

Craft spot with Jane Mowforth

Pom Diddly Pom!



To go with our football theme Jane is showing you how to make Pom Pom balls! You could make them in your favourite football team colours. And for a bit of fun we suggest you add some Tigerobic exercises while holding your pom poms! Val suggests that while you are marching, do some bicep curls, arms swinging out, arms 'rowing', and swinging arms forward and back. You can also squeeze them, use them for hand massage, or try a spot of cheerleading!



You will need

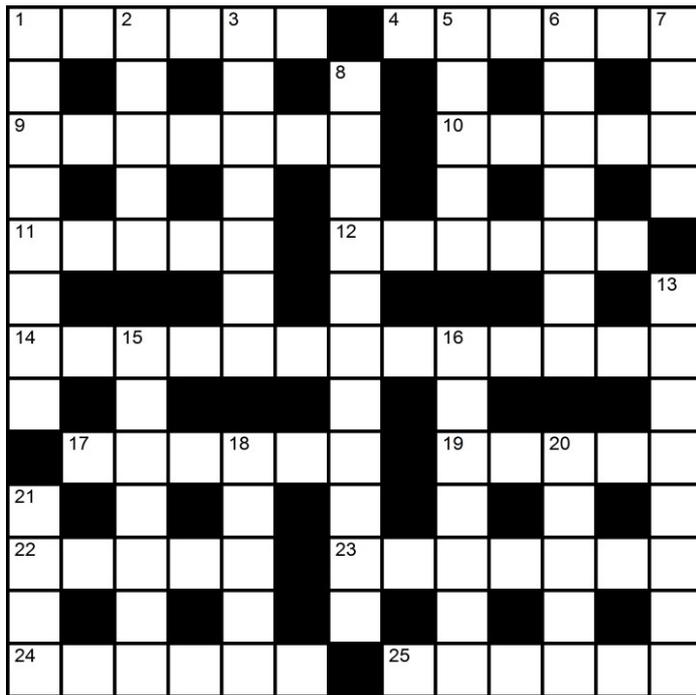
- 2 cardboard tubes
- Balls of wool
- Scissors

Instructions

1. Hold the 2 tubes side by side
 2. Wind the wool about 80-100 times round the tubes
 3. Tie a piece of wool tightly between the tubes
 4. Remove one tube and cut the wool
 5. Repeat with the second tube
 6. Trim the wool strands to an equal length
- The more you trim the ball the more compact it will be.

Tiger@Ten Crossword

Crossword No. 7



Across

- 1 Abilities (6)
- 4 Attractive object (6)
- 9 Quickly (7)
- 10 Many times (5)
- 11 Punctuation mark (5)
- 12 Sweet (6)
- 14 Vertical (13)
- 17 Cream cake (6)
- 19 Derby venue (5)
- 22 Native New Zealander (5)
- 23 White ant (7)
- 24 Proverb (6)
- 25 Simon of ---, who carried the cross for Jesus (6)

Down

- 1 Marine picture (8)
- 2 Religion of the Muslims (5)
- 3 Suitcases (7)
- 5 Surrounded by (5)
- 6 Not man-made (7)
- 7 Large marine food fish (4)
- 8 Thoughtful (11)
- 13 First public performance (8)
- 15 Parsonage (7)
- 16 Decidedly (7)
- 18 Extraterrestrial (5)
- 20 Look happy (5)
- 21 Yuletide (4)

Crossword No. 6 solution



Book Group News:

After many weeks of keeping the Tiger@Ten Book Group going via emails, on Tuesday 21 July we were able to meet face to face by the Swans in The Limes, together with a small group of T@T residents and neighbours. Everyone brought their own chair and coffee but of course, in the best T@T style, we had cheese scones and cake to enjoy before the book group members (Lindsay, Sue, Janet, Ann, Carol, Jennie and Gwen) separated into another socially distanced circle to discuss *The Warden*, by Anthony Trollope.

For most of us it had been a challenge and we were so grateful for Cav Wood's helpful questions that pinpointed some of the key issues raised in the novel – the tension in Victorian society between tradition and reform, the state of the Anglican Church in the mid 1850s, the role of the press in society (Trollope disguises *The Times* newspaper calling it *The Jupiter*, and allows Tom Towers, the editor, to write an editorial that shreds the character of Mr Harding, the quiet, music loving warden of Hiram's Hospital, accusing him of taking a large salary for himself while the bedesmen of the Hospital have so little). We all agreed that the press has the same influence for good or bad even today. One of the key questions Cav asked us was: *'Did Mr Harding do anything wrong?'*

We encourage you all to read the book for yourself and see what you think! *Gwen*