



Newsletter

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

Sudoku—medium

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

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

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.

In Flanders Fields

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.
We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders Fields.



Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders Fields. - **John McCrae**

More Interesting Facts—

1. At birth, a baby panda is smaller than a mouse.
2. Iceland does not have a railway system.
3. 65% of autistic kids are left-handed, and only 10% in general are left-handed.
4. Swedish meatballs originated from a recipe King Charles X11 brought back from Turkey in the early 1800's.
5. A man's cognitive function is impaired when interacting with women—even the thought of interacting with females affects the male brain!!!!
6. 36 human hearts could fit inside a giraffe's heart.
7. If you rub an onion on your foot, you'll be able to taste it within 30-60 minutes.
8. More people speak Mandarin Chinese than any other language.



Katherine House

Katherine House has set up an appeal to save its care services. It has been very hard hit by the reductions in donations and their shops being closed. They are asking if people can make donations to help support their much needed services.

Although this isn't to do with Phoenix, I know a lot of our members or family members have been greatly helped by Katherine House and their amazing staff.

Here go once more!

Just as we had started taking small steps forward into the land of Semi Normality, we start slipping back into the land of Lockdown 2. We will all do everything that has been advised even if we don't like it because we know it's for the good of our loved ones and our friends. Being veterans we are more prepared. Don't buy 50 toilet rolls, worst case scenario- cut up squares of newspaper thread through some string and hang on loo roll holder. I could perhaps do a YouTube video on how to do this, it would contain details of which newspapers have the softest paper and which print doesn't come off easily. All very important features. Pasta - unless you are running a covert Italian restaurant, a couple of bags of spaghetti lasts for ages. Flour - I'm sure you've got banana bread out of your system by now. Tinned tomatoes- do we really need to stock up? If you think this is an essential item let me know how many tins you would use in a month. Saying that if you're in partnership with the covert Italian restaurant you may need lots. I think being veterans we are confident that the shops will keep well stocked. The only essential items I insist you stock up on are wine and beer. These two items are vital for your wellbeing and sanity. I tried and tested this theory in lockdown 1 and it really does work, so I shall be following the same regime in lockdown 2. As I've tried and tested this theory you can be confident in my findings and I hope you follow my advice and enjoy.

Cheers Sue x

Chat from Me—

I've always had dogs since a child, but never have I been so grateful for my current pooch during lockdown. Elsie, my cocker spaniel has helped me keep sane. With hubby still working and not being able to see friends and family, we have walked all over Rugeley and surrounding areas. Fed up of muddy fields canal and the forest we have taken to walking the streets. Hope everyone is managing to get out we've had some lovely autumnal days.

Tennis was open for a few weeks and a couple of new members are eager to join the Phoenix. Unfortunately, we've had to close down again in the 2nd lockdown and have been informed that the planning application for new houses to be built on the 'disused' tennis courts has been lodged. We are in dispute that they are disused as Phoenix have been playing on them for many years.

Stay safe, stay sane it won't be forever. - Elaine x

CHAIRMAN'S EMAIL— Chairman@rugeleyphoenix.org.uk



Announcements

Sadly we announce yet another of our Phoenix friends who have passed away this year, **George Hems**. He came to the music group for a while and always had a smile on his face. I think over the years he had been involved with other Phoenix groups. We send our sincere condolences to his family and friends, he will be remembered and missed.

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.

Rhoda is very happy to send cards for Condolences, Get Well etc. for

Phoenix members

Please contact her on

rhodadavidson@btinternet.com