

YOUR

MARCH 2025

ALMHOUSE

MAGAZINE



A Shrove Tuesday Custom
Skipping in Scarborough

Contents

THIS MONTH'S HIGHLIGHTS

- Tributes **4**
- Burns' Night Supper **5**
- Good Endings **9**
- Your Pets **12**
- Mardi Gras and Lent **14**

REGULAR ARTICLES

- Community News **4-16**
- Festivals of Faith **11**
- Local News, Events & Information **17-20**
- Mind and Body **23**
- Fun and Games **24-26**



Your Words and Photos! Contribute to our Next Issue

If you would like to contribute to our next issue, the deadline is **Friday 14th March**.

As a guide on word count, a half page article is ideally about 170 words. Give the article to your Scheme Manager, or email to c.richards@richmondcharities.org.uk

Photo Credits:

Front Cover: *Skipping in Scarborough* by Homer Sykes. (See *Shrove Tuesday* article on page 14)

Back cover: *Frost in Bushy Park* by Claire Welton

Contents page: *Turkey Tail Mushrooms* by Gennie Thompson

Editorial Committee & Content:

Juliet Ames-Lewis
Lorraine Bradley
Rebecca Evans
Debbie Flaherty
Chantal Richards
Derrick Thompson
Gennie Thompson
& Mike Townsin.

Magazine Design:

Chantal Richards
& Eden Richards



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

Dates for Your Diary

Monday 10th March

A talk by The Mulberry Centre

Hickey's Chapel
Details on page 8

Tuesday 11th March

Food Glorious Food

11am at Heather Shipley's house

Details on page 6

Wednesday 12th March

Glass Painting with Creation Station

Garden Room,
at Church Estate
Details on page 8

Wednesday 26th March

Good Endings

Hickey's Chapel
Details on page 9

Sunday 30th March

Afternoon Cream Tea for Mothering Sunday

Hickey's Chapel
Details on page 8

Tuesday 15th April Eloysia String Quartet

Hickey's Chapel
Details on page 8

Wednesday 23rd April

Syon House Outing

Details on page 10



Don't forget!
The clocks go forward on
Sunday 30 March at 1am.

SAVE THE DATE

Tuesday 24th June

Residents' Summer Outing. Our annual summer outing for all residents.

SAVE THE DATE

Thursday 14th August

Annual Summer Party
All residents are invited. The event will be on Hickey's lawn.

Forthcoming Out and About Days

Friday 14th March

Twickenham Museum followed by Tea with the Mayor of Richmond at York House. If you are not interested in the museum visit, meet outside York House at 1.50pm.

Tuesday 8th April

Painted Easter Egg Hunt in London. Meet 10am Richmond Station.

Tuesday 13th May

The Chelsea Pensioners Museum. Meet 10am Richmond Station.

A Tribute to Pat Platt

by Revd. David Thomas

What can I say about Pat? Well, an awful lot, both outside and within the Richmond Charities Almshouse Community.

It was around 2014/15, that I recall we had a 10 year anniversary of 'Friends & Neighbours', something which Pat had started, to meet a need by the residents to meet up and go on outings together. This was a great success and very popular. When Pat was finally persuaded to retire from this, almost 10 years later, she promptly started another outings group on a smaller scale. That was Pat.

Then who can fail to remember the iconic Macmillan Coffee Mornings every late September, here in the Chapel, which brought together a great number of residents across the community, and which raised thousands of pounds for such a great cause. That was also initiated by Pat. Of course, Pat had to have willing and able helpers for these ventures, and she just had that way with her in persuading those many willing volunteers.



This was all done with her having significant health issues, which she rarely complained about, and here I should mention Lorna and Linda, whose help she was so thankful for over a continuous period of time. There was also Terry, who assisted her with 'Friends & Neighbours'.

Pat was a Christian lady, and her contribution to the running of the Chapel was immense, acting as a kind of churchwarden, as well as being Treasurer.

So what words can describe Pat as a person. Chris Scott, the first Chaplain here to work with Pat, and myself, reckoned 'indomitable', meaning 'of stubborn perseverance'. Eve & Steve Harbud were next-door neighbours to Pat for a good while, and they remember her as a kind and generous person. Steve goes on to say that "Pat possessed a beautiful spirit, and her unselfish nature was evident in the way she put others before herself. We will miss her not being around".

We can all say "Amen" to that.

Photo taken by Jenny Ruff

A Tribute to Gill Doling

by Derrick Thompson

It is with sadness that the Michel's community said farewell to Gill at her Service of Thanksgiving recently. Gill had a great love of life and people and for over forty years actively served the people of Richmond as a nanny, a nursery nurse, a Licensed Minister, and Church Warden at St. Mathias' Church.

Gill was summed up by a lovely poem written by one of her goddaughters, Charlotte Adamson when she was about ten, and read by her at the Service of Thanksgiving.

*She is a bunny rabbit, warm and soft,
She would be a bean bag because you can cuddle her.
If she were a weather she would be a breeze,
Because she is kind but firm.
She is like the evening, calm and relaxed.
Her colour is yellow because she is bright and always smiling.
If she was a shoe she would be a flip flop,
Because you feel perfectly comfy around her.*



Part of Gill's legacy to St. Mathias' Church is to have been the co-designer of a brand new altar front (pictured) which was on display for the first time at Gill's Service of Thanksgiving.

Memories of Gill will always bring a warm smile to those who knew her.

Burns' Night Supper in the Chapel

Scottish folk lore for
us all to celebrate!

A Burns' Night Supper is one way to remember a rousing, often raucous Scottish tradition, as we did on 23rd January as Robbie Burns' birthday, 25th January, fell on a Saturday. A wonderful evening was organised by our chaplain Derrick (appropriately Scottish), and our Scottish Scheme Manager, Linda, wearing a plaid sash and cap, while Juliet as waitress, along with her husband Mark and Derrick's wife, Jan, fetched and carried and served wine or fruit juice too. Thankfully, Derrick stuck to the traditional accompaniments so we all knew what to expect.

After being welcomed by Derrick, (in kilt and sporran), we enjoyed his home-made cock-a-leekie soup, then the haggis (sent down from Scotland) was piped to the table by a Piper and we were prepared with a whiskey to toast the haggis (The groaning trencher...)



while Derrick and Alison Fleming, familiar with Scottish dialect, read the Burns' *Ode to the Haggis* with the accompanying knife slashing of the haggis – *An' cut you up wi' ready slight*.

Neeps and tatties? Of course. This was followed by Scottish cheddar and oatcakes and before we drifted off home, we sang *Auld Lang Syne* as it's not just for Hogmanay!

Such a lot of time and organising went into this evening which was so appreciated by all who attended. Everything appropriate was thought through and included – a joyous break in the bleaker days of January.



Out and About Group

Kew Gardens' Orchid Festival

by Richard Yardley

This year's festival was based on Peru — the home to 3,000 species of orchids. Exploring the beauty of Peru with stunning displays of alpacas, bees and spectacled bears using orchids and other plants.

The festival was displayed with art from Gisella Stapleton and photography by Mariano Vivanco. Also a display of Machu Picchu, an Inca citadel set high in the Andes mountains in Peru. Built in the 15th Century (about 1450) and later abandoned after the Spanish invasion, often referred to as the "Lost City of the Incas."



Food Glorious Food

February Get Together

We talked about ways to rejuvenate fading vegetables, those half-used jars and tins that need to be used rather than just sit on the shelf. Our idea was to come up with ways to enliven dishes with 'add-ons', making dressings, dips, pastes, nut mixes and fermented ingredients (with citrus skin after the zest and juice are used). They are condiments to serve alongside grills, poultry, roast/sauté vegetables, fish and shellfish and they rely on the basic elements of taste – sweet, salt, sour, bitter and balanced with sweetness. These elements are much more complex than sugar and they stimulate the appetite.

Our host had prepared a (quick) red onion pickle which can also be stored for months or eaten straight away to make dull tomatoes, in this case, invigorating. We also tried a salsa verde, a blended mix of herbs with garlic, Dijon mustard, preserved anchovies, lemon juice, vinegar and a little sugar to balance the acidity. Smashed frozen peas mixed with yoghurt, mint and garlic is a bright topping to lentils or bean salads or spread on toast with a little feta or ricotta on top.



Empty lemon skins (after the flesh and rind has been used) were salted in a jar, when after a week or two, they would be covered in oil and stored for another 4 weeks. By this time, the rind has softened and can be chopped and added to salad dressings, mayonnaise or mixed into yoghurt to enjoy atop spiced dishes, when you want piquancy. We paired an anchovy and parmesan dressing with sauté winter vegetables, browned sprouts and leeks this time.

We're meeting again next month on Tuesday **11th March at 11am at Heather Shipley's house**, 3C Adelaide Road, (just behind Hickey's Almshouses).

We will be thinking of foods to rejuvenate our palates when we're poorly, when you have to coax yourself to eat during ill health. Attendees don't have to bring a dish or cook anything, this group is for residents interested in food and happy to talk ideas tried and tested or new. Talking about food is enjoying cooking all over again, especially if you look on the shelf and think there's nothing to eat! Oh yes, there is, we'll prove it!

Caretaking Support

Introducing Dave Cromer and Robin D'Souza

by Juliet Ames-Lewis

Most of you will know Dave Cromer (known to most of us as 'Uncle Dave') who is engaged by the charity on a contracted basis to work a few hours each week helping Gerry with caretaking jobs around all our estates.

As we expand the number of almshouse estates we have, we have become aware of the need for additional caretaking support to keep our external areas looking clean and tidy and I am delighted to introduce to you Robin D'Souza who started with us in late January.

Robin is also engaged by the charity on a contracted basis to work a number of hours each week to assist Gerry. You will start to see Robin around.

The sorts of jobs that Robin and Dave undertake for us include things such as sweeping, cleaning gullies, clearing gutters, cleaning rubbish and recycling areas and bin stores, clearing litter, cleaning entrances, porchways and pathways, cleaning porch lights and all external estate lights, cleaning signage and noticeboards, keeping boiler houses tidy, treating benches, cleaning garden furniture,



Dave Cromer



Robin D'Souza

cleaning soffits and fascias, jet washing pathways, patios and steps, wiping down and cleaning gates and railings, oiling hinges on communal doors and gates, cleaning laundry rooves and keeping hard surfaces clear of moss and weeds. They will also assist Gerry where there are jobs which require two people.

Dave will be mainly focusing on Hickey's, Church Estate, Twining's, Adelaide Road, Houblon's, Manning Place and, from April, Doughty's. Robin will mainly focus on Michel's, Bishop Duppa's, Queen Elizabeth's, Candler, Wright's, Benn's Walk, Juxon's and Christchurch Road. However, this is flexible and may change.

I know that I can rely on all residents to give Robin a warm welcome to our community.

Film Club Notice



There will be no film club in March.



Upcoming films in April are: *The Miracle Club* and *The Fableman's*.

Candle Safety

by Roxanne Gent

Reminder to all residents
For your safety, candles are strictly prohibited within the almshouses.

As an alternative, you can purchase LED flameless candles which give the same visual effect without the risk of a fire starting. LED candles are generally considered to be more eco-friendly than traditional candles because they do not produce the same level of pollution and waste.





for anyone affected by cancer

TheMulberryCentre



Monday, 10th March at 2pm
The Chapel, Hickey's Estate

Come for coffee, tea and cake and learn about the wealth of free support services on offer from The Mulberry Centre, our local, award-winning cancer centre. Their Community Engagement Lead will be here to talk to you how they can support anyone affected by cancer including family, friends and carers, as well as how to be cancer aware.



For more information, visit our website

www.themulberrycentre.co.uk

Or call 020 8321 6300

Registered Charity No. 1108999

Creation Station Glass Painting

Join a glass painting session on Wednesday 12th March from 2-3pm in the Garden Room at Church Estate.

Glasses and painting equipment will be provided. Numbers are limited so please book your place through your Scheme Manager.



MOTHERING SUNDAY

Afternoon

CREAM TEA FOR ALL!

You are invited to Cream Tea at 4.30pm on Sunday 30th March in Hickey's Chapel

Scones, Cream and Jam
Simnel Cake and other cakes
Tea & Coffee

Come along to nibble and natter with neighbours and friends.



Please let Derrick or your Scheme Manager know if you are going to attend so we can ensure a good supply of scones and cakes!

An evening of Classical Music by candlelight

Following on from the huge success of the last concert which was held on the lawn at Michel's we have invited back the Wonderful Eloysia String Quartet.

Please arrive early so that you are seated before the music starts.

Cheese and biscuits, wine and soft drinks will be served.

If you wish to attend, please let your Scheme Manager know.



with the

THE ELOYSIA STRING QUARTET

Tuesday

15

April 2025

Hickey's Chapel
Music starts at 4.30pm

Good Endings

by Derrick Thompson

An afternoon of free advice for end of life planning, with free lunch and afternoon tea.

**Wednesday 26th March
12.30pm - 5.15pm**

Join us in Chapel for Lunch at 12.30pm on Wednesday 26th March followed by four short talks with time for questions and discussion plus a quiz or two! Mark Uglow will provide a musical interlude and help us think about our favourite music and songs. And there will be tea or coffee and cake mid afternoon.

There will be four speakers:

- **Funeral Plans** – arranging and paying for a funeral in advance.
Speakers: Nick Wilson & Ann Hanna, Funeral Director and Arranger from T. H. Sanders & Sons, Richmond.
www.thsanders.co.uk
- **The Richmond Charities' support when a resident dies.**
Speaker: Juliet Ames-Lewis.
- **Will Writing and Lasting Powers of Attorney**
Speaker: Eric Churet, Estate Planner at Tailored Estate Planners, Croydon. www.tailoredestateplanners.co.uk
- **Choices – what do I want in my Funeral or Thanksgiving Service?**
Speaker: Revd Derrick Thompson, Chaplain.

There will be written information to take away, and the opportunity for one-to-one conversation with the speakers at the end of the afternoon.

We aim to finish by 5.15pm

This free event is for residents, their relatives and friends. For catering purposes please let your Scheme Manager know if you plan to attend, plus any dietary requirements.



Outing to Syon House

by **Derrick Thompson**

Just over the river from Kew Gardens is Syon House, the historic Tudor home of the Duke of Northumberland, whose family (the Percy's) have lived there for 400 years. Built on the site of a medieval abbey it features grand and elegant rooms designed by Robert Adam, portraits of the Percy family and royalty, and a rich collection of furniture and art.

You have an opportunity to visit as part of an organised group on **Wednesday 23rd April**. Travelling by Mini bus from Richmond, aiming to

arrive at 1pm there will be a 1 hour tour of the house, the opportunity to explore the gardens and time to share in some refreshments in the café before returning to Richmond by 5pm.

Please note that this outing will involve a lot of walking and standing.

Those attending will only have to pay for their refreshments.

Places are very limited and will be allocated on a first come first served basis. If you would like to book a place, please speak to your Scheme Manager.

Chaplain's Chat

by **Derrick Thompson**

Hymn writer Mary Peters wrote, "We expect a bright tomorrow, All will be well," and although we have had one of the most dull and grey winters I can remember, we can now look forward to the days lengthening (the clocks go forward at the end of this month) and hopefully seeing some more bright sunshine!

Mary Peters' hymn is full of hope, which is the theme of our **Lent Study Group** this year, starting on **Thursday 6th March at 2pm** for refreshments. Our studies will be based around the Lent Book *Living Hope* with additional material from *Wild Bright Hope – Reflections on Faith*. Do join us for a stimulating time of fellowship and discussion.

I hope you will also join myself, Juliet, Mark and other speakers for our **Good Endings Seminar** on **Wednesday 26th March**. It is shaping up to be a very interesting and helpful afternoon.

Finally, the penultimate day of March is Mothering Sunday. For Christians this was traditionally the day to return to the church where you were baptised, your 'Mother church', which usually resulted in a visit to your mother as well, hence the day becoming much better known as 'Mother's Day'. Whatever you call it I hope you will join me for cream tea in the Chapel of St Francis that afternoon! (Names to Scheme Managers for catering purposes please).

May all be well with you as our tomorrows get brighter!

Chapel Schedule

March 2025

Sunday 2nd March	10.30am Holy Communion <i>Followed by refreshments</i> Preacher: Hugh Dunlop
Wednesday 5th March	11am Ash Wednesday Communion
Sunday 9th March	10.30am Holy Communion
Sunday 16th March	10.30am Holy Communion
Sunday 23rd March	10.30am Holy Communion
Sunday 30th March	10.30am Holy Communion
Mothering Sunday	4.30pm Cream Tea

All are welcome to join us.

Morning Prayer, Tuesdays at 10am.
Thursday Fellowship,
Thursdays at 2pm.

For more information email
Chaplain Derrick on:

d.thompson@richmondcharities.org.uk



Festivals of Faith

by Derrick Thompson

What a busy month ahead!

Ramadan

1st to 30th March, RAMADAN (Muslim) A month of fasting from dawn to sunset. The fast is traditionally broken each evening by taking dates and water (iftar).

First Day of Lent

3rd March, FIRST DAY OF LENT (Christian [Orthodox]) The beginning of the Lenten Fast for Eastern Churches.

Ash Wednesday

5th March, ASH WEDNESDAY (Christian [Western Churches]) The first day of Lent when Christians remember the forty days that Jesus spent in the wilderness. Services are held where the worshipper's forehead is marked with a cross of ash. Lent is a period of forty days (not counting Sundays) that leads up to Easter. A time of fasting, repentance, and spiritual discipline.

Sikh New Year

14th March, Sikh NEW YEAR (Sikh - Nanakshahi calendar). According to Sri Guru Granth Sahib the first month of the year is called "Chet." On the 1st Chet (14 March) the New Year starts.

Holi

14th to 15th March, HOLI (Hindu). A spring festival lasting one to five days. Bonfires

are lit and revellers throw coloured powders and dyes over each other. Various religious stories and customs are associated with the festival.

Purim

14th March, PURIM – FESTIVAL OF LOTS (Jewish). A festival which recalls how the Jewish community of Persia was saved from being massacred through the actions of a young Jewish woman, Esther.

Hola Mahalla

14th March, HOLA MAHALLA/HOLA MOHALLA (Sikh). A Sikh alternative to the Hindu festival of Holi.



Lailat-ul-qadr

27th March, LAILAT-UL-QADR / THE NIGHT OF POWER / HONOUR / DIGNITY (Muslim). This commemorates the night in 610 CE when the prophet Muhammad received his first visit from the angel Jibril (Gabriel) and his revelation of the Qur'an.

Mothering Sunday

30th March, MOTHERING SUNDAY (Christian). The 4th Sunday in Lent. Traditionally a Sunday when Christians revisited their 'mother church', taking gifts to their mothers, often including simnel cake.

Ramadan Ends

30th March, RAMADAN ENDS and EID-UL-FITR / FEAST OF FAST BREAKING (1st Shawwal), (Muslim). The traditional greeting is 'Eid Mubarak' (happy and blessed Eid). Known as 'lesser Eid' it is the more popular of two major Eids that Muslims observe. The contrast with the preceding fast days ensures it is welcomed with great celebration.

Your Pets

A new column featuring amusing stories about your pets — past and present! We would love to hear about your cheeky or naughty pet!

Sasha by Connie Yorke

We used to own a caravan on Hayling Island and take the dog with us.



One day we decided to take a picnic with us and parked in our favourite spot by the stream at the Balmer Lawn hotel in the New Forest. It was too early to eat when we arrived so we set out on a trail we hadn't taken before with Sasha.

After about half an hour we came upon a wired enclosure

which was around a hundred yards west of the trail. There were no animals in sight so we carried on walking. We were being very careful and kept Sasha on her leash as she had already tried to herd some deer in Richmond Park!

Suddenly, several deer emerged from the trees inside the enclosure and Sasha pulled so hard she broke the leash. She raced towards them like a streak of lightning, hit the wire hard and bounced back. Not to be deterred she forced herself under the fence and started herding the deer towards Lyndhurst. We shouted frantically for her to stop and come back but to no avail.

Soon they were lost from sight. We stayed around for an hour or so then waited in the car in case she decided to make her way back to the car park. We eventually ate our picnic, still shouting out her name. We stayed until it started to get dark then phoned the police giving a description of her. They told us to go home and sleep then come back the next day.

We couldn't sleep and as soon as it got light (roughly 3am) we set out for the car park. Around 6am the police phoned us and said a dog of

Sasha's description was seen walking along the main road from Lyndhurst to Balmer Lawn.

We ate a couple of sandwiches I had made up for the day and two hours later we saw a head poke up from the other side of the stream. Sasha was too exhausted by then to get over the fence, so Brian went and lifted Sasha, carrying her back to me. We put a weak and bedraggled dog on the back seat and covered her up with the picnic blanket as she was shivering. She slept the whole way home and through the night.

If Animals Could Speak...

by Mike Townsin

Imagine a device that could translate your pet's feelings into English; well, that's exactly the goal of a research study involving two thousand dogs at the University of California, San Diego, using a system called Augmented and Alternative Communication (AAC).



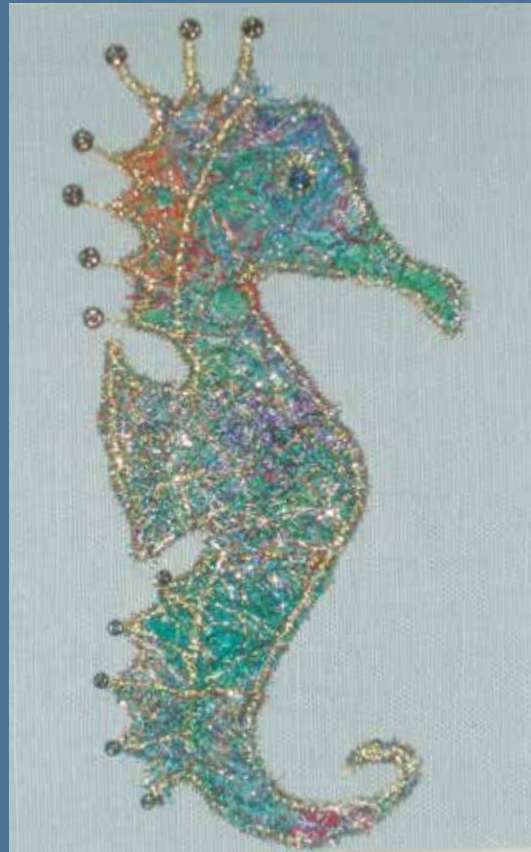
Using AAC, a company called *FluentPet*, has devised boards with customisable buttons labelled with common commands and

expressions such as "outside", "play", "cuddle", and "water", adding a recording of the owner's voice. As the dog becomes more proficient at pressing the buttons, the owner adds extra ones. A dog called Bunny, now five years old, is working with 100 buttons. It's an open question whether she, and the other dogs in the experiment, are intentionally communicating, memorising combinations of actions or doing something else entirely — but that's the point of the research and an answer may be forthcoming.

Art Corner

by Irene Donovan

As you will remember from the February issue, here are some more images of Irene's amazing work.



Mardi Gras and Lent

by Lorraine Bradley

Fat Tuesday, also known as Mardi Gras or Shrove Tuesday, is a celebration that marks the final day before the Lenten season which begins on Ash Wednesday. This year it falls on 4th March. But what exactly is it?

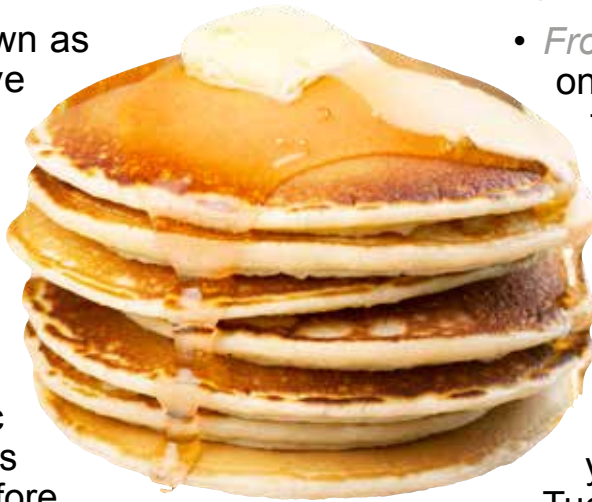
Rooted in Catholic tradition, Mardi Gras marks the last day of feasting before Lent's fasting and penance. The day embodies the joy and gratitude for God's gifts, reminding us to reflect on our spiritual journey and prepare our hearts for the renewal and repentance of Lent, a season which, in turn, is ordered towards preparing for the great celebration of Easter. Fat Tuesday is the religious term, while Mardi Gras refers to the broader cultural festivities leading to Lent.

Mardi Gras is most notably celebrated in New Orleans and Venice. People wear elaborate costumes adorning themselves with long beads caught from the floats of previous parade goers and sit on the ground, throw balls, play music, eat great food and watch the crowds walk by between parades. There are masked balls, lots of dancing and sharing of food and drink as they celebrate before Lent.

Mardi Gras and the **King Cake** go hand in hand especially in New Orleans. The name comes from the Biblical story of the three kings who bring gifts to Baby Jesus. A blend of coffee cake and cinnamon roll, king cake is usually iced in yellow, green and purple – the colors of Mardi Gras. Hidden in its interior, or under a slice, is a small plastic baby. Whoever finds it must either bring the next cake or throw a party! The carnival lifts spirits and is a great celebration for all before giving up something you love - such as chocolate or a G&T!



and purple – the colors of Mardi Gras. Hidden in its interior, or under a slice, is a small plastic baby. Whoever finds it must either bring the next cake or throw a party! The carnival lifts spirits and is a great celebration for all before giving up something you love - such as chocolate or a G&T!



Shrove Tuesday

by Debbie Flaherty

• *Front page photo:* Skipping on Shrove Tuesday was formerly carried out in numerous locations across the country; at Scarborough the tradition is still thriving.

Its origins are unknown but it's been happening for well over a hundred years – as Shrove

Tuesday was a half-holiday for many workers it was a good chance to have a get-together and release some energy after the winter.

The shrovetide bell is rung by the Mayor accompanied by the Town Crier, followed by pancake races just along the street. Skipping begins from noon and long ropes are turned all along Foreshore Road with several people skipping over each one.

• In the UK, around 52 million eggs are eaten each Pancake Day!

• In Olney in Buckinghamshire, a pancake race has been held every year since 1445. Runners carry a pancake in a frying pan!

• In 1995, a man called Dean Gould managed to toss a pancake 349 times in two minutes!

• The world's biggest pancake was made in Rochdale in 1994. It was over 15 metres wide and weighed three tonnes! This is as much as an adult rhinoceros!

• Pancakes were invented as a way of using up all of the rich foods like eggs, flour and milk before the beginning of Lent.

Pancake Day Poem

AI Generated by
Rebecca Evans

In Richmond's almshouse,
the pancakes fly,
Some hit the plate,
some hit the sky.
Residents cheer, the
staff flips with flair,
Syrup and laughter
are everywhere.
The Richmond Charities
keep it sweet,
Serving joy with every treat.
Flour on faces, batter
on floors —
Pancake Day fun
forever endures!



An Ode to Pancake Day

by Debbie Flaherty

**Mix a pancake,
Stir a pancake,
Pop it in the pan;
Fry the pancake,
Toss the pancake,
Catch it if you can.**

Getting To Know You



Carmela Hinckley
at Candler Almshouses

Where did you grow up? I grew up in the north of England.

As a child, what did you want to be? There were probably many things I wanted to be, and happy that I became a teacher.

What is your favourite music/song from your teenage years and what does hearing it remind you of? Always liked Simon and Garfunkel — it was such an interesting time in the 60s.

Who is your favourite live performer/artist and why? I enjoy music and theatre so probably Simon Russell-Beale, who is so interesting to listen to on both, and as an actor.

What would you choose to give a 5-minute talk on? I'd probably talk about my great grandfather and his father, who cared for the fabric of Westminster Abbey throughout the 19th Century.

Describe your 'happy place'. It's wonderful to be on the Yorkshire Moors.

If you were Prime Minister for the day, what would you do? Prime Minister for a day? You need a special kind of wisdom to hold such power – I hope I'd resign and make way for others more suited!

If you could travel back in time, where would you go and why? I'd probably go back to the early 19thC, I love Keats, Leigh Hunt, Shelley, the poets (and writers) of that period – Keats letters bring his world to life.

What words of wisdom would you pass on to the younger generation? I'm not particularly wise but I'd want young people to believe in themselves and to know that they can make a difference.

Is there anything you've recently watched on TV or at the cinema which you would recommend? Haven't seen anything recently but would quite like to see the new Bob Dylan biopic *A Complete Unknown*.

Can you describe yourself in 3 words? I think I'll leave it to others to do that.

What film or play makes you cry? The film *Casablanca*.

Armchair Travel

Welcome to our new column featuring unusual trips to fascinating destinations. Or even just sharing your holiday photos to allow us all to travel from our armchairs! This month we feature James' trip to Ibiza for Christmas.



San Migel, Ibiza

by James Dorey

I hadn't been away much in 2024 and I was invited to spend Christmas with my sister, Louise, her husband, Steve, my nephews, Theo and Luca and my eldest son Elliot. I was looking forward so much to see some winter sun!

My sister lives in Ibiza, in the middle of a wood of mostly pine trees. The air is so clean, it made you feel good! This is all very different to the party and club scene that a lot of young Brits like in San Antonio, but I was looking for a relaxing time and to recharge my batteries. Their house is an eco house and they rely purely on solar energy and are self-sufficient. Water is sourced by a well. The days were a relatively mild 17 to 20 degrees Celsius but by night the temperature did drop to around 5 degrees, so a nice log burner was necessary.

Christmas in Ibiza is different to our traditions and the Spanish eat fish on Christmas Eve instead of our turkey on Christmas Day, but because we are British we had turkey with all the trimmings. Below are some photos of Christmas dinner, time out in Santa Gertrudis (a town close to where my family live), walking in San Migel around the hills and opening presents together!



THE AVENUE CLUB

"A great place in the heart of Kew!"

The Avenue Club, based in Kew, is a social hub offering a range of classes (£5 - £10 per session), activities, outings and events for those who wish to get the most out of their retirement.

There are so many activities at the social centre — too many to list here — so this ad will run as a periodic reminder for you to check out The Avenue Club website : www.kewcommunitytrust.org.uk

To name but a few, there are exercise classes for Balance/Agility, Pilates, Tai Chi, Yoga, Zumba and a monthly (gentle!) walk; a Men's Wellbeing Group; an IT clinic; language classes; art classes; lectures on the History of Art; creative writing; a Knit and Stitch group.

The club is open 10am to 3.30 pm Monday to Friday, and offers homemade lunches on Monday and Wednesday, or you can pop in for tea or coffee any time.

For £35 per single person or £60 for a couple you can also be a member and take advantage of a range of special benefits.

The Avenue Club is located at the **Kew Community Centre, St. Lukes Avenue, Kew, Richmond TW9 2AJ**

It is walking distance from Kew Station. Call the Club on **020 8948 8806** for bus routes.

For more information email: avenueclub@kewcommunitytrust.org.uk. Or ask your Scheme Manager for help.

Local News and Events

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



Tree Tour at Marble Hill, Twickenham. 14 March. Come to Marble Hill and learn about our trees and the work we've done in regard to trees across the park! Meet at the cafe at 1pm. FREE Event. 1pm-2pm.



Ted's Market Saturday 29th March. Food market in the car park of the Kings Head on Teddington High Street. Fish, sourdough, soup, coffee, cakes, deli, organic fruit and veg, hot sauces and organic meat. Last Saturday of each month. 9am - 2pm. **123 High Street, Teddington, London, TW11 8HG**

RSPB Walk: Richmond Park Morning Walk.

9:30am
Wednesday 5th March. Leader: Phil Davies. davieskut@blueyonder.co.uk
The largest and wildest of the Royal Parks, a National Nature Reserve, London's biggest SSSI and a European Special Area of Conservation. The Route will depend on what's around but will include the Pen Ponds. Whatever the time of year there are always interesting things to find in the many varied habitats of the park.

Meet: Pembroke Lodge car park TW10 5HX. Nearest entrance Richmond Gate. Buses 65 and 371 stop near Richmond Gate. Toilets, café and shop. N.B. You cannot drive between Robin Hood Gate and Kingston Gate or enter via Sheen Gate. Non members of our local RSPB group are welcome to attend for a donation of £2.00 payable at the event.



The Olympic Cinema Quiz is back to test your knowledge on all things film! Expect all the usual general knowledge, picture, poster and sound rounds – with exciting prizes for first & second place winners. 5th March, 6pm. Entry £5. Olympic Cinema, Barnes.

Kew Gardens. Sounds of Blossom: In collaboration with the Royal College of Music. 15 March to 6 April. Music students have been commissioned by Kew and inspired by the glory of spring. These new compositions will be played around the Gardens in Kew's blossom hotspots. Sounds of Blossom is a chance to breathe, to lift your spirits and to reconnect with nature and yourself. **11am to 6pm (last entry 5pm). Included with our free Kew Gardens entry.**



Recycling
Residents can now donate unwanted household items at the new reuse drop-off area at Townmead Road Reuse and Recycling Centre. Instead of throwing things away, pass them on to others in the community who need them.

The Third Runway
The Leader of Richmond Council has today reaffirmed the Council's long-standing opposition to the expansion of Heathrow Airport, including the construction of a third runway, following the latest announcement from the Chancellor.

Second Hand Pop-Up Book Shop at Marble Hill Cafe. Set up at our Cafe Overflow from 11am. Proceeds go towards helping the upkeep of Marble Hill. 8 March & 22 March. 11am - 3.30pm. Richmond Road, Twickenham, TW1 2NL.

World Events

International Women's Day

8th March, 2025

by Rebecca Evans



International Women's Day is a moment to recognise the strength, achievements, and resilience of women everywhere. It's also a chance to envision a future where our daughters, granddaughters, and young people grow up in a world that nurtures their confidence, fuels their ambition, and champions true equality.

International Women's Day is a reminder that strength comes in many forms — not just in fighting for rights, but in everyday moments. This year's theme 'Inspire Inclusion', reminds us that every woman, no matter her age or background, deserves a voice and a place in society.

At The Richmond Charities, we are proud of the incredible women who make a difference every day and of our male colleagues, many of whom have daughters and granddaughters, who share the same vision — to empower the next generation and ensure equal opportunities for all. Together, we are creating an environment where talent, hard work, and passion are recognised, regardless of gender.

We also celebrate our wonderful residents, whose stories of strength and perseverance inspire us. From those who have paved the way for change to those still breaking barriers, every woman has played a part in shaping history. So, on 8th March, let's celebrate the women who paved the way and honour those still fighting for change.

What's the Origin of..?

A new regular column tracing the origin of sayings.

Curated by Mike Townsin

• **Enough to freeze the balls off a brass monkey:** dates from the 18th century when ships' cannonballs were stored on a brass frame called a "monkey". In very cold weather it would contract, spilling the cannonballs onto the deck. Hence "Cold enough to...etc".

• **To steal one's thunder:** in the early 18th century a chap named John Dennis was a rather unsuccessful producer of plays. So, to make a certain play more dramatic, he invented a brilliant method to create thunder, but the play wasn't popular and was closed. Later someone nicked his method, and he was quoted as saying "Damn them! They will close my play but steal my thunder".

• **He is a scapegoat:** it derives from the Bible (book of Leviticus) when, on the day of atonement, a goat was selected to bear the sins of the people, and then released into the wilderness and freed to take the sins away.

• **Through thick and thin,** means you are there to help someone having a hard time. It originated in the 13th century when the country was overgrown, with no highways, and a traveler and his companion had to make their way through both dense thicket and open spaces.

• **To give the cold shoulder:** in times gone by when visitors turned up unannounced, and the hosts were pleasantly surprised, it was customary to prepare a nice hot meal for them; but because hospitality was customary even unwelcome guests would not be kicked out, so the host expressed displeasure by serving a cold shoulder of mutton.

Just £1 Entrance



Historic
Royal Palaces

Hampton Court Palace

Tower of London

Kensington Palace

All available for £1

If you are on Universal
Credit or Pension Credit

More information at:

www.hrp.org.uk/one-pound-tickets

Advisory Benefit Advice

by Vera Barnes-Wells



Vera Barnes-Wells is an expert benefits advisor, engaged by The Richmond Charities to provide free benefits advice for residents. She has given advice to many of our residents and helped them apply for benefits for which they were eligible. If you would like advice on whether you are eligible for benefits such as Housing Benefit, Council Tax Support, Pension Credit, Attendance Allowance and Carers Allowance, please ask your Scheme Manager for a referral to Vera.

Are you claiming Housing Benefit, Council Tax Support or Pension Credit?

Have you been overpaid?

Many people do not realise that, once they have made a claim for any of these benefits, it is important to notify the relevant department about any change in income or capital above £10,000.

Failure to do so could result in benefits being suspended or even stopped, leading to overpayments which sometimes can amount to several thousand pounds.

At the end of each month you should check your level of savings (this includes current accounts) to see if they have increased: and, if so, you should report this to either the Housing Benefits Department or Department of Works and Pensions so they can make any necessary adjustments.

If your private pensions increase you also need to notify the relevant department.

You do not need to notify increases in state pension or attendance allowance.

If your capital or income decreases it is also important that you notify the relevant department as you may be entitled to more benefit.

Don't get caught out — always check or get someone to check for you.

Let's Dance with Angela Rippon

by Mike Townsin



Dancing for 75 years...

If you were watching *Strictly Come Dancing* in

2023, you would have seen 79-year-old Angela Rippon doing her thing in the capable embrace of 29-year-old dance professional Kai Widdrington.

Ms Rippon has now brought together dance teachers and clubs, health charities, the NHS and the Government for the first national dance day on Sunday March 2.

It is part of wider initiative, **Let's Dance!**, which she is spearheading to get people of all ages moving and grooving to improve their physical and mental fitness, and to see dance recognized as proper exercise.

So, watch out for this on the telly in March and get dancing whenever and wherever you can, especially in our own Zumba classes.

And the Good News is...

Curated by Mike Townsin

- One of Britain's oldest teachers has celebrated his 90th birthday. Dr Neville Brown has specialized in teaching dyslexic children for 60 years, and 40 years ago founded the Maple Hayes Hall School for Dyslexics in Lichfield. "I'm proud of what we've achieved" he said, "but there's still much to be done".

- Surgeons in Leeds have successfully removed a previously inoperable brain tumor by performing keyhole surgery through the patient's eye socket – the first time this technique had been used in the UK. The patient, a 40-year-old nurse, was up and about later the same day and left with only a tiny scar.

- Three friends who turned tiddlywinks into a competitive sport while studying at Cambridge in the 1950s have celebrated the club's 70th anniversary. They devised rules, and held matches, and it was finally decided by the University that tiddlywinks players could be awarded a special 'quarter blue', a 'blue' being the highest sporting honour at Cambridge.



- Lucy Gossage, 45, an NHS cancer consultant, has won Britain's toughest ultra-marathon, the 268 mile Spine Race along the Pennine Way. She completed the course in freezing conditions in 87 hours 41 minutes, resting a total of only 3 hours 40 minutes.



- Twenty years ago, Donavan Shears of Coventry was given a mobile phone for his 18th birthday. For fun he tapped in various random numbers and texted "Hello". The only reply he got was "Hi" from someone called Kirsty. That single moment led to a "20-year marriage of love, laughter and partnership" they told the BBC.

Wit and Wisdom

Curated by Mike Townsin

In America, anyone can become President, that's the problem.

George Carlin *US comedian and commentator*

Nagging is the repetition of unpalatable truths.

Edith Summerskill, *former MP*

Ninety percent of the art of living depends on getting on with people you can't stand.

Sam Goldwyn

Rosy-fingered dawn.

Homer

Diplomacy is the art of letting somebody else have your way.

David Frost

My Lords, the sooner {Elon} Musk goes to Mars the better.

Baroness Featherstone *in the House of Lords*

When I am dead, I hope it may be said: 'His sins were scarlet, but his books were read'.

Hilaire Belloc, *British and novelist*

O farmers excessively fortunate if only they recognised their blessings!

Virgil

I don't aim to let this fame business get me. God gave me a voice. If I turned against God, I'd be finished.

Elvis Presley

On This Day...

4th March 1966 — John Lennon made his infamous statement *the Beatles* are “more popular than Jesus”

12th March 1994 — The first female priests were ordained in the Church of England.

15th March 1877 — The first ever Test cricket match was played between England and Australia in Melbourne.

21st March 2006 — Twitter was launched.

Miscellany

Curated by Mike Townsin

- Beer is more nutritious than bread.

- ‘Muffin-walloper’ was Victorian slang for ‘gossip’.

- The World Mobile Phone Throwing Championships take place in Finland.

- American scientists have genetically engineered a 10-legged spider.

- *Fremdscham* is German for being embarrassed for someone else.

- The surname Disney was originally D’Isney and meant someone who came from Isigny in Normandy.

- In 320 AD, the Catholic Church made it a sin to eat sausages.

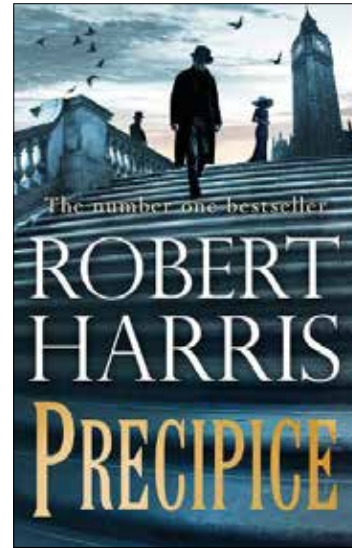
- *Rui-katsu* (‘tear-seeking’) is a Japanese therapy in which women pay to have a good cry with a handsome man.

- People with Cotard’s syndrome believe themselves to be dead.

- ‘As much food as one’s hand can hold’ was Dr Johnson’s Dictionary’s definition of ‘lunch’.

Page Turners

Book Review by Kate O’Brien



Precipice
by Robert Harris

I had never read Robert Harris before but this was a gift, so I decided now was a good time to start. And very readable it was.

Set in the summer of 1914, Asquith is Prime Minister. As with many of his other books, Harris takes facts and fictionalises them. Asquith, 61, is having an affair with Venetia Stanley, 26. His quoted letters are real, but hers have been lost. Also lost is the Royal Mail’s 12 daily postal deliveries; Asquith is writing up to 3 letters a day! You might think he would have other things on his mind ...

Venetia is fascinated by his power, demonstrated by recklessly sharing state secrets, sending her classified telegrams and telling her she is the only person in whom he can confide. The plot thickens when a, presumably invented, policeman is seconded to investigate the leaks and ends up at Park Royal opening all their correspondence.

I did enjoy reading it, but I felt the characters were not as well drawn as I would have liked, and I felt I did not know them well enough to really understand the relationship at the heart of the novel.

Your Recipes

Chorizo and Bean Stew

by a Hickey's resident

Ingredients

If using dried beans (as opposed to tin or jar) soak previous night.

180g (6oz) dried beans (they will double in volume)

or

260g (about 8oz) drained beans from tin or jar

230g (8oz) hot chorizo sausages (labelled parilla chorizo picante)

Oil/butter/ghee for cooking

2 medium onions finely sliced

2 carrots diced

2 celery stalks diced + leaves if attached, to add at end of cooking

Chopped tomatoes: approx. three quarters of a tin, may need little more

1 teaspoon vinegar

1 teaspoon sugar

1 or 2 teaspoons of rose harissa or a good pinch smoked paprika (see note above)

2-4 garlic cloves, chopped

Water: approx. 200ml (8oz) or meat/chicken stock. If you wish to use wine/sherry sitting in the cupboard – add it to the water

Salt and pepper

Coriander - a good handful, stalks chopped and leaves



Method

First, grill or sauté the sausages to crisp the skin, if you wish to avoid this, chop each sausage into 4 or 5 pieces and add towards the end of the cooking. Crisping them first makes some good paprika-coloured and flavoured oil which you add for piquancy and smokiness.



If using dried beans:

- Drain beans (from previous night's soaking) before adding then to boiling water, in saucepan (cover beans generously) and cook until beans are soft, but still retain some bite, maybe 30 mins.
- When most of the liquid has evaporated. Drain beans through sieve, retain hot water, in case it's needed.
- In same pan, heat fat before adding chopped onions and then brown, before adding chopped carrot and celery.
- Stir well, coating vegetables in the fat, cook until they're charred/coloured a little.
- Then add drained cooked beans, chopped tomatoes, chopped sausages, vinegar and sugar, water/stock, rose harissa, coriander and celery leaves if using and garlic.

If using tin/jar beans:

- Drain beans, add fat to pan, brown chopped onions, before adding diced carrot and celery.
- Add beans, chopped tomatoes, rose harissa or smoked paprika, chopped sausages, a little hot water or stock/wine, vinegar and sugar, garlic, seasoning, coriander or celery leaves if using.
- **For taste**, add more harissa, smoked paprika or sugar to get a balance between sharpness and sweetness.
- Aim for a thick texture (like a stew), but if you want to make a soup, add more water/stock and adjust seasoning

THE GOOD HIP GUIDE

by Mike Townsin

Hip fractures account for about 75,000 hospital admissions a year in the UK. Recent research by the University of Southampton predicts that, as the population ages, there will be a substantial rise in the risk of hip fracture, but that diet and exercise can reduce the risk. And a separate study last year by Bristol University showed that hip fractures lead to decreased quality of life and raised risk of early death.

So here, according to experts, are some of the ways to protect your hips throughout life.

DRINK 1-4 CUPS OF TEA AND COFFEE A DAY. A high caffeine diet increases the amount of calcium lost in urine which can lead to loss of bone strength and greater susceptibility to fractures.

EAT ONE GRAM OF PROTEIN FOR EVERY KILOGRAM OF BODY WEIGHT DAILY. It was found that women who increased their protein intake by 25 grams a day had an average 14 percent reduction in risk of hip fracture.

AIM FOR 7-8 HOURS OF SLEEP A NIGHT. Genes that control our body clock are present in our bone cells and release substances in the blood that are important markers for bone health.

EAT KALE AND PRUNES. There is some evidence that vitamin K, found in leafy green vegetables and prunes, is good for bone health.

ONLY DRINK ALCOHOL 2 OR 3 DAYS A WEEK. Studies have shown that high alcohol intake particularly among men is one of the commonest risk factors for hip fractures as it weakens bones and makes you more susceptible to accidents and falls.

CONSIDER A VITAMIN D SUPPLEMENT. A European-wide study showed that a Mediterranean-style diet plus a 10-mcg supplement of vitamin D increased bone density in the hips.

LOAD YOUR HIP BONES WITH RUNNING, SKIPPING AND HOPPING. This type of exercise is essential for maintaining healthy bones because it provides forces that pull down on the skeleton to strengthen it.

IF YOU FRACTURE A WRIST, YOUR HIPS ARE AT RISK. Half of people who suffer a hip fracture have already experienced a fracture somewhere else.

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.

Each month we will feature one, together with the signs of vitamin deficiency and its main food sources.

Vitamin A

The main functions of Vitamin A

- supporting vision and eye health,
- immune system
- strong anti-oxidant - which helps functioning of heart, lungs and kidneys.

Signs of vitamin deficiency

- brittle hair and nails
- mouth ulcers
- bleeding gums
- poor night vision
- dermatitis/dandruff
- hair loss
- skin disorders
- restless leg syndrome

The best food sources are:

- meat
- sea food
- dairy
- vegetables: broccoli and leafy greens
- carrots
- squashes
- fruits: grapefruit and mango.



Next month: vitamin B1 (thiamine).

Competition Winners

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

Norman Bramfitt — Crossword

Gurdip Lota — Wordsearch

Congratulations!

Who Am I? (Member of Staff)

Solve the cryptic clues to identify this member of staff.

1. I grew up in Essex and moved to Twickenham, having attended St Mary's University, and have never left.
2. I have a lovely pet dog called Boo.
3. I love turning my hand to DIY and my husband will regularly come home to a new paint colour in one of the rooms.
4. Looking at the Right Move website is my guilty pleasure!

My guess is:.....

Answer in next month's issue!

Small Changes

To Make Your Meals More Nutritious

If you are going to have brown bread, make it rye.

“Rye bread is super high in fibre, which makes it great for gut health and digestion.” says Eli Brecher, a registered nutritionist.

One study published in *The Journal of Nutrition* showed that a regular intake of rye bread, made with flour from whole rye kernels, helped to maintain bowel regularity, a risk factor for bowel cancer, better than other varieties including wholewheat. And Swedish researchers who asked midlifers to substitute their regular wheat-based bread with high-fibre rye-based varieties found that

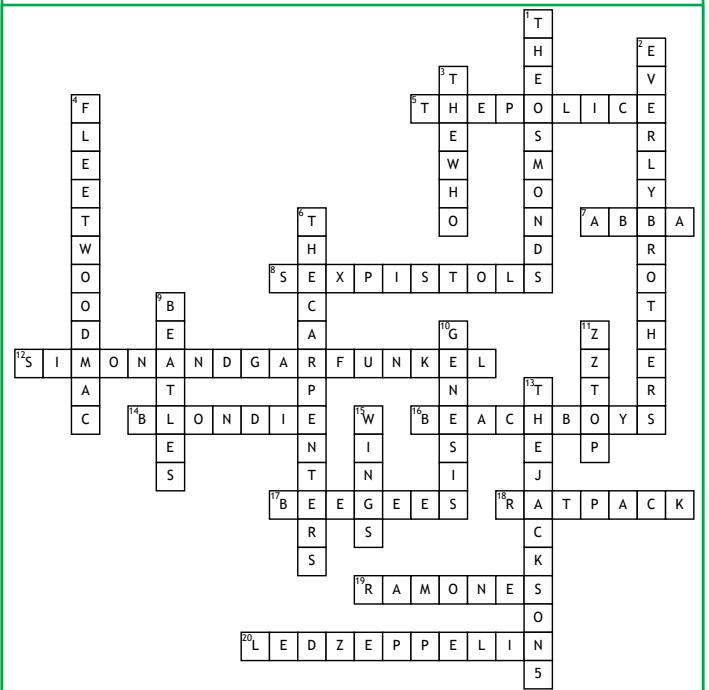
the rye bread seemed to help them to lose weight and body fat more effectively.



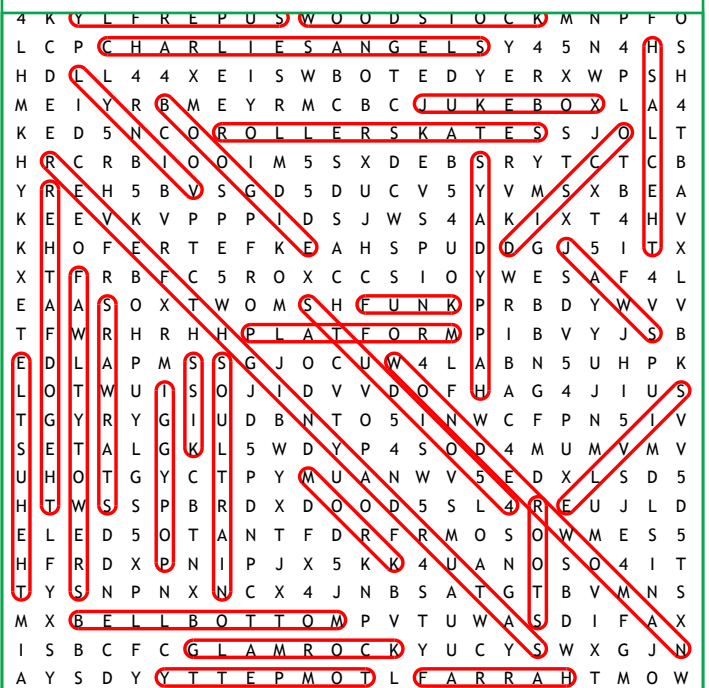
Debbie's Life Hacks

- To clean Stainless steel add a few drops of olive oil to cotton wool and wipe away.
- Ash is good for removing stains on wooden furniture – add a little water to it and rub lightly on stain.
- Use hand sanitizer to help remove stubborn glue residue from labels.

Crossword Answers for February



Wordsearch Answers for February



Who Am I?

Answer for February is *Claire Sanecka*.

Up Close and Personal!

Can you guess what it is?



1.



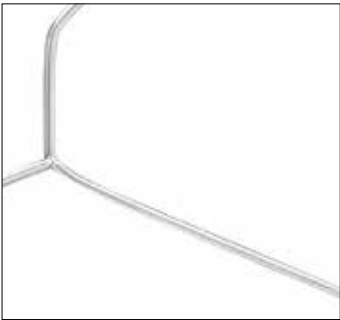
2.



3.



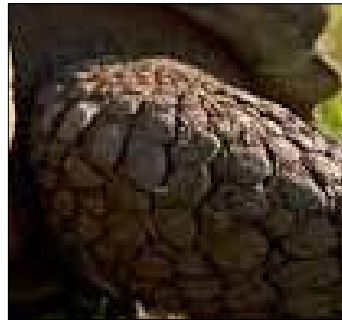
4.



5.



6.



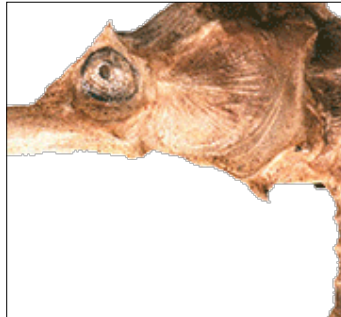
7.



8.



9.



10.



11.



12.



13.



14.



15.



16.

Your chance to win a £10 M&S Voucher! Identify all 16 images. Please submit this page to your Scheme Manager, or place in the suggestion box **before Friday 14th March.** Name:

Wordsearch: Types of Pasta

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

Bucatini

Cannelloni

Cappellini

Cavatelli

Conchiglie

Ditalini

Fagottini

Fettuccine

Fiori

Fregola

Fusilli

Gnocchi

Lasagna

Linguine

Macaroni

Manicotti

Orecchiette

Orzo

Pappardelle

Penne

Pici

Radiator

Ravioli

Rigatoni

Rotini

Spaghetti

Strozzapreti

Tagliatelle

Tortellini

Ziti

Your chance to win a £10 M&S Voucher! Find all 30 words and submit this page to your Scheme Manager, or place in the suggestion box **before Friday 14th March.**

Name:

Poetry Corner

by Nigel Davis



I like nonsense poetry. I like the way it gleefully distorts the English language. It is after all perfectly possible to write an entirely grammatical sentence, with ordinary English words, which is nevertheless gibberish. Take the sentence: “The furious green horse barked jealously.” It has ordinary words and ordinary grammar: preposition, adjectives, verb, adverb. But it is nonsense. Writers like Edward Lear (*The Owl and the Pussycat*; *The Jumblies*, etc.) and Lewis Carroll were past masters at exploiting this. But the underlying skill was that, underneath the nonsense, the verse retains a meaning, as well as creating a sense of atmosphere.

Lewis Carroll, in *Alice Through the Looking Glass* (which, with *Alice in Wonderland*, we surely all once have read) then took things one step further in this particular poem by even distorting some of the words themselves. Yet, somehow, he still manages to convey the underlying meaning, against a clear story line, as well as conveying a powerful sense of atmosphere, and even mystery, in the repeated first and last verses. And it is left to the individual imagination of the individual readers to create their own understanding of the individual invented words used.

We certainly don't have to accept Humpty Dumpty's attempts at an explanation to Alice. Carroll did it all so well that the invented word “chortle” has since passed into ordinary use and into the dictionaries! Certainly this poem makes me chortle.

Jabberwocky

by Lewis Carroll

‘Twas brillig, and the slithy toves
Did gyre and gimble in the wabe;
All mimsy were the borogroves,
And the mome raths outgrabe.

“Beware the Jabberwock, my son!
The jaws that bite, the claws that catch!
Beware the JubJub bird, and shun
The frumious Bandersnatch!”

He took his vorpal sword in hand;
Long time the manxsome foe he sought;
So rested he by the Tumtum tree
And stood awhile in thought.

And, as in uffish thought he stood,
The Jabberwock, with eyes of flame,
Came whiffling through the tulgey wood,
And burbled as it came!

One, two! One, two! And through and through
The vorpal blade went snicker-snack!
He left it dead, and with its head
He went galumphing back.

“And hast thou slain the Jabberwock?
Come to my arms, my beamish boy!
O frabjous day! Callooh! Callay!”
He chortled in his joy.

‘Twas brillig and the slithy toves
Did gyre and gimble in the wabe
All mimsy were the borogroves
And the mome raths outgrabe.

