

Our News Our Views

Created by People with a Learning Disability for the Learning Disability Community.

Edition 92 – October 2023



Special points of interest:

- **Adventures of Beefy! Page 2**



Did you know, 5th October is World Smile day and if you don't like that 15th October is National Grouch day!

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Famous speeches

Sarah + Aaron's wedding - By Tracy Roberts

My friend Sarah recently got married, I was honoured to be asked to read at her wedding, I was really nervous about doing this as I wanted to do Sarah proud. My friend Richard helped me prepare for this, he practiced with me and gave me some good tips and he stood with me on the day.

The wedding was at Lyde Arundel, the venue was so beautiful and peaceful, we had canapés after the wedding, then we had lamb, roast potatoes, tender stem broccoli and cauliflower cheese as the main and for pudding we had a trio of dessert which were mini lemon tart, chocolate brownie and sticky toffee pudding.

The people from Hereford Musical Theatre Company did a flash mob and we sang kiss the girl from the little mermaid.

Peter also attended the wedding and he thought, it was nice to see that Sarah had finally found her Mr Right.

I thought Sarah looked beautiful and stunning in her dress and Aaron looked smart in his suit.



Update from the editors



October edition has arrived! Thank you to all our sponsors and if you would still like to sponsor us please use this link:

<https://fundraising.echoherefordshire.org.uk/fund.../ONOV...>

In this edition:

- More history and find out about a historic speech and history of cars
- October Happenings, birthday trips and a wedding
- Continuing adventures of Beefy
- Puzzles and jokes.

**Our News Our
Views
Editorial Team.**

Enjoy!

See you in August — deadline July 12th.

The Adventures of Beefy - By Tracy Roberts

Beefy's Summer Holiday by Tracy Roberts



Beefy has had a very busy summer which included a holiday in Weymouth where he stayed with his Great Auntie Elsie and met two new friends called Winnie and Ella who came home to Hereford to live with him.

Beefy enjoyed being on Weymouth sands where he made sandcastles with his bucket and spade, watched the Punch & Judy show and had a ride on a donkey.



Beefy found a man on the seafront who makes sand sculptures just using sand and water, this year the main sculpture is of King Charles 3rd with the Lion and the Unicorn.

Near Weymouth is the island of Portland where, as you can see behind Beefy in his picture, is Weymouth in the distance and the start of an 18 mile long huge shingle beach called Chesil Beach which was formed at least 15,000 years

ago by the wind and waves. To the right of Beefy is the Verne Citadel which was built in 1858 as a military fortress and then in 1949 it became the Verne Prison. Just over the hill behind him is Portland Fort built in the 1860's and it is also where the floating accommodation barge for asylum seekers, that you may have seen on the news recently, is moored.



Beefy's Summer Holiday by Tracy Roberts

At the other end of the island of Portland is Portland Bill which overlooks the English Channel and Beefy went there to see the lighthouse. Originally in 1716 two lighthouses were built on Portland Bill and they were both replaced by the current lighthouse in 1901.

It is 136 feet high and has a spiralling staircase of 153 steps to reach the top, unfortunately you must be at least 1.1 metres tall to climb the tower, so Beefy couldn't go up. He didn't mind though because he said it would have been hard work climbing all those stairs and so instead he had a cream cake and a bottle of pop in the Lobster Pot café next door.



At the other end of the Chesil Beach is the pretty small harbour town of West Bay where the TV programmes 'Harbour Lights' and 'Broadchurch' were filmed. When Beefy went there it started to rain so he stayed in the car and he loved watching the little boats bobbing up and down on the water in the harbour.

On his way home Beefy stopped to visit the village of Cerne Abbas to see the Cerne Giant who is a 180 foot high carving on the side of a chalk hill. The carving is of a naked man holding a big club above his head, the origin is unknown but it is thought to have been made as a fertility symbol and is at least over 400 years old. It looks whiter on some days than others and the local National Trust Rangers re-chalk it every 7-10 years.

Beefy said Weymouth was wonderful and he can't wait to go there again.

I'm glad Beefy had a good time and I love his two new friends.



**What did you do this summer?
Hope it was good!**

History of cars - By Peter Crum

Racing cars - By Peter Crum

Since the first official road race in 1895, motor racing has developed into one of the world's most exciting and popular sports.



Luxury cars

For those who could afford it, some cars offered luxurious motoring with powerful, smooth-running engines and lavish interiors.



Puzzle Corner - (Answer page 7)

Match the Disney Princesses and Princes (we have muddled them up):

1. Snow white
2. Cinderella
3. Auorora
4. Ariel
5. Belle
6. Jasmine
7. Pocahontas
8. Mulan
9. Tiana
10. Rapunzel



1. Prince Charming
2. Prince Phillip
3. The prince
4. John Smith
5. Prince Eric
6. Li shang
7. Prince Adam
8. Aladdin
9. Flynn Rider
10. Prince Naveen

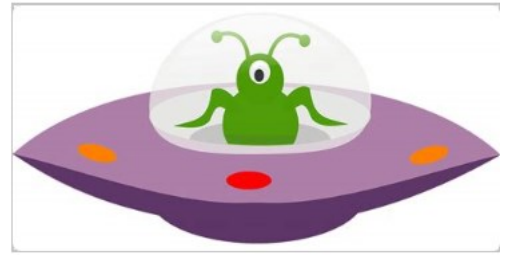
Answers:

1:3, 2:1, 3:3, 4:5, 5:7, 6:8, 7:4, 8:6, 9:10, 10:9

Princess: Prince

October Happenings - By e parenting.

- 1st Oct to 31st Oct 2023 Black History Month
- 1st Oct 2023 Coffee Day
- 1st Oct to 31st Oct 2023 The Big Draw Festival
- 2nd Oct to 8th Oct 2023 Dyslexia Week
- 4th Oct 2023 World Dyslexia Awareness Day
- 4th Oct to 10th Oct 2023 World Space Week — see space jokes below!
- 5th Oct 2023 National Poetry Day
- 5th Oct 2023 World Smile Day
- 5th Oct 2023 World Teachers Day
- 10th Oct 2023 Grandparents Day UK
- 11th Oct 2023 National Burn Awareness Day
- 12th Oct 2023 Harry Potter Book Day
- 15th Oct 2023 Shwmae Su'mae Day
- 15th Oct 2023 International Archaeology Day
- 15th Oct 2023 National Grouch Day
- 21st Oct 2023 Apple Day
- 21st Oct 2023 Trafalgar Day
- 21st Oct 2023 Singing Day
- 21st Oct 2023 International Repair Day
- 23rd Oct to 30th Oct 2023 October Half Term
- 25th Oct 2023 World Opera Day
- 29th Oct 2023 National Cat Day
- 29th Oct 2023 British Summer Time Ends
- 29th Oct 2023 International Internet Day
- 31st Oct 2023 Halloween
- 31st Oct to 2nd Nov 2023 The Day of the Dead



Did you hear the one about....



- Why did the otter join NASA? She wanted to get to otter space.
- What is an astronaut's drink in space? Gravi-tea.
- What do you get when you cross a lamb and a rocket? A space sheep.
- What do you call a comet wrapped in bacon? A meateor.
- Why didn't the sun go to college? Because it already had a million degrees.
- Why did Mickey Mouse go to outer space? To find Pluto.
- Why can't you tell anyone about space? Because it's too out of this world.
- Why can't aliens play golf in space? There are too many black holes.
- Why did the cow go to outer space? To visit the milky way.
- How do you know when the moon has enough to eat? When it is full.
- Why aren't astronauts hungry when they get to space? They had a big launch.

Hitler's army can be defeated In June 1941, Germany broke the non-aggression pact of 1939 and invaded the Soviet Union in the attack code-named Operation Barbarossa. Stalin was taken by surprise because although he knew German troops were massing on the eastern borders, he had not expected an attack until after Hitler's planned conquest of the UK. On 2nd July, in a broadcast to the nation, he denounced the Germans and urged the people to devote all their efforts to the defeat of the enemy. Joseph Stalin said:



“Comrades! Citizens! The perfidious military attack by Hitler's Germany on our motherland, begun on June 22nd, is continuing. In spite of the heroic resistance of the Red Army and although the enemy's finest divisions and finest air units have already been shattered and have met their doom on the battlefield, the enemy continues to push forward, hurling fresh forces into the fray....

....History shows that there are no invincible armies and that there never have been. Napoleon's army was considered invincible, but it was beaten successively by the troops of Russia, England and Germany. Kaiser Wilhelm's German army in the period of the first imperialist war was also considered an invincible army, but it was defeated several times by Russian and Anglo-French troops, and was finally routed by the Anglo-French troops.

The same must be said of Hitler's German fascist army today. This army has not yet met with serious resistance on the continent of Europe. Only on our territory has it met with serious resistance. And as a result of this the finest divisions of the German fascist army can also be and will be defeated as were the armies of Napoleon and Wilhelm.” **Continued...**



Birthday Celebration - By P. Crum

On Friday 18th August it was my birthday I had lots of cards presents and money in the evening I went out for meal with Tracy and my mum and dad. We went to Leaven.

On Saturday we went to Worcester to meet Jimmy and Ceris and went for lunch at black and white. After lunch Tracy went shopping with Cerise and me and Jimmy went to Bottles to meet my dad and Jordan for drinks and Tracy and Ceris and mum joined us for drinks. After that we went home .

On Sunday we had a joint celebration with Tracy's dad, Marie and Michelle. We watched the women's World cup football final; we had burgers and sausages for lunch then in the evening we went to the Wye Inn to see Marie's friend Aaron sing for a charity event. We also celebrated our 7th wedding anniversary we had a good day and went home to rest.



Famous speeches comment - By Adrian Phipps

Was Stalin a good man? Many people feel he behaved as badly as Hitler. He killed millions of people, crushed basic freedoms and caused widespread suffering. To know more see here online: <https://tinyurl.com/gdbadstalin>

My top ten favourite musicals - Tracy Roberts

As some of our readers may know I am a big fan of musical theatre. Here is my list of my top ten favourite musicals. 1. Avenue Q. 2. Les Miserables. 3. Ghost the musical. 4. The Addams Family. 5. Little Shop of horror. 6. Six. 7. Elf the musical. 8. Oklahoma. 9. Seussical. 10. Sister Act.



Air fryer blueberry baked oats - By Laura Joliffe

These air fryer blueberry baked oats give the illusion of eating cake for breakfast! The whole family will be begging you to make them every morning.

In February 2023, this recipe was costed at an average of £1.27 per portion when checking prices at four UK supermarkets.



Ingredients

2 free-range eggs, 400ml/14fl oz milk, 4 tbsp runny honey or maple syrup, 200g/7oz porridge oats, 2 tsp baking powder, large pinch salt
100g/3½oz fresh blueberries or any frozen berries, plain yoghurt, to serve (optional)

Method

Beat together the eggs, milk and honey in a large bowl. Add the oats, baking powder and salt to the bowl, stirring until well mixed. If you have time, leave to sit for 5–10 minutes so the oats can soak up the milk. Preheat the air fryer to 175C. Divide the mixture between four small heatproof dishes or 150ml/5fl oz ramekins and then scatter over the blueberries.

Air fry for 10–12 minutes until golden and set. Serve warm or chilled, topped with a spoonful of yoghurt, if using.

Recipe Tips

Make the mixture the night before and store covered in the fridge to make breakfast even faster in the morning. Remove from the fridge to allow to come to room temperature before topping with blueberries and cooking.

If you don't have an air fryer you can bake these in an oven preheated to 200C/180C Fan/Gas 6 for 20-25 minutes.

Our News Our Views

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Created and run by adults with
a learning disability.



“Our News Our Views” is a pioneering initiative run by adults with a learning disability who have pooled their personal budgets to set up an accessible newsletter for the Learning Disability Community of Herefordshire. We were nine years old in June 2023!

The deadline for articles and adverts for the November edition is 18th October.

(The editors reserve the right to edit all copy.)

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