

YOUR

JULY / AUGUST 2025

ALMHOUSE

MAGAZINE



Your Photos



On Hadrian's Wall at Housesteads Roman Fort by Mike Townsin



Little egret on the prowl, by Gwen Davis



Peony at Michel's by Marilyn Edwards



Sunset over Hickey's by Derrick Thompson

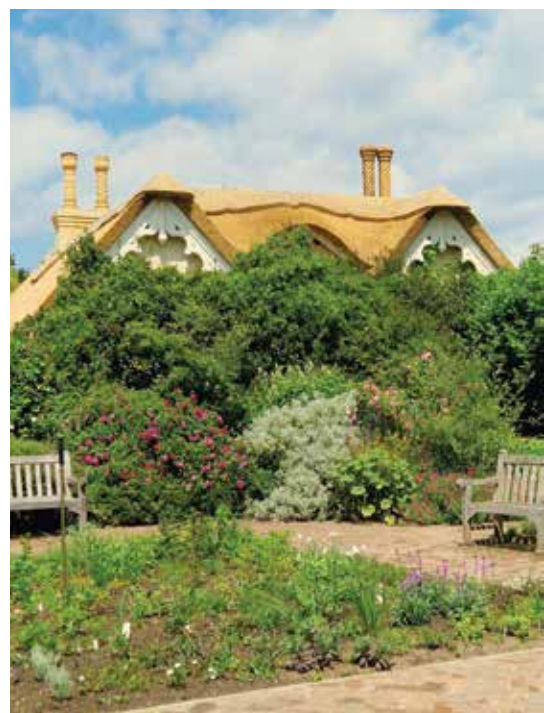


Reaching for the sky by Gaby Lebentz



Catching Fish by Gaby Lebentz

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



Pembroke Lodge gardens. Note the fresh thatch on the cottage! by Derrick Thompson

Farewell

It is with great sadness that we say goodbye to:

Debbie Asquith, Juxons Almshouses (moved on)

Maureen Tidman, Hickey's Almshouses (moved into a care home)

Your Words and Photos! Contribute to our next issue

If you would like to contribute to our next issue, the deadline is **Friday 15th August**.

As a guide on word count, a half page article is ideally about 170 words. Give the article to your Scheme Manager.

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Editorial Committee and Content:

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

Magazine Design:

Chantal Richards
Eden Richards

Chaplain's Chat

by Derrick Thompson

With the brighter weather and the lighter nights, the season of music festivals is here. Looking out at Hickey's Lawn I see preparations being made for our own 'mini music festival', *The Papa George Band*, which I am sure will be a great evening, even if I am less sure about the weather!

Music is an incredible gift that has been given to humanity. Whether we are making music or listening to music it can lift our spirits, express our deepest emotions and stir our memories. We can listen to or make music on our own, but even better is sharing music together as the benefits of music become multiplied. (see page 9 for an upcoming opportunity to do so)!

Music can also be deeply spiritual. As the old proverb says, 'He who sings prays twice'. I know I often find my thoughts turning to a song or hymn that then becomes a prayer.

With all these benefits let's keep music alive in our lives. Sing your own song or turn on the radio or CD player and sing along to your favourite music. I am confident that you will be glad you did!

Dates for Your Diary

Sunday 6th July
Thanksgiving Service
3pm Hickey's Chapel
Details on page 8

Friday 11th July
Parkshot Singers
3pm Hickey's Chapel
Details on page 9

Wednesday 16th July
Film Club — Conclave
2pm Hickey's Chapel
Details on page 8

Saturday 19th July
Almshouses in Bloom
Judging Day
Details on page 9

Wednesday 30th July
Film Club — Brief Encounter
2pm Hickey's Chapel
Details on page 8

Thursday 14th August
Annual Summer Party
Hickey's Lawn
Details on page 9

Forthcoming Out and About Days

Wednesday 2nd July. River Thames Canal Boat Trip. The boat will leave and return to Teddington. Residents to meet at Hickey's Chapel at 9.30am. Places are limited so first come first served. Cost will be up to £25 (dependent on number of attendees) which is **Not Refundable**. Bring your own food for the trip. Tea and coffee will be provided. Book via your Scheme Manager.



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

Review of *Food Glorious Food* Group Meeting

The Humble Onion

by Heather Shipley

Our Foodies gathering was at Margaret Goddard's home in June. Margaret invested in 5 bags of onions and turned them into a variety of delectable dishes including:



- *French Onion Soup*
- *Potato and Onion Soup*
- *Philadelphia Cheese & Onion Soup*
- *Caramelised Balsamic and Red Onion Tart with Goats Cheese*
- *Soured Cream and Onion Tart*
- *Cheesy Onion Quiche*
- *Baked Onion Cheesecake*
- *Onion Scones*

To top it all there was a delicious Bishops Chutney, which needs no cooking.

We hope to visit Shepherds Bush market as a group on Tuesday 8th July.

We meet outside **Richmond Station at 10am** and then take the 110 bus to Chiswick, and the 237 from Christ Church Chiswick to Shepherds Bush. Adventurous foodies? Come and join us!

Here are two of the recipes:

Baked Onion Cheesecake

Ingredients for the base:

85 grams(3oz) lard and margarine, mixed
140 grams(5oz) plain flour
60 grams(2oz) packet onion sauce mix

Ingredients for filling:

2 level tablespoons pickle or chutney,
225 gram(8oz) cottage cheese
85 grams(3oz) cream cheese
1/4 level teaspoon salt
1/4 teaspoon dry mustard
2 large eggs
pepper
1 tablespoon dried onion flakes (optional)

Method:

1. Rub the fats into the flour and sauce mix to fine crumbs. Stir in enough water to give a soft but not sticky dough. Use to line a 7" (18cm) shallow square tin. Spread with the pickle or chutney.

2. Sieve the cottage cheese into a bowl and beat in the cream cheese, mustard, and pepper to taste. Beat until smooth. Spread the pickle over and sprinkle with dried onion flakes (if used). Bake for 20-25 mins at 190C, gas mark 5, until set.

Bishops Chutney

Ingredients

450 grams (1lb) dried fruit, apricots, dates, prunes, sultanas
1/2 litre spiced malt vinegar
450 grams (1lb) cooking apples
450 grams(1lb) onions
grated rind and juice of one orange
1 teaspoon salt
450 grams (1lb) brown sugar
1 teaspoon mustard
1 teaspoon mixed spice.

Method:

1. Chop all ingredients (in a food processor) and place in vinegar overnight.

2. Stir well and spoon into clean jars. Cover with a layer or two of cling film between the jar and the lid to stop the vinegar rotting the lid!!!

Hickey's Rocks to *The Papa George Band*

At five o'clock on a sunny and warm June evening, the hallowed walls of Hickey's almshouses reverberated with the electric blues guitars of our own Pete Rees, Papa George himself on lead and vocals, and Darby Todd on drums.

For the third year running, they played two sets of classic blues and rock anthems to the obvious delight and applause of residents, friends and relatives gathered on the lawn.

They will be back!

Photos by Linda Prendergast and Mike Townsin



Quiz Night Review

by Debbie Flaherty

It was good to see so many residents at another great Quiz Night organised by Margaret, with Derrick as co-presenter and score keeper. A fun filled evening was had by all – we look forward to the next one later in the year.



Out and About Visit: Royal Hospital Chelsea and the National Army Museum

by Richard Yardley

King Charles II founded the Royal Hospital as a retreat for veterans in 1682. Sir Christopher Wren and Sir John Soane are the architects that were involved in the construction of the Royal Hospital. The Soane Stable Yard is now the location of the museum, coffee, souvenir and Post Office shops. It was designed to house 25 horses and nine carriages.



Chelsea Pensioners within the hospital and in the surrounding area are encouraged to wear a blue uniform. If they travel further from the Royal Hospital they should wear the distinctive Scarlet Coats instead of the blue uniform. The Scarlet Coats are also worn for ceremonial occasions, accompanied by the tricorn hats.



Next to the Royal Hospital is the National Army Museum: its remit is for the overall history of the British land forces, which contrasts with those of other military museums in the UK concentrating on the history of individual corps and regiments of the British Army.

Good Endings – *Planning a Funeral in Advance*



by **Derrick Thompson**

At our Good Endings Seminar in March Nick Wilson of *T H Sanders*

Funeral Directors on Richmond Circus spoke about funeral planning.

There are two ways of arranging and financing a funeral. The first is to wait until a funeral is required. Whoever is left behind makes the funeral arrangements for their loved one finding the money to pay for the funeral at that point. Whilst this is fine the impact is immediate and may cause distress and financial discomfort to those making the arrangements.

The second way is to plan the arrangements in advance with a pre-paid funeral plan. The advantages of this are:

1. It is **paid for with no extra charges** or add on costs, unless family members request them.
2. You have paid for the funeral at **today's prices**. It does not matter how much costs increase in the future, your plan is protected

and guaranteed at the price you have paid.

3. **You can make the decisions** about the funeral service, so your loved ones or friends do not have to. For example, choices of music, flowers, and coffin type.

4. It **reduces the stress** and worries attached to arranging a funeral for your loved ones that are left behind.

Pre-paid plans can often be paid for by instalments and you may update or adjust, or cancel your plan free of charge, at any time.

The pre-paid funeral plans offered by T H Sanders are administered by Dignity, a national company. There are other companies available.

If you are looking at buying a pre-paid plan, then please check that the company you are using is regulated by the Financial Conduct Authority (FCA). This will ensure the investment you are making in pre-paying for your funeral is protected.

Next month I will be writing about *Final Wishes and Choices*.

Clay Modelling with Creation Station

The Creation Station clay modelling session in May brought much pleasure to the attendees as they sculpted small pots and sculptures. The next Creation Station workshop will be Acrylic Painting Wednesday 27th August. See details on page 9.



Noticeboard

*You are invited to
Celebrate 425!*

A service of **Thanksgiving**
celebrating 425 years of The
Richmond Charity Almshouses

at The Chapel of Saint Francis, Hickey's Almshouses



**Sunday 6th
July
at 3pm**

With professional singers
from St Mary Abbots,
Kensington and their
Director of Music, Mark
Uglov.

Join us as we remember
those whose generosity
founded the charity,
celebrate our life
together and socialise
with refreshments.

**Family and friends
welcome!**

A collection will be taken for
SPEAR Richmond, supporting
people from Homelessness to
Independence.

The Parkshot Singers

will be coming to entertain us on

**Friday 11th July
at 3pm in Hickey's Chapel**

Everyone is welcome and
refreshments will be served
after the concert.

The Parkshot Singers are a group from
RHACC (Richmond and Hillcroft Adult
Community College) of non-auditioning and
mixed ability. They sing in harmony and in
different languages and are a very friendly
choir of singers.



**Film Club
Special**

**Brief
Encounter**

**Wednesday 30th
July at 2pm**

80th Anniversary!

Voted the best
romantic film ever by a panel of actors,
directors and critics, *Brief Encounter*
is Noel Coward's sensitive portrayal
of what happens when two happily
married strangers meet, and their
acquaintance deepens into affection
and love. It is the story of two people,
thrown together by a chance meeting,
helpless in the face of their emotions
but redeemed by their moral courage.
Featuring Rachmaninov's Piano
Concerto No 2 few films have equalled
the compassion and realism of Brief
Encounter. It remains one of the best-
loved British romances of all time.
**Refreshments at 2pm, film at 2.30pm,
no interval!**

Director: David Lean. Actors: Celia Johnson,
Trevor Howard and Stanley Holloway.
Runtime: 1hr 26min. IMDb: 8/10,
Rotten Tomatoes: 94%



**Film Club
Conclave**

**Wednesday 16th
July at 2pm**

An Oscar Winner! Cardinal
Lawrence (Ralph Fiennes)
is tasked with running this
covert process after the
unexpected death of the
beloved Pope. Once the Catholic Church's most
powerful leaders have gathered from around
the world and are locked together in the Vatican
halls, Lawrence uncovers a trail of deep secrets
left in the dead Pope's wake – secrets which
could shake the foundations of the Church.
Refreshments during the interval.

Director: Edward Berger. Actors: Ralph Fiennes, Stanley
Tucci and John Lithgow. Rating: 12A. Runtime: 2h . IMDb:
7.4/10, Rotten Tomatoes: 93%



Invitations have been delivered!

**Please don't forget
to RSVP to your
Scheme Manager
before 24th July.**

Please let us know if you have
any dietary requirements.

Singing Together : Watch this space!

Did you know that singing in a group can: reduce stress and anxiety, improve your mood, reduce feelings of loneliness and depression, increase self-esteem and confidence, improve breathing and lung function, reduce chronic pain, lower blood pressure, strengthen your immune system, and reduce isolation!

Watch this space for details of the opportunity to experience all these benefits in the autumn in *Singing Together*, a new venture in partnership with Marshgate Primary School.

Almshouses in Bloom

**Please note change of date:
Judging will now take place
on Saturday 19th July**



**You do not need to enter the competition
yourself! 'JUDGES PICK' rules will apply.**

Our judges will be visiting every estate and judging every garden, hanging basket and pot and they will decide who wins.

There will still be trophies and garden vouchers for first, second and third places in the main categories.

Firstly, individual gardens, and for those who don't have gardens there will be a category for pots and hanging baskets, and if a particular garden or two catch the judges' eyes there will also be 'special commendation' prizes awarded.

If you do not want your garden to be judged, you must let your Scheme Manager know in advance of the judges' visit.

All entries will be marked and rated by our judges and a prize-giving event will be arranged to present the trophies and gift vouchers to the winners.



**The Creation Station
Acrylic Painting**

on Wednesday 27th August
2pm - 3.30pm
in the Garden Room at Church Estate.

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





Festivals of Faith

by Derrick Thompson

BIRTH OF THE DALAI LAMA

6th July (Buddhist) Dalai Lama is a title given by the Tibetan people to the foremost spiritual leader of the Gelug or "Yellow Hat" school of Tibetan Buddhism, the newest and most dominant of its four major schools. The 14th and current Dalai Lama is Tenzin Gyatso, who lives as a refugee in India.

BIRTHDAY OF HAILE SELASSIE I

23rd July (Rastafarian) This is one of the holiest days of the Ethiopian year, and for the more than one million Rastafarians worldwide is considered one of the most significant days of the Rasta year. Wherever Rastafarians live, they rejoice to honour the birthday of their king with Nyahbinghi drumming, hymns and prayers.



TISHA B'AV

3rd August (Jewish) This is the saddest day of the Jewish calendar. A full day fast is held at the conclusion of three weeks of mourning, while reflecting on the destruction of the first and second Temples in Jerusalem.

JANMASHTAMI / KRISHNA JAYANTI

15th August (Hindu) The birthday of Krishna is widely celebrated throughout the Hindu world. He is the very popular eighth avatar/incarnation of Lord Vishnu, and many Hindus fast in his honour for 24 hours until midnight, the time of Krishna's birth.

GANESHA CHATURTHI — Birthday of Ganesh

26th - 27th August (Hindu) Ganesh Chaturthi (or Vinayaka Chaturthi) is a Hindu festival that honours the birth of the beloved Hindu elephant-headed god, Ganesh, a popular god of wisdom and prosperity, worshipped for his ability to remove obstacles and bring good fortune.

Chapel Schedule: July and August 2025

Sunday 6th July	10.30am Holy Communion 3pm Annual Thanksgiving and Celebration Service
Sunday 13th July	10.30am Holy Communion
Sunday 20th July	10.30am Holy Communion
Sunday 27th July	10.30am Holy Communion <i>Led by Revd Hugh Dunlop</i>

All are welcome to join us.
Morning Prayer, most Tuesdays at 10am.
Thursday Fellowship, at 2pm.

Sunday 3rd August	10.30am Holy Communion
Sunday 10th August	10.30am Holy Communion
Sunday 17th August	10.30am Holy Communion
Sunday 24th August	10.30am Holy Communion <i>Led by Revd Elisabeth Morse</i>
Sunday 31st August	10.30am Healing & Wholeness Communion

For more information email Chaplain Derrick:
d.thompsonrichmondcharities.org.uk

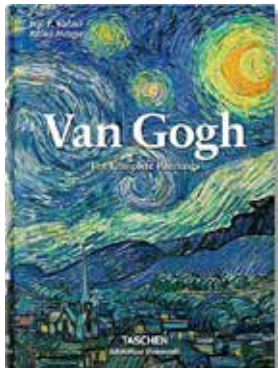
Getting To Know You

Steve Harbud

Where did you grow up? North London. Good times, with two brothers, a sister and good friends.

What is your favourite song from your teenage years and what does hearing it remind you of? *Isn't Life Strange*, by The Moody Blues was playing when our daughter was born.

What would you choose to give a 5-minute talk on? Parking at hospitals, I'm quite an expert now. That aside, being a true conspiracy theorist, I would give my 5 minute talk on why man has never landed on the moon!



What book are you currently reading? *Van Gogh - The Complete Paintings*

Describe your 'happy place'. Half an hour of meditation, beautiful.

What words of wisdom would you pass on to the younger generation? Be kind, grateful and appreciate the smaller things in life. Learn from failures.

Can you describe yourself in 3 words? Kind, creative and diligent.

Can't get through the day or weekend without? A good cuppa!

If you could teleport to anywhere, where would it be and why? My favourite fishing venue.

What is your favourite colour and why? Green — springtime is always good bringing renewal, freshness and tranquility. Flowers bloom and trees regain their lush greenery.

If you could travel back in time, where would you go and why? I would go back to 1889 and meet up with Vincent van Gogh. Poor guy only ever sold one painting in his lifetime. I'll buy his *Starry Night* and *Sunflowers* to keep him happy.

Trustee File

Katherine Maxwell



• I have been a Trustee for the last 10 years – it has been a huge honour and privilege to be part of a charity making such a difference to our Almshouse Community.

• My day job is heading up the Employment Law team at Richmond based law firm – Moore Barlow. I am married to my husband Chris – we recently celebrated our 23rd wedding anniversary.

• I was born in Portsmouth but grew up in North Devon. I have four sisters and having grown up with them in the west country I love the countryside and wildlife. I now live in St Margarets and enjoy making the most of all the beauty that surrounds us here and having quick and easy access into central London.

• One of my favourite pastimes is getting up early and walking along the towpath and around to Richmond Hill for a coffee with my husband. The experience never fails to remind me of how lucky we are to live in such a beautiful area, with such a rich community.

• An interesting fact about me and one of my proudest achievements is that I once sailed from San Diego to Sydney via the South Pacific in a 32 foot boat with one of my sisters. Our longest passage without landfall was 27 days. We baked lots of bread, read lots of books and had the most amazing trip meeting some fascinating people on our journey. There were scary moments and some big storms along the way but ultimately a life affirming experience.

• Being a Trustee is a role I deeply cherish and has become very much part of my life. I am incredibly proud of The Richmond Charity's achievements, but also its spirit of innovation and ambition.

Reminiscing by A. Wyze

A poem found by Norman Bramfitt

Back in the days of tanners and bobs,
When Mothers had patience and Fathers had jobs.
When football team families wore hand me down shoes,
and TV gave only two channels to choose.

Back in the days of three penny bits,
when schools employed nurses to search for your nits.
When snowballs were harmless; ice slides were permitted
and all of your jumpers were warm and hand knitted.

Back in the days of hot ginger beers,
when children remained so for more than six years.
When children respected what older folks said,
and pot was a thing you kept under your bed.

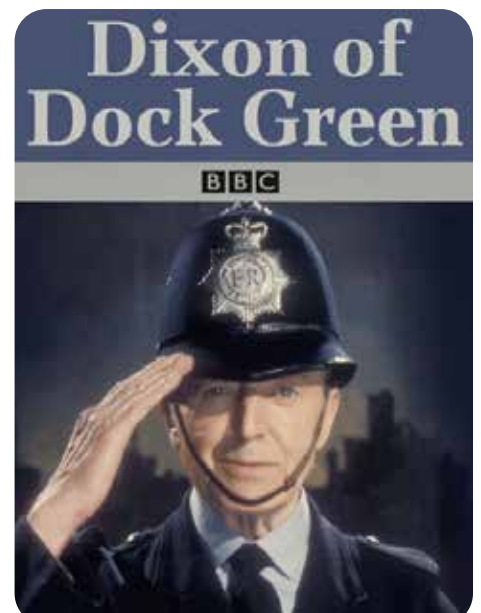
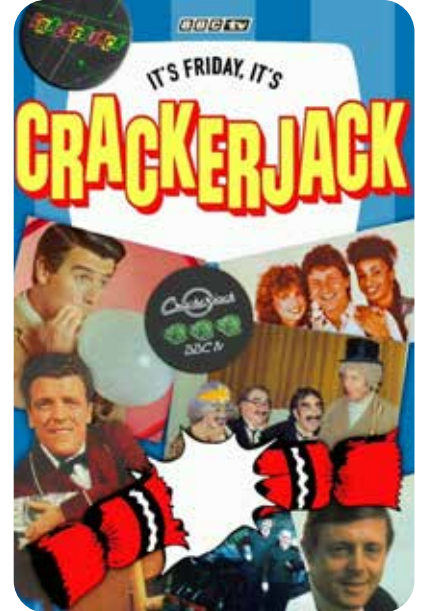
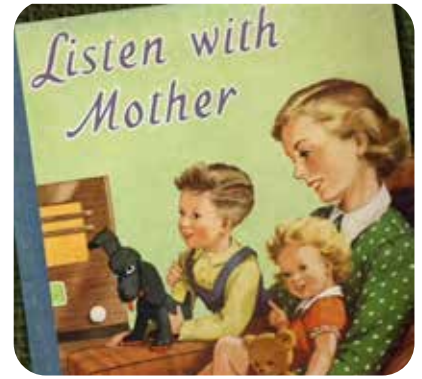
Back in the days of Listen with Mother,
when neighbours were friendly and talked to each other.
When cars were so rare you could play in the street.
When Doctors made house calls and Police walked the beat.

Back in the days of Milligan's Goons,
when butter was butter and songs all had tunes.
It was dumplings for dinner and trifle for tea,
and your annual break was a day by the sea.

Back in the days of Dixon's Dock Green,
Crackerjack pens and Lyons ice cream.
When children could freely wear National Health glasses,
and teachers all stood at the FRONT of their classes.

Back in the days of rocking and reeling,
when mobiles were things that you hung from the ceiling.
When woodwork and pottery got taught in schools,
and everyone dreamed of a win on the pools.

Back in the days when I was a lad,
I can't help but smile for the fun that I had.
Hopscotch and roller skates; snowballs to lob.
Back in the days of tanners and bobs.



Your Pets

Ziggy Stardust Loves his Daddy

by Candy Brickwood

Every morning when Ziggy gets up he insists on sitting on Daddy's lap for a cuddle and "paddlepaws" and then off he goes out on his adventures. Ziggy is very happy living here as he has the run of the grounds and we aren't too close to the road.

Ziggy Stardust is a white blue point Ragdoll cat with big blue eyes. He came to live with us when he was a baby of 12 weeks and is now nearly 13 years old. He still looks like a kitten and as if butter wouldn't melt but he can be bossy and he rules the roost totally in spite of being nervous with other people.

When he first came to live with us we lived on a boat on Eel Pie Island, Twickenham and he and his half-brother, Monty, had the run of the boatyard and the whole island. No cars are allowed on Eel Pie Island so they could just run around to their

hearts' content. We had a cat flap in the boat window for them to get on and off the boat. Of course, they fell into the river a few times... but then so did I, it went with the territory!

The boatyard has a steep slipway down which the boats were launched which had bushes all down one side. Monty used to sit staring at the bushes for hours and Ziggy would join him, not knowing what he was

staring at but joining in to show solidarity. It transpired that there was a big dog fox living in the bushes, until one day we saw Monty chasing him like the clappers out of the boatyard. Ziggy always tried to be

as brave as his brother but would leg it fast as a speeding bullet when the local Mrs Crow, who had just laid eggs, kept dive bombing him from her nest in the tree and chasing him round the yard! It was all good fun though and Ziggy is

now a sedate elderly cat who still stays well out of the way of big dog foxes and angry crows. Ziggy's favourite pastime these days is sleeping which he is extremely good at.



Macmillan Coffee Morning Update

by Derrick Thompson

Following a helpful planning meeting we are happy to confirm the Macmillan Coffee Morning will go ahead in Hickey's Chapel on Friday 26th September.

Scheme Manager Jo Davison and Chaplain Derrick are organising this with the help of some residents and things will be simpler than in previous years.

The good news is there will be cake! But due to Food Hygiene Regulations, combined with the Coffee Morning being organised by The Richmond Charities rather than residents, there will be no homemade cakes and goods.

There will be a tombola stall and some other fundraisers like 'Guess the number of sweets in the jar' too.

Please can you hand any donations of items for the tombola to your Scheme Manager. These should be new items in good condition.

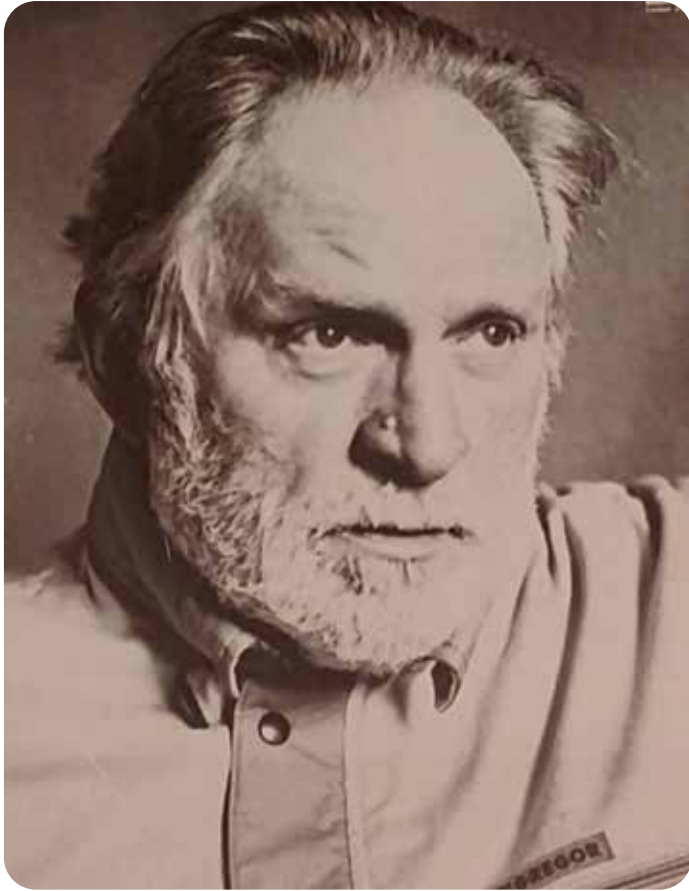
Of course, a Macmillan's Coffee Morning in the Chapel need not be the only one across our Almshouse Community! You could organise something yourself in your almshouse, passing donations onto Derrick who can then send the total amount raised on to Macmillan.

WORLD'S BIGGEST
COFFEE MORNING 

My Story: A Hero's Life, Part One

by Angus Douglas

It is true to say that I am proud of my dad, Colin Douglas, but would I call him a hero? According to a man in the Netherlands, Martyn Cornelissen, a local historian, that is exactly what he was, alongside all the allied combatants who fought at the Battle of Arnhem. I will let you be the judge but first, we must go back a step or two.



Dad was born in 1912 to a well-off family in Newcastle. When the financial crash occurred in the late twenties, aged 16, he was removed from school and encouraged to venture forth into the world. He went to New Zealand to join his brother, Jock, who was a farmer.

After five years he was wanting to return to England. Much to the dismay and opposition from his father, he wanted to be an actor. Dad trained at RADA and before too long was earning his living in repertory theatres in England.

But then came the war, theatres closed, he was out of work, so he decided to join up. Some months later, after Dunkirk, he was summoned to Catterick for training and, for the first few months of his war he messed about with motorbikes after which he found he had a couple of stripes on his arm. He was picked out as officer material and sent to Sandhurst. He joined the Border Regiment and, before long, he was preparing for the invasion of Italy by glider! He was in the airborne division of the British Army, which in the war became an extremely dangerous place to be.

They were well trained but his, and many other gliders, were released early and ended up in the Mediterranean. On his glider half the men drowned, the remaining men sat on the wings, singing, until they were rescued. One lucky escape!

Eventually those that survived were taken back to Tunis, kitted out, then back by motor cruiser to Italy. He and his men had just transferred off the ship onto landing craft when the motor cruiser was destroyed by a mine. Another lucky escape.

He fought in Italy for a few months before being returned, via North Africa, to England, to await the next 'adventure'.

It was not D-Day for them which was a bit of a disappointment. They waited and waited and then, Operation Market Garden, the plan to shorten the war by months or years. An Allied airborne attack, parachutes, and gliders, into Arnhem, which has gone into the history books and popular culture as The Bridge Too Far, a heroic failure. Despite the heavy losses, after nine days of fighting, Dad and a depleted force of airborne soldiers escaped across the Rhine. Yet more luck.

By this time in World War II my dad had lost his father to illness and two brothers killed in action (three other brothers fought and survived).

My Story: Evacuating London

by Joy Sayles

On 15th June, 1940, when I was eleven, I became one of many evacuees. It was a very hot day when we left London by train, with no idea of our final destination. Our gas masks were in cardboard boxes over our shoulders, name tags attached to our coats and we carried small brown cases. We were allowed just raisins and barley sugar sweets – no drink! We had a short stop at Salisbury and then carried on to Bideford in North Devon, where we were able to wash and enjoy some refreshments.

Next we were allocated to one of several coaches. Ours travelled to Monkleigh, a small village 5-6 miles away, and were welcomed into the village hall by prospective foster parents. My friend Daphne and I were very lucky to be chosen by Mr and Mrs Lee, who owned Knowle Farm, about half a mile out of the village. Also living there was Rose – a lady in her 30's who went to stay there when she left school and helped in the house or on the farm – plus 2 dogs and many cats! Later we were joined by Barbara.

Mr Lee was on the local district and county councils and was also a local preacher on the Torrington Methodist Circuit.

We soon became adapted to country life, helped with milking and egg collecting, feeding calves and lambs, going out in the hay or cornfields and planting potatoes, which they called 'teddies'! We went to Bideford with Mrs Lee where she sold produce in the market on Tuesdays.

The village school was one room divided in two by sliding doors with the middle class in one side, the top class in the other with infants in the corner! We had a weekly trip to the large vicarage garden where we could make camouflage nets on the lawn. There are so many untold stories of a very happy, lucky evacuee.

I had to return home in December 1942 when I was 14 and returned to Rochester in time to live with Doodlebugs and V2s flying overhead via France to London!



Joy, age 12, with evacuees: Barbara, Daphne and a local boy



Mr and Mrs Lee and Rose, with me next to Mr Lee, and my 2 girls when we visited in approximately 1965. They had retired to Bideford.

Home and Away Sri Lanka

by Maureen Bliss



I flew with a friend from Heathrow to Colombo arriving 2am, where we were picked up by a taxi to drive over two hours south to Tekanda Lodge Alawathukissa, having been invited by my younger son's best friend and his wife, Richard and Charlotte, to stay for a week on my way to New Zealand.

They bought a hill five years ago with the intention of building an ecological hotel: they found a sympathetic architect and four years later developed a lodge with four large bedrooms, a dining area, a seating area and a bar. There are two further bedrooms called cabanas set slightly away from the lodge so in total sleeps 12 people. The entrance opens on to an internal courtyard with water flowing and the sound of crickets and frogs. All the guests sit at one long table. The infinity pool is situated in the middle of the jungle with the odd monkey jumping through the trees. There are land monitors (lizards) who occasionally show themselves briefly by the poolside but they are very shy animals.

Conde Nast now lists the lodge as one of the best in Sri Lanka. Richard and Charlotte have immersed themselves in the local community, grow their own vegetables — also tea, although nowadays they grow more cinnamon as it's the country's top commodity. They are learning the language and are involved both financially and personally in the local school for extra tuition. The area is becoming a surfers' paradise but there are so many beautiful beaches to chose from, some only 10/15 minutes away by tuk tuk.

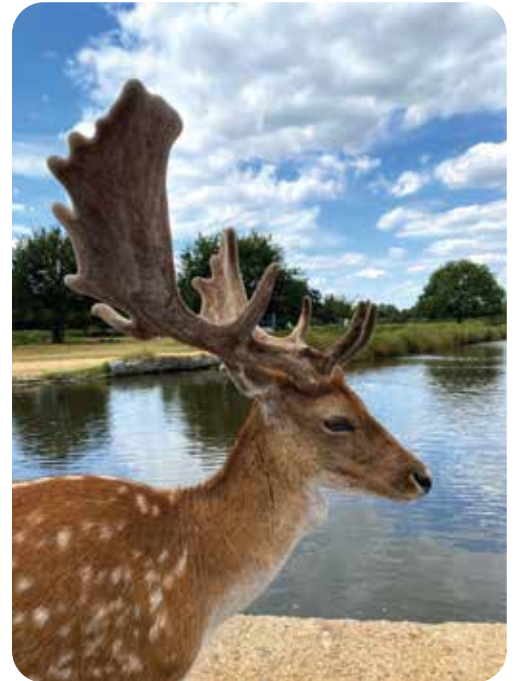
The people are always smiling and ready to help. A memorable stay.

Art Corner by Gaby Lebentz



"I keep my eyes open always trying to appreciate the natural beauty around me. Sometimes I see a picture that I can't resist to take a snap of.

Mostly my pictures do not catch the scene in my mind but occasionally they do, which makes it all worthwhile."



Local News, Events & Information

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



Local Markets

East Sheen Saturday Garden Market

Saturday 5th July 11am - 1pm

Community-driven pop-up garden market, offering a vibrantly-decorated space where visitors can explore an array of locally made goods.

Hare & Hounds, 214-216 Upper Richmond Road West, East Sheen.

Ted's Market Teddington

**Saturday 26th July
Saturday 30th August
9am - 2pm**

Food market with local producers.

123 High Street, Teddington, TW11 8HG

Kew Village Market

Sunday 6th July from 10am to 2pm

Selling award-winning food and hand-made crafts & gifts

Station Parade, Richmond TW9 3PZ

Local Markets

Richmond Duck Pond Market

Every Saturday and Sunday 11am-4:30pm

Artisan Food & Craft Market. All Weekend, Every Weekend

Heron Square, Richmond

Barnes Farmers Market

Every Saturday from 8.30am - 2pm.

Organic and free range meats, fresh fish, fruit and veg, bakery products, luxury cheeses and homemade apple juices.

Essex House Surgery, Station Road, Barnes, London SW13 0LW. (Opposite the Duck Pond.)

Twickenham Farmers Market

Every Saturday 9am - 1pm

from now until 19th December

Holly Road Car Park, Holly Road, Twickenham, London, TW1 4HF

Arts Richmond
Artist of the Year
Competition 2025

Habitats & Heritage

Saturday 5th July 2025

At the beautiful Grade II listed Grove Gardens Chapel in Richmond Old Cemetery, Lower Grove Road, Richmond
From 10am - 2pm

This is a timed competition to create original artworks inspired by Grove Gardens Chapel and its surrounds

For full details and registration link:
<https://artsrichmond.org.uk/arts-richmond-events>
Registration link the QR code

Entry fee for each artist is £5.00

Hope to see you on the day!

Registration from 9.30am on the day
Designer: Marina Melnikova @pinkoftheforest

Petersham Village Special walk

Saturday 26 July at 11am. Meet outside 'The Dysart'. Free.

Recall a golden age during the 17th and 18th centuries when Petersham was a fashionable rural retreat for the rich and aristocratic. Pass through the churchyard where many of them are buried, follow the trail of Dickens, and the footsteps of Van Gogh.

135 Petersham Road, Petersham TW10 7AA

Barnes Fair

Saturday 12th July 9:30am - 5:30pm

A great selection of shopping and entertainments – including traditional funfair attractions for children. Live music and community dance, tai chi and ballet groups. Food from Barnes' local restaurants: The Crossing, Rick Stein, The Brown Dog, Postbox and Eli & Dhani.

Barnes Green, Barnes, London, SW13 0LF

Miscellany

Curated by Mike Townsin

- Babies' kneecaps don't show up on X-rays.
- The John Smith Society has over 2000 members called John Smith.
- Peter the Great was 6' 8".
- Britain exports 50,000 boomerangs to Australia every year.
- There are 10,000 planes in the sky at any one time.
- When *Spy* magazine sent cheques for 13 cents to some of the world's richest people, no one cashed them except a Saudi arms dealer and Donald Trump.
- Watering plants with club soda makes them grow faster and go a nicer shade of green.
- There are more possible arrangements of a deck of cards than there are stars in the known universe.



• *Washing Machine: The Feature Film* is a 66-minute-long single shot of a wash, rinse and spin cycle, with a score by Richard Nyman.

Podcast Recommendations

by Chantal Richards



The New Yorker: Radio Hour. On this American podcast, there is a fantastic interview with Brian Eno who produced hits by U2, Bowie, Coldplay, Grace Jones and many more. A master of conceptual music, he discusses his two new albums and his new book *What Art Does*.



Nighttime on Still Waters. Like a cosy bedtime story, this podcast comes the narrowboat *Erica* from somewhere on Britain's canals and waterways. Calm, gentle meditations, readings and poetry about life and nature, the elements and the beauties of the night. Perfect late-night listening for dreamers, insomniacs, night owls, nocturnalists, drifters, and nomads. You will love it!

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

“With All Due Respect...” by Mike Townsin

This is a new monthly column, in which we exemplify the very British habit of saying polite-isms – phrases which attempt to conceal what we actually mean. *We'll aim to run half a dozen or so each month for your amusement, for as long as we (and you) can think of new ones.*



“I’m sure it’s just me”.

Translation: “This is entirely your fault but I’m softening the blow”

“I hear what you’re saying”

Translation: “I completely disagree with you”

“Not to worry”

Translation: “This is a complete disaster”.

“I’ll bear that in mind”

Translation: “I’ll forget about it immediately”

“That’s one way of looking at it”

Translation: “You’re wildly wide off the mark”

“I’m not sure”

Translation: “No”

Send yours to me:
mike_townsin@yahoo.com

On This Day...

curated by
Debbie Flaherty

1st
July 1837. The
registration of births,
marriages and deaths
began in England
and Wales.

7th
July 1985. Boris
Becker won his first
Wimbledon title at 17,
the youngest player
to do so.

16th
July. 1964 the
Rolling Stones had
their first UK No.1 with
It's All Over Now.

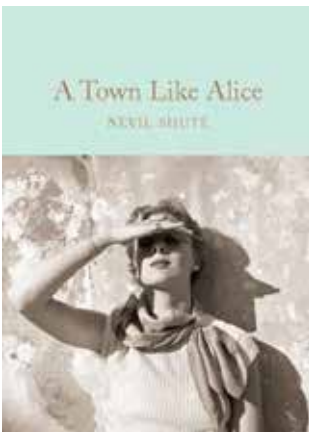
14th
July 2019. With
runs tied, England won the
cricket World Cup beating New
Zealand on boundaries
scored.

21st
July. 1897
the Tate Gallery
opened in London.

Page Turner

A Town Like Alice by Nevil Shute

Review by Kate O'Brien



This was a book I thought I had read – I'd seen the film and watched the mini-series – but maybe I hadn't ...

Written in the late 1940s, it now reads like a book of its time with attitudes to women and aboriginals now questionable. But it is a ripping yarn and

Shute is a good storyteller.

Joe and Jean had met in Malaya during the war when he was an Australian prisoner of war who was driving lorries for the Japanese, and she was with a group of women and children marching around looking unsuccessfully for a camp. She thought he had died, and he thought she was married; on discovery that neither were true, he travels to England and she to Australia in search of each other. Whilst waiting for Joe to arrive Jean gets to know the small town in the outback near his cattle station.

Spoiler alert – the movie ends when he arrives back, but the book is only about half finished. We learn about their burgeoning relationship and how Jean adapts to her new location. Her plan is to turn the small township into a 'town like Alice (Springs)'.

What's the Origin of..?

Curated by Mike Townsin

• **Spill the beans:** originates from an ancient Greek voting method where black and white beans were used to used to cast votes. If the beans were accidentally spilt, it would prematurely reveal the outcome.

• **He's a nincompoop:** 'ninny' was short for Innocent, a Christian name used in the past. 'Poop' was a Dutch word meaning fool in 17th century, used to describe a simple but harmless person, thus they were sometimes called nincompoop (innocent fool).

• **To push the boat out:** is old navel slang for 'let's get this party going', usually in a pub the evening a ship set sail.

• **Wet my whistle:** back in the day, people in a pub would whistle for drink which was difficult with a dry mouth; so they had a whistle baked into the rim or handle of their mugs and would blow the whistle and shout "wet my whistle".



Oliver Cromwell by Samuel Cooper, 17th Century

• **Warts and All:** means showing defects as well as good points. It comes from Oliver Cromwell who, while sitting for a portrait, was asked by the artist if he should include his warts, to which he replied, "paint me as I am, warts and all".

If anyone has a saying they would like 'originated', email mike_townsin@yahoo.com and we'll do the research.

And the Good News is...

Curated by Mike Townsin

• Natterjack toads, the UK's loudest amphibian whose croaks can be heard up to a mile away, have made a comeback in the South Downs National Park. They have been recorded breeding there for the first time in 50 years thanks to efforts to restore its habitat of shallow ponds and heathland.

• William Goode, a British ultra-endurance runner is believed to have become the fastest person to cross the width of Australia on foot. He finished the 2,361-mile journey from Perth to Sydney in 35 days, enduring scorching desert heat, swarms of flies and a dust storm. He aims to raise £20,000 for cancer charities in memory of his mother who died of non-Hodgkins's lymphoma.

• Ethel Caterham, a 115-year-old who lives in a care home in Surrey, has been named the world's oldest person. She was born in 1909 and is the first Briton to claim the title since 1987. When previously asked the secret of her long life, she said: "Never arguing with anyone, I listen and I do what I like...and have taken everything in my stride, the highs and lows"



• A papyrus scroll, carbonised in the heat that engulfed Herculaneum during the eruption of Mount Vesuvius in AD 79, has been virtually unwrapped by scientists on a computer. It was found to be the work of Greek philosopher Philodemus, and is believed to have belonged to the father-in-law of Julius Caesar.

• Luke Melling, 31, from Melbourne Australia, with a rare blood cancer, has received a lifesaving stem-cell transplant from Alastair Hawken of Grantham, Lincolnshire. No-one in his family or in Australia was the necessary match, so doctors searched global stem-cell registries for a donor. After 6 months, the NHS Stem Cell Donor Registry came up with Alastair's perfect match.

Wit and Wisdom

Curated by Mike Townsin

*It happened, so
it can happen
again.*

Primo Levi,
Holocaust
survivor



*There's plenty what likes the
sound of the work but then not so
many likes the doin' of it.*

George Parsons, Dorset
forester and hedger

*I want my children to have all the
things I couldn't afford. Then I
want to move in with them.*

Phyllis Diller US comedian

*I find that the harder I work,
the more luck I seem to
have.* Thomas Jefferson

*I think everyone should get sacked
at least once.* Anna Wintour

*You should never test the depth of
the water with both feet.*

Warren Buffet



Carl Jung, (1875-1961)

*The world will
ask you who you
are, and if you
don't know, the
world will tell
you.*

Carl Jung

*Experto Credite: Trust one who has
gone through it.*

Virgil, Ancient Roman Poet

*Why do they call it rush hour when
nothing moves?* Robin Williams

Revive Your Body and Soothe Your Mind with a Rosemary Foot Bath

by Gennie Thompson

Looking for a simple way to utilise your own or a nearby flourishing rosemary bush, ease aches, calm your mind, and support your health — all from the comfort of your favourite chair? A rosemary foot bath might be the answer.

Used for centuries as a natural remedy, rosemary is more than just a cooking herb — it's a powerful medicinal plant with remarkable benefits. The below may persuade you that soaking your feet in a warm rosemary infusion is a treat worth trying, in addition to giving a beautiful bush another purpose:



“..it's a powerful medicinal plant with remarkable benefits”.

Benefits of a Rosemary Foot Bath:

- **Eases Aches and Pains:** Rosemary's anti-inflammatory properties help relieve joint stiffness, muscle fatigue, and general soreness — perfect for arthritis aches
- **Boosts Circulation:** warm water combined with rosemary stimulates blood flow, helping with cold feet, varicose veins, and reducing swelling.
- **Supports Memory and Mental Clarity:** inhaling rosemary's natural aroma during a foot soak has been shown to sharpen memory and focus — especially helpful for brain fog or fatigue.
- **Reduces Stress and Improves Sleep:** Rosemary has a naturally calming scent that soothes the nervous system, lowering cortisol (stress hormone) levels and promoting better sleep.
- **Fights Bacterial and Fungal Infections:** it's naturally antibacterial and antifungal — ideal for preventing or easing athlete's foot, toenail issues, or general foot hygiene.
- **Refreshes and Deodorises:** say goodbye to tired, sore, or smelly feet — rosemary leaves your feet feeling refreshed and beautifully clean.

How to Make a Simple Rosemary Foot Soak:

1. Boil a few sprigs of fresh rosemary (or 2 tablespoons of dried rosemary) in a litre of water for 10 minutes.



2. Strain and pour into a basin of warm water.
3. Soak feet for 15–20 minutes while you relax.
4. Pat dry and moisturise for extra softness.

Small Changes ...

To Make Your Meals More Nutritious

Use beetroot leaves to boost iron levels

Don't discard beetroot leaves — they have a higher iron content than spinach and a higher nutritional value than the beetroot itself.

Studies have also shown that the Vitamin K they contain works with calcium to boost bone strength. Chop them into salads or add to stews.



Debbie's LIFE HACKS

- Use Tipp-Ex for touching up chips on white paintwork.
- If you happen to splash bleach on black clothing use a black permanent marker to touch up.
- If you are wearing tights or stockings and you get a ladder – wet a bar of soap across the run and let it dry. This will prevent it running any further.
- To clean showerheads soak the showerhead in a bag of white vinegar overnight to remove mineral buildup.
- Place onions in fridge for no-tears slicing. If you want to be able to slice or dice onions without the strong scent making your eyes water, try chilling them for a few hours before peeling and slicing. While you shouldn't keep onions in the fridge permanently, a short time can lower the temperature and make them easier to work with tear-free.



Vitamin Alert

by Mike Townsin

Vitamins are essential nutrients that help the body function properly. The body can't produce enough on its own, so they must come from food. There are 13 vitamins.

Vitamin E

The main functions of Vitamin E:

- Helps maintain healthy skin and eyes, and strengthen the body's natural defences against illness and infection (the immune system)

Signs of deficiency:

Can lead to:

- Muscle weakness
- Coordination problems
- Vision impairment
- Numbness or tingling
- Anaemia
- Fatigue
- Skin problems



The best food sources are:

- Plant oils - such as vegetable oil, sunflower, soya, corn and olive oil, herring and mackerel
- Nuts and seeds
- Wheatgerm - found in cereals and cereal products

Consult GP or pharmacy if in doubt. Next month: Vitamin K



Competition Winners

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

Sporting Venues Quiz - Ray Johnson

Oceans Wordsearch - Richard Yardley

Congratulations!



Brain Exercises:

Anagrams: Stations on the District Line

1. math shimmer.....
2. items strewn.....
3. equal reasons.....
4. grey sunburn.....
5. permit sun.....
6. soul tracer.....
7. mt pele.....
8. narks wedge.....
9. hunger marten.....
10. chord min.....



Brain Exercises:

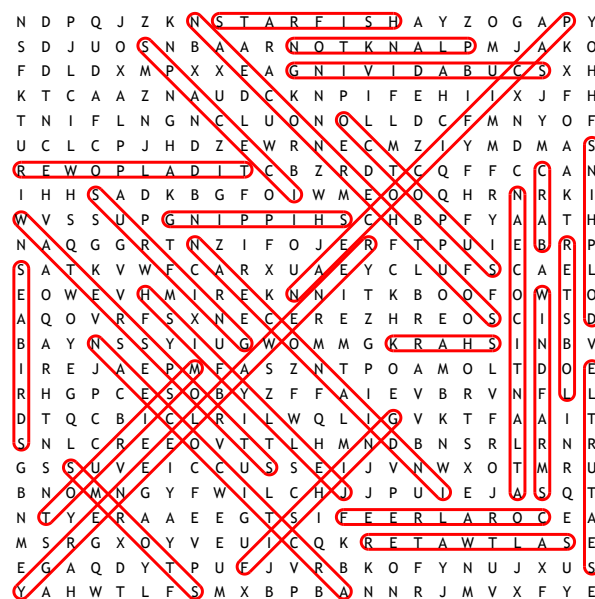
Which one word links the first three:

1. Gown - Foot - Cock = Ball
2. Gain - Tender - Staff =
3. List - Out - Berry =
4. Movie - Bell- Moon =
5. Out - Age - Man =
6. News - Christmas - Trail =
7. Soft - Opera - Box =
8. Times - Mountain - Cloth =
9. Shoe - Sap - Lined =
10. Active - Portable - Wave =
11. Fall - Ball - Stool =
12. Sheep - Meat - Watch =

Answers: Sporting Venues Picture Quiz. June Issue.

- | | |
|---|---|
| 1. London (Olympic Stadium (West Ham Football). | 10. Stamford Bridge, Chelsea Football Stadium. |
| 2. Henley Regatta. | 11. Old Trafford, Manchester United Football Stadium. |
| 3. Lords Cricket Ground. | 12. Wimbledon Tennis. |
| 4. Monaco/ Monte Carlo Formula One. | 13. The Kia Oval, London. |
| 5. Craven Cottage - Fulham Football Stadium. | 14. St Andrews Golf Course, Scotland. |
| 6. The Colosseum, Rome. | 15. Wembley Stadium. |
| 7. Principality Stadium, Cardiff. | 16. Allianz Stadium (Twickenham). |
| 8. Royal Ascot. | |
| 9. Beijing 'Birds Nest' National Stadium. | |

Answers: Wordsearch: Oceans. June Issue.



Answers: Anagrams: British Cities. June Issue

- | | |
|---------------|----------------|
| 1. Coventry | 6. Salisbury |
| 2. Oxford | 7. Cambridge |
| 3. Liverpool | 8. Manchester |
| 4. Nottingham | 9. Birmingham |
| 5. Glasgow | 10. Colchester |

Answers: Words without Vowels:

- 1.crypt. 2.myrrh. 3.lynx. 4.hymn. 5.lymph. 6.crwth. 7.fly

Picture Quiz: English Beaches.

Name the beautiful beach or seaside resort



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 beaches/resorts. Please submit this page to your Scheme Manager, or place in the suggestion box **before Friday 15th August.** Name:

Wordsearch: Wimbledon Tennis Players 2025

Find the top 15 men and top 15 women seeds for this year's tennis tournament

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

Andrey Rublev
Diana Shnaider
Iga Świątek
Jasmine Paolini
Arthur Fils
Alex de Minaur
Lorenzo Musetti
Carlos Alcaraz

Amanda Anisimova
Elena Rybakina
Madison Keys
Coco Gauff
Frances Tiafoe
Holger Rune
Taylor Fritz
Jannik Sinner

Karolína Muchová
Emma Navarro
Mirra Andreeva
Jessica Pegula
Ben Shelton
Tommy Paul
Jack Draper

Elina Svitolina
Paula Badosa
Zheng Qinwen
Aryna Sabalenka
Daniil Medvedev
Novak Djokovic
Alexander Zverev

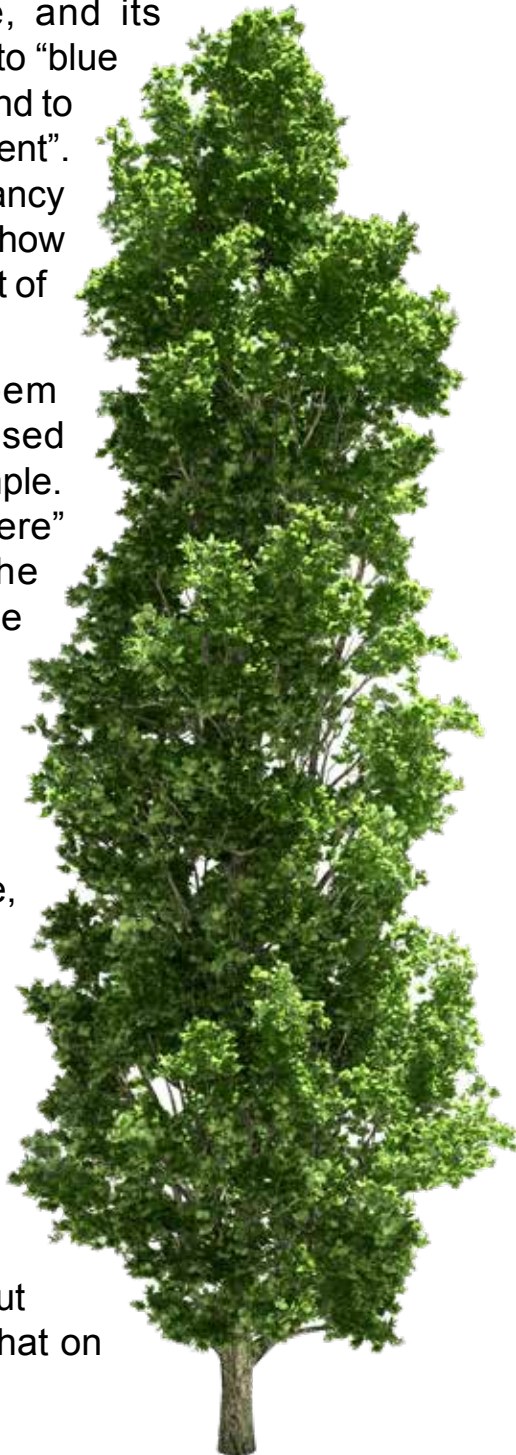
Your chance to win a £10 M&S Voucher! Find all 30 names and submit this page to your Scheme Manager, or place in the suggestion box **before Friday 15th August**. Name:

Poetry Corner

by Nigel Davis

Many once famous poets go utterly, and sometimes irreversibly, out of fashion — how many people read Pope or Browning or Swinburne nowadays, for example? One might have thought that this would have happened to A.E. Housman (1859-1936). His first book of poems, *A Shropshire Lad*, was published in 1887. It is full of nostalgic and sentimental rural melancholy, with its “lads” and its “lasses”, many destined for an early grave, and its pastoral references to “blue remembered hills” and to the “land of lost content”. It caught the public fancy at the time and somehow it has never been out of print since.

This particular poem (Housman rarely used titles) is a good example. It is a “here and there” poem. There is the natural and simple beauty of the Shropshire of the writer’s youth; here is London where the writer now resides (alone and miserable, of course). The great thing about Housman — perhaps the main reason why he is still read — is that you can just follow and enjoy his simple and plain verse without having to wonder what on earth it is all about.



Poem LII

by A.E. Housman

Far in a western brookland
That bred me long ago
The poplars stand and tremble
By pools I used to know

There, in the windless night-time,
The wanderer, marvelling why,
Halts on the bridge to harken
How soft the poplars sigh.

He hears; no more remembered
In fields where I was known,
Here I lie down in London
And turn to rest alone.

There, by the starlit fences,
The wanderer halts and hears
My soul that lingers sighing
About the glimmering weirs.

