



## Tomatoes

## Growing vegetables indoors

We use tomatoes for everything.

Cut up on sandwiches and in salads, to make sauces and condiments, and as an addition to soups and stews.

Tomatoes have long been known as one of the best vegetable plants to grow indoors. So there is a good reason to use this in your favour.



Growing vegetables indoors already saves you a ton of money.

As long as you give the vines something to climb, you'll be producing robust tomatoes on your own. Try preserving them with citric acid and canning them.

That will prevent any excess crop from going to waste.

## Just for Fun!!

I MAY NOT  
BE THAT GOOD  
LOOKING OR  
ATHLETIC OR  
TALENTED OR  
FUNNY OR SMART.

I FORGOT WHERE  
I WAS GOING  
WITH THIS.

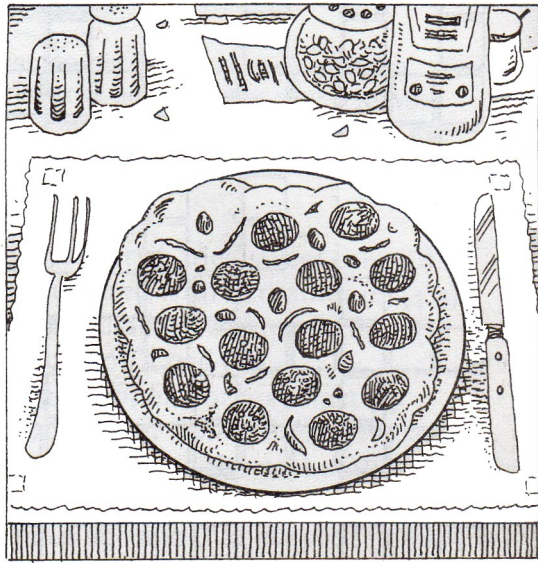
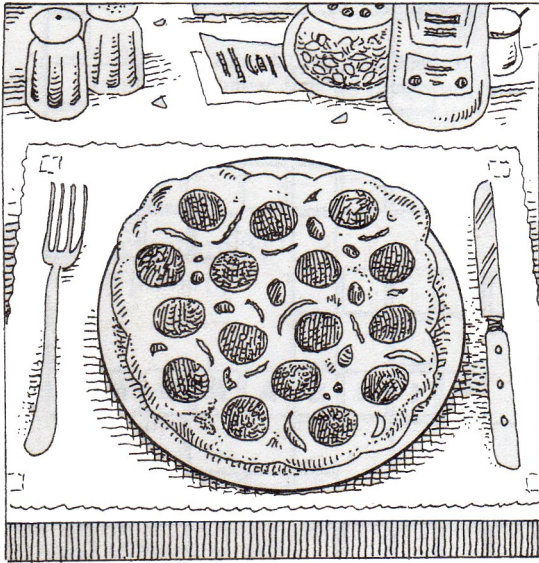
BUT I DO KNOW  
I LOVE BACON.



For anyone with a Birthday this Month...



See if you can find the eight differences.



Brand symbol	Beach cover	Manx cat's lack	"Sure, why not?"		
Light axe	Not a movie	Oasis tree	Small wild ox		
Puns and such	Rabbit's head set	Japanese fish delicacy	Aware of	Coral ridge	
Ocean bottom					
Female grads	Stop from flowing	Squad	Sure thing		
Gazpacho, gumbo, borsch					
Magnate	Three-line poem	Subject of speech	Hatted like bikers		
	Plan, chart, scheme	Cake and candy			
		Dis-pense	French school		
Math sign	Engulf				
		Cereal grass			
Eight bits	Choose				
		Born as			
Polly, to Tom	Located				



Clues-in-squares crossword puzzle, or arrow word puzzle, else arrowword.

To solve the puzzle simply write your answers in the direction of the arrows.

Grid size:  
8 x 18 squares.

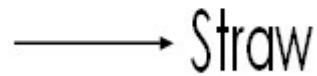
Square size:  
12 x 12 mm.

No unused squares.  
Squares with clues are highlighted.

ANSWER:

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

Straw  
Straw



1. \_\_\_\_\_

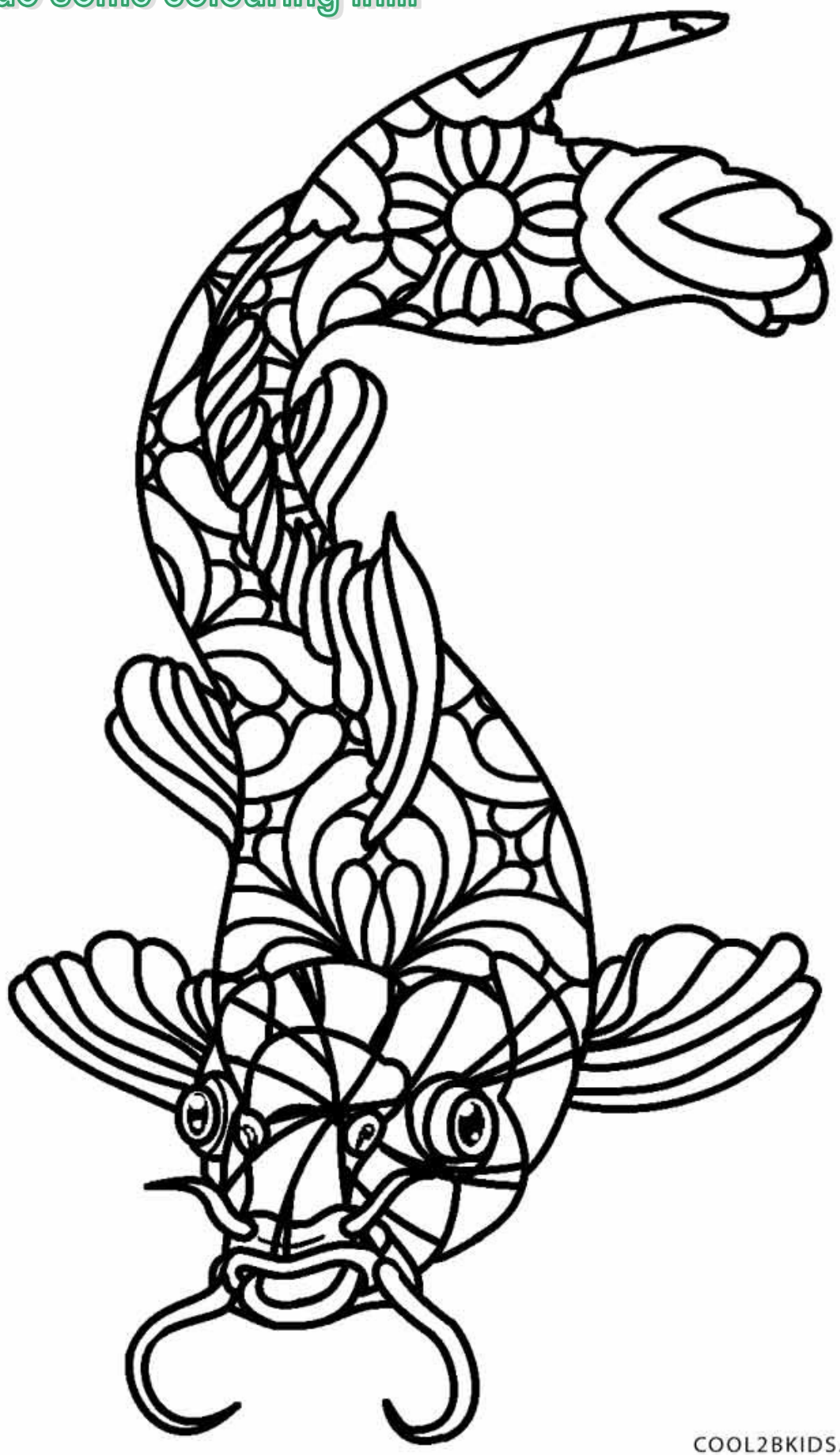
Wolf  
Wolf  
Wolf  
Wolf



5. \_\_\_\_\_

HEAD  
HEELS

Let's do some colouring in...



## Walking:

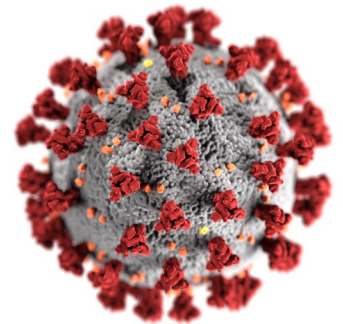
Regular walking can:

- Reduce your blood pressure and cholesterol
- Aid weight loss
- De-stress and relax
- Improve Stamina and endurance
- Strengthen bones



## How to avoid catching or spreading coronavirus

- wash your hands with soap and water often – do this for at least 20 seconds
- always wash your hands when you get home or into work
- use hand sanitiser gel if soap and water are not available
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin straight away and wash your hands afterwards
- try to avoid close contact with people who are unwell



## Be aware of your limitations

After a death, concentration is often affected. If you work with machinery or in a dangerous environment, be aware that your reactions could be slower and take

adequate precautions. Another potentially dangerous situation is driving the car. Some will go through the motions without being conscious of what they are doing, going through red lights or finding themselves on unknown highways, going places where they didn't set out to go. Obviously this problem presents a danger for you and for others. Recognize the situations that could present particular challenges during this difficult time.

**DON'T FORGET—we have the whats app group if you want to join, and also let us know if you'd like to join the telephone befriending service.**



Live on our website. go to [www.bennettsfunerals.co.uk](http://www.bennettsfunerals.co.uk)

Simply click on the logo to put yourself in contact with 24 hour grief support.

Manned by trained counsellors for when you need to talk with someone at any time.

Our New Era Newsletter is available to view on our website. go to [www.bennettsfunerals.co.uk](http://www.bennettsfunerals.co.uk) and go to bereavement support and you will find the link.

**If you have anything you would like mentioned in the newsletter, please let Lu know**