



**Newsletter**

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

**Sudoku**

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5		9			
1					
		8		1	5
2			3		
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4	9			2	
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Please try to keep in touch with your Phoenix friends by **Text, email, phone or even write a letter** 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).**

**September**

by  
Helen Hunt Jackson

The golden-rod is yellow;  
The corn is turning brown;  
The trees in apple orchards  
With fruit are bending down.  
The gentian's bluest fringes  
Are curling in the sun;  
In dusty pods the milkweed  
Its hidden silk has spun.  
The sedges flaunt their harvest,  
In every meadow nook;  
And asters by the brook-side  
Make asters in the brook.  
From dewy lanes at morning  
The grapes' sweet odours rise;  
At noon the roads all flutter  
With yellow butterflies.  
By all these lovely tokens  
September days are here,  
With summer's best of weather,  
And autumn's best of cheer.  
But none of all this beauty  
Which floods the earth and air  
Is unto me the secret  
Which makes September fair.  
'T is a thing which I remember;  
To name it thrills me yet:  
One day of one September  
I never can forget.



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

1. Women end up digesting most of the lipstick they apply.
2. 36 human hearts could fit inside a giraffe's heart
3. 25% of all Twitter accounts have no followers.
4. There's a village in Nebraska with a population of 1. She acts as mayor and also pays taxes to herself
5. If you rub an onion on your foot, you'll be able to taste it within 30-60 minutes (Why would you?)
6. Cursing after hurting yourself can help reduce the amount of pain you feel by up to 50%.
7. During the Middle Ages, being a bad musician was a public offense and lousy musicians were tortured.

## The Isolator

In these changing times it's lovely to say one thing hasn't changed at all, in fact I think it's become even more wondrous and that's NATURE!

Thinking about it perhaps it hasn't got better because it's always been wonderful and amazing it's just that I'm noticing it more.

During this time of not being in a hurry to get from A to B in a certain time frame, my pace of life has certainly slowed down.

Walking daily along the same route it is amazing to see the changes happening, my walking route takes in Power Station Road and the bypass perhaps not your first thought for a nature walk.

Along side the road flanked by industrial units there are beautiful wild rose bushes, an apple tree and even a bush that looks like it's got pears on it! (They may not be pears but they certainly look like it) grass was mown and bushes were pruned to within an inch of their lives but you've guessed it, out came the new growth within no time at all. The staff of one unit planted up baskets of flowers under their windows they obviously took really good care of them because they have come on so well and make a plain brick wall look so pretty. A huge fir tree outside JCB has produced the biggest cones I've ever seen, covering the ground below and most of their car park. The side of the bypass has been like a wildflower meadow, I've even heard there are some species of lilies to be found there. Over hanging branches have produced flowers and now berries, some of these branches have broken off with the weight of the flowers, you could say nature does her own pruning. There is an abundance of wild blackberry bushes that have produced so much fruit this year, much appreciated by the birds and insects and maybe a few passing walkers.

Thinking back to school days I remembered "What is this life if, full of care, we have no time to stand and stare. W H Davies ( I will confess I had to google the name of the poet) it's from the poem Leisure and well worth a read.

I certainly have the time to stand and stare and appreciate all around me and look forward like Nature to new life and new beginnings for all Phoenix members.

Love Sue X

## Reminder

Please can I just let you now about the emails and phone calls that are around at the moment, these are saying your TV license hasn't been paid. Please do not open these emails, if you are unsure check your paperwork.

There are also a number of other scams trying to get your money!

I can I suggest you do not open emails or give information over the phone that you are unsure about.

## Chat from Me—

Hope everyone is well, especially in these difficult time.

I have been contacted by several of the Phoenix members regarding the re opening of some of the activities ,after meeting with the officers of the committee, a letter had been sent out to the activity leaders requesting feedback and thoughts from our members. The outcome was a mixed bag some members wanting to return but others feeling it was too early. After reviewing the situation our main concern is the cleaning of Sheepfair not only the toilets and equipment used but the alarm, light switches ,door handles ,blind pulls etc which would all need to be cleaned after every activity. So, unfortunately we will remain closed for the time being. We will review the situation in a few weeks when the schools are up and running.

Stay safe—**Elaine**

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

### Stay Safe Online:

Check your security + privacy settings

Get more help and information from [Gov.uk](https://www.gov.uk)

### Report to Action Fraud

## Announcements



Very sadly we have to let you know that **Sue Salt** has passed away. She was a very active member of the Phoenix group, leading the Social afternoon, being a member of the Flower Arranging group, going on many trips and theatre visits and always attending Coffee mornings. We send our sincere condolences to her family and friends. Her company and humour will be very much missed.

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We also send our condolences to Rob Cross and family on the loss of his wife, **Margaret Cross**, who passed away from complications with her Motor Neurone Disease. She is another Phoenix friend who will be very sadly missed. Rob & Margaret had been married for 55 years.

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We send our sincere condolences to all the Phoenix friends we have lost during this very difficult year. If you would like to put a notice in the Newsletter please let me know.