

# CONSTANTIA CARE

## Newsletter

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## English/South African Lewis Pugh

Shortly after 6am on 12 July, the heroic oceans campaigner Lewis Pugh set out to swim the length of the English Channel - some 330 miles - in under 50 days. And he did it - reaching Dover on the 29th August after 49 days.



In battling through storms, jellyfish and a painful shoulder injury, Lewis has shown grit, courage and inspirational leadership.

He has also kept marine protection and our suffering seas at the top of the agenda - supported by Sky's brilliant Ocean Rescue campaign.

Lewis William Gordon Pugh, (born 5 December 1969) is a British-South African endurance swimmer and ocean advocate.

He has been described as the "Sir Edmund Hillary of swimming." He was the first person to complete a long-distance swim in every ocean of the world, and he frequently swims in vulnerable ecosystems to draw attention to their plight.

Pugh is best known for undertaking the first swim across the North Pole in 2007 to highlight the melting of the Arctic sea ice. In 2010 he swam across a glacial lake on Mount Everest to draw attention to the melting of the glaciers in the Himalayas, and the impact the reduced water supply will have on peace in the region.

Pugh was born in Plymouth, England. His father, Surgeon Rear Admiral P.D. Gordon Pugh, OBE, FRCS was a surgeon in the Royal Navy, an author, and a prolific collector of

ceramics of the Victorian era. His mother, Margery Pugh was a Senior Nursing Sister in Queen Alexandra's Royal Naval Nursing Service.

Pugh grew up on the edge of Dartmoor in Devon. He was educated at Mount Kelly School in Tavistock. When he was 10 years old his family emigrated to South Africa. He continued his schooling at St Andrew's College in Grahamstown and later at Camps Bay High School in Cape Town. He went on to read politics and law at the University of Cape Town and graduated at the top of his Masters class. In his mid-twenties he returned to England where he read International Law at Jesus College, Cambridge and then worked as a maritime lawyer in the City of London for a number of years. During this time he concurrently served as a Reservist in the British Special Air Service.

Pugh had his first real swimming lesson in 1986, at the age of 17. One month later he swam from Robben Island (where Nelson Mandela was imprisoned) to Cape Town. In 1992 he swam across the English Channel. In 2002 he broke the record for the fastest time for swimming around Robben Island.

He was the first person to swim around Cape Agulhas (the southernmost point in Africa), the Cape of Good Hope, and the Cape Peninsula (a 100 km/62 mile) swim from Cape Town to Muizenberg). Pugh was also the first person to swim across an African Great Lake, namely Lake Malawi.

After 2003 Pugh focused on pioneering swims in the coldest and most hostile waters of the world. All of them were undertaken in accordance with Channel Swimming Association rules, in just a pair of Speedo swimming trunks, cap and goggles. He became the first person to swim around the infamous North Cape, the northernmost point in Europe. The following year he became the first person to swim down the entire length of Sognefjord in Norway, a 204 km (127 mi) swim which took him 21 days to complete.

In 2005 he broke the world record for the farthest-north long-distance swim by undertaking a 1 km (0.62 mi) swim at 80° North around Verlegenuken, the northern-most cape in Spitsbergen. He followed that five months later by breaking Lynne Cox's world record for the farthest-south long-distance swim by undertaking a 1 km (0.62 mi) swim at 65° South at Petermann Island off the Antarctic Peninsula.

On both his Arctic and Antarctic expeditions Professor Tim Noakes, a sports scientist from the University of Cape Town, recorded Pugh's ability to raise his core body temperature by nearly 2 °C in anticipation of entering the freezing water. He coined the phrase "anticipatory thermo-genesis" (the creation of heat before an event). This phenomenon had not been noted in any other human. Noakes argues it is a Pavlovian Response to years of cold water swimming, while Pugh believes it is a response to fear.

In 2013 he was inducted into the International Marathon Swimming Hall of Fame.

In 2016 he played a pivotal role in creating the largest marine reserve in the world in the Ross Sea off Antarctica. The negotiations required consensus among 24 nations and the EU, a number of which had long standing disputes with one another. The media coined the term "Speedo Diplomacy" to describe his efforts swimming in the icy waters of Antarctica and shutting between the USA and Russia to help negotiate the final agreement.

Pugh currently serves as an Adjunct Professor of International Law at the University of Cape Town.

Our seas play a vital role in regulating the climate, generating oxygen and feeding the world's growing population.

In oceans as on land, we must work together to ensure that the planet - our shared home - continues to be a source of

awe and wonder for future generations, and supports and sustains our children and grandchildren.

As an independent coastal state we can create a profitable fishing industry that is also sustainable, and minimise its impact on non-commercial species.

Our annual reckoning of the health of fish stocks means we can intervene if they are struggling.

Lewis's inspirational work has shone a powerful light on how important it is to protect the seas around us - and how much more we have to do.

He inspires people the world over to do more to protect the marine environment.

### WELL DONE LEWIS - AN AMAZING ACHIEVEMENT !!



# 1st September - first day of autumn

Autumn is the transition season between summer and winter, best noticed by the colour change in leaves and the harvest. We often talk about it beginning to feel like autumn when the nights start to draw in and temperatures start feeling cooler. There are two separate dates which could be said to mark the start of autumn in calendars. One is defined by the Earth's axis and orbit around the sun and the second is a fixed date which is used by meteorologists for consistent spacing and lengths of the seasons.

### Meteorological season

The meteorological autumn began on 01 September and ends on 30 November.

The meteorological seasons consists of splitting the seasons into four periods made up of three months each. These seasons are split to coincide with our Gregorian calendar making it easier for meteorological observing and forecasting to compare seasonal and monthly statistics. By the meteorological calendar, the first day of autumn is the 1 September.

The seasons are defined as Spring (March, April, May), Summer (June, July, August), Autumn (September, October, November) and Winter (December, January, February).

### Astronomical season

This astronomical autumn began on 22 September and ends on 21 December.

The astronomical calendar determines the seasons due to the 23.5 degree tilt of the Earth's rotational axis in relation to its orbit around the sun. Both equinoxes and solstices are related to the Earth's orbit around the sun.

Solstices and equinoxes are considered to be the astronomical transition points between the seasons and mark key stages in the astronomical cycle of the earth. In a year there are two equinoxes (spring and autumn) and two solstices (summer and winter). The dates of the Equinox and Solstice aren't fixed due to the Earth's elliptical orbit of the sun. The Earth's orbit around the sun means that in early January, the sun is closest (known as perihelion) and in early July it is most distant (aphelion).

On the autumn equinox, day and night are of roughly equal length and the nights will become increasingly longer than the days until the spring equinox when the pattern is reversed.

It also marks the time of year when the northern hemisphere begins to tilt away from the sun resulting in less direct sunlight and consequently the cooling temperatures.

# AUGUST MONTH IN HISTORY

## August 1

August 1, 1944 - Anne Frank penned her last entry into her diary. "keep on trying to find a way of becoming what I would like to be, and what I could be, if...there weren't any other people living in the world." Three days later, Anne and her family were arrested and sent to Nazi concentration camps. Anne died at Bergen-Belsen concentration camp on March 15, 1945, at age 15.



August 1, 1944 - The Warsaw Uprising began as the Polish Home Army, numbering about 40,000 Polish patriots, began shooting at German troops in the streets. The Nazis then sent eight divisions to battle the Poles, who had hoped for, but did not receive, assistance from the Allies. Two months later, the rebellion was quashed.

Birthday - Star-Spangled Banner author Francis Scott Key (1779-1843) was born in Frederick County, Maryland. After witnessing the British bombardment of Fort McHenry on the night of September 13-14, 1814, he was enthralled to see the American flag still flying over the fort at daybreak. He then wrote the poem originally entitled Defense of Fort McHenry which became the U.S. National Anthem in 1931.

## August 2

August 2, 1939 - Albert Einstein wrote a letter to President Franklin D. Roosevelt concerning the possibility of atomic weapons. "A single bomb of this type carried by boat and exploded in a port, might very well destroy the whole port together with some of the surrounding territory." Six years later, on August 6, 1945, the first Atomic Bomb, developed by the U.S., was dropped on the Japanese port of Hiroshima.

August 2, 1990 - The Iraqi army invaded Kuwait amid claims that Kuwait threatened Iraq's economic existence by overproducing oil and driving prices down on the world market. An Iraqi military government was then installed in Kuwait which was annexed by Iraq on the claim that Kuwait was historically part of Iraq. This resulted in Desert Shield, the massive Allied military buildup, and later the 100-hour war against Iraq, Desert Storm.

## August 3

August 3, 1492 - Christopher Columbus set sail from Palos, Spain, with three ships, Nina, Pinta and Santa Maria. Seeking a westerly route to the Far East, he instead landed on October 12th in the Bahamas, thinking it was an outlying Japanese island.

## August 4

August 4, 1962 - Apartheid opponent Nelson Mandela was arrested by security police in South Africa. He was then tried and sentenced to five years in prison. In 1964, he was placed on trial for sabotage, high treason and conspiracy to overthrow the government and was sentenced to life in prison. A worldwide campaign to free him began in the 1980s and resulted in his release on February 11, 1990, at age 71 after 27 years in prison. In 1993, Mandela shared the Nobel Peace Prize with South Africa's President F.W. de Klerk for their peaceful efforts to bring a nonracial democracy to South Africa. In April 1994, black South Africans voted for the first time in an election that brought Mandela the presidency of South Africa.

Birthday - Jazz trumpet player Louis Armstrong (1901-1971) was born in New Orleans, Louisiana. Known as "Satchmo," he appeared in many films and is best known for his renditions of It's a Wonderful World and Hello, Dolly.



Birthday - Barack Obama the 44th U.S. President was born in Honolulu, Hawaii, on August 4, 1961. His father was from Kenya, Africa, while his mother was originally from Kansas. Upon completing his college education, young Obama moved to Chicago, becoming active in community affairs. He then attended Harvard Law School, becoming the first African-American president of the Harvard Law Review in 1990. He returned to Chicago, worked in a law firm, then entered politics. Elected to the Illinois State Senate in 1996, he went on to become a U.S. Senator in 2004. Four years later, he successfully challenged former First Lady Hillary Rodham Clinton for the Democratic presidential nomination and went on to defeat Republican John McCain in the general election, November 4, 2008, thus becoming the first President of African-American origin.

## August 5

August 5, 1962 - Film star Marilyn Monroe died at age 36 from an overdose of sleeping pills. She made 29 films during her career and came to symbolize Hollywood glamour.



## August 6

August 6, 1945 - The first Atomic Bomb was dropped over the center of Hiroshima at 8:15 a.m., by the American B-29 bomber Enola Gay. The bomb detonated about 1,800 ft. above ground, killing over 105,000 persons and destroying the city. Another estimated 100,000 persons later died as a result of radiation effects.

August 6, 1962 - Jamaica achieved independence after centuries of British and Spanish rule. During 150 years of Spanish rule, African slaves were first brought to the island. The British invaded in 1655 and the slave trade greatly expanded during the 1700s. Following the abolition of slavery in the 1830s, Jamaica remained a British colony.

Birthday - Penicillin discoverer Alexander Fleming (1881-1955) was born in Lochfield, Scotland. By accident, he found that mold from soil killed deadly bacteria without injuring human tissue. He received the Nobel Prize in 1954.

## August 7

August 7, 1990 - Just five days after the Iraqi invasion of Kuwait, President George Bush ordered Desert Shield, a massive military buildup to prevent further Iraqi advances.

## August 8

August 8, 1945 - Soviet Russia declared war on Japan and sent troops into Japanese-held Manchuria.

## August 9

August 9, 1945 - The second Atomic bombing of Japan occurred as an American B-29 bomber headed for the city of Kokura, but because of poor visibility then chose a secondary target, Nagasaki. About noon, the bomb detonated killing an estimated 70,000 persons and destroying about half the city.

August 9, 1974 - Effective at noon, Richard M. Nixon resigned the presidency as a result of the Watergate scandal. Nixon had appeared on television the night before and announced his decision to the American people. Facing possible impeachment by Congress, he became the only U.S. President ever to resign.

## August 11

August 11-16, 1965 - Six days of riots began in the Watts area of Los Angeles, triggered by an incident between a white member of the California Highway Patrol and an African American motorist. Thirty-four deaths were reported and more than 3,000 people were arrested. Damage to property was listed at \$40 million.

## August 13

August 13, 1961 - The Berlin Wall came into existence after the East German government closed the border between east and west sectors of Berlin with barbed wire to discourage emigration to the West. The barbed wire was replaced by a 12 foot-high concrete wall eventually extending 103 miles (166 km) around the perimeter of West Berlin. The wall included electrified fences, fortifications, and guard posts. It became a notorious symbol of the Cold War. Presidents Kennedy and Reagan made notable appearances at the wall accompanied by speeches denouncing Communism. The wall was finally opened by an East German governmental decree in November 1989 and torn down by the end of 1990.

Birthday - British film director Alfred Hitchcock (1899-1980) was born in London. His suspenseful films included classics such as *The 39 Steps*, *Rebecca*, *Suspicion*, *Notorious*, *Rear Window*, *The Birds*, *Psycho* and *Frenzy*, in addition to his American TV series *Alfred Hitchcock Presents*.

Birthday - Cuban President Fidel Castro was born in Mayari, Oriente Province, Cuba, August 13, 1927. He led a rebellion in 1959 that drove out Dictator Fulgencio Batista, and remains one of the last outspoken advocates of Communism.



## August 14

August 14, 1945 - Following the two Atomic Bomb drops and believing that continuation of the war would only result in further loss of Japanese lives, delegates of Emperor Hirohito accepted Allied surrender terms originally issued at Potsdam on July 26, 1945, with the exception that the Japanese Emperor's sovereignty would be maintained. Japanese Emperor Hirohito, who had never spoken on radio, then recorded an announcement admitting Japan's surrender, without actually using the word. The announcement was broadcast via radio to the Japanese people at noon the next day. The formal surrender ceremony occurred later, on September 2, 1945, on board the USS Missouri in Tokyo Bay.

August 14, 1945 - V-J Day, commemorating President Truman's announcement that Japan had surrendered to the Allies.

### August 15

August 15, 1969 - Woodstock began in a field near Yasgur's Farm at Bethel, New York. The three-day concert featured 24 rock bands and drew a crowd of more than 300,000 young people. The event came to symbolize the counter-culture movement of the 1960's.



Birthdays - French Emperor Napoleon Bonaparte (1769-1821) was born on the island of Corsica. Originally an officer in King Louis' Army, he rose to become Emperor amid the political chaos that followed the French Revolution. He built a half-million strong Grand Army which utilized newly invented modern tactics and improvisation in battle to sweep across Europe and acquire an empire for France. However, after defeats in Russia and later by the British, he went into exile on the island of St. Helena off the coast of Africa. On May 5, 1821, he died alone on the tiny island abandoned by everyone.

### August 16

August 16, 1977 - Elvis Presley was pronounced dead at the Memphis Baptist Hospital at 3:30 p.m. Years of prescription drug abuse severely compromised his health, and he died suddenly at the age of 42.



Birthdays - T.E. Lawrence 'of Arabia' (1888-1935) was born in Tremadoc, North Wales. He led an Arab revolt against the Turks during World War I and served as a spy for the British. He was killed in a motorcycle accident at Dorset, England, on May 19, 1935.

### August 17

August 17, 1943 - During World War II in Europe, the Allies completed the conquest of the island of Sicily after just 38 days. This gave the Allies control of the Mediterranean and also led to the downfall of Benito Mussolini and Italy's eventual withdrawal from the war. However, the Germans managed to evacuate 39,569 troops, 47 tanks, 94 heavy guns, over 9,000 vehicles and 2,000 tons of ammunition back to the Italian mainland from Sicily.

August 17, 1978 - The first transatlantic balloon trip was completed by three Americans; Max Anderson, Ben Abruzzo, and Larry Newman, all from Albuquerque, New Mexico. Starting from Maine on August 11th, they traveled in Double Eagle II over 3,000 miles in 137 hours, landing about 60 miles west of Paris.

August 17, 1998- Bill Clinton became the first sitting President to give testimony before a grand jury in which he, the President, was the focus of the investigation. This resulted from a sweeping investigation of the President by Independent Counsel Ken Starr as well as a private lawsuit concerning alleged sexual harassment by Clinton before he became President. In the evening, President Clinton appeared on national television and gave a speech admitting he had engaged in an improper relationship with former White House intern Monica Lewinsky. The admission occurred several months after a much publicized denial.

Birthdays - American frontiersman Davy Crockett (1786-1836) was born in Hawkins County, Tennessee. He was a farmer, scout and politician who perished at age 49 during the final heroic defense of the Alamo in Texas.



### August 18

August 18, 1920 - The 19th Amendment to the U.S. Constitution was ratified, granting women the right to vote.

### August 19

August 19, 1934 - In Germany, a plebiscite was held in which 89.9 percent of German voters approved granting Chancellor Adolf Hitler additional powers, including the office of president.

Birthdays - Bill Clinton, the 42nd U.S. President was born in Hope, Arkansas, August 19, 1946. He was the first President elected who was not alive during World War II.

### August 21

August 21, 1959 - President Dwight D. Eisenhower signed a proclamation admitting Hawaii to the Union as the 50th state.

## August 22

August 22, 1986 - Deadly fumes from a volcanic eruption under Lake Nios in Cameroon killed more than 1,500 persons.

Birthday - French composer Claude Debussy (1862-1918) was born in St. Germain-en-Laye, France. His unusual chords, based on the whole-tone scale, laid the groundwork for a new style of music called impressionism.

## August 24

August 24, 79 A.D. - Vesuvius, an active volcano in southern Italy, erupted and destroyed the cities of Pompeii, Stabiae and Herculaneum.



August 24, 1572 - Thousands of Protestant Huguenots were massacred in Paris and throughout France by Catholics, in what became known as the St. Bartholomew's Day Massacre.

August 24-25, 1814 - During the War of 1812, Washington, D.C., was invaded by British forces that burned the Capitol, the White House and most other public buildings along with a number of private homes. The burning was in retaliation for the earlier American burning of York (Toronto).

August 25, 1985 - Samantha Smith died in an airplane crash in Maine. In 1982, the 11-year-old American schoolgirl had written a letter to Soviet Russia's leader Yuri Andropov asking, "Why do you want to conquer the whole world, or at least our country?" To her surprise, Andropov replied personally to her and offered an all-expense paid trip to the U.S.S.R. She toured Russia for two weeks amid worldwide publicity and came to symbolize American and Russian hopes for peaceful co-existence.

## August 26

August 26, 1883 - One of the most catastrophic volcanic eruptions in recorded history occurred on the Indonesian island of Krakatoa. Explosions were heard 2,000 miles away. Tidal waves 120 ft. high killed 36,000 persons on nearby islands, while five cubic miles of earth were blasted into the air up to a height of 50 miles.

Birthday - American inventor Lee De Forest (1873-1961) was born at Council Bluffs, Iowa. He held hundreds of patents for inventions and was also a pioneer in the creation of wireless radio broadcasting and television.

## August 27

Birthday - Mother Teresa (1910-1997) was born (as Agnes Gonxha Bojaxhiu) in Skopje, Yugoslavia.

She founded a religious order of nuns in Calcutta, India, called the Missionaries of Charity and spent her life working to help the poor and sick of India.



## August 28

August 28, 1963 - The March on Washington occurred as over 250,000 persons attended a Civil Rights rally in Washington, D.C., at which Rev. Dr. Martin Luther King, Jr. made his now-famous I Have a Dream speech.

## August 29

August 29, 1792 - In one of the worst maritime disasters, 900 men drowned on the British battleship Royal George. As the ship was being repaired, a gust of wind allowed water to flood into open gun ports. The ship sank within minutes.

## August 30

Birthday - Frankenstein author Mary Shelley (1797-1851) was born in London.

## August 31

August 31, 1980 - Solidarity, the Polish trade union, was formed at Gdansk, Poland. Led by Lech Walesa, Solidarity opposed Communist rule and was outlawed in 1981. Seven years later, the re-legalization of Solidarity occurred and the government agreed to hold partially free parliamentary elections. Solidarity candidates scored stunning victories in the elections that followed, gaining power in Poland and paving the way for the downfall of Communism there.

August 31, 1997 - Britain's Princess Diana died at age 36 from massive internal injuries suffered in a high-speed car crash, reportedly after being pursued by photographers. The crash occurred shortly after midnight in Paris inside a tunnel along the Seine River at the Pont de l'Alma bridge, less than a half mile north of the Eiffel Tower. Also killed in the crash were Diana's companion, Dodi Fayed, 42, and chauffeur Henri Paul. A fourth person in the car, bodyguard Trevor Rees-Jones, was seriously injured.



*Coming up...* ...during the month of September

## Great British Bake Off ... is off and running!!



*Show original Paul Hollywood is again returning to the tent alongside last year's newbie Prue Leith. Comedy duo Sandi Toksvig and Noel Fielding are again returning to the Bake Off tent to host this series of Bake Off. Since 2014, Bake Off has been filmed in Berkshire, with the tent pitched in the grounds of Welford Park in Newbury.*

## Strictly Come Dancing - starting 8th September !!

The full line-up Strictly Come Dancing has finally been confirmed, after Katie Piper was revealed as the first celebrity on the cast in early August. She'll be joined on the dance floor by Faye Tozer, Danny John-Jules, Joe Sugg, Vick Hope, Graeme Swann, Kate Silverton, Seann Walsh, Stacey Dooley, Lee Ryan, Dr Ranj Singh, Ashley Roberts, Susannah Constantine, Lauren Steadman and Charles Venn. Last year's judging panel saw Bruno Tonioli, Craig Revel Horwood and Darcey Bussell return, while new judge Shirley Ballas took over from former Head Judge Len Goodman. Len announced he was leaving the show back in 2016, following an impressive twelve years on the panel, and the 73 year old is continuing his work on the US version of the series, Dancing With The Stars. In June 2018, Craig revealed that he, Bruno, Shirley and Darcey were all reprising their roles as judges. Meanwhile, long-time host Tess Daly will be reprising her presenting duties alongside Claudia Winkleman who permanently took over from the late Bruce Forsyth in 2014. Though the celebrities taking part in the 2018 series of Strictly are yet to be revealed, the professional line-up has been confirmed ahead of the new season.

Brendan Cole announced his exit from the show earlier this year and it's now been revealed that Chloe Hewitt has also left after just two series. In their place are three new professional dancers joining the series, meaning there will be an extra couple on this year's show.

Italian Latin Champion Graziano Di Prima, Professional South African Latin Champion Johannes Radebe and four-time winner of the Italian Dance Championship Luba Mushtuk have all been revealed as new additions to Strictly.

They will join AJ Pritchard, Aljaž Škorjanec, Amy Dowden, Anton Du Beke, Dianne Buswell, Giovanni Pernice, Gorka Marquez, Janette Manrara, Karen Clifton, Katya Jones, Kevin Clifton, Nadiya Bychkova, Neil Jones, Oti Mabuse and Pasha Kovalev on the show.

**Strictly Come Dancing will return to BBC 1 at 19:35 on the 8th September 2018.**



You've probably seen that inspirational poster with the tagline "Minds are like parachutes; They work best when open." It's a clever quip, but it also begs the question: how exactly do you open your mind?

A growing body of scientific evidence shows that reading (and fiction reading in particular) contributes to higher intelligence, more empathy, and slower cognitive decline as you age — not to mention stress reduction. Studies have also found that older people who read regularly are less likely to develop Alzheimer's disease. So if you want to keep your mind fit, diving into a novel is a great place to start. Read on for specific ways in which reading helps keep you in mental shape.

The relationship between reading for pleasure and well-being is particularly interesting, with evidence showing a correlation between reading for pleasure regularly and lower levels of stress and depression. Reading also seems to reduce the risk of dementia, with frequent readers having lower incidence of dementia in later life.

In addition to the health benefits, reading for pleasure has social benefits and can improve our sense of connectedness to the wider community. Reading increases our understanding of our own identity, improves empathy and gives us an insight into the world view of others.

Research report/s specifically shows that the benefits of reading are more likely to be felt when reading takes place through free choice. The outcomes of reading will occur more often and more strongly if reading is enjoyable in the first instance. This is why the 'for pleasure' element of reading for pleasure is so important.

Shakespeare called sleep "the season of all natures", meaning that we're literally not ourselves when we're tired. Since sleep is so crucial to our health, it makes sense to have a pre-bed routine to help yourself wind down and get ready to rest. Reading from a paper-and-ink book (as

long as it doesn't keep you awake) is actually a great way to let go of the day's cares and prepare your body and brain for sleep.

#### ***A reliable "chill pill" — with no harmful side effects.***

Beyond strict knowledge accumulation, fiction-reading also helps us build emotional intelligence. The journal Science published findings in 2013 that reading literature enhanced "Theory of Mind" (ToM) in test subjects — defined as the ability to recognize and appreciate beliefs, desires, intentions, and perspectives that are different from one's own. When we put ourselves in a character's shoes, we're forced to consider their world as if it's our own, and usually end up expanding our conception of what is "normal" or "relatable."

Interestingly, the ToM boost has been found to be greatest with novels in which the characters have confusing or unexplained motivations (in contrast to a thrilling but predictable bestseller, for example). The responsibility to determine characters' desires and intentions for oneself essentially forces the reader to flex those emotional muscles, and real-life empathy is a residual byproduct.

Our brains, like the rest of us, wear down as we age, but that doesn't mean we can't prolong our mental powers by taking better care of ourselves. From this perspective, reading is a great self-care practice that's easy to keep up. A study published in the journal Neurology found that people who read and engaged in other mentally challenging activities across their lifetimes had less cognitive decline when they were elderly. They were also less likely to develop Alzheimer's disease. While it's important to note that this was merely an association (not cause-and-effect), cracking a novel today could be just what the (future) doctor ordered.

#### **Benefits of Reading:**

- Reading gives muscle to your memory. ...
- Reading gives your workout more staying power. ...
- Reading keeps your brain young. ...
- Reading can melt away stress. ...
- Reading can help you sleep better. ...
- Reading boosts your vocabulary. ...
- Reading improves empathy. ...
- Reading can encourage life goals.

***In the immortal words of Dr. Seuss, "The more that you read, the more things you will know. The more that you learn, the more places you'll go."***



# Recipe OF THE MONTH...

## PRUE'S CUSTARD PIE - Serves 8

### For the rich shortcrust pastry

170g plain flour, plus extra for dusting  
pinch of salt  
100g unsalted butter, cut into cubes  
2 tbsp icing sugar, sifted  
1 medium egg yolk  
2-3 tbsp cold water

### For the crème patissiere

450ml whole milk  
4 Burford Brown egg yolks  
75g caster sugar  
25g plain flour  
25g cornflour  
1 tsp vanilla essence  
450ml double cream

Step 1 – For the rich shortcrust pastry, sift the flour with the salt into a large bowl. Rub in the butter until the mixture resembles breadcrumbs. Stir in the icing sugar.

Step 2 – Mix the egg yolk with 2 tbsp of the water and add to the flour mixture.

Step 3 – Mix to a firm dough, first with a knife, and finally with one hand. You may need to add more water, but the pastry should not be too damp.

Step 4 – Roll out on a lightly floured surface and use to line a 23cm pie dish. Prick the base with a fork, trim and crimp the edges. Chill for 20 mins.

Step 5 – Heat the oven to 170C. Line the pie crust with baking parchment and fill with baking beans. Bake for 20 minutes, then remove the baking beans and paper. Return to the oven and bake for a further 10 minutes until the base is dry. Remove from the oven and leave to cool. (Cool for 5 minutes then freeze for 10 minutes)

Step 6 – For the crème patisserie, scald 400ml of the milk by bringing it just below boiling point in a saucepan.

Step 7 – Cream the egg yolks with the sugar and the remaining 50ml of milk and when pale, mix in the flours. Pour on the hot milk and mix well.

Step 8 – Return the mixture to the pan and bring slowly to the boil, stirring continuously. (It will go alarmingly lumpy, but don't worry, keep stirring vigorously and it will become smooth.) Simmer for 2 minutes. Leave to cool slightly, then add the vanilla essence.

Step 9 – Cover with greaseproof paper to prevent a skin forming and chill.

Step 10 – Whip 150ml of the double cream to soft peaks, then whisk into the creme patissiere.

Step 11 – Pour the crème patissiere into the cooled pie crust and smooth with a palette knife. Chill until set. Remove the pie from the pie tin and place on a cake stand.

Step 12 – Whip the remaining 300ml double cream to soft peaks and spoon into a piping bag fitted with a star nozzle. Pipe cream around the edge of the custard pie.



## August Staff Birthdays

Happy Birthday

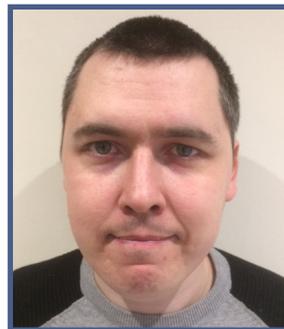


Emma Elias - Senior Care Co-ordinator



Caitlin Broster - Trainer

## Carer OF THE MONTH CONGRATULATIONS !!



**Carer of the Month for August was awarded to both Joe Kennedy & Julia Mannix !!**

*This is one way we recognise the hard work and commitment of our wonderful team who dedicate themselves to providing remarkable levels of care.*

**Your Amazon Gift Vouchers are on the way...**

If you have any comments, anything you would like to share, some interesting information or some positive words of inspiration... please call or email me – [sharan@constantiacare.co.uk](mailto:sharan@constantiacare.co.uk)