Issue 101
April 2021

mnda motor neurone disease association

Reading and West Berkshire

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News Letter

Dedicated Jacqui's fantastic fundraising ideas

Hard-working Jacqui Warbey is never short of great ideas to raise cash for the MND Association in memory of her beloved husband Richard who died four years ago.



The mum of two's recent efforts ranged from selling decorated hats and gift bags for Mother's Day to bringing on cuttings and plants for an Easter garden sale. Jacqui's "no brainer" was a Facebook Birthday Fundraiser which totalled £320 in donations from her generous friends.

She said: "I love to be able to raise funds for the local branch which does so much to support those diagnosed with MND and their families.

"Hopefully one day we will be able to celebrate a world free from motor neurone disease."

Easter Saturday saw green-fingered Jacqui's second plant sale which raised a fantastic £316.15 – an amount that she hopes will be matched as usual by Vodafone, her employer.

She nurtured over 200 plants through the winter, either cuttings or plants she had divided back in September, with only a cold frame and some space in her mother's greenhouse. A few more perennials were divided in March.

Jacqui said:" I also advertised it as a "bring and buy" sale and several friends donated additional plants. There was an amazing selection – rosemary, sage, lemon thyme, primroses, red hot pokers, pinks, astilbe, phlox, gazania, heuchera, hardy geraniums, campanula, sedums and many others.

"As the weather was fine I also brought out some of the gift bags I had made as well as a few jigsaws and bits and pieces I wanted to re-home. Everything was presented on an array of tables and chairs on the driveway. An old DVD storage rack was excellent for displaying the gift bags and I also printed off pictures of the Christmas gift bags looking for advance orders. Homemade honesty boxes were placed around the tables and signs were positioned at the end of the drive to remind people to social distance together with a bottle of hand gel."

Jacqui was on hand throughout the day to help with suggestions for plants and offered hints such as performing the "Chelsea Chop" for the phlox plants.

Jane Gilbert



Praise for dedicated team who kept going despite Covid-19



The vital work of the Reading and West Berkshire branch supporting families affected by MND has carried on almost as normal, thanks to our amazing team of volunteers.

Chair Jane Westwell told the AGM held via Zoom how they had managed to overcome the huge challenges of the Covid pandemic.

"The support we have had from committee members and the wider branch community has been incredible," she said.

The dedicated volunteer Association Visitors have given support via virtual meetings and telephone calls, the branch social media via Facebook is thriving, four Newsletters kept people informed, Voice Banking has continued uninterrupted and drop-in meetings via Zoom have been popular.

Jane told the March 17th audience: "These activities are underpinned by the most amazing fundraising efforts during 2020 when all our usual events were cancelled."

The kind donations from families of people affected by MND were also an immense help to offset the impact of the pandemic on fundraising.

"We are incredibly grateful to everybody who totally met the challenge of working and raising money during an exceedingly difficult year.

"I think we have maintained our commitment to supporting people with MND locally because of the committee's dedication to keep going during the pandemic."

Treasurer Ed Gryglaszewski said £36k income for the year ending December 2020 was pleasantly surprising with the £8k decline on the previous year blamed on Covid-19.

Ed said it had been a good year considering all the branch had to face through the restrictions on its activities.

The incredible loyalty and commitment from the committee was recognised with five long service awards to volunteers: Carol Allen (five years), Lin Jenkins (ten years), Jan Gryglaszewska (15 years), Jane Gilbert and Margaret Moss (both 20 years).

Russell Spivey, the Association's regional fundraiser, thanked them saying how proud they should be for all the support they have given to people during their journeys with MND.

The ten-strong management committee of Jane Westwell, Mary Dodds, Jane Gilbert, Ed Gryglaszewski, Lin Jenkins, Paddy Lunn, Michael Morrison, Margaret Moss, Kerrie Newton and Andrew Wall was re-elected. Association Visitors Carol Allen, Wendy Gouldthorpe and Jan Gryglaszewska remain as non-voting members.

Afterwards two amazing women – Cat and Raz of Tandem WoW- shared stories from their incredible record-breaking tandem ride around the world raising £80,000 for the MND Association and Oxfam.

Will there be another trip? "There might well be," hinted Raz, aka Rachael Marsden, the Specialist Nurse and Care Co-ordinator at the Oxford MND Care and Research Centre. "We are training now."

Jane Gilbert



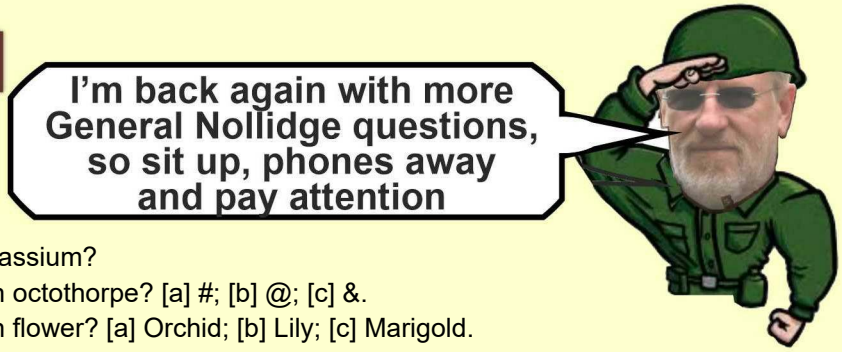


Bad news: I'm back with another quiz, and General Nollidge is back also!!



Question Sheet #1

Question Sheet #2



11. Which royal is Duke Of Lancaster?
12. What is the chemical symbol for potassium?
13. Which of the following symbols is an octothorpe? [a] #; [b] @; [c] &.
14. Vanilla comes from the pod of which flower? [a] Orchid; [b] Lily; [c] Marigold.
15. Jurisprudence is the theory or philosophy of what? [a] Law; [b] Anthropology; [c] Religion.
16. The three British men with the most Olympic medals are all from which sport? [a] Cycling; [b] Rowing; [c] Sailing.
17. The name of which fictional detective is a word meaning a cryptic representation using pictures and symbols? [a] Rebus; [b] Columbo; [c] Poirot.
18. Which is the world's deepest lake? [a] Lake Michigan; [b] Lake Vostok; [c] Lake Baikal.
19. In Formula 1, what colour flag tells a driver he is about to be lapped? [a] Yellow; [b] Red; [c] Blue.
20. The rodent poison warfarin is also used in medicine as what type of drug? [a] Anticoagulant; [b] Antihistamine; [c] Anti-inflammatory.

Maggie is amazed by her lockdown walks' success

Fundraiser Maggie Ingham was astonished by how much money her 100-mile lockdown walking challenge raised for the MND Association's Reading & West Berkshire branch.

She declared: "The total is £1,423 and I can't thank my supporters enough. The walking was the easy bit."

Maggie, from Wokingham, was determined to finish her series of local sponsored walks by the end of February come snow, rain or shine.

She says: "I originally got involved with the fundraising because of my friend who is fighting motor neurone disease but I have also got a lot of experience of MND through my work as a reflexologist at the local hospice.....so it is a charity close to my heart!"

Some of you will remember Maggie and her partner Rael Winetroube's sponsored 100-mile tandem ride for the branch back in 2018. It was the toughest cycle event they had ever done and they were still speaking to each other afterwards.



Jane Gilbert

Stamps for the MND Association

Jill Gaisford, has buyers for used postage stamps and so raises funds for the branch. If you would like to help please remove the stamp from the envelope with about 1cm around it taking care not to damage the stamp.

Jill collects ALL stamps - contact her on 01635 868 834 or by email to jmg1520@gmail.com

Looking for something to do?
How about being our Branch Events Co-ordinator?

As you might imagine, any event the branch runs needs to be planned and organised - whether it's the venue, the t-shirts, balloons, the tablecloths, invitations or the myriad other things!

In order that the event actually happens, all this needs someone to mastermind it. Not to **do** it all but to organise and delegate the separate items to individuals - either the committee or supporters.

Those of you who have attended any of our events (yes we used to have them before the pandemic and will resume our normal activities once government guidelines permit) will appreciate the work done by our dedicated team. We are very grateful for all that everybody does but things could be so much better if we had an Events Co-ordinator.

As the branch has only occasional events, this is not a full-time job! Nor would it require attendance at the monthly committee meeting; it only requires a person with a tidy and organised mind who wants things to go well.

Could you or someone you know be this person?

The branch has been without an events co-ordinator for some time now and it would make for the smoother running of events if we could now fill this role.

For further information contact any of the committee on the branch phone 07760 854975 or email **ReadingMND@hotmail.com**

We look forward to hearing from you!

Fundraising champion Lin is a real hero



'SHE'S our hero' – that's how members of the Reading and West Berkshire branch are describing Lin Jenkins who was recently named West Berkshire's Volunteer of the Year for 2020.

During the first national lockdown last year, Lin held a community fundraising stall at her garden gate, raising a staggering £8,000 in 100 days, when many other fundraising activities were cancelled.

Since handing over that cheque, Lin has raised £3,300 to help support people living with and affected by MND.

Lin said: "I was surprised and delighted to get the award as well as a letter of congratulations from Business Secretary and Reading West MP Alok Sharma. All the local people know about our work now."

Garry Poulson, director of Volunteer Centre West Berkshire, which supported her category - non-Covid Community Champion Volunteer of the Year award, praised Lin's 'dedicated, selfless, tireless and focused voluntary work' which has raised thousands of pounds, awareness of MND and the hopes of people living with the disease and their loved ones.

"Her practical steps have resulted in real change," he added.

Branch publicity officer Jane Gilbert told the Association's Thumb Print magazine: "We are all so proud of Lin whose inspiring work has made a real difference to people living with MND in Reading and West Berkshire."

Jane Gilbert

An update from Lin

Lin writes:

"The strange year continues! Many people are reluctant to confirm any dates for fetes or events for this summer or autumn. Naturally, there were none of the usual indoor events for Easter and spring, so the Garden Gate Community Stall came into its own again. Although I have a small stall out there every day, for the four days of Easter Bank Holiday, and the previous weekend when we "Turned Tilehurst Blue", there was my own version of a mini fete. Spread between my garden and my neighbours, we had lucky bag games, washing line games, lucky dips, a book stall, box games and masses of general stock on sale. Open from 10am – 5pm every day, there was never a crowd, just passing trade. Honesty boxes were in both gardens with Cheryl and I popping in and out all the time. All quite Covid safe! What fun we all had. How the community enjoyed it, and how they thanked us!

We are now beginning to wind down as shops have opened and people can go out more, so my stall is not needed so much. I opened until Saturday 17th April and attended the first car boot sale of the season at Thatcham the following day. Sadly, there are no local car boot sales opening on Saturdays just yet, and my income will drop a bit for a while. Having said that, I have more CDs to send to Music Magpie and have been to the scrap metal yard to sell items.

The only events I can share with you so far this year are: the car boot sale at Thatcham every Sunday morning, weather permitting; Beanpole Day at Caversham Court on Saturday 22nd May, selling plants, tools, tool sharpening, bees, bats, allotments, all things green; possibly a family fun day in Thatcham on Sunday 27th June, still to be confirmed and Padworth Show on Sunday 4th July. I really hope this event will be able to go ahead, as the MND Association is one of the nominated charities.

Other summer events in Wokingham, Sunday 15th August, Twyford, Saturday 21st August and Winnersh, Saturday 4th September, are still to be confirmed. We will keep you all updated on these and any others, as we know.

I would like to finish by asking if you think it is now safe for me to pack away my Hazmat Suit, salvaged from Reading Festival, or should I still use it when visiting Tesco?

Congratulations to our branch patron Baron Benyon



Congratulations to our branch patron, former Newbury MP Richard Benyon, who is now officially Baron Benyon of Englefield.

We were delighted to hear that he entered the House of Lords on January 26th and are grateful for all the support he has given to the work of the MND Association Reading and West Berks Branch.

Many of the branch's most memorable events have been held at magnificent Englefield House, home of the Benyon family which holds the work of the MND Association close to its heart.

Several relatives have died from MND including Falklands veteran Admiral Sir David Hallifax, who was Lord Benyon's uncle and the beloved husband of our former Association president Lady Hallifax who lives in Englefield.

Photo courtesy of the Newbury Weekly News shows Lord Benyon (centre) in full regalia with (L to R) Lord Goldsmith of Richmond Park and Baron Strathclyde.

Jane Gilbert

Marjorie's birthday tweet for TV's Nicholas Owen

Newsflash!: Marjorie Moore and her family have featured in a Happy Birthday tweet to former TV news presenter Nicholas Owen.

The MND Association used Twitter to send Nicholas this happy photo from 2017 when he joined Marjorie, her daughter Lisa and the rest of the family for the branch's 30th anniversary celebrations at Englefield House, home of our patron Lord Benyon.

Association Visitor Carol Allen is still supporting Marjorie, from Tilehurst, who was delighted to feature in the birthday message to the former BBC and ITV news presenter.

Jane Gilbert



If you would like to change the way you receive newsletters (post or email) or if you do not currently receive your own copy and would like to be added to our mailing list (post or email)

please contact Kerrie Newton:
secretary_rwbmnda@yahoo.com

My first visit to a branch drop-in was the life raft I desperately needed, says Sharon



Yoga teacher Sharon Vinnels has told how her first visit to a branch drop-in meeting was the "life raft" she needed after her husband was diagnosed with MND.

Sharon, from Spencer's Wood, near Reading, attended the virtual session in February and booked in again for the April get-together as it proved so helpful.

Here she bravely shares how she felt after her husband was told the devastating news that he has motor neurone disease.

"I've recently discovered, not only what MND is, but how devastating it can feel when someone you love is diagnosed with it.

"I have always been organised, always coped with anything life threw at me, always solved problems and have always been positive but suddenly the bottom dropped out and I had no idea how to cope or how to even move forward myself, let alone deal with the family's emotions.

"I had no idea what to expect next and no idea where to go for help. My first drop-in session was the life-raft I desperately needed. Everyone was so warm and friendly and, most of all, understood what I am going through.

"I feel as though I now have a safety net of people I can turn to for help, advice or even just a friendly shoulder to cry on. Meeting people who have MND, people who've been through what I'm going through as a carer and people who deal with this horrendous disease in many different capacities has been amazing.

"I'll definitely be going back !"

Jane Gilbert

Get in touch with MND Connect on 0808 802 6262

MND Connect is available Monday to Friday between 9am - 5pm and 7pm - 10:30pm.
Calls to this number are free from landlines and mobile phones within the UK and do not appear on itemised bills. You can also email **mndconnect@mndassociation.org**

We can help in so many ways . . .

We are the Reading and West Berkshire branch of the Motor Neurone Disease Association, and we are your local point of contact. You might be surprised at how we can help you and people living with MND, their families and carers. We do a lot more than just providing voice banking, fundraising and organising the social events you read about in this newsletter.

We are all volunteers and most of us have had a close connection with MND. We work with professional health care providers to try and ensure people living with MND get the best possible care and advice. We also have a few hard working trained volunteer Association Visitors who can offer guidance and support.

Don't be shy, use the contact details so we can discuss with you how we might be able to help.

Email: ReadingMND@hotmail.com **Tel: 07760 854975**

#IceFoot92

How cool are you?



Feel the freeze as fundraiser Lin Jenkins chills out on her latest challenge.

Lin is following in the footsteps of former professional footballer, Len Johnrose, who is living with MND and launched #IceFoot92 on TV to raise money and awareness of MND.

Fill an ice bucket, film yourself standing in it for 92 seconds, donate and then nominate three mates to take part. The time represents one second for each club in the league.

Lin says: "Don't wait for anybody to challenge you - start your own chain now. It's so important, we really must get some money for research into this terrible disease."

During her icy dip Lin challenged husband Paul, son Ross and daughter-in-law Danielle as well as other family overseas.

"When putting your feet in water like this, you lose all sense of feeling," says Lin. "It replicates what some people with MND suffer and I'm only doing it for a short time."

Since being diagnosed with MND in 2017, the former Burnley, Blackburn, Bury and Preston footballer Len Johnrose has been working hard to raise awareness of the illness, for which there is no cure.

Never one to shy away from a challenge on the pitch, the 51-year-old has now launched what he hopes will become a new viral fundraising sensation.

Watch Lin chill out here: **https://localgiving.org/appeal/linjenkins-icefoot92**

All donations will enable the branch to support people in Berkshire living with this devastating disease and to contribute towards vital research work.

Jane Gilbert



Welcome to Joanna's beautiful baby girl

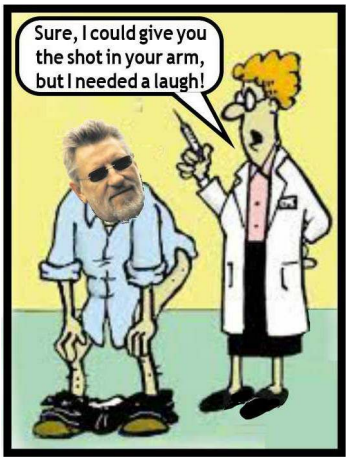
Many congratulations to our Minutes Secretary Joanna Robertshaw and her husband Paul who have welcomed their little bundle of joy to the world.

Alice Amanda arrived safely on 11th January at 4:35am weighing 7 pounds 11oz.

"We are so over the moon with her," said a delighted Joanna who we look forward to welcoming back to the volunteering team in a few months' time.

Jane Gilbert

The COVID-19 jab and me!!



No doubt many of you who are reading this article - I'm just hoping that there are people reading it - will have had one, if not both, of their Covid jabs. If so, I hope that your experience was a bit better and more straightforward than mine! At least the situation in the picture on the left didn't actually happen to me, but that's about the only thing that went right!

I originally received a phone call towards the end of February offering me an appointment on 2nd March for my first 'jab'. Although I had expressed an interest in participating in a 'virtual' drop-in via Zoom on that day I accepted the appointment and advised that I would have to miss the get-together. When our daughter, Vicki, heard about the appointment she expressed some disquiet as she had heard that the Newbury Racecourse Vaccination Centre was mixing both CEV (clinically extremely vulnerable) people like me who had been shielding with people who had not. She emailed to determine if that was the situation and was told that, while that was the current situation, it was going to be changed. They couldn't say for certain that it would be changed in time for my appointment.



On the morning of the appointment Vicki again emailed to ask if it had been changed and as it hadn't I cancelled the appointment and was offered the alternative of 8th March. That morning, to prepare for the jab, I kept my left arm out of my coat and my sweater so it was only covered by a thin cotton t-shirt. Wouldn't you know it? It was bitterly cold, there was a very strong wind blowing and it started to snow! We hurried from the car hoping to get straight inside out of the blizzard. Wrong! When we got to the door a lady asked which surgery I came from. The two people ahead of me were patients of a different surgery to mine and were told to go straight in the door and to the right.



When I gave the name of my surgery I was directed to join the back of a line of people queuing outside. I was so cold I couldn't wait to get inside. Unfortunately that was a case of out of the frying pan into the fire! When we got inside people were queuing there too. We were directed along a narrow aisle to the back of the queue. No way could we keep two metres apart - people already in the queue had to turn sideways for me to get through in my wheelchair! As far as I could tell my son and I were the only ones who seemed to have any idea about social distancing. Of course, because I was in a wheelchair, the 'helpers' obviously thought that I needed to be patted, presumably as some sort of reassurance! People in the queue were also blocking the entrance to the booking-in desk. After my 'jab' I was told to wait to confirm no adverse effects. I decided it was safest to wait in our car.

My wife, Chris, and I originally started shielding in the first couple of days of March 2020. In just over a year the only time I've really felt at serious risk of contracting Covid-19 was, ironically, in the vaccination centre!



When I complained to my surgery my GP contacted me. She indicated that the chaos was a one-off situation but if I let her know the date of my second vaccination, she would make sure that it would go without a hitch but I think I'll check the position first before entering the centre.

My neurologist had originally written to our GP asking if Chris could receive her vaccination(s) at the same time as me as she is my main/sole carer who I depend on completely. The GP refused on the basis that if she allowed it for my wife everyone would suddenly become a carer. Chris had originally intended to take me but as she couldn't have her 'jab' at the same time as me, our son and daughter were not keen on her taking an unnecessary risk and that is why our son took me.

Alec Jenkins

Coming soon …. Text to Donate and cashless payments for branch fundraising and events. Watch this space!

Chef Andrew cooks up a challenge

Chef Andrew Lenaghan has cooked up a challenge for himself on every one of the 31 days in May.

He will be running five miles a day in memory of his dad James who died of MND 31 years ago on May 5th.

Yorkshireman Andrew, aged 56, who lives in Calcot, near Reading, is inspired by former Leeds Rhino rugby league player Kevin Sinfield who ran seven marathons in seven days on behalf of his brave former teammate Rob Burrow who is fighting MND.

Andrew, who works at Horris Hill School near Newbury, still follows Leeds Rhinos and is grateful for the support his dad received from the MND Association.

He says: "I want publicity for MND so that more people know about the disease and can donate more money for research work.

"I run with Reading Joggers most nights and I think I am fit enough for the challenge".

To donate to Andrew's online fundraising page visit:

https://localgiving.org/fundraising/5-mile-a-day-for-31-day-in-may/

Jane Gilbert



mnda motor neurone disease association

Participants wanted for research study

KING'S College LONDON

We are conducting a study into changes in thinking and language in Motor Neurone Disease (MND) and require **people with MND** and **healthy controls.**
(LREC 18/LO/1257)

What does the study involve?

We will give you a series of computerised questionnaires and puzzle-like tests. The tasks will take about 2 hours in total and can be divided into shorter sessions. You will be given generous breaks between tasks.

All study participation will take place through video call apps so you can take part **from home.**

You will receive a thank you £30 gift card for taking part

Who can apply as a participant with MND?

If you:

- Have Motor Neurone Disease
- Are between the ages of 18 and 75
- Have English as your native language;

Then you may be suitable for this study

Who can apply as a healthy control?

If you:

- Are between the ages of 18 and 75
- Have English as your native language
- Are not receiving treatment for any life-limiting illness (e.g. cancer) or neurodegenerative disease (e.g. Alzheimer's disease, Parkinson's Disease) or neurological disorder (e.g. stroke);

Then you may be suitable for this study

Please contact Lyndsay Didcote if you would like to take part or to request more information:

Email: lyndsay.didcote@kcl.ac.uk
Phone: **07543 342211**

Or sign up here:
https://forms.gle/5BmEK8eZBKnMQcmz7

IRAS number 240593 Measuring Cognitive and Behavioural Change in Amyotrophic Lateral Sclerosis. Patients and Healthy Controls Recruitment Poster Version 2.0 02.08.2020

Running for Gramps!



Let's give a big high-five to this dynamic duo who shrugged off their lockdown lethargy and have raised £1,360 to help fight MND.

Siblings Reece and Ashleigh Coker from Tadley challenged themselves to each run 50 miles during January in memory of their beloved 'Gramps'.

Sadly, John Coker, aged 71, who lived at Padworth, near Reading, died three years ago from MND.

His wife Carol, to whom he was married for 50 years, said she was so proud of their grandchildren's fundraising efforts.

Reece and Ashleigh told the Newsletter: "This awful disease took our beloved Gramps from us far too early and sadly takes many more lives every year. He was so well looked after when it was most crucial.

"We wanted to give something back to this wonderful charity, specifically the Reading and West Berkshire branch, which will be receiving our full fundraising total. It would mean so much to us both if you could donate and help support this amazing charity."

Reece, aged 21, and 25-year-old Ashleigh, are closing their online fundraising page soon and any extra donations would be greatly appreciated.

https://uk.gofundme.com/f/699639-a-cause-i-care-about-needs-help?qid=ba9d492a124c2d29320bfb75f6c08b28

Jane Gilbert

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amazonsmile
You shop. Amazon gives.

Sign up to AmazonSmile and you can support the MND Association as you shop, at no extra cost to yourself.

The Association is excited to partner with AmazonSmile. By signing up to shop via AmazonSmile, you'll still be able to enjoy the same range of products and prices just like you can with a regular Amazon account.

However, you'll now be able to select the Association as your chosen charity – which means that 0.5 percent of the price of every eligible product that you buy will be donated to the association. This will have no effect on the price that you pay.

Shop and support the MND Association today:

Sign up for AmazonSmile via smile.amazon.co.uk

Search for the 'Motor Neurone Disease Association' via the charity lookup

Select us as your AmazonSmile charity of choice

Look out for products which are marked as "AmazonSmile eligible"

Enjoy your shopping

Another sparky idea

Did you know there is a scrap value in unwanted electrical cables?
Before disposing of any electrical or computer items, please cut the cable off for me. I take cables to the scrap metal merchants where the copper is removed and has a value. I recently received £65 and £52 of it was for cables!

Lin Jenkins - rlp.jenkins@tiscali.co.uk

The Captain Tom 100 Challenge for the MND Association



On 6th April 2020, Captain Tom Moore raised an astounding £38.9 million for the NHS Covid-19 appeal by walking 100 laps around his garden. To honour him and his incredible achievements throughout his lifetime, the **Captain Tom 100** is taking place on the weekend of 30th April – 3rd May, which marks what would have been his 101st birthday.

The Reading & West Berkshire Branch is encouraging all our supporters to take on a challenge around the number 100 anytime, anywhere, during that weekend.

What will your 100 challenge be?

Maybe you would like to walk 100 metres, tell 100 jokes, do 100 push ups, bake 100 biscuits, read for 100 minutes, or even sit quietly for 100 minutes. There are no rules! (Other than Government Guidelines, of course).

We have set up a Community Localgiving page, which will go live on 30th April for donations.

https://localgiving.org/appeal/captaintom100RWBMNDAssociation/

Should you wish to set up your own fundraising page, please ensure you reference the Reading & West Berkshire MND Association - Captain Tom 100 in your fundraising title.

For more information on how to take part, plus some inspirational 100 ideas, please visit our Facebook page (**www.facebook.com/mndrwb**) or contact our Branch Secretary at **secretary_rwbmnda@yahoo.com**.

Kerrie Newton

Answers to Quiz on page 3

1. John Adams/Abigail Smith
2. Andrew Jackson/Rachel Donelson
3. Ulysses S. Grant/Julia Dent
4. Theodore Roosevelt/Edith Carow (2nd wife)
5. Woodrow Wilson/Ellen Axson (1st wife)
6. Herbert Hoover/Lou Henry
7. Harry S. Truman/Bess Wallace
8. Jimmy Carter/Rosalynn Smith
9. George H.W. Bush/Barbara Pierce
10. Joe Biden/Neilia Hunter (1st wife)
11. The Queen (The monarch is always Duke of Lancaster whichever sex)
12. K (from Neo-Latin kalium)
13. #
14. Orchid (From pods of the Mexican species of the flat-leaved vanilla plant)
15. Law
16. Cycling;
17. Rebus
18. Lake Baikal
19. Blue
20. Anticoagulant

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