



ALMSHOUSE NEWS

WINTER 2018

The quarterly newsletter for the Richmond Charities Almshouses



Mrs Maria Morrone (11 Manning Place) & Mrs Valerie Keating (1A Adelaide Road).

Chapel Diary Dates by Stuart

2nd December at 5pm: Evening Prayer with Advent Carols, music and a seasonal reflection as we begin to prepare for the Mystery of Christmas.

21st December at 6pm: Christmas Carol Service with the Choir of St Mary Abbots Church leading a selection of seasonal music and readings, followed by refreshments.

25th December at 10.30am: Eucharist for Christmas Morning with plenty of carols.

Christmas Carols, Mince Pies and Mulled Wine – Sunday 9th December at 3.30pm – Michel’s Garden by Linda & Jo



You are cordially invited to join us for a very special afternoon of Carol singing by the St Mary Magdalene Choir. This will take place around the Christmas tree in Michel’s garden. To help get everyone into the festive mood you will be served with mulled wine and warm mince pies.

Please note we are unable to provide transport for this event. We look forward to seeing you.

Avenue Club Concert by Debbie

The Avenue Club choir will be visiting and singing in the Chapel on **Tuesday 18 December at 2.30pm.** All are welcome and refreshments will be provided!

Trustees & Residents 'Get-Together' by Barbara Costanzo

On 5 September a warm evening, the lawn at Hickey's and a large covered marquee with well-spaced tables and chairs provided an opportunity for residents and Trustees to meet one another in an informal and friendly setting. Trustees were able to move easily amongst the tables to chat to residents, to put names to faces and to share refreshments in a relaxed atmosphere. All agreed it was an enjoyable and productive evening and Trustees would welcome feedback from residents if they would like a 'Get Together' at a future date.

Many thanks to Alison for organising the event and for keeping the wine and the elderflower flowing.

Margaret Blackburn's 90th Birthday Tea



Margaret Blackburn of Michel's Almshouses turned 90 on Saturday 3rd November and a few residents gave her a small celebration in Joan Skeats' almshouse. Joy Sayles is on the left of this photo and Margaret Blackburn is on the right. Jean Newport took the photograph.

Official opening of Manning Place by Valerie Clarke



The official opening of Manning Place took place on 13th September 2018. The weather was very kind to us and the opening was very well attended. The Mayor of Richmond Cllr Ben Khosa performed the "cutting of the ribbon" and welcomed the 12 new residents. The Mayor made a speech and talked about the charity's long history of providing almshouse accommodation and praised the charity for continuing to look for ways in which it can expand and house more residents.

Some residents opened up their new almshouses so that guests could look around and everyone was very impressed with the quality of the new almshouses and the refurbishment that has been undertaken. As the Mayor said, although most almshouses are traditional cottages, what Manning Place shows is what a modern almshouse looks like, complete with aids and adaptations to assist residents as they grow older.

Refreshments were served courtesy of Debbie, Jo and Alison, and a pleasant time was had by all those who attended.

The Postal Museum by Lena Warboys



On 24th September, we had one of our outings. This time it was to the Postal Museum.

We did not know quite what to expect as we were told that we were to ride on the train that had previously brought all the post from the big stations in London to be sorted, and that we would find the train a little on the small side.

On arriving at the restaurant opposite, a huge yard full of Red Post Vans were coming and going all the time. We stopped and had a welcome drink before going on to the Postal Railway itself which was a short walk down the road.

Everything was ready for us so we went down to the train just as it came in letting the other passengers out and us into the train, which was not as small as we had been led to believe. There was a commentary as we went along, and we were warned that all the lights would go out for just a few minutes, which reminded me of the wartime. The lights came on again, and we were watching the post coming off the train and being put in

large bins to continue their journey. We even saw their cat walking across the platform.

The train then continued its journey, and we very soon found ourselves back where we started. We then went on to see some of the machinery that was used to make and to run the railway, and to listen to an account of how everything worked. It was a most interesting and enjoyable outing!

Macmillan Cancer Support Coffee Morning by Pat Platt



Friends & Neighbours held its annual Coffee Morning in Hickey's Chapel on 28th September. We welcomed the Mayor of Richmond and Zac Goldsmith MP, who kindly attends every year. The morning was well supported by residents, staff and friends. We raised a magnificent total of £1,420.

Thank you to everyone who worked so hard before and after the event and thanks to all who gave their support to the morning.

Nordic Walking by Irene Donovan



I joined the Nordic Walking group at Hickey's in September and was greeted by Rosie, our instructor, who explained why/how it was developed. She explained how when done correctly it improves core strength, posture and balance. This is achieved by walking with head up and shoulders relaxed, straight arm swing with a rolling heel/toe foot action. So much to think about but good for developing both sides of the brain, according to Rosie! The poles when used correctly develop arm strength.

After the second week, remembering head up, shoulders down, rolling feet I knew my posture had improved!! While chatting with others in the group it was clear that people had noticed an improvement in their posture and balance and all felt better for the exercise and being in the fresh air.

We are going to continue and hopefully go for longer walks in Richmond Park. I would highly recommend this form of exercise, even without poles. New friends, laughs and exercise with a lovely tutor, come and give it a try.

Lena Warboys 80th Birthday by Debbie



To celebrate Lena's 80th her family had organised a surprise Alice in Wonderland themed party for her at a village hall in Ham. After a lot of planning and secret meetings we eventually got Lena to the hall to be met by all her family and friends. She was so delighted and very surprised. She was then donned with a large black hat making her "The Mad Hatter". The hall was decorated in the Wonderland style and some of her family had dressed up as characters from the book. The Mad Hatters party started with a Magician leading the way!

There were lots of odd teapots, china cups, and sandwich stands with a delicious assortment of sandwiches and sweet treats. Her family and friends made some speeches describing how loved Lena is and there was a showing of photos on a large screen of Lena over the years. It was a wonderful afternoon and everyone especially Lena had a great time.

The Feast of St Francis and my retirement by Reverend David Thomas



It was a beautiful sunny day on Sunday 7th October, and it was wonderful to have a full chapel for the service, including family, friends and almshouse residents. One of my nephews had even come over from France, where he lives and works.

I began my sermon by saying a big thank you to the almshouse community for the welcome and hospitality I had received since arriving in March 2014, and went on to say that it had been a privilege to serve here as a priest with Chris and Stuart. This was particularly so when

visiting residents in their homes, or when they were ill in hospital, and of course when I had taken or been involved in residents' funerals.

So I have now hung up my cassock to begin a new adventure in life and will continue to live on Church Estate in this vibrant almshouse community, participating in some of the activities. At the end of the service there was a presentation, where I was given a handsome financial gift, for which I am again grateful and will use wisely. However, the delightful surprise was a watercolour painting by George of both the Chapel and Church Estate with a little figure of me inserted. This now hangs in pride on my living room wall. So if you are passing do pop in to see it sometime.

One never retires as a Christian, and some words from one of the readings in the service, from the book of the prophet Micah spoke of pleasing God by acting justly, i.e. being fair in our dealings with each other, showing kindness in our interactions with each other, and walking humbly with God, knowing our own foibles, fallibility and weaknesses, as well as our strengths. That's not a bad example to follow in our community life together.

Please note that my mobile phone number in the Residents' Handbook is no longer in operation. God Bless you all.

Richmond Good Neighbours by Anne Speak



Richmond Good Neighbours (RGN) is a local charity set up thirty years ago to carry out the sort of tasks as might be provided by a “good neighbour”. We are lucky to have a wonderful team of about 80 volunteers who support many retired residents in the civic parish of Richmond; about 20% of our clients live in The Richmond Charities almshouses. Our volunteers take residents to medical appointments, do their weekly shopping and assist with transport to The Avenue Club and we have just started to host monthly afternoon teas at The Cambrian Centre.

Of course as well as being recipients of help from RGN, there may be other residents of the almshouses who might like to volunteer for RGN. We are always looking for volunteers so if you have a couple of spare hours a month and would like to visit a local resident, do some shopping or bake a cake for a tea or even help with getting people to appointments please do get in touch on 020 3538 4060 or email organiser@richmondgoodneighbours.org.uk

BT Basic by Stuart

I’m always on the lookout for better deals for residents on their utility bills. I recently discovered BT Basic, a simple, low-cost phone service available to those on certain government benefits.

The scheme costs £5.10 per month and includes 10 minutes of calls to numbers beginning 01, 02, 03, 07, 08 and international numbers. After that you will be charged for calls to these numbers up to a maximum of £10, subject to a fair use policy.

To be eligible for this special tariff you do need to receive one of a number of state benefits. The one that is most likely to apply to our residents is the Pension Credit component of the state pension. So, if you receive Pension Credit you could apply for BT Basic and find yourself saving £££s each month. For an additional £9.95 each month, you can even get a basic broadband service, meaning you could browse the internet and check your emails occasionally.

If you believe you might be eligible for BT Basic and would like to apply, call BT on 0800 800 864 and ask them to send you an application form. Unusually, it’s only one page long so you won’t need to spend hours on it. You will need to supply your National Insurance number so that BT can confirm the benefits you receive with the Department of Work and Pensions.

Keeping Fit Into One's Retirement Years by Jean Newport



On Channel 4 there has been a fascinating series on an experiment carried out with 4 year olds and elderly residents. It is called 'Old People's Home for 4 years olds'. One of the UK's biggest retirement villages opened a nursery where the classmates' ages range from 3 to 102. The experiment shows the effect that the 4 year olds had on the residents with some amazing results in improving socially, dextrously and in movement and confidence as both age groups help each other.

In the age group of 80-100 years you should be walking 7000 steps a day!

We are so fortunate here in the almshouse community to have activities put on for us. One of those is a Friday class to help with balance and movement held in the Chapel from 2pm – 3pm. More recently Nordic Walking has been introduced. We also have a Senior Fitness in the Chapel on Tuesdays from 11-12. One of the issues found in the Channel 4 programme was a feeling of loneliness

by its residents. There is no need to feel like this living here in our almshouse community as there are things to do in order to keep you stimulated, and good neighbours too! There is a staggering statistic that says most older people sit for 13 hours a day just watching TV.

I'd like to say thank you to all those concerned who help to put on activities that can support us in our retirement years. I'm hoping that next year we can have a marathon walk around Hickey's with a few activities on the lawn too!

Craft Group by Irene Donovan



We had our first Craft Group meeting on Wednesday 17 October at my flat in Manning Place. Two apologies but we are all enthusiastic and we will continue as there are lots of fun ideas moving forward. The group currently numbers six but we would welcome more keen residents interested in Arts & Craft to join in!

The Craft Group has now moved to the **Green Room** on **Wednesday mornings 10 – Noon.**

Residents' Open Forums by Juliet

On 3rd, 11th and 30th October 2018 we held the first residents' open forums which were felt to be useful and worthwhile by everyone who attended.

The forums were attended by me, Scheme Managers, trustees and residents and in all, over the 3 forums, we had a total of 43 residents attend.

The range of issues discussed was diverse. We covered issues to do with the whole charity, such as the social activities budget, WMC, the way that all charities now have to be run as efficient, professional businesses, the cost of heating and the use of the Green Room. Then there were also lots of issues specific to particular almshouse estates which were raised by residents, including issues to do with the communal gardens, watering systems, tree pruning, individual gardens, garden benches, sheds, window cleaning, building and refurbishment works, recycling and rubbish areas and collections, parking issues, Controlled Parking Zones, bollards, Christmas trees, laundry opening hours and cleaning, sinks in laundries, defibrillators, helping out neighbours in need, recruitment of trustees, social events with trustees, the qualification criteria for becoming a resident, almshouse door numbers, cats and bonfire night!

At the end of the forums residents were asked for feedback as to whether they would like to attend forums in the future and the response was overwhelmingly positive. The Trustees and I will now review the trial forums and look at establishing a pattern for the future, along with other ways of giving residents a voice through surveys and the suggestions boxes. Thank you very much to all of you who took the time and trouble to attend and for sharing your comments, suggestions and feedback with staff and trustees.

Winter is Coming by Mick

During the colder months the staff will be going around spreading salt on all main pathways and roadways within the estates where practicable.

We will do our best to cover these areas on a daily basis but please remember that we will only be covering heavy footfall areas, so please stick to the paths at all times.

If you have any rear access with steps, please refrain from using them in extreme cold or icy conditions.

Please also remember that once outside of the estates the public pavements are not treated, so please take extra care when out and about.

If weather conditions become extreme, we would recommend that you stay indoors and keep warm whenever possible.

Additional Fire For The Winter by Debbie

With winter approaching you may wish to consider purchasing an additional heater as a back up just in case you experience any heating issues during the colder months.

We would recommend only using an oil filled heater or a convector type heater as pictured below.



Photo and Sketch Competition by Gail



We want your photos, paintings or sketches of the Almshouses! Get snapping, drawing or painting at any of our estates, or dig out any old photos you have taken. We want images of all seasons - spring blooms, summer sun, autumnal colours and winter snow. 12 images will be chosen to go into a Richmond Charities' Almshouses calendar next year and there will be

prizes for the winners. You have plenty of time and we will continue to remind you of the competition in future editions of the Almshouse News. Have fun!

Warm Clothing Collection for the Vineyard Project & Donations for Richmond Foodbank by Linda & Jo

The last collection we did was such a huge success and your generosity helped so many people in need during the cold winter months we would like to ask for your help once again this year. Homeless men and woman of our borough are in desperate need of warm clothing. Hats, Gloves, Scarves, Socks, Underwear, Jumpers, Trousers, Coats, Jackets, in fact anything that can keep them warm would be greatly appreciated.

The Foodbank is also always in need of donations to help feed the poorest of families and individuals within the Borough of Richmond. They have asked specifically for: UHT milk, fruit juice, packets of mashed potato, breakfast cereal, puddings, tinned fruit veg or meat, tea bags, toothpaste, shower gel, shampoo, ladies hygiene items. If you have anything you would like to donate please give the items to your scheme manager and they will be collected and taken to The Vineyard Project for distribution. With grateful thanks.

Out & About Group by Leslie Cook



An early autumn morning with a nip in the air saw the Out and About group assembled at Richmond Station ready to start on its eighth excursion this year. Its objective this time was Gunnersbury Park and Museum. Swiftly deposited there by public transport, the group by a majority decision decided upon a second objective – to visit the café. This was a happy choice, as the coffee and the ambience were both to be recommended.

Gunnersbury is named after Gunhilda, a woman's name locally in the 13th century. The land was so valuable that Christian Saxon kings were able to fund their St Paul's Cathedral. A succession of residents over many years included Princess Amelia, second daughter of George II, who lived there from 1761 – 86. (She was nasty; when she lived in Richmond Park she tried to cut off access to the public). Last to reside were the Rothschilds, who lived in the mansion from 1889 – 1925. With their immense fortune many improvements

were made to buildings and gardens and additional land was bought. Entertainment was on a grand scale: Disraeli, Edward VII and Queen Mary were just some of the notable guests. The local populace also enjoyed the generosity of the family.

Complicated and lengthy negotiations resulted in the estate being purchased by the Borough Councils of Ealing and Acton, narrowly escaping the intentions of developers (what's new?). In 1926 Neville Chamberlain, then Minister of Health, performed the ceremony opening the new Park to the public. Since then many vicissitudes befell the estate – gardens overgrown, buildings vandalised. Several attempts were made to keep the whole area from complete decay.

Now, by great good fortune, the main house has been beautifully restored in a £21 million first phase and is the home of a Museum of local history to the London Boroughs of Ealing and Hounslow. The surrounding gardens are also being restored to their former glory. The top floor of the Museum contains galleries devoted to local trade and industry with many examples of local products. A further gallery displays costumes and textiles relevant to the history of the house. So many exhibits of absorbing interest, too many to detail here, but having reference to Ealing films, toys, printing, photography... All clearly and beautifully presented. The

floor below features the Rothschild Rooms with their fine plasterwork, painted ceilings and magnificent marble fireplaces. And finally to “below stairs”, a warren of pantries, sculleries, kitchens and the butler’s room.

Many tours of the Park are available: Bird Walk, Head Gardener’s Walk, Heritage Gardens Walk... And the Museum hosts workshops for children and adults: Stitch, Knit and Natter, Wreath Making, Life Drawing, Ceramics... Talks and special events add to the liveliness of this now thriving initiative. The trip was ended with a stroll round the Park, passing construction of what will be one of the largest outdoor sports facilities in London, and culminating with a walk through the woods back to our starting point.

Was the outing a success? The simplest test is if you would like a repeat visit. Yes!

Entry is free. Wheelchair access and lifts to all floors.

How to get there: Bus 65 to Pope’s Lane, E3 to Gunnersbury Park.



Richmond in Bloom results by Juliet



We had some fantastic results in the 2018 Richmond in Bloom competition. Congratulations to Bishop Duppa’s, the residents and our gardeners at BD, Stephen Charles, for being the overall winner in the Community Building category. Bishop Duppa’s has received a special plaque which will have pride of place on the wall at the almshouses!

In the same category, Michel’s Almshouses and Houblon’s Almshouses won Gold, and Church Estate and Queen Elizabeth’s Almshouses won Silver Gilt.

In the Residential frontage category, Margaret Payler and Jean Newport at Michel’s won a Gold award and Joy Sayles at Michel’s, Rita Compton and John Coles at Church Estate and Beryl Read at Hickey’s won Silver Gilt. A Silver award was won by Michael Brien, Barbara Costanzo, Lisa Blakemore, Betty Johnson and Terri Ekkel at Bishop Duppa’s and Michael Hobbs and Richard Yardley at Hickey’s. Our Scheme Manager, Linda, attended the prize giving ceremony along with Michael Hobbs, Richard Yardley and John Coles and they collected all the prizes. Congratulations to everyone!

2019 seaside trip and Christmas lunch by Juliet



We would like to have suggestions from residents as to where you would like to go for the seaside trip in 2019 and suggested venues for next year's Christmas lunch.

For the seaside trip in 2018, we went to Margate as that was the venue suggested by the most residents. If you would like to have a say in the destination of next year's trip, please let your Scheme Manager have your suggestion by the end of January.

With the Christmas lunch, we are keen to hear suggestions of alternatives to the Richmond Hill Hotel, so that we can vary the venue if possible. It needs to be a venue that can seat at least 100 people and that preferably is local. Again, if you have suggestions, please let your Scheme Manager know by the end of January.

Classifieds Board by Debbie



As well as advertising in the Almshouse News, there is now a board in The Green Room for items Wanted, For Sale or items to give away.

Please feel free to add to the Board when visiting The Green Room.

Defibrillators by Mick



As you may have noticed, the charity has installed cabinets containing a defibrillator at some of our estates.

A defibrillator is a device that gives a high energy electric shock to the heart through the chest wall to someone who is in cardiac arrest. This high energy shock is called defibrillation, and it's an essential life-saving step in the chain of survival.

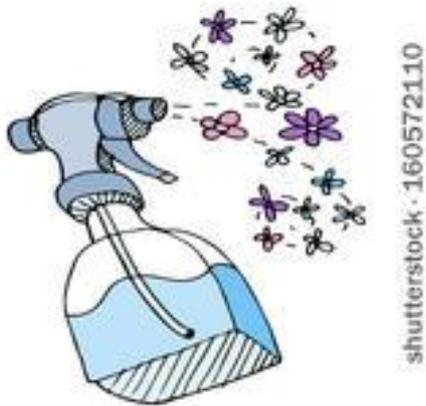
All the defibrillators are fully automatic, meaning there is no training required. The device tells you exactly what to do, when and how to do it.

Four out of our five defibrillators are accessible to the public 24 hours a day and are registered on the "Heartsafe" website which shows a map of their location for anyone to use if required.

They are located at:

- Benn's Walk Laundry
- Michel's Estate Office
- Candler's Estate
- Hickey's Estate (to be installed on wall of 33 Office once complete)
- Manning Place

Air Fresheners & Scented Candles by Lorraine



Spring meadows, pine forests, freshly laundered linen and mystic oriental scents for boosting our morale and instantly making our homes feel fresh, clean and relaxing are very popular. In the UK we spend nearly £400 million a year on 225 million aerosols, plug-ins, gels, candles and incense sticks each promising a quick convenient and harmless way to transform the atmosphere in our homes.



However, evidence is now emerging that all of these products contain industrial chemicals which

can, among other things, transform the structure of our DNA. Studies have shown that using air fresheners just once a week can raise the risk of asthma in adults and children. For people who suffer from Asthma, COPD, Rhinitis and other allergies the toxic chemicals used in these products can make the symptoms a lot worse. Some have been found to be carcinogenic even the incense sticks we burn! They are also very poisonous for pets and young children.

This does not mean we should never use them but do be aware of the potential harm, ventilate the room well by opening a door or window and put a Spider plant in the room as this seems to help absorb the chemicals such as Formaldehyde which can raise the risk of respiratory problems and cancer. So I am now off to the garden centre to buy a couple of plants.



Waste and recycling by Mick



Please can we remind all residents to ensure that the correct waste and recycling is put into the correct bin. Please take time to read the labels on the bins to identify the correct one for you to use.

Items left on top or by the side of any bin will not be collected by the refuse collectors and will be left where they are until a member of staff or a kind resident dispose of them correctly. Please do not leave any items on top or by the side of any of the bins.

Please see the list below of items that are accepted for recycling. All other items such as polystyrene, kitchenware, small electrical appliances and anything else that is not accepted for recycling need to be bagged up in a black sack and put out with your usual household waste.

Larger items such as sofas, beds or wood from a wardrobe, bed side tables or coffee tables etc need to be disposed of by contacting either the local council or by paying for a private waste collection.

If you would like more information on either recycling or waste collection please don't hesitate to contact your Scheme Managers, Mick or Gerry who will be happy to help.

Cardboard:

- Cardboard egg boxes
- Cardboard fruit and veg punnets
- Cardboard sleeves
- Cereal boxes
- Corrugates cardboard
- Greeting cards
- Toilet roll tubes

Aluminium:

- Aluminium foil
- Foil trays

Paper:

- Brown envelopes
- Junk mail
- Magazines
- Newspapers
- Shredded paper
- Telephone directories
- Window envelopes
- Yellow pages

Glass:

- Glass bottles and jars

Metals:

- Aerosols
- Drinks cans
- Food tins

Other:

- Food and drink cartons
- Paper cups

Plastic:

- Plastic drinks bottles

Plastic Packaging:

- Food pots and tubs
- Margarine tubs
- Plant pots
- Plastic trays
- Yoghurt pots

Robert Louis Stevenson by Heather Keeler



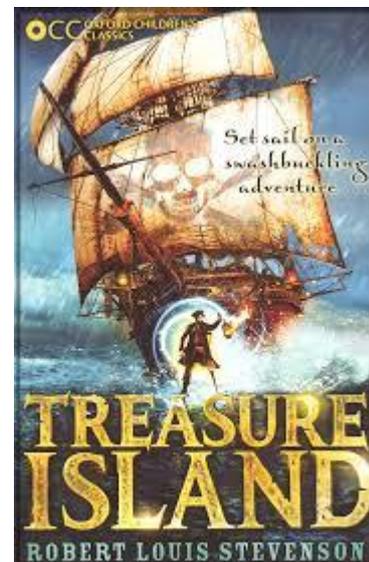
RLS was one of Scotland's most prolific and well respected writers. During his short life he produced some 150 works including his greatest classics "Treasure Island", "The Master of Ballantrae" and "The Strange Case of Dr Jekyll and Mr Hyde". Born into an upper middle class family he was educated at Henderson School Edinburgh and went on to boarding school in Isleworth Middlesex.

During his years of extensive travel, in 1880 he met and married Fanny Van Der Grift Osborne. It remained a happy union. However always dogged by ill health he and his wife decided to settle in the Samoan

Islands, no doubt for the warm climate. Sensing his early demise he penned what he described as his requiem. It's inscribed on his tomb on Mt Vaea, C. It reads

*"Under the wide and starry sky dig the grave and let me lie.
Glad did I live and gladly die.
And I laid me down with a will
This be the verse you gave for me
Here he lies where he longed to be
Home is the sailor home from the sea
And the hunter home from the hill"*

Many elementary schools in the U.S.A are named after Stevenson. In 1994 to mark the 100th anniversary of his death the Royal Bank of Scotland issued a series of commemorative £1 notes which featured a quill pen and Stevenson's signature on the obverse and his face on the reverse side. Two million notes were issued each with a serial number beginning R.L.S. A fitting tribute indeed to this literary genius.



Poetry Corner by Nigel Davis

Christmas is on its way so I thought that we might have a Christmas poem in this issue. This one, by Gareth Owen, is a Christmas poem with a difference.

As we start reading the poem, we wonder where on earth it is going. Why is the pub so empty on a Saturday night (though the only two bed-rooms are taken)? And who is the sinister, gimlet-eyed stranger? But it is all an exercise in distraction, because - WHAM! Tucked away in a few lines in the middle of the poem is its message. We, the readers, who know the Christmas story, get it immediately (well, almost immediately). But the poem is written from the perspective of the innkeeper; and he has not got the first clue ("Nothing much ever happens here") as to the momentous consequences of his Good Samaritan act.

I don't suppose there were any pubs selling beer in Bethlehem in the year O AD: just as I don't suppose there are any pubs selling beer in Bethlehem in 2018. So this poem reminds us of this great truth: that the Christmas story is as universal as it is timeless. A very Happy Christmas from Poetry Corner to one and all!

The Innkeeper by Gareth Owen

Very quiet really for a Saturday.
Just the old couple come to visit
relations

Who took the double room above the
yard
And were both of them in bed by half
past nine.
Left me with that other one, the
stranger.
Sat like he was set till Domesday at
the corner of the bar
Sipping small beer dead slow and
keeping mum,
Those beady, tax-collector's eyes of
his
On my reflection in the glass behind
the bar
Watching me, watching me.
And when he did get around to saying
something
His talk was like those lines of
gossamer
That fishermen send whispering
across the water
To lure and hook unwary fish.
Not my type. And anyway I'd been on
the go since five.
Dead beat I was.
Some of us have a bed to go to, I
thought to myself.
I was just about to call Time
When the knock came at the door.
At first I was for turning them away;
We only have two rooms see and both
of them were taken
But something desperate in the
woman's eyes
Made me think again and I told them
They could rough it in the barn
If they didn't mind the cows and mules
for company.
I know, I know. Soft, that's me.
I yawned, locked up, turned out the
lights,
Rinsed my hands to lose the smell of
beer.
Went up to bed.
A day like any other.
That's how it is.
Nothing much ever happens here.

