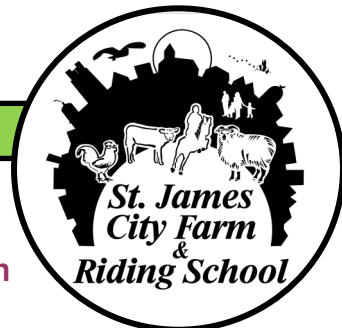




CAFÉ NEWS

Newsletter of The Friendship Café & St James City Farm



October November December 2021

New Years Honours?

Not quite the same as what Queenie gives out, but our very own Imran Atcha received an Honorary Degree from Hartpury College. Imran received his degree in recognition for extensive community work and promoting equine and animal education.



As a founding member of St James City Farm Riding School and manager of St James City Farm, Imran provides inner-city children with a taste of the countryside and access to affordable riding lessons. Imran's enthusiasm and passion for horses and animals and his determination to bring the benefits of the countryside to underprivileged children, particularly those from minority ethnic backgrounds, was recognised at the graduation ceremony.

(Article from Hartpury News website)



Also getting an award was long term friend of The Friendship Café, Bren McInerney. Bren has been recognised and awarded an NHS England Improvement Safeguarding Star. On Thursday the 25th of November 2021, undertaken virtually and with national and community group friends present he was given the award by Catherine Randall, Associate Director for Safeguarding at NHS England/NHS Improvement.



Bren said "I accepted this recognition and award on behalf of the people and communities I have proudly served for over 25 years, and will continue to do so to the very best of my ability. I feel very honoured and very humbled."



Also getting an award was Ibraheem Kathrada (Editors Son—bit of nepotism) who achieved his red belt with blue tag in the Korean Sword Art - Haidong Gumdo.



WhatsApp
07807 869749
07969 187216



friendship cafe
61 subscribers



Instagram
fcyouth21 Follow



The Commissioner's Fund
Breaking the cycle of crime



:- Ed Lines :-

Hello All

As we say goodbye to a COVID ridden 2021 we welcome 2022 hoping it will bring us less lockdowns and more freedom! (and hopefully better football from Man Utd)

Unfortunately, we as a youth club, could not do much, although towards the end of the year we did pick up our activities. And remarkably did quite a bit, as you will see later on. We hope to carry on and cram in as much as we can this year to make up for lost time!!

Talking about activities, the other day Google sent me a mail all about my 2021 timeline (my smartphone has the location facility enabled). What I read amazed me. I know that all smartphones are trackers, but until you read something like this it is truly amazing (or scary) how much your phone collects info about yourself.

I suppose every time you use your payment card, sat nav, or get “clocked” by CCTV—Big Brother is watching you.

My fave stat below is that I travelled a quarter of the way around the world last year!! I guess Bill doesn’t need to inject you to know where you are!!

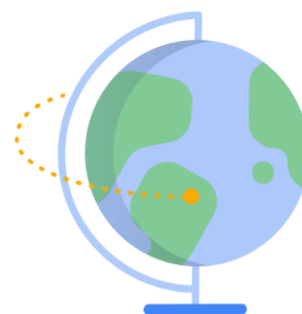
TTFN

Shoaib—Café News Editor



Your places in 2021

1	35	177
Country/Region	Cities	Places
	12 new	112 new



Your travel in 2021 25% around the world

Total travel	Low-emission travel*
6,223 mi	617 mi

* Includes walking, cycling, public transport and other typically low-emission options.

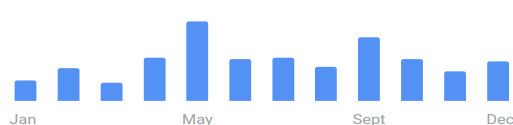
Walking

90 mi (45 hr)



Driving

5,606 mi (466 hr)



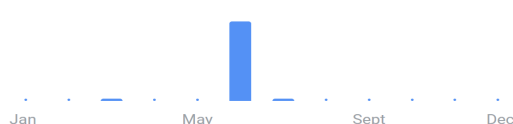
Cycling

316 mi (45 hr)



Public transport

205 mi (4 hr)





**YOUng
THinkers**
GLOUCESTER

In December Young Thinkers, ran an event with a team of medical professionals to teach the Barton & Tredworth community lifesaving skills for free. The session was attended by about 30 people, young and old, and was held at The Friendship Café.







The Friendship Café's

DEFIB APPEAL

The Friendship Café are raising funds so that we may purchase and install an AED unit on one of the outside walls.

Your donation could help save a life

Please visit our Localgiving Appeal Page
<https://localgiving.org/appeal/SaveLife/>

We can also accept cash or card donations at the FC Coffee Shop


Make a difference in your community

[Donate now](#)

**PLEASE
DONATE
GENEROUSLY
TO
OUR
APPEAL.
IT
COULD
HELP
SAVE
A
LIFE!**



YOUTH WORK

Activities—what we have been doing!!



Spring Bulb Potting

Soil. Bulbs. Smiles. That's all we need in our recent girls group activity where we planted bulbs. We were happy that the girls enjoyed this requested activity!



Remembrance Day

This year Girls Group offered the community a chance to come together and make poppies in various different forms! Look at our poppy cupcakes, we even made poppy wreaths! If you see a felt made poppy with sparkles and glitter, just know our clever and creative girls had something to do with it!



Treats Party

We like Treats. We like parties... Did someone say a Treats party?! The perfect way to enjoy the half term with a catch up for our Girls Group mums and daughters at our Treats Party, we nattered and munched, and of course ordered desserts! Thank you to the wonderful restaurant!



A morning of bowling fun? That's right up our alley. We had a total of 36 children sign up for our bowling activity earlier this month. The boys and girls played two wonderful games which, once they got the ball rolling, they all thoroughly enjoyed.

Archery has continued for another month, girls and boys continue to perfect the technique of shooting. This month we have focused on team games which have brought out the competitive streaks in our shooters, we are very impressed with the bullseyes! Why couldn't the green pepper practice archery? Because It didn't habenero.



Ich, nee , san...sound familiar? That's how we count out our blocks and punches in **Jiu Jitsu**! Sensei Malcom has been keeping kids on their toes, with our new non-contact approach, the sport may look a little different but the discipline remains. We have been very impressed with each and every one of our learners who dedicate their evenings and attend each week and practice their Katas!



Slimbridge with GWR—The train driver's day starts early: he gets up at the track of dawn, and so did the girls group (almost!), as we headed to Slimbridge Wetland Centre on the train. We thank Gloucester Community Rails Service for their mighty contribution to our day out. It was very exciting exercising our independence and learning how to find the right platform, and reading train times! We hope to do more activities in the future that will support our young people skills such as using public transport.



**DONT MISS OUT!
ADD OUR NUMBERS TO YOUR
CONTACTS**

Zahara 07436692955
Fouzia 07828204955 Zaz 07868201007
Ibrahim 07868208790 Abdullah 07436 629512

City Farm & Riding School

Some of our staff, volunteers and furry friends were at the Cheltenham Racecourse during one of the November racing days, in the Family Fun Marquee.



Team TSB who volunteered to build a new aviary, tidy up the dock pond area and relocate a bench.



(left to right) are: Seamus, Rhys, Luke, Dan, Joe, Matt and Chris



Thank you again Pound Farm Shop for donating this years' Christmas tree.



Cheltenham Equine Vets came to check on the ponies' teeth. Their teeth can grow sharp edges which can cause them pain and need filing down from time to time. Here is Vet Violane explaining the procedure to the children from the local primary school...



International Event Rider Lydia Heywood visited us with her wonder horse Mink and gave a demo to the children from Al Ashraf Primary and St James Juniors.



Rachael Blackmore, winner of the Grand National 2021 (and a huge load of other titles) also visited the farm and met the volunteers and gave a couple of rides to some of the children there.

Here is the link to a short video of her visit. <https://fb.watch/8OIFySQRv8/>



The Girls group had a tour of the equine facilities at Hartpury College and University. The horse is not having a bath it's on a water treadmill for rehab purposes. Very posh



A FEW WORDS FROM JACKIE (Volunteer and Wellbeing Co-Ordinator)

The last 3 months has gone by so fast with meeting new volunteers; Safeguarding training; building relationships with all the current volunteers and planning ahead. We are also creating links with Scrubditch Care Farm at North Cerney and plan to take volunteers and local people who visit our farm to look around in the Spring.

The volunteers we have at the City Farm come from very diverse backgrounds. We have students from Hartpury, Cirencester and Stroud Colleges and now a growing group of young teenagers at the weekend who have chosen the City Farm to do their voluntary hours for the D of E Award. We also have older volunteers who want to do something meaningful and younger people who love animals and want to further their learning. Several of our volunteers have complex mental health issues and we are supporting them in gaining confidence, social skills and discovering that the farm is a non-judgemental, safe setting where they can make friends and feel like part of the team.

In the New Year I'll be working with Razeya and Fouzia from FC to arrange a Zoom session with the Hollie Gazzard Trust so we can spread the word about HollieGuard – a free app that turns your phone into a personal safety device - helping protect people from violence or threat. It records audio and video and can alert close contacts as to where you are. It can also be used as a panic alarm. People are reporting an increase in crime and fear going out after dark, especially after the shocking recent murder of a young teenager. It would be a positive step to help our volunteers feel safer travelling to and from the farm and for the wider community. I also aim to meet with youth workers to try and increase the number of BAME volunteers using the Farm.

If you have any ideas you'd like to share, or would like to have a chat, please contact me at jackie@stjamescityfarm.co.uk or 07943 622663.

Happy New Year!



Hartpury University and Hartpury College



Student success story

Student: Joana Judas

Course: BSc (Hons) Equestrian Sports Science

Careers Aspirations: Equine sports performance analyst

Lectures at university

My favourite module has been equine anatomy and exercise physiology, as it opened my eyes to how horses really work and how different they are from humans. All I can say is that I love and admire them even more than before! Not just for their athletic ability but also for their kindness and patience towards us humans.

Student support

All the staff at Hartpury is immensely helpful and they do go the extra mile for their students. My tutors inspire me to think critically about the issues whilst always encouraging discussion and exchange of ideas. Allied to great facilities and equipment, the combination makes Hartpury the perfect place to study equestrian sports.

Outside of lessons

I was a member of the Equestrian Club during 1st year. I previously volunteered with St. James City Farm from October 2019 up to the end of last summer. I have also volunteered with the Equine Therapy Centre during my 1st year at Hartpury. This year I do not have as much free time as I work 3 days a week in a pub in Gloucester, but sometimes I go to a restaurant and hang out with friends.



Financing study at Hartpury

Accessing funding, in the form of loans, grants, bursaries and scholarships, can make attending university possible for many students. Below are a few examples of the bursaries we have available to prospective students.

Local low income bursary – value of £1,500 per year of study

Eligibility: students from households with an income of less than £21,000 per year living in specific local areas/who may be applying from local schools.

Care-leavers and independent students bursary – value of £1,500 per year of study

Eligibility: available to full-time students who have been in the care of a local authority for a period of 13 weeks or more or are able to provide evidence of estrangement/financial independence under the age of 25.

Full-time carer bursary – value of £1,000 per year of study

Eligibility: available to full-time students who have full-time carer responsibilities

To find out more information and how to apply for a Hartpury University bursary, please visit www.hartpury.ac.uk/university/facilities/life-at-hartpury/finance

For more information on Hartpury University and Hartpury College, please visit www.hartpury.ac.uk. If you would like to attend an open day to understand more about Hartpury, please visit www.hartpury.ac.uk/courses/open-days/

A brief overview about me



Hi my name is Joana and I am currently a BSc. (Hons) Equestrian Sports Science 3rd year student. I am originally from Portugal, but decided to study at Hartpury University because of its amazing equine facilities and the course programme. Now that I am midway through my final year, I am also aware of the research opportunities that Hartpury provides in Equestrian Sports.

Hartpury combines the right facilities, technology, and people that can push forward our understanding of the horse and its role in equestrian sports.

My passion for horses started with watching them in films and on tv. Finally, at 8-years old I convinced my parents to sign me up for horse riding lessons and I loved every minute of it. Later, life took me to another path, and I ended up studying Economics at a university in Portugal. By then I had been away from horses for some years and after finishing university I worked as an Accountant for about 5 years. However, I always regretted abandoning a career with horses and that was when I discovered Hartpury. It was time to follow my dream and here I am today.

I choose to attend university, as despite my passion for horses being large, my scientific knowledge was little. I felt the need to learn the most updated information about horses, so I could pursue a career where I contribute to improving their welfare.

Advice for you

I would recommend that all future students' study something they are passionate about and choose a university that provides access to the top-notch people in the chosen topic. They will inspire you and guide you along the way.



The season so far

The last four months have seen the club go from strength to strength as playing numbers have grown, a new under 11s team and a girls football group created, the construction of a new equipment shed at the Glebe, the installation of new goals for different age group needs, support from the FA's Regional Development Mentor and a growing number of young volunteers helping at training and on match days. Performances on the pitch have also reflected successes off the pitch with notable victories across all age groups.

Teams Update

Girls Football Team

In response to growing interest, a new girls team has been established for 7 - 11 year olds with up to 25 often attending. We are focussing on developing technique and teamwork whilst encouraging the girls to have fun. We plan to organise friendly matches in the spring once age group numbers are consistent.

Coaches: Nat Chenia, Zak Pandore

Under 7s

Numbers have continued to increase throughout the autumn with the emphasis on fun and learning to play. Training sessions for December and January are taking place indoors at GL1 Sports Centre, Bruton Way and will return to the Glebe once the weather improves.

Coaches: Mo Gangat, Bilal Moolla, Asif Musaji, Faisal Patel

Under 9s

With a large, mixed ability group, the coaches are using training sessions to set challenges to each player, assess potential playing positions and selection for league, cup and friendly matches. The team has been entered into the Mid Gloucestershire Mini League and has made an excellent start, winning 5 out of 7 league games.

Coach: Muhammad Chenia, Muhammad Martin, Yoonus Surty

Under 11s

Newly formed in July, with lots of enthusiasm and early progress. This season is being used for development to familiarise the squad with teamwork in training and friendly matches. The team has played 8 matches to date, with the highlight so far the late goal, sealing a 3 -2 against Charfield in November.

Coaches: Martin Jano, Jack Skelton

Under 12s Comets

The team goes from strength to strength, progressing to the League Cup Semi-Final and continuing to be competitive in the Mid Gloucestershire Mini League. Most matches have been close with the team scoring 50 goals in 16 games already across all competitions.

Coaches: Yacoob Patel, Zak Turnbull

Under 12s Galaxy

After a tough pre-season playing against higher league opposition and bedding in new players, the team's form and fitness in the Severn Valley Youth League has been impressive with everyone contributing to our push for promotion in a highly competitive division.

Coach: Unus Goga

Under 15s

A really good first half of the season in the Severn Valley Youth League with the team showing increasing maturity, allied with a fantastic work ethic that is delivering some eye-catching football. With games in hand over other teams, the aim is for a top 3 position by the end of the season.

Coaches: Craig Luce, David Harmer





SUPPORTING FAMILIES AFTER SUICIDE LOSS

Support Packs
Practical Help
Events and Memorial Activities
Grief Recovery Courses

www.sunflowerssuicidesupport.org.uk
info@sunflowerssuicidesupport.org.uk
01453 826990



Sunflowers Suicide Support was set up by the family of Pete Morris who took his own life in September 2016 aged 29 years old. Our aim is to be the small ray of light in the darkness; offering others comfort and support that is so desperately needed after a suspected suicide loss.

We work to provide timely practical care and the best possible support, which is tailored to individual needs, including when necessary, signposting to additional professional support.

Our current bereavement support services include:

- A support pack which is delivered by Gloucestershire Constabulary upon delivering a death message to a family.
- A walking group to get outside together to walk and talk.
- Bereavement events that bring people bereaved by suicide together to acknowledge their grief and remember their loved ones alongside each other.
- Grief Recovery courses which are delivered as peer support by trained specialists with the Grief Recovery Method.
- Bereavement Support groups which are facilitated by a Registered counsellor to provide professional support to those attending.
- Provision of a suicide bereavement liaison officer who is the first point of contact for newly bereaved families accessing our service. The liaison support service works to provide practical advice and support through the complex processes after a suicide, as well as support tailored to each family's personal circumstances. The liaison service will also introduce our families to the other support available within Sunflowers.

How to refer:

To access support from Sunflowers, you can self-refer.

Just contact info@SunflowersSuicideSupport.org.uk

Or call 01453 826990



IF YOU NEED SUPPORT FOLLOWING THE LOSS OF A LOVED ONE TO SUICIDE

www.sunflowerssuicidesupport.org.uk
info@sunflowerssuicidesupport.org.uk
01453 826990



How can Age UK Gloucestershire Help Team help you?

More people are living longer and at Age UK Gloucestershire, we think this is something to celebrate! We all hope that in our later years we will have the time, health and resources to live well and keep doing the things we enjoy. There are things we can all do to give ourselves the best chance of living the later life we want. Age UK Gloucestershire's Help Team Manager, Beth has some top tips to help you prepare for a happy later life:

Stay social and active – keep in touch with friends and make new ones; keep doing the activities you love, or try something new.

We have information about activities, social groups and events near you.

Money matters – make sure you are claiming any benefits or grants you are entitled to. *We can check this for you and help you through the application process.*

Understanding when you need help – accepting support and knowing how to find it will help you to remain safe and independent for longer.

We can talk you through your options and help you get the care you need.

Your home – be open to making adjustments at home so that you can remain independent. *We can help you decide what you need, what is available and how to access it.*

Getting around – keep moving by exploring transport options.

We have details about community transport, driving with confidence and blue badge applications.

Age UK Gloucestershire's Help Team provides a listening ear, advice and information about all aspects of later life, free of charge. If you have questions or concerns, we are waiting to hear from you.

Call the Age UK Gloucestershire Help Team on 01452 422660

Lines are open 10am – 3pm, Monday to Friday

Or visit www.ageuk.org.uk/gloucestershire/our-services/the-help-team

Age UK Gloucestershire is an independent, local charity working in the community to support all older people, their families and carers. Together we will make Gloucestershire the best place in which to grow older.

Vaccine information in other languages

Information on how to get a COVID-19 vaccination in other languages can be found using the link below.

<https://covid19.glos.nhs.uk/vaccinations/vaccine-information-in-other-languages/>

In partnership with
MACMILLAN
CANCER SUPPORT

NHS
Gloucestershire Hospitals
NHS Foundation Trust

Macmillan Cancer Support & Information Hub Gloucestershire Hospitals NHS Foundation Trust

We have had a very busy year here in the Macmillan Information Hub in Gloucestershire Royal Hospital, to support this growth and to ensure we continue to offer the best support to those affected by cancer we are delighted to be joined by a new member of the team. Please can we introduce Shalima Khan, Macmillan Information Hub Deputy Manager:



Shalima joined us here in The Hub in October and is a wonderful addition to our team. Shalima comes with a wealth of experience and most recently worked for **Maggies** Cheltenham for 4 years and has previously worked for Age UK and Gloucester City Council.

Shalima will be supporting those who access The Hub here in the hospital as well as supporting taking The Hub out in to the community in 2022, so watch this space for further information of where you will be able to access support in your community. Please feel free to pop by and say hello and welcome to Shalima if you are passing.

We want to be sure that the Macmillan Information Hub is meeting the needs of your community and we would welcome the opportunity to discuss how we can improve and better serve you and in particular, how we can ensure those needing and wanting the support are able to access it. To discuss this further please contact us on: 0300 422 8880 or email: gln-tr.macmillanhub@nhs.net

The Hub is a drop-in service and is open 9am – 4pm Monday to Friday. Please feel free to drop by.

Being diagnosed with cancer can be frightening, but the Macmillan Information Hub can provide support at a time that's right for you; whether that's stopping by for a chat or to collect some information, please come by and see us.

Thank You

Helen Hicks and Shalima Khan



BECOME A FRIEND OF ST JAMES CITY FARM!

We need your help! Please Support Us

We keep our services free or as low cost as possible, but we still have many overheads to pay to keep things running. It costs over £70'000 per year to run the farm, and that is on a shoestring budget using only essential staffing, donations and the dedicated volunteers. Animal feed, vet bills, transport, insurances, water and electricity bills and replacing tools and repairs all cost money. You can help by becoming a Friend of St James City Farm by making a regular payment of £5 to £10 per month (or whatever you can afford!).

Or you can make a one-off donation:

- ◆ £100 pays for a vet to visit and treat a sick animal
- ◆ £50 helps to buy tools essential to maintain the animals' homes
- ◆ £25 helps towards buying food for the animals
- ◆ £10 funds a child's life-changing pony riding experience
- ◆ £5 pays for a bale of hay and straw – our animals need at least 3 a day!



Donate to

ST JAMES CITY FARM & RIDING SCHOOL

raising money for:

THE FRIENDSHIP CAFE

Your donation is made to Localgiving Foundation
and they pay the funds to your chosen charity.

The City Farm's usual on line method of donations was through Virgin Giving but this has stopped operating, so from now on the donations will be processed through this link:

**[https://localgiving.org/donation/thefriendshipcafe?
ref=865a9f660f&src=stjamescityfarm&emb=8950656927](https://localgiving.org/donation/thefriendshipcafe?ref=865a9f660f&src=stjamescityfarm&emb=8950656927)**

Just for clarification purposes, The Friendship Café is the overall registered charity and whatever is donated to the City Farm/Riding School goes towards that only. Whichever side of the charity you decide to support, it's much appreciated!

Or you can contact Imran at
The Friendship Cafe, Chequers Bridge, Gloucester GL4 6PR
to arrange your donation.

We are registered charity run by 'The Friendship Café' and for 'Gift Aid' purposes, if you are a UK taxpayer, we get a bit extra back from the Inland Revenue on top of your contribution.

Collectively, your contribution will help us to keep the farm running and free to access all year round! If you are a business or an organisation, speak to us about sponsoring one of the animals or a specific project. We have had donations of all sorts of things, including a water pump for the pond, timber to make the educational cow, a kitchen and appliances, even the sponsorship of two cows.

BEEZEE FAMILIES COMES TO GLOUCESTERSHIRE!

FREE. 12 WEEK COURSE TO A HEALTHIER, HAPPIER FAMILY

A fun, free, family-focused healthy lifestyles course, **BeeZee Families**, is coming to you!

Aimed at 5-15 year olds and their families, the course covers topics including healthy snacking, balanced meals, portion size and keeping active together.

Our team of family nutritionists are experts at engaging children around healthy eating and fun exercise, and have plenty of tricks to help you and your kids turn a good behaviour into a healthy habit for life!

Kids will cook healthy meals, take part in fun games and sports, and make loads of friends!

Parents are supported by our team to understand conflict resolution, and benefit from the support network of Likeminded families.

SIGN UP FOR FREE!
beezebodies.com/families
01452 717262

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Br PODSMEA Podsentred Community Centre 16:30 - 18:30 Age 5 - 15 starts 24th January	Br BARTON All Nations Community Centre 17:00 - 19:00 Age 5 - 15 starts 23th January	Br Cinderford The Forest Road Centre 16:45 - 18:45 Age 5 - 15 starts 28th January	
Br ONLINE 17:30 - 18:30 Age 9 - 12 starts 24th January	Br ONLINE 16:30 - 17:30 Age 5 - 8 starts 23th January	Br ONLINE 17:30 - 18:30 Age 5 - 8 starts 28th January	Br ONLINE 16:30 - 17:30 Age 9 - 12 starts 27th January

B beezee bodies

Gloucestershire

GLOUCESTER STUDY CLUB IS BACK

New location

The Friendship Cafe @Chequers

Now for year groups 2-7

Starts back Saturday 22nd Jan 2022

FREE Saturdays from 10-11

Sign up here: <https://bit.ly/study2021>
Youngthinkersgloucester@gmail.com
 @youngthinkersgloucester 07522084664

English Comprehension Workshop

10-10:45am Years 3-4
11-11:45am Years 5-6

Don't miss out on this one-off workshop event. Led by experienced teachers, to help you improve your English comprehension skills

12th Feb 2022
Friendship Cafe @ Chequers

Sign up via the link below:
<https://tinyurl.com/ytgworkshop1>
youngthinkersgloucester@gmail.com
[@youngthinkersgloucester](https://www.facebook.com/youngthinkersgloucester) 07522084644

YOUNG THINKERS GLOUCESTER

DON'T miss it!

WOMEN'S ONLY ARCHERY

To book a place Contact Farzana 07880793450

WHEN: Every Wednesday 1:45-2:45pm
WHERE: Friendship Cafe
PRICE: £2 per session or £5 for all 4

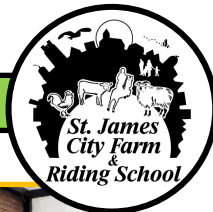
IMPORTANT DRESS CODE:

- NO OPEN TOED SHOES
- LONG SLEEVES
- HAIR TIED BACK

DATES:
 5TH JAN 19TH JAN
 12TH JAN 26TH JAN

The Friendship Cafe
A REGISTERED CHARITY

As per government guidelines, face mask must be worn unless medically exempt.



G.F.T.H

Meanwhile Hash Norat of Gloucester Feed The Hungry has opened his doors for 3 months (from 1st December) to provide a meal to our City's most vulnerable people. Hash and his vast army of volunteers have been distributing food made and donated by the community and local businesses. Serving between 30 and 60+ meals each night.

Has would also like to thank the Knit & Natter group for making and donating a load of lovely wooly hats!!





When your modeling contract with Tractor Monthly coincides with your voluntary work at the Farm!!



Imran is getting the Band back together.

FUN 5 IVE FACTS

"I love face painting. It's a lot of fun. Although some people get really angry if you don't ask for permission."

Children of identical twins are genetically siblings, not cousins.

"I was walking along, the other day and on the pavement I saw a white baby ghost; however, come to think of it, it may have been a tissue."

It would only take one hour to drive to space.

"My wife – it's difficult to say what she does. She sells seashells on the seashore."

The average person will spend six months of their life waiting for red lights to turn green.

Today a man knocked on my door and asked for a small donation toward the local swimming pool. I gave him a glass of water.

A human could swim through a blue whale's veins.

6:30 is the best time on a clock, hands down

A bolt of lightning contains enough energy to toast 100,000 slices of bread.