ESPOTLIGITIES YOUR WEEKLY NEWSPAPER

Coronation Quiche



The Royal Family have announced which recipes have been selected as the official coronation party food! The 'Coronation quiche', hand-picked by King Charles III and Queen Camilla because it is perfect for sharing, is described on the Royal Family website as 'a deep quiche with a crisp, light pastry case and delicate flavours of spinach, broad beans and fresh tarragon. Eat hot or cold with a green salad and boiled new potatoes - perfect for a Coronation Big Lunch!' The recipe was created by royal head chef Mark Flanagan. Three other dishes have been created by celebrity chefs for the big day. Ken Hom's

Coronation Roast Rack of Lamb with Asian-style Marinade, Nadiya Hussain's Coronation Aubergine and Adam Handling's Strawberry and Ginger Trifle. 'Aubergines often feature as a side dish when served at a table for dinner, but not here,' says 2015 Great British Bake Off winner Nadia Hussain. 'We are taking this delicious aubergine, coating it with flavour, frying till tender and then drizzling over the simplest coronation dressing. It's like dinner at my mum's collided with my lunches at school to create this beauty.'

Would you like to try any of these dishes?

Royal Recognition

Buckingham Palace has announced that more than 850 community and charity representatives have been invited to the coronation of King Charles III, as a mark of recognition. Among them is Max Woosey, a 13-year-old schoolboy, who has raised more than £750k for his local North Devon hospice by sleeping in a tent for the past three years, after starting his fundraising during the first Covid lockdown. During his camping adventure, which has earned him a British Empire Medal (BEM), a Blue Peter Gold Badge and a Guinness World Record for the largest sum raised by camping, he has camped in some very interesting places! He has stayed overnight in his tent at 10 Downing Street, a London Zoo enclosure - next to a lion, on the grass at Twickenham Stadium and on the balcony of a presidential suite at the Mandarin Oriental Hotel, Hyde Park. Also invited is Manju Malhi, a professional chef from Uxbridge, London, who was awarded a BEM for setting up 'conference call cooking' online during lockdown. Talking about her invitation, she said, '...it is amazing. I was born in the UK but am of Indian origin, so it's like a sense of belonging, and bringing together. Regardless of whether one is a republican or a royalist, it's a good thing to be part of.



Pictured: Max Woosey 'The boy in a tent' who has slept in a tent for 3 years to raise funds for a hospice.

Source: The Boy In The Tent Twitter page.









Eagle dad and foster chick









Pictured: Murphy the bald eagle, his RockBaby and the eaglet that he has now adopted. Source: World Bird Sanctuary CEO @WBSSTL Twitter page.

A male bald eagle, who sat on a rock thinking it was an egg, gets the family he longed for as he becomes a foster dad to an injured baby eagle. Murphy, a 31-yearold bald eagle, who lives at the World Bird Sanctuary in Missouri, USA, has become famous by making a nest for, incubating and protecting a special stone - named RockBaby by staff at the sanctuary. His keepers say that he believed the rock to be an unhatched eagle egg that he must look after. As Murphy had shown such fatherly behaviour, he was their first choice when an injured two week old baby eagle was in need of a parent. 'Murphy and his new charge are bonding beautifully,' said staff at the sanctuary. 'If you watch carefully, you can see Murphy waiting for the baby

to eat. When the baby doesn't eat right away, he takes a bit of food, and then the baby begins to eat. This is the kind of bonding we're looking for.' The eagle was brought to the centre after it became injured and needed help following its nest blowing down in a storm. Murphy has lived at the sanctuary for the past 30 years as he is unable to fly due to a permanent wing injury. The national bird of the USA is one of the largest raptors in the world, weighing up to 7kg, with a wingspan of 2m! When baby eaglets hatch, their entire bodies are covered with light grey feathers, at around 3 weeks old they start to turn brown. They won't have their distinctive brown and white colouring until they are at least 4 years old.

Last week's topic:

Can you prepare for emergency situations?

I don't' think you can prepare because it's a big shock. George



I think you can do lots of preparation for emergencies but in the end, you never know how you will react.

Yuni

We can prepare for lots of common ones likes fires but some you can never prepare for.

Graham

I think it is a good idea as it can save your life. It will help people to prepare or evacuate guickly. The siren will help blind people as they can hear it. Bad idea if your phone is not working or you don't have a phone. It may get annoying if it is happening a lot.

Lake View Nursery and Primary School children

Let us know what you think about this week's news?

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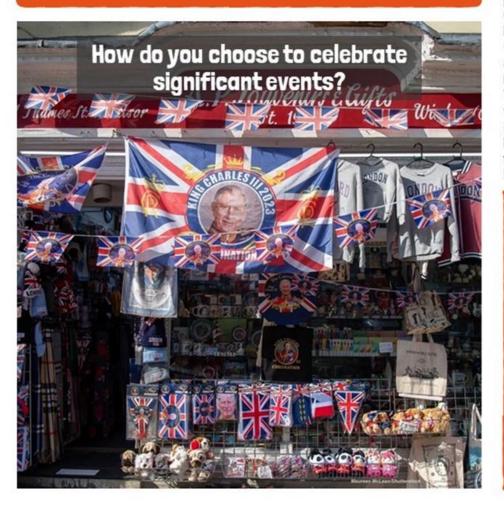








TAKEHOME



In the news this week

The coronation of King Charles III is taking place at Westminster Abbey on Saturday 6th May. During the ceremony, the King will be crowned alongside Camilla, the Queen Consort. Buckingham Palace has announced various events for the weekend, > Are there any events organised including a concert and laser light show at Windsor Castle on Sunday 7th May. There will be an extra bank holiday across the UK on Monday 8th May and people are also being invited to hold street parties, and to take part in volunteering projects in their local community.

Things to talk about at home ...

- Do you plan to watch the coronation, is it something that you are looking forward to?
- in your local area?
- What other events do you like to celebrate and how do you celebrate them?

Please note any interesting thoughts or comments





