

October 2020

Editor: Karen Kennedy

THE MOST
important decision
you will ever make
is what you do with
the time that is
GIVEN TO YOU.
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Dear All

I guess it is well worth thinking about the statement on the left. I am going to try to. It is so easy in life to lapse into using time let us say 'not to its best advantage.' Life remains challenging as we head towards the dark evenings so we must all try to make the best of the sunshine and daylight each day AND most importantly to look after ourselves and our loved ones.

Please do remember that as a Fellowship we are here to help and support each other. If a member or a branch has a concern please do think about contacting a branch officer, a regional representative, central office or, of course, myself. It is good to talk.

FREE TALKS FOR MEMBERS

Mirthy.

Registration couldn't be easier just visit

www.mirthy.co.uk/NHSRF If you have any difficulty with this at

all please contact me. **The live chat starts just after 10.45am with the talk starting at 11am.** This together with the Q&A session after the talk makes an enjoyable experience. The next 3 talks will be:

3 Nov - Goose Grease and Brown Paper – Kath Reynolds

17 Nov – We can't let you Broadcast that – David Clark



Sweeties Quiz

Bonbons are a tasty treat for all the family. But where were the first bonbons made?

A – Germany, B – Belgium, C - France

Toffee is a truly desirable confectionery option. But you will be hard pressed to find anybody who loves toffee as much as Texas-based [Susie's South Forty Confections](#). In 2002, these guys made the biggest piece of toffee ever. How much did it weigh?

A - 0.52 Tons, B - 0.94 Tons, C - 1.33 Tons

Which of the below sweets are traditionally said to have been made by accident, when a worker tripped while carrying a tray of different confectionery options to show a customer?

A - Barley Sugar, B - Liquorice Allsorts, C - Wine Gums,

The flying saucer sweet was first produced in the 1950s in Antwerp, Belgium. They were made by a company called Belgica who faced a drop in demand for the product they previously specialised in. Name that product.

A - Beer mats, B – Crisps, C - Communion Wafers



Which traditional sweet flavouring really took off after it was presented to Queen Victoria on a trip to Yorkshire in 1851?

A – Butterscotch, B - Kola Cubes, C - Sherbet Lemon

Continuing the Yorkshire theme, Pontefract Cakes are a confectionery classic made in this part of the world. But what's the main ingredient of this 'cake'?

A – Aniseed, B – Liquorice, C - Fudge

A bag of Werther's Original provides a lovely caramel flavor for young and old. But from which country do they originate?

A – USA, B – England, C - Germany

Before the invention of a certain sweet type, this word was mainly used as a way of describing something that had been 'fitted together clumsily' or 'a mistake'. It's still occasionally used as such, but what sweet type is it?

A – Bonbon, B – Sherbet, C - Fudge

Which traditional sweet is most often associated with the television series *Doctor Who*?

A - Jelly Babies, B - Liquorice Allsorts, C - Peanut Brittle

Rhubarb and Custard is a great find in any sweet store, but you might also be able to remember the TV cartoon show Roobarb and Custard. These were the names of the two main animated characters, but what types of animal were Roobarb and Custard respectively?

A - Cat and Mouse, B - Dog and Cat, C - Dog and Duck

ACROSS

- | | |
|-------------------------------------|---------------------------------------|
| 1) "___, the Magic Dragon" | 39) "... swords ___ plowshares" |
| 5) "M*A*S*H" company clerk | 40) Lodging for travelers |
| 10) A 2 may stand for it (abbr.) | 41) Wraparound garment |
| 13) Blue-dye plants | 42) Sire, biblically speaking |
| 15) Bring delight to | 43) What a thief has |
| 16) Ben-Hur was chained to one | 47) Butcher shop choice |
| 17) Sign of nerves | 48) Start of Cain's infamous question |
| 19) "Anytown, ___" | 49) " Butterflies ___ Free" |
| 20) Convoluted | 52) Fort ___, N.C. |
| 21) Ached (for) | 54) Military units |
| 23) "___ volunteers?" | 56) "Am ___ the list?" |
| 24) Positioned | 57) Vets in the garden |
| 25) "FoxTrot" cartoonist | 60) Billiard opening action |
| 27) What boxers of yore fought with | 61) A maternal relation |
| 31) Fictional burden-bearer | 62) One of 12 of Israel |
| 34) Found partner | 63) Well-known palindrome's middle |
| 35) "How was ___ know?" | 64) Less done, as a steak |
| 36) Encourage the team | 65) Chopping tools |
| 37) ___ Corning (insulation maker) | |

DOWN

- 1) Angel hair, say
- 2) Not settled, as battles or ball games
- 3) Full of flames
- 4) Apartment in London
- 5) High esteem
- 6) "___, poor Yorick"
- 7) ___ segno (from the repeat sign, in music)
- 8) \$\$\$ dispenser
- 9) Aretha's signature song
- 10) Child whose parents are unknown
- 11) Freedom from hardship
- 12) Pitt of "World War Z"
- 14) Buddhist shrines
- 18) Watch-step connection
- 22) Calligrapher's buy
- 25) Without delay, to Wordsworth
- 26) "No ___, no fuss!"
- 27) Face the pitcher
- 28) Fashionable Calvin
- 29) Bachelor's end?
- 30) Chimney blackener
- 31) Bittersweet coating
- 32) Author Morrison
- 33) Like some missiles
- 37) Big galoots
- 38) An order of the court
- 39) -y, pluralized
- 41) Arrange in zigzag order
- 42) Intelligent
- 44) Big motorcycle, slangily
- 45) "Maverick" star James
- 46) Discharge, as light
- 49) Mingle in
- 50) Hasidic spiritual leader
- 51) They're common in Mississippi?
- 52) Digestive fluid
- 53) Big cat's comment
- 54) ___ noire (bane)
- 55) A psychic may claim to see it
- 58) "Messenger" compound
- 59) "... silk purse out of a sow's ___"

ALL IN HAND

By Rob Lee

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				28					29	30
31	32	33					34				35		
36					37	38					39		
40				41						42			
43			44					45	46				
		47						48			49	50	51
52	53						54				55		
56				57	58	59							
60					61						62		
63					64							65	

STAFF SPOTLIGHT – JOHN ROSTILL OBE

CEO NHSRF



My career in the NHS spanned six decades from 1964 to 2011 but I thought that rather than write about that, I thought I would give you more of a personal insight. My four main interests are the four Rs, rugby, racing, rotary and relaxation.

I played rugby until I was 59. My playing days finished when I foolishly played in a Boxing Day social game and injured my shoulder. I took my son when he was 6 to the local rugby club and by the time, he was 7, I was coaching the under 9s mini team. It does not seem that long ago, but it must have been because he is now retired from playing veteran rugby. I have been an ardent supporter of the England Rugby Team, having been to Twickenham for the first time in 1965. Since then I have been a regular to the Six Nations games and have very fond Guinness fueled memories of Dublin. Not such fine memories of Murrayfield though, where in 1990 the Scottish team beat England to win the Grand Slam when England were overwhelming favourites to win the game. I vowed that I would never go back to Murrayfield, but I did in the following year to see England beat Scotland in the semi-final of the World Cup. My experiences in Wales have been pleasant but England rarely beat Wales at Cardiff. I am also a great believer in the traditional British and Irish Lions and have seen them play in both Australia and New Zealand but on neither occasion did they win the series.

Surprisingly my horse racing interests were started by my son when he took a strong interest before he became a teenager and appeared on a radio quiz show, his specialist subject being horse racing. He narrowly failed to win the quiz. Since then, I became a member of Cheltenham and I have been to a number of the festivals including this year's when a number of people actually believed that it would be cancelled. Twice I have been to see the Grand National and twice I have been to Paris to see the Prix de l'Arc de Triomphe. I have also been to racing events in Hong Kong and the Melbourne Cup in 2003 when I had an extended trip to see the England Rugby Team win the World Cup. Naturally at the moment I am missing rugby, but I am pleased that horse racing has now started again 'behind closed doors'.

In 1981 I was fortunate enough to go on a Rotary sponsored group study exchange to Ohio for six weeks spending a week each with a different family. This was a trip of a lifetime which I thoroughly enjoyed, and which also gave me additional confidence to speak to large groups which helped me tremendously in my work career and personal life. In 1983 I joined the Walsall Rotary Club which had sponsored me, and I became its President in 1994. Rotary reminds me very much of the Fellowship in so far as its members are of a similar age group.

Relaxation is not a word that is usually used to describe me. I find it difficult to relax. I still get up at 6am every morning, rarely go to bed before midnight. However, since March, I have got used to reading again some of my favourite authors who include Wilbur Smith, Dick Francis, Jeffrey Archer and Frederick Forsyth. I also have a caravan in Shropshire and since June I have been allowed to

visit which we do most weekends. This is the only place where I truly relax. The site also has a 9-hole golf course. Golf is my other hobby although I am not very good at it as others will confirm but look forward to a regular game with my daughter. I am marginally better than her, but she is very competitive (I don't know where she gets that from) and if I am not on my game, she will invariably beat me as she did recently.

My first boss in the NHS was Roger Stokoe when I was a trainee at Good Hope Hospital but that is another story!

Answers: Quiz September Issue

1. Mediterranean	11. Epidural
2. Australia, Africa	12. Nicotine
3. Dime	13. Glen Campbell
4. Dutch	14. Libra
5. Orange	15. India
6. Graffiti	16. Sapphire
7. South Pacific	17. Harmonica
8. Apollo XI	18. Magnum
9. Nigel Benn	19. Electron, Neutron, Proton
10. Donna	20. Northern Lights

Did you, or anyone you know, move from Northern Ireland to Manchester, London or Glasgow in the 1950s, 1960s, 1970s or later? Or were you, or was anyone you know, born in Manchester, London or Glasgow to parents (one or both) from Northern Ireland? If so, a special academic research history project would love to hear from you. The oral history project is being run jointly by the universities of Manchester and Brighton and aims to look at how coming from Northern Ireland or having strong, family links to Northern Ireland shaped your childhood, education and into adulthood and careers. Participants will do a remote interview with researchers which could take up to three hours. It may touch on subject and issues which are hard for you to talk about, however if you would like to participate, please get in touch with comms@nhsrf.org.uk.

Finally, as usual I hope you enjoyed our Newsletter – comments would be appreciated, and we welcome any contributions for our next issue, maybe share with us what you are doing at this unprecedented time or send some photos of your garden. Please note if you do have a contribution but haven't got anything typed up just give me a ring and I can type this up with you over the telephone call 07967 489162 or email northwest.english@nhsrf.org.uk - **Karen North West Development Officer**