



Community Connect

March 2022
Issue 21

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Revd Mandy writes

Lent begins on Ash Wednesday and lasts for 40 days (not including Sundays). It is the time when Christians prepare for Easter.

It is a solemn time which reminds us of the time in Jesus' life when, after giving up his work as a carpenter, he began to teach people about God. Jesus prepared for this by spending 40 days without food alone in the desert.

Lent is still a time for fasting or going without certain foods. Nowadays many people give up a favourite thing they enjoy and often give the money they would otherwise spend, to charity.

You may have heard people ask the question 'What are you giving up for Lent?'

You see, in the Middle Ages everyone fasted during Lent. That meant going without all the nice things like meat and butter, eggs and cream and eating only plain food. But

celebrating God's goodness.

Traditionally pancakes were eaten on Shrove Tuesday, pancakes made from the butter, cream and eggs that would be forbidden during the next six weeks of Lent.

In Lent when people give up things like chocolate or biscuits or alcohol, it is to remind them not to depend solely on material things for fulfilment, but to remember that we depend on God for all our needs. Also, denying ourselves certain luxuries helps us to think of others, perhaps those who are not able to enjoy the luxuries we do. And in addition, perhaps, to give money that has been saved during Lent to help others, especially those in particular need.

Today Christians also use the 40 days of Lent to think about their own relationship with God and to discover how God wants them to follow him more closely.

With that in mind....

we are asking people to consider donating to **Christian Aid's Afghanistan appeal during Lent this year. People are starving in Afghanistan, with more than 8 million on the brink of famine.**

Drought, the war in Afghanistan and the Covid-19 pandemic are causing a catastrophic rise in hunger. Children are dying today, and a million more under the age of five are at risk of dying

over the next three months. Decades of conflict, poverty, and the disruption caused by the COVID-19 pandemic were already taking their toll on the people of Afghanistan.

The recent conflict and change of government, coupled with the worst drought in 27 years, have tipped the country over the edge into humanitarian crisis. Economic collapse has sent food prices soaring. Afghanistan's health care system has reached the brink of collapse.

Christian Aid's partners are on the ground scaling up their operations, and are able to reach the people most in need. With your support, they and their local partners can:

- provide emergency food and nutrition support for children
- support healthcare facilities
- provide winter kits to help displaced families stay warm
- supply clean drinking water
- protect women and girls

Duston and Upton Parish are happy to receive donations for this appeal and donations can be given at church in envelopes marked 'Afghanistan Appeal' and we shall send your donations to Christian Aid.

OR

Please give directly to Christian Aid: Details on the next page.

Thank you.



before this time of Lent and fasting or doing without particular foods, there is Shrove Tuesday, a day of feasting and



CHRISTIAN
AID
DEC MEMBER

AFGHANISTAN CRISIS APPEAL

Afghanistan is heading for catastrophe.

Drought, conflict and the Covid-19 pandemic have caused a disastrous rise in hunger, and the threat of famine is now looming large.

In this freezing weather, more than 22 million women, men and children are struggling to survive – they urgently need your help.



Please help support families in Afghanistan today

You can help provide urgent food and shelter for families in desperate need. **Please give today.**

How to donate:

Hand in your donation to your church representative

Call **08080 004 004** to donate by phone

Visit **caid.org.uk/winter-crisis** to donate online



Christian Aid is a key member of ACT Alliance. Eng and Wales charity no. 1105851 Scot charity no. SC039150 Company no. 5171525 Christian Aid Ireland: NI charity no. NIC101631 Company no. NI059154 and charity no. 20014162 Company no. 426928. The Christian Aid name and logo are trademarks of Christian Aid. © Christian Aid December 2021 Photo credit: Petros Giannakouris/AP/Shutterstock J282353



Registered with
**FUNDRAISING
REGULATOR**



Please note:

There is now an additional 8.30am service of Holy Communion on the first Sunday of the month at St Luke's. All other services are at 10am unless otherwise stated.

Service rota for March / April

Wed 2nd Mar - Ash Wednesday—10am St Luke's

Thu 3rd Mar 10am St Luke's

Sun 6th Mar 8.30am St Luke's

Sun 6th Mar 10am St Luke's

Tue 8th Mar 10am St Francis

Sun 13th Mar 10am St Francis

Thu 17th Mar 10am St Luke's

Sun 20th Mar 10am St Luke's

Tue 22nd Mar 10am St Francis

Sun 27th Mar 10am St Francis

(Mothering Sunday)

Thu 31st Mar 10am St Luke's

Sun 3rd Apr 8.30am St Luke's

Sun 3rd Apr 10am St Luke's

Tue 5th Apr 10am St Francis

Sun 10th Apr 10am Palm Sunday St Francis

Holy Week:

Maundy Thursday 14th Apr. 10am service St Luke's

7pm Evening service St Francis

Good Friday 15th Apr Afternoon service 2pm at St Luke's

Easter Day 17th Apr 10am service at St Luke's

Tue 19th Apr 10am St Francis

Sun 24th Apr 10am St Francis including the Annual Parochial Church Meeting

Thu 28th Apr 10am St Luke's

Duston Dashers

We're a Social Running Group!

Sunday morning, meet at Errington Park, Ryeland Rd entrance, just before 0830!

All levels of runners are welcome for a nice chatty Sunday run, whether you're in training, want to get active or 'dust down' your trainers!

Come and join us, and we enjoy a nice well-deserved cuppa and a natter at the end.

Any questions please get in touch, DM via Duston Dashers FB page or direct on:

07485 784370

Lawrie



***Come and join us.
What have you got to lose?***

ST. LUKE'S BELL FUND APPEAL RELAUNCH

Dear all,

As you may remember back in October 2018 the clapper of our Tenor/6th bell broke and we launched an appeal to raise £555.60 to pay for the new clapper and to raise money to have the bells inspected and to help pay for any work that may need doing. We spent the next year fundraising, then Covid struck and everything was put on hold.

We are relaunching our appeal to have the bells inspected as soon as possible. If you would like to make a donation to St. Luke's Bell Fund please pass it onto myself, one of our ringers, Dorothy Johnson (Parish Treasurer) or our Rector Revd Mandy Marriott. Please put your donation in an envelope marked for the Bell Fund (cheques payable to Duston and Upton PCC) or you can donate by bank transfer (Duston and Upton PCC - Metro Bank - Sort

Code: 23-05-80 - Account Number: 32599613) indicating that it's for the Bell Fund.

A huge "THANK YOU" to all who donated when we first launched the appeal.

With very kind regards from Liz Leaman (Tower Captain) and St. Luke's Bell Ringers.

PLEASE HELP TO KEEP OUR BELLS RINGING!



D PROUDLY SUPPORTING THE LEWIS FOUNDATION
DUSTON PLAYERS DUSTON COMMUNITY CENTRE
www.dustonplayers.org.uk

The classic Ealing comedy live on stage!

The Ladykillers

by Graham Linehan

**TICKETS
£10**

**DISCOUNTS
AVAILABLE**



WED 23 - SAT 26 MAR 7.45PM
BOX OFFICE: 07916 011375
WWW.TICKETSOURCE.CO.UK/DUSTON-PLAYERS

This amateur production is presented by special arrangement with SAMUEL FRENCH LTD

Duston FOOD BANK Needs you!

Duston United Reformed Church (URC) works with Re:store to offer a food bank on Saturdays 10:00 to 12:00.

They have a band of 8 volunteers who last month helped 45 families.

Situated opposite the Bakery in Main Road Duston, they are open on Saturday mornings from 10.00 until noon to provide ready packed groceries. They also have household products, personal hygiene items, nappies/wipes, baby food and a treats box from which you may chose additional items.



PLEASE if you need some help, come and see us. You will be assured of a confidential, warm and friendly welcome. If you know of anyone who could do with a helping hand, please tell them about us. During the current pandemic, we follow

COVID guidelines, please wear a mask. One person at a time, unless you have children with you, in which case you may bring them in with you. A one way system is in place.

Top Items to Donate:

- * Long life milk
- * Tinned meat
- * Tinned fruit & rice pudding
- * Tinned spaghetti, pasta sauce
- rice & curry sauce
- * Small Easter Eggs as treats for the Children

Remember YOU may also need the Food Bank!



DONATIONS

URC—Sat & Mon (10:00—12:00)

St Luke's & St Francis' churches
(on days when there are services)

St Luke's Rectory – 3 Main Road

From Revd Richard



Many of you will know that I have been studying for a qualification in Pastoral Care and Chaplaincy over the last year or two – I'm gradually coming to end of this course: one more essay to go! At the same time Bishop Donald encouraged me to spend time at St Andrew's Hospital to gain some more hands-on experience in chaplaincy. I can honestly say that I have enjoyed every minute of my time there and this has confirmed to me a calling to

chaplaincy – and mental health chaplaincy in particular.

I'm delighted to be able to announce that I have been offered and accepted a full-time post as Mental Health Chaplain with Northamptonshire NHS Foundation Trust (NHFT), mainly based at Berrywood Hospital, subject to the usual checks. This will mean that I will leave my post and duties as Team

Vicar in Duston and Upton Parish. I have yet to agree a start date with NHFT although I expect my final Sunday in the Parish to be early April. I will confirm this as soon as I can.

Wishing you God's blessing for the future!

Richard

DUSTON FUN DAY 2022!

SAVE THE DATE

SUNDAY
11AM - 4PM

26TH
JUNE

**ST LUKE'S PLAYING FIELD, MELBOURNE
LANE, NN5 6HS**

Contact us for more info

T: 01604 583626 | E: events@duston-pc.gov.uk

or visit our website www.duston-pc.gov.uk



Duston PC



@duston_pc



DUSTON PARISH COUNCIL

**To find out more or to
book equipment:**

**Call us on:
0300 456 1914**

Or visit us at:

**[https://
www.redcross.org.uk/get-
help/borrow-a-wheelchair](https://www.redcross.org.uk/get-help/borrow-a-wheelchair)**

A farewell...

Back in January we said farewell to one of our long time Church family members, Shirley Wills, as she moved North to East Cheshire. Shirley was a regular worshipper at St Luke's and St Francis' churches and has a wonderful quiet, pastoral presence that we shall miss.

If you would like to stay in touch with Shirley and perhaps send her a card, please ask for address details from Revd Mandy. Thank you.

Her former neighbour and friend Margaret Waller writes.....

Shirley Wills: An Appreciation

It is with sadness that we have recently said goodbye to Shirley, who has moved to be closer to her family in Stoke-on-Trent. She was my next-door neighbour for 30 years. She was a person of great Christian faith and regularly shared her commitment to God's word through her poems and hymns that have been printed in 'Community Connect'. She was also a very good friend to me personally and I will always remember her with affection. I hope to visit her in her new home from time to time, so I will be able to let you know how she is getting on.

Margaret Waller

British Red Cross

I am writing to let you know that our **Mobility Aids Service is still operating in Hatton Close, Moulton Park, Northampton NN3 6SU**. This is a service that the British Red Cross provide to families to help them take a loved one out and about if they are frail or have mobility issues. We are also able to supply toiletting aids such as commodes and raised toilet seats.

The British Red Cross Mobility Aids Service is the biggest national provider of short-term wheelchair loans: last year we provided 64,500 pieces of equipment to 54,500 people from our 185 outlets. We operate on a not-for-profit basis; all proceeds are used to deliver this ser-

vice across the UK, helping people, whoever and wherever they are.

There is a small charge for this service, depending upon circumstances: We offer help and support to those who may not be able to meet the cost.

We would ask that where you have anyone contacting you that you feel would benefit from this support, you consider giving them our contact details. Please be assured that we will treat everyone who contacts us with respect and dignity.



BritishRedCross

If we can help you further, please do get in touch.

Thank you for your time.

Regards,

Marc Dodge

Service Delivery Coordinator – Northants./Herts./Beds./Bucks.
Mobility Aids Service

WOMEN'S SECTION

Coffee, Cakes & Easter Egg Trail

All Welcome

Saturday 9th April 2022

10 am – 2pm

Held at
St Francis Church, Eastfield Road, Duston. NN5 4DT

For more information
Email to hello@dustonrblws.co.uk or phone/text Helen on 07985 430694.

Organised by: The Royal British Legion, Women's Section Duston & District Branch.
Registered Charity No. 219279

**PAGE OF
POSITIVITY**

Spring is Here

Spring is here! And there are signs of new growth everywhere, especially in St Luke's Churchyard Duston. We are looking for volunteers to join the team to help keep the churchyard looking tidy. If you would like to help, then why not

pop along on a Saturday morning from 10am – 12noon and introduce yourself to Colin and the team. They would be very happy to see you and always welcome a helping hand.

Thank you!



For those of a certain age! ... From Wild Goose Worship

Thank you, God, that nobody minds

Thank you, God, that nobody minds:
that I fall asleep in the afternoon,
that I think the 1980's were too recent to be nostalgic about,
that I know nothing about current pop music,
that, given half a chance, I bawl out 60's rhythm and blues songs
at the top of my voice,
that I think Max Miller (who?!) was the greatest stand up comedian ever,
that I say thirty bob, when I mean one pound fifty,
that I don't watch reality television,
that I'm not interested in football,
that I don't know the difference between an iPod and a Blackberry,
that I constantly forget people's names,

that I greet strangers in the street,
that I'm wearing odd socks and a jumper with holes in it,
that I've dripped soup down my shirt front,
that I'm not interested in fashion,
that I spend my spare time in the garden,
that I enthuse repeatedly about my wonderful granddaughter.

Thank you, Lord, that now I'm retired,
I can get away with stuff
that would have been thought very odd
just ten years ago.
He, he, he!

And thank you, God, that nobody minds
that I fall asleep in the afternoon.

To make you smile...

*I said to a vicar, " This
is a really nice church,
what period is it
from?"
He said, "Its Norman"*

*I said, "Sorry, Norman,
this is a really nice
church, what period is
it from?"*

A Poem by Steve Abbott

Recently we endured various storms. Here is a poem by Steve Abbott reflecting on the resulting debris.....

A chip box, empty and wistfully travelling the pavement.
Stops briefly to engage in conversation with a crisp packet, devoid of said crisps.
The trees bow heavily, as if saluting the rain washed up and wet wheelie bins.
They lay in uniformed silence as fallen soldiers in a battle of elements they could never win.
The storm smiles kindly at the melee as if in sympathy, yet restless.
To move on and expire as it, brings forth the chaos in its moment of existence.
It has no malice, only a natural desire to spread itself outward and exhale a last peaceful breath.
And go quietly into the air while a peaceful re-settling of debris is bathed in warmth from the sun.

Quiz...

Have a go at the following...

1. Established in 1963, which feverish line of communication was used for the first time during the Six-day War?

2. A creepy film character and the nearest red giant to our Earth which will one day explode as a type II supernova. One word.

3. Which singer songwriter recorded '52nd Street', the first album to be released on CD?

4. Measured in flight distance, which one of the following is the longest trip?

- a. London-Capetown,
 - b. London- Bombay
 - c. London-Rio De Janeiro
- _____

5. According to the King James version of the Bible, what ripe age does Methuselah reach? (plus or minus 10)

6. Which actress played the blonde that King Kong fell in love with in each of the following film versions?

- a. The 1933 film King Kong
 - b. The 1976 film King Kong
 - c. The 2005 film King Kong
- _____

7. Which form of transport is sometimes used as a collective noun for bees and wasps?

- a. bus
 - b. Train
 - c. Bike
 - d. plane
- _____

8. The K in the mountain known as K2 stands for the first letter of the mountain range in which it is located. What is the name of the mountain range?

9. Which European country invaded Mexico in the so called 'Great Pastry War' of 1838-39?

10. The following lyrics are all from songs with the word 'Sky' somewhere in the song title. Can you name the song? One point for each correct answer.

- a. Did you, did you see the frightened ones, did you, did you hear the falling bombs
 - b. Follow her down to a bridge by a fountain where rocking horse people eat marshmallow pies
 - c. Hey you with the pretty face, welcome to the human race
 - d. He blesses the boys as they stand in line, the smell of gun grease and the bayonets they shine
- _____

11. Which European country was known as the Republic of the Seven United Provinces between 1581 and 1795?

12. During the Cold War there was a military doctrine known as MAD. What did the letters M A D stand for?

13. With "some honey, and plenty of money", which two poetic characters "went to sea in a beautiful pea-green boat"?

14. What is the name of the prestigious award for best film at the Cannes film festival?

15. Plus or minus 5, in which year did Tom Marvolo Riddle die?

16. Which parallel is more or less the demarcation line between North and South Korea?

17. There have been seven Formula One World Driver's Champions whose last names begin with the letter 'H'. Can you name them? One point for each correct answer.

18. Which prolific American singer songwriter's autobiography was titled 'Bound for Glory'?

19. Plus or minus 5 min, what was the RMS Titanic's ship time when it collided with the iceberg?

20. Who was the first person to refuse the Oscar for Best Actor in 1970?

Answers found on the back page!!



DUSTON PARISH COUNCIL

DPC Connect

Spring is nearly upon us, we have lighter nights to enjoy and a few gardening jobs to think about. We hope you are enjoying the spring bulbs that are pushing through. Here's how to connect with us during March.

Our next VIRTUAL WELLBEING TALKS

'Thyroid Dysfunction Demystified'
Wednesday 2nd
March 6.30 – 7.30pm
&
'Gastroenteritis and How to Manage It'
Thursday 17th March
6.30 – 7.30pm

DPC and St Luke's PPG are delighted to be working with Three Shires Hospital again this year. Their consultants are giving up their time freely to continue these fascinating and helpful talks on common subjects that people struggle with. Please support these talks and spread the word, as the saying goes; 'Use it or lose it'. You can register using the link on the poster or contact us if you prefer:

events@duston-pc.gov.uk

or call

01604 583626



THE QUEEN'S PLATINUM JUBILEE & THE QUEEN'S GREEN CANOPY

We are busy making plans here at DPC but would love to hear from you, the residents, with any ideas of how you would like to see Duston celebrate this momentous occasion. Please get in touch with Alison if you are organising events as we may be able to support you. If you are planning a street party, make sure you apply for a road closure in plenty of time.

Calling all crafters, knitters and artists. WE NEED YOU! To help us with our Jubilee art installation. Contact us to find out how you can be involved.

Our 'Plant a Tree for the Jubilee' is also underway, and we would love as much help as possible with planting new trees and hedges across Duston. Just contact Alison to register your interest. bcdm@duston-pc.gov.uk or see our web page for the very latest information www.duston-pc.gov.uk/the-queens-platinum-jubilee-2022



DUSTON FUN DAY SUNDAY 26TH JUNE 11am – 4pm 'BEST OF BRITISH'

Plans are taking shape for this year's event. Family fun for all with live music, street food, sports challenges, a makers' marquee, stalls and competitions. We would love to hear from stall holders, specifically local artisans, community groups and charities.

Please contact us for more info, stall availability and catering pitches.

events@duston-pc.gov.uk
 or call Sarah **01604 583626**

THE GROW TOGETHER ALLOTMENT

We are back! Please join us Thursday 24th March 11am – 3pm when we will be potato planting and sorting the compost bins. Light weeding also available!

We welcome all ages and gardening abilities but please call us first so that we can let you in. You can stay for as long or as little as you wish.

Tel: **01604 583626**

01604 583626

www.duston-pc.gov.uk

Facebook@DustonPC

Also Coming up.....Join our Easter Trail during April, Help us plant up Duston for the Jubilee, Volunteer with us and become a Friend of DPC

Please check our website or call us for more details

www.duston-pc.gov.uk/events1

DUSTON FUN DAY 2022!

SAVE THE DATE

SUNDAY 26TH JUNE
11AM - 4PM

ST LUKE'S PLAYING FIELD, MELBOURNE LANE, NN5 6HS

Contact us for more info

T: 01604 583626 | E: events@duston-pc.gov.uk

or visit our website www.duston-pc.gov.uk

Duston PC

@duston_pc



DUSTON PARISH COUNCIL



PLEASE JOIN US for our next
VIRTUAL HEALTH &
WELLBEING POP UP

WEDNESDAY 02 MARCH 2022 | 6.30 - 7.30pm

**'Thyroid Dysfunction Demystified;
What you need to know**

with Dr Asif Humayun

*CONSULTANT in Diabetes and Endocrinology
at Three Shires Hospital*

A FREE, informative presentation giving help and advice

**Hosted via
Microsoft Teams**

**Pre submit any questions to:
[natalie.thompson@bmihealthcare.
co.uk](mailto:natalie.thompson@bmihealthcare.co.uk)**

**For more info and to register, go to
tinyurl.com/4ufkzs6n**

Duston Parish Council working in partnership with St Luke's PPG



T: 01604 583626
E: bcdm@duston-pc.gov.uk
www.duston-pc.gov.uk





PLEASE JOIN US for our next
**VIRTUAL HEALTH &
WELLBEING TALK**

THURSDAY 17 MARCH 2022 | 6.30 - 7.30pm

**'What is Gastroenteritis and
How do I Manage It?'**

with Dr Udi Shmueli

***CONSULTANT Gastroenterologist at
Three Shires Hospital***

A FREE, informative presentation giving help and advice

**Hosted via
Microsoft Teams**

**Pre submit any questions to:
[natalie.thompson@bmihealthcare.
co.uk](mailto:natalie.thompson@bmihealthcare.co.uk)**

**For more info and to register, go to
tinyurl.com/2p9cz85y**

Duston Parish Council working in partnership with St Luke's PPG



**T: 01604 583626
E: bcdm@duston-pc.gov.uk
www.duston-pc.gov.uk**





Community Connect

The Rectory
3 Main Road
Duston
NN5 6JB

Email:
aj.marriott123@gmail.com

Helping to connect Church and Community groups together for the wellbeing of all

We aim to get Community Connect out by the first week of each month, so articles for the following month need to be submitted by the beginning of the last week of each month. They can be emailed to Rev'd Mandy Marriott at aj.marriott123@gmail.com or put through the Rectory door 3 Main Road Duston NN5 6JB.

This is your community newsletter.

So keep your articles coming in.

We love to hear from you.

We currently don't charge for Community Connect but if you would like to make a donation towards printing costs then we would be very grateful. Donations can be made by cheque to Duston and Upton PCC or by BACS transfer to Duston and Upton PCC

Acc number 32599613

Sort Code 23-05-80.

Thank you.

Community connect
ISSUE 20
FEBRUARY 2023

Rev'd Mandy writes...

HELPING TO CONNECT CHURCH AND COMMUNITY GROUPS TOGETHER FOR THE WELLBEING OF ALL

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Did you know that if you include scientific words, there are over a million words in the English language? The average person knows about 20,000 words and uses 2000 different words a week. Both women and men speak about 16,000 words a day on average. That's a lot of words!

It reminds me of the wonderful musical 'My Fair Lady' where Eliza is so embarrassed with having to hear and say so many words. She sings to Freddy.....

Words! Words! I'm so sick of words! I get words all day through. And from his, now I'm just a bit of you lightness can do? Don't talk of stars burning above; if you're in love, slow me!

I have always loved the spoken word, reading stories, or poetry or plays. Sometimes, I will listen to passages of the Bible read by David Scales. Hearing the words read by such an accomplished actor somehow help them to resonate more in my head and heart. Why not give it a go and listen to God's word spoken out?

Going back to 'My Fair Lady', Professor Higgins was determined to help Eliza change from a flower girl to a duchess just through the way she spoke. But, it's not about the way we speak that matters, more it is the intention behind our words. If there is love in the heart it will show in the words we utter. As one child put it when talking on the subject of love: When someone loves you, the way they say your name is different. You just know that your name is safe in their mouth!

Isn't that lovely?

So, in the many thousands of words you will speak today, make those words matter, make them words to encourage, to build up, to care and to love.

letter in the New Testament and how the tongue can cause so much damage like a flame from a match can start a forest fire. He writes ...

Just think how large a forest can be set on fire by a tiny spark! And the tongue is like a fire. It is a world of wrong waiting to be set on fire and spreading all through our whole being.

We want to speak with gentleness. We want to speak kindly. We want to speak hope. We want to speak truth.

Lord, we all have different conversations ahead of us, but no matter what words need to be spoken chances are high that many of us need wisdom in our speaking.

We want to speak with gentleness. We want to speak kindly. We want to speak hope. We want to speak truth.

Forgive us Lord, for speaking without listening.

Lord, may your wisdom dwell richly in us, and be present in all our conversations.

Help us to know when to speak up and when to be quiet.

Give us the right words at the right time.

We ask that you would go before us and prepare the hearts and minds of those we shall speak to today. And help us to see where we need to be open to the truth that others are trying to speak to us.

Lord, you've shown us the power that words can have. Help us to always use our words to speak light into darkness.

We ask today for your words to be always on our lips. Amen.

Quiz Answers

1. Hotline (the hotline between the USA and the USSR)
2. Betelgeuse or (pronounced "Beetlejuice")
3. Billy Joel
4. Answer a. London-Capetown (9,634 km). The others are London-Rio De Janeiro (9,249 km), London-Bombay (7,204 km)
5. 969
6. Three answers.
 - a. Fay Wray
 - b. Jessica Lange
 - c. Naomi Watts
7. Answer c. bike
8. Karakoram
9. France
10. Four answers.
 - a. Goodbye Blue Sky (Pink Floyd)
 - b. Lucy In The Sky With Diamonds (Beatles)
 - c. Mr Blue Sky (ELO)
 - d. Sky Pilot (Eric Burdon)
11. Netherlands
12. Mutually Assured Destruction
13. The Owl and the Pussy-cat (nonsense poem from Edward Lear)
14. Palme d'Or or Golden Palm
15. 1998
16. 38th parallel (north)
17. Seven answers. Lewis Hamilton, Damon Hill, James Hunt, Denny Hulme, Mike Hawthorn, Mika Hakkinen, Graham Hill.
18. Woody Guthrie
19. 11.40 pm or 23.40
20. George C Scott (for his role in Patton)