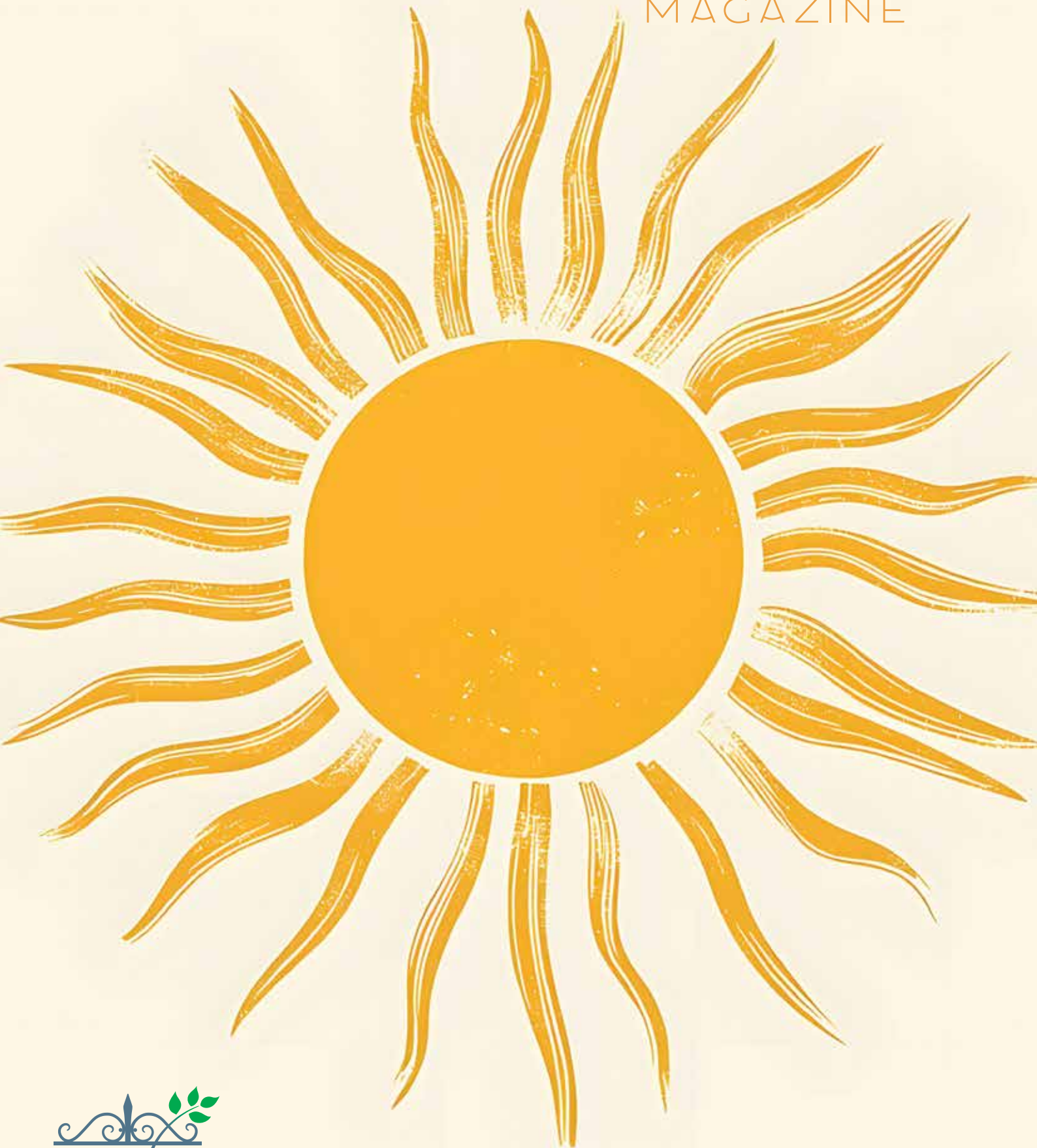


YOUR

JUNE 2025

# ALMHOUSE

MAGAZINE





## Your Photos



*Spotted by Alan Shirley, on Richmond Hill, as a tribute to our new CEO*



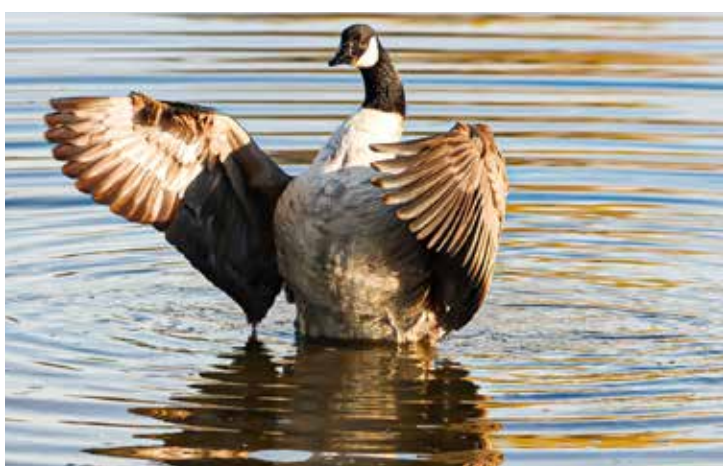
*Boats on Deal Beach, Kent by Jan Thompson*



*Duke of Gloucester admiring the Mayoral Badge at Twining's Opening by Richard Gray (Almshouse Assoc.)*



*All the photos in the right column taken in the Isabella Plantation, Richmond Park by Chantal Richards*



*Canadian Goose by Mick Tinson*



# Welcome

to our new resident:  
**Raymond Johnson,**  
**Hickey's Almshouses**

## Your Words and Photos! Contribute to our next issue

If you would like to contribute to our next issue, the deadline is **Friday 13th June**.

As a guide on word count, a half page article is ideally about 170 words. Give the article to your Scheme Manager.

## Photo Credits:

**Front Cover:** *Summer Solstice Sun*  
(ckybe/Stock.Adobe.com)

**Back cover:** *Juno*.  
(Archivist/Stock.Adobe.com)  
The month of June is named after the Roman goddess Juno. She is the Roman equivalent of the Greek goddess Hera, who was the queen of the gods and the goddess of marriage and childbirth.

## Editorial Committee & Content:

Mike Townsin Editor  
Emma Halford CEO  
Lorraine Bradley  
Rebecca Evans  
Debbie Flaherty  
Chantal Richards  
Derrick Thompson  
Gennie Thompson

**Magazine Design:**  
Chantal Richards

# Dates for Your Diary

## Tuesday 10th June

### Food Glorious Food

11am at Candler

Almshouses

Details on page 9

## Thursday 12<sup>th</sup> June

### The Papa George Band

5pm on Hickey's Lawn

Details on page 18

## Tuesday 24<sup>th</sup> June

### Residents' Summer Outing to Brighton.

Details on page 11

## Sunday 6th July

### Thanksgiving Service

3pm Hickey's Chapel

Details on page 10

## Friday 11 July

### Parkshot Singers

3pm Hickey's Chapel

Details on page 10

## Sunday 20<sup>th</sup> July

### Almshouses in Bloom

### Judging Day

Details on page 11

## Thursday 14<sup>th</sup> August

### Annual Summer Party

Hickey's Lawn

Details on page 10

**Please note: there  
is no Film Club this  
month due to Chapel  
renovations.**

**Out and About dates  
are on page 8.**

# Letter from Your New CEO

Dear  
Residents,



I hope that by the time you are reading this our front cover prediction is correct and we are heading into a flaming June. The signs are good; in the last few days I have left the house three times without a coat, and this afternoon I saw two residents grappling with a sun parasol at the front of Church Estate. Summer may well be here.....

It is lovely to see so many of you enjoying some of the outside spaces, and it makes it much easier for me to catch you and say hello as I get to know you all better. I do like a chat!

Thank you to those who have been in touch with good wishes or suggestions as I settle into my role. It is great to hear from you, and I hope you will continue to let me know if there is anything you would like to talk to me about.

Whether you spend June pottering around outside or gearing up for the tennis I hope you have a good month, and I will look forward to bumping into you.

All the best,  
Emma



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



# Goodbye Juliet!

by Chantal Richards

On the 29th April we said goodbye to Juliet and celebrated a decade of her dedicated leadership and significant achievements at The Richmond Charities. It was full of happiness and tears, speeches and hugs, happy memories and cake!

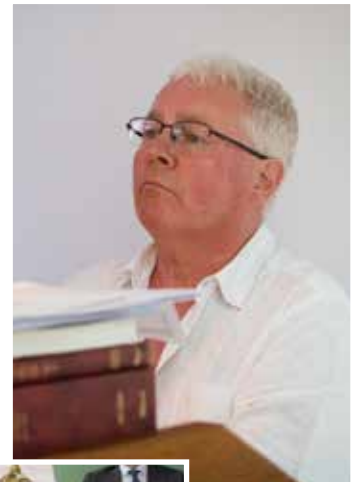
The afternoon started with a beautiful farewell service with Chaplain Derrick, Juliet and the choir from St Mary Abbot's in Kensington led by Mark (Juliet's husband). Heartfelt readings from Margaret Goddard, David Thomas and Jemima Prasadam.

Outside in the marquee Juliet was presented with flowers, gifts from residents and a leaving book which was a compilation of photos from Juliet's 10 years as CEO. Many residents contributed sincere words to her leaving book, **Your Almshouse Journey**, which beautifully captured her outstanding and compassionate leadership.

Juliet's team have successfully changed the lives of so many in our community and for that we will all be forever grateful. Here are a selection of photos from the special day along with some quotes from her leaving book.



*The Choir of St Mary Abotts, Kensington*



*Left: Juliet Ames-Lewis, Right: Mark Uglow*



*Chaplain Derrick*

*Your friendly, helpful and caring ways will be sadly missed.*  
Gwen Doyle



*Readers: David Thomas, Margaret Goddard and Jemima Prasadam*





Bunting in the marquee

*Thank you for all your service and dedication over the years. Liz Prescott*

*Juliet is a life enhancer and I will never forget her kindness. Jan Nokes*

*Thank you for your warmth and tremendous commitment to us all. Carmela Hinckley*



Deborah Findley presenting gifts from the residents



Chantal and Derrick presenting the leaving book to Juliet



"Your Almshouse Journey"

*Thank you for all your effort and help to us and everybody in the charity. Your boundless enthusiasm and energy has given us all a lift. Annelise & William Mehornay*

*You have been an excellent CEO, very caring and thoughtful. Lynda Leslie*



"Cheers" to Juliet



Sam Maskell and Debbie Flaherty with the cakes!

*Thank you for all your support. Coming to the almshouses has changed my life. Thank you for everything. Steve Smithson*

*Thank you for everything you have done to make me feel welcome in the almshouses, you will be missed. Ferhat Khan*

*You will be sorely missed. Angela Greaves*





# Review of Syon House Outing

by Alison Flemming

History in an afternoon. Layer upon layer of it. Unfolding as we move from room to room, each representing an era, a decade, 100 years. Famous and infamous people, titles, wealth, historic events all roll out as a backdrop to Syon House.

Architectural styles vary with the times. From classical Roman and Greek and life-size gods, to Renaissance and, most dominant, the 18th century re-imagining of architect Robert Adam who added a hail of colours and textures to his designs.

The gentlemens' room, with its lush portraits of royalty dating to Charles I, has an intricately woven full length wool carpet with Greek designs, deep red chaise longues and plum coloured silk wall coverings. Next door, the ladies room, its windows overlooking the gardens and walls covered with leather bound books, was designed as an exercise space stretching the full length of the room. A modern carpeted treadmill but stately.

Throughout our tour — and there are a lot of rooms — our guide gave impeccable information, anecdotes and a potted history of five centuries.

And what a joy outside — the conservatory — an enormous and glorious glass and metal construction, early 19<sup>th</sup> century. Inside, light pours through sheets of glass and the dome/cupola heightens the sense of space. A corridor filled with giant cacti leads off one side.

Outside in the garden, there is a statue of Mercury splashed by gentle fountains in a circular pond.

It was a wonderful afternoon and many thanks to Derrick who organised it and to our driver. I certainly want to return, to explore this compact treasure house of history and style.



Left: Thorpeness House in the Sky. Right: Lake and Windmill



Left: Thorpeness House in the Sky. Right: Lake and Windmill



Left: Thorpeness House in the Sky. Right: Lake and Windmill



Left: Thorpeness House in the Sky. Right: Lake and Windmill



# Emma's Big Tea Party



All photos by Mick Tinson



# Out and About Visit:

## Henley Rowing Museum

by Richard Yardley

The Rowing Museum at Henley on Thames was opened in 1998, designed by the architect David Chipperfield. It tells the story of the River Thames, its flora and fauna and the culture and history of the local area. The Museum has five galleries of displays: Henley, the River, Rowing, John Piper, a modern British artist, and *Wind in the Willows*.

Kenneth Grahame (1859-1932), is a British writer best remembered for *The Wind in the Willows* (1908). Born in Scotland, he spent most of his childhood with his grandmother in England, near Henley on Thames.

Outside the museum is a statue to Sir Steve Redgrave and Sir Matthew Pinsent by the sculptor Sean Henry, unveiled at the museum in July 2002.



The Out and About Group next to statue of Sir Steve Redgrave and Sir Matthew Pinsent.

### Forthcoming Out and About Days

**Tuesday 10<sup>th</sup> June. The Chelsea Pensioners Museum.** Meet 10am at Richmond Station.

**Wednesday 2<sup>nd</sup> July. River Thames Canal Boat Trip.** The boat will leave and return to Teddington. Residents to meet at Hickey's Chapel at 9.30am. Places are limited so first come first served. Cost will be up to £25 (dependent on number of attendees) which is **Not Refundable**. Bring your own food for the trip. Tea and coffee will be provided. Book via your Scheme Manager.



Scenes from *Wind in the Willows*



# The Richmond May Fair Review

by Mike Townsin

The May Fair was held on Saturday 10th May and once again we had a stall to advertise the charity and raise our profile in the community at large.

It was an unseasonably sunny and warm day, so the fair was buzzing with visitors to its myriad stalls, including many other charities

A big thank-you goes to our rota of trustees and staff covering the day, who talked to both potential applicants and, often, visitors interested in obtaining information on behalf of a relative. As always, we find that members of the public are unaware of the existence of almshouses, and are surprised at the number and size of our estates and our new developments.



Top two photos: Jeff Picton, Trustee, chatting with people interested in the The Richmond Charities  
Bottom: Becky Evans and Gerry Wilson who set up the tent ready for The Richmond Mayfair

## Review of Food Glorious Food Group Meeting

We met again for our May get together at Heather Shipley's house in Adelaide Road where Heather cooked two varieties of dal (a lentil "stew") with lentils, spices and vegetables. We ate them with plain rice, which, in the case of the red lentil stew, was a loose, stew-ey texture. Such a nutritious, quick, low-cost, protein meal and easy to prepare. No need to soak lentils either.

We agreed when cooking lentils it's a rule of thumb to use the 3-to-1 rule — i.e. 3 cups water/stock to 1 cup of lentils. A very simple lunch starting with fried, diced onions and garlic before adding lentils and stock/water and spices including dried ginger, coriander, mustard seed and garum masala (a combination of the sweeter spices, cinnamon, peppercorns, cloves, nutmeg). You could add chilli to taste too. We chatted about the range of flavours

in chillis, some being smoky, or fruity, even floral — it's not all about the heat. It was filling, banishing the bland and dull and all cooked and on the table in half an hour.

Our next get together is Tuesday 10<sup>th</sup> June 11am. Please contact your Scheme Manager for venue details if you would like to join. We hope to see you there!



Above:  
Red Lentil Dahl, Yellow split pea Dahl, basmati rice and a spicy snack comprised of chickpeas, lentils, peanuts and rice flakes



*You are invited to  
Celebrate 425!*

A service of **Thanksgiving**  
celebrating 425 years of The  
Richmond Charity Almshouses

*at The Chapel of Saint Francis, Hickey's Almshouses*



**Sunday 6th  
July  
at 3pm**

With professional singers  
from St Mary Abbots,  
Kensington and their  
Director of Music, Mark  
Uglow.

*Join us as we remember  
those whose generosity  
founded the charity,  
celebrate our life  
together and socialise  
with refreshments.*

**Family and friends  
welcome!**

A collection will be taken for  
SPEAR Richmond, supporting  
people from Homelessness to  
Independence.

## The Parkshot Singers

Will be coming to entertain us on

**Friday 11<sup>th</sup> July at 3pm in Hickey's Chapel**

Everyone is welcome and refreshments  
will be served after the concert.



**Please save the date!**

**Invitations will be  
arriving very soon!**

# Elizabeth Doughty Almshouse Update

**by Mick Tinson**

Internally, we are now nearing the final stages of the build. Most of the core construction and fit-out works have been completed, allowing us to move into the snagging phase. We are in the process of carrying out detailed inspections to identify any minor defects or outstanding items, ensuring everything meets the required standards before completion and handover in the coming weeks.

Externally, significant progress is being made on the courtyard and car park areas. Landscaping works, surfacing, and finishing touches are all well underway, transforming the appearance of these spaces, which will significantly enhance the development's overall aesthetic appeal and usability.

Unfortunately, completion has been slightly delayed due to unforeseen issues with the gas main, but we are continuing to make steady progress toward final delivery.



*Queen's Road Front Access*



*Grove Road rear Access*



*Car park*



# Almshouses in Bloom

The Judging Date is  
Coming in July !

You do not need to enter the  
competition yourself!

**‘JUDGES PICK RULES’ will apply.**

Our judges will be visiting every estate and judging every garden, hanging basket and pot and they will decide who wins.



There will still be trophies and garden vouchers for first, second and third places in the main categories.

Firstly, individual gardens, and for those who don't have gardens there will be a category for pots and hanging baskets, and if a particular garden or two catch the judges' eyes there will also be 'special commendation' prizes awarded.

If you do not want your garden to be judged, you must let your Scheme Manager know in advance of the judges' visit.

**Judging will take place on  
Sunday 20th July**

All entries will be marked and rated by our judges and a prize-giving event will be arranged to present the trophies and gift vouchers to the winners.

**Good Luck!**

# Annual Summer Outing to Brighton

by Gennie Thompson

**Tuesday 24th June .  
Destination: Brighton!**

Our summer day trip to Brighton is fast approaching, and we hope you'll join us for a fun-filled day by the sea!

If you'd like to attend, please let your Scheme Manager know as soon as possible. Places are limited and will be allocated on a first-come, first-served basis—so don't delay!

**Communal Lunch – Fish & Chips at 1pm**

We're pleased to invite you to a communal lunch at the **Palm Court Restaurant**, located in the middle of Brighton Pier. (See map below). We'll be enjoying fish and chips together at 1pm – we will require a menu choices form to be completed pre-trip.



Joining the lunch is completely optional, but if you'd like to take part, please inform your Scheme Manager and share any dietary requirements, allergies, or preferences.

**Travel Information.** Coach pickup begins at Hickey's at 9am and will continue to the remaining estates in time order. We will depart from Brighton at 4pm for the journey home.

**Hosts.** Our lovely hosts for the day — Debbie, Derrick, and Gennie — look forward to sharing a wonderful day out with you by the seaside!



# Chaplain's Chat

by Derrick Thompson

Recently, the second anniversary of my becoming Chaplain and my 60th birthday have passed by, and I am feeling very grateful. Thankful for life, family, my work, and the beautiful surroundings where I live. Oh, and for my new 60+ Oyster Card!

It is easy to be thankful when things are going well, but when life is tough it can be hard to have an attitude of gratitude. The benefits of doing so, though, are tremendous.

According to Harvard Health Publishing (August 14, 2021) researchers have discovered that those who daily recorded things to be thankful for became more optimistic, had fewer visits to doctors and exercised more. Those who wrote and hand delivered thank you letters immediately scored higher in their own happiness scores. And personal relationships were found to become deeper and stronger when people took the time to express their gratitude. So, even when life is tough, gratitude, finding ways to say, 'thank you', is good for you!

## Chapel Schedule: May 2025

<b>Sunday 1<sup>st</sup> June</b>	<b>10.30am Holy Communion</b> <i>Led by Revd Neil Summers Followed by refreshments</i>
<b>Sunday 8<sup>th</sup> June</b> <b>Pentecost Sunday</b>	<b>10.30am Pentecost Communion</b>
<b>Sunday 15<sup>th</sup> June</b> <b>Trinity Sunday</b>	<b>10.30am Holy Communion</b>
<b>Sunday 22<sup>nd</sup> June</b>	<b>10.30am Holy Communion</b>
<b>Sunday 29<sup>th</sup> June</b>	<b>10.30am Healing &amp; Wholeness Communion</b>

All are welcome to join us.

Morning Prayer, most Tuesdays at 10am.

Thursday Fellowship, at 2pm.

For more information email:

Chaplain Derrick on: [d.thompson@richmondcharities.org.uk](mailto:d.thompson@richmondcharities.org.uk)

## Good Endings – Funeral Options by Derrick Thompson



Following our *Good Endings Seminar* in March, this is a recap of the Funeral Options.

Thinking and talking about what sort of funeral you might want can be hard, and you may not be sure what your options are. So, here are some ideas from the *Good Endings Seminar* in March.

Firstly, a funeral usually includes a gathering which could be faith-based, could include Holy Communion, could be an informal faith-based Thanksgiving or a secular Celebration of Life. These gatherings can be held in the Chapel of St. Francis, a Crematorium or Cemetery Chapel, another faith venue, or in a secular venue.

Some people are now opting for 'Direct Cremation', where the person's remains are taken straight from home or hospital, via the Funeral Director's establishment to the Crematorium with no gathering of people (no one is allowed to attend a Direct Cremation). Whilst this is a cheaper option it can mean that family and friends do not get the opportunity to formally say 'goodbye' to their loved one. However, a formal gathering could still be held with or without the cremated remains (ashes) present.

All Richmond Charity residents are welcome to have

their funeral gathering in the Chapel of St. Francis, whatever kind of gathering you choose, without charge.

There would also be no charge if you would like the Chaplain to lead the funeral, but you may prefer to have another Church or Faith leader or a secular Celebrant to lead.

The funeral service can contain your choice of Music, Hymns and Songs (more details in a later article), Poetry and Bible Readings. I have leaflets containing suitable poems and Bible Readings available to help you choose. You can also choose who might give a Eulogy and pay tributes and you may decide to have a display of Art or photographs (in the Chapel these can be projected on the screen).

Finally, there is the choice of having a wake or reception and where that might be held. I have some suggestions available on request. Where there are no family or friends available to organise a reception the Chaplain may be able to organise something in one of our community spaces.

There is certainly a lot to consider, so we have a form available to help you think it all through. Ask your Scheme Manager if you would like one. I am also available to help you make your plans.

Next month I will be writing about *Final Wishes and Choices*.





## Festivals of Faith

by Derrick Thompson

### SHAVUOT / THE FEAST OF WEEKS / PENTECOST

**2<sup>nd</sup> - 3<sup>rd</sup> June 2025 (Jewish)** Shavuot, also known as the festival of First Fruits, celebrates the supreme gift of the Torah (Law) to Moses on Mount Sinai. It marks the end of the spring barley crop and when the first wheat harvest was taken to the Temple. Dairy foods, such as cheesecakes, are traditionally eaten Shavuot.

### HAJJ / PILGRIMAGE TO MAKKAH

**5<sup>th</sup> – 9<sup>th</sup> June (Muslim)** Hajj, the fifth pillar of Islam, is an annual religious pilgrimage to Makkah (Mecca) bringing together Muslims of all schools, races and tongues in their millions. At the beginning and end of hajj the faithful gather in the courtyard of Makkah's Sacred Mosque for the tawaf, a seven-fold anticlockwise circling of the Ka'bah, a large rectangular cube shaped building covered in a black mantle decorated with elaborate gold calligraphy, the focal point of all Muslims' prayers. Those who have completed hajj can proudly claim the title of al-Hajj, Hajji or Hajjah. *Central photo: Makkah in Saudi Arabia.*

### EID-UL-ADHA / THE FESTIVAL OF SACRIFICE

**7<sup>th</sup> June (Muslim)** Eid is a time for Muslims to thank Allah for all their blessings, for visiting family and friends and exchanging presents. At Eid it is obligatory to give a set amount of money to charity, often to help poor people buy new clothes and food so they can celebrate too.

### PENTECOST / Whit Sunday

**8<sup>th</sup> June (Christian)** Seen as the 'birthday' of the Church, remembering when the disciples of Jesus first proclaimed the Gospel after receiving the Holy Spirit. The alternative name of Whitsuntide comes from the tradition of wearing white on this day, sometimes in parades known as Whit Walks.

### ISLAMIC NEW YEAR 1447 AH / AL-HIJRA / RA'S UL 'AM

**26<sup>th</sup> June (Muslim)** Al Hijra marks the celebration of the Islamic New Year's Day. The day commemorates the Hijra or migration of the Prophet Muhammad from Makkah to Medina in 622 CE, which led to the establishment of the Muslim community there.

### RATHA YATRA

**27<sup>th</sup> June (Hindu)** 'Chariot journey'. Most notably observed at Puri, India, where thousands of devotees pull huge waggons (rathas) supporting images of Krishna.

He is known as 'Jagannath', (Lord of the Universe), from which the English term 'juggernaut' comes. London Rathayatra will take place on Sunday 20<sup>th</sup> July 2025 starting at Hyde Park Corner. ([www.rathayatra.co.uk](http://www.rathayatra.co.uk))





# Getting To Know You

## Gaby Lebentz

### Where did you grow up?

I grew up in Sopot (between Gdansk and Gdynia) – northern Poland, a lovely place on the beach with longest wooden pier in Europe.

### As a child, what did you want to be?

My dream was to be a ballet/jazz dancer.

### What is your favourite music/song from your teenage years and what does hearing it remind you of?

Elvis Presley – so many to choose from but I loved *Blue Suede Shoes* as it was great dancing number at the various parties I attended with my friends — we loved rock n' roll.

### Describe your happy place.

A sandy dunny beach, listening to the sound of the sea.

### What words of wisdom would you pass on to the younger generation?

Follow your passions, be kind to others, live in the present, always strive for better.

### If there is anything you've recently watched on TV or at the cinema which you would recommend?

The latest film about Bob Dylan, *The Complete Unknown*, where the 19-year-old Bob Dylan arrives in New York with his guitar and his revolutionary talent, destined to changed the course of American music.

### Can you describe yourself in 3 words?

Loyal, open minded, reliable.

### What film or play make you cry?

As I am very emotional I find many films make me cry, whether it is sadness or joy. *Titanic* is one of many.

### Who would you invite to your fantasy party/lunch and why?

Marylin Monroe, Albert Einstein, David Bowie, Freddie Mercury, Sir David Attenborough, Amelia Earhart, Elvis Presley, James Dean and Susan Sarandon. Hosting such a dream dinner party would be an extraordinary experience, blending celebrity charm with profound wisdom and diverse lifestyles.

### Who is your celebrity crush?

Brad Pitt

# Page Turner



*The Cleaner*  
by Mary Watson

Review by  
Jenny Ruff

This book  
was  
gifted to me

and wouldn't be my usual choice but I thought I would give it a go! It was quite a slow burner but then the surprises started to happen.

Esme, the cleaner is supposed to be invisible – just a 'normal' person floating through the exclusive woodland, gated community, pretending with her foreign accent and baggy leggings to not always have an understanding of what is happening and what is being said – she is not really there to clean, instead she is out for revenge after the death of someone she really loved.

She makes herself indispensable (even to the women who initially dislike her) as she moves, working from house to house for three waring sisters all with their own secrets. No secrets where Esme is concerned as she hunts through cupboards and wardrobes. She finds evidence of extra marital affairs and drugs and then the story starts whizzing along to an explosive and very surprising ending. I never expected that !!

Mary Watson is from South Africa and won the Caine prize for African writing in 2014. This is her first worldwide adult debut.



# Your Pets

by Lorna South

I often think how beautiful is the sound of a cat's purr. So calming and gentle yet somehow very powerful. And just how powerful a cat's purr can be was proved to me many years ago by a cat called *Cinders*. He was a gorgeous ginger cat who I took in as a stray while living and working in a hotel in Bayswater.

*Cinders* and I were always very close. He always slept at the bottom of my bed and one particular night I had a raging toothache due to an abscess. I had already taken the maximum amount of painkillers but still the throbbing went on and sleep was out of the question. At one point *Cinders* looked at me and slowly moved toward me. Then he pressed his face against the side of my cheek where the abscess was and began to purr and purr. Lo and behold, like magic almost, the intense pain began to subside and soon went away altogether. Then *Cinders* went back to where he was before and fell asleep, and so did I.

I could hardly believe what had happened, but strangely enough soon after this episode I read somewhere that some research was being carried out at a London hospital into the therapeutic and healing properties of a cat's purr. I meant to write to the hospital and tell them about my experience with *Cinders*, but I never did.



It is often thought that cats purr if they are happy and contented. But it would seem they often purr to comfort and calm themselves if they are ill or in pain. Some time back I had to take my cat *Winston* to the vet to be put to sleep because he was seriously ill. As all animal lovers will sympathise, taking a pet to the vet for this reason is a very distressing experience. But as soon as *Winston* was

taken out of his basket and placed on the table he began to purr very loudly and continued to do so until the end. So was he purring to comfort and calm himself? As it was, it also calmed and comforted me. Sadly,

I can't say this has always been the experience when I have taken a pet to the vet for the same reason.

And here is some very good news. Most residents at Hickey's would have been very familiar with Pat Platt's beloved cat *Tammy* who used to follow Pat everywhere. Pat adored her, and after Pat died we were very concerned about what would happen to *Tammy*. But Linda Ellerby, Pat's loyal helper, came to the rescue and recommended a lovely lady called Brenda who lives in Hanwell. Brenda adores cats and was extremely happy to adopt *Tammy*. Of course, it was difficult for *Tammy* at first, but she has now settled down very happily with Brenda. She is enjoying lots of cuddles and loves spending time outside in Brenda's garden. This is just what Pat would have wanted.

## Nordic Walking Sessions

with Rosie

The current course is running for six weeks, so join now. Meet at Hickey's Lawn on Tuesdays at 3pm.

**What is Nordic Walking?** A safe, natural and effective form of exercise. It is a sociable way of exercising whilst being in the great outdoors.



- Exercises over 90% of skeletal muscles
- Increases cardiovascular activity
- Improves posture
- Increases spinal rotation
- Shapes and tones
- Enhances mood
- Uses both sides of your brain

Please contact your Scheme Manager to book your place. Rosie needs to know numbers so that she can bring the right number of poles with her.



# Home and Away



Left: Thorpeness House in the Sky. Right: Lake and Windmill



Left: Barbara Hepworth Sculpture. Right: Moot Hall



Left: Local Doctor's Dog Sculpture. Right: Aldeburgh Fish and Chips!



Left: The Lookout. Right: Aldeburgh beech

## A Suffolk Sojourn

by Derrick Thompson

**D**ays before the first COVID lockdown in 2019 Jan and I accidentally discovered Aldeburgh, a quiet and quaint town on the Suffolk coast, bordered on one side by the river Alde.

Since then, we have been back several times to enjoy walks along the pebble beach, gaze at stars in the clear night skies (no light pollution there!), wander around the interesting independent shops, visit the volunteer run cinema and eat some of the best fish and chips imaginable!

Aldeburgh was home to the famous English composer, Benjamin Britten, and a few miles outside of the town an old brewery, Snape Maltings, has been turned into a classical concert venue where an annual festival is held in his honour.

Back in Aldeburgh you can walk along the shore where there are two old, skinny lookout towers, the ancient Moot Hall and then a Barbara Hepworth sculpture in the shape of scallop shells, dedicated to Benjamin Britten.

Continue along the footpath and shingle beach for about 2 miles and you arrive at the beautifully picturesque village of Thorpeness with its 'House in the Sky', windmill, and boating lake with islands and viewpoints named after places from *Peter Pan*, like Wendy's House, Smuggler's Cove and The Crocodile! There is a great café for a light lunch while watching the multitude of birds that inhabit the lake, then it's back along the coast to Aldeburgh for those famous fish and chips!



## Art Corner by Maureen Bliss

Producing these sketches always gives me a lot of joy, both when I am away or here in Richmond. I thought putting them in a diary would be a good idea for my grandchildren to look at one day and maybe even visit some of the places. Who knows!

These are my sketches from 2023 to 2024, mostly in pen and wash.



View from bedroom window  
Kalyves, Crete October 2023



towards Eel Pie Island Sep



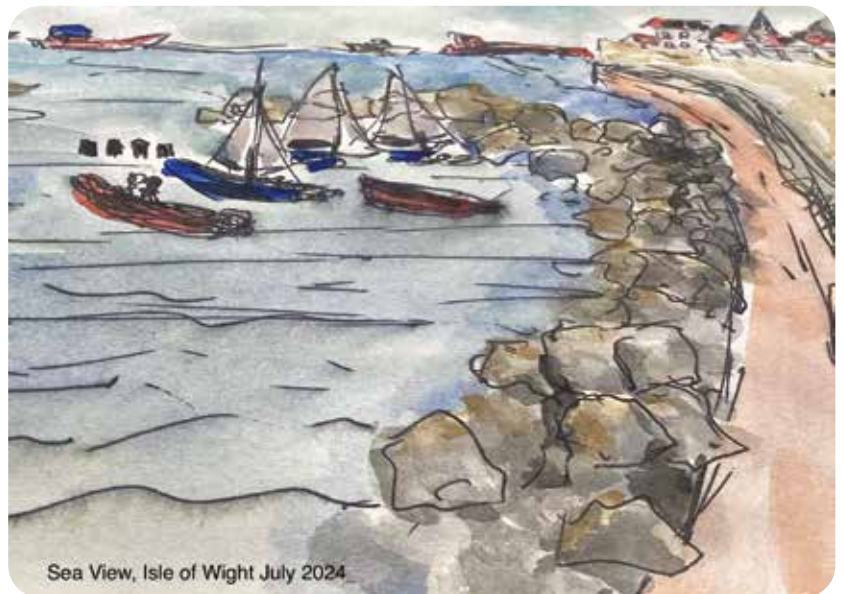
Shell Bay Dorset October 2023



lands in Axminster Devon August 2024



My sitting room, Manning  
Place, November 2024



Sea View, Isle of Wight July 2024



Celebrating my 80ieth birthday with all the family at  
Bude Cornwall August 2024



*you are all invited*

The return of

# THE PAPA GEORGE BAND



*save the date!*

## Thursday 12<sup>th</sup> June

### 5pm on Hickey's Lawn

Featuring our almshouse resident Peter Rees (bass), Derby Todd (drums) and Papa George (guitar/vocals)

All residents, their families and friends are welcome. Bring a picnic, drinks, warm clothing and chair/blanket. We will supply chairs, but numbers are limited. Please speak to your Scheme Manager if you require transport.

[www.papageorge.co.uk](http://www.papageorge.co.uk)

## IT Sessions with Age UK

If you are 65 + Age UK Richmond's *Connect to Tech* service can help you get online and get connected.



You may want to:

- Use a laptop, computer smart phone or another device for the first time
- Learn how to use the internet

- Learn a particular skill such as **shopping online**, using messaging apps, making video calls (Zoom, Skype, Facetime) or how to find information online.

Age UK can arrange a one-to-one private IT lesson with one of their volunteer tutors at a community location – Barnes Social Centre or Twickenham Wellbeing Centre. You can also arrange a home visit with a tutor.

All **Connect to Tech** services are free of charge, except when you book a home visit to help fix a technical problem with a device, such as setting up a computer, printer or other device – in this case, a £10 per hour charge applies.

To get in contact and ask for an IT lesson, email [connecttotech@ageukrichmond.org.uk](mailto:connecttotech@ageukrichmond.org.uk) or call Ebru on 020 8744 1965

## Advisory: Identity Fraud

by Mike Townsin

Identity fraud involves the misuse of an individual's personal details to commit crime. If your data is obtained by criminals, it may be used to obtain credit cards, bank accounts and other financial products in your name, as well as accessing your own bank accounts, savings accounts and pensions.



### Some good ways to protect yourself:

- Use a redirection service when moving to a new home, such as one provided by the Royal Mail – as well as informing your bank, card company and other important organisations.
- If you receive post from an organisation you don't recognise, check they are genuine and find out why they are contacting you.
- Be wary of unsolicited phone calls, emails or text messages claiming to be from your bank, phone provider or a courier company – particularly if they are asking for dates of birth, passwords or address details.
- Review your bank and card statements for any transactions you don't recognise.
- Make sure your computer and mobile device has software which protects you from malicious software being downloaded.
- Don't open attachments or click on links in unexpected emails.
- Shred or burn any redundant documents which contain personal information
- Provide as little personal information about yourself on social media as possible and only accept invitations from people you know.



# Local News, Events & Information

This month's round-up of local news and events that are relevant to you.



**RSPB Walk Richmond Park.** Meet at Pembroke Lodge, Richmond Park. Weds 4<sup>th</sup> June at 9:30am. Route will depend on what's around but will include the Pen Ponds. Meet: Pembroke Lodge car park TW10 5HX. Nearest entrance Richmond Gate. Non members of local RSPB group are very welcome to attend for a £2.00 Donation payable at the event. Leader: Phil Davies: [davieskut@blueyonder.co.uk](mailto:davieskut@blueyonder.co.uk)

**Big Green Week: The Meadows Tour.** Thursday 12<sup>th</sup> June. 2pm-3pm at Marble Hill. Join a member of the gardens team to learn about the newly created meadows at Marble Hill. Find out how these meadows were created, how they're being maintained and why they are so important to biodiversity. Meet outside the house, on the Richmond Road side. Free.



**Charity Quiz Night.** Friday 6<sup>th</sup> June 7.30pm at St Stephen's Church, Twickenham. With Quiz Master Sean Carey, a writer for The Chase. £5 donation. Booking essential: [www.embracingage.org.uk/quiz](http://www.embracingage.org.uk/quiz)

**Richmond and the Thames: Know Your Place Exhibition.** Richmond Riverside, The Arches, Richmond. 13<sup>th</sup>-15<sup>th</sup> June. 10am - 5pm. A free exhibition on Richmond Riverside. Explore the history of Richmond's waterside right where it happened. At this exhibition, hosted by Richmond's boat building craftsmen, this exhibition will be accompanied by a talk on wherries at the Old Town Hall,



**French Market on Church Street, Twickenham,** in celebration of the Reaffirmation Weekend. 6<sup>th</sup> - 8<sup>th</sup> June 9am to 9pm. Church Street will be transformed into a bustling French Market, bringing you the finest artisan cheeses, charcuterie, fresh bread, pastries, wines, and more.

**Ham Fair, Ham Common.** A free-to-enter event with 150 stalls; food & drink; bands; performances; dog show; vintage vehicles and much more. Fun for all the family. 14<sup>th</sup> June Open 11am - 4.30pm

**Kew Midsummer Fete,** Kew Green. A fun event for all the family with over 120 fantastic stalls, varied food court, Victorian fun fair, tea tent, beer tent, mobile farm, live music & entertainment. 21<sup>st</sup> June. Open 11am - 6pm.



Historical photo of Richmond Riverside

**Summer Fair & Flower Festival.** Sat 7<sup>th</sup> June. St Mary's Church, Twickenham. St. Mary's joins our borough in celebrating 65 years of our European Partnerships. In the church grounds there will be a BBQ, tea and cake tent, stalls and games, tombola, books, children's activities and in the church for themed flower festival.

**Summer Garden Party, Teddington Library.** A fun afternoon, in the beautiful library garden, celebrating the people who moved to the UK to make up the diverse cultures we find in Richmond upon Thames. Enjoy dancing from Ukrainian ensemble Stefania, children's activities, food, and drinks. 21<sup>st</sup> June Open 1:30pm - 3:30pm.



## And the Good News is...

Curated by Mike Townsin

- Remember Valerie from last month's issue, the sausage dog missing for 16 months in the Australian bush? Well, she's finally been captured after 529 days, having apparently learnt to evade predators and feed herself on carrion.

- A 'miracle' baby girl has become the first child in Britain to be born following a transplant by Womb Transplant UK. Amy Davidson was born six weeks ago at Queen Charlotte's Hospital in London; her mother Grace, 36, had received her older sister's womb via pioneering surgery in 2023.



Credit: Womb Transplant UK

- A tree, the Wollumi Pine, that was thought to have become extinct two million years ago is growing in Malvern, Worcestershire. It is related to the monkey puzzle and was found in Australia in 1994, after which cuttings and saplings were sold around the world. One was bought by a British couple and planted in their garden; fifteen years on it is 13ft tall, and this month bore fruit for the first time.

- British scientists are running the world's first trial of a vaccine that does not need to be refrigerated – an innovation that has the potential to become a 'global lifesaver' for developing countries. Vaccines must be stored and transported either chilled or frozen, which is complex and expensive, and a barrier to global distribution.

## Wit and Wisdom

Curated by Mike Townsin

Everything that irritates us about others can lead us to an understanding of ourselves. *Carl Jung*

Two possibilities exist: either we are alone in the universe, or we are not. Both are equally terrifying. *Arthur C. Clarke*

I like long walks, especially when they are taken by people who annoy me. *Fred Allen, US Comedian*

Next to excellence is the appreciation of it. *Thackeray*

The only way to get 30 minutes' uninterrupted rest in hospital is to ring for a nurse. *Anon*

Time is the river on which the leaves of our thoughts are carried to oblivion. *Doris Lessing*

Never trust a man who, left alone with a tea cosy, doesn't try it on. *Billy Connolly*



You should never say bad things about the dead. Joan Crawford is dead. Good. *Bette Davis*

Everybody dies famous in a small town. *Miranda Lambert, US singer.*



## On This Day...

Curated by  
Debbie Flaherty

**1<sup>st</sup> June 1880** The first public telephone box went into service in the United States.

**3<sup>rd</sup> June 1956** Third-class travel ceased on Britain's railways.

**5<sup>th</sup> June 1944** Just before midnight troops took off from airfields on their way to Normandy for D-Day.

**21<sup>st</sup> June 1937** Lawn tennis at Wimbledon was televised for the first time.

**17<sup>th</sup> June 1950** The first kidney transplant took place in Chicago.

## Miscellany

Curated by Mike Townsin



- For the first 300 years the word 'worrying' meant what dogs did to sheep.
- 600 billion cups of coffee are drunk each year.
- Some people can produce goose bumps on demand.
- 7% of Americans have bashful bladder syndrome, which means they can't pee if they can see or hear another person.
- A blind man who is scared of dogs has been given the UK's first guide horse.
- A cumberground is someone whose only purpose is to take up space.
- Venus Williams has spent more than a year of her life at Wimbledon.
- To get round the law that licenced premises must be a minimum of 500 metres from the highway, a pub in Kerala, a state in India, constructed a maze to its front door.
- Braille is based on a system devised for Napoleon's army to help soldiers communicate in darkness.
- 'Queen Victoria was given the first Pekingese dog in Britain. As he was looted from China, she called him Looty'.

## What's the Origin of..?

Curated by Mike Townsin

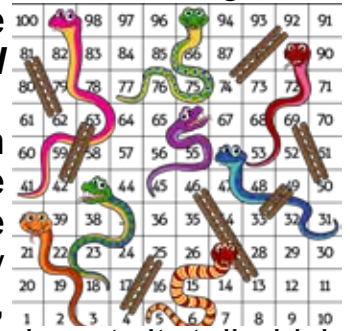
• **As the crow flies:** when the tall ships left England for the new world, without any maps, they took cages of crows with them in the belief they would always fly to the nearest point of land. The birds were released from the top of the mast – thereafter called the 'crow's nest'.

• **Awful:** the word originally meant 'awe-inspiring' or 'full of awe' and now means 'bad'. The phenomenon of a word changing meaning over time is called 'semantic spread'.

• **Back to square one:** originates from the game

### Snakes and Ladders

because when you hit the head of the snake halfway up the board, you must slide down to its tail which is at square number one – and you have to start over.



• **Bandy legs:** in the 1600s, there was a game in Ireland whereby a small ball was hit with a curved stick – the game became known as 'bandy' because the ball was 'bandied about'. Anyone with legs that were not straight and curved like bandy sticks was called bandy-legged. The game eventually evolved into hockey.

• **Bear up (under pressure):** derives from a piece of horse's harness used on parade – the 'bearing rein' prevented the horse's head from dropping, so keeping it smart on parade.

If anyone has a saying they would like 'originated', email [mike\\_townsin@yahoo.com](mailto:mike_townsin@yahoo.com) and we'll do the research.

# Extending Your Life with Greek Yogurt

by Chantal Richards

The world's oldest woman recently died aged 117. Media attention was given to her diet which consisted of 3 yogurts a day. In a post mortem study of gut, the Spanish lady, Maria Branyas Morera, was found to have a gut microbiome which showed unusually high numbers of a beneficial bacteria known as **bifidobacterium**, which can be boosted by yoghurt consumption, and a "microbiome that confers an increased likelihood for a healthy extended lifespan", the researchers wrote.



She also ate a Mediterranean diet, which is **high** in vegetables and fruit, wholegrains, legumes, nuts and seeds, and **low** in processed foods, red meat, added sugar and refined grains. Branyas didn't smoke or drink alcohol, she exercised regularly, and spent lots of quality time with friends and family.

However not all yoghurt is created equal. You need yoghurt with live microbes in it, and it's not fruity, flavoured yoghurt with acidity regulators and preservatives or colours and flavours. Buy plain Greek yoghurt and just grin and bear it when you eat it, or eat it with fruit added to it.

Source: *The Guardian - Health and Wellbeing*. 6 April 2025

## Podcasts:

by Chantal Richards

This month's recommendation:

**Meet You at the Museum: V&A**

Sponsored by Art Fund



If you love museums and galleries

but your legs just aren't up to it, then worry no more. This podcast conjures up all the joy of a visit with excellent interviews with visitors who enjoy these special buildings.

My favourite episode to date is the visit to Victoria & Albert Museum in London. JP Devlin hosts and hears fascinating first-hand stories from visitors about the important and surprising role the museum plays in their lives, as a space of solace, inspiration and learning.

You can listen to this podcast on any of these apps: *Spotify, BBC Sounds and Apple Podcasts*.

## "With All Due Respect..." by Mike Townsin

This is a new monthly column, in which we exemplify the very British habit of saying politeisms – phrases which attempt to conceal what we actually mean. It is a uniquely British thing which can often baffle foreigners, who are more direct with their frustrations, resentments or irritations. We kick off with a few below. But in future, we will also publish ones you send in to us.



"Sounds fun, I'll let you know". Translation: "I'm not coming"

"No rush, whenever you have a minute".

Translation: "This is rather urgent"

"Sorry, I'm a bit busy right now". Translation: "Leave me alone"

"With all due respect". Translation: "I think you're wrong"

"As per my last email". Translation: "I already told you this"

We'll aim to run half a dozen or so each month for your amusement, for as long as we (and you) can think of new ones. Send yours to me: [mike\\_townsin@yahoo.com](mailto:mike_townsin@yahoo.com).



## Debbie's LIFE HACKS

• This simple hack will save you a lot of time. No, you don't need the strength of Popeye to **open that sealed jar**. Simply wedge a spoon in between the seal to help get some air in and loosen it. Or, try running it under warm water.

• One of the best 5-minute hacks that will keep your **bananas fresher** for a whole lot longer. Wrap the stems in aluminium foil to slow down the ripening process and the release of ethylene gas. Plus, be sure to keep them away from your other fruit to prevent them from going off sooner.

• No one wants a **browning avocado** or guacamole. The key to keeping it green is squeezing some lemon or lime juice over it. The citric acid will prevent it from going brown for longer and adds an extra freshness to the flavour.

• Ensure your **ginger stays fresher** for longer by storing it in the freezer. Cut it into pieces beforehand so that when you take it out you're only taking out what you need.

## Small Changes ...

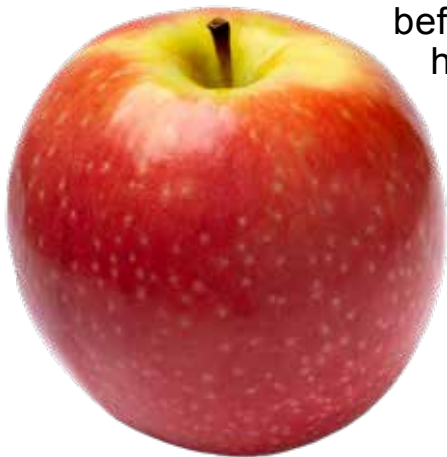
### To Make Your Meals More Nutritious

#### EAT AN APPLE BEFORE LUNCH TO REDUCE HUNGER LEVELS.

Munching on an apple before lunch can cut hunger levels so that you consume fewer calories at the meal.

A 2019 study from Malaysia showed that people who practised this diet trick reduced their calorie intake by 18.5 per cent — an

average of 166 kcal — compared to controls who didn't eat the fruit.



## Vitamin Alert

by Mike Townsin

Vitamins are essential nutrients that help the body function properly. The body can't produce enough on its own, so they must come from food. There are 13 vitamins.

### Vitamin D

#### The main functions of Vitamin D

- helps keep bones, teeth and muscles healthy

#### Signs of Vitamin D deficiency

Can lead to:

- bone deformities such as rickets in children
- bone pain caused by a condition known as osteomalacia in adults

Government advice is to take a daily supplement during autumn and winter to compensate for lack of sunlight: the body creates vitamin D from direct exposure of the sun on skin when outdoors.



#### The best food sources are:

- oily fish such as salmon, sardines, herring, mackerel
- red meat
- liver
- egg yolk
- fortified foods such as breakfast cereals

**\* Consult GP or pharmacy if in doubt. Next month: Vitamin E**





## Competition Winners

Thank you to everyone who sent in entries for the May competitions. Picked at random, our £10 M&S voucher winners this month are:

**Edible Flowers Quiz - Ron Bronks**

**Wordsearch - Jemima Prasadam**

**Congratulations!**



### Brain Exercises:

#### Anagrams: British Cities

1. corney TV.....
2. dorfox .....
3. lip or vole .....
4. math toning.....
5. log swag.....
6. busy rails.....
7. grab medic.....
8. canter mesh.....
9. hamming rib.....
10. reel scotch.....



### Brain Exercises:

#### Words without Vowels: Can you guess the word?

1. The word for a chamber in a mausoleum: \_ \_ \_ \_ \_
2. A significant religious symbol, particularly in Christianity, often associated with death and embalming: \_ \_ \_ \_ \_
3. A wild cat with long, black tufts of hair at the tips of their ears: \_ \_ \_ \_ \_
4. A religious song: \_ \_ \_ \_ \_
5. The clear or yellowish fluid that contains white blood cells: \_ \_ \_ \_ \_
6. A Welsh musical instrument similar to the violin: \_ \_ \_ \_ \_
7. A two winged insect: \_ \_ \_ \_

### Answers: Edible Flowers Picture Quiz. May Issue.

- |   |  |
|---|--|
| 1. Daisy<br>( <i>Bellis perennis</i> )              | 10. Tiger lily<br>( <i>Lilium leucanthemum</i><br><i>var. tigrinum</i> ) |
| 2. Sweet violet<br>( <i>Viola odorata</i> )         | 11. Bergamot<br>( <i>Monarda didyma</i> )                                |
| 3. Elderflower<br>( <i>Sambucus nigra</i> )         | 12. Alpine pinks<br>( <i>Dianthus</i> )                                  |
| 4. Rose ( <i>Rosa</i> )                             | 13. Chrysanthemum<br>( <i>Chrysanthemum</i> )                            |
| 5. Lavender<br>( <i>Lavandula angustifolia</i> )    | 14. Day lily<br>( <i>Hemerocallis</i> )                                  |
| 6. Primrose<br>( <i>Primula vulgaris</i> )          | 15. Hibiscus<br>( <i>H. rosa-sinensis</i> )                              |
| 7. Pot marigold<br>( <i>Calendula officinalis</i> ) | 16. Nasturtium<br>( <i>Tropaeolum majus</i> )                            |
| 8. Hollyhock<br>( <i>Alcea rosea</i> )              |  |
| 9. Sunflower<br>( <i>Helianthus annuus</i> )        |  |

### Answers: Wordsearch: Bees. May Issue.

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

### Answers: Anagrams: Staff at The Richmond Charities. May Issue

1. head malform *Emma Halford*
2. absence caver *Rebecca Evans*
3. endomorph tricks *Derrick Thompson*
4. even peeving smooth *Genevieve Thompson*
5. single worry *Gerry Wilson*
6. dangled terrapins *Linda Prendergast*
7. alanah masks melt *Samantha Maskell*
8. beebread filthy *Debbie Flaherty*
9. argent xenon *Roxanne Gent*
10. donnie navajos *Joanne Davison*

### Answers: Letter Scramble: OGEUNRY May Issue

On, Or, One, Ore, Oner; Go, Gun, Guy, Gone, Gore, Grey, Goner; Rue, Run, Rug, Rung, Rouge; You, Young, Younger.



# Sporting Venues

National and international. Can you identify the place or venue?



1.



2.



3.



4.



5.



6.



7.



8.



9



10.



11.



12.



13.



14.



15.



16.

**Your chance to win a £10 M&S Voucher! Identify all 16 sporting venues/places.** Please submit this page to your Scheme Manager, or place in the suggestion box **before Friday 13<sup>th</sup> June.** Name:

# Wordsearch: Oceans

World Oceans Day is celebrated every year on the 8th June.




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

icecaps  
octopus  
dolphins  
wind farms  
scuba diving  
shipping  
Indian Ocean

plankton  
storms  
sea turtle  
tidal power  
watersports  
saltwater  
Atlantic Ocean



seabirds  
crab  
lobster  
renewable energy  
fishing  
Arctic Ocean  
Pacific Ocean

shark  
jellyfish  
starfish  
surfing  
tourism  
Southern Ocean  
coral reef



**Your chance to win a £10 M&S Voucher! Find all 28 ocean words** and submit this page to your Scheme Manager, or place in the suggestion box **before Friday 13<sup>th</sup> June**. Name:



# Poetry Corner

by Nigel Davis

Poetry Corner has, over the years, from time to time tried to promote some songs and hymns as containing fine poetry. Here is a famous example.

Bob Dylan wrote this song in 1962 at a time when the peace and love (and protest) movement was under way in America, stimulated by the war in Vietnam.

But the song/poem is careful not to be set in any point of time — note the almost Biblical reference to the white dove and the reference to “cannon balls”, for instance.

The poem poses a remorseless series of questions; questions that have always needed to be asked and no doubt always will need to be asked.

The poet provides no answer — perhaps he is simply saying “Who knows?” Perhaps he is leaving it to the reader / listener to answer for themselves.

But there is a clear subtext; that is, that even if there are no obvious solutions or answers it is our responsibility at least to pay attention to what is going on all around us.

Whether or not you like Bob Dylan as a singer (quite a few people don't) it is hard to dispute that this is a great song and a great poem.

## *Blowin' in the Wind*

by Bob Dylan

How many roads must a man walk down  
Before you call him a man?

Yes, 'n' how many seas must a white dove sail  
Before she sleeps in the sand?

Yes, 'n' how many times must the cannonballs fly  
Before they're forever banned?

The answer, my friend, is blowin' in the wind  
The answer is blowin' in the wind

How many years can a mountain exist  
Before it is washed to the sea?

Yes, 'n' how many years can some people exist  
Before they're allowed to be free?

Yes, 'n' how many times can a man turn his head  
Pretending he just doesn't see?

The answer, my friend, is blowin' in the wind  
The answer is blowin' in the wind

How many times must a man look up  
Before he can see the sky?

Yes, 'n' how many ears must one man have  
Before he can hear people cry?

Yes, 'n' how many deaths will it take til he knows  
That too many people have died?

The answer, my friend, is blowin' in the wind  
The answer is blowin' in the wind



JUNO.

*Engraved for BELL'S NEW PANTHEON by Grignion.*