



Lincoln City
Foundation

July Activity Pack

ONE TO DO WITH THE GRANDCHILDREN

DISCO PODS – BY KATE MORRIS AND SALLY BROWN

FROM I CAN COOK

Easy to make, homemade lollies which are perfect for beating the heat during the kids' school holidays. This recipe makes 4 large lollies but may make more if your moulds are small.

INGREDIENTS

- 4 drops of vanilla extract
- 2 tsp runny honey
- 270g/9.5 oz Greek style yoghurt
- 50g/2oz fresh raspberries, mashed
- 100g/4 oz fresh strawberries, mashed



METHOD

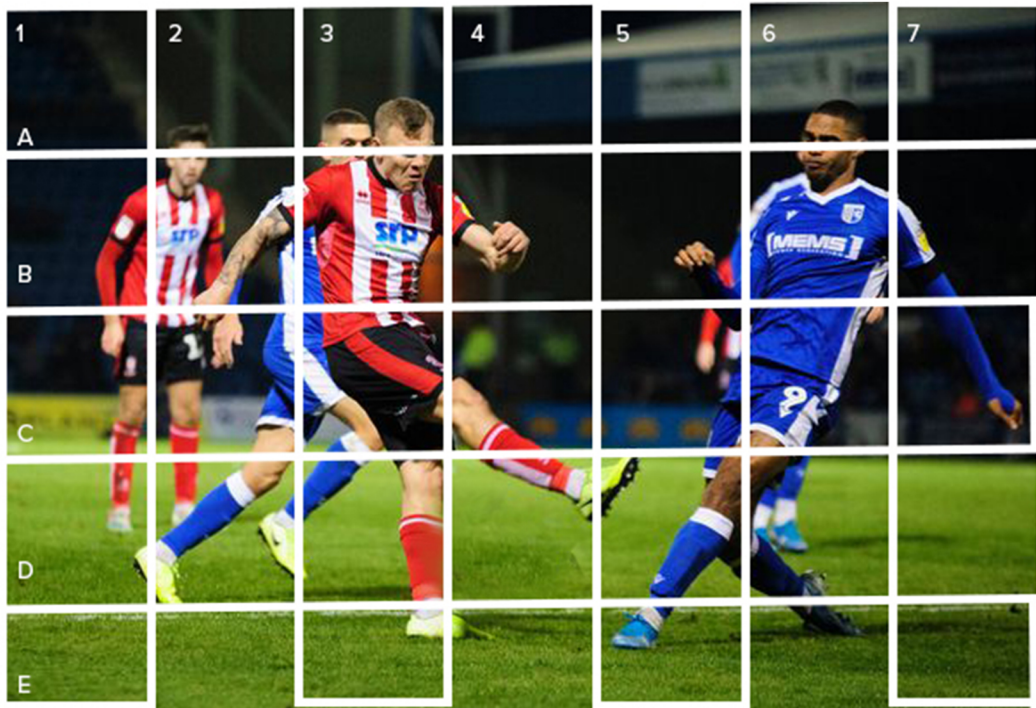
1. In a bowl, mix the vanilla extract and honey into the yoghurt. Stir in the fruit and fruit juices with a spatula to create a swirling pattern.
2. Divide the mixture equally among your lolly moulds. Cover with the lids or with aluminium foil.
3. Freeze the Disco Pops overnight

TIPS AND TRICKS

If you do not have any lollipop moulds, use empty cleaned yoghurt pots. Once you have covered the pots with aluminium foil, pierce each foil covering with a lollipop stick and push until the stick reaches the bottom of the base.

SPOT THE BALL

We have digitally removed a ball from this picture,
Can you guess where the ball was in this picture
taken at Lincolns match against Gillingham earlier
this year.



LINCOLN CITY CHALLENGE

Can you come up with a word related to Lincoln City FC for
every letter of the alphabet?

A _____	J _____	S _____
B _____	K _____	T _____
C _____	L _____	U _____
D _____	M _____	V _____
E _____	N _____	W _____
F _____	O _____	X _____
G _____	P _____	Y _____
H _____	Q _____	Z _____
I _____	R _____	



WHO AM I?

Can you identify the Imps player in the photo above?

NAME SCRAMBLE

unscramble the letters to reveal the three of the new boys

ABLY RELAXED

JELL ROOMER

TARN JOGGER

A	F	C	W	I	M	B	L	E	D	O	N	S	R	Y
B	S	O	N	B	H	W	A	D	H	X	R	W	O	T
Y	U	F	W	L	L	P	Y	Z	E	E	L	L	T	I
R	J	R	O	L	R	A	W	D	V	M	X	I	H	C
O	P	W	T	U	W	K	C	O	D	Z	U	T	E	Y
C	Q	V	Y	O	B	D	R	K	W	R	U	G	R	R
H	P	U	R	B	N	L	R	P	P	O	B	S	H	T
D	Q	O	U	F	O	A	O	K	M	O	M	Y	A	N
A	D	W	B	T	W	P	L	S	V	A	O	T	M	E
L	Z	T	S	A	Y	M	T	B	O	A	R	L	U	V
E	B	I	W	T	Z	R	M	Z	I	C	W	F	T	O
N	R	H	E	Z	O	K	B	X	R	O	S	D	D	C
B	T	B	R	P	Z	F	D	N	E	G	N	P	P	Q
D	T	U	H	G	U	O	R	O	B	R	E	T	E	P
V	Z	E	S	O	X	F	O	R	D	U	T	D	W	L

WORD SEARCH

Can you find these Sky Bet League One clubs in the word search above? **AFC Wimbledon, Blackpool, Bristol Rovers, Burton Albion, Coventry City, Oxford Utd, Peterborough Utd, Portsmouth, Rochdale, Rotherham Utd, Shrewsbury Town**

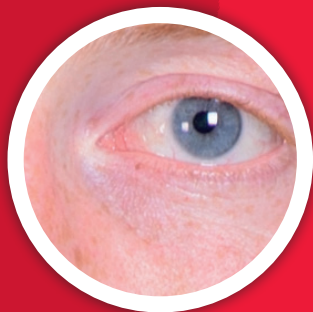


SPOT THE BALL

Which is the correct ball - A, B or C?

ANSWERS: Who Am I? Jack Payne. Name Scramble: Alex Bradley, Joe Morrell, Jorge Grant. Spot the ball - A. Match the Manager: Darren Moore - Doncaster Rovers, Gareth Ainsworth - Wycombe Wanderers, Micky Mellon - Tranmere Rovers, Shirt Number Sums: 5 + 12 = 17, 17 - 6 = 11, 11 - 6 = 5, 5 + 6 = 11, 11 - 6 = 5, 5 + 6 = 11, 11 - 6 = 5.





WHO AM I?

Can you identify the Imps player in the photo above?

NAME SCRAMBLE

unscramble the letters to reveal the three Imps squad members

CHEER JUNE
LETS JOY

ALIKE BUZZ ODE

TYCOON CORN REV

R X N M P L B A H V H L S N C
Q O I R N R F B I K L Y K Y R
P I R E L L I S T A D I U M O
G S R W G N N E H Q N Q K B W
P P G K Q J R S S G H Z O Q N
K O Z L Y L T W S T V X K O G
M T K K J O R M J T F U B H R
M L B B O D E Z Z Q Q M I P W O
U A D R Y A Y C X L B Z E O U
I N R C D K E E P M O A T L N
D D B O F O G I G E I L H A D
A A W X K R A P N O T N E R P
T L F Z P O W O H U N X P Z R
S G I T U C M I B R A H T X Q
T V S E M U N Y W R Z N P L B

WORD SEARCH

Can you find these League One grounds in the word search above? **Keepmoat, Priestfield, Pirelli Stadium, Spotland, LNER, Crown Ground, Kingsmeadow, Prenton Park, StadiumMK, Roots Hall, University of Bolton Stadium.**



SPOT THE BALL

Which is the correct ball - A, B or C?

ANSWERS: Who Am I? Cian Bolger. Name Scramble: Tyreece John-Jules, Zack Elbourne, Conor Coventry. Spot the ball - B. Match the Manager: Sol Campbell - Southern Utd, Glyn Hodges - AFC Wimbledon, Steve Evans - Peterborough Utd. Shirt Number Sums: 16 + 16 = 32, 10 - 4 = 6, 25 ÷ 5 = 5.





WHO AM I?

Can you identify the Imps player in the photo above?

NAME SCRAMBLE

unscramble the letters to reveal the three Imps squad members

AUDIO ZANY OILY

KERB CONE

A CUBICAL CUING

S Y Y T K D Y X M C W A P V R
K H K E A W L T W R O Y V Q U
X K R L L S B A H A D M P W N
N J E I R N N E X Z P S O K D
E W W E M D A S C Y T L O Y O
H U V R E P Y T K G Y B S E N
F O W R T W E T S A G I L L S
R O E V J N P R Q N P G G G R
T R D D T K M S S G W H S F E
S H M Y K L O L Y V I P Z I F
G U C O M L P D K D E G N Q E
A D I X S R E W E R B I K M B
O E F V R A N U E L U S M N I
K G F P T W L Y U U B E G P I
U I X G S Q F U V F Z L G D S

WORD SEARCH

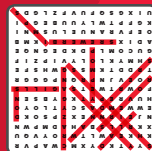
Can you find these League One team nicknames in the word search above? **Imps, Brewers, Dons, Gills, Stanley, Dale, Pompey, Rovers, Shrimpers, Crazy Gang, Wanderers.**



SPOT THE BALL

Which is the correct ball - A, B or C?

ANSWERS: Who Am I? Ellis Chapman, Name Scramble: Ziyad Al-Ouyuni, Ben Coker, Gianluca Buccellati, Spot the ball - C, Match the Manager: Paul Lambert - Ipswich Town, Mark Robins - Coventry City, Paul Tisdale - MK Dons, Shirt Number Sums: 6 + 14 = 20, 22 - 22 = 0, 12 ÷ 3 = 4.



LIST OF ORGANISATIONS WHICH CAN PROVIDE ADDITIONAL SUPPORT

- Voluntary Centre Services Lincoln – City Hall, Beaumont Fee, Lincoln, LN1 1DF 01522 551683



- Age UK – Age UK Lincoln & South Lincolnshire, 36 Park Street, Lincoln, LN1 1UQ 01522 696000



- ConnectED Together – Regular wellbeing phone calls, general advice and support. Lincolnshire 01529 301965



- City of Lincoln Council - City Hall, Beaumont Fee, Lincoln, LN1 1DD <https://www.lincoln.gov.uk/> or call 01522 873355



CITY OF
Lincoln
COUNCIL

Together, let's deliver
Lincoln's ambitious future



- Lincolnshire County Council - County Offices, Newland, Lincoln, LN1 1YL <https://www.lincolnshire.gov.uk/coronavirus-support-services> or call 01522 552222.



TOM KERRIDGE' S CHICKEN TAGINE TRAYBAKE

INGREDIENTS TO SERVE 4 PEOPLE

Each serving provides 532 kcal, 53g protein, 57g carbohydrate, 9g fat, 10g fibre.

- 400g/14oz sweet potatoes, peeled and cut into 4cm/1.5in chunks
- 2 red onions, cut into wedges
- 2 garlic gloves, thinly sliced
- 2 preserved lemons drained, roughly chopped and pips discarded
- 1tbsp Baharat seasoning
- 500ml/18fl oz fresh chicken stock
- Large pinch of saffron
- 4 skinless boneless chicken breasts (180g/6.5 oz each)
- 2 courgettes, quartered lengthways and cut into 5cm/2in pieces
- 100g/3.5oz pitted green olives
- 1- calorie sunflower oil spray or equivalent
- Sea salt and freshly ground pepper

FOR THE COUSCOUS

- 150g/5.5oz of couscous
- 200ml/7fl oz of fresh chicken stock
- Small pinch of saffron

METHOD

1. Preheat the oven to 220C/200C Fan/Gas 7. Put the sweet potatoes, onions, garlic and preserved lemons into a roasting tray. Sprinkle over half of the baharat, season liberally with salt and pepper, and mix well. Pour in half of the stock and add the saffron. Cook on a high shelf in the oven for 25 minutes.
2. Rub some salt and the remaining baharat over both sides of the chicken breasts. Take the roasting tray from the oven and add the courgettes, olives and remaining stock. Stir, then lay the chicken breasts on top and spray them with a few sprays of oil. Bake for 20–25 minutes, or until the chicken is cooked through.

3. Meanwhile, put the couscous into a small bowl and season with some salt and pepper. Heat the stock with the saffron then pour over the couscous. Cover and leave to stand for 15 minutes.
4. Fluff up the couscous gently with a fork and divide between serving bowls and top with the vegetables and chicken.

TIPS AND TRICKS

This is a well-balanced meal to support your fitness, complete with protein, carbohydrates, vitamins and healthy fats from the olives. Sweet potatoes are also rich in beta-carotene, which help muscles to recover after exercise.



TOM KERRIDGE' S CHOCOLATE FLAPJACKS

INGREDIENTS

- 200g/7oz unsalted butter, plus a bit extra for greasing
- 300g/10.5oz golden syrup
- 450g/1lb jumbo rolled porridge oats
- Pinch of salt
- 200g/7oz dried, ready to eat apricots, roughly chopped
- 100g/3.5 oz plain chocolate, broken into pieces

METHOD

1. Preheat the oven to 180C/160C Fan/Gas 4. Grease a 20cm/8in square cake tin with butter, then line the base and sides with baking paper.
2. Slowly bring the butter and syrup to the boil in a saucepan, stirring. Remove from the heat and stir in the oats and salt, then the apricots until well combined.
3. Scrape the mixture into the prepared tin, then press it into an even layer using the back of a wooden spoon. Bake for 45–50 minutes, or until golden brown. Set aside to cool slightly in the tin, then run a round-bladed knife around the inside edges of the tin and cut the flapjack into squares. Set aside to cool completely in the tin.
4. Meanwhile, place a heatproof glass bowl over a saucepan of gently simmering water, making sure that the base of the bowl does not touch the water. Add the chocolate and stir until melted.
5. Turn the cooled flapjacks out onto a wire rack and drizzle them with the melted chocolate. Set aside for a further 25–30 minutes, or until the chocolate has set. **ENJOY!**

TIPS AND TRICKS

These flapjacks are cooked until soft. If you prefer a crunchier flapjack, press the mixture into a shallower, larger baking tray.

You could add seed, dried cranberries or chopped stem ginger to the mixture instead of apricots

Cut the flapjacks while they are still warm, otherwise they will harden too much to cut easily.

TOM KERRIDGE' S MEDITERRANEAN PUFF PASTRY TART

INGREDIENTS TO SERVE 4 PEOPLE

Each serving provides 400 kcals, 13g protein, 43g carbohydrates (of which 8.5g sugars) 18.5g fat (of which 10g saturates), 6g fibre and 0.7g salt

- 280g/10oz ready rolled light puff pastry
- 200g/7oz baby courgettes cut into 15mm slices
- 1 large red pepper, cored, seeds removed, cut into 2cm chunks
- 1 large yellow pepper, cored, seeds removed, cut into 2cm chunks
- 1 red onion, cut into 2cm chunks
- 4 garlic cloves, sliced
- 2 springs of rosemary, finely chopped
- 4 sprigs of thyme
- Olive oil spray or equivalent
- 1 tbsp semi-skimmed milk or equivalent
- 100g/3.5oz cherry tomatoes, halved
- 75g/2.75oz of goats cheese, crumbled
- Sea salt and freshly ground pepper

METHOD

1. Using a sharp knife, trim the sheet of puff pastry to 25 x 28cm/10 x 11in. Place it on a baking tray lined with baking parchment and score a border 2cm/³/₄in in from the edge all the way round. Prick the pastry within the margin, using a fork. Leave to rest in the fridge for about an hour. Meanwhile, preheat the oven to 240C/220C Fan/Gas 9.
2. Put the courgettes, pepper and red onion into a large bowl. Add the garlic and herbs and season generously with salt and pepper. Line a large baking tray with baking parchment, lay the vegetables on it and spray 15–20 times with oil.
3. Brush the puff pastry all over with the milk and sprinkle with a little salt. Cook on the middle shelf of the oven, with the vegetable tray on the top shelf above, for 15 minutes, rotating both trays halfway through to ensure even colouring. Remove both trays from the oven and reduce the temperature to 160C/140C Fan/Gas 3. Set the vegetables aside.
4. Press the inside of the pastry down and return to the oven for 25 minutes to get a super-crisp base.

5. Take the tart case out of the oven and increase the temperature to 200C/180C Fan/Gas 6. Tip the roasted vegetables into the tart case, scatter over the cherry tomatoes and goats' cheese and season with salt and pepper.
6. Bake for 20–25 minutes until the vegetables are cooked through and the cheese is softening and colouring at the edges. Cut the tart into quarters and serve.

TIPS AND TRICKS

You can vary the vegetables and herbs in this puff pastry according to what you have and your preferences.

Leave yourself an extra hour preparation time so that the puff pastry has time to rest



LINCOLN CITY FOUNDATION FITNESS CHALLENGE

Try to do two 10-minute walks a day from Monday to Friday

Easy Sudoku Puzzles 1

www.printablesudoku99.com

Sudoku
Puzzle
1

1	4	2		9				5
7			4				8	9
8		5					2	4
2					4	8		
	3				1	2	6	
	8			7	2	9	4	1
	5		2		6			
	2	8			9	4	1	
	7	9	1		8	5	3	

Sudoku
Puzzle
2

1				9	4	7		5
5	7	3	1		2			
	4			5	3	1		8
	8	1	5	6	7	3	4	
			8		1			7
	5	6	4		9			2
4	6						9	
	3		9	1			7	6
9				4				

Medium Sudoku Puzzles 1

www.printablesudoku99.com

Sudoku
Puzzle
1

		1				9	4	
4		7	8	3		2	1	
9		6	5			8		3
8			6					
				2		1	3	
					3	5		
5	7				2	4	8	
1	6			9			5	
			4	1				7

Sudoku
Puzzle
2

	7	4			9	5		
1				7		8	3	4
3		2			4			1
		1	9	4		6	7	5
	8	6	3	1				
		7	5					3
	2			6	3			
			2		5			
	9					4		

Hard Sudoku Puzzles 1

www.printablesudoku99.com

Sudoku
Puzzle
1

2		8			7	3		
	4		8					
	7					9	6	
	6	5						
	3	1				6		5
	2	9	6				7	
6	9						2	1
				5	1			6

Sudoku
Puzzle
2

					9			
1	5			3		7		4
	9		1		8			
9								5
		5		1	3			7
8		6						
4	2	3					8	
	1	7		5				
5						1		

Easy Sudoku Answers

www.printablesudoku99.com

Sudoku Puzzle 1 Solution

1	4	2	8	9	3	6	7	5
7	6	3	4	2	5	1	8	9
8	9	5	6	1	7	3	2	4
2	1	7	9	6	4	8	5	3
9	3	4	5	8	1	2	6	7
5	8	6	3	7	2	9	4	1
4	5	1	2	3	6	7	9	8
3	2	8	7	5	9	4	1	6
6	7	9	1	4	8	5	3	2

Sudoku Puzzle 2 Solution

1	2	8	6	9	4	7	3	5
5	7	3	1	8	2	9	6	4
6	4	9	7	5	3	1	2	8
2	8	1	5	6	7	3	4	9
3	9	4	8	2	1	6	5	7
7	5	6	4	3	9	8	1	2
4	6	5	3	7	8	2	9	1
8	3	2	9	1	5	4	7	6
9	1	7	2	4	6	5	8	3

Medium Sudoku Answers

Sudoku Puzzle 1 Solution

3	8	1	2	7	6	9	4	5
4	5	7	8	3	9	2	1	6
9	2	6	5	4	1	8	7	3
8	1	3	6	5	4	7	2	9
6	4	5	9	2	7	1	3	8
7	9	2	1	8	3	5	6	4
5	7	9	3	6	2	4	8	1
1	6	4	7	9	8	3	5	2
2	3	8	4	1	5	6	9	7

Sudoku Puzzle 2 Solution

8	7	4	1	3	9	5	2	6
1	5	9	6	7	2	8	3	4
3	6	2	8	5	4	7	9	1
2	3	1	9	4	8	6	7	5
5	8	6	3	1	7	2	4	9
9	4	7	5	2	6	1	8	3
7	2	5	4	6	3	9	1	8
4	1	8	2	9	5	3	6	7
6	9	3	7	8	1	4	5	2

Hard Sudoku Answers

Sudoku Puzzle 1 Solution

2	5	8	9	6	7	3	1	4
9	4	6	8	1	3	7	5	2
1	7	3	5	4	2	9	6	8
7	6	5	1	3	4	2	8	9
8	3	1	7	2	9	6	4	5
4	2	9	6	8	5	1	7	3
6	9	4	3	7	8	5	2	1
5	1	2	4	9	6	8	3	7
3	8	7	2	5	1	4	9	6

Sudoku Puzzle 2 Solution

3	6	4	5	7	9	2	1	8
1	5	8	2	3	6	7	9	4
7	9	2	1	4	8	6	5	3
9	3	1	6	8	7	4	2	5
2	4	5	9	1	3	8	6	7
8	7	6	4	2	5	9	3	1
4	2	3	7	9	1	5	8	6
6	1	7	8	5	2	3	4	9
5	8	9	3	6	4	1	7	2

Extra Time General Knowledge Quiz 91

1. What was former US President Richard Nixon's middle name?
2. Which is the most populous Spanish speaking country?
3. What is the name of the search engine operated by Microsoft?
4. Who presents the ITV quiz Show "Tipping Point"?
5. In a game of cricket what term is used when a batsman fails to score?
6. What fruit would you generally find in a Black Forest Gateau?
7. In Greek mythology, what is the name of the creature that has the body of a horse and the torso arms and head of a human?
8. What is the capital city of Australia?
9. How many railway stations would you find on a standard Monopoly board?
10. In the children's nursery rhyme, what ran away with the spoon?
11. Which planet in our solar system was reclassified as a Minor Planet in 2006?
12. In which art gallery would you see the Mona Lisa?
13. Which pop star played the title role in the 1988 movie "Buster"?
14. In the Bible, who was the youngest of Jacob's twelve sons?
15. Which F1 Grand Prix takes place on the Albert Park circuit?
16. On which work by George Bernard Shaw is the musical "My Fair Lady" based?
17. Who starred opposite Lady Gaga in the 2018 remake of "A Star is Born"?
18. Who wrote the 2011 book "Gangsta Granny"?
19. What is the capital and largest city on the Isle of Man?
20. Which spirit is generally used to make a Daiquiri?

Answers Quiz 91

1. What was former US President Richard Nixon's middle name? **Milhous.**
2. Which is the most populous Spanish speaking country? **Mexico.**
3. What is the name of the search engine operated by Microsoft? **Bing.**
4. Who presents the ITV quiz Show "Tipping Point"? **Ben Shepherd.**
5. In a game of cricket what term is used when a batsman fails to score?
A duck.
6. What fruit would you generally find in a Black Forest Gateau? **Cherry.**
7. In Greek mythology, what is the name of the creature that has the body of a horse and the torso arms and head of a human? **Centaur.**
8. What is the capital city of Australia? **Canberra.**
9. How many railway stations would you find on a standard Monopoly board? **Four.**
10. In the children's nursery rhyme, what ran away with the spoon? **The Dish.**
11. Which planet in our solar system was reclassified as a Minor Planet in 2006? **Pluto.**
12. In which art gallery would you see the Mona Lisa? **The Louvre, Paris.**
13. Which pop star played the title role in the 1988 movie "Buster"? **Phil Collins.**
14. In the Bible, who was the youngest of Jacob's twelve sons? **Benjamin.**
15. Which F1 Grand Prix takes place on the Albert Park circuit? **Australian (Melbourne).**
16. On which work by George Bernard Shaw is the musical "My Fair Lady" based? **Pygmalion.**
17. Who starred opposite Lady Gaga in the 2018 remake of "A Star is Born"? **Bradley Cooper.**
18. Who wrote the 2011 book "Gangsta Granny"? **David Walliams.**
19. What is the capital and largest city on the Isle of Man? **Douglas.**
20. Which spirit is generally used to make a Daiquiri? **(White) Rum.**

Extra Time General Knowledge Quiz 101

1. The Galapagos Islands are part of which South American country?
2. What is the basic SI unit of temperature?
3. In the "Wizard of Oz", what was the lion searching for?
4. What number makes up a "Score"?
5. In golf what is the term for being one shot better than par?
6. How many hours are there in a week?
7. Who wrote the novel "Catch 22"?
8. Who came first to the British throne, the Tudors or the Stuarts?
9. How is the number one thousand and thirty eight represented in Roman numerals?
10. What is the official country home of US Presidents?
11. In a standard pack of playing cards, how many cards are there in each suit?
12. Which band recorded the 1977 album "Rumours"?
13. In which sport did Jonah Barrington make his name?
14. In ballet, what is a Jete?
15. What type of food is Bel Paese?
16. What type of animal is a Drill?
17. Which country was ruled by General Franco from 1939 to 1977?
18. Where did Wallace and Gromit visit in "A Grand Day Out"?
19. Which British football team have played their home matches at Tannadice Park since 1909?
20. Which was the first feature film made by The Beatles?

Answers Quiz 101

1. The Galapagos Islands are part of which South American country? **Ecuador.**
2. What is the basic SI unit of temperature? **Degrees Kelvin.**
3. In the "Wizard of Oz", what was the lion searching for? **Courage.**
4. What number makes up a "Score"? **Twenty.**
5. In golf what is the term for being one shot better than par? **Birdie.**
6. How many hours are there in a week? **168**
7. Who wrote the novel "Catch 22"? **Joseph Heller.**
8. Who came first to the British throne, the Tudors or the Stuarts? **Tudors.**
9. How is the number one thousand and thirty eight represented in Roman numerals? **MXXXVIII.**
10. What is the official country home of US Presidents? **Camp David.**
11. In a standard pack of playing cards, how many cards are there in each suit? **13**
12. Which band recorded the 1977 album "Rumours"? **Fleetwood Mac.**
13. In which sport did Jonah Barrington make his name? **Squash.**
14. In ballet, what is a Jete? **A jump.**
15. What type of food is Bel Paese? **Cheese**
16. What type of animal is a Drill? **Primate.**
17. Which country was ruled by General Franco from 1939 to 1977? **Spain.**
18. Where did Wallace and Gromit visit in "A Grand Day Out"? **The Moon.**
19. Which British football team have played their home matches at Tannadice Park since 1909? **Dundee United.**
20. Which was the first feature film made by The Beatles?" **A Hard Day's Night".**

Natural disasters

O	O	T	A	T	O	R	N	A	D	O	W	H	N
T	G	N	I	N	T	H	G	I	L	M	O	E	H
O	L	T	L	D	N	I	M	A	N	U	S	T	O
D	T	T	H	U	R	R	I	C	A	N	E	T	L
T	Y	P	H	O	O	N	I	E	D	N	A	D	O
S	E	A	R	T	H	Q	U	A	K	E	D	R	H
F	I	H	E	B	T	R	S	L	Q	O	V	O	A
O	H	A	R	L	F	E	A	R	A	A	O	U	C
C	N	N	I	I	I	M	P	A	C	T	L	G	A
D	E	V	F	Z	A	V	A	L	A	N	C	H	E
T	O	T	D	Z	D	O	O	L	F	H	A	T	L
O	T	L	L	A	I	L	C	O	O	I	N	A	O
I	C	A	I	R	R	L	G	A	D	N	O	T	C
V	L	Z	W	D	L	A	N	D	S	L	I	D	E

BLIZZARD
 TYPHOON
 AVALANCHE
 HURRICANE
 VOLCANO
 EARTHQUAKE
 LIGHTNING
 TORNADO
 WILDFIRE
 TSUNAMI
 LANDSLIDE
 FLOOD
 DROUGHT
 IMPACT

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Rocky Mountains

I	M	R	H	I	K	I	N	G	T	R	A	I	L
E	O	C	O	B	R	O	O	K	T	R	O	U	T
N	U	S	D	T	O	K	W	A	H	S	N	K	S
I	N	U	A	S	P	R	U	C	E	S	N	S	R
B	T	R	R	S	E	N	I	B	M	U	L	O	C
A	A	I	O	I	K	A	S	N	E	P	S	A	S
C	I	F	L	E	K	A	L	G	E	F	O	R	G
A	N	F	O	S	K	I	O	P	E	I	A	W	C
H	P	I	C	E	L	L	I	T	S	S	A	O	E
M	E	I	I	K	D	E	O	A	U	H	C	N	N
R	A	B	B	I	T	N	O	E	O	I	O	S	I
O	K	O	A	T	B	A	K	W	R	N	I	N	P
M	A	E	R	T	S	N	B	R	G	G	H	I	N
R	A	I	N	B	O	W	T	R	O	U	T	A	A

MOUNTAIN PEAK
 SPRUCE
 PINE
 FISHING
 RABBIT
 RAINBOW TROUT
 CABIN
 COLUMBINES
 COLORADO
 GOLD
 LAKE
 HIKINGTRAIL
 HAWK
 STREAM
 BROOKTROUT
 FIR
 GROUSE
 SNOW
 ASPENS

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