

Welcome to your Almshouse News

Letter from
Chief Executive

Puzzle

News

History Quiz

Poem

Recipe

Wordsearch

Poetry Corner

WELCOME



Contents

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Letter from Chief Executive	2-3
Poem by Suszie Vignoles	4
News	5
Franglais Puzzle	6
News	7
Wordsearch	8
Improper Proof Reading	9
On This Day Quiz	10-13
Answer Page	14
Recipe	15
Poetry Corner	16

Credits

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Juliet Ames-Lewis

Chief Executive



by Juliet Ames-Lewis

As lockdown has gradually eased, we are pleased to see more and more residents gradually getting back to independent living.

In doing so, the Trustees and I would urge everyone to continue to take all precautions necessary against covid-19 and also to be mindful of the fact that within our community of 150 residents, we have differing feelings about the return to independent life – some residents could not wait to get out and about again but others are more cautious and we all need to be aware and tolerant of others who may not be feeling the same as we do.

I am delighted to let you all know that we will have a new member of staff joining The Richmond Charities team. I have appointed Genevieve (Gennie) Thompson as a new Deputy Scheme Manager and she will take up her new post at the end of September.



In the next edition of the Almshouse News, I will ask Gennie to write a piece to introduce herself to you. Although she doesn't start officially until late September, Gennie and her partner Marco Bennett will be moving into the Nurse's Lodge at Hickey's in mid-August, so residents (and particularly those at Hickey's) will start to see them both around, though they are also going to do some visits to family before Gennie starts her new job. I know that you will all give them both a warm welcome.

Another change on the horizon is that Linda Prendergast, who has been a Scheme Manager for 20 years with us, will be moving from her current accommodation at Queen Elizabeth's Almshouses to live on site in our new almshouses in Twickenham.

Linda will remain as one of our Scheme Managers but there will be some small changes from September to the allocation of which Scheme Managers are responsible for which estates. More about this in the next edition.

Our new almshouses in Twickenham will be named Wright's Almshouses. The Council asked us to come up with a name that is both unique to the area and preferably with some historical connection

to the site. Sir George Wright was the founder of our very first almshouses (Queen Elizabeth's) in 1600 and is the only one of our original benefactors that does not have his name immortalised in the name of an almshouse estate.

In the coming weeks, we will be starting to think about putting plans in place to safely re-open our guest rooms and we will also soon be starting to charge again for the use of our communal laundries. Again, more about this in the next edition.

With my very best wishes,

A handwritten signature in blue ink that reads "Julie". The signature is written in a cursive style and is underlined with a single blue stroke.

Poem by Suszie



by Suszie Vignoles

Birdwatching

I was glad today to listen
from the cornfield where I stood
to the burst of joy in birdsong,
that came from a distant wood.
Praise to God for the music of birds,
gathering in the trees
Praise for their chorus across
the fields, that floats on the
summer breeze.

I was glad today to see freedom
in the swallows flight
as they dipped and dived
across the lake
enjoying the morning light.
And I thanked God our creator
for this uplifting sight.

I was glad today to witness
the myriad matchless hues
of a kingfisher's dazzling
plumage of iridescent blues.
He wears his feathers proudly
fit for a fisherking
Thank you God for the beauty
in nature that you bring.



Telephone Scams



by Juliet Ames-Lewis

Sadly we have had some residents who have fallen prey to telephone scams.

Please use this cut-out to keep by your phone.

The following tips are recommended by the **ageuk** website as they recognise the persistent ways of phone scams.

Hang up. If you feel harassed or intimidated, or if the caller talks over you without giving you a chance to speak, end the call.

Ring the organisation. If you're unsure whether the caller is genuine, you can always ring the company or bank they claim to be from.

Don't be rushed. Scammers will try to rush you into providing your personal details. They may say they have time-limited offer or claim your bank account is at risk if you don't give them the information they need right away.



When you are on the phone remember the following:

*The bank will not ask you for your PIN number or password if they contact you. NEVER give them out.

*If the bank wants to talk to you urgently they will make an appointment for you at the branch. Don't arrange a meeting anywhere else.

*Your tax is very simple and all up to date. The Inland Revenue has no need to call you. If they call you ask them to write to you.

*You don't enter competitions so you can't have won anything. Tell the person politely that they must have the wrong number.

*In a real emergency the police would come to the house and show you ID. They won't call you.

*Don't arrange to meet anyone anywhere you don't know.

IF IN DOUBT PUT THE PHONE DOWN AND CALL YOUR NEXT OF KIN OR SCHEME MANAGER.

Underground Stations in Franglais!



1	Rue du boulanger	
2	Rue zéro zéro sept	
3	Rue faucon d'or	
4	Tour jambon vert	
5	Frères noirs	
6	Ferme de craie	
7	Chêne brûlé	
8	Met genou pont	
9	Rue piscine de foie	
10	Fou	
11	Cul n tous	
12	Tour colline	
13	Chemin péage	
14	Napoleon rencontré sa gare	
15	Cheveux de haut (cockney)	
16	Tue brûle	
17	Cathédrale ouest	
18	Chaude-pisse jambon pas rare	
19	Pont du chevalier	
20	Bonjour ton croissant	

Townmead Recycling Centre



by Juliet Ames-Lewis

Please be aware that if you wish to take anything to the Richmond recycling centre at Townmead Road, it is necessary to book in advance. Below are the details to make a booking.

To book online go to:

www.richmond.gov.uk/townmead_road

To book by phone:

020 8876 3281

Opening hours:

Mon - Sat: 8am - 4pm

Sunday: 9am - 4pm

Also note:

-You will be required to stay 2 metres away from all other members of the public and staff.

-You are advised to wear gloves for your own protection.

-A maximum of two adults will be permitted to leave the car.

-Staff will not be permitted to help with heavy items.

-Those on the NHS shielded list who are considered extremely medically vulnerable should also not visit.

New
booking
system

BOOK IN
ADVANCE

richmond.gov.uk/townmead_road

From the 20th of July 2020, all residents visiting Townmead Recycling Centre must book in advance to enter & use the facility.

For all residents visiting Townmead Recycling Centre, please remember the following:

Visitors arriving without a booking will be turned away

Check our site rules and FAQ's before your visit or ask our friendly staff for help

Pre-sort waste at home to make full use of limited time on site.

Check social media for up to date information on when new dates will be released

Follow us on Twitter:

[@LBRUT](https://twitter.com/LBRUT) | [@CentreTownmead](https://twitter.com/CentreTownmead)



Scan the QR
code to find
out more!

Wordsearch: Greek Gods

S	D	Y	E	S	R	E	T	E	M	E	D	A	U
M	U	X	S	E	N	U	H	A	D	E	S	E	D
P	Y	E	A	R	Y	C	P	D	Y	O	E	T	D
N	C	R	Z	A	E	S	E	A	R	E	T	H	E
R	E	E	O	S	P	E	S	R	N	H	Y	E	N
H	A	C	H	L	O	R	I	S	T	R	C	R	H
Y	S	O	U	R	A	N	O	S	H	Z	H	R	O
H	H	H	O	S	A	U	N	S	E	E	E	S	L
H	E	H	Y	R	S	P	A	I	M	P	H	M	L
A	E	S	E	G	H	O	I	E	I	H	E	E	O
I	I	M	T	R	E	O	P	E	S	Y	A	T	P
Z	E	C	A	I	S	I	M	E	T	R	A	E	A
H	E	N	H	I	A	Y	A	A	I	U	U	S	D
Y	A	P	H	R	O	D	I	T	E	S	Z	H	T

HYGEIA

HESTIA

THEMIS

ZEUS

TYCHE

OURANOS

APOLLO

HERA

ARES

DEMETER

ZEPHYRUS

PAN

NYX

AETHER

EOS

APHRODITE

HADES

HEMERA

ARTEMIS

CHLORIS

Did I read that sign right? 😂



by Margaret Goddard

**TOILET OUT OF ORDER.
PLEASE USE FLOOR
BELOW.**

In the Launderette:
**AUTOMATIC WASHING
MACHINES: PLEASE
REMOVE ALL YOUR
CLOTHES WHEN THE
LIGHT GOES OUT.**

Outside a second-hand shop:
**WE EXCHANGE
ANYTHING - BICYCLES,
WASHING MACHINES,
ETC. WHY NOT BRING
YOUR WIFE ALONG AND
GET A WONDERFUL
BARGAIN?**

Notice in health food shop window:
**CLOSED DUE TO
ILLNESS...**

On a repair shop door:
**WE CAN REPAIR
ANYTHING. (PLEASE
KNOCK HARD ON
THE DOOR - THE BELL
DOESN'T WORK.)**

Notice in a farmer's field:
**THE FARMER ALLOWS
WALKERS TO CROSS THE
FIELD FOR FREE, BUT THE
BULL CHARGES.**

In an office:
**AFTER TEA BREAK, STAFF
SHOULD EMPTY THE
TEAPOT AND STAND
UPSIDE DOWN ON THE
DRAINING BOARD.**

In a London department store:
**BARGAIN BASEMENT
UPSTAIRS...**

**NEW STUDY OF OBESITY
LOOKS FOR LARGER TEST
GROUP.**

Weren't they fat enough?!

On This Day: 1-19 August

1. On 1 August 1976, Formula One racing driver Niki Lauda was pulled from his burning car during the Nurburgring Grand Prix in Germany. What make of car was he driving?

2. On 2 August 1990, Iraq invade Kuwait which sparked the Persian Gulf War. Who was the President of Iraq at this time?

3. On 3 August 1492, Christopher Columbus set sail on his first transatlantic voyage to find a westward route to India. What country was Columbus born in?

4. On 4 August 1961, Barack Obama was born. Where was he born?

5. On 5 August 1962, Marilyn Monroe died in Los Angeles, California. How old was she when she died?



Christopher Columbus

6. On 6 August 1945, the United States dropped an atomic bomb on a city in Japan. It killed 70,000 people and destroyed most of the city. What was the name of the city?

7. Born on 7 August 1876 in The Netherlands, Mata Hari was a dancer and courtesan. But she was sentenced to death and shot by a firing squad when she was 41. Why?

8. Born on 8 August 1981, Swiss tennis player Roger Federer has won 20 men's singles Grand Slam championships, which is the most in tennis history. How many times has he won the Wimbledon Championship?

9. On 9 August 1945, the United States dropped a second atomic bomb on another city in Japan. What was the name of the city?

10. On 10 August 1960, the Spanish actor Antonio Banderas was born in Malaga, Spain. One of his most famous films is *The Mask of Zorro*, which costarred which actress?
11. On 11 August 2014, this American comedian and actor committed suicide. He won an Academy Award for his role in *Good Will Hunting* (1997). Who was he?
12. On 12 August 1961, East Germany began the construction of the Berlin Wall. This symbol of the Cold War, separated East Berlin and West Berlin for how many years?
13. On 13 August 1899, Sir Alfred Hitchcock was born in London. One of his films, released in 1958 is now considered to be one of the greatest movies ever made. It starred James Stewart and Kim Novak. What is the name of the film?
14. On 14 August 2008, this English singer died at her home in London. She was the first British solo singer to top the UK Singles Chart, with her cover song *How Much is That Doggie in the Window?* What was her name?
15. Born on 15 August 1964, this American businesswoman and philanthropist is married to one of the richest people on earth. Together they cofounded a charitable Foundation which last year had a reported endowment of \$17 billion. Who is she?
16. On 16 August 2003, this military officer and President of Uganda died in Saudi Arabia. He became known at the 'Butcher of Uganda' for his brutality and the killing of 300,000 people. Who was he?
17. Born on 17 August 1943 in New York City, this actor has mostly played violent and abrasive characters. Famously known for his roles as Vito Corleone and Jake La Motta. Who is he?



Sir Alfred Hitchcock

Answers on page 14.

On This Day: 20-31 August (continued)

18. On 18 August 1227, a warrior and ruler of Mongolia died. He brought all the nomadic tribes into a rigid military state. What was his name?

19. Born on 19 August 1883 in Saumur, France, this girl was abandoned by her father after her mother died and was sent to an orphanage. She went on to rule Parisian haute couture for over six decades. Known for her perfume and the 'little black dress', what was her name?

20. On 21 August 1940, Leon Trotsky was assassinated after being exiled from Russia. He was a communist theorist and agitator but lost his role in foreign affairs when a new leader came to power. Who was the new Russian leader after Lenin's death?

21. On 21 August 1986, Usain Bolt was born. Considered the greatest sprinter of all time, he has won gold medals in the 100-metre and 200-metre races in three straight Olympic Games. Where was he born?



Usain Bolt

22. Born on 22 August 1978, this British comic actor, writer and tv personality was born in London. He is best known for writing and acting in *Gavin & Stacey* (2007-10) and is now the presenter of the *Late Late Show* in the US. Who is he?

23. Born on 23 August 1946, this English drummer was voted the second-greatest drummer in history. He played for a group who had hits with *My Generation* and *I Can See For Miles*. Who was he?

24. Born 24 August 1957, Stephen Fry is a British actor, comedian, author, screenwriter and director. He had a reputation as a troublemaker at boarding school and suffers from bipolar disorder. Despite attempting suicide at 18 and being imprisoned for 3 months for credit card fraud, Fry was awarded a scholarship to study English at which university?

25. On 25 August 1900, Friedrich Nietzsche died. A philosopher and critic of culture, he became one of the most influential of all modern thinkers. What book is considered to be the masterpiece of his career?

26. This lady was born 26 August 1898. Her father died in the Titanic disaster in 1912 and she inherited a large fortune. Her uncle founded a famous museum in New York. She was married to the Surrealist painter Max Ernst for 5 years. After WWII, she moved to Venice where lived in a palazzo on the Grand Canal, and displayed her significant art collection. Who was she?

27. On 27 August 1576, the great Renaissance painter, Titian, was died. Known for his large scale church paintings and the human form, he had many international clients. What nationality was Titian?

28. On 28 August 1963, 200,000 people marched on Washington D.C., USA, as part of the civil rights movement. A famous speech, "*I Have a Dream*" was delivered by who?

29. Born on 29 August 1923, this actor, director and producer lived locally in Richmond. His most notable films include *Gandhi*, *Chaplin*, *Shadowlands* and *Cry Freedom*. He is buried at St Mary Magdalene Church in Richmond. What was his name?

30. Born 30 August 1939 in Cheshire, this British disc jockey was one of the most influential tastemakers in rock music. He worked as a DJ in the USA, for pirate radio stations and then for BBC Radio 1. Described as 'seemingly ageless and effortlessly hip' he received an OBE in 1998 and died of a heart attack in 2004. Who was he?



Diana, Princess of Wales

31. On 31 August 1997, Diana, Princess of Wales, was killed in a car accident in a tunnel under the streets of Paris. Diana's companion was also killed in the same car. What was his name?

Answers on Page 14.

Answer Page

Answers. Page 6. Underground Stations in Français!

1	Rue du boulanger	Baker street
2	Rue zéro zéro sept	Bond street
3	Rue faucon d'or	Goldhawk road
4	Tour jambon vert	Turnham Green
5	Frères noirs	Blackfriars
6	Ferme de craie	Chalk farm
7	Chêne brûlé	Burnt oak
8	Met genou pont	Putney bridge
9	Rue piscine de foie	Liverpool street
10	Fou	Barking
11	Cul n tous	Arsenal
12	Tour colline	Tower hill
13	Chemin péage	Turnpike lane
14	Napoleon rencontré sa gare	Waterloo
15	Cheveux de haut (cockney)	High barnet
16	Tue brûle	Kilburn
17	Cathédrale ouest	Westminster
18	Chaude-pisse jambon pas rare	Clapham common
19	Pont du chevalier	Knightsbridge
20	Bonjour ton croissant	Mornington crescent

Answers. Page 10-13. On This Day: 1-31 August.

1. Ferrari. 2. Saddam Hussein. 3. Italy. 4. Honolulu, Hawaii. 5. 36. 6. Hiroshima. 7. Mata Hari was suspected by the French of duplicity - acting as a spy for both the Germans and the Allies. 8. 3 times, 2009, 2012 and 2017. 9. Nagasaki. 10. Catherine Zeta-Jones. 11. Robin Williams. 12. 28 years: 1961 to 1989. 13. Vertigo. 14. Lita Roza. 15. Melinda Gates. 16. Idi Amin. 17. Robert De Niro. 18. Genghis Khan. 19. Coco Chanel. 20. Joseph Stalin. 21. Montego Bay, Jamaica. 22. James Corden. 23. Keith Moon (The Who). 24. Queens' College, Cambridge. 25. *Thus Spake Zarathustra*. 26. Peggy Guggenheim. 27. Italian. 28. Martin Luther King, Jr. 29. Richard Attenborough. 30. John Peel. 31. Dodi Fayed.



Mango Salad with Thai Dressing



by Lorraine Bradley



Ingredients:

Dressing

Juice of 2 limes
1 tbsp Tamari soy sauce
1 tsp toasted sesame oil
1 tbsp Xylitol sugar alternative
- (available as Total Sweet)
1 tsp finely grated ginger

Salad

Bag of mixed salad greens
Half small cucumber thinly sliced
1 ripe mango, peeled and cubed
Half red onion thinly sliced
Small handful of mint leaves chopped
Toasted cashew nuts (optional for added texture)

Method

Whisk all the ingredients for the dressing together in a small jug
Scatter the salad leaves on a platter. Top with the remaining ingredients
Drizzle with the dressing just before serving

Note:

This dressing can be used with noodles or wilted Pak Choy

Poetry Corner



by Nigel Davis

H W Longfellow (1807 – 1882), the American poet, was an immensely popular poet in his own life time and was widely read.

His rather sentimental Victorian style seems to have gone out of fashion nowadays. But his long tone poem, *The Song of Hiawatha*, still has a bit of a following (I count myself as one of the followers), even if, unfortunately, it is all too easily parodied!

This little poem, simple as it is, could only have been written by a true poetic craftsman.

Note how the three short verses are linked into one whole by the subtle rhyming structure. Maybe the wheel of fortune will revolve - or, in the language of the poem, the tide will turn – and Longfellow will come back into fashion?

Loss and Gain

by Henry Wadsworth Longfellow

When I compare

What I have lost with what I have gained,

What I have missed with what attained,

Little room do I find for pride.

I am aware

How many days have been idly spent;

How like an arrow the good intent

Has fallen short or been turned aside.

But who shall dare

To measure loss and gain in this wise?

Defeat may be victory in disguise;

The lowest ebb is the turn of the tide.