

Spring into Easter

Alison is Retiring

Easter Egg Hunt!

Richard Howard Memorial

Hot Cross Buns

Gail Sullivan returns to UK

Mothering Sunday

Kew Gardens Membership

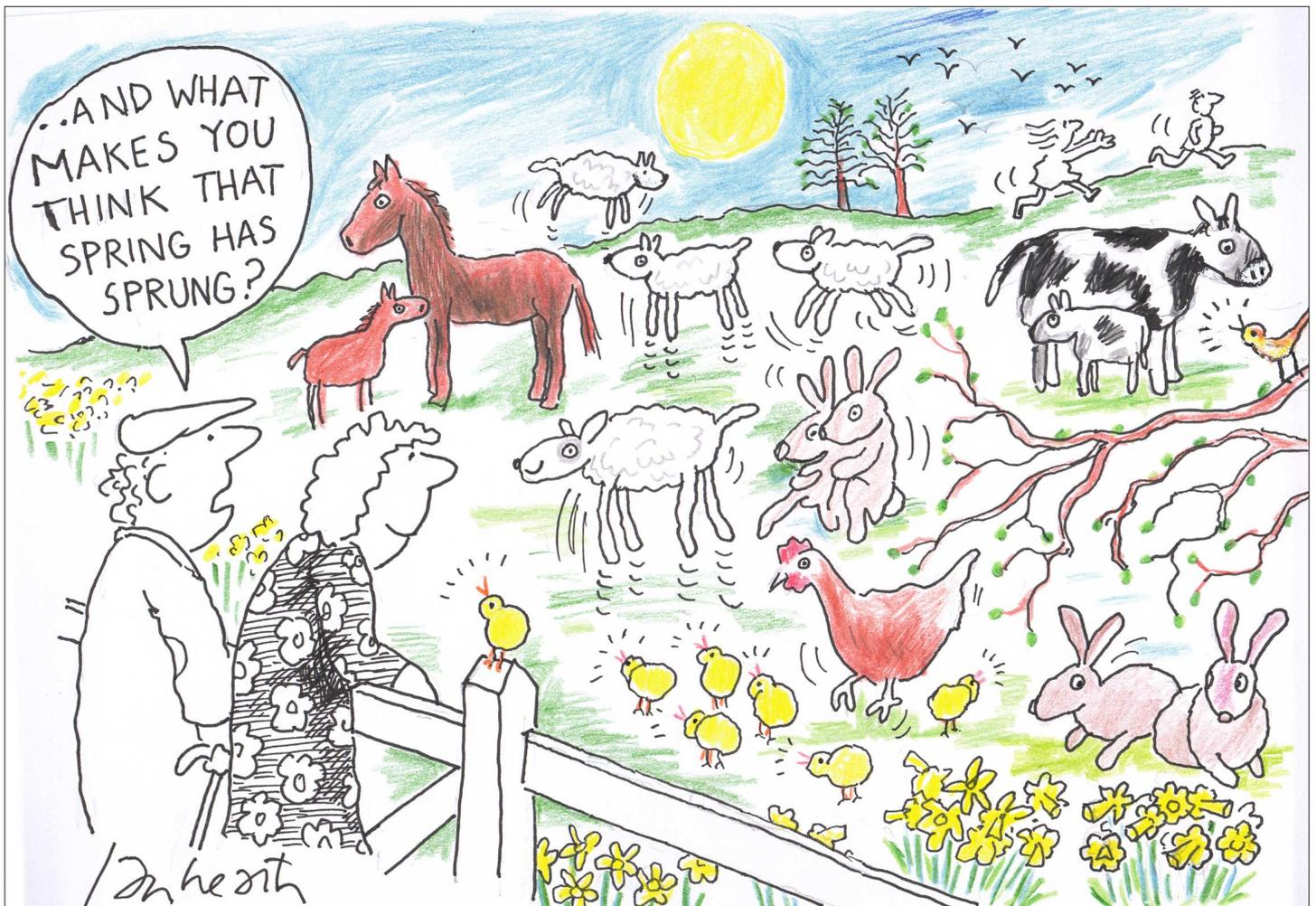
Quiz Night

Meditation Sessions

Nick Taylor Interview

Itch to Stitch?

Extract From My Diary



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Competition Winner

Thank you to everyone who sent in entries for the Wordsearch and crossword. Picked at random, our winners this month are:

Connie Yorke (Quiz) & Jenny Ruff (Spot the Difference)

Congratulations!

Answers from last month's competition are on page 27.

Contribute to our Next Issue

If you would like to contribute an article for the next issue, the deadline is: **Friday 15 March 2024.**

Give the article to your Scheme Manager, or email to c.richards@richmondcharities.org.uk

As a guide on word count, a one page article is ideally 340 words.

Front Cover: *Easter Cartoons by Ian Heath*



This magazine is recyclable. Please feel free to share your magazine with others.

Welcome to our New Resident

We offer a warm welcome to our new resident:

Ms Eljay Park, Wright's Almshouses

Farewell

It is with great sadness that we say goodbye to:

Richard Howard, Candler Almshouses RIP

Chapel Schedule: March 2024

Sunday 3rd March	10.30am Communion with hymns, followed by refreshments
Sunday 10th March <i>Mothers Day</i>	10.30am Communion & distribution of flowers 4.30pm Cream Tea!
Sunday 17th March	10.30am Communion with hymns 5.30pm Songs of Praise
Sunday 24th March <i>Palm Sunday</i>	10.30am Communion with hymns 5.30pm Evening Prayer
Thursday 28th March <i>Maundy Thursday</i>	4.30pm Maundy Thursday Communion
Friday 29th March <i>Good Friday</i>	2pm Good Friday Worship
Sunday 31st March <i>Easter Sunday</i>	10.30am Easter Morning Communion
Tuesdays at 3pm	Lent Study Group <i>Check with Derrick for details</i>
For more info email Chaplain Derrick: d.thompson@richmondcharities.org.uk	Morning Prayer on Tuesdays at 10am Evening Prayer on Thursdays at 4.30pm All are welcome to join us.

Editorial Committee: Juliet Ames-Lewis, Lorraine Bradley, Debbie Flaherty, Chantal Richards, Derrick Thompson & Mike Townsin.

Magazine Design: Chantal Richards & Eden Richards



Above left: Snowdrops in Vineyard Passage by Derrick Thompson

Above right: Daffodils at Orleans House by Jan Thompson.



Letter from Mike Townsin

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Dear readers

As we emerge, groggily, from chilly winter to sunlit – hopefully – spring and leave behind months of bad-news headlines (remember when people used to say, ‘don’t worry it’s tomorrow’s fish and chip paper!’), I want to cheer you up with some good news.

A couple of weeks ago, scientists announced the launch of a long-awaited malaria vaccine, which will save the lives of millions in Africa.

Less practical, but none the less awesome, NASA has revealed astounding pictures, taken by the John Webb space telescope, of 16 new galaxies – which somewhat put my place in the universe in perspective.

Closer to earth, a beloved dog, missing for twelve days, was found by a thermal drone; and a self-taught great granny fulfilled her dream to knit a whole wedding dress for her village show; we heard that a five-year-old boy is bringing joy to care home residents by reading his favourite stories to them; and how gene therapy has restored the hearing of children with hereditary deafness.

So, as Monty Python didn’t say: “keep looking on the bright side of life by googling [thegoodnews network.org](https://thegoodnewsnetwork.org)”.

Mike



The Clocks Go Forward on 31 March 2024

The clocks go forward 1 hour at
1a.m. on the last Sunday in March.

It’s time to GET OUT YOUR
THINKING CAPS!

So, save the date!

Quiz Night
Thursday 16th May
6.00pm in the Chapel.

If you haven’t been to a Quiz night before, why not give it a try?

Don’t panic – you don’t have to know everything! You will be part of a team and can pool your knowledge. And you probably know more than you think!

Team sizes are up to 8. If you are on your own, don’t worry – we can introduce you to another table.

There is a small prize for each member of the winning team. If your group is bigger than 8, please make two (or more!) smaller tables - the smaller teams often win!

Why not give it a go!

Drinks and nibbles will be provided.



Away With Fluffy Easter Bunnies and Chocolate Eggs!



by Mike Townsin

Of all the weird and wonderful goings-on during Eastertide, the 200-year-old Hare Pie Scramble and Bottle Kicking event in Leicestershire must be the most baffling to the casual foreign visitor. This is in three parts: a procession led by a Warrener with hare topped staff through the villages of Hallerton and Medbourne, carrying a large hare pie and three 'bottles' (two small kegs of beer and one solid wood 'dummy'); the pie then blessed in the church, cut up and thrown to the crowd for the 'scramble'; parade departs to the bottle kicking field on Hare Pie Hill for a no-rules contest (emergency services on standby) between the two villages, moving the bottles over obstacles. End-of-day departure of combatants and spectators to pub.

After that the following events may seem a bit tame!

The hot cross bun ceremony at the Widow's Son pub in Bow. Legend has it that, in 1890,

a widow's son joined the Navy and went off to war, saying he would return home at Easter and asking his mother to have a hot cross bun waiting. He never returned but she made a hot cross bun every Good Friday for the rest of her life. After she died a net full of buns was discovered in her attic. Every Good Friday Royal Navy sailors gather at the pub, add another hot cross bun to the net for the crowd, and have a singsong.

The 'Uppies' and 'Downies' 19th century hand ball game between the residents of East and West Workington, Cumbria, is played at Easter to raise funds for charities. It's a no-rules, rough and tumble scrum, played downhill towards the docks, with breakaway sprints; the player who 'hails the ball' (throws it in the air three times) at the opposing team's goal wins the game for his team – which can consist of up to a thousand players.

Mmmm, maybe almost as dangerous as the Hare Pie Scramble!

Happy Easter eventing...



Hallaton Bottle Kicking between the villages of Hallaton and Medbourne in Leicestershire by Alex Hannam / Alamy

Alison is Retiring!

by **Juliet Ames-Lewis**



Alison has been the charity's administrator for 17 years. She is the face of the charity, the first point of contact for almost all our applicants who then become residents, and she is an extremely important cog in The Richmond Charities' wheel.

Alison has decided that now is the right time for her to retire, and she will be leaving the charity towards the end of April. We all owe Alison so much for everything that she has done for the charity in her 17 years here. She has not only been an efficient and effective Administrator, but she demonstrates on a daily basis her empathy and compassion with all those who come to us in need of housing and searching for a home and a community.

Looking back through our records, I can see that of our current 165 residents, only 14 were here before Alison arrived in June 2007, so that's a huge number of residents (about 150) for whom Alison has overseen their applications and welcomed into our community in the last 17 years.

We will of course, as a staff team, miss Alison when she goes and we will be giving her a good send-off to thank her for everything. Residents may also wish to express their thanks to Alison and a letter will be circulated shortly about this. I am currently recruiting for a new Administrator to join the team. All I can say for now is that Alison will be a very hard act to follow!



New Almshouse Developments

by Mick Tinson



St Mary's Grove Garages

Luckily, the weather has allowed for the progress we were hoping for. The last of the foundations have been poured and works are starting at the far end, plot 5, to reinstate the rear boundary wall, seen on the right of the picture. As with the Queen's Road estate, this project will also be using beam and block flooring which is a very quick and efficient way of creating the solid platform for which the main structure will be built on and around.



Top right: Rear boundary wall beginning construction.

Below: Significant progress on bricklaying for ground floor.



Queen's Road

Last month saw the installation of the beam and block flooring. This month we can really see the speed at which the guys are working. Luckily the weather has warmed up and the rain has held off enough for the brick-laying team to come in and do what they do best.

Astonishingly, in such a short space of time, the whole of the ground floor is starting to take shape.

The red vertical columns extend beyond the ground floor footprint to facilitate the upper floors and will create an undercroft which will be used for parking.

Richard Howard Obituary



by Mike Townsin

“An enchanted audience ate out of his hand... impeccably funny”, said the Observer’s theatre critic of Richard Howard’s performance in *Double Cross* at London’s Royal Court Theatre. An accolade which will not surprise his many friends at The Richmond Charities, where Richard and his late wife Christina lived happily for many years.

I interviewed Richard for the Almshouse News (April 2023 edition), and, over several entertaining sessions, listened to the story of his remarkable sixty years on the stage. He was charming, self-deprecating, and obviously highly versatile, especially in his range of Shakespearean roles. Characteristically, he declined to provide me with anecdotes involving his famous peers out of professional etiquette.

Among us, he was no less famed for his enthusiasm, warmth and friendship, for running the Quiz Nights with Margaret



in recent years, and for taking part in many other social occasions. He will be greatly missed.

Richard died, with family at his side, in Princess Alice Hospice, Esher on January 26th 2024.

In Memory of Richard Howard



by Margaret Goddard

Richard Howard RIP, is much missed by his family and many friends.

For some time from the middle of last year, Richard was planning a party to celebrate his 80th birthday on 8th March. Sadly that is now not to be.



But, Carmela and I, his neighbours at Candler, thought it would be a tribute he would have appreciated to hold such a party in his memory.

So to all his friends at the Almshouses and in the locality, we would like to extend this invitation to a:

**Buffet Lunch
on Saturday 9th
March
12 to 3.30pm
at The Chapel
of St Francis
at Hickey's
Almshouses**



Come and celebrate Richard’s life and in thankfulness that we knew him.

It would be helpful to have some idea of how many we need to cater for so we would be grateful if you could let us know – either through your Scheme Manager or email margaret.goddard@yahoo.co.uk, or phone 020 8892 5765

**“He was a man, take him for all in all,
I shall not look upon his like again.”**

Hamlet

Chaplain's Chat



by Derrick Thompson

With the first of the month marking the beginning of Spring and the last of the month being Easter Sunday there is a lot happening in March!

There is the continuation on Tuesdays at 3pm of our Lent Study Group 'A Place for Us', which you are still welcome to join. **10th March is Mothering Sunday**, a day when everyone is encouraged to turn to 'Mother Church'. This is a day for all, not just Mothers, and so we will be distributing flowers at the morning service and having a Cream Tea for all, just for the fun of it, starting at **4.30pm**. I'm hoping we may even have a traditional Simnel Cake!

Towards the end of March we have Palm Sunday on Sunday 24th, Maundy Thursday on 28th, Good Friday on 29th and the great resurrection celebration of Easter Day on 31st. **Details of the service times are in the Chapel Schedule** – we would love to see you in Church as we celebrate Easter. If you are coming on Easter Sunday, bring a bell, or something that rings when you shake it! And don't forget the clocks spring forward on Easter Eve!

Talking Easter and dates, why does the date of Easter keep shifting around? The Christian Easter celebrations are linked to the Jewish Passover and the dates for both are dependent on the cycles of the moon. For many centuries Easter in the West has been on the first Sunday after the first full moon after the 21st March. As calendars have changed over the centuries, Easter has come to sometimes be on different Sundays in the East and the West. And sometimes it matches with the Jewish Passover and sometimes it doesn't. Complicated isn't it! No wonder Pope Francis has expressed a hope that soon East and West will agree on a common, fixed date, to celebrate Easter!

Enjoy Spring everyone, and when it comes, Happy Easter!

Hot Cross Buns

When I were a lad, as so many anecdotes start, it was not until the afternoon of Good Friday that we had our first, and often only, Hot Cross Buns. Now you can buy them in supermarkets all year round, but what is the origin of these tasty, sticky, spiced fruit buns?

Could it be that they were first baked in Greece in the 6th Century, or were they first made later than that? Their sale on Good Friday in the 16th Century was banned, and they are mentioned in nursery rhymes recorded in the 18th Century, so they were first baked before then.



One English tradition is that they were first made by Brother Thomas Rodcliffe, a Monk at St. Alban's Abbey in 1361, for distributing to the poor. I quite like that, but I suspect that St. Alban's claim cannot be proved (unlike the buns) and that we will never know when the tradition of a bun with a cross on top, to be eaten after the end of the Good Friday fast started.

Whatever their origin I will try to wait until Good Friday before eating any hot cross buns this year – but then I will definitely be wanting more than one!

Inner Guidance, Dedicated Meditation Sessions



Promoting Health & Well-Being

by Deborah Flanagan

Hi there, I'm Deborah Flanagan of Inner Guidance, a skilled Meditation Coach based in Sunbury-on-Thames. In 2018 I fell in love with meditation and mindfulness and how it has transformed my well-being. After years of practising, I have made it my mission to help others heal and cultivate their inner calm. Your journey begins from within. Are you ready to join me?

If you feel you would like to take part, why don't you come and join in with our **6-week taster course on a Tuesday between 11:00-12:00 noon in the Chapel at Hickey's.**

The first session is on **Tuesday 9th April.**

Numbers are limited, so if you would like to join in, please let your Scheme Manager know and they will book your place. Places are free for almshouse residents.

Kew Garden's Membership Scheme



by Claire Sanecka



We are approaching Spring and I can certainly see the signs (albeit very small) such as the timing of sunset and sunrise, blue skies and mild weather - we are on our way to goodness!

We have renewed our Membership with Kew Gardens for 2024. Please contact your Scheme Manager if you would like a ticket or two.

What's on:

3rd February - 3rd March: Orchid Festival — Inspired by the beauty of Madagascar (10am - 4pm)

23rd March - 14th April: Sounds of Blossoms – partnered with the Royal College of Music (10am - 4pm)

NB. The above showcases are free for residents to attend.

Perhaps you'd like to invite one friend, join a neighbour or go it alone to relax and unwind while discovering the world of science behind Kew's botanical collections, with over 50,000 living plants to be found across their UNESCO World Heritage site.

Our membership offers entry only and does not permit entry to exclusive events.



VOLUNTEER
opportunities

We are calling for volunteers to host the following popular activity:

Film Club

We are open to new ideas, suggestions and ways of sharing responsibilities if necessary.

If you would like to nominate yourself, please inform your Scheme Manager who will inform the activities committee.

We look forward to hearing from you.

Date Change for Bridge Club



by **Bill Watson**

Keep calm and carry on playing bridge...

Or even come and learn!

But not any more on a Tuesday morning!

We are moving from Tuesday morning to Monday afternoon, but still in the Garden Room.

As the new Chess Class is happening on a Tuesday afternoon we felt that two such cerebral activities on the same day might be a bit much, especially as some of our number want to do both! And we all prefer an afternoon to a morning anyway.



We still welcome both beginners and established players, so **if Monday suits you better please come and join us from 2pm – 4pm.**

(We still meet on Friday afternoons too!)

Got the Itch to Stitch?



by **Linda Prendergast**

The Terrace Room at Wright's has been hosting the Arts and Craft Club on a Friday for some time now. We have exciting news! We have now changed the day to a Thursday, in the hope that we can encourage more residents to come and join in, and we wanted to let you all know that, as well as the usual arts and crafts, there's enough space to knit, embroider, crochet or sew.



The Terrace Room at Wright's has enough space to accommodate you whatever you want to create; just bring your own equipment and supplies and join us for a friendly get together or even just a cuppa and a chat.

**SO, IF YOU HAVE THE ITCH TO STITCH,
HERE'S YOUR CHANCE!**

The door is always open!

Gail Sullivan Returns to the UK!



by Juliet Ames-Lewis

For those residents who were living within our community prior to Covid, you will remember our Scheme Manager Gail who managed Hickey's and lived in the Nurse's Lodge. She decided to move (return) to New Zealand in March 2020 to live with her partner Mark. She got almost the last flight out from the UK before everything shut down. She and Mark have been living in Christchurch for the last 4 years and they have now decided to move back to the UK permanently!

Gail arrived back here just after Christmas in time to start her new job which is as Scheme Manager at Queen Elizabeth's Almshouses in Greenwich which are owned by The Drapers' Company, one of the city livery companies. Gail is managing 75 almshouses and lives next to their Chapel in what is called the 'Matron's House'! I visited Gail in Greenwich recently and it was wonderful to see her again and she showed me around her new almshouses. Mark is still in New Zealand and will be flying over to join Gail at the end of March, once he has finished his job and packed up their house and shipped all the furniture over.



Gail would love to see residents and so I have arranged on Saturday 16th March to have a drop-in coffee morning from 11am – 1pm in the Garden Room at Church Estate. Gail will be so pleased to see you if you are able to pop in. So that we have some idea of numbers, **please can you let your Scheme Manager know if you intend to come to the Garden Room to see Gail on 16th March.**

Summer Outing



by Claire Sanecka

Jo and I are organising the Summer outing this year.

We would welcome suggestions and ideas for this upcoming event.

It doesn't have to be a sea-side town visit.

Please note it is for one day only.

SAVE THE DATE:

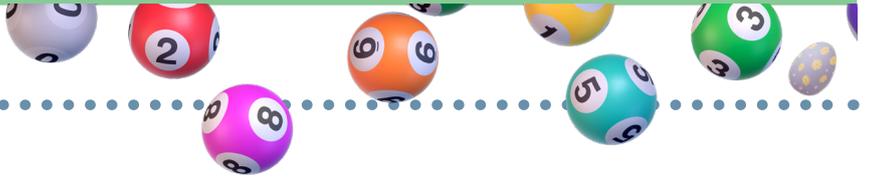
Tuesday 9th July 2024

We eagerly await your suggestions and ideas

Please let us have suggestions by the end of March!

ALMSHOUSE NEWS - Forthcoming Events

Come and Join Bingo!



by **Bill Watson**

I have had some interesting jobs in my life, but never a bingo caller! I decided to have a go so as to keep it going within our community.

Norman who used to run it decided that he needs to have a break. So after talking with him I decided to give it a go. I had a rough idea how to do it and Norman showed me how to set it all up for which I was very grateful. Then it was straight into the deep end! I was concerned about making a mistake, calling the wrong number or missing someone shouting out BINGO but fortunately it all went really well! It would be nice if there were more people who may be able to stand in too sometimes but in the meantime I am happy to do it.

The cost is £1 for the bingo books and you could be lucky and win prizes or money.

We also enjoy a 15 minute tea break which gives us a chance to have a chat.

So why not come along and give it a go – it is such an enjoyable afternoon.

Mothering Sunday Chapel of 

Cream Tea for All!

You are invited to Cream Tea at **4.30pm on Sunday 10th March**, in the Chapel.

Scones, Jam, Cream, Simnel and other Cakes
Tea & Coffee

Come along to nibble and natter with neighbours and friends.

Let Derrick or your Scheme Manager know if you are going to attend so we can ensure a good supply of scones and cakes!

To My Mother

by Robert Louis Stevenson
(1850 –1894)

You too, my mother,
read my rhymes

For love of
unforgotten times,

And you may
chance to hear
once more

The little feet
along the floor.

Visit from a Furry Friend



by **Claire Sanecka**

Jen (owner) and Wilma (black Labrador) are settling well into Estate visits and you may well have noticed they visit a different Estate each week.

Please continue to let your Scheme Manager know if you would like a visit. Please note that Jen and Wilma are happy to visit all Estates across The Richmond Charities.



Christingle Report



by Derrick Thompson

On the last Sunday of January, in a dimly lit chapel, several people joined in the first Christingle Service in the Chapel of St. Francis. With the aid of our Christingles, oranges with a candle, red ribbon around, and four cocktail sticks with fruits and sweets on, we thought about Jesus the creator of the seasons and fruitfulness, his love for the world and that he came as the light of the world. Towards the end of the service we turned on the Christingle lights (battery candles – so much safer than hot wax) and turned the Chapel lights down to their lowest and enjoyed a few moments of candlelit peace. If you missed it, join us next year for Christingle Service on Monday 6th January.



Christingle Services have become synonymous with The Children's Society, the largest provider of care to children in the UK after the government. As a result of our Christingle Service collection we raised £200 for the Children's Society.

Did You Know? Easter Facts

by Margaret Goddard

Captain Cook sighted, then landed on Easter Island on Easter Day April 11th 1774.

The custom of decorating eggs at Easter is very old. There is a Ukrainian story which says that Simon of Cyrene, who helped Jesus carry His Cross, was an egg merchant. As a reward for what he had done, all his eggs were coloured for ever after.

Egg rolling is a popular sport in many places. It is believed that the rolling egg symbolises the rolling away of the stone that covered Jesus's tomb.

It has long been the custom to wear something new at Easter. The most popular item of clothing has been a new hat, and many women enjoyed coming to Church on Easter Day in their Easter bonnets.

During the medieval times, a festival of egg throwing was held in church, during which the priest would throw a hard-boiled egg to one of the choirboys. It would then be tossed from one choirboy to the next and whoever held the egg when the clock struck 12 was the winner and retained the egg.

Henry VIII was sent an Easter egg by the Pope, beautifully done up in a decorated case of silver.

On Palm Sunday Jesus rode into Jerusalem on the back of a donkey – and ever since donkeys have a cross-shaped mark on their back.

Ultra High Processed Foods



by **Gennie Thompson**

In the quest for convenience, it is estimated that those in the UK gain a significant 60% of their calorie intake from ultra-processed foods. This term refers to food products that undergo extensive industrial processing, usually containing additives, preservatives, and artificial ingredients. These foods are typically high in added sugars, unhealthy fats, sodium and have minimal nutritional value. Examples of ultra-processed foods include sugary drinks, packaged snacks, fast food, and ready-to-eat meals such as Pringles.



While these items may offer a quick solution to mealtime, the long-term consequences for health are cause for concern.

They are typically loaded with added sugars, unhealthy fats and excessive amounts of salt, contributing to a higher risk of chronic conditions such as diabetes, heart disease, and hypertension. For those who may already be more vulnerable to these health issues, a diet rich in ultra-processed foods can quickly exacerbate existing problems.

Moreover, the impact on cognitive function cannot be ignored. Studies suggest that a diet high in these foods is associated with cognitive decline, potentially increasing the risk of conditions like dementia and Alzheimer's disease.

Maintaining a nutritious and balanced diet becomes increasingly crucial as we age, for overall well-being. Opting for whole, minimally processed foods and incorporating a variety of fruits, vegetables and lean proteins can significantly reduce the risks associated with the consumption of ultra-processed foods. It's never too late to prioritise health and wellbeing, and making informed choices about what we eat can lead to a healthier, more fulfilling life at any time.

List of Ultra-Processed Foods

- Carbonated drinks; energy drinks
- Sweet or savoury packaged snacks (ice cream, confectionery, crisps)
- Mass-produced packaged breads, pastries, cakes and biscuits
- Margarines and spreads
- Breakfast cereals; cereal and energy bars
- Milk drinks, cocoa drinks
- Fruit yogurts and fruit drinks
- Meat and chicken extracts and instant sauces
- Vegan 'meat' and 'cheese' alternatives
- Health and slimming products such as powdered or fortified meal and dish substitutes
- Many ready-to-heat products (pre-prepared pies, pasta and pizza dishes; chicken nuggets; sausages, burgers and other reconstituted meat products, and powdered and packaged instant soups, noodles and desserts)

Source: www.BBCGoodFood.com

Benn's Walk Almshouses

Benn's Walk comprises five beautiful bungalows with their own front gardens.

They do not have a communal garden so make up for this by taking pride in their individual spaces.

There is a public walkway going past which is still not known by many people and the locals that use it often stop and admire the gardens, chatting to the residents and some eventually become friends.

This helps to give this small estate a community feel and interaction without the communal space most other estates have. The neighbours all know each other and respect their privacy but can be called upon if needed.

OUR ALMSHOUSE COMMUNITY

WELCOME to a new regular column focussing each month on your almshouse community. Each of your communities are unique and we would love you to contribute your thoughts.



Solar panels have recently been installed and are in the process of being connected up to the national grid which will help lower residents' future bills. The residents enjoy a weekly visit from their Scheme Managers and always make us feel welcome.



All photos of the beautiful gardens at Benn's Walk.



by Mike Townsin

The Richmond borough has a number of really interesting art galleries to which you might like to pay a visit. Here are four galleries to get you out and about in the Spring.

Orleans House Gallery

This is a contemporary art gallery set in beautiful gardens overlooking the River Thames in Twickenham. At its heart is the lavish Baroque Octagon Room. With a year-round programme of exhibitions, live events and educational experiences, a wild wood to explore, a shop and the Stables Cafe where you can enjoy a cup of coffee and delicious light refreshments. Entry to the gallery is free.

Orleans House Gallery, Orleans Road, Twickenham, TW1 3BL.

www.orleanshousegallery.org



One Paved Court Art Space and Studio

This is an artist-run contemporary art gallery in Richmond. They hold regularly changing exhibitions from internationally recognised to emerging artists working in a range of media.

Visitors enjoy an exciting programme of stimulating art, and have lots of opportunities to engage directly with our artists, through evening openings, artists' talks and workshops.

Open Wednesday-Sunday, 12-5pm.

1 Paved Court, Richmond, TW9 1LZ

www.onepavedcourt.co.uk

Great West Gallery

The jewel in the crown of Brentford's regeneration, showcases award-winning artists alongside unseen artists emerging through unconventional routes. Leveraging the prestige of established art school graduates, we champion undiscovered artists whose lived experience and unique perspectives provide a compelling, as yet unheard narrative on the issues of today.

It is currently showing the exhibit 'Motherland', a programme of work exploring the early migration experiences of first-generation South Asian women. Featuring artists such as Richa Vora, Shivani Mathur and Parul Baliyan.

This gallery also displays the Protége Charity, which supports disadvantaged young people who are struggling with school, with life, with learning.

Great West Gallery, 10 Market Place, Brentford, TW8 8EU

www.greatwestgallery.com



Marianne North Gallery

Travel the world through the paintings of the extraordinary Marianne North — an unsung pioneer in botanical art, featuring more than 800 remarkable paintings covering the walls.

A vivid collection of 19th century botanical art, the gallery is a treat for both art lovers and adventurous minds. As a woman who defied convention, North travelled the world solo to record the tropical and exotic plants that captivated her. She challenged the tradition of Victorian flower painting and chose to paint plants in their natural setting instead. Her work became a powerful record of the dramatic landscapes she visited and the plants that inhabit them—years ahead of the invention of colour photography. Now, North's vast collection of paintings is on permanent display at Kew Gardens, exhibited in geographical order for you to follow in her footsteps.



To visit this gallery, you can use tickets from our concessionary free ticket scheme for Kew Gardens—speak to your Scheme Manager for more details.

Marian Hardwicke Road Kew Gardens, Kew, TW9 3AE. Located near the Temperate House and Pavillion restaurant.

For more information visit their page on the Kew Gardens website. 

Getting To Know You



Norman Bramfitt

• What is your favourite song and how does it make you feel?

***Waiting for a sunny day* by Bruce Springsteen. It makes me happy and I have to sing along to it.**

• Who is your favourite artist and why? **Leonard Cohen — a brilliant poet and songwriter.**

• If you could be a star in a movie—what movie would it be? ***The Magnificent Seven***

• What book do you currently have on the go? **None at the moment, but *Cool Hand Luke* by Donn Pearce is my all time favourite.**

• What words of wisdom would you pass on to the younger generation? **My mother's favourite saying — “It costs nothing to be nice.”**

• What makes you laugh? **Slapstick comedy, W.C. Fields etc. His comedy scene of *The Golfer* is the funniest thing that I have seen. (Watch it on YouTube!)**

• Which public figure do you most admire? **Queen Camilla — she was wrongly branded public enemy number one, due to the nation's love of Diana. But she overcame this with dignity and humour.**

• What is your greatest achievement? **Playing three different sports for three counties. Rugby for Berkshire, darts for Co. Durham and pool for Durham and Tyne and Wear.**

• If you were Prime Minister for the day, what would you do? **I would give a lot of funding to building homes/hostels for the homeless. It is so sad to see so many on the streets.**

• If you could travel back in time, where would you go? **The Wild West, probably Dodge City.**

Extract from my Diary



by **Angela Greaves**

Tuesday, 30th January, 2024.

Today was a game changer!

It was a late morning start; I was in the shower when I remembered that I had put the frying pan on the hot plate earlier to make eggs for my breakfast! Jikes! I wrapped a towel around my wet hair and quickly ran to check the kitchen. To my horror there was the empty frying pan glowing red and black smoke starting to spiral to the extractor fan above. I turned off the switch and moved the pan. Phew — I had averted a near disaster! I live on the 1st floor of a 4-storey building (Wright's Almshouses) and could have caused havoc — what was happening to me?

It was a light bulb moment when I realised that I had done it again! I had forgotten the task I had started and inadvertently moved onto other things! The slow downward spiral called 'the twilight years' — was this now me? I had to change my way of doing things as my brain was not coping as well as it used to. I have always managed to juggle many balls in the air, bringing up 4 sons, running a home and a business for some 55 years! Nowadays, all I have to do is look after myself, so why was it becoming so difficult?

I made a cup of coffee and sat down at my computer and started to write down some recent happenings. Last month I mislaid (not lost) my new spectacles, my door keys and burnt the toast at least three times. I had forgotten an appointment to help a friend, although it was in the diary, mislaid the sugar and my library book. My flat was a virtual minefield and it had to stop forthwith!

The Plan:

- Hang up keys on hook on entering my home.
- Handbag, purse, mobiles must have a constant dedicated spot
- A sign on the door: Remember — keys, purse, handbag, bus pass, mobile and walking stick
- No multitasking

My new mantra—I am retired—I am master of my destiny and the world is my oyster. I can live independently with happiness, confidence, and self-worth. Onwards and upwards.

Does any of the above resonate with you? If so, have a giggle and try my plan!

On This Day:

8th March 1975

The United Nations celebrated International Women's Day for the first time.

On This Day:

6th March 1957

Ghana celebrated as British colonial rule came to an end. Ghana was one of the first African nations to gain independence from colonial powers.

On This Day:

17th March 416 CE

Christian bishop St Patrick is thought to have died on this day. Now the patron saint of Ireland.

On This Day:

28th March 1912

Both the Oxford and the Cambridge boats sank in the annual Varsity boat race.

Mind Richmond

Mind Richmond is available to anyone with a mental health problem giving them somewhere to turn to for support.

They offer information, advice and support to young people and adults experiencing mental health issues.

Their work supports all communities in the borough of Richmond and surrounding areas. Whether you're dealing with low mood or imminent crisis, they have a range of services to help you. They are passionate about prevention and also offer training.

To access their services, visit the website or get in touch with the helpline or complete a self-referral form.

Website: www.rbmind.org

Email: info@rbmind.org

Phone: 020 8948 7652

Richmond Borough Mind has operated in the borough for over 60 years. They are an independent local charity, responsible for its own fundraising, with affiliations to the Mind network.

Services Offered

- **Connect to Tech** (IT/Computer courses run frequently at The Richmond Charities)
- **Psychotherapy and Counselling** (If you are in emotional need and looking for a safe confidential space to explore your psychological difficulties)
- **NHS Talking Therapies** (If you are having problems with feeling low, anxious or stressed, there are courses, workshops

and one-to-one guided support.)

- **Journey Recovery Hub** (This service is for adult residents of Richmond and Kingston in mental health crisis, or at risk of moving into mental health crisis.) We open 365 days a year, support is available throughout the Christmas and New Year period.

"You saved my life"

Journey Recovery Hub user

- **Wellbeing Centre** (We offer a range of physical, educational, creative and social activities, including art, relaxation, workshops, exercise groups, creative writing. There is also an opportunity to receive structured one-to-one support.)

- **Serious Mental Health Checks** (Bipolar, Major Depression Disorder, Personality Disorder or Schizophrenia)

- **Peer Group Network.** Feeling lonely or isolated? The Peer Group Network is made up of activity groups run by volunteers who have experienced their own emotional difficulties and therefore can support those of us in a similar place. The Wellbeing Centre is for people with long-term mental health problems and features activities including creative writing, art and exercise.



To book tickets for the Mind Richmond Quiz and Curry Night go to the website: www.rbmind.org

ALMSHOUSE NEWS - Local What's On



Amanda Hague at The Mitre Richmond. Save the date! Amanda Hague will be performing at The Mitre. 10 Mar 2024 Open 17:00 20 St. Mary's Grove.



Accessible Walk: Twickenham Junction Rough to Kneller Gardens and return to Fountains at The Exchange, London Road, Twickenham TW1 1BE. 7 Mar 2024. 13:30 - 15:00. Call 020 8401 6837.



Paint-Your-Own-Pebbles Twickenham. Come enjoy the blooming of spring with a morning of inspirational Arts & Crafts at Marble Hill! This Family Friendly event (for all ages) is designed to help your artistic talents shine as we offer a workshop on some relaxing pebble painting. 16 Mar 2024 Open 11:00 - 13:00. Marble Hill House Free



Make Do and Mend, Arts & Crafts Event. Save money and help the environment by learning how to darn

socks, re-attach buttons or replace worn-out zips! Bring along some clothing to fix or start a special project under the guidance of experienced facilitators. Sewing, knitting, crocheting, and more are all encouraged. Sewing machines will be provided. Teddington Library, 20 Waldegrave Road, Teddington, London, TW11 8NY. Tel: 020 8734 3304. Free



Kew Village Market. With the village streets closed to traffic, on the first Sunday of every month (except January), around 45 independent traders set up their stalls, many of them award-winning and all of them loving what they sell. 3 Mar 2024 Open 10:00 - 14:00

Wellbeing Walk Hampton Court Home Park and Barge Walk to Kingston Bridge. Meet at Hampton Court Road, Lion Gate.



15 Mar 2024 Open 10:30 - 12:30

Craft Workshop: Patchwork inspired by a WWII patchwork dress. Goody bag contents will include: information booklet, English Paper Piecing templates, fabric glue sticks, needle, thread and a selection of fabrics. Wednesday 20 and Saturday 23 March. 1pm-3pm. Museum of Richmond, Whittaker Avenue, TW9 1TP.



Get Swishing with a clothing swap Twickenham Regenerate your wardrobe without buying new! Swishing is so simple, just bring in your unwanted clothing garments and exchange them for tokens, then come back later to choose alternative items to take home and enjoy. Drop off between 10.00am - 12 2 Mar 2024. Open 10:00 - 15:00. Twickenham Library Free



Ham Parade Market. Includes fresh local produce, crafts, delicious treats, kids activities and live music. 2 Mar 2024. Open 10:00-14:00



The All Beats, Richmond. Live Music by The All Beats! 2 Mar 2024 Open 21:00. 59 Sheen Rd Richmond Book 0208 9402511



RED COW

The Albany Quiz Night. Twickenham. Join us at The Albany Pub for the most fun pub Quiz in Twickenham. 5 Mar 2024 Various Opening Times. 1 Queens Rd Twickenham £2



"Everywhere the glint of gold": the discovery of a pharaoh's tomb. This lecture covers the turbulent life of Tutankhamun, his relationship with the Ancient Egyptian gods and goddesses and the abrupt ending to his short reign. Hear about the tomb robbers in the Valley of the Kings, and see works of art from his tomb, on display in Egypt today. Duke Street Church, Richmond. 5 Mar 2024, Open 18:30 - 20:30, £5





Share your thoughts and learn how the Metropolitan Police Service is changing to deliver more trust, less crime and high standards for Londoners. Meeting at Wetlands Centre Barnes 6 - 6.30 March 19th.

Richmond Council are partnering with local organisations Voices of Hope and the Vineyard Community Centre to help women feel safer in the borough. **The Women's Hub** will run every Wednesday during term time.



Richmond Council is celebrating the successful renovation of a historic building in Richmond town centre as part of its commitment to reviving neglected spaces and preserving the borough's unique heritage. In King St. Richmond.

The Middlesex Yeomanry Concert Band are holding a Spring Concert on Sunday 17 March at St James's Church.



Last autumn nearly 1,500 people contributed to an engagement project that set out to hear the voice of Richmond Town Centre. For full Report Google: 'Richmond Town Council Engagement Report'.



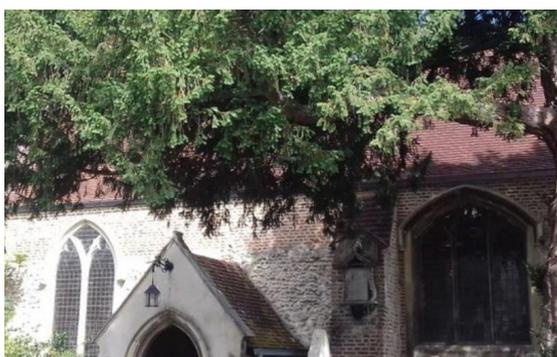
Richmond Council have joined forces with Library of Things and Twickenham co-working space Patch (42 York Street) to open the borough's first branch of the community-focused social enterprise. "Why buy when you can borrow". Google: Twickenham Library of Things for further information.

FOR MORE INFORMATION ON ANY OF THESE NEWS ARTICLES, Google: www.richmond.gov.uk



Take part in a community fun day in Twickenham! Local charity, Chronically Marvellous are hosting a community fun day on Sunday 24 March 2024, from 2 to 6pm.

The Cambrian Centre extends community gym opening hours. The community gym will now run an afternoon/early evening session on Mondays from 3pm to 7pm and on Wednesday afternoons from 12 noon to 3pm.



Festival Choral Evensong. Music - Classical. Join us for the final celebratory event of the Barnes Music Festival – Choral Evensong sung by the combined choirs of St Mary's Barnes and St Michael's Barnes. The address is given by Revd Andrew Hammond who worked in classical music for nearly twenty years, first as a singer, then in arts administration before becoming ordained in 2007. He worked in two London parishes and at St Paul's Cathedral before becoming Chaplain at King's College Cambridge and now at St John's College Cambridge. The service is followed by a reception to celebrate the festival to which all are invited. St Mary's Church, Church Road, Barnes, SW13 9HL. Free

Miscellany



**Curated by
Mike Townsin**

- Victorian guidebooks advised women to put pins in their mouths to avoid being kissed in the dark when trains went through tunnels.

- The tall chef's hat or toque blanche traditionally had a hundred pleats to represent the number of ways an egg could be cooked.

- There are no rivers in Saudi Arabia.

- Typewriters used to be known as 'literary pianos.'

- The gold medals at London 2012 were the largest and heaviest ever awarded at a Summer Olympics but are only 1.3% gold.

- The word doner in doner kebab is Turkish for 'rotating'.

- The longest palindrome in the Oxford English Dictionary is 'tattarrattat' meaning a knock at the door.

- During rehearsals for *Peter Pan*, author J.M.Barrie ordered Brussels sprouts every day for lunch, but never ate them. Asked why, he said: 'I cannot resist ordering them. The words are so lovely to say'.

- Rhubarb is a vegetable.

- In Bolivia, the Quechua word for 'baby' is Guagua, pronounced 'wah wah'.

- Dogs can smell human fingerprints that are a week old.

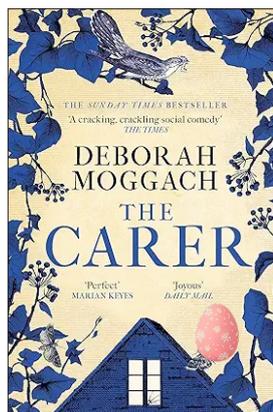
- When Fidel Castro seized power in Cuba, he ordered all Monopoly sets to be destroyed.

Page Turners

The Carer

by Deborah Moggach

Review by Kate O'Brien



Deborah Moggach's best known work is *The Best Exotic Marigold Hotel*, although I suspect more people have seen the movies than read the book.

This novel initially focuses on four people: James, a retired physics professor, his adult children Phoebe and Robert, and Mandy, his carer. In another novel, Robert might have ended up in a dilapidated hotel in India, but in this one he is living in a village in the Cotswolds after the death of his wife, recovering from a broken hip and requiring full-time care; hence Mandy.

For the first part of the book the chapters alternate between Phoebe, living in Wales, and Robert, living in London. We learn about them and their relationships with their parents, and now their father. In their very different lives, Phoebe is trying to make a living as an artist in a hippie-like village in Wales and Robert is living in an expensive house in Wimbledon with his glamorous news-reader wife. They still bicker as they did as children.

We also find out, more gradually, about Mandy. She starts to affect James' life – visits to Lidl, outings to a donkey sanctuary, eating at Nando's, her Daily Mail opinions so different from his lifelong Guardian ones. Then it all starts to look a bit predictable – Mandy is making changes in the house, is going through paperwork, Robert is deteriorating, there is a visit to his solicitor ... as his children's (and our) suspicions increase, there is a sudden dramatic change, and everything is flipped on its head.

The middle part has a completely different focus, and the final section reaches a pleasingly satisfying conclusion. All the characters are well drawn and there is gentle humour as the author pokes fun at their various foibles. An enjoyable read.

Resident Interview - Nick Taylor, Michel's Almshouses

I was born in Hartlepool in 1945 at the end of the war and was the eldest of five children. My mother's family lived in Hartlepool where she was also born. She volunteered as a F.A.N.Y. during the war, driving trucks and motorbikes, before she met my father who lived in Ramsgate where we eventually moved to.

At the age of eight I went to my first boarding school before going to Uppingham in Rutland where I stayed until I left education. I wasn't academic, but good with sports generally, particularly rugby and cricket. I played rugby for Rosslyn Park until I was 35 and remember in those amateur days that we needed to put the posts up in Richmond Park before we could start.

Both my parents came from families of self-made business people; my father with his younger brother taking on the multiple grocery business of Vye & Son which had continued for over 150 years. The war almost ruined the business, which was based in East Kent, because people were evacuated, visitors forbidden and food moved nearer to London. Ramsgate was bombed heavily and Vye's Head Office flattened. My father (and my grandfather) had to re-build the business before the latter died and my uncle returned from active

service with the Buffs in North Africa and Italy. I became the 7th generation to work in the business, before I took Articles as a junior clerk with Price Waterhouse and Vye's was sold to Liptons. Post qualification as an accountant with PW, I went to work for Liptons, before it too was taken over by Jimmy Goldsmith.



When I first moved to London I shared a room in Bayswater with an old schoolfriend who I found had a younger sister. It was she who later became my wife and we were together for over 50 years before she died in 2017. My wife studied art and later worked as graphic designer before we were most fortunate to have three children. We bought our first house together in Shepherds Bush, which in those days was not the smart place that it is nowadays.

By then I was working in a manufacturing business in Catford and Sidcup and we sold the house and moved to

another property 'out of town' in Chiswick, where we converted 3 flats into a house and 'did it up'. This was one of the happiest family 'growing up' times of my life.

I have had a varied career mainly in finance and management roles as well as trying to build a number of small businesses alongside. One of these was a Distillery making whiskey (the first in London for 100 years) and gin which lasted for a while before running out of cash and being sold for a small amount prior to Covid. I continued to work until June 2023, latterly part-time, as Director and Co-Founder of a business supporting the growth of early stage companies; this we started in 2004 and it is still going today. I continue as a Non-Exec being kept informed and attending formal meetings.

I came to live at Michel's in November last year when my tenancy in Teddington was ended abruptly and I am extremely fortunate and most happy to be here. I have enjoyed several social gatherings already, love pub jazz evenings and have even tried to remember how to play Chess — the story is not over yet!

Wit and Wisdom



Curated by Mike Townsin

- **As you get older, three things happen. The first is your memory goes; I can't remember the other two** *Norman Wisdom*
- **Think before you speak. Read before you think** *Fran Lebowitz, US author*
- **The older I grow the more I distrust the doctrine that age brings wisdom** *H.L. Menken US journalist*
- **The desire to get married – which, I regret to say, I believe is basic and primal among women – is followed almost immediately by an equally basic and primal urge, which is to be single again** *Nora Ephron*
- **The three grand essentials of happiness are something to do, someone to love, and something to hope for** *Alexander Chalmers Scottish writer*
- **Familiarity breeds contempt, and children** *Mark Twain*
- **Gratitude is not only the greatest of virtues, but the parent of all others** *Cicero*
- **The nice thing about being a celebrity is that when you bore people, they think it's their fault** *Henry Kissinger*
- **The best way to get what you want in life is to deserve what you want** *Charlie Munger US businessman.*
- **Our thoughts are often worse than we are** *George Eliot*

Jokes

by Heather Warman

What's the difference between a soldier and policeman?

You can't dip a policeman in a boiled egg.

Why did the jelly wobble?

Because it saw the milkshake.

What's a squirrel's favorite game?

Hide and go nut-seek!

What do you call a camel without a bump?

Humphrey.

What does a jellyfish have on its tummy?

A jelly button.

Why do giraffes have such long necks?

Because they have extremely smelly feet.

The Easter Egg hunt!



Hidden in this magazine are 14 Easter eggs! Name the article or picture and page number below. Find all 14 to win a £10 M&S voucher. Happy hunting!

- 1. Article/picture:
- Page number.....
- 2. Article/picture:
- Page number.....
- 3. Article/picture:
- Page number.....
- 4. Article/picture:
- Page number.....
- 5. Article/picture:
- Page number.....
- 6. Article/picture:
- Page number.....
- 7. Article/picture:
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- 8. Article/picture:
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- 9. Article/picture:
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- 10. Article/picture:
- Page number.....
- 11. Article/picture:
- Page number.....
- 12. Article/picture:
- Page number.....
- 13. Article/picture:
- Page number.....
- 14. Article/picture:
- Page number.....

Who Am I? (Member of Staff)

I spent the first year of my life living in a caravan.

The answer is

.....

I am left handed.

While crossing the road in Kensington High Street Gary Glitter's chauffeured limousine almost knocked me and a friend down!

I met (and served up a burger and chips) to Will Carling, the rugby player famous for his link with Princess Diana.

Can you guess who I am??

Solve the cryptic clues to identify this member of staff!

New staff member every month.

Answers in next month's issue.

Your chance to win a £10 M&S Voucher! Submit this page with your written answers to the Easter Egg Hunt. (Who Am I not included in prize)

Give this whole page to your Scheme Manager, or place in the suggestion box **before Friday 15th March 2024.**

Name: _____

Easter Wordsearch

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

- | | | | |
|-----------|---------------|-------------|---|
| Lent | Ash Wednesday | Salvation | Tomb |
| Fasting | Passover | Good Friday | Tulip |
| Carrot | Easter | Bonnet | Rabbit |
| Sacrifice | Parade | Chick | Palm Sunday |
| Daffodil | Chocolate | Basket | Lamb |
| Spring | Hot-cross Bun | Bunny | Egg  |

Your chance to win a £10 M&S Voucher! Circle all the words and submit this page to your Scheme Manager, or place in the suggestion box before Friday 15 March 2024.

Name: _____

Answers From Last Month's Edition - Valentine's Quiz

1. a) Aphrodite
b) Sandro Botticelli
c) Cupid
2. a) Verona
b) Rosaline
3. a) Chip
b) Gaston
4. Oxytocin
5. 7 points
6. Love Me Tender
7. Four (*She Loves You, Love Me Do, All You Need is Love, and Can't Buy Me Love*)
8. Dean Martin
9. Karma Sutra
10. Tomato
11. Taj Mahal

Answers From Last Month's Edition - Spot the Difference



Who Am I? Answers From February

Gerry Wilson

If you would like to contribute a quiz, puzzle or game to be used in next month's edition, please contact your scheme manager.

Thoughts of an Older Person...

To me, "drink responsibly" means don't spill it.

Age 60 might be the new 40, but 9:00 pm is the new midnight.

It's the start of a brand new day, and I'm off like a herd of turtles.

The older I get, the earlier it gets late.

When I say, "The other day," I could be referring to any time between yesterday and 15 years ago.

I remember being able to get up without making sound effects.

I had my patience tested. I'm negative.

Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't fit any of your containers.

When I ask for directions, please don't use words like "east."

When you do squats, are your knees supposed to sound like a goat chewing on an aluminum can stuffed with celery?



by Nigel Davis

Spring is coming. So let's have a poem about spring.

The American poet e.e.cummings was a very fine poet. Although famous (infamous?) for his grammatical dislocations and avoidance of conventional punctuation, he had a clear aim in his poetical methods; and these are actually far more "traditional" than some people would acknowledge. He also attached as much importance to a poem's visual appearance on the printed page as to how it would sound when read out aloud.

Take this poem – untitled as in virtually all his poems. It is in fact a 14 line sonnet. It is carefully rhymed or half-rhymed. The capital letters have a clear purpose, just as much as the lower-case i – representing the insignificant littleness of human beings when set against the enormity of Creation. And would we remember the first line if it had said, in conventional grammar, "this most amazing day"? No, we wouldn't. The grammatical oddnesses throughout the poem in fact force the reader to focus on every word used; but at the same time the meaning remains wholly clear.

What this poem ultimately is saying about nature is: it is not enough to see, one has to observe; it is not enough to observe, one has to feel; it is not enough to feel, one has to respond. Of course, poets such as John Clare and Wordsworth had been writing poetry with this sort of message many decades before cummings. But expressed in this entirely new and individual way the whole idea becomes entirely new and individual. A great poem, in my view!

I Thank You God For Most This Amazing Day

by e.e. cummings

i thank You God for most this amazing day; for the leaping greenly spirits of trees

and a blue true dream of sky; and for everything

which is natural which is infinite which is yes

(i who have died am alive again today

and this is the sun's birthday; this is the birth

day of life and love and wings; and of the gay

great happening illimitably earth)

how should tasting touching hearing seeing

breathing any-lifted from the no

of all nothing-human merely being

doubt unimaginable You?

(now the ears of my ears awake and

the eyes of my eyes are opened)

