



Newsletter

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

Covid-19 Vaccinations

I think most of the Phoenix members will probably have had their first and second Covid vaccinations if they wanted it or were able, thankfully. I sincerely hope this will lead to the way out to some more of the freedoms we are used to.

A huge thank you to all those who have and are still working so hard to bring the covid vaccine to us all , to keep us safe.

June

by Thomas Wentworth Higginson (1823-1911)

She needs no teaching,—no defect is hers;
She stands in all her beauty 'mid the trees,
'Neath the tall pines her golden sunshine stirs
And shifts and trembles with each passing breeze.

All the long day upon the broad green boughs
Lieth the lustre of her lovely life,
While too much drugged with rapture to carouse
Broods her soft world of insect-being rife.

So without effort or perplexing thought
She comes to claim all homage as her own,
Clad in the richest garments Nature wrought,
Melting the strongest with her magic zone.

O wondrous June! our lives should be like thee,
With such calm grace fulfilling destiny.

Sudoku—Hard

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

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.



“Got anything else? I gave up carbs.”

A word of caution—

I don't know about you but I have been having an increasing number of dubious phone calls and emails. From accidents I am supposed to have had, to people trying to get my personal details. Copycat websites, Tech support scams etc. A new scam this week, I had a phone call stating that if I didn't contact them my insurance number would be cancelled!!

Did you know

1. Right-handed people tend to chew food on their right side.
2. Putting dry tea bags in gym bags or smelly shoes will absorb the unpleasant odour.
3. According to Albert Einstein, if honey bees were to disappear from the earth, humans would be dead within 4 years.
4. There are so many kinds of apples, that if you ate a new one every day, it would take over 20 years to try them all.
5. You can survive without eating for weeks, but you will only live 11 days without sleeping.
6. Stomach acid (conc. HCl) is strong enough to dissolve razor blades!!
7. SMILE. It is the ultimate antidepressant.
8. Humans are the only animals that enjoy spicy foods.
9. The world's biggest tire producer is LEGO.
10. The longest word you can type with just your left hand is "Sweaterdresses".
11. A Mid-day nap could save you from heart attack.
12. You fall asleep faster and deeper on a hammock than a bed.



Announcements

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*

Latest Phoenix update.

Hi All,

Firstly, can I say a big thank you to all leaders who informed me of their proposed start date.

So it's with a heavy heart that I write this mail saying we are going to defer the start date until July 19th 2021. As you know this is in accordance with the government guidelines. We are all eager to return and carry on with the ethos of Phoenix, companionship, keeping body and brain active but most importantly enjoying ourselves with friends. So look forward to week commencing 19th July 2021 when we can all start enjoying ourselves once again.

Kind Regards - Sue

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

**Please try to keep in touch with your
Phoenix friends by**

Text, email, phone or even write a letter!

not everyone has internet connection.

Phoenix now has a Facebook page -

You can find it on Rugeley Phoenix Group

Or on

www.facebook.com/groups/RugeleyPhoenixClub/

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

Join the Rugeley **Phoenix Facebook** page,

another way to keep in touch and 'talk', to other members from Phoenix.