome recently saying that Priscilla cannot be rescheduled, so they are refunding our ticket money. I referred them to the treasurer, (as they wanted to transfer the money directly to the club account).

People will get a full refund when the club is up and running again.

At the moment I have no further information about Slava's Snow Show but I will keep you posted.

Keep safe, **Moira** x

## Dreams of an Isolator

DREAMING OF:-

Seeing the family in real life not just on a screen, missing them so much. ❤️

(This dream has partly come true ❤️ 📺 in the garden at a distance, (look but don't touch, so sad)

Giving my hugs and kisses to family and friends. I've been

practicing 📺so watch out 💋 🤔

Letting my ironing pile up because I'm too busy to do it.

Meeting friends for a chat a meal and a drink.

Going for a walk without playing a game of chess! We have learned all the moves. People coming towards you, cross over the road, checkmate when you both cross over ! narrow path look for bushes you can dive into. When the move is complete, wave and say thank you,

Getting back to Tai Chi, I've done some at home, but my bedroom isn't the same shape as Sheepfair which causes confusion. I haven't got a fire door, kitchen hatch or a window facing the car park all points I need to keep on track.

Shopping in Rugeley, yes Rugeley, it will be like walking down Oxford Street, popping into shops, not that I need anything, just because I can.

Asking my husband what he's done today and who has he seen 📺

Phoenix members returning safely to their activities, there will be so much catching up to do we may have to extend the hours and order more coffee and biscuits.

PS In my dreams my roots aren't showing and my hair has

been beautifully cut 😊 David has a man bun and eyebrows like Dennis Healy.

Keep safe, keep smiling and keep dreaming.

**Love Sue X**

## Chat from Me—

Approximately 11 weeks into lockdown I hope everyone is safe and well. I know we are all missing family and friends but I'm feeling grateful we can now see people in our 'bubble' and I've managed to sit opposite ends of a park bench with some of my friends. I'm sure you're missing your Phoenix friends and activities (big hello to the line dancers and badminton players yes, I'm missing you) this may take a little longer before we see any change. Sheepfair has no plans to re-open their doors for a while but as soon as there is any change, we will inform you. Tennis on a Friday morning is possibly the first to be able open, contact us if you are interested in joining.

Myself, approximately 11 weeks into new house move, still no official internet until July. New settee was ordered in December finally came this week we've been sitting on garden chairs all this time (sold the old suite and conservatory settee before we moved) nightmare on your back.

Positive things to come out of this new world has to be realising how important the little things we usually take for granted are (taking the dog and sitting outside a nice country pub with a glass of wine) or is that just me? Noticing the gorgeous sunsets, we have had.

So, take care and don't forget to check us out on the new Phoenix Facebook page. There are some lovely paintings from Phoenix members on there.

Elaine

**CHAIRMAN'S EMAIL—** [Chairman@rugeleyphoenix.org.uk](mailto:Chairman@rugeleyphoenix.org.uk)

### **Stay Safe Online:**

**Check your security + privacy settings**

**Block unsuitable content**

**Protect against fraud**

**Check the facts**

**Get more help and information from Gov.uk**

**Report to Action Fraud**

**Be aware of phone scams too— If in doubt put the phone down and ask for advice from a trusted friend or relative.**