



## February Newsletter Quiz No. 4

(Answers on Page 3)

- Who is the patron saint of Scotland?  
a) George b) David c) Andrew
- How many letters are used in each game of Channel 4's Countdown?  
a) 7 b) 8 c) 9
- What year did the Great British Bake Off programme start?  
a) 2008 b) 2010 c) 2012
- The first frozen food went on sale in the UK in 1937, but what was it?  
a) Asparagus b) Peas c) Broccoli
- How would you win in a gurning competition?  
a) Do the highest star jumps b) Pull the funniest face c) Eat the most burgers
- Which BBC weather man famously said in 1987 that there wasn't going to be a hurricane?  
a) Michael Fish b) Bert Ford c) Bill Giles
- How many carats is pure gold?  
a) 18 b) 22 c) 24
- What is hippophobia the fear of?  
a) Hedgehogs b) Horses c) Hippos
- The latest singing sensation, with millions of streams on Spotify, is a cartoon granny. What is she called?  
a) Edith Whiskers b) Agatha Wrinkly c) Elsie Toothless
- It was recently announced that a shop group would shortly be closing all its high street stores. Which shop is it?  
a) John Lewis b) Debenhams c) Primark
- The footballer Maradona, was infamous for his hand of God goal against England in 1986. Which country did he play for?  
a) Argentina b) Brazil c) Colombia
- Keith Harris, the ventriloquist had two dummies, a duck and a monkey. The duck was called Orville, but what was the monkey called?  
a) Nookie b) Lenny c) Cuddles
- What is the upper age limit for becoming an MP in the UK?  
a) 70 b) 80 c) there isn't one
- Where is the smallest bone in the human body?  
a) In the hand b) In the ear c) In the nose
- British Airways have been selling off to the public surplus first class dinnerware from their planes. Which of these items cost the most to buy?  
a) A set of 4 steel bread baskets b) A set of 6 china bowls c) A set of 6 crystal brandy glasses

Answers on Page 3



## February Birthdays

10	Stephanie Mutch
10	Stuart Thomas
12	Dave Johnson-Walford
13	Lily Cryer
14	Irene Thorpe
15	Audrey Nicholas
22	Maureen Barry
22	Graham Clark
23	Joyce Rimmer
26	Pauline Greeney
26	Mary Hopkins
26	David Marchant
28	Dorothy Shenton

Happy birthday to all of you with February birthdays. We hope that you are able to enjoy them with family and friends even if only electronically or by phone.

*It's such a long time to wait but we are looking forward to the time when we can celebrate people's birthdays on the last Thursday of the month at the St Ives Hotel 2pm when once again everyone will be welcome.*

### Our JGF Quizzes are Zoomed every Tuesday

If anyone is interested please let Bev know for access details.

Please also note that the answers to quizzes will in future be included in the same Newsletter.

Answers to **January** Quiz No 5

1. c) Scotch egg 2. b) They sang Disney songs 3. a) What they eat 4.c) 60 5. a) Boo-Boo 6. a) Victoria 7. b) As a tribute by an elderly man to his late wife 8. c) Bakewell 9. a) dot dot dot 10. c) The overhead lockers 11. b) Sherwood Forest 12. b) His second best bed 13. a) Red squirrel 14. b) The no of states 15. c) They thought that it was too far-fetched

During this time we are unable to have hard copies of the Newsletter printed or delivered but electronic versions will be sent out to those who have registered their emails with us.

If you have means to print and can safely pass a copy to a friend who doesn't have computer access, please do so.



2020 - For information telephone: Bev Sykes: 07557 734233 Website: [justgoodfriends.org.uk](http://justgoodfriends.org.uk)

Editor: Celia Burgess





To join our **JUST GOOD RAFFLE** simply search for **Just Good Raffle** on Facebook and click the **JOIN** button.



**January prizes & winners are:**

- |                           |                 |
|---------------------------|-----------------|
| £25 Tesco card            | Ginger Rodgers  |
| £25 Fylde Meats voucher   | Mags Hanning    |
| Wine & Chocs              | Kath O'Brien    |
| Echo Dot                  | Jude Jeffrey    |
| Mini Warmer               | Louise Adetoro  |
| £25 Sainsburys card       | Robyn           |
| George Foreman grill      | Marie Wilcock   |
| £25 Morrison's card       | Joanne Campbell |
| £25 Pastry Pete's voucher | Ellen Thomas    |



**JUST GOOD FRIENDS - A GREAT GROUP**

A great group works well together  
For the benefit of all  
It can be a rock of great strength  
On which you stand firm not fall.

It can be a fountain of knowledge  
For everyone to share  
It can be a source of inspiration  
When ideas are just not there.

It can be an oasis of calm  
When you're in a stressed-out way  
It can be a ray of sunshine  
On an otherwise cloudy day.

It can be an arm of comfort  
When you're feeling down and blue  
It can be a hand of friendship  
That extends to me and you.

It can be a wealth of humour  
When smiles are thin on the ground  
It can be a cocoon of warmth  
Where true loyalty can be found.

A great group makes all the difference  
And should never be undersold  
It can be a vein of riches  
and is worth it's weight in gold.

*Submitted by Steve Mason, a friend & member of JGF*

**Creamy Chicken Pasta** (sent in by Gill Studden)

Serves 4 - Ready in 20 minutes  
Great recipe as it contains your protein, your veg and your carbohydrate

- 300g cherry tomatoes
- Salt & freshly ground pepper
- 3 sprigs of fresh thyme (dried can be used)
- Low calorie cooking spray (1cal per spray)
- 350g spiral pasta
- 4 skinless chicken breast fillets cut into small pieces
- 200g chestnut mushrooms, sliced
- 1 courgette, thinly sliced
- 75g Philadelphia Light with garlic and herbs
- Finely grated zest and juice of lemon (I normally use just lemon juice)
- Small handful of fresh parsley, plus extra for garnish (I usually forget this)

Preheat oven to 200c/fan/180c/gas 6. Put the cherry tomatoes in a roasting tin, season well, scatter over the thyme and bake for 15 minutes.

Cook the pasta according to the packet instructions, then drain and set aside.

Place a frying pan sprayed with low calorie cooking spray over a medium high heat. Season the chicken and stir fry for 6-8 minutes or until cooked through and transfer to a plate and set aside.

Spray the pan with more low calorie cooking spray and add the mushrooms and courgette, season and stir fry for 3-4 minutes or until lightly golden. Return the chicken to the pan and add the roast tomatoes and cook for 1-2 minutes.

Put the Philadelphia in a small bowl and stir in the lemon juice. Add to the pan with the pasta and parsley, stir and season with black pepper.

Divide the mixture between 4 shallow bowls and garnish with the lemon zest and parsley to serve.



**Answers to February Quiz No. 4**

- 1.c) Andrew 2.c) 9: 3.b) 2010: 4.a) Asparagus: 5.b) Pull the funniest face: 6.a) Michael Fish: 7.c) 24: 8.b) Horses: 9.a) Edith Whiskers: 10.b) Debenhams: 11. a) Argentina: 12. c) Cuddles: 13. c) There isn't one: 14.b) In the ear: 15.a) A set of 4 steel bread baskets



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