

Welcome to your Almshouse News

NEW: Richmond
Walk Pullout

Sketch Club

Crossword

A Resident's
View on the
Vaccine

Word Target

Recipe

News

Poetry

Sudoku

Our New Office!



STAY HOME ▶ PROTECT THE NHS ▶ SAVE LIVES

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Burns Night

In honour of this month's Burn's Night, on the opposite page is the '*Burns Original Address, To a Haggis*' with an English translation!

"*To a Haggis* is one of Burns's most famous and regularly performed poems. Written in 1786 not long after Burns arrived in Edinburgh, this poem has become the centrepiece of Burns' Suppers and it can be argued that it has been as influential as any of Burns' poems in presenting the popular image of the poet that most people are familiar with today.

In Burns day haggis was not an every day meal, and it could be described as a luxury item. As this was the case it is not beyond possibility that Burns' 'Address' was ironic in its praise for the dish, and was pointing the finger at those who would revere it."
(Alistair Braidwood, BBC)

Credits

Editor: Juliet Ames-Lewis

Design: Chantal Richards

BURNS ORIGINAL ADDRESS

Fair fa' your honest, sonsie face,
Great chieftain o' the pudding-race!
Aboon them a' ye tak your place,
Painch, tripe or thairm :
Weel are ye wordy o' a grace
As lang's my arm.

The groaning trencher there ye fill,
Your hurdies like a distant hill,
Your pin wad help to mend a mill
In time o' need,
While thro' your pores the dew's distil
Like amber bead.

His knife see rustic Labour dight,
An' cut you up wi' ready sleight,
Trenching your gushing entrails bright,
Like ony ditch;
And then, O what a glorious sight,
Warm-reekin', rich!

Then, horn for horn, they stretch an' strive:
Deil tak the hindmost! on they drive,
Till a' their weel-swallow'd kytes believe
Are bent like drums;
Then auld Guidman, maist like to rive,
Bethankit! Hums.

Is there that owre his French ragout
Or olio that would staw a sow,
Or fricassee wad make her spew
Wi' perfect sconner,
Looks down wi' sneering scornfu' view
On sic a dinner?

Poor devil! See him owre his trash,
As feckless as wither'd rash,
His spindle shank a guid whip-lash,
His nieve a nit;
Tho' bluidy flood or field to dash,
O how unfit.

But mark the Rustic, haggis-fed,
The trembling earth resounds his tread,
Clap in his walie nieve a blade,
He'll make it whistle;
An' legs, an' arms, an' heads will sned
Like taps o' thrissie.

Ye pow'rs wha mak mankind your care,
And dish them out their bill o' fare,
Auld Scotland wants nae skinking ware,
That jaups in luggies;
But if ye wish her gratfu' prayer,
Gie her a Haggis!

TRANSLATION

Fair full your honest, jolly face,
Great chieftain of the sausage race!
Above them all you take your place,
Stomach, tripe or intestines:
Well are you worthy of a grace
As long as my arm.

The groaning trencher there you fill,
Your buttocks like a distant hill,
Your pin would help to mend a mill
In time of need,
While through your pores the dew distill
Like amber bead.

His knife see rustic Labour wipe,
And cut you up with ready slight,
Trenching your gushing entrails bright,
Like any ditch;
And then, O what a glorious sight,
Warm steaming, rich!

Then spoon for spoon, they stretch and strive:
Devil take the hindmost, on they drive,
Till all their well swollen bellies by-and by
Are bent like drums;
Then old Master of the house, most like to burst,
"The Grace!" hums.

Is there that over his French ragout,
Or olio that would sicken a sow,
Or fricassee would make her throw up
With perfect disgust,
Looks down with sneering, scornful view
On such a dinner?

Poor devil! See him over his trash,
As feeble as a withered rush,
His thin legs a good whip-lash
His fist a nut;
Through bloody flood or field to dash,
Oh how unfit.

But mark the Rustic, haggis-fed,
The trembling earth resounds his tread,
Clap in his ampie fist a blade,
He will make it whistle;
And legs, and arms, and heads will crop
Like tops of thistle.

You powers, who make mankind your care,
And dish them out their bill of fare,
Old Scotland want no watery ware,
That splashes in small wooden dishes;
But as you wish her grateful prayer,
Give her a Haggis!

New Year - New Office



by Alison McAlear

In the December 2020 edition of the Almshouse News Juliet told you about our head office move from 8 The Green to 95 Sheen Road.

Packing up 8 The Green was a big task but as the packing crates were being piled up it became very real that the charity was moving on!

On Monday 7 December our move date came along and the move went amazingly well. All that was involved in getting our phone and computer systems up and running also went smoothly, thanks to Mick Tinson and our computer representative from Ramsac, Robert Horton. Claire Sanecka came along in the afternoon and helped me to unpack the crates, thank you Claire.

It wasn't until we moved that we realised just how much we had outgrown 8 The Green. The office seemed stale and tired as the crates were being taken away. The new office has more space with James and I on the ground floor and Juliet has an upstairs office with a lovely spill out area. In February Mick will be joining the Head Office staff and will have a desk next to James as he embraces his new role in the charity. We also have a conference room and a super



Mick Tinson Promotion



by Juliet Ames-Lewis

Mick has worked for The Richmond Charities since 2016 when he became our Health, Safety & Security Officer. Over the last 5 years Mick has ensured that the charity is compliant with all the necessary health and safety regulations and has brought a lot of new ideas and expertise to the staff team.

Mick has now been promoted to a new role, that of Projects & Estates Manager. Mick will be working with me and our external property team to identify and oversee new projects to build more almshouses in the borough, and will also work alongside



Mick Tinson

James Dorey on major works and refurbishments at existing almshouse estates.

Mick will retain overall responsibility for overseeing health, safety and security matters but we are also going to recruit a new Health, Safety & Security Officer to assist Mick.

New Year - New Office continued..

kitchen with areas for us to sit and have lunch away from our desks. No more washing up as we have a slimline dishwasher, heaven!

We all feel very excited in our new surroundings, no more sharing a front door with other tenants! The future of the charity is so very positive. We are in good hands with strong leadership

in Juliet and our wonderful board of Trustees who share Juliet's vision for the future of the charity. Exciting times are ahead of us.

A huge thanks to Paul Welton who found our new office and to Juliet who organised every aspect of the refurbishment and the moving process.

Money-Saving Tips - if you heat your home with night storage heaters



by **Stuart Lee**

Many of our almshouses are heated with night-storage heaters. These are units which heat up a large ceramic block overnight and then release the heat gradually during the day. This means that the majority of your electricity will be used while you are asleep.

Getting the settings right on these units is key to maximising their efficiency and releasing heat at the right time, so check the instructions carefully and don't be afraid to ask your Scheme Manager for help in setting them up. However, being on the right sort of tariff with your energy supplier is also key if you want to avoid spending unnecessary cash.

Economy 7 tariffs give cheaper rates during the night and pricier ones in the day. They are intended mainly for people with storage heaters and will therefore be the best choice for many almshouse residents. Economy 7 tariffs require a special meter to be installed and not all suppliers are willing to do this. This should be inspiration for you to change to a supplier who will.

Age-UK can help you find the cheapest energy supplier for you. Every almshouse and resident is unique so just because your neighbour is happy with their bills with one company, it does not mean it will be best for you.

If you have got night-storage heaters and an Economy 7 meter and tariff, here are a few top tips to help you maximise your savings (if you don't know whether your heaters are night-storage heaters please ask your Scheme Manager):

1) **Check your off-peak times with your supplier:**

These are generally between midnight and 7am, but vary by supplier. Check when the off-peak time is and programme your heaters to function during this time. Using storage heaters outside of this time could give you some nasty bills.

2) **Maximise your night-time usage:**

Traditionally people have used timers to set their washing machines to come on overnight and have plugged gadgets in to charge while they are asleep. We do not recommend doing this while you are asleep due to the potential fire risk. In any case, it is

careful use of your heaters that will really affect your expenditure.

3) **Be careful when the clocks change:** Many meters are set to Greenwich Mean Time and stay on GMT even when the clocks change. Find out from your supplier exactly what your off-peak times are when the clocks go forward in the summer so you are not caught out.

4) **Check (again) that you know how to use your storage heaters properly:** Our almshouses have different units with different controls but, where you can control these things, you will generally want to make sure you are not heating rooms you are not using and ensure that output is set to low overnight so that it stores up all the heat for you to use in the day.

5) **Change tariff if your usage changes:** If you start regularly to use more electricity during the day your bills are likely to soar. Call your supplier, get them to look at your usage and tell you if you could be on a cheaper tariff.

6) **NEVER LET YOUR ENERGY COMPANY ESTIMATE A BILL:** Submit your meter readings regularly to ensure you get accurate bills and your supplier can set a reasonable direct debit for you.

Vaccine Information for COVID-19



by Alison McAlear

Information from the [richmond.gov.uk](https://www.richmond.gov.uk) website.

The NHS will let you know when it's your turn to have the vaccine. It is important NOT to contact the NHS for a vaccination before then. When it is the right time for you to receive your vaccination, you will receive an invitation to come forward. This may be via the phone, or through a letter either from your GP or the national booking system.

This letter will include all the information you will need to book appointments, **including your NHS number**. Please do not contact the NHS to get an appointment until you get this letter.

Take the letter with your NHS number with you to your vaccine appointment.

"NHS staff on the front line say this is the biggest bottleneck when it comes to administering the vaccine"

Can't Stop The Feeling.. The Fog is Lifting..



by **Dorothy Coe**

Yesterday I had my first vaccination for the covid virus. I calmly followed the directions and instructions from all the very kind, patient and courteous people at the clinic. I did feel a shade wobbly and hesitant, but all fears dissipated as the procedure was completed. Afterwards, I came home to my sanctuary and nestled in for a quiet day. However, when I woke up this morning I had the strangest feeling that this was not a new experience. My mind took me back to my childhood.

As a child, growing up in the North of England, we regularly suffered heavy smog and fog in the winters which closed life down for many days. These fogs caused us to stay home and I



hated it. I used to anxiously sit in the window longing to see the garden gate, eager to see the fog lifting so I could go back to school, to play my sport, to enjoy my freedom again.

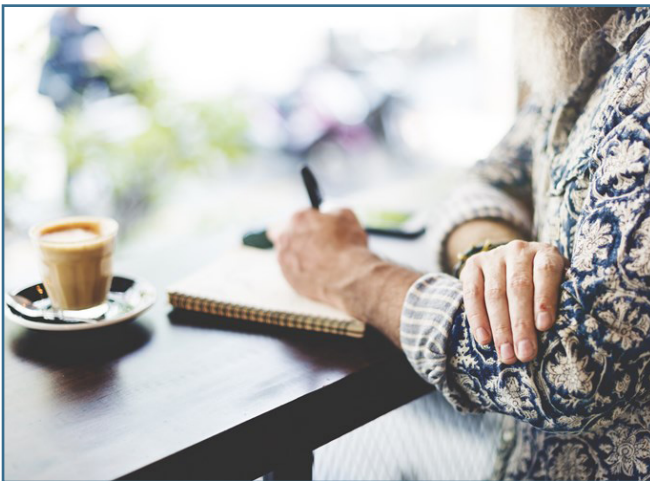
Living through covid has been like a trip down memory lane, living through a new heightened awareness of smog, and equally one of anxiety. We have been hidden by masks, unsmiling, often crossing to the other side of the road to avoid people. It's been horrible. Following rules every day has seeped into our systems taking away a sense of individuality and freedom. We have accepted it, trying not to lose patience and constantly making connections and adjustments to this new way of life, without causing offence to anyone. It's been a long year! ...not days.

Not all gloom though. Our wonderful homes have been our refuge. Alone? Personally, a lot of the time I have embraced solitude and relaxation, nurturing my soul and strength. I have done this by finding new ways of being resourceful, creating new and innovative menus, always working on my patience and enjoying the wonderful connectedness of social media through tv and my phone. It has been my lifeline. I have never stopped

A Resident's View on the Vaccine - ALMSHOUSE NEWS

playing my music, working on my yoga and Pilates exercises to help me to stay positive, fit and well.

However, there were often days when my heart ached, and feelings of emptiness and loneliness seeped in. When this happened I reached for my phone to speak to my loved ones, and to my journal to read and write and release negative thoughts and to my creative projects. I'm sure we have all been there. But above all, everyday, I have prayed for hope, for patience, for strong health, well-being and safety of my family, friends and community.



So what are these new feelings that have emerged, that I can't stop? This morning, after a very calm night's sleep, I woke up to realise I had been given new hope, with the vaccine. These thoughts led to a new self-awareness of lightness of spirit, of clarity of thought, and an eagerness to face the day, a new freedom is on its way.



No longer did I reach out towards the 'coping door' for the day. In my journal I dismissed writing my coping strategies; they were so ingrained anyway, but I spontaneously started, quite naturally to write of great gratitude to everyone who has pulled me through this tunnel. I started to think of new goals to achieve, visits to plan, places to go, people to meet!!!

I saw the garden gateI saw a light and the fog lifting.

I know that the pressures of the "normal day" of covid are still here and have to be carefully addressed but they are starting to ease.

I will never stop believing and praying and being thankful for all that I have, but now a new purpose to life is emerging again,

There is HOPE and it's on its way, and full gratitude to those who have made it possible.

I wanted to write this to give you all hope, and share my feelings of survival. I'm sure you can relate to some of this.

New Year's Resolutions

by Chantal Richards

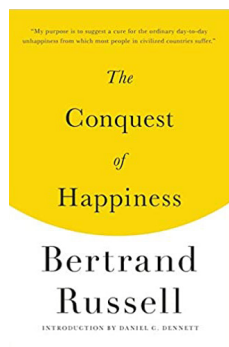


New Year's resolutions occupy our thoughts at this time of year. Each new year we are often looking to perfect our lives, our bodies and our happiness. Maybe we are obsessed with reaching perfection. Maybe we can't bare to face boredom.

The British philosopher Bertrand Russell (1872–1970) in his 1930 masterwork *The Conquest of Happiness*, offers “a cure for the ordinary day-to-day unhappiness from which most people in civilized countries suffer.” Perhaps our lives are too structured - and now with lockdown - those structures have collapsed. In disarray we are fearful and restricted.

So what is the happy life? Maybe your past resolutions have changed your life for the better. How will you find your happiness this year - perhaps another tough year? We would love to hear your resolutions.

Further reading: <https://www.amazon.co.uk/Conquest-Happiness-Bertrand-Russell/dp/087140673X>



For inspiration, some of the staff have shared their resolutions here:



Alison: Stop watching the news!



Gerry: To visit Vancouver or Cape Town



Jo: Same every year, lose weight and get fit!



Debbie: Lose weight exercise more (as usual)



Gennie: To create a vegetable garden



Claire: Upskill my very basic cooking knowledge



Lorraine: Get married!

Picture Quiz



1. In which town and country were goats seen roaming free in the high street during the last lockdown?



2. What was the name of the first person in this country to receive the Covid-19 vaccine?



3. Where do the Duke and Duchess of Sussex now live?



4. What is the name of the American former film producer who was convicted of numerous sex offenses?

5. What was the name of The Queen's first corgi?



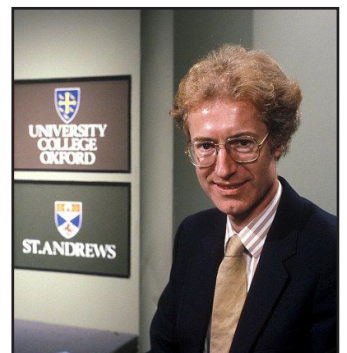
6. Which artist is this a self portrait of?



7. Who is this famous Olympic swimmer?



8. What is the name of the first ever presenter of University Challenge?



Serge's Richmond Walk

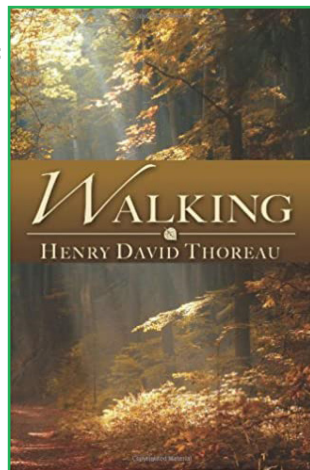


by **Serge Lourie**

Serge Lourie is a Trustee of The Richmond Charities

and organises monthly walks of around three hours for the Avenue Club in Kew. He is a former Leader of Richmond Council.

In the last edition of Almshouse News, Chantal Richards recommended the classic book by Henry David Thoreau on *Walking*. Whilst he was a keen walker, he also recommended “sauntering”. This means you do not rush from A to B intent on taking the shortest possible time but that you look around as you walk and think about what you see.



He wrote that the protection of his “health and spirits” required “sauntering through the woods and over the hills and fields”.

My first proposed saunter takes you up Richmond Hill, through Richmond

Cemetery (which has a lovely wood at its southern end) turning back when you reach Cambrian Road. It is under two miles, starting from Hickey's, and can take 45 minutes, or up to two hours if you saunter in a relaxed way. In the walk, we manage a wood, a hill, but sadly no fields.

Pages 13-16 are designed as a pull-out - so that you can take the map, directions and photos with you on your walk.

Under lockdown rules it is permitted to leave the house for exercise (eg a walk) once a day, either on your own, or with your household or support bubble or with one other person, in which case you should stay 2m apart.



If you take the extra part of the walk to Friars Stile Road via St Matthias Church, you can grab a coffee. At the time of going to press, the Richmond Hill Bakery is open for takeaway drinks.

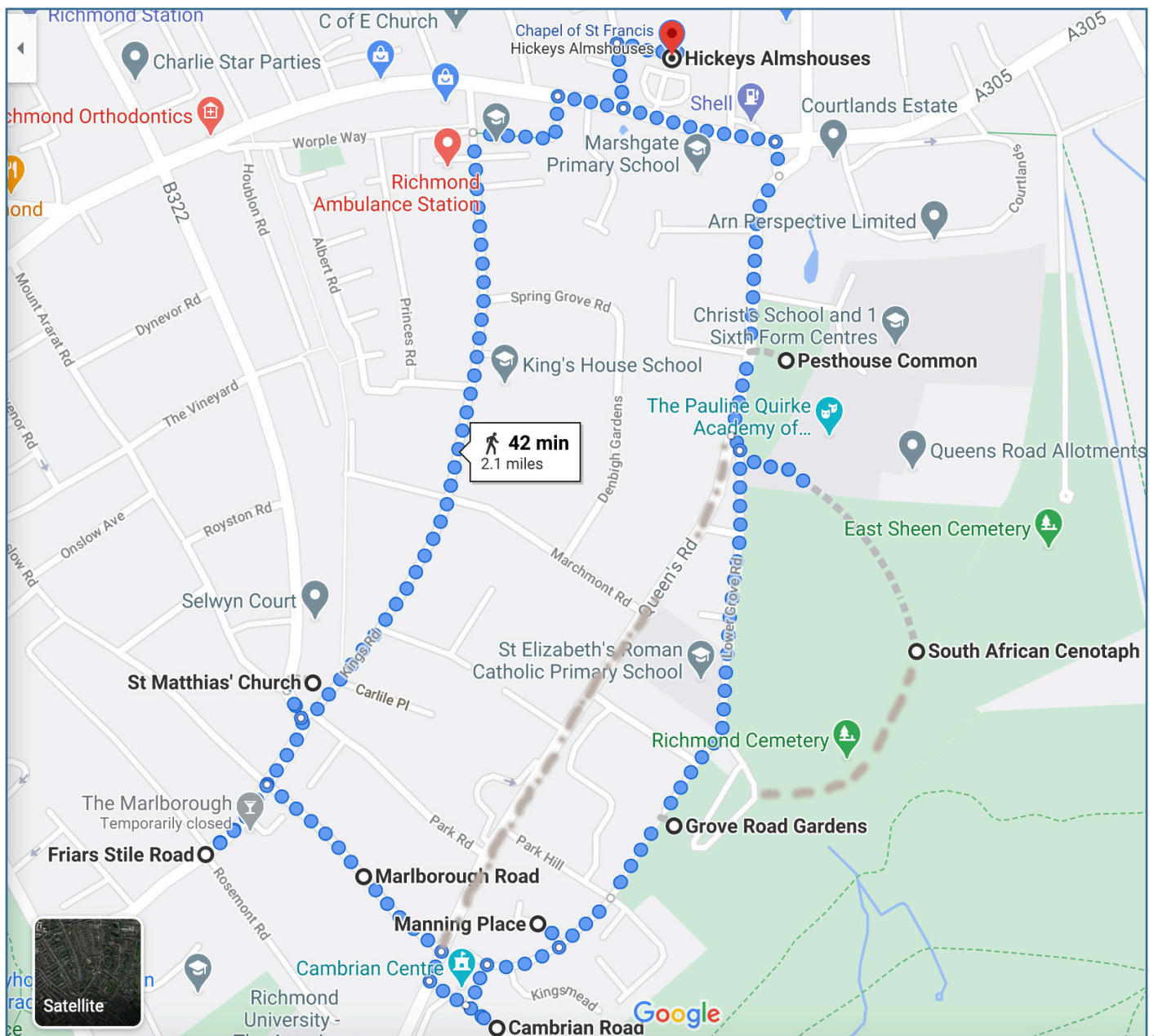
Serge's Richmond Walk



Turn left out of Hickey's and walk down to the lights, crossing Manor Road and then Sheen Road to walk up hill on the west side of Queen's Road.

You soon reach what is left of Pesthouse Common with Christ's

School behind it. This is a pocket park, but when it was handed over to Richmond Vestry by Act of 1785, it was much bigger going up Queen's Road to the Richmond Gate.





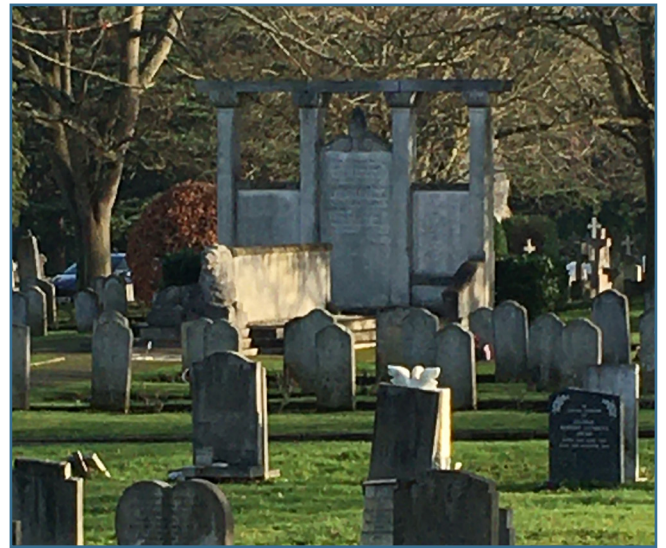
Pesthouse Common

Typically, the pest house was a building where people with contagious diseases could be quarantined. The land was used to build a workhouse and for Richmond cemetery. The rest was handed over for the relief of poverty to what became Richmond Parish Lands Charity.

Passing the school, take the left fork up Lower Grove Road and you soon reach the entrance to Richmond Cemetery on your left. It is now merged with Sheen Cemetery. Many famous people are buried here including many with military connections most notably five people with VCs of whom three were generals.

Walk straight up the hill. After you crest the top, at the second main

crossroads, look to the left at an angle of 45 degrees and you will see the Bromhead Memorial, a large monument for deceased ex-servicemen from the Star and Garter Home, formerly at the top of Richmond Hill, who are not commemorated elsewhere.



Bromhead Memorial

You should now turn right and you will soon come upon the important South African Memorial, surrounded by war graves commemorating 39 soldiers who died at the South African Hospital which operated in Richmond Park during, and immediately after, the First World War. The cenotaph was designed by Sir Edwin Lutyens and is based on the Cenotaph on Whitehall, albeit much smaller.

There is also a Cross of Sacrifice designed by the noted architect Sir Reginald Blomfield, whose great

nephew, David Blomfield, former Kew councillor (and a good friend of mine) is buried nearby. Just to keep it in the family, Reginald's uncle, Sir Arthur, designed the Anglican chapel in the cemetery!



Lutyen's Memorial and Cross of Sacrifice

Keep straight on, out of the gate, across a small lane and in another. After a few metres, at 45 degrees to the left, along a small path, on the right is the taxi memorial to Leonard Victor Manning, a taxi driver, who was clearly the life and soul of the party.

After you have admired his grave turn right and continue round the perimeter next to Richmond Park bearing right at the top. To your left is a wooded area. This is a wild part of the cemetery, very overgrown with some magnificent trees...but maybe not for this visit.



Leonard Victor Manning's Grave

Go straight on and exit the cemetery and turn left. Continue up the hill through Grove Road Gardens and on your left you will see the old workhouse, disguised as a luxury housing development called King George Square.

Continue towards the top of the hill and on your right you will see Manning Place, where Richmond Charities has created the first new almshouse for many years.

Finally you reach the end of the walk, Cambrian Road. Turn right and you reach Queen's Road, which you can walk down to get back to Hickey's (grey dotted line).



Old Workhouse

If you want a coffee (once lock down is over) you can cross Queen's Road on the zebra crossing, and walk along Marlborough Road to the coffee shop in Friars Style Road...and then back to Hickey's along King's Road. You go past St Matthias Church which was designed by George Gilbert Scott, built in 1857, and is described by Nikolaus Pevsner as the "Grandest Church in Richmond". It is now part of the Richmond Team Ministry.



Manning Place

...and if you want a walk in the Park, turn left in Cambrian Road, enter the park at the end of the road, and turn left to walk along the perimeter of the park or the Tamsin Trail to Bog Gate, and then back via Sheen Common Wood and turn left when you reach Sheen Road.

I hope you enjoyed this saunter. If you would like to take part in the Avenue Club walks that start in Kew, please get in touch with me at serge_lourie@yahoo.co.uk. We will be starting the walks again as soon as it is safe and legally permitted.



St Matthias Church

TV Viewing & Reflection



by **Chantal Richards**

Coronavirus advice is sometimes confusing. Stay at home. Go for a walk. Stay healthy. Stay at home! If you are feeling that going outside is too daunting then I have discovered a beautiful way to enjoy a walk.

Recently shown on BBC4 are *Winter Walks*. They are currently available on the BBC iPlayer for another 11 months. (<https://www.bbc.co.uk/programmes/m000qd6w/episodes/player>)



Selina Scott in Winter Walks

“In the first series, the sound of the countryside fills the air as broadcaster and author Selina Scott enjoys a gentle walk around Wharfedale in the Yorkshire Dales. Exploring quaint villages, magical waterways and breathtaking

landscapes, Selina offers her personal take on this special corner of the Dales.

“recite poetry and reflect”

Filming herself and all that is around her on a 360-degree camera, Selina wanders through the countryside, often deep in thought and stopping only to chat, recite poetry and reflect.

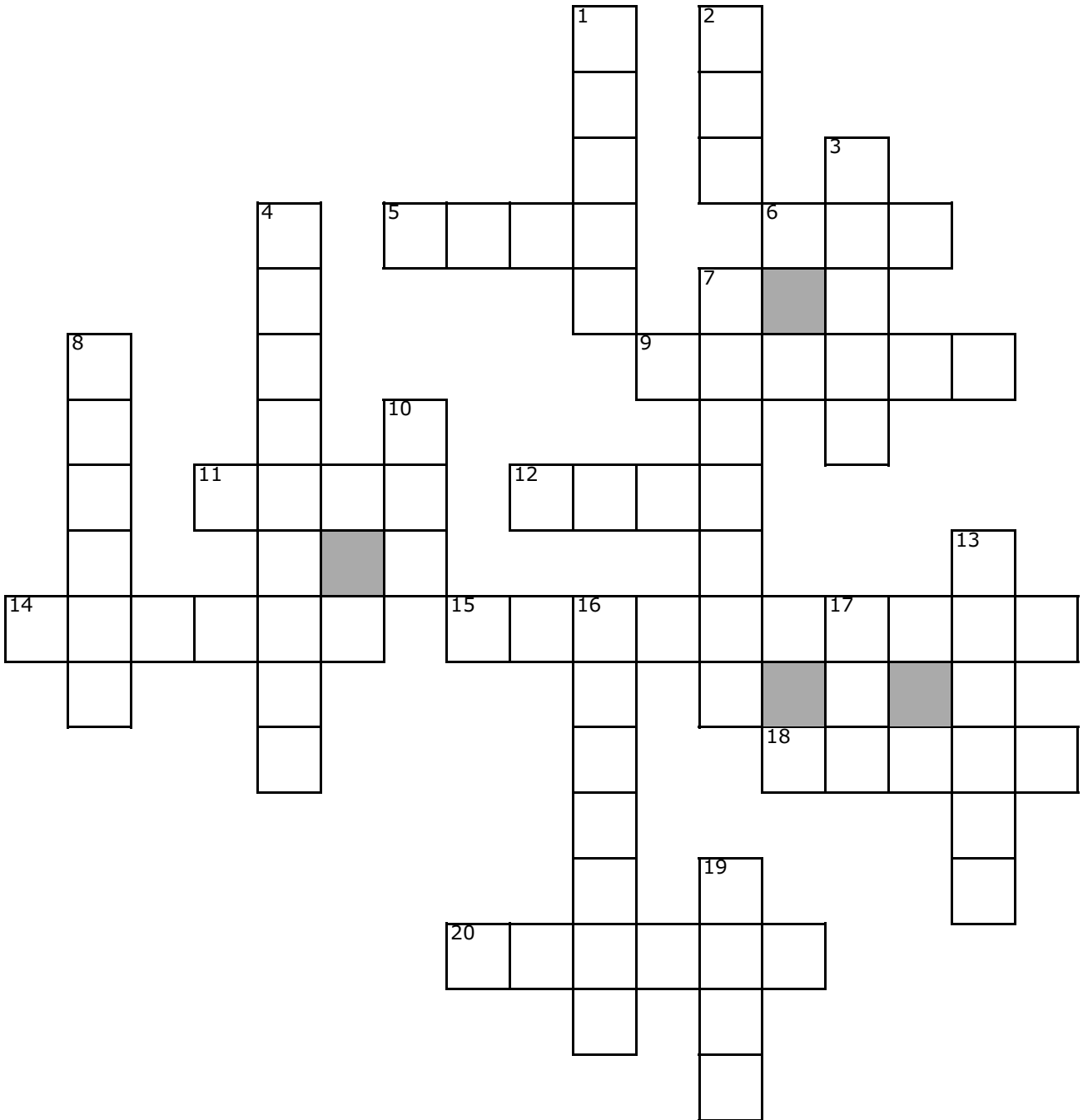
Along the way, she learns of extraordinary philanthropy, meets walkers and a fisherman, and ends her journey drinking local ale in a pub famed for ferret racing.”
(*BBC Website - filmed in February 2020 before lockdown*)

For half an hour you are fully transported to the Yorkshire Dales, the sounds and views are provided but you can almost feel the cold and smell the fresh air.

Take time to stop what you are doing, completely relax and watch this splendid walk. Mentally refreshing, there are even 2 poems to let your mind wander off into the distance. Be in the moment, even if you can't go to the Yorkshire Dales for sometime.

Crossword January TWO 2021- Competition

.....



Name _____

Address _____



Crossword Competition 2021

This week the competition will be this crossword.

The Prize is a set of treats from Fortnum and Mason!



How to enter:

- Complete your crossword
- Fill in your name and address at the bottom of page 18
- Place page 18 in your suggestion box.

Completed crosswords will be entered into a prize draw. The winner will be announced in the next issue.

Good luck!

Across

5. an empty space
6. Welsh BBC news presenter
9. greatest musical composer
11. the figure 0
12. a black crow
14. like many diaries
15. a royal floury potato
18. the make of the honeybee
20. partially hidden

Answers in next issue.

Down

1. 50's singer who died at 22
2. a break or opening
3. Chancellor of the Exchequer
4. 32nd U.S President
7. *Lord of the Rings* author
8. shelter for a dog
10. wet spongy ground soil
13. across the channel
16. migratory
17. conflict
19. arrears

Gardening Tips

This is a new regular column to share gardening and horticultural tips! Please feel free to email in your top tips to: g.thompson@richmondcharities.org.uk

Seeds to Plant in January

For all of these seeds:

Sow thinly in pots or a tray using seed compost and if you have it, lightly cover soil with 10 per cent vermiculite.

(Vermiculite in potting soil increases water and nutrient retention and aerates the soil, resulting in healthier, more robust plants.)

Keep the seeds in a temperature of 19-24°C (65-75°F). Germination takes 10-20 days depending on temperature.

These seeds are available online:

www.waitrosegarden.com
or www.suttons.co.uk



Geraniums



Delphinium



Basil



Dahlia



Petunias



Iceland Poppies

Sudoku - Easy



Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9, without repeating any numbers within the row, column or square.

8			9	3				2
		9					4	
7		2	1			9	6	
2							9	
	6						7	
	7				6			5
	2	7			8	4		6
	3					5		
5				6	2			8

Answers on page 26

Recipe by Linda Prendergast



BREAD TARTLETS

Makes 8

Ingredients

Low-cal oil spray
8 slices of white sandwich bread or thick sliced bread
75g half-fat crème fraiche
1 egg
1-2 tsp Dijon mustard
40g cooked ham, diced
1 tbsp finely chopped parsley
20g Cheddar cheese, grated
Sea salt
Freshly ground black pepper.

Method

Preheat the oven to 220 degrees C/fan or 200 degrees C/Gas.

Spray a fairy cake tin with oil. Cut the crusts off the slices of bread and roll each slice flat with a rolling pin. Cut out rounds using a 7.5 - 8 cm pastry cutter.

Press the rounds into the fairy cake moulds – when firmly in the corners the sides should still reach the top of the tin. Spray the bread cases with oil again, then bake them for 7 – 8 minutes until crisp but with very little colour.

Meanwhile, whisk the creme fraiche and egg together until smooth and season

with salt and pepper.

When the tartlet cases have finished baking, remove them from the oven, leaving the oven on. Dollop a small amount of mustard into the centre of each tartlet and spread it over the base. Add a little ham, then spoon in some of the crème fraiche and egg mixture, filling the tarts right up to the top. Sprinkle with parsley and grated cheese. Put the tartlets back in the oven and bake for about 10 minutes until just set.

If you want to try a sweet version of these...

Make the cases as above. While they're baking, mix 60g of half fat crème fraiche with 1 egg and a tablespoon of maple syrup. Fill the tartlets and top with a grating of nutmeg, then bake as above.



Word Target



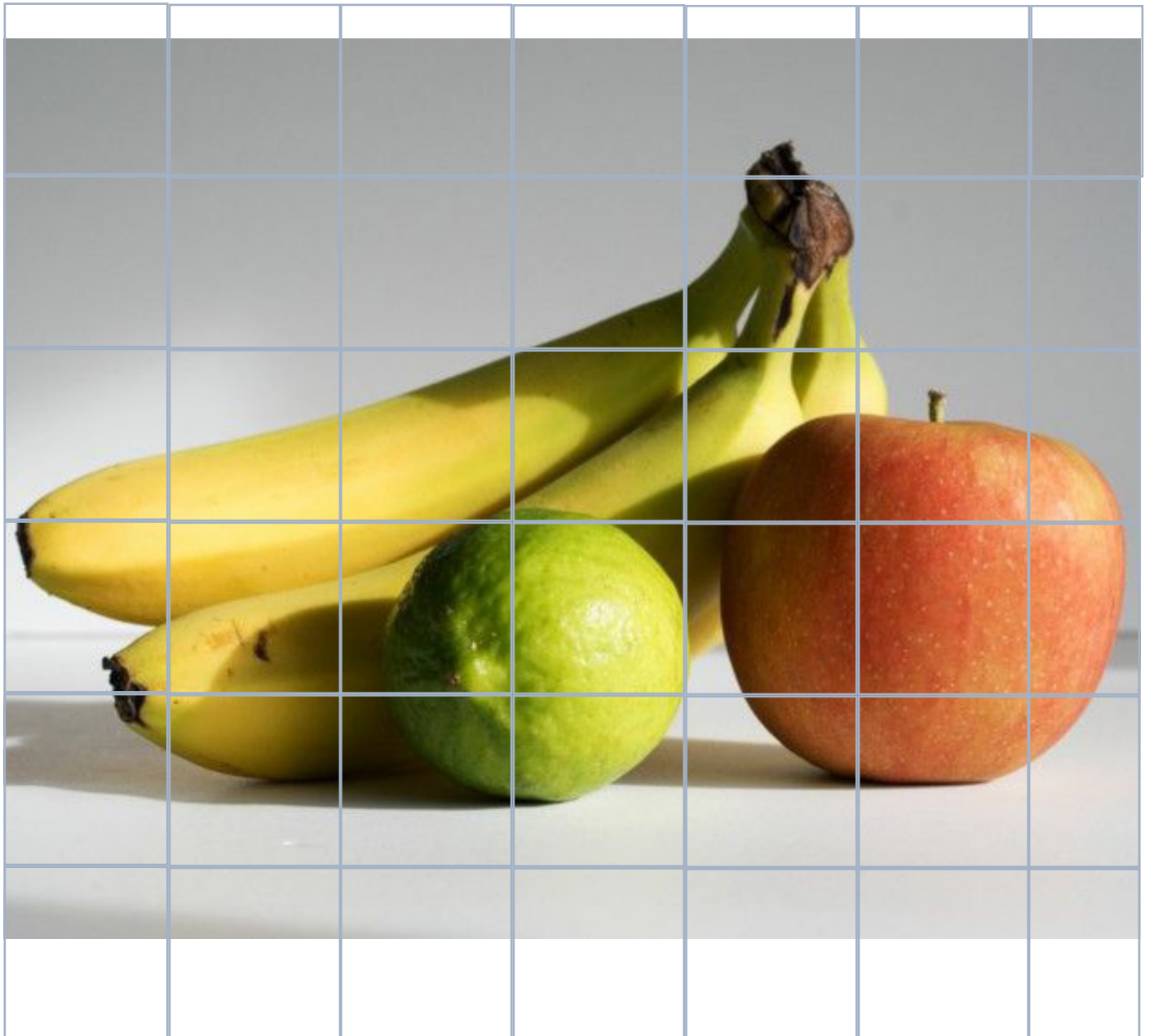
How many words can you make from this puzzle?

Target: 55 words

Answers on page 26.

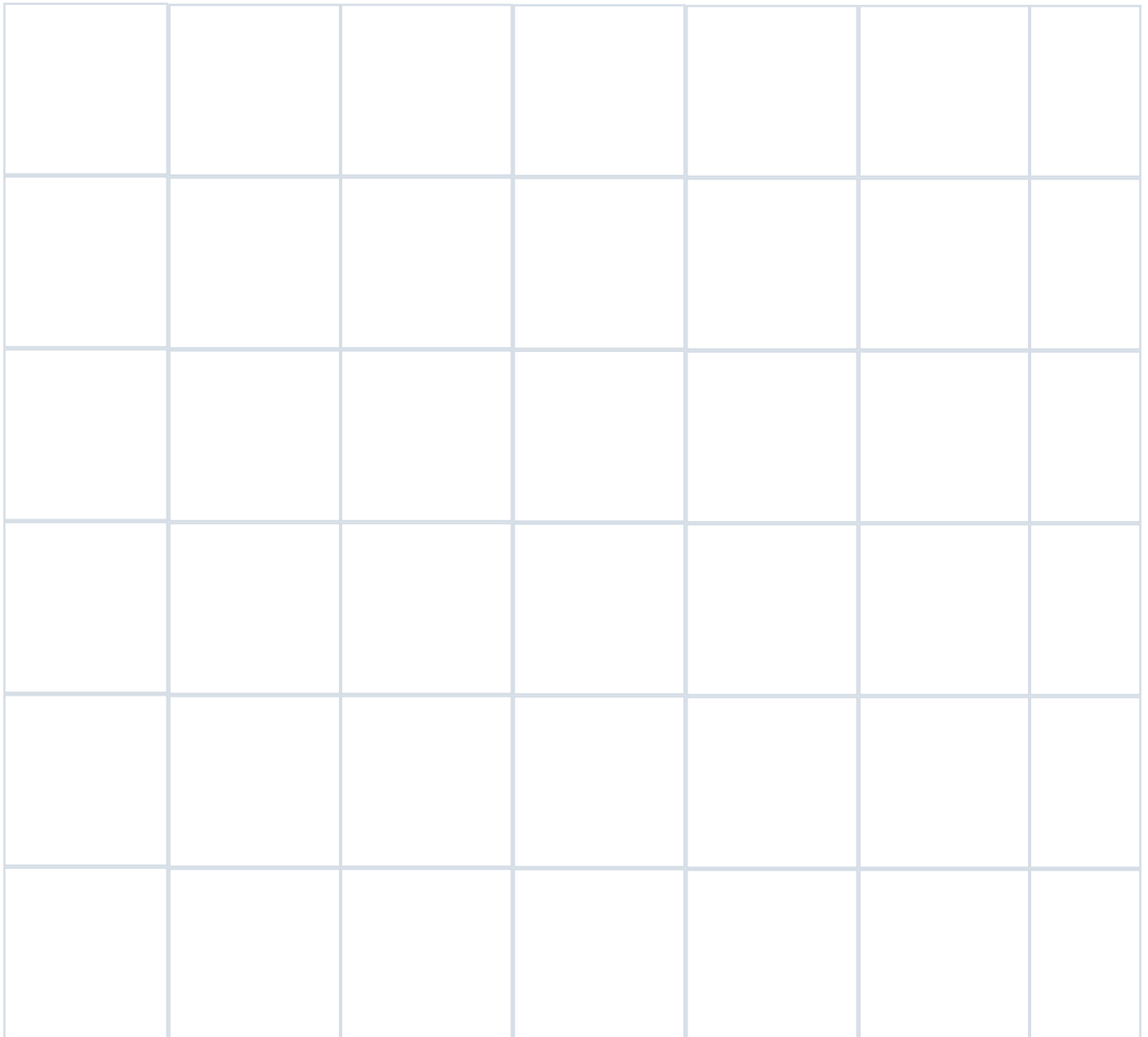


Sketch Club



Sketch Club - ALMSHOUSE NEWS

With no sketch club or current opportunities to share an art class, here is a little sketch practice for you. I have added a grid to help with layout. We would love to see your work - if you would like to share your finished drawing - please hand it to your scheme manager for inclusion in a forthcoming issue. Happy Drawing, Colouring or Painting!



ALMSHOUSE NEWS - Answer Page

Page 23 **Word Target** 1. pigtailed 2. diplegia 3. pigtail 4. plaited 5. taliped 6. aliped 7. aplite 8. elapid 9. lipide 10. piglet 11. pitied 12. plated 13. pleiad 14. piaget 15. pilate 16. taipei 17. adept 18. gaped 19. leapt 20. lepta 21. lipid 22. paged 23. paled 24. pedal 25. petal 26. pieta 27. piled 28. pilei 29. plaid 30. plait 31. plate 32. plead 33. pleat 34. plied 35. taped 36. tepid 37. paige 38. patel 39. aped 40. gape 41. leap 42. lept 43. page 44. paid 45. pail 46. pale 47. pate 48. peag 49. peal 50. peat 51. pelt 52. pied 53. piet 54. pile 55. pili 56. pita 57. plea 58. pled 59. tape 60. tipi 61. iPad 62. Pali (words in blue are proper nouns)

Page 11. **Picture Quiz** 1. Llandudno, Wales. 2. Margaret Keenan. 3. Montecito, California. 4. Harvey Weinstein. 5. Susan. 6. Frida Kahlo. 7. Michael Phelps. 8. Bamber Gascoigne.

8	4	6	9	3	7	1	5	2
3	1	9	6	2	5	8	4	7
7	5	2	1	8	4	9	6	3
2	8	5	7	1	3	6	9	4
4	6	3	8	5	9	2	7	1
9	7	1	2	4	6	3	8	5
1	2	7	5	9	8	4	3	6
6	3	8	4	7	1	5	2	9
5	9	4	3	6	2	7	1	8

Page 21. **Sudoku**
Answers

Wordsearch: Types of Bread

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

- | | | | | | |
|-------|---------|---------|----------|----------|------------|
| WHITE | ROTI | NAAN | TORTILLA | BRIOCHE | SOURDOUGH |
| TIGER | MUFFIN | CHALLAH | CIABATTA | PITTA | FLATBREAD |
| MATZO | CROUTON | PRETZEL | BANANA | BAGUETTE | CRISPBREAD |
| RYE | CHAPATI | BAGEL | | | |

Poetry Corner by Nigel Davis



We most of us sing Auld Lang Syne at New Year's Eve (if we have managed to stay up until midnight, that is). It is the most widely known of the poems and songs of Robert Burns (1759-1796), Scotland's most renowned poet. Burns Night – 25 January – is still celebrated by Scots the world over.

This poem is, I think, perhaps the finest of all his poems, in fact in my view as fine a poem as ever written. It was composed at the time of the French Revolution, with its slogan of

A Man's a Man for a' That by Robert Burns

Is there for honest poverty
That hings his head, an' a' that?
The coward-slave, we pass him by-
We dare be poor for a' that!
For a' that, an' a' that,
Our toils obscure, an' a' that,
The rank is but the guinea's stamp,
The man's the gowd for a' that!

What though on hamely fare we dine,
Wear hoddin grey, an' a' that;
Gie fools their silks and knaves their wine,
A man's a man for a' that:
For a' that, and a' that,
Their tinsel show, an' a' that;
The honest man, tho' e'er sae poor,
Is king o' men for a' that!

Ye see yon birkie ca'd 'a lord,'
Wha struts, an' stares, an' a' that,

Liberty, Equality, Brotherhood.
The poet himself is sure that
the brotherhood of man will come one day ("as
come it will for a' that"). But, as he reminds
us, it will come not only when the proud
and mighty are humbled but also, no less
importantly, when the poor and lowly hold their
heads high and learn to value themselves.
"Gowd" is gold, "birkie" is an oaf; "cuif" is a
nincompoop; "fa" is try; "bear the gree" means
win the prize.

Though hundreds worship at his word,
He's but a cuif for a' that:
For a' that, an' a' that,
His ribband, star, an' a' that;
The man o' independent mind
He looks an' laughs at a' that.

A prince can mak a belted knight,
A marquis, duke, an' a' that;
But an honest man's aboon his might
Gude faith, he mauna fa' that!
For a' that, an' a' that,
Their dignities, an' a' that;
The pith o' sense an' pride o' worth
Are higher rank than a' that!

Then let us pray that come it may,—
(As come it will for a' that)—
That Sense and Worth, o'er a' the earth,
May bear the gree an' a' that,
For a' that, an' a' that,
It's comin' yet for a' that,
That man to man the world o'er,
Shall brithers be for a' that!