

Griffin Newsletter

October 2023

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Icebreaker bingo

On Wednesday 27th, we had our first event of the year! After many months of quietness at Shaftsbury, the Griffin students descended for a round on icebreaker bingo. Armed with bingo cards saying things like 'who likes really spicy food' and 'who's an only child', we had to go around and get to know everyone. For the 12 new students this year, it was quite the test but everyone had a lovely time with smiles all round!

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Name: Qaiss
Medicine

Fun Fact: Gave up England Cricket Team to pursue Medicine
~looking forward to Amazing vibes, amazing people

Students



Name: Alex
Medicine/Intercalating

Recommendation: 'Amazing Hotels: Life Beyond the Lobby'. One hotel in London served hot meals to dog guests at £18 a tail!
~The best bit about Griffin is the community we have, both with all of you at Shaftesbury and amongst the students. It's a privilege to be part of!



Name: Tom
Medicine

Fun fact: My local Chinese recognise my by my order (chicken fried rice and beef in oyster sauce 😊)
~I'm very excited to get to know all the residents a bit better and organise some fun socials for the students



Name: Grace
Dentistry

Recommendation: I love gogglebox and listening to podcasts. I'm currently enjoying Emma Neil, Vicky Pattison, and The SMA podcasts :)
~I loved my first year at griffin and I look forwards to making even more friends and memory during the next 2 years !



Name: Ivy
Medicine

Fun fact; My family has had more than 30 cats in the last 3 years
~I'm new to Griffin and I'm so excited to start! I'm really looking forward to be a part of this community and also the many events coming up this year.

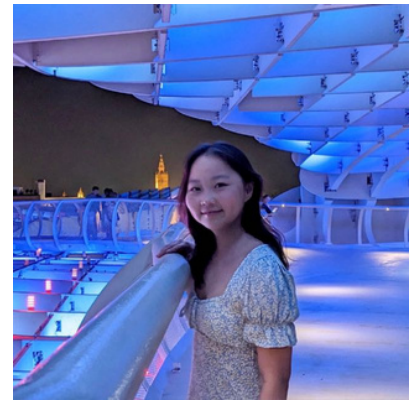
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Name: Alex
Dentistry

Recommendation: Black swan ! It's an interesting book about risk and our avoidance of it

~Looking forward to Christmas dinner as it's always a great experience



Name: kangbo
Medicine

Story time: Once accidentally walked out of the fire escape in the cinema mid movie

Recommendation: The office US

~Looking forward to another great year!



Name: Mahnoor
Dentistry

Fun fact: I collect books and candles, but forget to use them

~I really enjoy the sense of community griffin offers. I look forward to spending more time befriending my new griffiners and the residents of Shaftesbury lodge



Name: Subana
Medicine

Fun fact: I'm allergic to peas - bit of a weird allergy

recommendation: The bear on Disney plus
~I enjoyed the afternoon tea at Canary Wharf the most last year + getting to know everyone of course.



Name: RiRi
Medicine

Fun fact: I can do an incredible impression of a duck no joke

reccomendation: Come dine with me bc i love when they beef LOLLL

~Look forward to planning banger events at shaftesbury

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Name: Shreya
Medicine

Story time: When I was 13 I tripped over every single hurdle at sports day in front of the love of my life!

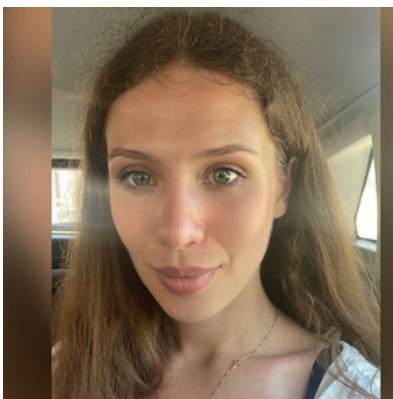
~Really excited to start befriending and have enjoyed getting to know everyone so far.



Name: Rachel
Medicine/Intercalating

Recommendation: The Thick of it - the chaos is so extreme it must be accurate

~Had the best year last year so can't wait to continue the good vibes!



Name; Luisa
Medicine

Recommendation: Down the rabbit hole because it's about psychiatry which I find interesting

~I really love being able to live with other medical students and I'm so excited to meet the residents



Name; Yiannis
Medicine

Story time: The time I took Ouzo to school instead of water. We started labelling the bottles in the fridge soon after that!

~I've been having a great time at Griffin out-events, and being around like-minded individuals :)

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Name: Aly
Medicine

Fun fact: I'm scared of horror movies but I want to watch them
~I enjoyed chatting with the residents and making new friends!



Name: Sophie
Medicine

Fun fact: I am one of the co-presidents of the Barts volleyball club!
~Griffin is such a warm and welcoming place to live, and I can't wait to start befriending the residents of Shaftesbury



Name: Sophia
Dentistry

Fun fact: I have a twin brother also studying dentistry
~I've just joined Griffin and I can't wait to organise events and support the local community :)



Name: Serena
Medicine

Story time: Shaved my eyebrows off once after seeing my dad shave his moustache
~Really looking forward to what the rest of the year has to bring.



Name: Anoushka
Medicine

Fun fact: I ate a scorpion in Thailand
Reccomendation: Agatha Christie's play, 'Witness for the Prosecution', which I'd highly recommend!
~This is my third year at Griffin House. I'm looking forward to seeing everyone at the events again, and getting to know the new students and residents!

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Name: Layla

Medicine

Fun fact: I absolutely love dogs and always stop on the street to stroke someone's furry friend.

~I look forward to meeting and getting to know all the residents at all our fun events!

Name: Katie

Medicine

Story time: When I was little I used to believe that the television, radiator and side of the bed were all wired in together. Therefore it made sense that Sly and Gobo from Noddy could come out of the side of my bed and the radiator in my bedroom. I was terrified!

~As a new member I am excited about the sense of community in griffin and regularly getting together with everyone to run/enjoy taking part in events.

Name: Nouman

Medicine

Fun fact: When I was younger, I had a mishap where I fell over and ended up cutting my head. I had to get stitches and as a result, I now have a scar on the back of my head from that incident.

~I found the first event quite enjoyable! I look forward attending more events in the future, with a particular interest in the larger gatherings to be able to meet more residents.

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Banana Bread Recipe - Flat 1

~
Ingredients:

~
140g butter, softened, plus extra for the tin
140g caster sugar
2 large eggs, beaten
140g self-raising flour
1 tsp baking powder
2 very ripe bananas, mashed
50g icing sugar
handful dried banana chips, for decoration

Method:

~
STEP 1

Heat oven to 180C/160C fan.

STEP 2

Butter a loaf tin and line the base and sides with baking parchment.

STEP 3

Cream 140g softened butter and 140g caster sugar until light and fluffy, then slowly add 2 beaten large eggs with a little of the 140g flour.

STEP 4

Fold in the remaining flour, 1 tsp baking powder and 2 mashed bananas. (We like to add chocolate chips)

STEP 5

Pour the mixture into the prepared tin and bake for about 50 mins, or until cooked through.

STEP 6

Cool in the tin for 10 mins, then remove to a wire rack.

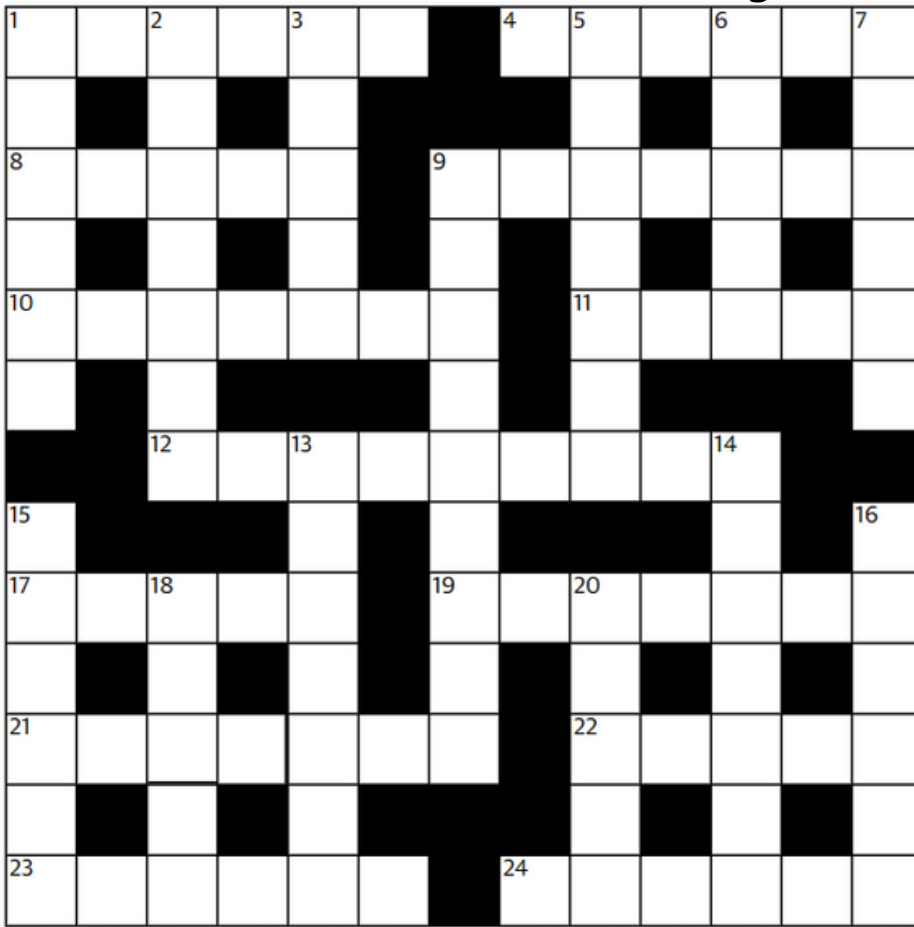
STEP 7

Mix 50g icing sugar with 2-3 tsp water to make a runny icing.

STEP 8

Drizzle the icing across the top of the cake and decorate with a handful of banana chips.

Puzzle Page

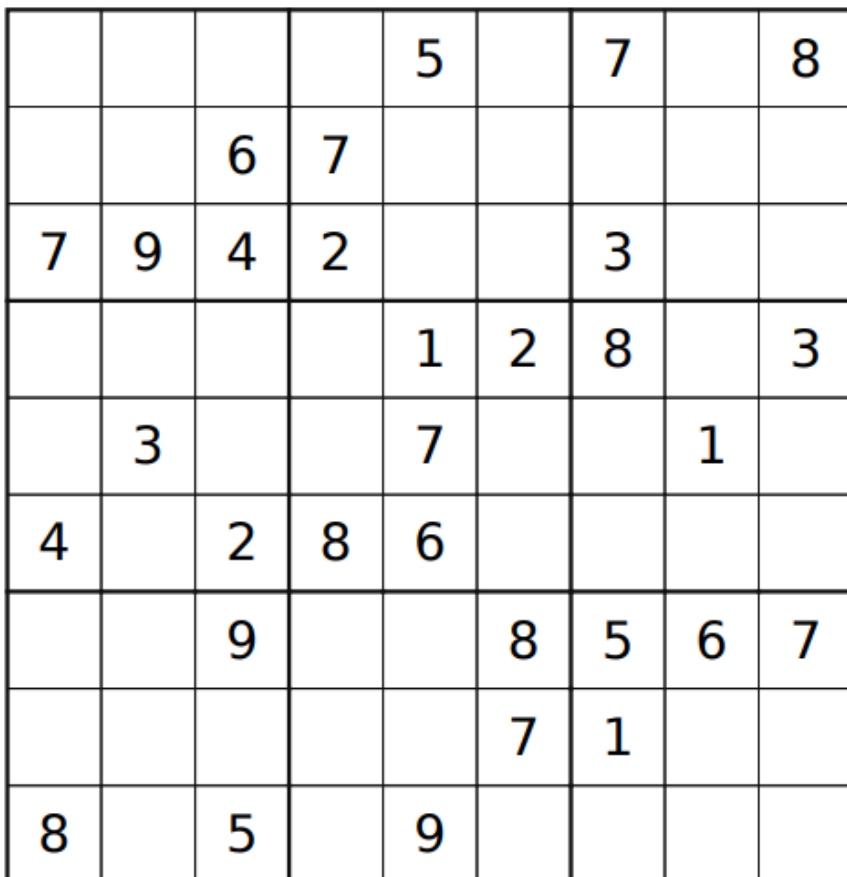


Across

- 1 Gallic (6)
- 4 Try (6)
- 8 Tempest's spirit (5)
- 9 Sordid dirt (7)
- 10 Large cushion (full of dried pulses?) (7)
- 11 Large US or Australian spread for raising cattle (5)
- 12 Shoulder bag (9)
- 17 Block of cast metal (5)
- 19 Excessive freedom (7)
- 21 Don't say a word (4,3)
- 22 By ear (5)
- 23 Have faith (in) (6)
- 24 Huntsman or house, say (6)

Down

- 1 Overweight (6)
- 2 Last words? (7)
- 3 Someone famous (abbr) (5)
- 5 Marine museums (7)
- 6 Tower for guiding pilots (5)
- 7 Hearty (anag) (6)
- 9 Small boiled sweet (for the Nutcracker fairy?) (9)
- 13 Substance essential in small quantities for normal metabolism (7)
- 14 Very similar (7)
- 15 Terrible (6)
- 16 Uri __ , spoon bender (6)
- 18 Motivate (informal) (3,2)
- 20 Muscular spasm (5)



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n° 22445 - Level Medium