

**NEWS LETTER FOR
THE MS**

Multiple Sclerosis Society

ISLE OF WIGHT BRANCH



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NATIONAL CENTRE ANNUAL MEETING.

As a branch, National Centre require us to have an annual meeting in May. This meeting will be held at the

Riverside Centre on Monday 28th MAY at 3:30pm.

This is an open meeting for anyone who wishes to attend.

The **Island branch** Annual Meeting (Formerly AGM), will take it's usual format and be held in November.

The opinions printed in this Newsletter are not necessarily those of the Multiple Sclerosis Society, the Branch Committee, nor anyone involved with the production of this publication.

Charity number 1139257

Wot Lez Sez

Oh dear do you think that was summer - I do hope not. Still at least we didn't get the snow.

Hope you all had a lovely Easter.

However - nobody - not anybody EXCEPT dear Lynn Baker has written to me this month - and even she made a point of writing to me before she went on one of her 'holidays' - bless you dear Lynn at least I can't blame you for my sleepless nights. So here we are an MS society with over 150 members and a monthly magazine with a ? nutter of an editor who is trying desperately to think of something that MY readers MIGHT find slightly interesting to read. I stayed up until after 1 a.m. worrying about what I can do to fill these pages, when low and behold 9 hours later a letter addressed to the 'ED' dropped through my letterbox. I won't name you as you didn't say I could but thank you so much, I now have regained the will to live. So that now just leaves me only three pages to fill and a week to try and find something interesting to put on the pages, and guess what - Peter found it. He came around this afternoon to - yet again tidy this newsletter up and told me that he had received some positive remarks about 'my efforts' in trying to produce this newsletter and all I can say is thank you so very very much for your patience and your inputs. I do enjoy putting this together and I've got a real kick out of it knowing that you look forward to it dropping through your letterbox - occasionally . . . No, I will make a NEW resolution - no more apologies for my incapacibilities, that's cut off my nose to spite my face - my apologies must fill a page - *or two*

OLYMPIC TRIVIA

- 1 In Beijing how many days did the Olympics last
- 2 In the Beijing Olympics how many events were there
- 3 1 billion people live in India. How many Gold medals did India win in Beijing 2008
- 4 How many gold medals have Iceland won in the summer and winter Olympics
- 5 How many medals did Ireland win in Beijing
- 6 If David Beckham had a choice of any Olympic event which one would he have chosen
- 7 How many helpers were involved in the Beijing Olympics (to the nearest 20,000)
- 8 Three flags were used at the closing ceremony at the Beijing what were they
- 9 How many world records were broken at the Beijing Olympics
- 10 How many National Olympic Committees are there
- 11 Which flag was lowered at the end of the Olympic Games in Beijing
- 12 How many 'print journalists' will be in London for the 2012 Olympics to the nearest 50
- 13 All 12 float drivers who carried the Team GB Olympic medallists around London during the London victory parade were fined. Why were they fined.
- 14 How many times had London hosted the Olympics including 2012
- 15 What are the colours of the Olympic Rings

Lynn Baker's recipe

Ratatouille is basically an Italian vegetable casserole. Make a large dish of this and a large dish of spicy savoury mince, put a couple of crusty loaves on the table, and make sure you have enough guests to enjoy it!

RATATOUILLE

Ingredients:

- 3 large onions – peeled and finely chopped
- 3 peppers – de-seeded and roughly chopped
- 6 courgettes – sliced
- 1 medium aubergine – roughly chopped (unpeeled)
- 4 tbsp olive oil
- 1 tin chopped tomatoes
- 2 tsp mixed herbs in oil
- 3 cloves garlic – peeled and sliced
- salt and pepper
- Parmesan cheese



Method:

In a large pan gently fry the onion for 4 – 5 minutes, in 2 tbsp oil, until transparent. Add the pepper, courgette, aubergine and garlic and continue cooking slowly for 7 – 8 minutes. Turn the vegetables into a large casserole dish. Add the tomatoes and herbs and season well. Pour over the rest of the olive oil. Cover and bake for 1 ½ hours in a slow oven (150c/300f/gas 2). To serve, sprinkle with grated Parmesan cheese.

Serves 6 – 8

MAY DATES

- 3rd 1926 The General Strike begins
- 5th 1930 Amy Johnson begins her flight upon Gypsy Moth
- 23rd 1931 Whipsnade Zoo opened
- 10th 1940 Winston Churchill becomes Prime Minister
- 7th 1945 Nazi Germany surrenders—VE day
- 9th 1945 Channel Islands liberated
- 29th 1953 Hillary climbs Everest
- 6th 1954 Roger Bannister runs the four minute mile
- 1st 1966 Last UK concert by the Beatles
- 6th 1966 Moors murderers found guilty
- 21st 1966 Cooper floors Ali
- 4th 1979 Mrs Thatcher becomes Britain's 1st female PM
- 5th 1980 The SAS storms The Iranian Embassy in London
- 5th 1981 Death of hunger striker Bobby Sands
- 2nd 1982 General Belgrano sank
- 25th 1982 HMS Coventry sunk
- 5th 1983 1000th Top of the Pops
- 5th 1983 Alex Nicol was born
- 8th 1984 Thames barrier opens
- 18th 1991 1st Britain in space
- 6th 1994 The Channel tunnel opens
- 1st 1997 Tony Blair 'New Labour' sweeps to power
- 5th 2005 Tony Blair's Labour wins 3rd General Election
- 10th 2007 Tony Blair announces intention to resign
- 21st 2007 Cutty Sark ablaze

PUZZLES

Across

1. Pub (6)
4. Take for granted (6)
9. Weird (7)
10. Take place (5)
11. Expiation (9)
12. Sense organ (3)
13. Stage whisper (5)
15. Paragon (5)
20. Sphere (3)
22. Vortex (9)
24. Tine (5)
25. Ameliorated (7)
26. Cure (6)
27. Extremely bad (6)

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

Sudoku No. : 11780

1		2		3		4	5		6		7
				8							
9						10					
11									12		
	13			14		15			16		
17					18						19
20		21		22			23				
24					25						
26						27					

Down

1. Tropical bird (6)
2. Asinine (7)
3. Ambit (5)
5. Yelled (7)
6. Relative (5)
7. Mistakes (6)
8. Varieties (5)
14. Injured (7)
16. Foreshorten (7)
17. Barrel maker (6)
18. Wild and savage (5)
19. Blot (6)
21. Flower (5)
23. Part of a play (5)

WIGHT STROLLERS

The WIGHT STROLLERS met at the end of April and some of the MS Society members attended the meeting. They attended to collect a donation they were giving us as one of their charities that they supported this year.

It occurred to us that maybe some of our members or volunteers would like to join The WIGHT STROLLERS in putting on their 'Panto'. It would be something different, do you agree?

Please contact us if you feel you would like to get involved.

It would be lovely if some of our members would like to show their thanks and support towards the WIGHT STROLLERS.

Support would be welcomed at the various carnivals around the Island during the summer and at the next Panto performance, in February 2013. All who attend the shows really enjoy them and become childlike again for a while! "oh yes they do! "
Yes, they really do.



Chairman
Tim

Jane's message & Postal news.

"My apologies that the MS Phonenumber has been unmanned for the last two weeks, & will be for at least one more week. I was taken to hospital and was there for five days, but have been out of action since. I hope to be back to form next week.

Thank you for all the good wishes, flowers and the Friday Club for the lovely orchid. I will get to thank you personally as soon as I am able to.

The phone line 07976629012 will be manned from Monday to Friday, from 9am till 5pm., starting on 23rd April 2012.

Again my apologies.

Special Postage Rates for Christmas 2012 for selected households

For low income households, Royal Mail will keep stamps for letters for Christmas 2012 at the same price as in 2011. Households on pension credit and employment and support allowance (or incapacity benefit) will be eligible. They will be able to buy up to three books of 12 stamps – 36 stamps in total – in one purchase from any of the 11,801 Post Office branches from 6 November until the last posting dates before Christmas source; Royal Mail Website 28/03/12



TRIVIA ANSWERS

TRIVIA Noun: Details, considerations, or pieces of information of little importance or value.

- 1 16 Days
- 2 298 Events
- 3 One
- 4 None
- 5 3 Medals
- 6 1500 metres middle distance running
- 7 Estimated at one million
- 8 Olympic Flag, Greek Flag and China Flag
- 9 38 World records
- 10 204 National Olympic Committees
- 11 Olympic Flag
- 12 10,000
- 13 The lorries failed to each pay the congestion charge
- 14 102 medals and finished 2nd overall
- 15 Blue, Black. Red, Yellow and Green



Puzzle Solutions

Number puzzles appeared in newspapers in the late 19th century, when French puzzle setters began experimenting with removing numbers from magic squares. Partially completed 9×9 magic squares with 3×3 sub-squares were first published in November 1892. It was not a Sudoku because it contained double-digit numbers.

In July 1895, the puzzle was refined and called 'Magic Square'. It simplified the 9×9 square puzzle so that each row, column and diagonals contained only the numbers 1–9. The refinement led to only one solution.

These weekly puzzles were a feature of French newspapers for about a decade but disappeared about the time of World War 1. The modern Sudoku was most likely designed anonymously by a 74-year-old retired architect and freelance puzzle constructor from Indiana and first published in 1979 as 'Number Place'. He died in 1989 before getting a chance to see his creation as a worldwide phenomenon.

The puzzle was introduced in Japan in April 1984 as *Sūji wa dokushin ni kagiru*, which can be translated as "the digits must be single" or "the digits are limited to one occurrence." (In Japanese, *dokushin* means an "unmarried person".) At a later date, the name was abbreviated to Sudoku.

T	A	V	E	R	N		A	S	S	U	M	E	
O	A	A	T				H	N				R	
U	N	C	A	N	N	Y		O	C	C	U	R	
C		U	G	P	U					L	O		
A	T	O	N	E	M	E	N	T			E	A	R
N		U					S			E			S
	A	S	I	D	E			I	D	E	A	L	
C					A		F				B		S
O	R	B			M	A	E	L	S	T	R	O	M
O		L	A				R	C			I		U
P	R	O	N	G			A	M	E	N	D	E	D
E		O		E			L		N		G		G
R	E	M	E	D	Y			S	E	V	E	R	E

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

Sudoku No. 11780

Lynn Baker's recipe

TANDOORI CHICKEN (Another Simon Hopkinson recipe)

For the chicken

1.75 kg /4 lbs chicken drumsticks, skinned

pinch salt

2 lemons, juice only

500g/1 lb 2 oz plain yoghurt

3-4 tbsp tandoori spice mix

For the dip

3-4 tbsp plain yoghurt

pinch salt

pinch sugar

5 fresh mint sprigs

1 green chilli, deseeded, sliced



Method

Cut deep incisions into the chicken flesh with a small, sharp knife. Place the chicken into a bowl and sprinkle over the salt and the juice of two lemons, massaging into the chicken until well coated. Whisk the yoghurt and tandoori spice mix in a bowl until well combined. Pour the marinade onto the chicken and massage into the flesh. Cover with cling film and chill in the fridge overnight.

Preheat the grill to high. Lift the drumsticks from the tandoori mixture and gently shake off any excess. Place a wire rack over a roasting tin and lay the drumsticks upon it. Grill for 20 minutes, turning regularly, or until richly burnished and the chicken is cooked through. Add more lemon juice to taste.

For the dip, place all of the ingredients into a food processor and blend until smooth. Serve alongside the chicken drumsticks.

Old Tom

‘REFLECTIONS’ - From an MS member

He was not so old really but to a youngster like me fifty was getting on a bit. Sheffield was his home town. He had come south many years before looking for work and had put down roots in Ilford, Essex.

We met when I went to work for the local Council. I was put with him as his mate doing various jobs such as renewing slates on the Council houses plus a hundred and one other jobs that needed doing in schools, public buildings and parks.

Whatever job we did Tom would not have any slacking and everything had to be left neat and tidy, Our mode of transport was our own bikes and small amounts of materials had to be conveyed on a handcart which we pushed, with one bike perched on top secured by a length sash cord. Going uphill was a struggle but the downhill run even worse as the method of braking was to use the kerb. Can you imagine trying to do that today with the traffic and parking problems?

One thing Tom never let me forget was that ratepayers paid my wages and any headwear had to be removed when a funeral passed. We had to show respect, the same respect was shown when a member of the public asked a question regarding the job we were doing, politeness costs nothing.

OLD TOM

One of the highlights of the year was the gymkhana and flower show held over the August Bank Holiday in the biggest Park in Ilford, 'Cranbrook' (my house name). I always enjoyed being involved in the preparation for this event which required us putting up fencing and making a show ring for the horses which consisted of metal pins, rope and bales of straw. While we did this marquees were erected for other exhibits. The event, held over three days, always attracted a large number of people because of the variety of the show.

Much of our other work was the maintenance of schools which was alright unless it was in the playground when all you got at playtime was 'What you doing Mister?' which could get a bit tiresome after a while. In the winter you had a nice warm boiler house to have your lunch in. I am sure it was Tom who got me into the habit of a bit of shut eye after lunch.

The years we spent together I enjoyed because I learnt a lot and despite the difference in our ages, most of the time we saw eye to eye. He was not only a workmate but a good friend who played an important part in my life and it is only now I realise it

Ten years after coming to the Island I went back to Ilford and called in on Bill, Tom's nephew. He told me on taking retirement Tom had returned to Sheffield and his daughter by his first marriage. No doubt wishing to spend his retirement in the town he was born and look up old friends.

CONTACTS

Norman Youngs

President

Tim Smith

Chairman

Jane Dollery – Secretary janeanniw@gmail.com

07976 629012

Sue Smith – Treasurer

Fay Smith – Social Secretary

(01983) 865637

Elaine Morey – MS Nurse elaine.morey@IOW.nhs.uk

(01983) 552094

Lezley Nicol – Newsletter Editor

07979432574

Lezley.nicol@googlemail.com

201 Carisbrooke Road Newport PO30 1DJ

Peter Lano – Web Designer peter@iwc.co.uk

(01983) 562444

Diddy – Committee Member

(01983) 551097

Elizabeth.riddett@googlemail.com

Daphne Lock – Committee Member

(01983) 564551

Tim Sell - Committee Member tim@crossprint.co.uk

07703644081

St Mary's Hospital

(01983) 524081

Don't forget to visit our website.

www.wight-ms.org.uk

Grateful thanks to Tim Sell and his staff at Crossprint for their help by printing our newsletter. Telephone 01983 524885

SOCIALS

MAY

No Social meal this month due to bank holidays and forthcoming Diamond Jubilee celebrations.



29th June

The Wight Mouse Inn

Chale

12:30 for 1pm

Menu to follow

27th July

The Roman Villa

Brading

Menu to follow

12:30 for 1pm



31st August

The Chequers Inn

Rookley

12:30 for 1pm

Menu to follow

All times are usually 12:30 for 1pm. (Please be prompt as it makes life so much easier for the venue staff)



28th September

The Bear Café Lake

Chicken & ham pie chips and peas

Cottage pie & fresh vegetables.

Mushroom, asparagus and pasta in carbonara sauce.

Forest fruits cheesecake.

Treacle sponge and custard.

Fresh cream sponge.

12:30 for 1pm



Please telephone Fay on 01983 865637 to book your place and to let her know your choice of meals. Then, on the day, remember what you ordered!!