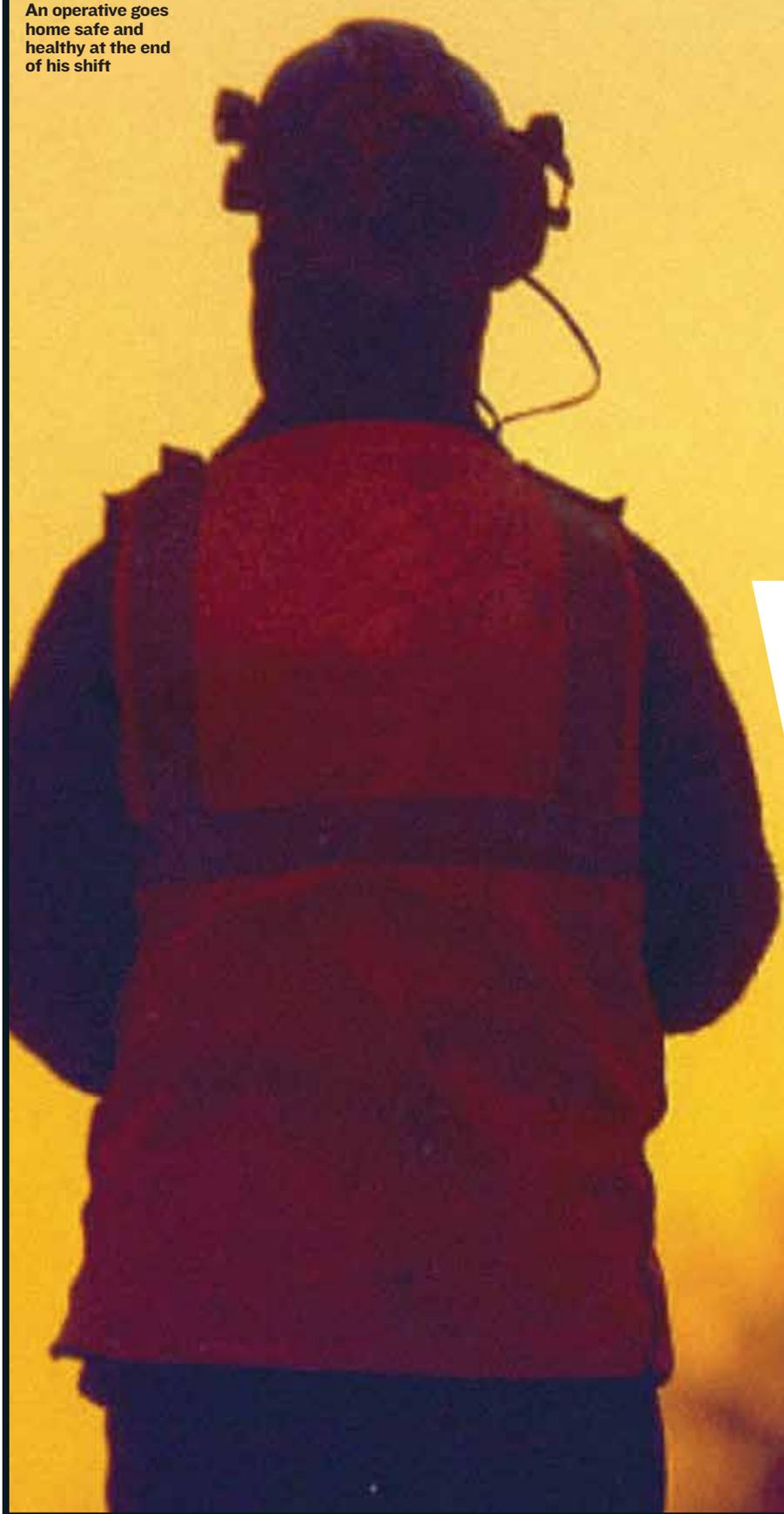


FREE!

Hi-VIZ

EVERYONE GETS HOME SAFE EVERY DAY!

An operative goes home safe and healthy at the end of his shift



IS HEALTH YOUR WEALTH?

Thameslink Programme focuses its efforts on Health and Wellbeing

WELCOME TO THE first 2015 issue of *Hi-Viz*. Although we hear a lot about **Health & Safety** we often tend to hear more about **Safety** than we do about **Health**.

Times are changing – we are putting more and more effort into helping our teams understand how they can keep themselves both healthy and safe. And let's remember that **Health** is as much about our minds as it is about our bodies.

Throughout this issue you will read about how things were many years ago on the railway through to what

some of our contractors are doing to keep their teams healthy.

We encourage you to think about the articles and remember that every little thing you do can make a difference. This could be climbing a set of stairs instead of taking a lift, drinking a glass of water instead of a can of coke, having one less sugar in your cup of tea, eating porridge instead of a fry up or taking 15 minutes out of your busy life to relax and unwind.

Little changes you make could help you feel better both mentally and physically.

“Health is as much about our minds as it is about our bodies”

PREPARATION IS KEY

How risks were reduced at the Bermondsey Dive Under during recent works

IN JANUARY 2015, Skanska started a 6-week blockade on the Bermondsey Dive Under (BDU) site, but the work started well before this. During the blockade, the BDU team had to excavate 450m³ soil, fix 50 tonnes of reinforcement, install 300m² of formwork and cast 350m³ concrete on structure SS402. That might not sound like much, but when you consider that all of this took place on a worksite no greater than 10m wide, wedged in the middle of four open railway lines, you can imagine the challenges faced.

Works of this nature are fraught with potential safety hazards. This is why Skanska, in collaboration with Network Rail and our reinforced concrete subcontractor UK Reinforcement, carefully planned every aspect to eliminate and reduce the risks at every given opportunity.

A key way in which we achieved this was by pre-fabricating all of the reinforcement cages and all of the formwork in a 'safe' environment on the ground, away from the railway. These cages and shutters could then be transported and positioned within the worksite in preparation for the concrete pour. In this way our steel fixers and joiners could spend around 80% less time 'on or near the line', keeping their exposure to a minimum. This is just one good example of how we here at the BDU project apply the general principles of prevention from the Management of Health and Safety at Work Regulations 1999 to make sure that everyone gets home safe every day.

Article by James Long, Skanska Section Engineer



The Bermondsey Dive Under Site

THE TIME TO Change pledge is a public statement for organisations who want to tackle mental health stigma and improve mental wellbeing, led by MIND and Rethink Mental Illness. The pledge asks organisations to create an environment where anyone with past or present experience of mental health issues is valued, respected and able to flourish.

Why do we need to change?

1 in 4 people will suffer with a mental health issue this year



It's time to talk, it's time to change. everyone fit for the future.

TIME TO TALK; TIME TO CHANGE

Our commitment to tackle stigma and discrimination surrounding mental health

Any ideas or suggestions email Hi-Viz@networkrail.co.uk

Editor, Sharon Fink, Health & Safety Manager, Network Rail

9 in 10

are affected by the attitudes of other people regarding their mental health issues



Everyone has a part to play

- You don't have to be a medical expert to talk about mental health
- Most people appreciate the chance to talk about how they feel and finding the right support can make things better
- Everyone has mental health and could be affected by issues at any time

What can you do?

- TALK — share your experiences of mental health if you would like to; how has it affected you or someone close to you? If you don't have a story, ask to hear someone else's
- LOOK OUT FOR YOURSELF — if you notice a change in yourself, recognize this and speak to somebody if you want some help
- LOOK OUT FOR OTHERS — if you notice a change in someone, ask them how they are and listen if they need someone to talk to

Looking out for others at work

- **Avoid working in a silo:** be mindful of others' pressures.
- **How are you?:** take time to ask others how they are
- **Look out for changes:** if someone is not quite themselves.
- **One to ones:** include mental wellbeing in catch-ups.
- **Be informed:** look into mental health awareness training.

Looking out for others at work

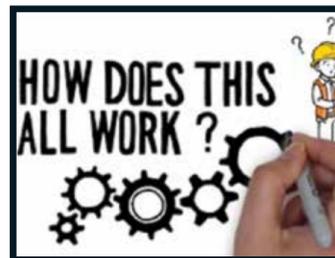
- **Avoid working in a silo:** be mindful of others' pressures.
- **How are you?:** take time to ask others how they are
- **Look out for changes:** if someone is not quite themselves.
- **One to ones:** include mental wellbeing in catch-ups.
- **Be informed:** look into mental health awareness training.

If you would like more information, please go to the website <http://www.time-to-change.org.uk/> or talk to your Health & Safety Team

Article by Michelle Gander, Health & Safety Specialist, Thameslink Programme

GOOD VIBRATIONS

Management of Hand Arm Vibration (HAVs) on the London Bridge project



Hand-arm vibration comes from the use of hand-held power tools and is the cause of significant ill health (painful and disabling disorders of the blood vessels, nerves and joints).

Did you know?

- HAVS is preventable, but once the damage is done it is permanent.
- HAVS is serious and disabling, and nearly 2 million people are at risk.
- Damage from HAVS can include the inability to do fine work and cold can trigger painful finger blanching attacks. (source hse.gov.uk)

Armed with this information the Costain London Bridge project developed a comprehensive process for the management and control of hand arm vibration on site.

This all begins with the induction phase when new starters arrive on site

- All new inductees are required to complete a medical and a hand arm vibration questionnaire to give us a background of their previous exposure.
- The medical information gathered at the induction is managed by the projects occupational health nurse Veronica Tattersall.
- Questions and a video shown within the induction presentation highlight the risks associated with the use of vibrating hand tools.



- All inductees visiting the stores to book out a piece of equipment that would cause HAVs exposure have a personalised HAVs card created for them.
- This card is swiped in the Reactec base unit by the stores to issue the individual a HAV meter (1).
- Once set up the HAVS meter displays the person's initials and the exposure in points (2).



• A further guide for the end user is a traffic light system on the HAV meter changing from green to amber once over half the exposure limit has been reached. Once the pre-determined exposure limit has been reached the led on the HAV meter changes red indicating the maximum exposure level has been reached. When this happens work stops and the tools must be returned to stores.

• No further tools will be issued to this person that day as they have no more exposure points available.

• If the individual exceeds their exposure limit significantly they are immediately referred to the site nurse for a HAVS check-up.

• Stores will not issue tools to the individual until they have had confirmation of a clear assessment by the nurse.

• The limits of are set at 350 points for our HAVS meters this is at 50 points lower than the exposure limit value (5 m/s² A(8)) is equal to 400 points.

• The HAVS meter attaches to the equipment via very powerful magnets. These magnets contain RF id tags programmed so the HAV monitor knows what tool it is attached to so it can record accurately what level of vibration the tool creates when its attached to the tool (3).

• As the operative uses the tool and then needs to use a different tool the HAV monitor can simply be detached and placed on the next tool to start recording exposure on that tool (4).

• At the end of shift or when the tools are returned the HAV meter is placed onto the charging dock and it automatically downloads the data (5).

This data is downloaded into the HAVS exposure file and added to the individual's medical records.

This data can then be interrogated to monitor people's exposure and be compliant with the law.

Designing tasks to prevent or reduce exposure to HAVs, adopting low vibration tools, and continual health monitoring on site help us manage this risk to the guys carrying out the work on our project.

Article by Brett Cleavely (Costain SHE Advisor)

DAY IN THE LIFE OF A 'PROJECT DIRECTOR'

Name:

Paul Bates

Job Title:

HCI Project Director

Family:

Live with my partner Janice. I have 3 grown up kids, Tom, Alex and Elena who live in St Albans, China and Harpenden respectively

Where do you live:

Harpenden

How did you get into the railway?

I joined British Rail in 1981, working as an electrical engineer in the tamper maintenance office for the Chief Civil Engineer in York. After 18 months I was offered the chance to join the S&T as a signalling engineer and that was me set for 34 years and counting. I've worked for most of the Suppliers in the UK and on some of the biggest projects in the UK and around the world, including jobs in China, Korea & Hong Kong and closer to home with the LTS project, WCRM, Jubilee Line and now Thameslink.

How did you get involved with the Thameslink Programme?

Back in 2008, the Department for Transport were considering with Network Rail how to achieve 24 trains per hour (tph), and the conclusion was Automatic Train Operation (ATO). The project was looking to kick off the development of this and I had just finished working for Thales on the Jubilee Line, also an ATO project.

I started working for Chris Binns in December 2008 – just the two of us – and we developed the ATO and ETCS concept and project pretty much from the ground up. Whilst working for Chris as Technical Authority we started to build the 24 tph team and amalgamated with the KO1 signalling team in 2012 to form the HCI team. HCI stands for High Capacity Infrastructure – the signalling and systems that we are overlaying on “conventional” signalling to get the performance we need.

What is a typical day for you?

I usually get up around 5 am, and out the door and on a train by 6am. Harpenden to Blackfriars is a good,

usually reliable route and I'm normally sat at my desk by 7.00. The first couple of hours in JFH when not many folk are around is when I do most of my productive work – after that it's usually meetings from 9am-4pm, pretty much all of the day.

What's great is the variety and range of projects within the HCI team so spending all day in meetings keeps my interest levels high. The HCI team is a joint team with our contractor Siemens, in which we have shared both Project management and engineering roles, as that team is pretty much self sufficient, so I don't need to spend as much time on that as I would expect. We are still developing a good deal of scope for the project, from traffic Management, to mechanical gap fillers to provide step free access at Farringdon, to extending platforms across the South East to accommodate the new Class 700 trains, and its helping the team develop these projects that takes up most of my day.



Paul Bates, Project Director, Thameslink

What is your view on the Thameslink approach to Health and Safety?

I can honestly say that I have never worked on a project where the approach to and focus upon Health and Safety is at the high level we have achieved on Thameslink. Thinking about safety and planning to do our work safely is driven into our work at all levels, from the strategies set by the project, to the proactive approach to workforce safety and sharing pain and success from our Supply Chain, to the methodical way that safety and track access is planned by the delivery teams.

Whilst we can never be complacent about safety and every accident and significant event is one too many, as I travel and work around other projects in Network Rail, its clear that the Thameslink Programme works are at a different level to most other projects. This is reflected in the quality of safety discussions held and the willingness to share lessons when things have gone wrong.

What role does Health and Safety play in your life?

So at work I was appointed CDM client rep for the HCI project, something I'd never done before and needed training and mentoring in the role. Now I run a period CDM co-ordination meeting with our engineers, project Managers and Suppliers and I find it satisfying and an area where I can directly influence our safe work.

In my role as Project Director, I'm accountable for all my NR team and suppliers staff and a good deal of our time in meetings is spent making sure we are delivering our works as safely and effectively as possible.

Outside of work, I've found that the learning and briefings I've had over the years on our big Thameslink construction projects mean that I can't walk past a building site or scaffolding structure without doing some kind of risk assessment in my head – isn't that a worry!

A couple of years ago I volunteered to lead the Health and Wellbeing working group – again a TLP initiative ahead of anyone else in NR. The challenge was to look at how we can manage workforce health the same as we do safety, and we have now implemented a range of activities that exceeds what anyone else in the business is providing. The challenge we set the team was to manage the physical activities – health checks and back massages etc – to be routine so that we could focus on the issues that were coming out of staff feedback surveys like Your Voice, where concerns over stress at work, bullying and mental health were raised – all difficult subjects to talk about let alone deal with. So that's our focus now, but to do it in a way that offers our colleagues opportunities, not forces our ideas and plans onto them

How has work impacted your life personally?

I think my involvement in the Health and Wellbeing working group really opened my eyes to how I can improve my health, through sorting out my diet and doing some exercise. Before that I wouldn't even go to the health checks – probably too scared to be told I was overweight and drinking too much.

But I decided to practice what I preached and went along in November 2013 to a health check. And guess what... I was way overweight and my blood pressure and cholesterol were off the scales, so I decided to do something about it.

I sorted out my diet. Porridge every day for breakfast, having a go at the 5:2 diet (the team always know when I'm on a non-eating day!) and more greens and less crisps the rest of the time.

I've also mainly cut out mid week drinking, the challenge now being not to undo all that good work by overdoing it on Friday night!

And exercise. I seldom use the lift in JFH, and I've found walking up stairs out of tube stations is also great exercise during the day. I try to do 30 mins high effort exercise 3-4 times a week and wiped the cobwebs off my bike last summer.

And the result of this... I lost about 13 kg (about 2 stone) last year and I feel so much better for it. This year's challenge is to keep it off.

What is the most important thing to you, when you come to work every day?

It probably sounds corny, but it is the case that every day I want to make sure all my team, colleagues and the travelling public get home safe, and whatever we do I try to challenge as to whether we are doing the best we can, whether it is protecting the team when out on the track or designing some of our complicated signalling systems, which will make everyone's journey better and safer. And of course delivering our work on time and efficiently is key, and goes hand in glove with doing it safely.

HEALTH AND WELL-BEING

BRIDGEWAY BELIEVES THAT healthy staff can have a positive impact on the safety, productivity and effectiveness of our business. An effective Health and Wellbeing programme is essential in the safe and successful delivery of the work we undertake. We also believe that work can have a positive impact on health and wellbeing and good health will have a positive effect on our employees and their immediate families.

Our Vision

- To have a better workforce in relation to health, physical, social and psychological wellbeing
- A culture which demonstrates health at work is everybody's responsibility
- To help our staff understand that working for the rail industry can be a long, productive and attractive career

Ultimately we want to make healthy choices the easy choices for our employees. A wide range of services and support are available to support and enhance physical and emotional wellbeing.

During 2015 we'll be developing educational materials such as videos, posters and presentations to raise our staff's awareness of health and wellbeing; including some of the following initiatives:

Article by Steve Diksa, Corporate Development & Sustainability Director, Bridgeway Consulting

A problem shared is a problem halved



- Whatever the problem, don't suffer in silence.
- Bottling your feelings and emotions up is not healthy.
- Talk to a friend or colleague, two heads are better than one.

Give your heart a helping hand



- Keep your heart healthy. Exercise regularly and move more especially if your job isn't physically demanding.
- Eat a balanced diet. Avoid foods that are high in fat and sugar and excessive amounts of alcohol.

Sleep well for better wellbeing



- A good sleep helps boost your immunity and restore energy as well as improve concentration, focus and creativeness.
- Sleep deprivation can be seriously detrimental to your physical health.

Getting in some sun?



- Stay safe in the sun and even during cloudy days. Apply sun cream regularly to protect from UV rays if you are prone to burning.
- Each year, around 2,200 people die from Skin Cancer – Protect yourself. Cover your skin as much as possible, especially between 12pm to 3pm.

Stay active



- Both a healthy diet and exercise are important for lowering health risks, such as obesity, heart disease, diabetes, high blood pressure and cancer.

Hydration & Nourishment



- Drink lots of water to prevent dehydration. 2% body water loss can impair performance and affect your health.
- Your body needs nourishment to give you energy. Eat healthy meals at regular times.

Get an active lifestyle



- Being active is great for your physical health and fitness. But evidence shows that it can also improve your mental wellbeing.

BRIDGEWAY HAVE BEEN SUPPORTING OUR STAFF IN VARIOUS ACTIVITIES TO PROMOTE STAFF WELL-BEING AND HEALTHY LIFESTYLES:

FAT-FIT CLUB
(weight-loss after Christmas & New Year holiday feasting)

CYCLE TO WORK
cycle racks and shower facilities at Bridgeway Offices

5-A-SIDE FOOTBALL
open to all staff after work on Wednesdays

FRUIT MONDAY/FRIDAY
encouraging staff to eat healthy

HEALTH WEEK
machine to monitor blood pressure, heart rate and Body Mass Index

FLEXIBLE WORKING ARRANGEMENTS

MATCHED DONATIONS
for staff participation in health related charity fund raising



PUTTING HEALTH BACK INTO HEALTH & SAFETY



Healthy food choices available from the canteen

This has led to a number of operatives seeking advice from their GP, which may have gone undetected otherwise. The PSA test is a blood test that measures the amount of prostate specific antigen (PSA) in your blood. PSA is a protein produced by normal cells in the prostate and also by prostate cancer cells. It is normal for all men to have a small amount of PSA in their blood, and this amount rises as you get older. A raised PSA level may suggest you have a problem with your prostate, but not necessarily cancer.

Healthy Choices

On top of the Health checks we also have free fruit delivered weekly and during our possession works we have a free canteen service allowing the team to choose healthy options and to ensure all of the team are fed with nutritious food. We realise how important a healthy diet is especially when you work in a construction or railway environment. You need to be physically fit and very alert throughout the entire working shift.

Throughout 2014 we have had a number of Health talks from an external body based around Processed Food, Healthy Eating, stress and depression and back injury. These presentations highlighted the key specific health and disease risks of processed and convenience foods, looked at ways to avoid the types of foods that present a high health risks, and substitutions for eating healthily on a budget.

Article by Feila Scally, Skanska EHS Manager

How Skanska are ensuring the health of their workforce is given as much focus as safety

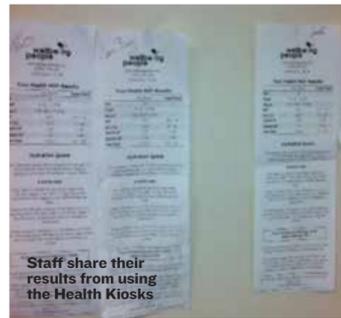
ON THE BERMONDSEY Dive Under project, the team have identified the importance of putting Health back into Health & Safety. We appreciate that healthy workers (both body and mind) is a critical element to ensuring everyone gets home safe every day.

Health Checks

To ensure that the health of our operatives is given as much focus as their safety, we have introduced Health Checks and Health Screening Kiosks which are readily available on site. The health checks vary and cover items such as Cholesterol, Glucose levels, Blood Pressure and BMI. This has led to healthy competition among a number of operatives to reduce their Body Fat composition.

Prostate Cancer Checks

Did you know that Prostate cancer is the most common cancer in men in the UK? About 1 in 8 men will get prostate cancer at some point in their lives and most men with early prostate cancer don't have any symptoms. The project team have ongoing Prostate checks in which a nurse comes to site to take blood samples. Our last session seen 40 men take the test and we received some really positive feedback "I never would have went to get this checked outside of work, by the time I get home I only want to spend time with my family and not in the Doctor's"



Staff share their results from using the Health Kiosks

"1 in 8 men will get prostate cancer"



The Health Kiosk in use

FRUITY FRIDAY

Carillion provides fresh fruit to staff to help improve health

STARTING 2015 CARILLION has put the focus firmly on health by introducing "Fruity Friday" which is a delivery of fresh fruit each Friday to its sites on TLP to promote healthy eating. Also for January, health monitoring pods are back on each of the sites to allow all site based personnel to measure their weight, Body Mass Index (BMI) and blood pressure. These were purposely brought back in January to assist with new years resolutions related to health improvement and as part of Carillion's 2015 TLP Health Strategy.

Article by Martin Welch, H&S Manager, Carillion



Fruity Friday delivery on site



Health pod being used by Angrej Singh



Cycle Route Map

ON YER BIKE!

Keen cyclists on Thameslink want you to join them

COAST2COAST (C2C) IS 20 years old this year and 15,000 cyclist complete it each year

A group of like minded cyclists of all levels on the Thameslink Programme are planning to complete the Coast 2 Coast (C2C) cycle ride, taking place on the 6th, 7th & 8th June 2015 from Whitehaven in Cumbria to Tynemouth in Northumberland following the Sustrans Official National Cycle Network encompassing 3 networks along the route.

The cycle is 80% off road, on purpose built cycle paths, tow paths and old railway tramways and crossing over the Pennines. The total route is 140 miles over 3 days and there will be plenty of sight seeing and coffee stops

The group decided that a maximum of 16 riders will cycle and presently we have 12 riders who have committed to ride. Therefore if you fancy a long weekend of casual cycling in good company please join us.

If you are interested or want more information, please contact Michael Prosperino (Michael.Proserino@networkrail.co.uk) or Declan Keane (Declan.Keane@networkrail.co.uk.) The ride is open to all, including partners.

The below website has more information to help you make up your mind!

<http://www.c2c-guide.co.uk/>

Article by Michael Prosperino, Senior Construction

"16 riders will cycle and presently we have 12"

CONSTRUCTION AND MAINTENANCE work on the railways has always carried its risk but looking back it was incredibly dangerous in the 19th and early 20th centuries.

In 1900 alone over 16 000 workers were injured or killed and by 1913 this increased to over 30 000 in a single year.

In fact the expectation that workers would get hurt as part of their working day was so high, some railway companies opened their own hospitals and designed and supplied false limbs for the workforce that were injured. In some cases they even funded orphanages through public donations to care for children.

Generally with the advent of the railway in the 19th century the government was more concerned about passenger rather



Crewe Railway Works Hospital 1913

than worker safety. It wasn't until trade unions got involved that concern was raised and the government and companies started to get involved.

Up until this point railway companies saw it as the workers' responsibility to look after themselves providing their own weatherproof clothing and protective equipment. Their concern was limited to providing stern warnings through signs and books full of rules and regulations.

Some railway companies took a greater lead than others and introduced 'Safety Movements' using photos, posters and articles in a conversational tone (a bit like Hi-Viz!) showing workers safe methods of going about their work and highlighting the common dangers and risks around their sites. The focus also moved towards looking at workers behaviors and how they were affected by different factors such as condition on worksites, time pressure, tools, welfare and supervision.

Our recent Safety

How far Health & Safety in our industry has come since the 19th Century

LOOKING BACK

Culture Surveys which have been carried out across the programme, and which you may have been involved in, have continued with this approach, to understand how our workforce feels in delivering work on the ground.

Unless we know what makes your job difficult, whether we are learning from close calls and accidents and whether you get the support from senior management, we cannot strive to improve culture and focus future innovations and initiatives.

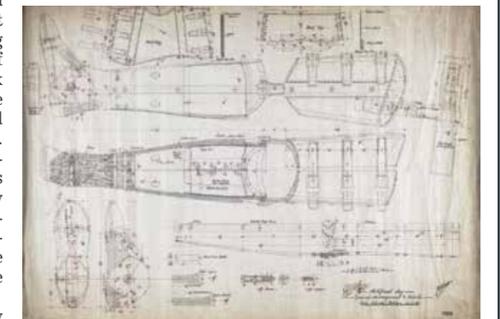
Posters promoting safety



A railway magazine



Artificial Limb 1885



EYE PROTECTION
One area that has caused a lot of debate in recent times (including surveys we've undertaken) is eye protection.

Then dangers have always been there but the protection we now provide has come a long way compared to the 1950's.



Only recently a trainee on the Crossrail Programme sadly LOST THE SIGHT in one of his eyes when a porcelain insulator rolled off the back of a flatbed lorry smashing and sending razor sharp shards of china up into the air.



Increasingly across the world, eye protection is mandatory on all construction sites. Modern eye protection now comes with both tinted and clear lenses and non-misting and anti scratch coating, a long way from the steel gauze and string all packaged in a tobacco tin!

Article by Mike Netherton, Health & Safety Manager, Thameslink Programme

BEATING THE WINTER BLUES

Ways to beat low spirits during the winter months

THE WINTER BLUES can affect us all. Dark days are still here, our waistline has probably increased after Christmas, credit card bills have arrived and the

Summer holidays are not yet in sight!

Here are a few ideas to help us reduce the waistline, feel more upbeat and get us ready for Spring / Summer...

Drink plenty of water throughout the day to beat dehydration.

Every cell in your body needs adequate water to function properly so try to drink at least 2 Litres a day to flush fat and toxins out.



Consider taking a high-quality B-complex and vitamin C supplement.

Both of which are depleted by alcohol consumption and stress - and chances are you had both during the Christmas break and many days since.



Eat a small healthy snack every two hours to stabilize blood sugar.

Wild blood sugar fluctuations can deplete your energy, cause weight gain, intensify food cravings, and depress your immune system, making you more vulnerable to those cold and flu bugs found in droves in the winter months.



Avoid eating sweets, synthetic sweeteners or foods sweetened with them.

Instead, eat fruit and sweeten herbal teas with a few drops of stevia a substance that is naturally sweeter than sugar, without the nasty effects on your blood sugar levels.



Add beans to your diet in soups, salads, stews, chilli, or other foods.

The humble legumes are the most overlooked healthy foods, yet they are packed with protein, fibre, and complex carbs (the good ones) that cleanse your bowels, stabilize blood sugar, and keep you feeling full for hours.



Be sure to fit some exercise into your day.

A minimum of twenty minutes of vigorous activity will get your circulation going, improve lymph flow, increase energy, and help your body burn any bulges you may be carrying.

If you can't fit in 20 minutes of exercise try increasing the amount of walking you do or even taking the stairs instead of the lift.



Pint
4% ABV

pint of beer



2.3 Units

large slice of pizza



197 Cals

AND REMEMBER...

There are many health benefits of keeping our alcohol intake to a moderate level. As you can see from the examples below, keeping our waistlines in check through not drinking in excessive calories is just one!

250ml
13% ABV

large glass of wine



3.3 Units

slice of sponge cake



195 Cals

440ml
5% ABV

3 cans of beer



6.6 Units

a sandwich



551 Cals

WORDSEARCH

New Year's resolution to be healthy going well? Stay motivated with our keep fit themed word search. Solutions appear vertically or horizontally and can be spelt forwards or backwards!

Feel younger
Count calories
Onion
Carrot
Less junk eating
Saggy
Not indoors
Duess
Breathe
Dieter
New stance in yoga

Handsome
Trousers
Trains
Five a day
Exercising
Potter
Eat green veg
Walk or cycle
Trains
Red meat
Pan fry

Avoided
Join a gym
Offload the lard
Exceed
Take up boating
Scold
Eat to smile
Sports
Energising
Accidents
Cooking

Wordsearch by Tim Witcomb

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