

The Story of Lucy's Sunshine Boxes from Mrs Arney

My granddaughter Lucy who suffers from agoraphobia had the idea of making up a Sunshine Box for me when I was suffering the effects of Coronavirus.

Her idea grew to sending her boxes to all 40 of the other homeowners in the complex where I live in Chippenham. Lucy wanted to show us that she understood the effects of isolation as, due to her illness, she is always in isolation.

So, over the weeks, she used her birthday money and savings to buy, online, everything she needed for her Sunshine Boxes. She carefully shopped for goodies - chocolate, shortbread, waffle biscuits, fruit sweets, herbal teas, etc as well as a puzzle book and pen, and pretty postcards to write and send, all wrapped up in sunshine yellow tissue paper. She also included a packet of sunflower seeds to plant out on our balconies and in the garden.

The response was overwhelming and very emotional. People said Lucy had brought a ray of sunshine into their lives and others said they had felt joy and hope and happiness when they realised that the box was chosen for them. There were a few tears knowing a young person had thought of doing this for them.

Riddle of the Week:

I have cities, but no houses.
I have mountains, but no trees.
I have water, but no fish.
What am I?

Solve the Anagrams to Work Out Where You Are:

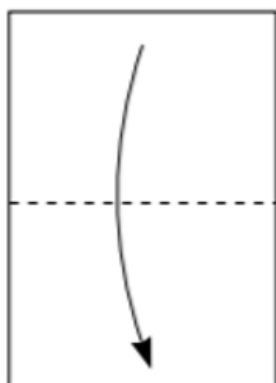
FACE	A RICE RAG
REPORT	REAR RIB
I USE CATS	YELL ROT
PRAM LOFT	EMIT BLEAT

Famous People You Have Met or Wish to Meet:

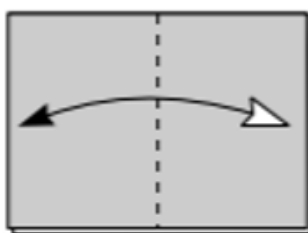
1. **Volunteer Lynne** met Prince Charles when she was an army wife at a regimental dinner in Osnabruck Germany and sat on a table near him all night.
2. **Staff Member Ann** sat next to Lonnie Donegan, the 60s pop star, on a plane. She only realised who he was when a stewardess leaned over her to ask for his autograph.
3. **Mr P Baker** met the Sixth Marquess of Bath many years ago at a Westbury train station. He spoke to him and found him charming and a true gentleman.
4. **Mrs H Paterson** met and had her photograph taken with Marco Pierre White on a cruise ship where he was the chef.
5. **Mrs M Gliddon** met Princess Anne a number of times when she looked after the mid-west region of the Riding for the Disabled Association, as she is their patron.

Next Week's Question: What's your favourite book and why?

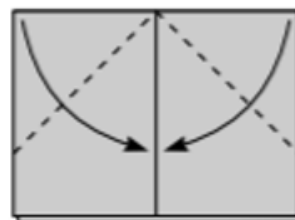
Origami Boat: All you need is a rectangle (A4) piece of paper



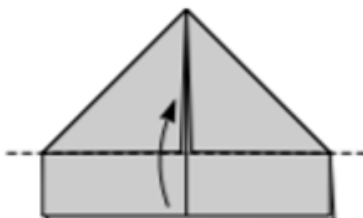
(1) Fold paper in half.



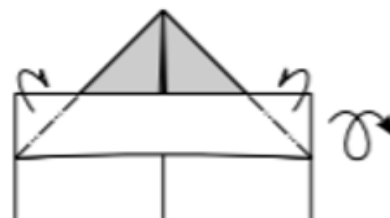
(2) Fold in half and unfold.



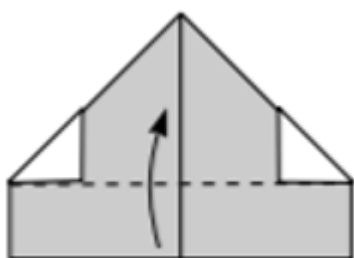
(3) Fold to centre.



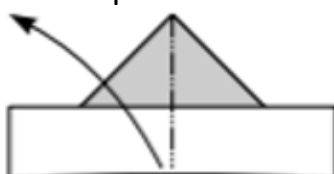
(4) Fold the overlapping strip upwards.



(5) Fold corners backwards.
Turn over.



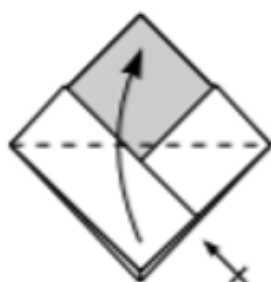
(6) Fold strip upwards.



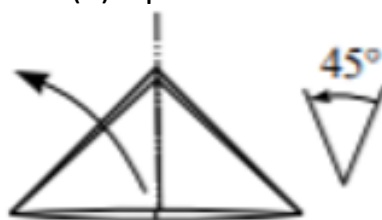
(7) Open.



(8) Opening in progress.



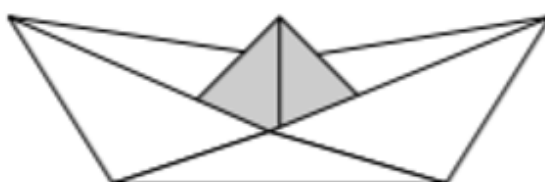
(9) Fold triangle upwards.



(10) Open (like in steps 7 and 8).



(11) Take upper corners and stretch out.



(12) Finished boat.

Last Week's Quiz Answers:

1. 1958
2. Superior, Huron, Michigan, Ontario, Erie
3. Anthony Eden
4. 1957
5. 3 sheep 7 chickens

Last Week's Word Search Answers:

Z	A	E	O	Q	X	E	Z	H	Y	N	M	Q	J	G	P	L	B	O	M
E	H	F	S	M	P	W	E	I	E	E	I	G	U	O	Z	I	L	O	I
A	L	M	K	Y	A	T	X	B	S	D	F	K	R	Y	S	D	O	K	P
Q	P	N	P	H	Z	N	H	H	E	D	G	D	T	W	Y	O	S	C	S
F	F	A	H	C	F	F	I	H	C	L	W	E	A	A	T	F	S	U	G
B	L	U	E	B	E	L	L	T	Z	O	B	L	H	E	C	F	O	C	F
E	L	O	P	D	A	T	C	P	N	P	L	M	I	O	D	A	M	C	Y
F	A	W	N	Y	W	W	J	S	Q	O	A	W	U	U	G	D	O	G	T
F	Y	R	D	G	F	T	M	T	W	J	S	P	F	B	A	T	G	C	C
M	J	Y	G	D	J	G	Q	N	W	D	G	Y	Z	V	E	N	N	Y	Z

Content Sent in by our Newsletter Readers

One of the most pleasing sounds of
Springtime, to be heard all over the country,
is the contented cooing of osteopaths as man
picks up his garden spade.

- Oliver Pritchard

TOMORROWS HOPE

Hope for the Future for our children just born
Hope to save our Planet is not a task too forlorn
Hope the world is saved from polluting gasses
Hope ice caps reform and oceans return land masses
Hope mother nature can give us a helping hand
Hope scientific surveys and research we understand
Hope science can find a solution before it's too late
Hope we can make sacrifices to cut carbon waste
Hope all expectations accelerate, every day lost
Hope we are aware of our contribution and cost
Hope for our offspring by showing we love and care
Hope mother earth they live in tomorrow is there
Hope we can end wars and hate, that all will cease
Hope harmony with all races will bring about peace
Hope above all that love and faith in our actions today
Hope is not lost in our quest for tomorrows children to
play.

- Mike Pears

A cauliflower is a cabbage with a college
education.

- Mark Twain

TO CATCH A FALLING RAINBOW
"FOR OUR DEAR NURSES."

IF I COULD CATCH A FALLING
RAINBOW

I WOULD PLACE ALL THE
RAINBOWS I CAUGHT ABOVE
ALL OF YOUR HEADS.

THE RAINBOWS WOULD TWINKLE
ALL OF THE SEVEN COLOURS.

AT THE END OF THEM ALL WILL
BE A POT OF GOLD.

IF I COULD CATCH THAT RAINBOW
I WOULD MAKE RAINBOW PUDDLES.

FOR YOU TO MAKE A SPLASH.

THIS FOR OUR "NURSE"
THAT HAVE WORKED SO HARD
AROUND THE CLOCK.

Rhubarb Ted

I know a funny little man
His name is Rhubarb Ted
They called him that because
he wore
Rhubarb on his head

I'd grown so used to this strange
sight
The cause I did not seek
But then one day to my surprise
I saw he wore a leek

I asked if he'd please explain
And let me know the reason
he said I'm wearing leek because
Rhubarb is out of season

Ann O'connor

Where am I?

Cowes you cannot milk

Ryde where you can walk

Newport where you can buy old port

Needle you cannot thread.

Lockdown by Richard Noon

I've got the hang of Lockdown. It took me quite a while.

Had it not been so serious, it would have made me smile.

To watch the panic buying and emptying the shelves,
The selfish acts of greedy fools just thinking of themselves.

But now the tide is turning, the headline in the Sun
Proclaims the heroes of the day and selfless deeds they've done.

No more the wealthy film star spending millions on a dress.

They're telling of the courage shown by staff of N.H.S.

The fundraising for Charity to help to bear the cost,

The tragedy of Nurses and the Doctors we have lost.

The loss of partners, friends and kin, the heartache, loss and pain,

The sleepless nights, the loneliness, the tears like falling rain.

Yet, something fundamental is sweeping o'er the land

Communities are caring, folks lending helping hands.

It's like a wartime spirit when neighbours got along.

Yes times they are a changing, as in Bob Dylan's song.

A crisis like the one we're in does make us pause for thought,

Consider our priorities and lessons we were taught,

To care for one another, to just pick up the phone

And offer words of friendship so they don't feel alone.

No doubt this cruel virus which causes so much pain

Was conjured up by Lucifer. The devil rides again.

He thrives on greed and apathy, belief that he's retired.

This time the force of good will win. His wicked plan's backfired.

It's stirred us into action. We all know what to do.

By setting an example good deeds will see us through.

Pray when it's all blown over, we're meeting face to face,

The smiles of thanks for good deeds done, Relief the battle has been won,

With time for laughter, love and fun, the world's a better place.



We have decided to grow a sunflower to share with you.

We will document the growth of our sunflower in our newsletter over coming weeks.

We encourage you to grow your own and compete with us for the tallest sunflower.

We will also be asking you to guess the sunflower's height when it is fully grown to be in with a chance of winning a packet of sunflower seeds.

Get growing!

