

YOUR

SEPTEMBER 2025

# ALMHOUSE

MAGAZINE

*Last of the Summer Wine*





# Your Photos



*Hydrangeas at Michels by Alan Shirley*



*Golden Hour by Chantal Richards*



*Agapanthus by Alan Shirley*



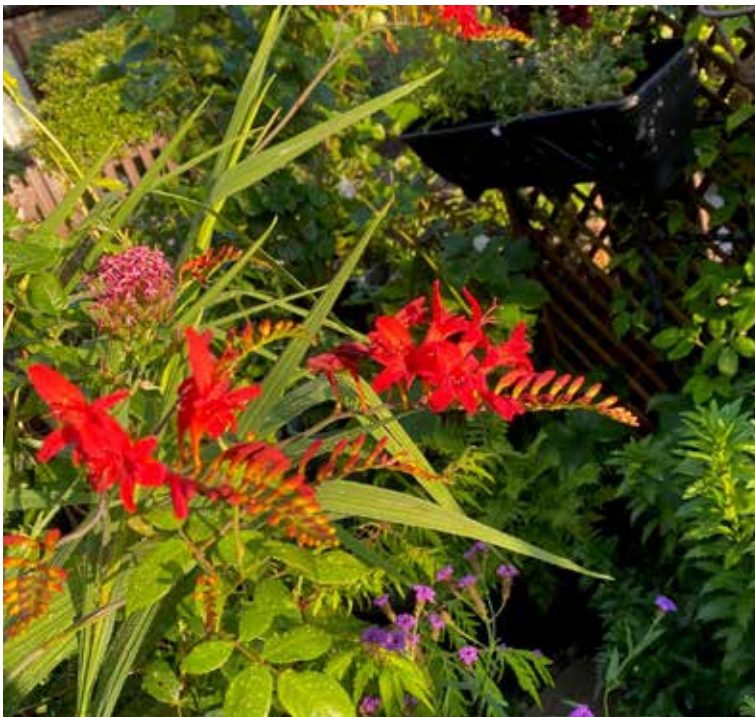
*Jay Bird by Jenny Heathcote*



*In My Garden by  
Susanne  
Munslow-Adair*



*Looking Up by Chantal Richards*



*Crocoshmia by Susanne Munslow-Adair*

If you would like to share your seasonal or local photos, please send them on WhatsApp to Becky Evans **07386 667185** or Derrick Thompson **07796 619697**



*Perfect Sunflower by Mike Townsin*



## Welcome

to our new resident:  
Natalie Openshaw,  
Candler Almshouses.

## Farewell

It is with great sadness  
that we say goodbye to:  
Jill Davidson, Queen  
Elizabeth's RIP

## Your Words and Photos

Contribute to our next  
issue. If you would like  
to contribute to our next  
issue, the deadline is  
Friday 11<sup>th</sup> September.

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: *Last of  
the Summer Wine*  
by Mick Tinson


Back Cover: *Owl!*  
by Mick Tinson

## Editorial Committee and Content:

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

## Magazine Design:

Chantal Richards  
Eden Richards

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

## Dates for Your Diary

**Friday 12<sup>th</sup>**

**September**

**Harvest Supper** with  
Pie and Mash  
*see page 11*

**Wednesday**

**24<sup>th</sup> September**

**An Interview with  
Major Phil Shannon**  
*see page 11*

**Friday 25<sup>th</sup>**

**September**

**Macmillan Coffee  
Morning**  
*see page 13*

## Forthcoming Out and About Days

**Tuesday 9<sup>th</sup> September**  
visit to [Greenwich  
Almshouses](#). Please  
bring a packed lunch,  
tea or coffee provided.  
Meet at Richmond  
Station at 10am.

**Friday 19<sup>th</sup> September**  
[The Lock House](#),  
Richmond Lock and  
Weir. Details to be  
arranged.

**Tuesday 14<sup>th</sup> October**  
[William Morris Gallery](#),  
Walthamstow. Meet at  
Richmond Station at  
10am.

**Tuesday 11<sup>th</sup> November**  
Visit to the [Bank of  
England](#).

**Tuesday 2<sup>nd</sup> December**  
Mini bus trip to [Adrian  
Hall Garden Centre](#) in  
Feltham.

## Letter from our CEO

by **Emma Halford**



Dear Residents,  
I hope you are all  
enjoying the last of  
the summer wine,  
tea, cordial or whatever is your tippie.  
Hasn't the summer flown by? I refuse  
to mention the C word yet, but it is  
only a matter of time before we start  
thinking about tinsel and turkey.....

I have always loved September and the  
sense of new beginnings (an overhang  
from my school days I think). Heading  
into the autumn is almost like a second  
spring, but with different colours and a  
crispness to the air that is very welcome  
after the heat.

My letter this month is all about new  
beginnings. By the time you read this I  
will have finished (finally!) at my old job  
and be with you full time. The first thing I  
want to do is spend more time with you,  
so look out for details of coffee mornings  
at your estate. This is an opportunity  
for us to get together informally and  
for me to hear your thoughts on our  
community. Ask me anything and tell  
me everything over a cup of tea and a  
biscuit. I'm hoping these will become  
regular events but do pop along to the  
first sessions and save me from eating  
all the biscuits myself.

Another new beginning for us is our  
'Singing Together' initiative with the  
children from Marshgate primary  
school. This is something that Derrick is  
organising and I think it will be great fun.  
Details can be found in the magazine  
and I hope to see many of you there.

Enjoy this edition and I will look forward  
to seeing you soon.

All the best,  
Emma



# The Annual Summer Party

by Jo Davison

The 14th August came around quickly, a bright and scorching day for our Residents Summer Party. Motown was the theme and there were some impressive outfits — congratulations to the winners!

The fish and chips were a hit as was Matt, the Motown singer. There was lots of dancing and our very first Soul Train. A fun day cooled down with Cornetto ice-cream.











## Food Glorious Food: Shepherd's Bush Market Trip

A couple of bus rides and we were in the midst of the Goldhawk Road and the entrance to Shepherd's Bush Market. The Steptoe and Son rag 'n bone men have been overtaken by a mix of African, Middle Eastern, Indian, Caribbean and Asian residents. They make up most of the market stall holders and we wandered through their pitches identifying unusual (for us) fruit and vegetables, which on the day of our visit, outnumbered the meat and fish mongers.

Decades ago, the market was well known for its fabrics and it's still the place to buy fabric for dress making, haberdashery and home furnishings, although they're a bit bright for a northern hemisphere winter.

There are numerous stalls both under the railway arches and in the open air, packed to the gunnels with kitchen pots and pans, cutlery, small biriki (for Turkish coffee) serving platters, enamel ware for baking and serving, mingled with Indian jewellery traders, lots of yellow gold, household stalls with buckets, brooms and mops.

But we wanted to check the food stalls and started off at the juice bar with a ginger, turmeric, lime and orange juice. On to the fruit stalls where, wide-eyed, we saw many varieties of mango, soursop with its prickly skin, yams (Cassava from which tapioca is extracted), green bananas for vegetable cooking (like plantain), breadfruit – a great ball of hard, green skin encasing a beautiful ivory-coloured fruit compared to potato in texture and taste, so prepared as a vegetable. Hard, green coconuts for eating now before they develop the fibrous husk we recognise. The trader prepared them for a customer by slicing off the green skin, shaping the top by slicing down at an angle to create an opening for drinking.

These market trips show us the variety of food cultures in London, as well as the different ethnicities and traditions and we came away with spices, fruit and vegetables mentioned above

and instructions for how to prepare and cook them.

We plan to meet again on 9th September at 11am. (See the box to the left).

We hope you will join us.



### FOOD GLORIOUS FOOD

#### *Preparing for Autumn*

Our resident, Dinah, will be giving a talk on vegetarian foods to help boost our health and the immune system during cooler days.

**9th September  
at 11am.**

*at Heather  
Shiple's home*

(ask your Scheme Manager  
for the address)



# Out and About on the River Thames

by Richard Yardley

The Thames Discoverer, a custom-built accessible 60 foot long boat, started with The River Thames Boat Project in 2018.

We had a great day out on the river, some rain in the morning then the weather got a lot better; as we went round Hampton Court Palace we could see the garden and fence which we were walking in last year on one of the open garden days. (Next open gardens are 13th and 14th September, and 18th and 19th October.)

We passed through several locks, stopped for lunch then turned around and headed back to Kingston. Most enjoyable, and our thanks to The Richmond Charities for helping with the cost.

See page 3 for the upcoming Out and About Trips.



## Good Endings – Hymns, Music, Poetry



by Derrick Thompson

This is my last article based on the talks given at the Good Endings Seminar in March. If you missed the Seminar we will be repeating it, probably in the autumn of 2026.

For now, we turn our attention to Hymns, Music and Poetry.

Whilst I would always recommend music at a funeral, to give people time to remember and reflect, hymns are entirely optional. If including hymns, it is good to choose ones that will be well known so those attending can sing along. However, you could ask for a recording of a hymn to be played for people to listen to, as an alternative.

When it comes to music then it is good to suggest a few pieces. Something for entering the Chapel or Crematorium, and something for leaving, and perhaps something for reflection during the service. This could be any suitable

favourite piece of music, or something that links to a happy memory in your life.

Finally, poetry. Family and friends who want to honour their loved one will often choose to read a poem, rather than trying to pen their own words. There is a wide variety of suitable poems, and pieces of prose available.

I have available a list of Hymns and Organ music, with recordings of the same, and a booklet of Poems and Funeral readings. Just ask your Scheme Manager or me if you would like a copy.

Sitting down and planning your own funeral can be hard, I know. It can be easier with someone alongside, so please let me know if you would like my support with this.

Whilst making plans for our own funerals and end of life arrangements is a challenge, it can be one of the greatest gifts we leave to our families and friends.



# Almshouses in Bloom 2025

## The Winners

Words by Linda Prendergast

Photographs by Mick Tinson

This year's prizegiving event was held on Wednesday 20<sup>th</sup> August. All almshouse residents were invited to come and join in the presentation of the trophies and gift cards to all our worthy winners. Everyone enjoyed a glass or two of prosecco together with some nibbles. Emma gave a short thank you speech to all our worthy winners as well as a thank you to those who came to support them. Our judges Owen and Richard were not there in person but they left notes for Emma to read out to everyone to explain why they chose the winners of each category. Emma then presented all the prizes and trophies to our winners.

### Best Front Garden:

1st: Brian and Connie Yorke

2nd: Ron and Mary Bronks

3rd: Dorothy Coe

### Best Container Garden:

1st: Susanne Munslow-Adair

2nd: Steve Smithson

3rd: Terri Ekkle

### Neighbourhood Gardener:

Jemima Prasadam

### Neighbour Gardens:

Poppy Hillman

Veronica Read

Sheila Walker

Cathy Widger

### Special Commendations:

Norman Bramfit

Terry and Elizabeth Byatt

Barbara Costanzo

Karen Evans

Heather Keeler

Sue McAnena

Aurea McFarlane

Shirley Perry

Gurdip Sing Lota

Bill and Jackie Watson

Richard Yardley



1st Best Front Garden  
**Brian and Connie Yorke**



2nd Best Front Garden  
**Ron and Mary Bronks**



3rd Best Front Garden  
**Dorothy Coe**



1st Container Garden  
**Susanne Munslow-Adair**





2nd Container Garden  
**Steve Smithson**



Neighbour Gardens  
**Veronica Read**



3rd Container Garden  
**Terri Ekkle**



Neighbour Gardens  
**Sheila Walker**



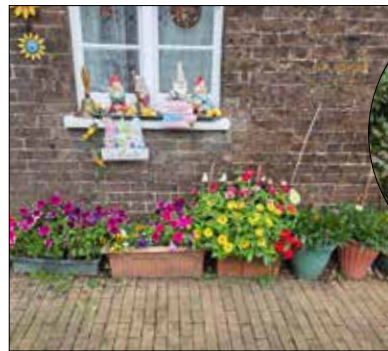
Neighbourhood Gardener  
**Jemima Prasadam**



Neighbour Gardens  
**Cathy Widge**



Neighbour Gardens  
**Poppy Hillman**



Special Commendation  
**Norman Bramfit**



10 OUR COMMUNITY



Special Commendation  
**Terry & Elizabeth Byatt**



Special Commendation  
**Aurea McFarlane**



Special Commendation  
**Barbara Constanzo**



Special Commendation  
**Shirley Perry**



Special Commendation  
**Karen Evans**



Special Commendation  
**Gurdip Sing Lota**



Special Commendation  
**Heather Keeler**



Special Commendation  
**Bill and Jackie Watson**



Special Commendation  
**Sue McAnena**



Special Commendation  
**Richard Yardley**



## Noticeboard

# From Boy to Bandmaster

A talk with

## Major (Retd) Phil Shannon MBE

Wednesday 24<sup>th</sup> September  
at 3.30pm

in Hickey's Chapel

Hosted by Debbie Flaherty

In an interesting and amusing account of how he joined the Army at the tender age of 15, Phil will recount how he rose through the ranks to become the Director of Music of the bands of the Welsh and Irish Guards during his distinguished military career.



Having taken part in many of the nation's State and Ceremonial musical events, as well as regularly performing at functions in Buckingham Palace, Windsor Castle and St. James's Palace, he will describe how music plays a major part at the heart of the Royal Family.

Following his military career, Phil had the privilege of working at The Royal Hospital Chelsea among our revered Chelsea Pensioners. This included helping to coach Colin Thackery in 2019 at the age of 89, to win *Britain's Got Talent*.

***His talk will be accompanied by music, drinks and nibbles. Please arrive at least 5 minutes before the talk begins. All are welcome.***



## Harvest Festival!

*Celebrating the provision of food, flowers and the joy of creation!*

### Pie and Mash Harvest Supper!

Friday 12<sup>th</sup> September  
at 4pm

at Chapel of St. Francis,  
Hickey's Almshouses

If you would like to attend the Harvest Supper, please let Derrick or your Scheme Manager know by Sunday 7<sup>th</sup> September at the latest.

Jacket Potato, Cheese and Coleslaw available for the non-Pie-Eaters!

**PRE-BOOKING YOUR MEAL IS ESSENTIAL!**

### Harvest Celebration Service

Sunday 14<sup>th</sup>  
September at  
10.30am

at Chapel of St. Francis,  
Hickey's Almshouses

With your favourite Harvest Hymns!



Donations of new tinned, dry goods and toiletries for the Richmond Foodbank, in the Vineyard, can be brought to Chapel on or before the 12<sup>th</sup> September.

Home grown fresh produce to brighten up the display is also welcome!

If you prefer to make a cash donation monies received will be given to Water Aid.

## Wellness Walking Sessions with Rosie

Rosie has very kindly agreed to take a slightly different approach to her usual Nordic Walking sessions by introducing Wellness Walks. Poles will not be needed for the walks, although for those of you who want to, Rosie will of course bring the poles as usual.

**A 6-week course will begin on Tuesday  
16<sup>th</sup> September at 2:30pm**

**Learn how to: walk to improve muscle strength in your whole body, improve posture and reduce tripping.**

**Walking outdoors can boost a person's mood by 30% and you will meet new people and enjoy a chat**

If you would like to join the course, can you please contact your Scheme Manager and book your place. Please let your Scheme Manager know if you would still like to use the poles and they will let Rosie know.







# Noticeboard

## Yoga Classes with Claire Welton

**New sessions begin on  
Friday 5<sup>th</sup> September  
at 10:15am  
in Hickey's Chapel**



This is a gentle chair-based yoga practice to calm, rebalance and ease the body and mind. The classes will be totally accessible to all levels of ability and all will be welcomed and supported with a range of modifications to suit individual needs. The 60-minute classes will always be guided with warmth and empathy and will include nourishing stretches, guided breathing exercises and deep relaxation techniques.

If you would like to attend, please inform your Scheme Manager.

All dates are advertised in the Monthly Activities Leaflet.

**WARNING**

## HOAX PHONE CALLS

Scammers may pretend to be from your bank, HMRC or the police.

Never share personal information over the phone.

Call the number of your bank, HMRC or the police and check the caller's identity.



**STAY SAFE. STAY ALERT. REPORT SCAMS.**

## ZUMBA with Clare

The next course begins on  
Monday 1<sup>st</sup> September  
at 11am in Hickey's Chapel

What is Zumba?

Zumba's most well-known and popular program is its namesake class, Zumba. This dance class features high-and-low intensity intervals that help improve cardiovascular fitness while also enhancing balance, coordination, agility, and to some degree, strength through the application of beginner-accessible choreography.

Classes typically consist of Latin-inspired songs, starting with a slower warm-up song, building intensity throughout the workout, and ending with a cool-down song. Even if you're not a strong dancer, the choreography is repetitive and designed to be built upon, so most people will catch on.

You don't need any special dance skills to succeed in Zumba classes but those that have natural rhythm may pick up on the moves faster. Still no one is keeping score, so just dance, let go, and have fun!

All dates will be published in the monthly events leaflet.  
**There's no need to book, just turn up!**

## It's time for a Macmillan Coffee Morning and you're invited



Let's do whatever it takes to support people living with cancer.

Place: Chapel of St Francis, Hickey's Almshouse

Date: Friday 26<sup>th</sup> September

Time: 10.30am – noon

Contact: Jo and Derrick



If you can't attend in person please consider giving a donation using this QR code, or in cash to your Scheme Manager or Derrick. Thank you!



## DONATIONS NEEDED FOR THE MACMILLAN COFFEE MORNING

If you are able to donate any 'New Household items and Drinks' for the tombola, please give them to your Scheme Manager. Many thanks.



# Chaplains Chat: *Sing, Eat and Celebrate!*

by Derrick Thompson

Autumn is a season of new beginnings with great opportunities to Sing, Eat and Celebrate!

Our celebrations begin with our **Harvest Supper and Festival** (see advert on page 12) on 12<sup>th</sup> and 14<sup>th</sup> September.

Looking forward to Sunday 5<sup>th</sup> October at 10.30am, there will be another chance to Celebrate with a *Songs of Praise* focussing on St. Francis.

Then on Wednesday 22<sup>nd</sup> October at 11am we have our first **Singing Together** with pupils from Marshgate School — a great opportunity to lift our voices and lift our spirits as we join in community singing of hits and songs from the shows old and new!

Do put these dates into your diaries and share in the Singing, Eating and Celebrating together!

**Thank you!**





**Thank you to the residents of Richmond Charities Almshouses for raising an amazing £190 at your Thanksgiving Service**

Your incredible fundraising efforts help SPEAR to provide accommodation, outreach, tenancy support and health services to people experiencing homelessness in London. Because of you, more individuals can take their first steps towards a safe home and independent living. We are grateful for your continued support and partnership in helping us end rough sleeping in London.



## Festivals of Faith

by Derrick Thompson

### NAVARATRI



**22 September to 1 October (Hindu)**

Hindu families gather to participate in circle dances associated with the goddess Durga and Lord Krishna. Navaratri means nine nights, the length of the festival. A common greeting during this festival is Shubh Navaratri (Happy Navaratri).

### MILAD UL-NABI / BIRTHDAY OF THE PROPHET MUHAMMAD

**27 September (Sunni) and 2 October, Muslim (Shi'a)** The most important part of Eid Milad-un-Nabi is focusing upon the character of the Prophet, his bravery and wisdom, his teachings, sufferings, and how he forgave even his most bitter enemies. The day is marked with processions and flag waving under a huge decoration of lights. However, some Muslims refuse to celebrate this day as they see it as a modern invention.

### INSTALLATION OF THE GURU GRANTH SAHIB in the HARMANDIR SAHIB, Amritsar 1604 CE

**1 September (Sikh)** In 1604 CE Guru Arjan Dev, the Sikhs' fifth Guru, installed the Adi Granth, a newly compiled volume of scripture, in the newly built Harmandir Sahib (Golden Temple) in Amritsar. The second version of the Granth was prepared by Guru Gobind Singh in 1706 CE, re-editing the Adi Granth to the form in which it is found today. Sikhs regard the Guru Granth Sahib as their living Guru – hence the importance of this celebration. No Sikh ceremony is regarded as complete unless it is performed in the presence of the Granth, the focal point of all Sikh worship.

### ETHIOPIAN NEW YEAR'S DAY

**11 September (Rastafarian)** Ethiopian families celebrate their New Year, which they call Enqutatash, 'gift of jewels', with presents and visits. They celebrate a four-year cycle, in which each year is named after an evangelist. Rastafarians throughout the world honour it too. The cessation of the rains marks a month of transition from the old year to the new.



## Margaret at Michels

by Mike Townsin

If you thought you knew Richmond think again!

There's a charming video guide of Richmond by **Joolz Guides**\*, hosted by a chap called Julian McDonnell (aka Joolz) which, for example, reveals a film clip of the spot outside Richmond Library where Mr Bean first fell to earth, or the pub where Ted Lasso enjoyed a pint, not to mention the long history of cricket on the Green.

Not only that, he lights upon Michel's Almshouses on a perfect summer's day



and meets ex-nurse Margaret, one of our residents, who shows him round and talks eloquently about our almshouses.

Well done Margaret.

We're now famous!

\* <https://joolzguides.com>

## Thanksgiving Festival Celebrate 425 — Annual Thanksgiving Service

by Derrick Thompson

Despite the thunder and rain, it was good to share in our Annual Thanksgiving Service, this year with the heading 'Celebrate 425'. Our oldest Almshouse foundation, Queen Elizabeth's is 425 years old this year, so the first part of our service focussed on the history of the founding of our almshouses, as well as those who founded them.

During the second part of the service, we thought about the benefits of everyday thanksgiving and gratitude. Many residents and staff had sent in 'Flowers of Thankfulness' ahead of the service. These were put together by the Thursday Fellowship into a 'Garden of Gratitude' that was unveiled to a round of applause!

The joyful singing of hymns was boosted by the Singers from St. Mary Abbott's,



Kensington, with Mark Uglow on the organ. The singers also sang two beautiful 17th Century pieces of music.

The afternoon was rounded off socialising with some lovely food and drinks.



# Inspirational Homes Award Winners!



Jeremy Williams, our Chair, collects the Almshouse Association’s **Inspirational Homes Award Winner** certificate for Twinings Almshouses, presented by Simon Pott, Chair of the Awards Panel and Willie Hartley Russell, Chair of the Almshouse Association (right of Jeremy).

## Chapel Schedule: September 2025

<b>Sunday 7th September</b>	<b>10.30am Holy Communion</b> <i>followed by refreshments</i>
<b>Friday 12th September</b>	<b>4pm Harvest Supper (Booking Essential)</b>
<b>Sunday 14th September</b>	<b>10.30am Harvest Festival!</b>
<b>Sunday 21st September</b>	<b>10.30am Holy Communion</b>
<b>Sunday 28th September</b>	<b>10.30am Holy Communion</b>

All are welcome to join us.  
Morning Prayer, most Tuesdays at 10am.

For more information email Chaplain Derrick:  
[d.thompsonrichmondcharities.org.uk](mailto:d.thompsonrichmondcharities.org.uk)

# 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 you 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.



# My Story: A Hero's Life, Part Two

by Angus Douglas

Dad's war was to continue. After a brief period of rest and recuperation, during which Arnhem veterans went to meet the King at Buckingham Palace, his reconstituted regiment was deployed to Norway to round up Germans and quislings. This time the Border regiment did not go in by glider, they flew in on reconfigured Lancaster bombers. The weather was bad, visibility terrible, the planes were overloaded, the instruction from base in England to turn back was missed due to communications failure. His plane had a bumpy landing, the next plane crashed killing all on board. The first job in Norway was to bury the dead. He was leading a charmed life.

After Norway, there were a few months in Germany before being demobbed and the task of trying to pick up his acting career where he had left off. Radio was booming, theatre was back and thriving and mass television viewing was just around the corner.

An actor's life can be precarious and, as my dad found with a large family, not always easy to make ends meet. Eventually he got his big break, starring in *A Family at War* and, from then his acting life was okay.

He was reticent when asked about the war in which he had fought but luckily for us, the TV series *A Family at War* had many admirers across Europe and a publisher in Norway, Hjemmet, brought out a Norwegian language book to celebrate the series and Dad's life. During lockdown I decided that I needed a project and so, using online



language tools, I translated it the best I could. So, thirty years after he had died, I was able to understand something of his life and something of his war and something of all the lucky escapes that he had, without which there would not have been an Angus Douglas to write this.

And, yes, he was a hero, but I know that he would deny it.

## My New Book

by Ian Heath

I recently launched my own book called ***B\*ll\*cks to Cruising: The Belated Gap Year(s) of a Septuagenarian***.

This book relates to three of my many solo journeys which I did in 1989, 1997 and 29 days respectively. My first long trip was driving around Europe in a 14 year old car in 2017 when I was 70.

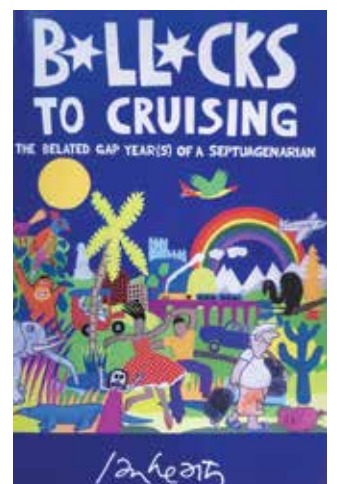
I travelled on a limited budget which forced me, sometimes, to overnight in some pretty grim rooms. However, my experiences were

always educational, exciting and fun.

The book is 397 pages long and contains over 300 colour photographs plus my drawings and cartoons. If you are interested in a copy please email me at: [ianheathart@gmail.com](mailto:ianheathart@gmail.com)

The book is £15 and I am happy to deliver locally.

*NB. We loved the book so much we bought it for the library. Ed.*





# Local News, Events & Information

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

Royal Botanic Gardens  
**Kew** **FREE TICKETS**  
**for Kew Gardens**

The Richmond Charities currently have 70 Kew Garden tickets remaining and we would like to encourage residents to make use of our fantastic membership.

Perhaps you would like to invite one friend, join a neighbour or go it alone to relax and unwind while watching the seasons change among the world's most diverse collection of plants.

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

**Richmond Soulwalk.** Sunday 7<sup>th</sup> September. Meet at Hollyhock Cafe on Richmond Terrace Gardens. Open-minded heart centred wellbeing walk designed to connect you to your inner nature. Book in advance. [soulhub.co.uk](http://soulhub.co.uk) £12.

Are you a choral singer looking for a choir? Try out the **Barnes Choir Open Rehearsal** on Tuesday 9<sup>th</sup> September. 7.30pm. More details: [barneschoir.org.uk](http://barneschoir.org.uk)

**Zippos Circus** is coming to Twickenham Green for 6 days. Wednesday 10<sup>th</sup> September to Monday 15<sup>th</sup> September at 5pm.

Learn a new craft! **Coffee and Crafting** at the Museum of Richmond. Wednesday 17<sup>th</sup> September and Saturday 20<sup>th</sup> September. Make a patchwork inspired by a World War II Dress. Donations from £2.50. Book ahead via [museum-of-richmond.arttickets.org.uk](http://museum-of-richmond.arttickets.org.uk)

**The Great River Race** Come and support over 2,000 people and almost 300 crews as they race in London's River Marathon. Rowing 21.6 miles from Millwall in East London, the crews will finish at Ham. Come and join them for food, drink and music. Saturday 20<sup>th</sup> September 12:30 - 3:30pm.

**Kew Village Market** with around 45 stalls selling quality food and crafts, and a party spirit with live music from local bands. Kew Village Market is famous as the finest, friendliest market in the area. 7<sup>th</sup> September. Open 10am - 2pm.

**Barnes Food Fair.** One of southwest London's most delicious dates in the diary is back! Barnes Green on Saturday 13<sup>th</sup> September, 10am - 5pm.

**ARTS RICHMOND**

**Richmond Life**  
 around the borough,  
 as seen through your  
 lens...

**An Arts Richmond  
 Photographic Exhibition**  
 open to everyone.

We invite you to submit your photos on this theme, to be shown at The Landmark Arts Centre in Teddington, alongside the Richmond and Twickenham Photographic Society's Annual Exhibition.

**27 September – 5 October 2025**

Visitors to the exhibition will be invited to vote for their favourite photograph in this section, and a prize will be awarded.

Full details on [www.artsrichmond.org.uk](http://www.artsrichmond.org.uk)  
 Deadline for entries is  
 Friday 19 September 2025

[www.artsrichmond.org.uk](http://www.artsrichmond.org.uk)

**ARTS RICHMOND** **LANDMARK ARTS CENTRE**

**The Open House Festival 2025** in London will take place from 13<sup>th</sup> - 21<sup>st</sup> September. The festival celebrates London's buildings, architecture, and neighbourhoods. It offers access to a variety of buildings, special events, guided tours, and activities. Local places you can visit which are not normally open to the public:

• **The Herbarium** is a hidden, scientific treasure located on Kew Green. It houses almost seven million preserved botanical specimens, and one of the largest botanical library, art, and archives collections in the world. →

• **Bethlehem Chapel** on Church Terrace, Richmond

• **Air raid shelter** at St Leonards Court, East Sheen

• **St Anne's Church**, Kew Green

• **Langdon Down Centre**, Grade II listed theatre in Teddington

• **Twickenham Museum**, riverside

• **One Paved Court** Gallery in Richmond

• **Grove Gardens Chapel.** A small, charming Gothic Revival cemetery chapel.

...and so many more. Go to: [programme.openhouse.org.uk](http://programme.openhouse.org.uk)



# Getting To Know You

## Heather Keeler

**Where did you grow up?** Marlborough Road, Richmond Hill.

**As a child, what did you want to be?**  
A writer.

**What is your favourite music/song from your teenage years and what does it remind you of?** Elvis Presley's *Don't be Cruel* made my teenage years wonderful and kept us dancing

**Who is your favourite live performer/artist and why?** Frank Sinatra's unique, need I say more.

**What would you choose to give a 5-minute talk on?** What's on the 6 o'clock news.

**Describe your 'happy place'.** My garden on a summer's day.

**If you were Prime Minister for the day, what would you do?** Bring back military service.

**If you could travel back in time, where would you go and why?** Back to the 80s, it was a wonderful decade.

**What words of wisdom would you pass on to the younger generation?** Be kind to others.

**If you could be a star in a movie, which one would it be?** *The Miracle Worker* (1962)

**Is there anything you've recently watched on TV or at the cinema which you would recommend?**  
Female authors, Channel 36 on TV

**Can you describe yourself in 3 words?** Optimistic, open minded and determined.

**If you were an animal, what would you be?** A leopard

**Can't get through the day or weekend without?**  
Classic FM

**What film or play makes you cry?** *Scott of the Antarctic* (1948)

**Who would you invite to your fantasy party/lunch and why?** Terry Waite, a man of great courage; Johannes Brahms, genius; Ernest Hemmingway, a writer of considerable depth; Jeff Goldblum, a very talented and funny man.

**If you could teleport to anywhere, where would it be and why?** To the beautiful Island of Jersey where I spent my honeymoon in 1965.

**What is your guiltiest pleasure?** Two glasses of red wine with my evening meal, but I feel no guilt.

# Trustee File

## Amani Orr Ewing



I am delighted to have just been appointed as a trustee of The Richmond Charities, and I am looking forward to meeting some of you in the next few months.

I grew up in Birmingham and studied engineering at Leeds university. When I came to London to work, I was quickly drawn to the Richmond area because of all the beautiful green space and the river and have been here ever since. For a while I didn't know what the Almshouses were but admired the buildings and pretty gardens. Eventually I found out and learnt what an important role they have in the community. I am happy to have the opportunity to help The Richmond Charities continue this.

I worked as an IT consultant, mainly in banks, but stopped some years ago. I have three children who all work now, one still in London. There is so much to offer in this area, and I spend a great deal of time outdoors, either walking with friends and my dog along the river or in the parks, I am a huge fan of all the old trees we have in our area. I am a very keen gardener and am lucky enough to have an allotment where I grow fruit and veg. That too is a friendly community. I enjoy going to France on holiday and walking in the mountains in the summer. It is so quiet and peaceful. We are lucky in Richmond to have two theatres, and I love going to see plays particularly at the Orange Tree which is so small inside. I do like the traditional plays but have really enjoyed some of the new work.

I am looking forward to being a part of the Almshouse community; I have had a very warm welcome from the trustees and staff I have met so far. It is a very exciting opportunity for me, and I can see it makes a positive impact on the whole community.



## On This Day...

curated by  
Debbie Flaherty

1<sup>st</sup>

### September 1939

The great evacuation began. Days before Britain entered World War II millions of people, mostly children, began to be evacuated from towns and cities to the countryside.

4<sup>th</sup>

### September 2018

The FBI announced that they had recovered the ruby red shoes worn by the character Dorothy in the movie *The Wizard of Oz*. They had been stolen from the Judy Garland Museum in Minnesota USA, in 2005.

8<sup>th</sup>

### September 1966

The first episode of the science fiction TV show *Star Trek* was aired on US TV.

11<sup>th</sup>

### September 1942

British author Enid Blyton published *Five on a Treasure Island* — her first book in her Famous Five series.

26<sup>th</sup>

### September 2009

Stores in the town of Bundanoon, Australia, stopped selling bottled water, making the town the first place in the world to enforce a ban on plastic bottles, which harm the environment.

## Page Turner

### *Sheep's Clothing* by Celia Dale

Review by Kate O'Brien



I would describe this as a dark comedy; well, it's certainly dark and at times funny!

We are in the lives of two women, Grace and Janice who met in Holloway Prison. They are what we now call scammers, but this was written

in the 1970s. Grace is the brains, and Janice does what she's told – until she doesn't. Grace works an area, looking for potential victims; all elderly women, living alone but possibly with something worth stealing. They say they are from Social Services, and that their benefits have been underpaid. Janice makes some tea, into which she puts a sleeping pill and once the woman is asleep, they take anything of value.

While Grace is a deeply unpleasant woman, she is incredibly well drawn, and it's fascinating watching how she plans and executes her scams. Of course, something goes wrong and then Janice meets a man, which is a complication, but not necessarily one you would predict. Then Grace finds a different kind of victim, with potentially a greater reward ...

It's a great story, well told with excellent characterisation. But you will never open your door again to someone you don't know!

*Sheep's Clothing* by Celia Dale is published by Daunt Books (£9.99) or second-hand £3.90 at [worldofbooks.co.uk](http://worldofbooks.co.uk)



# Podcast Recommendations

by Chantal Richards



**Arts & Ideas** podcast is a fascinating *BBC Radio 4* program. It airs on Fridays at 9pm. It is repeated on these podcasts which focus on leading thinkers discussing ideas that

shape our lives, looking at the news and making connections between past and present. I have just enjoyed the episode called *Friendship* but there's a plethora of other episodes including: *Christian Faith*, *The Middle Classes*, *Beer*, *Crisps and the British Pub* and *Cosy Comfort Reading or Nietzsche?*



**Desert Island Discs** podcast needs no introduction. Interviews with the great and good, including Cillian Murphy, Gareth Southgate, Cher, Mark Knopfler and more.

You can listen to these podcasts on any of these apps: [Spotify](#), [BBC Sounds](#) and [Apple Podcasts](#).

## “With All Due Respect...” British ‘Polite-isms’

by Mike Townsin

“Ooh could I just squeeze past you”. Translation: “Please move out of my way”

“Sorry could you say that bit again”. Translation: “I wasn’t listening to a word you said”

“Just a gentle reminder” Translation: “I can’t believe you haven’t done this”

“It’s not bad actually”: Translation: “It’s surprisingly tolerable, considering my low expectations”

“I think you’ll find”. Translation: “You’re wrong...” \*

“Last time I looked”. Translation: “You idiot. Didn’t you know this?” \*

\*From Alan Shirley

Send yours to me: [mike\\_townsin@yahoo.com](mailto:mike_townsin@yahoo.com)

# What’s the Origin of..?

Curated by Mike Townsin

• **Sling yer hook:** back in the day, the hook was a name for the ship’s anchor, and the sling was the cradle that housed the anchor, so when the bosun told one of the crew to ‘sling the hook’, it meant to pull up the anchor, stow it, and sail away.

• **The money will go into the slush fund:** ‘slush’ was the name used for the cash that was raised by selling the used fat from



the ship’s cooking pots to the tallow makers ashore. The ‘slush fund’ was then used to make small purchases for the crew. It has become known mainly for money extorted by illegal activities.

• **It’s a perk of the job:** the word perk derives from the Latin ‘perquisitum’ meaning ‘to search diligently for’ and is short for perquisite which the OED defines as ‘an extra profit, right or privilege’.

• **To cost an arm and a leg:** before photography was invented, portrait painting was expensive and the larger the portrait, the more it cost, so people of limited means preferred head and shoulders to full body portraits including arms and legs, which would cost more – an ‘arm and a leg’. Later soldiers who lost an arm and a leg in war used the phrase because many considered the loss of body parts a high price to pay.

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.



## And the Good News is...

Curated by Mike Townsin

• Three-year-old Caitlyn Mellor has become the youngest ever handler to qualify for next year's Crufts, with her miniature schnauzer Zeeva. Caitlyn, whose first word was "doggy", has been competing at shows since the age of two, and made the cut for Crufts via a ranking performance at the Three Counties Championships.

• Liverpool's modernist Catholic Cathedral has received Grade I listed status, putting it on a par with Britain's more traditional cathedrals, including the city's Anglican one. Designed by Frederick Gibbard, and built in the 1960's, it is known locally as the Wigwam.

• The Bayeux Tapestry is to return to England after more than 900 years. It is part of an agreement between Keir Starmer and Emmanuel Macron to swap it with the Lewis chessmen and treasures from Sutton Hoo. The tapestry will be on display at the British Museum from September 2026 to July 2027.

• Hundreds of turtle doves have been released across the country this summer to save the species from extinction in England. The Turtle Dove Trust is breeding the doves and taking them to wild-life friendly farms and estates – including Sandringham. Some have trackers so that their migrations can be monitored.

• A Galapagos tortoise at Miami Zoo called Goliath has become a father for the first time at the age of 135. His partner Sweet Pea, thought to be aged between 85 and 100 years, laid a clutch of eggs in January one of which hatched.



## Wit and Wisdom

Curated by Mike Townsin

*True ignorance is not the absence of knowledge, but the refusal to acquire it.*  
**Karl Popper, Austrian British philosopher**

**Men are not against you; they are merely for themselves.** *Gene Fowler. US author*

**Projects don't go wrong, they start wrong.** *Adage, quoted in The Times*

*It's called the American Dream because you have to be asleep to believe it.* **George Carlin, US comedian**

**Music is the space between notes.**  
*Debussy*

**A melancholy lesson of advancing years is that you can't make any more old friends.** *Christopher Hitchens*

**It's been said that a pretty face is a passport. But it's not, it's a visa and it runs out fast.** *Julie Burchill*

**The only happiness is on the other side of things.** *Mike Skinner, English rapper*

## Miscellany

Curated by Mike Townsin

- The Ravenmaster at the Tower of London whistles a special tune to summon the ravens to bed each night
- Winston Churchill's funeral was planned under the code name Operation Hope Not.
- Only female bees can sting.
- A.A. Milne planned a film adaptation of *Pride and Prejudice* with Mr Darcy played by Eeyore.
- One litre of Dior's J'Adore perfume contains 10,000 flowers.
- Donald Trump's golf bag contains high powered rifles as well as clubs.
- The 'bystander effect' is where a person does nothing in a crisis because they think someone else will.
- 2,400 phone boxes in Britain are listed as 'historic landmarks'.



## Small Changes...

To Make Your Meals More Nutritious

**Add mushrooms to your meals to fill you up**

Mushrooms contain a variety of fibres that are known to slow gastric emptying and fill you up more quickly than other foods, including meat.



In a study at the University of Minnesota, researchers found that people given 425g of white button mushrooms a day for ten days reported feeling significantly less hungry and ate less in the hours after eating compared with others given the same relative quantity of beef. Substitute meat for mushrooms in soups and stews!

### Debbie's LIFE HACKS

1. Install motion-sensing night lights, especially in hallways and bathrooms, and use bright, task-specific lighting for reading and other activities.

2. Use a Lazy Susan or turntable in the refrigerator to easily access items in the back.



3. Attach a key ring or paper clip to zippers. It makes them easier to grab!

4. Participate in activities you enjoy to maintain well-being and independence.

5. Cut a lemon in half and rub it over your cutting board to sanitize and deodorize it.

## 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 K

The main functions of Vitamin K:

- needed for blood clotting and helping wounds heal; may also keep bones healthy

Signs of deficiency:

Can lead to

- difficulty with blood clotting following wounds
- adults need approximately 1 microgram a day of vitamin K for each kilogram of body weight. Any the body doesn't need immediately is stored in the liver for future use, so you do not need it in your diet every day

The best food sources are:

- green leafy vegetables such as broccoli and spinach
- vegetable oils
- cereal grains
- you should be able to get all the vitamin K you need by eating a varied and balanced diet

Consult GP or pharmacy if in doubt.

Next month: Calcium





## Competition Winners

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

**Picture Quiz — Alan Shirley**

**Wordsearch — Eleanor Walker**

*Congratulations!*



### Brain Exercises: Anagrams: Sports

1. fig runs.....
2. nine st.....
3. ambon dint.....
4. mm wising.....
5. graphic tuna.....
6. ling nag.....
7. evil jan.....
8. abel slab.....
9. lung ric.....
10. herc ray.....
11. cake siting.....
12. gin ocean.....



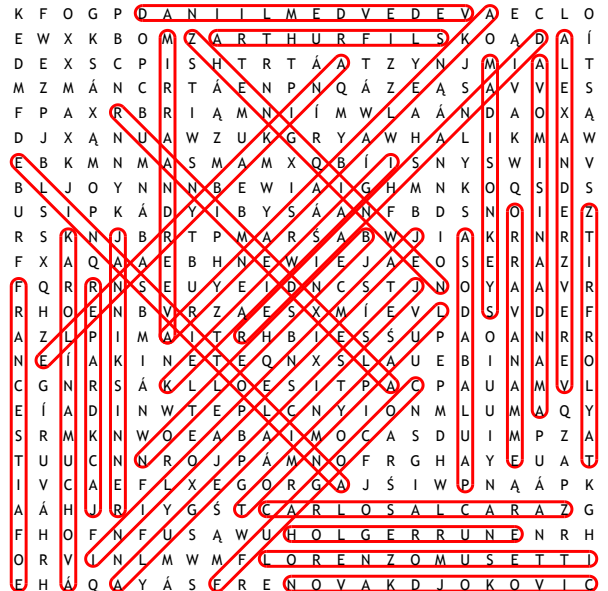
### Brain Exercises: Which one word links the first three:

1. Day -Tan - Dried = *Sun*
2. Times - Mountain - Cloth =
3. Door - Side - Dub =
4. Language - Post - Writer =
5. Leg - Ball - Bath =
6. Short - Shooting - Finder =
7. Blue - Oil - Bone =
8. Pine - Crab - Pie =
9. Ment - Ball - Jumping =
10. Horse - Spray - Paper =
11. Farm - Stick -Court =
12. Tape - Game - Evidence =

### Answers: Picture Quiz. English Beaches. July/August Issue.

- |  |                                  |
|--|----------------------------------|
| 1. Chesil Beach, Dorset                  | 10. Skegness Beach, Lincolnshire |
| 2. Brighton Beach, East Sussex           | 11. Watergate Bay, Cornwall      |
| 3. Durdle Door, Dorset                   | 12. Margate, Kent                |
| 4. Lulworth Cove, Dorset                 | 13. Camber Sands, East Sussex    |
| 5. Wells Next The Sea, Norfolk           | 14. Blackpool, Lancashire        |
| 6. Whitby, Yorkshire                     | 15. Kynance Cove, Cornwall       |
| 7. Bournemouth Beach, Dorset             | 16. Aldeburgh Beach, Suffolk     |
| 8. Fistral Beach, Cornwall               |                                  |
| 9. Bamburgh Castle Beach, Northumberland |                                  |

### Answers: Wordsearch. Top 30 Wimbledon Seeds 2025. July/August Issue.



### Answers: Anagrams. Stations on the District Line. July/August Issue.

- |                  |                  |
|------------------|------------------|
| 1. Hammersmith   | 6. Earl's Court  |
| 2. Westminster   | 7. Temple        |
| 3. Sloane Square | 8. Kew Gardens   |
| 4. Gunnersbury   | 9. Turnham Green |
| 5. Upminster     | 10. Richmond     |

### Answers: Brain Exercises. Which one word links the first three. July/August Issue.

- |          |           |
|----------|-----------|
| 1. Ball  | 7. Soap   |
| 2. Bar   | 8. Table  |
| 3. Black | 9. Tree   |
| 4. Blue  | 10. Radio |
| 5. Line  | 11. Foot  |
| 6. Paper | 12. Dog   |



# Picture Quiz: Dog Breeds.

Do you know these 16 different dog breeds?



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 dog breeds. Please submit this page to your Scheme Manager, or place in the suggestion box before Friday 11<sup>th</sup> September. Name:**

# Wordsearch: Songs about September!

Find the 18 songs that have the word *September*

E	2	H	K	I	I	P	S	M	S	D	1	N	Y	F	N	E	I	A	B	S	F	L	U	G	H	S	Y	Y	A	C
W	R	S	L	1	O	B	D	R	Y	R	F	K	E	2	H	G	S	A	S	O	B	Y	R	D	E	W	R	F	2	R
2	L	T	S	B	K	O	D	B	O	2	A	K	P	E	T	L	H	A	U	I	M	A	Y	M	R	D	S	L	2	E
S	I	M	N	G	P	M	T	O	R	H	I	E	N	D	R	R	R	F	N	U	W	K	O	R	H	D	M	U	R	B
P	U	S	M	D	I	E	N	U	O	2	1	N	Y	U	L	G	F	R	K	G	L	C	O	L	N	M	W	E	K	M
O	Y	S	W	M	I	N	S	H	M	S	M	I	G	Y	R	F	O	T	N	P	T	S	2	E	2	2	B	B	B	E
I	T	E	F	E	D	E	U	W	2	C	1	R	Y	E	M	M	L	E	C	I	I	N	R	Y	O	M	W	F	C	T
L	C	P	M	I	E	G	T	S	S	U	E	G	B	T	R	F	T	O	N	S	T	E	A	M	E	O	T	Y	G	P
B	B	T	O	L	E	T	N	M	A	B	E	M	E	E	H	H	O	E	U	I	B	C	U	T	T	S	Y	G	P	E
S	W	E	C	D	1	Y	S	2	M	A	E	H	B	N	E	F	H	R	D	M	W	T	P	P	A	R	1	R	2	S
W	L	M	O	K	Y	T	H	E	A	T	1	M	R	I	S	W	T	S	E	P	T	E	M	B	E	R	1	2	W	E
O	R	B	P	Y	F	B	T	B	P	C	E	U	W	I	R	R	1	T	T	B	S	G	E	2	K	P	W	M	B	L
L	D	E	D	G	R	P	G	E	D	T	M	K	T	E	C	1	P	H	N	E	M	R	Y	D	S	D	T	1	Y	A
K	H	R	K	B	E	O	S	M	P	H	E	O	B	L	C	E	P	P	M	W	O	E	G	O	D	1	N	M	M	P
H	Y	W	C	S	A	S	N	E	C	B	2	M	1	1	S	W	H	O	I	P	C	Y	T	T	B	F	A	R	G	F
I	W	H	P	K	T	S	S	H	O	R	E	D	B	N	L	L	C	F	O	Y	W	C	T	P	F	B	B	L	L	K
T	C	E	1	W	H	C	U	2	O	T	A	H	E	E	L	T	U	1	O	C	W	G	I	F	E	1	F	H	D	O
A	1	N	P	S	P	E	N	R	P	W	P	H	I	W	R	S	1	Y	T	2	I	2	R	L	E	S	C	H	M	F
O	O	I	1	H	Y	M	K	E	L	C	W	R	F	A	R	M	I	F	W	Y	U	G	R	I	T	C	E	M	B	O
L	G	F	L	L	S	E	S	U	M	P	P	Y	O	K	E	M	O	E	O	M	L	Y	O	D	M	R	W	H	D	T
C	K	I	L	F	P	T	N	P	U	F	2	A	W	U	P	1	C	R	P	P	A	T	C	O	B	S	R	W	T	R
A	E	R	2	A	P	B	H	E	U	R	S	1	F	K	O	C	W	I	N	1	B	O	T	1	H	E	P	L	L	S
W	D	S	L	M	Y	N	M	A	L	G	2	Y	O	H	A	C	B	R	E	I	C	H	T	C	B	K	F	T	O	H
R	2	T	P	Y	Y	E	R	2	G	A	C	U	U	A	W	T	U	I	C	K	N	T	2	M	E	B	K	N	U	1
H	Y	M	B	F	K	S	2	P	P	G	M	G	T	T	O	R	G	Y	Y	S	I	G	E	H	1	W	1	T	N	N
A	C	E	G	A	H	U	K	E	Y	B	P	A	L	O	N	E	L	Y	S	E	P	T	E	M	B	E	R	B	I	2
A	2	T	W	S	E	P	T	E	M	B	E	R	S	K	Y	L	I	N	E	M	P	A	A	U	H	2	R	H	D	L
M	I	Y	G	G	L	U	L	T	E	U	U	1	R	E	B	M	E	T	P	E	S	E	B	Y	A	M	A	R	K	Y
G	L	O	F	L	A	M	I	N	G	S	E	P	T	E	M	B	E	R	S	D	T	Y	M	S	R	G	U	R	K	G
O	H	U	D	A	S	E	E	Y	O	U	I	N	S	E	P	T	E	M	B	E	R	C	H	S	I	I	E	N	D	Y
I	T	M	I	G	H	T	A	S	W	E	L	L	R	A	I	N	U	N	T	I	L	S	E	P	T	E	M	B	E	R

September When It Comes

A Lonely September

Pale September

September 12

September Gurls

Maybe September

September Skyline

It Might as Well Rain Until September

September When I First Met You

Sweet September Morning

Flaming September

September Grass

Come September

See You in September

The September of My Years

September

September Morn

Wake Me Up When September Ends

Answers and song artists in the next issue - if you haven't guessed them already!

**Your chance to win a £10 M&S Voucher! Find all 18 songs** and submit this page to your Scheme Manager, or place in the suggestion box **before Friday 11th September**. Name:



# Poetry Corner

by Nigel Davis

**B**luebirds are, for reasons unknown to me, traditionally taken as symbols of peace and happiness. (Vera Lynn's famous World War Two song *There will be bluebirds over the white cliffs of Dover* was written by an American who did not appreciate that bluebirds — a kind of thrush — are not found in Britain!)

This poem by Charles Bukowski (1920-1994) is an unexpected take on that theme. Bukowski himself, a resident of down-town Los Angeles, was a dissolute and drunken reprobate, who in fact traded on his notoriety to attract a cult following for his works in what were often styled 'underground' circles. But there can be a sensitivity and self-awareness in

his poems, as in this one. Behind the whiskey and the whores and the bar-tenders, behind the tough guy image, there is a different side to the poet, a vulnerable and emotional inner self. There is some ambiguity as to whether the poet dare not let the bluebird out, for fear of exposing himself to hurt and loss, or whether he is unable to let the bluebird out. At all events, one can sense that under the repeated bravado of controlling the bluebird ("I'm too tough for him" — note the personification: "him" not "it") the poet is in fact anxious that he cannot altogether control the bluebird.

And the last two words of the poem pack a real punch. They suddenly and unexpectedly bring the reader into the equation. Are YOU suppressing a bluebird in your own heart?

## Bluebird

by Charles Bukowski

there's a bluebird in my heart that  
wants to get out  
but I'm too tough for him.

I say, stay in there, I'm not going  
to let anybody see  
you.

there's a bluebird in my heart that  
wants to get out  
but I pour whiskey on him and inhale  
cigarette smoke  
and the whores and the bartenders  
and the grocery clerks  
never know that  
he's  
in there.

there's a bluebird in my heart that  
wants to get out  
but I'm too tough for him.

I say,  
stay down, do you want to mess  
me up?

you want to screw up the  
works?  
you want to blow my book sales  
in Europe?

there's a bluebird in my heart that  
wants to get out  
but I'm too clever, I only let him out  
at night sometimes  
when everybody's asleep.

I say, I know that you're there  
so don't be  
sad.

then I put him back,  
but he's singing a little  
in there, I haven't quite let him  
die

and we sleep together like  
that  
with our

secret pact  
and it's nice enough to  
make a man  
weep, but I don't  
weep, do  
you?

