

New Era



March 2021 Issue 3

Welcome

March Wind

March wind is a jolly fellow;
He likes to joke and play.
He turns umbrellas inside out
And blows men's hats away.

He calls the pussy willows
And whispers in each ear,
"Wake up you lazy little seeds;
Don't you know that spring is here?"



We hope everyone is well. With the latest government announcement it looks like we can start planning and restart group in the upcoming months. I shall send out information to you all in due course with the dates.

We really do look forward to seeing you all again soon.



Just for Fun!!

As I get older, all I need in life is a Specsavers, a Boots and a Greggs...

Yep, life is all specs and drugs and sausage rolls!



Happy Birthday to anyone celebrating a

Birthday this month!



Just for fun, no answers available!

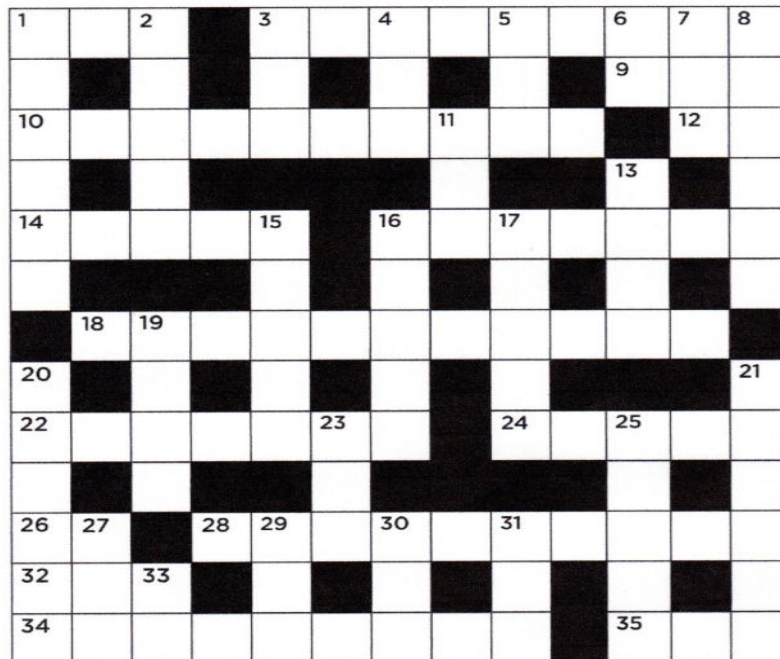
ACROSS

1. Half-pint
3. Sleepy
9. Sean Lennon's mom
10. Sneezy (phrase)
12. "___ apple a day ..."
14. Bloom of the Netherlands
16. Dopey
18. Grumpy
22. Happy
24. Cheap and showy
26. Physician's request
28. Doc
32. ___ Mahal
34. Bashful
35. Suitable

DOWN

1. Unsullied
2. Flower part
3. August baby, probably
4. Tic-___-toe
5. Hubbub
6. Monopoly starting space
7. Barefoot Food Network star
8. Communicate
11. Santa syllables
13. Clean with a cloth
15. Concise
16. Don Draper, for example
17. Unfit
19. Compatriot

20. What a swindler does
21. Young swan
23. Unusual
25. Pause mark
27. "So there!"
29. Forever and a day
30. Shakespeare classic: Richard ___
31. *Life of Pi* director Lee
33. *Dallas* villain



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And just like that, February is here with us! Unfortunately though, is cold and dark outside, schools are still closed, and we are still apart from our families - for me personally, my family are yet to meet our son who is now 9 weeks old! Can you believe we will have been living with COVID-19 in our lives for an entire year as of next month!

I am reminded of a documentary which studied a polar bear enclosure - the reviews were concerned that this magnificent animal was out of place, in a climate it wasn't best suited for. However the truth seemed to be that this animal seemed to be enjoying its surroundings, the water pool, the objects such as rocks and trees, plus the space it had. In fact, the polar bear was repeating the same 60-second cycle time and time again – even down to the same foot pushing off from the bottom of the pool in the same spot. It had no life, just this repetitive routine it had carved out for itself.

I am conscious that many of us feel as though we are going through the motions some days in lockdown. We feel as though we are becoming that polar bear!

I recently heard a story of a couple of zoos that have recognised that their animals are lacking stimulation and variety with no visitors and are now allowing their penguins to wander around the zoo, especially inside the fish tunnel so they can marvel at new surroundings.

There is no quick exit from this world that is dominated by COVID-19, and we may need to dig in for a few more weeks/months to come. Take stock of your routine and become aware of your own needs as a person and an individual – reach out to your friends and family. For me, I also reach out to my colleagues at Landons who continue to be a constant 'sanity' for me!

By doing this, by checking in with each other, we will be putting one step towards breaking the cycle of performative happiness like the polar bear. Instead, it's time to take our penguins out for a walk!

Sending my best wishes to you all

Jessie

Solicitor at Landons Solicitors, Brentwood, 01277 210021



I keep
myself busy
with the
things I do.

But every
time I pause,
I still
think of you.



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Our New Era Newsletter is available to view on our
website. go to 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 us know

Easy Soda Bread

Ingredients

- 500g [plain wholemeal flour](#)
- 2 tsp sea salt
- 1 tsp [bicarbonate of soda](#)
- 1 tbsp [finely chopped rosemary](#) (optional)
- 400ml [whole milk](#)
- 1 [lemon](#), juiced
- 2 tsp [honey](#)

Method

- **STEP 1**

Heat oven to 200C/180C fan/gas 6. Mix together the flour, salt and bicarb in a bowl. And if you'd like rosemary bread, add the chopped rosemary too.

- **STEP 2**



Mix together the milk and lemon juice in a jug, and wait for a minute as it magically turns into buttermilk. Then stir in the honey, and simply pour it into the flour mixture. Stir it with a knife for a minute until the whole thing comes together into a sticky dough.

- **STEP 3**

Tip onto a floured work surface and shape it into a ball.

- **STEP 4**

Put the ball on a floured baking tray and, using a sharp knife, make a deep cross on top.

- **STEP 5**

Put in the oven and bake for 40 mins.

- **STEP 6**

Cool on a wire rack until warm, then slice and serve.