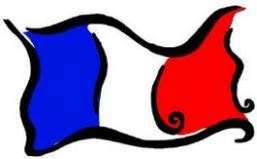


# Birchgrove Bulletin

## Queensgate Apartments – March 2020



1<sup>st</sup> March



March 12th



March 17th



March 22<sup>nd</sup>



**Well where did February go?! We are now in full swing of the year and it's all coming around quickly! Now we can welcome Spring with opened arms!**

Welcome to the Queensgate Apartments March Bulletin, we had lots of fun with February! All those super clubs, Italian, Spanish, Indian, Valentines and the list goes on. We had West Lodge School join us for an afternoon of games, music for health and of course not forgetting Rebecca's panto on the tellybox. What else could we ask for hey! Well-read on to see what we have planned for all our lovely residents in March.

### History

The name March comes from the Roman god of war, Mars. For many years, March, being the start of spring, was also the start of the New Year. Much of Europe used March as the start of the year. Britain used March 25th as the beginning of the New Year until 1752.

### Symbols of March

Birthstone: Aquamarine and Bloodstone

Flower: Daffodil

Zodiac signs: Pisces and Aries

### 5 Fun Facts about March

1. It is the first month of Spring which begins between March 19-21.
2. In the Southern Hemisphere, March is the same as September in the Northern Hemisphere.
3. Each year March and June end on the same day of the week.
4. It is the time of year when animals start to wake up from hibernation.
5. Easter is sometimes celebrated in March.

## Gallery



## Recipe of the Month

### Cawl Cennin (Leek & Potato Soup)

Start your month of with a warm welsh classic, it is St David's day on the 1st after all!

#### Ingredients

1 Rasher Bacon, Diced  
25g (1 oz) Butter  
2 Large Leeks, Chopped  
450g (1 lb) Potatoes, peeled and diced  
900ml (1 ½ pints) Chicken stock  
300ml (½ pint) Milk  
2 tbsp parsley, chopped  
Salt and freshly ground black pepper  
Lemon juice to taste (optional)



#### To Garnish

Cream  
Chopped Parsley

#### Method

1. In a large saucepan fry the diced bacon in the butter. Add the leeks and potatoes and cook gently for 5 minutes.
2. Pour in the stock and milk, bring to the boil, then simmer for 20 minutes.
3. Cool slightly then liquidize and season to taste, adding squeeze of lemon juice if the flavour is too bland.
4. To serve, pour the soup into bowls, swirl a spoonful of cream into each one and add a sprinkle of parsley.

As a main meal soup, serve unblended so the pieces of bacon and vegetable are left intact, with perhaps a bowl of grated Cheddar cheese or even some slices of frankfurter sausage.

# Birchgrove Bulletin

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### PUZZLE CORNER

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      M H F
    H N A M O W
F D Z I U K K M K
E N G A G E D Q Z
Y T D Q T A H B N F
V I G O R O U S L Y
F N I E Z T S I R H C
  U C E L P I C S I D E N A E P N B P G J S A
    C X Y L I M A F R C R N I W E H Y K E U
      G Q W S N A I E D R K N O W Q
        P H L L T I S E H D J H N
          Z O E E S K L F C S J L Q S B
            D H V A S R E S P O N S I B I L I T Y
              M N A R L Z D F L M R E J U I R S X D P I
                W P N X V X M H L A G I S T U D Y G W N O
                  G X I J T E Y S J Z R I T I J E I V N S Y N L
                    A N Y B D Z I B F R V A I H F J I M W H X
                      G L E U D R A A D I E P G N I T S A F O S
                        H T B L U E I I A N T J W R S T G L I
                          P K O O N T M G E O Z U E O C T N
                            R N W H B E S E M L A H R
                              X X V F S F B F K
                                H N U
                                  E M S
  
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- Uphold
- Nourish
- Family
- Marriage
- Disciple
- Jesus
- Christ
- Woman
- Fasting
- Faith
- Learning
- Blessing

- Study
- Scriptures
- Patience
- Kindness
- Forgiveness
- Principles
- Parents
- Grandparents
- Responsibility
- Vigorously
- Engaged

**WINNER: IRENE**

Please book in with reception for your free main course lunch!