

Special points of interest:

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Our News Our Views

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

Edition 80 – **May 2022**

The History of Crufts - By Adrian Phipps

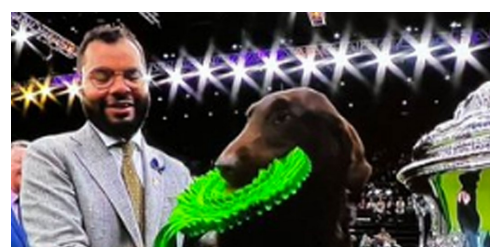
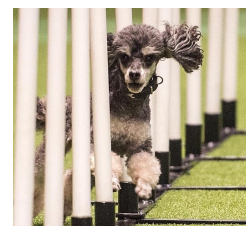
Crufts is an international dog show held annually in the United Kingdom at the National Exhibition Centre in Birmingham. It is organised and hosted by The Kennel Club and is the largest show of its kind in the world.

Crufts was named after its founder, Charles Cruft, who worked as general manager for a dog biscuit manufacturer, travelling to dog shows both in the United Kingdom and internationally, which allowed him to establish contacts and understand the need for higher standards for dog shows. In 1886, Crufts first dog show, billed as the "First Great Terrier Show," had 57 classes and 600 entries. The first show named "Crufts" – "Crufts Greatest Dog Show" – was held at the Royal Agricultural Hall, Islington, in 1891. It was the first at which all breeds were invited to compete, with around 2,000 dogs entering.

Other Competitions

Crufts holds a range of other competitions, including agility, obedience and flyball.

Agility is a fast-paced timed competition in which dogs manoeuvre, with the guidance of their owners, through, over, and around different obstacles. Any mistake made by the dog is penalised by adding time to their result. **Continued page 3....**



Update from the editors



Hello everyone, we hope you had a lovely Easter? Here we are in May already and the weather is not so cold - yippee! Time for the May fair, and many fun happenings to celebrate see page 5 for ideas. Who knew there was a Towel day?!

This month:

- Cooking up a Victoria sandwich,
- Reviews of theatre shows and books.
- Travel experiences and ideas from South African countryside, Disneyland Paris fun, and Herefordshire swimming, barbecues and music at the Barrels.
- Sponsor ECHO's intrepid chief officer on page 7 as he leaps into action!
 - Jokes and puzzles and more.

Our News Our

Views

See you in June — deadline 18th May.

Editorial Team.

United Response Easy News



There is a group of people with a disabilities that write Easy news to help to understand different recent news. We pointed out one about the Ukraine war in the last edition. Here are some more you may like to try this month:

Easy News: Rishi Sunak shares the Spring Statement 2022 and says what the government is doing about the cost of living crisis

This Easy News story is about the Spring Statement which Rishi Sunak shared in March 2022. In the Statement, he explained what the government is doing to try and help with people's living costs going up – this is sometimes called the cost of living crisis.

<https://tinyurl.com/Rishispring2>

Easy News: Neil Simpson wins gold for Great Britain at the Winter Paralympic Games 2022

23 March 2022

This Easy News story is about the Winter Paralympic Games 2022 which took place in China. It was translated by Kieran.

<https://tinyurl.com/Neilsimpsonpara>

Easy News: Sue Gray reports on Downing Street lockdown parties

31 January 2022

This Easy News story is about the government parties that took place during lockdowns in 2020 and the report written by Sue Gray about them. It was translated by Alan Beaumont.

<https://tinyurl.com/Partytrouble>

History of Crufts continued.....

Obedience, held in the 'Obedience Ring' requires dogs to successfully obey a set of commands given by their owners including off lead heelwork at different paces, distance control, retrieve, send away, stays and identifying different scents. Dogs qualify by being successful at shows during the preceding year to compete in the Dog and Bitch UK Obedience Championships, UK Inter – Regional Team Competition and the crowd's favourite, the Obedience World Cup. The prizes are awarded to the most obedient dog according to the judges. Obedience is a group version of the activity in which a team of four dogs of the same breed compete against other teams in being most obedient.

Flyball is a relay-style race. Teams of four dogs compete against each other in a knock-out competition. Each dog jumps a series of four hurdles, and then steps on a box, which is rigged to release a ball. The dog must then return the ball to the start of the course to tag one of its team, who then repeats this process until all the dogs have finished. Teams must qualify during the preceding year.

Crufts also hold freestyle and heelwork to music competitions, consisting of a dance routine.

I went to Crufts this year with my friend Julie. It was the first time I had ever been there, and I thought it was brilliant!



I loved 'Discover Dogs' the most because there were over 200 breeds of pedigree dogs for us to meet and stroke. We just did not want to leave there.

When Crufts is on next year both me and Julie are hoping to be able to go from Thursday until Sunday so we can be there from the start until the finish.

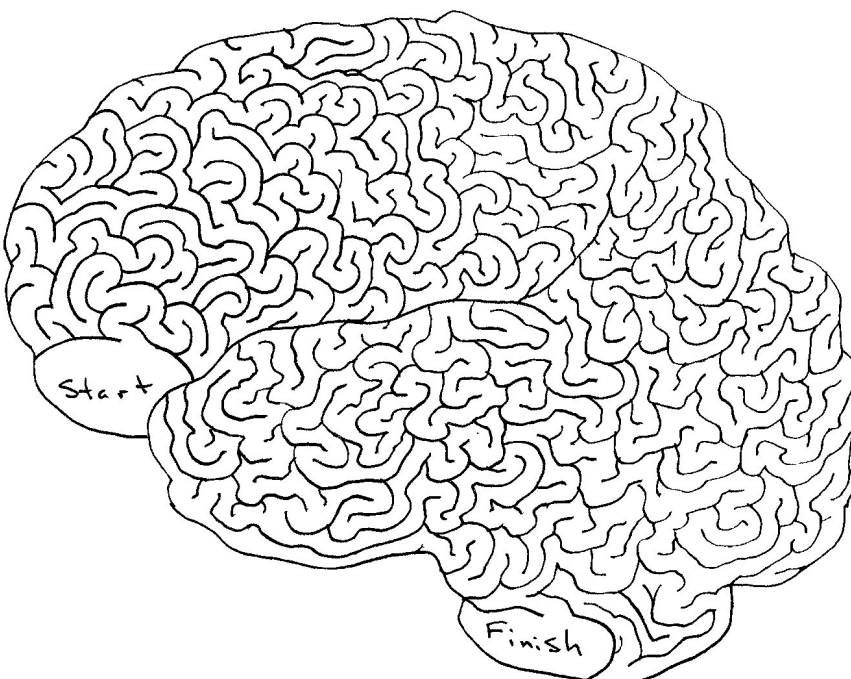
Bedknobs and broomsticks - By Tracy Roberts

This story is set in a time during the blitz when the three orphaned Rawlins children are evacuated from wartime London to live with the mysterious Eglantine Price. They have no idea what adventures lie ahead.

Upon discovering Eglantine to be a trainee witch, they join forces to search for a secret spell that will defeat the enemy once and for all. Armed with an enchanted bedknob, a bewitched broomstick and a magical flying bed, they encounter surprising new friendships on their journey from Portobello Road to the depths of the beautiful briny sea.

I went to see this show with my friend Jenni and her husband Ian. The show was amazing from start to finish, I liked how the ensemble were part of moving the set. I also liked the puppetry and dancing. My favourite song was Portobello Road because it was detailed with acting, singing and dancing

I really enjoyed the show.



Find your
way through
this
aMAIZEing'
brain!

May happenings - By e Parenting

May Day 1st May 2022

May Day Bank Holiday 2nd May 2022

Screen-Free Week 2nd May to 8th May 2022

National Sun Awareness Week 2nd May to 8th May 2022

Eid al-Fitr 2nd May to 3rd May 2022 (Celebration of end of Ramadan).

International Gilbert & Sullivan Day 3rd May 2022

World Laughter Day 3rd May 2022

Star Wars Day 4th May 2022

National Bike to School Day 4th May 2022

World Asthma Day 4th May 2022

Cinco De Mayo 5th May 2022 (Celebration of Mexican culture).

Europe Day 5th May 2022

National Doughnut Week 7th May to 15th May 2022

World Fair Trade Day 7th May 2022

International Nurses Day 12th May 2022

National Children's Day UK 15th May 2022

Walk To School Week 16th May to 20th May 2022

National Numeracy Day 18th May 2022

World Bee Day 20th May 2022

World Turtle Day 23rd May 2022

Africa Day 25th May 2022

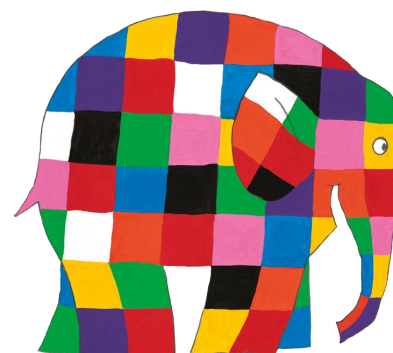
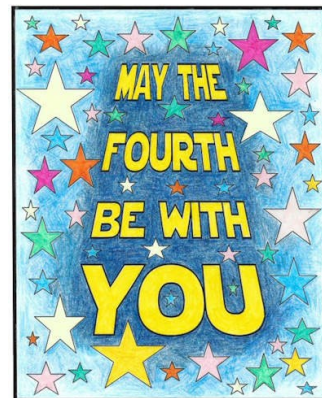
Towel Day 25th May 2022 (In memory of Hitchhiker's Guide To The Galaxy author Douglas Adams).

Elmer Day 28th May 2022 (A celebration of reading, of elephants and of accepting yourself and others, just like Elmer the Patchwork Elephant, star of the Elmer books by David McKee).

National Biscuit Day 29th May 2022

Oakapple Day 29th May 2022 (Also known as Restoration Day, it is a traditional English celebration of the restoration of the monarchy in 1660, following the death of Oliver Cromwell).

May Half Term 30th May to 3rd Jun 2022



Classic Victoria Sandwich recipe - By Peter Crum

Preparation and cooking time

Prep: 40 mins **Cook:** 20 mins
plus cooling

Ingredients

200g caster sugar
200g softened butter
4 eggs, beaten
200g self-raising flour
1 tsp baking powder
2 tbsp milk

For the filling

100g butter, softened
140g icing sugar, sifted
drop vanilla extract (optional)
half a 340g jar good-quality strawberry jam
icing sugar, to decorate



Method

Heat oven to 190C/fan 170C/gas 5.

Butter two 20cm sandwich tins and line with non-stick baking paper.

In a large bowl, beat 200g caster sugar, 200g softened butter, 4 beaten eggs, 200g self-raising flour, 1 tsp baking powder and 2 tbsp milk together until you have a smooth, soft batter.

Divide the mixture between the tins, smooth the surface with a spatula or the back of a spoon. Bake for about 20 mins until golden and the cake springs back when pressed. Turn onto a cooling rack and leave to cool completely.

To make the filling, beat the 100g softened butter until smooth and creamy, then gradually beat in 140g sifted icing sugar and a drop of vanilla extract (if you're using it). Spread the buttercream over the bottom of one of the sponges.

Top it with 170g strawberry jam and sandwich the second sponge on top.

Dust with a little icing sugar before serving. Keep in an airtight container and eat within 2 days.

A parachute joke for you!

An airplane was about to crash. There were 4 passengers on board, but only 3 parachutes.

The 1st passenger said, 'I am Steph Curry, the best NBA basketball player. The Warriors and my millions of fans need me, and I can't afford to die.' So he took the 1st pack and left the plane.

The 2nd passenger, Donald Trump, said, 'I am the newly-elected US President, and I am the smartest President in American history, so my people don't want me to die.' He took the 2nd pack and jumped out of the plane.

The 3rd passenger, the Pope, said to the 4th passenger, a 10-year-old schoolboy, 'My son, I am old and don't have many years left, you have more years ahead so I will sacrifice my life and let you have the last parachute.'

The little boy said, 'That's okay, Your Holiness, there's a parachute left for you. America's smartest President took my schoolbag.'

ECHO Officer falls out of a plane!

- By Tracy Roberts

This is not an April fool! He really is going to fall out of a plane (with a parachute!) on the 18th June to raise funds for ECHO.

You can sponsor him here:

<https://fundraising.echoherefordshire.org.uk/fundraising/jumpforECHO>

All money raised will go to supporting ECHO.
If you want to do it yourself, then contact ECHO who can help arrange it!



Parachute

Whatever went through
my empty head
The day I was most griev-
ously misled
It was to lead me to this
place today
A crazy move, I have to
say



We have ascended in the aeroplane
Through a shower of drizzly rain
My excitement is now at fever pitch
I hope it goes off without a hitch

The red light has just gone on
My parachute jump has now begun
I try to stagger to my feet
Legs like jelly, I fall back into my seat

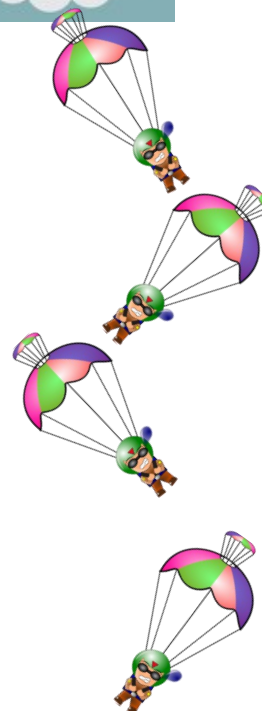
I gather my courage and stand up
straight
I know not what will be my fate
I would just like to stay alive
I am about to make my first skydive!

Anon.

Parachute

Falling fast
From high above
The dawning
Delirium
Faltering
from Ego
Bitter In Taste
Sweet in Action
And this is
When
You must
Jump
Knowing that
Soon
The Ground
Will meet
You

Julia
Brennan Oct
2015



The Barrels - By Laura Joliffe



I went to a band on Sunday evening, at 8 pm. The band was very good and it was not too packed in The Barrels.

It was a man playing keyboard. It was all different kinds of music.

On Saturday I went to Hereford horse races it was very good and didn't finish.

Till 6 O'Clock we could sit in the car to watch.

BBQ disaster and Easter fun! - By Laura Joliffe



I went to a BBQ on Sunday and it was at Ivy Close and was an Easter hat competition too. Eva won as she had the best hat.

All the food was all black so I did not eat the burnt food I did not bother.



I went to another BBQ on Tuesday for a 67th birthday party at Ivy Close. It was much better than Sunday. The birthday cake was very nice. Tuesday was very nice it was raining all day but in the evening it did not till 6 pm.

Ice Child – By Laura Jolliffe



I am reading the book called ice child. I got the book from Hereford libraries.

The sleeve reads:

SEE NO EVIL

It's January in the peaceful seaside resort of Fjällbacka. A semi-naked girl wanders through the woods in freezing cold weather. When she finally reaches the road, a car comes out of nowhere. It doesn't manage to stop.

HEAR NO EVIL

The victim, a girl who went missing four months ago, has been subjected to unimaginably brutal treatment – and Detective Patrik Hedström suspects this is just the start.

SPEAK NO EVIL

The police soon discover that three other girls are missing from nearby towns, but there are no fresh leads. And when Patrik's wife stumbles across a link to an old murder case, the detective is forced to see his investigation in a whole new light.

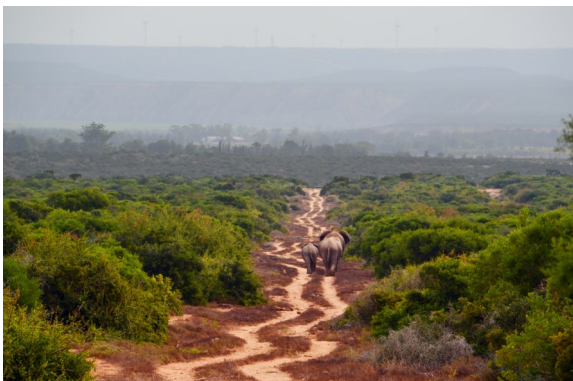
I have started to read this and am enjoying it.

South Africa's geography and landscape - By Laura

Most of Africa's landscape is made up of high, flat areas called plateaus. These lands are covered with rolling grasslands, called highveld, and tree-dotted plains called bushveld.

To the east, south and west of the plateau lands is a mountainous region called the great Escarpment, the eastern range called Drakensberg or dragon mountain filled with jagged peaks some reaching more than 3,475 metres high.

South Africa has another country within its borders - the mountainous kingdom of Lesotho. Much of South Africa's water comes from the snow-capped peaks of this tiny, landlocked nation. Also known as the "Kingdom of the Sky", Lesotho is the only country in the world to lie entirely over 1,000m above sea level.



Swimming - By Laura Joliffe

I went to halo Hereford leisure pool with Laura and Lucy from Ross road.

I did 34 lengths! I have not been swimming for a long time so, I was pleased.

I thought it could be a bit warmer, but the staff were nice and it was clean and easy to manage the lockers I enjoyed it very much.



Coffee machine - By Peter Crum

I am getting a new coffee machine from Curry's on Friday .

The coffee machine name is called Dolce Gusto S Touch.

I can't wait to use the coffee machine, it's going be good .

You can get lots of different coffee pods like caramel latte, vanilla coffee pod and hot chocolate pod and a lot more.



I am very pleased with my coffee machine 10 out of 10!

I am very happy with the coffee pods and the flavour is very good and the taste is better then my old coffee pods.

You should get one they are very good coffee machines and make excellent coffee and hot Chocolate and latte.

My Disney Diary—By L. Perkins

Thursday

The Underground
London Eye
Buckingham Palace
Big Ben Clock
Tower of London
Irish Pub meal
Harrods
Green Park



My best character is Goofy
I had a lovely time there.
And my best friend is Pluto
because he makes me happy and cheerful.
I saw a lovely dragon that
breathed fire in the Disney
parade.

Friday

Newport Bay Hotel
Fireworks
Disney pink castle
Train Ride
Rainforest Café.



Saturday

Sunshine
Star Wars ride
Saw Tigger
I had a picture taken
with Pluto
Buzz Light year &
Stitch
Snow white
Pinocchio
Disney Parade
Planet Hollywood
Olaf
Lion King
Carousel
Jess from Toy Story and Peter Pan
waved to me
Mary Poppins
Donald Duck



Sunday

Theatre V.R.
Dumbo
Pirate ship
Captain Hook
Bought a Goofy hat
& two Mickey
Mouse keyrings
Euro Star.



Where is the body's thermostat (heat control) ? - By Lisa Perkins

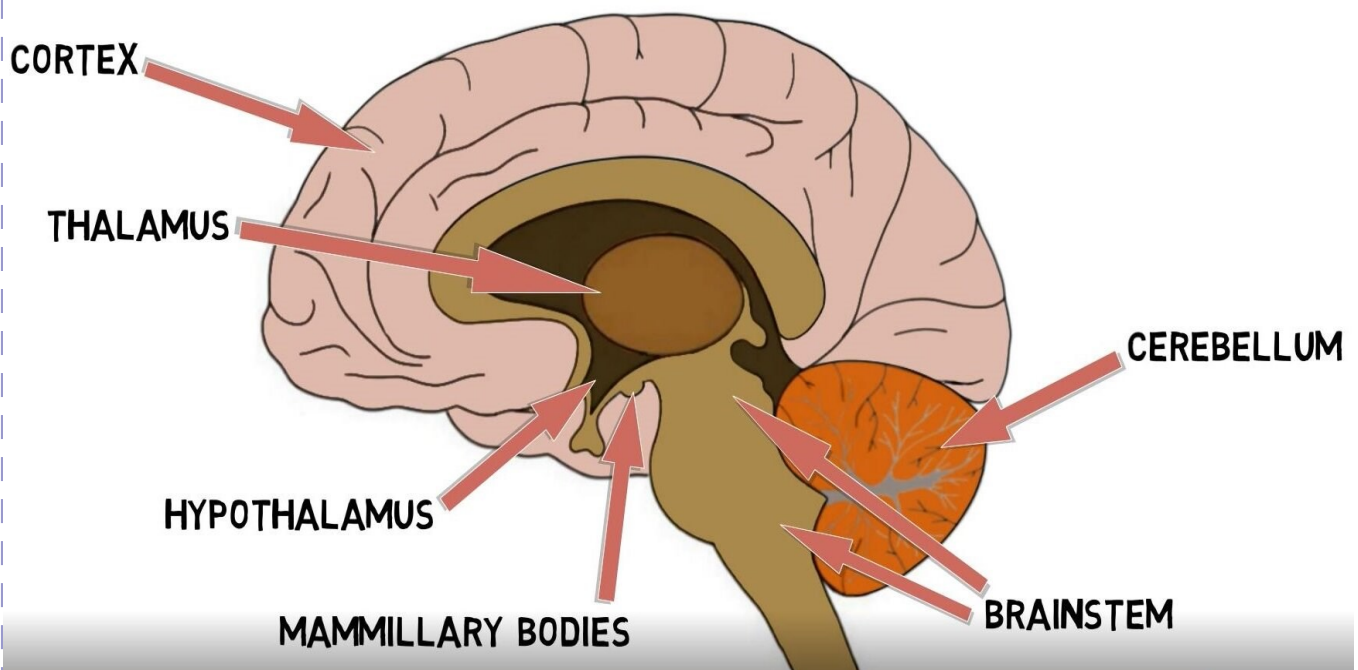
In spite of all the external temperature changes they experience in an average day, most people maintain a fairly even internal body temperature of about 37°C the temperature at which body processes work best.

This miracle happens with the help of a biological thermostat in the brain. Near the base of the brain, a structure called the hypothalamus monitors the temperature of the blood flowing through it and starts changes in the width of blood vessels.

Suppose that the internal temperature rises above normal, which can happen if the weather or room temperature is very hot, If a person is exercising hard or has a fever or simply because digestion and other normal body processes are producing a lot of heat. In that case, blood vessels to the skin expand. The volume of blood moving through them therefore increases and carries the heat to the surface, where it is lost.

If, on the other hand, the internal temperature falls, the skin blood vessels will shrink, reducing blood flow to the surface of the body and thus saving heat.

In some operations on the heart or on the blood vessels, surgeons lower a patient's body temperature. The purpose is to reduce the need for circulating blood through the body's organs while surgery is in progress.



Come and try sports event - By Laura Joliffe

I went to the leisure centre on Sunday.

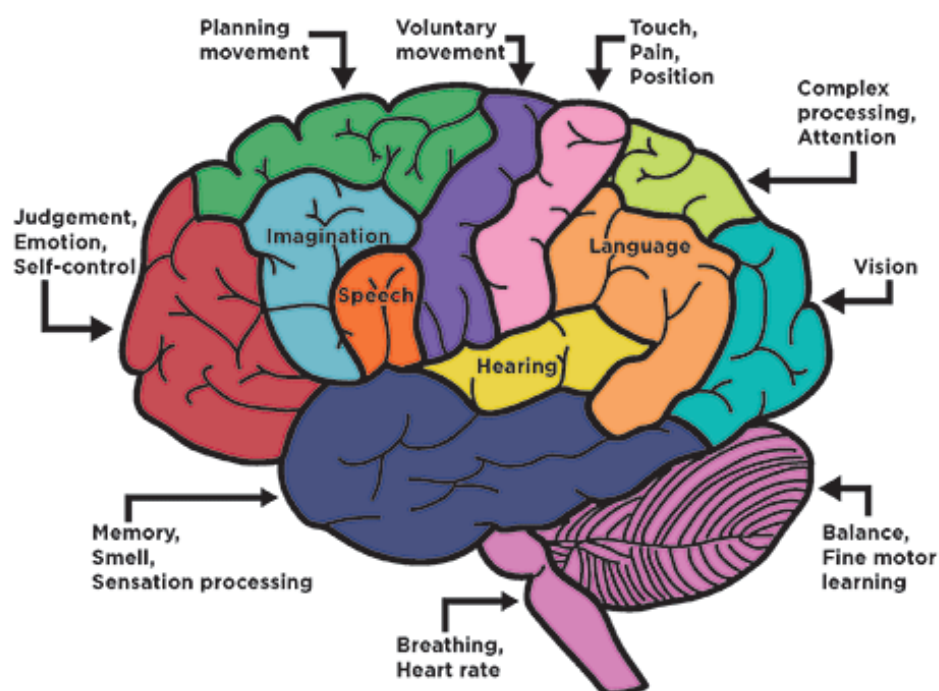
I did dancing taught by Tracy. I then did football with Nick outside. It was very nice.

I then went out for lunch.

In the evening we went to Rose and Crown for a drink with Kevin and a best friend.



Did you know that different parts of the brain control different bodily activities?



World Fair Trade Day 7th May 2022 - By Peter Crum

Fairtrade is a system that aims to ensure a set of standards are met in the production and supply of a product or ingredient.

For farmers and workers, Fairtrade means workers' rights, safer working conditions and fairer pay.

For shoppers it means high quality, ethically produced products.

Choosing Fairtrade means standing with farmers for fairness and equality, against some of the biggest challenges the world faces.

It means farmers creating change, from investing in climate friendly farming techniques to developing women in leadership.

With Fairtrade you change the world a little bit every day. Through simple shopping choices you are showing businesses and governments that you believe in fair and just trade.

Fairtrade is a global movement with a strong and active presence in the UK, represented by the Fairtrade Foundation.

Buying Fairtrade is easy. There are over 6,000 Fairtrade products from coffee and tea to flowers and gold, so when you shop, look for the FAIRTRADE Mark.



FAIRTRADE
FOUNDATION



Eid al-Fitr 2nd May to 3rd May 2022 (Celebration of the end of Ramadan)

What is Eid al-Fitr?

Eid al-Fitr's name comes from an Arabic term which translates as the "feast of breaking the fast" and, although not usually a public holiday in the UK (unless, like this year, it falls on a bank holiday), it is for many Muslim countries.

It is traditional for Muslims to gather together in a park to celebrate breaking their fast, with large-scale events and festival food (particularly sweet treats), prayer and stalls.

After Eid some Muslims decide to fast for the six days that follow. This stems from the Islamic belief that a good deed in Islam is rewarded 10 times, thus fasting for 30 days during Ramadan and six days during Shawwal creates a year's worth of goodwill.

What is Ramadan?

Ramadan is the ninth month of the Muslim year, during which strict fasting is observed from dawn to sunset.

Like Ramadan and other Muslim observances, the date of Eid is calculated by the sighting of the moon, which means we can't predict the end date of the holy month with complete accuracy.

How long is Ramadan 2022?

This year, Ramadan started on Saturday 2 April, and it is expected to be 30 days, concluding on Sunday 1 Monday with Eid al-Fitr celebrated a day later.

As a bonus for those celebrating Eid in the UK, Monday 2 May is the date of the Spring Bank Holiday, which means many people will get a day off work for the festivities.



("Blessed Festival")



Have you heard the one about...

May the fourth be with you! – by Tracy

Star Wars Day is on 4th May and is the day put aside for the fans of the Star Wars Movies who have chosen to mark the success of the films and the difference it has made to people. May the fourth be with you...

STAR WARS

Which program do Jedi use to open PDF files?
Adobe Wan Kenobi.

Why is Yoda such a good gardener?
He has green fingers.

Why can't you count on Yoda to pick up a bar tab?
He is always a little short.

Which Star Wars character travels around the world?
Globo-wan Kenobi.

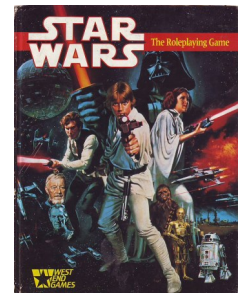
What kind of car does a Jedi drive?
A Toy-Yoda.

Why does Princess Leia keep her hair tied up in buns?
So, it does not Hang So-low.

What do you call Chewbacca when he got chocolate stuck in his fur?
A chocolate chip Wookiee.

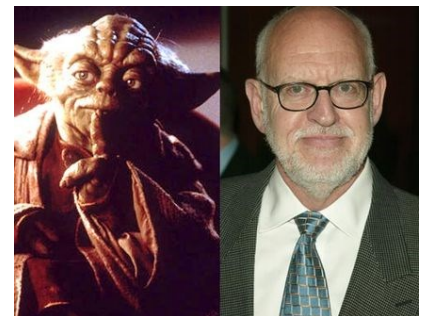
What's a Jedi's favourite toy?
A yo-Yoda.

What is a Stormtrooper's favourite TV show? Game of Clones.



Frank Oz - by Tracy Roberts

Frank Oz was born as Frank Richard Oznowicz on May 25th 1944, he was born in Hereford. He began his career as a puppeteer performing the muppet characters of Miss Piggy, Fozzie Bear, Animal and Sam the Eagle in the muppet show and Cookie Monster, Bert and Grover in Sesame Street and also known for the Yoda in the star wars movies.



There is currently a petition to put up a statue of Yoda in Hereford in his honour! Are you in support of that?

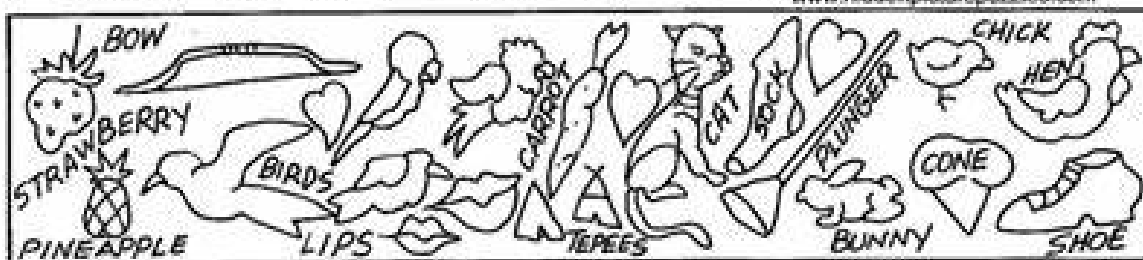
Puzzle Page

Find the objects at the bottom in this poochy picture!

Oodles of Fun!



www.hiddenpicturepuzzles.com



Hidden Picture Puzzle by Liz Ball

<http://www.hidden-pictures.com>

<http://www.poodleanddoodle.blogspot.com>

Our News Our Views

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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 will be eight
years old in June 2022!

**The deadline for articles and
adverts for the June edition is May
18th.**

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

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