

Welcome to your Almshouse News



HANDS



FACE



SPACE

Easter Edition

Easter Eggs

Spring Activities

Park Run

Travel Diaries

News

Poetry

Spring Cleaning

Easter Quiz

Recipes

My Favourite
Song

HAPPY EASTER



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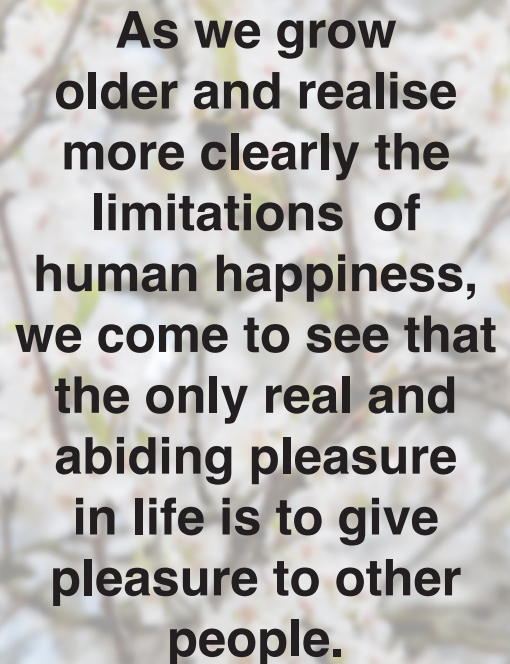
Credits

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Thought for the Day

PG Wodehouse, the creator of the hilarious *Jeeves and Wooster* stories, could show a more thoughtful side. In his novel *Something Fresh*, he writes:



As we grow older and realise more clearly the limitations of human happiness, we come to see that the only real and abiding pleasure in life is to give pleasure to other people.



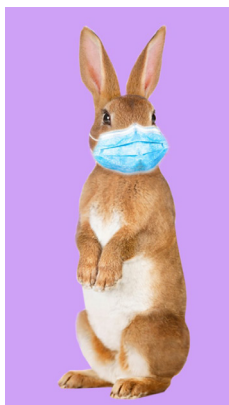
Winner of the Crossword Competition

Thank you to everyone that submitted their completed crosswords for a chance to win the M&S voucher. Picked at random, the winner this week is:

Annelise Mehornay - Congratulations!

Answers from last weeks crossword are on page 26.

This week's competition is the Eggcellent Easter Quiz on pages 14-15.



Sunday Morning Worship in the Chapel



by **Stuart Lee**

Once Holy Week and Easter are past, the remainder of the building and renovation work in the chapel will begin.

As a result, the chapel will be out of action until at least the middle of May. However, we are fortunate that we can hold our services in the **Garden Room each Sunday, still at 10.30am, from Sunday, 11th April.**

With care, we should be able to observe the 1 metre + rule, and other measures such as wearing face masks, using hand sanitiser and refraining from communal singing and sharing wine will remain in place.

As the government has pointed out, it is becoming increasingly important that each person weighs up what level of risk they are willing to take. Please do join us if you feel comfortable doing so.



Park Run



by Serge Lourie

Serge Lourie is a Trustee of The Richmond Charities and an inveterate walker

and runner. He is a former Leader of Richmond Council.

I hope you have followed my SAUNTERS around the borough. I like to keep fit and I have a confession. I also enjoy running.

I took it up in my thirties with a friend and we ran our first Richmond Marathon when I was 39 and our second at 40. I then decided to run a marathon every decade. I ran the London Marathon at 50. In my sixties, as I was busy, I was 67 when I ran. My last London Marathon was when I was 70. I hope to run my next marathon at 80, but I need to keep fit. I am now 75.

Is there anybody living in the almshouses or working for the charity who will join me at Richmond parkrun?

During lockdown, I have run alone...but lockdown will end.

Parkruns are five kilometre (5K) timed runs and started in Bushy Park in 2007. Before lockdown, they were in

over 20 countries, 2000 locations, with hundreds of thousands runners. The HQ is on Eel Pie island, Twickenham. I ran my first Richmond parkrun in 2010 and have done 322.

Parkruns are free, weekly, community events. They are runs rather than races but times are published online. They take place on Saturday at 9:00. Everyone is welcome to walk, jog, run, volunteer or watch.

My great joy was introducing my twin grandchildren (now 9) to Acton Junior parkrun and to run with them. They are now both faster than me!



Me, the grandchildren and daughter at my 300th parkrun

I have made many new friends at Richmond parkrun and it is great to see them every week. Peter Marr, our Chair, is a very fast parkrunner and Wilma Roest, a trustee, also runs faster than me!

Running in the park is just lovely and a group of us then have breakfast at the café at Pembroke Lodge.

I was really unwell with COVID in March 2020. I could only walk a few metres when I came out of hospital but was determined to take exercise and gradually built up my distance.

I took part in the London Marathon 2.6 challenge a few weeks after I came



Me and the Mayor of Richmond upon Thames, Cllr Geoff Acton after the Kew Gardens 10K

out of hospital and achieved my target of walking 2.6K. However, I did raise £14,000 for Kingston Hospital Charity.

My first run 5K, after Covid, was in June and I was elated. In September I ran a 10K in Kew Gardens with my daughter.

I am convinced that having good lungs from running helped to save my life.

I will return to parkrun after Lockdown. Come as a spectator, runner, walker or volunteer to Richmond Gate at 9:00am on Saturday...or just come and have breakfast!



Me at the end of the 2.6K at St Anne's Church, Kew

Local Spring Activities

Richmond Mayor's Quiz

On **Saturday 10 April at 7pm**, you are invited to a quiz night part hosted by the Mayor, featuring multiple themed rounds to test your general knowledge. All proceeds will go directly to the Mayor's charities, Dose of Nature and Habitats & Heritage. Both charities aim to preserve and enhance the natural beauty of the borough and connect people with the outdoors.

Tickets are £10 and can be purchased online via www.richmond.gov.uk/news/march_2021/buy_a_ticket_for_the_mayor_quiz

Richmond Moves at Home

Richmond Council have paired with some personal trainers who have provided some exercise videos aimed at beginners that are available for free online, alongside other useful health and wellbeing information, resources and advice.

More information is available at: www.richmond.gov.uk/services/wellbeing_and_lifestyle/improving_wellbeing_through_exercise/move_for_a_healthier_borough

Hampton Court Palace's Tulip Festival:

The palace grounds have had over 100,000 tulip bulbs planted in beautiful displays around the formal grounds, in aid of its first ever tulip festival. Bringing a taste of Holland to us when we are unable to travel!

Hampton Court Palace also boasts a vegetable garden fit for a king, which is apparently brimming with all sorts of heritage and modern vegetables, fruits and flowers!

The festival will last for two weeks, running from **17 April – 3 May 2021**. Booking is essential and the tulip festival is included in the usual price of the Palace entry (£8). Booking in advance is essential and must be done online via the website www.hrp.org.uk/hampton-court-palace/whats-on/tulip-festival-2021/#gs.wtz34q



The Silent Space at Ham House

The Silent Space

Many formal gardens of the period contained a 'wilderness' – an area of trees and shrubs crossed with hedge-lined paths that were often set out in a geometric pattern. The woodland atmosphere the planting created was intended to be mysterious. In contrast with the rest of the formal garden, it offered a sense of solitude and an opportunity for reflection.



The 'wilderness' at Ham House recreates a 1671 plan. The compartments the hedges form are planted with deciduous and evergreen shrubs. Several contain summerhouses and herbaceous planting. It's in one such compartment that Silent Space will be running – giving visitors the opportunity to spend a short time in reflection, just as visitors in the 17th century might have done.

More information is available at: <https://www.nationaltrust.org.uk/ham-house-and-garden/features/silent-space-at-ham-house-and-garden>

Royal Parks

If you fancy creating or learning something new to do with nature this Easter, the Royal Parks website has a wealth of activities, ideas and information. They are offering a free of charge 'Virtual Easter Discovery Week', which provides self-led park walks and craft activities.

They also have an upcoming 'Wild Food in Nature' online course. This runs on **Wednesday 21st April between 5:30 – 6:30pm**, £10 per ticket. More information available at: <https://shop.royalparks.org.uk/wild-food-in-nature>

Farmers Markets

With restrictions lifting and the weather warming up, a Saturday stroll around the Farmers Markets make a nice outing. Most stalls now take card payments.

Barnes Farmers Market

8.30am - 2pm

Every Saturday morning.

Station Road, Barnes SW14 0LW

www.barnesfarmersmarket.co.uk

Twickenham Farmers' Market

9am - 1pm

Every Saturday morning

Holly Road Car Park (behind Marks and Spencer), Holly Road, Twickenham

www.lfm.org.uk/markets/twickenham/

The Ukrainian Easter Eggs



by Stuart Lee

One of my favourite stories that has grown out of the Christian celebration of Easter focusses on Easter Eggs and comes from Eastern Europe. I like it because it does not attempt to explain away the strange mystery of Easter, but captures something of the transformation that might be possible if we can enter the story.

There was once an old man and an old woman who lived outside the walls of the great city of Jerusalem. They had everything they needed: a cow to give them milk, a garden for vegetables and trees to give them apples, figs and dates. They had chickens, too, who gave them eggs. The hens gladly gave so many eggs that sometimes the old man would take some into the city to sell.

One day, as he made his way into the great city with a basket full of eggs, he saw a huge crowd. He was curious and pushed through to see what was going on. The Roman soldiers were taking three people through the streets to crucify them outside the city walls. They were carrying their own crosses and, as



the man watched, one of them stumbled and almost fell.

The old man could not help it, he stepped forward and caught the heavy, wooden beam before the man fell and then, together, they carried the piece of wood outside the walls. The old man stayed there all afternoon. Even when the sky grew dark and it began to rain, he stayed there. He watched the mother and the others who were also there. They were all watching the man in the middle. Finally, he died.

When they took the man down from the cross and carried him away, the old man started back towards the city. Suddenly, he remembered his eggs! Where were they? Then he remembered. He had put the basket down when he went to help. Surely,

they would not still be there? There were so many hungry people in the city and eggs were precious in those days.

He turned the corner of the narrow street and there, like a joke, was his basket sat at the edge of the lane. He rubbed his eyes. It really was there. He went to look inside, knowing it would be empty, but there was something there. He pulled out one of the eggs and could not believe his eyes. It was like a jewel!

The old man picked up the basket. It was full of beautiful eggs. They were covered with colours and lines and symbols. The old man was not sure what had happened that day, but the eggs were trying to say in colour and shape.

The old man told this story and, to this day, people still decorate and share eggs at Eastertime. Most people do not know why they do it. But now you do.



The Greek Orthodox Easter



by **Chantal Richards**

Although in the UK we observe the days of Lent and Easter, the Greek Orthodox enjoy Easter the most. It is the greatest time for foods, feasting and celebration to people in the Greek Orthodox faith.

In 2021, Greek Orthodox Easter is celebrated on Sunday 2nd May, a month later than Easter observances in the Western church. It is marked by unique traditions that make Easter in Greece different than Easter celebrations in other lands. The date of Greek Orthodox Easter is based on a modified Julian calendar (while the Western world uses the Gregorian calendar).

Greek foods and traditions mark the season as uniquely Hellenic. The history of Greece traces back far past the beginnings of Christianity, but from the very earliest days of the Christian faith the Islands of Greece and the Greek people have embraced these beliefs and made them part of the Greek heritage. The celebrations for Easter truly begin two months before with Mardi Gras. The Carnival or Apokria season starts on the Sunday of Teloni and Fariséou

and ends on Shrovetide Sunday with the Burning of the Carnival King (setting fire to an enormous paper mache effigy of Judas in the early evening). The fireworks and feasting continue throughout the night. The next day, Kathara Deftera is known as Clean Monday or Ash Monday. On Clean Monday, it's time to fly a kite. For Greeks, Clean Monday is one of the most festive holidays of the year. Flying



kites and feasting at local tavernas or outdoor picnics is how Lent begins in Greece.

On Holy Thursday the bright dyed red eggs that are symbolic of Easter in Greece are prepared. Tradition says that the Virgin Mother, Mary, dyed eggs this colour to celebrate the Resurrection of Christ and to celebrate life. Every Greek family prepares these eggs as part of the Easter Sunday Resurrection Table.



On Good Friday or Great Friday, flags at homes and government buildings are set at half mast to mark the mournful day.

The Procession of the Epitáfios of Christ, the Ritual Lament that has survived from Homeric times, mourns the death of Christ on the Cross with the symbolic decorated coffin carried through the streets by the faithful.



On Holy Saturday people begin to gather in the churches and squares in cities, towns and villages by 11pm for the Easter services. Large white candles are carried by just about all of the faithful. At midnight the church bells toll as the priests announce Christos Anesti!... Christ is Risen! Fireworks are set off, in some areas gunshots are fired and each person in the crowd answers with the joyous responses of Alithós Anésti - Truly He is risen.

The people leave the churches and crowded squares and make their ways to homes of friends and relatives. The candles they carry are placed in each home and burn through the night to

symbolize the Light returned to the world. Celebrations continue with the cracking of eggs and The Resurrection Table. The Kokkina - pasxalina avga - dyed red Easter eggs that are found on the Resurrection Table become pieces of a traditional game. Each person takes an egg and challengers attempt to crack each others' eggs. The breaking of the eggs is meant to symbolize Christ breaking from the Tomb. The person whose egg lasts the longest is assured good luck for the rest of the year.



On Easter Sunday, the main dish is lamb or goat. Served in honour of the Lamb of God who was sacrificed and rose again on Easter, a whole spiced lamb roasted over a charcoal fire is the most traditional of Greek Easter foods.

Easter Monday is a much more relaxed day when everyone gets ready to return to work and school. The main work of Easter Monday is to finish the foods that were not eaten the day before!

Kaló pásha ...Happy Easter!

Easter Egg Dyeing, Decorating and Egg Tapping



by Chantal Richards

Egg Dyeing

As a child we used to paint blown eggs and hang them on willow branches. We made them pink or blue and sometimes decorated with crayons or by wrapping elastic bands around the eggs before dyeing them. I have already bought 30 eggs and multiple dyes ready for Good Friday!

The practice of decorating eggshells is quite ancient, with decorated, engraved ostrich eggs found in Africa which are 60,000 years old. But the association between eggs and Easter most likely arose in western Europe during the Middle Ages as a result of the fact that Catholic Christians were prohibited from eating eggs during Lent, but were allowed to eat them when Easter arrived.

Pace Eggs



The traditional dyeing of Easter eggs used to be achieved through boiling the egg in natural substances (such as, onion peel, coffee or beetroot juice). A greater variety of colour was often provided by tying on the onion skin with different coloured woollen yarn. In the North of England these are called pace-eggs or paste-eggs, from a dialectal form of Middle English pasche. Pace Eggs were generally eaten for breakfast on Easter Sunday. Alternatively, they could be kept as decorations, used in egg-jarping (egg tapping) games, or given to Pace Eggers.

Pace Egg Plays

The Pace Egg plays are traditional

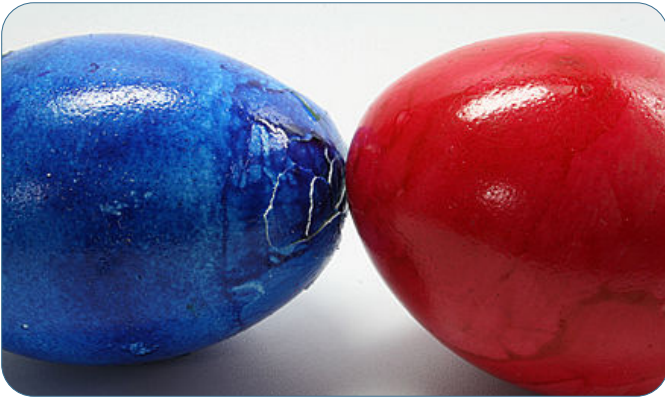


village plays, with a rebirth theme. The drama takes the form of a combat between the hero and villain, in which the hero is killed and brought back to life. The plays take place in rural northern England during Easter.

Red Eggs

As mentioned on the previous pages, the Orthodox and Eastern Catholic Churches dye their eggs red to represent the blood of Christ, with further symbolism being found in the hard shell of the egg symbolizing the sealed Tomb of Christ — the cracking of which symbolized his resurrection from the dead.

Egg Tapping



Eggs after an egg tapping competition (red wins)

In the North of England, during Eastertide, a traditional game is played where hard boiled pace eggs are distributed and each player hits the other player's egg with their own. This is known as "egg tapping", "egg dumping", or "egg jarping". The winner is the holder of the last intact egg. The annual egg jarping world championship is held every year over Easter in Peterlee, Durham.

It is also practiced in Italy (where it is called *scuccetta*), Bulgaria, Hungary,

Croatia, Latvia, Lithuania, Lebanon, Macedonia, Romania, Serbia, Slovenia (where it is called *turčanje* or *trkanje*), Ukraine and Russia..



In parts of Austria, Bavaria and German-speaking Switzerland it is called *Ostereiertitschen* or *Eierpecken*.

In parts of Europe it is also called *epper*, presumably from the German name *Opfer*, meaning "offering" and in Greece it is known as *tsougrisma*.



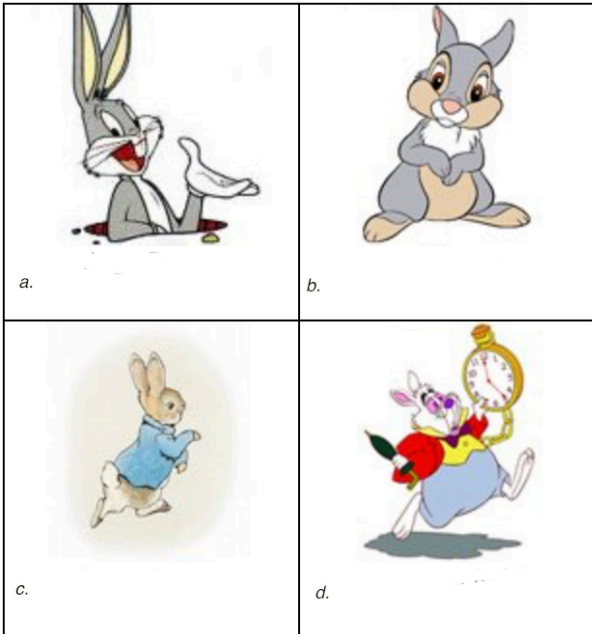
In South Louisiana, this practice is called *pocking eggs* and is slightly different. The Louisiana Creoles hold that the winner eats the eggs of the losers in each round.

Eggcellent Easter Quiz Competition



1. Find the missing Easter-related word to complete the book titles:
- 84 Charing _____ Road*, by Helene Hanff.
 - The Silence of the _____*, by Thomas Harris.
 - Are You There _____? It's Me, Margaret.* by Judy Blume.

2. Name the four rabbits:



3. On what street in New York does the city's famous Easter Parade take place?
4. The Good Friday agreement, signed on Good Friday 1998, is also named after which city?
5. Jesus rode into Jerusalem on a donkey and was greeted by cheering crowd on which day?

6. Name the two main stars of the American musical film, *Easter Parade* (1948).

7. Which goldsmith produced bejewelled Easter eggs for the Tsars of Russia?

8. Simnel cake, traditionally eaten on Easter, originated in which country?

9. The customary act of painting what, is known as Pysanka?

10. Easter Island is a territory of which country?

11. Mardi Gras, Fat Tuesday and Pancake Day are also known as what?

12. Which Jewish holiday often coincides with Easter?

13. The date of Easter each year is based on which calendar:
- lunar
 - Gregorian
 - solar

14. What lyric comes next in this classic Beatles hit: "I am the eggman, They are the egg men..._____"

Easter Quiz Competition - ALMSHOUSE NEWS

15. The central doctrine in Christianity is the _____? _____ of Jesus.

16. Name the missing bunny rabbit in *The Tale of Peter Rabbit*: Flopsy, _____, Cotton-tail, and Peter

17. How many Easter eggs are bought and consumed in the UK each year?

- a. 8 million
- b. 80 million
- c. 18 million

18. In the Pacific Coast, Canadian Provinces of British Columbia and Yukon, Easter is called Wester. True or False?

19. From the language of which people does the word chocolate (xocolātl) derive?

20. Hazel, Fiver, Bigwig and Blackberry are four of the bunnies seeking a new home in which Richard Adams story?

21. Which Andrew Lloyd Webber rock opera made its Broadway debut in 1971?

22. Who was the last monarch to wash the feet of the poor on Maundy Thursday as an act of humility in remembrance of Jesus washing the disciples' feet?

- a. George VI
- b. James II
- c. Victoria
- d. George III



To enter this week's competition, write your answers below and give to your Scheme Manager. This week's prize is Fortnum & Mason teas.

Your Answers:

- 1a. _____
- 1b. _____
- 1c. _____
- 2a. _____
- 2b. _____
- 2c. _____
- 2d. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____
- 11. _____
- 12. _____
- 13. _____
- 14. _____
- 15. _____
- 16. _____
- 17. _____
- 18. _____
- 19. _____
- 20. _____
- 21. _____
- 22. _____

Name _____



Recipe: Hot Cross Bun Eggs



by Gennie Thompson

10-minute Easter Hot Cross Bun Eggs

To make these healthy and easy Easter treats, you just need a food processor and your hands.

Note: if you don't have a food processor you can use ground oats and a bowl instead. Please be advised this way may require more elbow grease!

Ingredients

2/3 cup gluten free oats
2/3 cup of ground almonds
6 pitted dates
1/2 cup raisins
1 tsp grated orange zest
1 tbsp coconut oil
1 tsp ground cinnamon
1 tsp vanilla extract

For the cross topping (although if sugar free/ diabetic omit and replace with ground almonds if you like)

2 tbsp coconut oil
6 tbsp icing sugar / ground almonds



Instructions

1. Put the oats in the food processor and blend until they become a fine powder
2. Add in all the other ingredients and blend until a sticky paste has formed
3. Use your hands to roll into egg like shapes, pop on a tray and into the fridge to set
4. For the topping, heat the coconut oil till it melts and mix in the icing sugar or almond meal
5. Then use this to draw crosses onto your eggs, or any shape you so desire.

Make Your Own Easter Eggs - Gluten Free



by Gennie Thompson

What you need and ingredients

- 1 cup cocoa butter, finely chopped (purchase at Holland & Barrett or online – ensure you purchase food grade)
- ½ cup of unsweetened cocoa powder or cacao powder
- 3 – 5 tbsp maple syrup/ agave nectar (if sugar free you could try adding lucuma powder, a superfood with a syrupy taste)
- Saucepan and bowl to melt ingredients and mixing bowl
- Egg moulds or similar, if you don't have you can use cup cases or lay it out on tin foil to create a bar



Optional extra's

- 1 tsp vanilla extra or any other flavour you fancy
- 1 pinch of sea salt
- 1 tbsp of coconut cream or similar if you fancy any extra creamy feel (tahini also works very well)



Instructions

- Prepare your moulds
- Fill the saucepan with between 5 10cm of water and bring to a boil, then put a bowl (glass or ceramic) on top so the bottom is not touching the water
- Finely chop/ break your cocoa butter and melt until it becomes liquid, remove bowl from heat
- Add the sweetener and mix well with a spoon
- Add the cocoa powder and any other optional ingredients and mix / whisk well till smooth mixture
- Do a taste test and add anything needed to ensure flavour suits your preference
- Pour into your moulds and pop into the fridge or freezer to set (usually takes around 15 minutes)
- Enjoy your chocolate! Store in an airtight container, will keep in the fridge for a week and can be stored in the freezer for a month.

Travel Diary: Transylvania - An Extract From Our European Travels 2012 - 2017



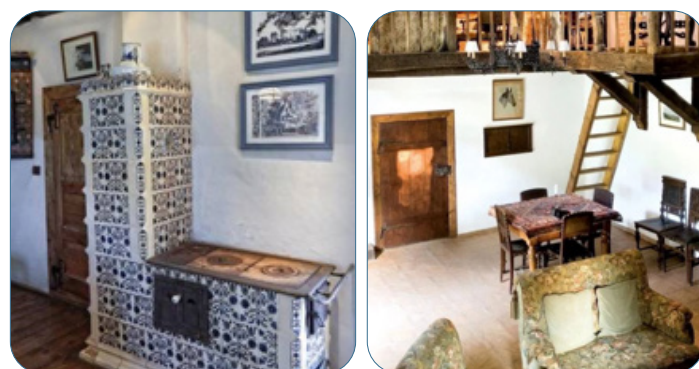
by Gordon Bliss

Zakanpatak in Transylvania

In 2012 my wife and I decided to fulfil a long awaited dream of buying a motorhome and travelling around Europe. We were particularly interested in Eastern Europe but because our motor insurance didn't cover all of that area, we had to choose carefully. Transylvania was high on our list.

We had read an article in a Waitrose magazine a month before buying the motorhome of a Romanian holiday and to discover why HRH The Prince of Wales felt so passionate about protecting its historic villages after the deposed dictator Nicolas Ceausescu had planned to destroy rural villages in Romania. The Prince's great friend Count Tibor Kalnoky helped him find a rundown farmhouse which he restored with traditional materials and apart from holidaying there himself with his friends he offers the rooms to guests on a bed and breakfast basis.

In October black bears can be seen foraging for food and in winter



Above: The Farmhouse

sometimes wander into the village threatening livestock if they aren't hibernating.

Zalanpatak was in the heart of Transylvania, northwest Romania.



Outside BBQ area

Extremely pretty landscape and a part of the world where the people lived off the land and outside every back door a

vegetable garden and some apple trees. Some people had hens and some owned a few dairy cows but the village we were visiting had no exit and certainly no phone signal. The locals mostly speak Hungarian as was the language before WWII until after the war when that part of Europe was given to Romania.

We had planned to meet up with 2 very good friends of ours who would fly out to Bucharest and taxi to the village as fares were incredibly cheap then.

We were leaving Bucharest a day before their arrival as we wanted to visit Bran's (Dracula's) castle en route 200km from Bucharest. We had camped in the capital for two nights as the wheel bearing on the motorhome had broken and we needed a garage to repair it before travelling on. The mechanic spoke perfect English and



Bran Castle

told us he had learnt it all from school and TV. So impressed.

Our journey to Bran castle was simple enough and we arrived before lunch. The castle was at the top of some crags but we managed to park near the river and found an open market selling souvenirs and snack foods before making our way up to the hill.

The castle, erroneously known as Dracula's castle, was a figment of the imagination of author Bram Stoker who it is believed never visited Romania or the castle. It was actually the holiday residence of Queen Marie of Romania, the granddaughter of Queen Victoria and who married King Ferdinand 11 of Romania. A very pretty castle, not large, with beautiful views of the surrounding countryside.

Our journey on to Zalanpatak took much longer than expected. The roads off the main road were snowed, iced up and very narrow. In some places

Travel Diary: Transylvania - An Extract From Our European Travels 2012 - 2017 (continued..)



*Our host
and tour
guide*

my wife had to get out of the motorhome and check the potholes as some were lethal. The map did not show Zalanpatak and there were no signs and even if we did come across some, they were in gobbledygook. Eventually we came across a couple waking by the wayside and after trying to ask them for directions without success, we found a carved sign hanging from a branch saying Zalanpatak. What a relief as we were beginning to panic a little. The journey took nearly 4hrs and should have been 2hrs at most.

A very good night's sleep and by lunchtime our friends had arrived. After a simple lunch and walk around the village



The Wagon

we enjoyed tea around the fire, played a game of backgammon with our guide and it was time for supper of clear soup, pork with potatoes and apple in pastry.



The following day we were taken out on an open wagon with rugs to keep us warm and we had a tour of the countryside. The sun was out the snow was stunning

*Drinking Plum
liquor*

and everywhere was beautiful. On our journey we didn't see the bears but we did see their paws and they were enormous! We stopped at a little hut next to a natural spring and the water was bubbly and delicious. We ate the most succulent pork chops that had been BBQed followed by heavenly plum liquor. Wow, that did the trick to warm us completely. Back to another night in the dining room where there were pictures of HRH Prince of Wales on the walls and a visitors book to make our entries.



Interior of cabin

Following day we were taken by the guide to see the charcoal burners.....4 men whose faces you could hardly recognise they were so blackened by smoke. They lived month after month in a very simple cabin with an outdoor shower. It must have been freezing during the winter months. Their wives were allowed to visit once per month otherwise they were completely alone. What a life! Then we were taken to a "glass factory" which in fact was a room in an old couple's house and little



bits of glass laid out on a table. We learnt later that it was remnants of a glass factory belonging to Count Kolnoky's ancestors designing glass objects for the wealthy and was famous throughout Europe.

We returned for our final night at the farm and the following day another huge amount of snow had been dumped. Our friends left by taxi to return to the airport but when we left in the motorhome disaster struck 10 minutes down the road. There was a small hill to climb and the wheels of the motorhome just spun and spun. Branches, stones, dirt and eventually someone's jacket was thrown onto the road to try and get the wheels to turn, still without success. In the end we had to stay another night and hope by the morning the snow might have melted a little.



Our Motorhome

Yes joy oh joy, some of the snow had melted and we eventually left driving tentatively on the narrow roads until we arrived at the main highway. My, what an experience and adventure.

Spring Cleaning Tips



by Gennie Thompson

It's that time of year again, birds are singing, flowers are

blooming and we may consider optimistically packing away our winter clothes... We may be gearing up (often begrudgingly) to adhere to tradition and complete the annual Spring clean! Below are some helpful tips if a spring clean is on your agenda.

Plan, prioritise and create a checklist: Draw up a plan of what you want to achieve before you actually start, include the areas you want to cover and the tasks you want done. You can then use this list to prioritise and break up the tasks into manageable chunks, which can help to prevent 'cleaning-fatigue' and keep you on track!

Sort and clean one room at a time: approaching your home room at a time can prevent 'cleaning fatigue' and make tasks manageable.

Collect, organise and clear clutter: A four step approach can be useful – identify areas with the most clutter, think about the reasons for the clutter, create remedies and put them into

action. Creating four piles for clutter can be helpful when sorting:

1. Rubbish
2. Items to give away/ sell
3. Items for storage
4. Items to put away.

Assess your existing cleaning products and try to keep product purchases to a minimum: It is easy to accumulate loads of cleaning products without realising, which takes up valuable space and can contribute to clutter. Checking what you have in advance of cleaning will ensure you don't overbuy, saving valuable space and pennies.

Stainless steel cleaning tip: if you want sparkly stainless-steel surfaces, mix 1 tsp of washing up liquid with ½ cup of warm water, damp a microfibre cloth with the solution and give the surface a scrub. Rinse with clean water and dry with a towel.

Microwave cleaning tip: fill a large micro-safe bowl with a cup of water, a generous slice of lemon and heat it on high until the solution starts boiling and starts steaming. Wait 5 minutes and open the door, remove the bowl and wipe down the inside with a sponge.

My Favourite Song - *Valerie*



by **Claire Sanecka**

My favourite song choice has to be ***Valerie* by Amy Winehouse**. This is the very first song that I chose to sing on karaoke in a public venue. It fills me with joy and reminds me of such good fun memories. I've sung this song many times and still find it my go to if there is karaoke around! However, I am a keen listener to Smooth Radio (97-108 FM),

and prefer to sing along to the relaxing music choices this radio station has to offer. What's your favourite song? Fill in slip below and give to your Scheme Manager.

Well, sometimes I go out by myself
And I look across the water
And I think of all the things of what
you're doing
In my head I paint a picture
Since I've come home
Well, my body's been a mess
And I miss your ginger hair
And the way you like to dress
Oh, won't you come on over?
Stop making a fool out of me
Why don't you come on over, Valerie?
Valerie
Did you have to go to jail?
Put your house out up for sale?
Did you get a good lawyer?
I hope you didn't catch a tan,
Hope you find the right man
Who'll fix it for you
Are you shopping anywhere?
Change the color of your hair
And are you busy?
Did you have to pay that fine
That you were dodging all the time?

Are you still dizzy?
Since I've come home
Well, my body's been a mess
And I miss your ginger hair
And the way you like to dress
Oh, won't you come on over?
Stop making a fool out of me
Why don't you come on over, Valerie?
Valerie
Well, sometimes I go out by myself
And I look across the water
And I think of all the things of what
you're doing
In my head I paint a picture
Since I've come home
Well, my body's been a mess
And I miss your ginger hair
And the way you like to dress
Oh, won't you come on over?
Stop making a fool out of me
Why don't you come on over, Valerie?
Valerie
Why don't you come on over, Valerie?

Name _____

My favourite song: _____



Number Quiz

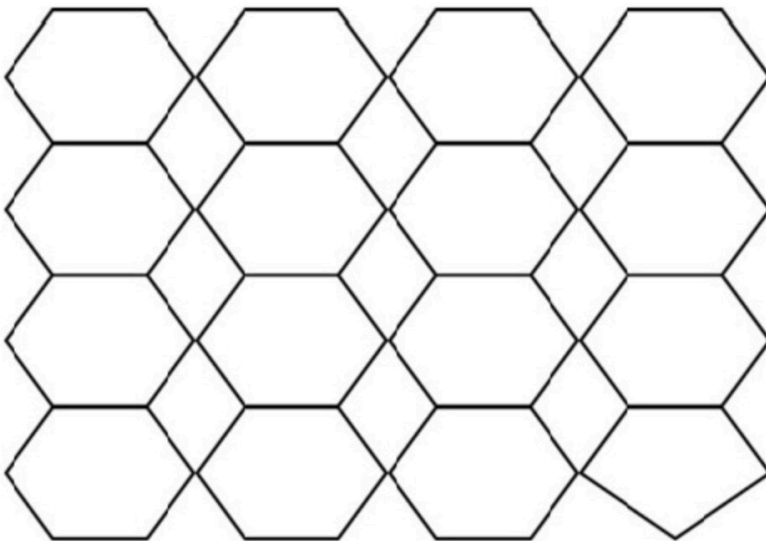
1. Draw the missing figure in the below sequence?



2. What two numbers should replace the question marks?

1, 2, 0, 3, ?, 4, ?

3. How many hexagons (six sided figures) can you find here?



4. A company hires a fleet of buses to transport its workforce to a conference. If 689 workers attended the conference, and each bus seats 35 passengers, how many buses are required?

5. What number is logically missing from the sequence below?

348269

284315

* * * * *

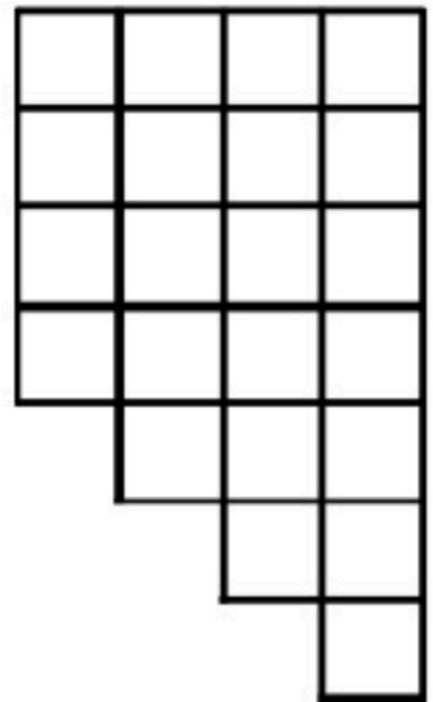
8438

4811

842

86

6. How many squares are there here?



Word quiz

1. Using the four letters below only, create a seven letter word.

UMNI

3. Using the five letters below only, create a nine-letter word.

LOPER

5. What word meaning DEDUCE becomes a word meaning PROPEL when a letter is removed?

PROSCRIBE

(allow, stifle, promote, verify, indict)

2. Which two letters come next?

A Z B Y D W G T ? ?

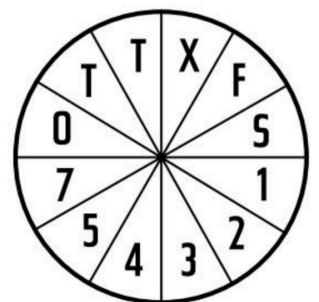
4. Which two words are closest in meaning?

conclave, medley, theme, conglomeration, dissertation, augury

6. Which is the odd one out?

femur, mandible, fibula, tibia, patella

8. What is X?



Noticeboard

POST COVID BUCKET LIST!

What are you most looking forward to when restrictions lift?

Would you like to share what you are most looking forward to - or maybe your anxieties of things you don't want to return to.

Please talk to your scheme manager or email:
c.richards@richmondcharities.org.uk

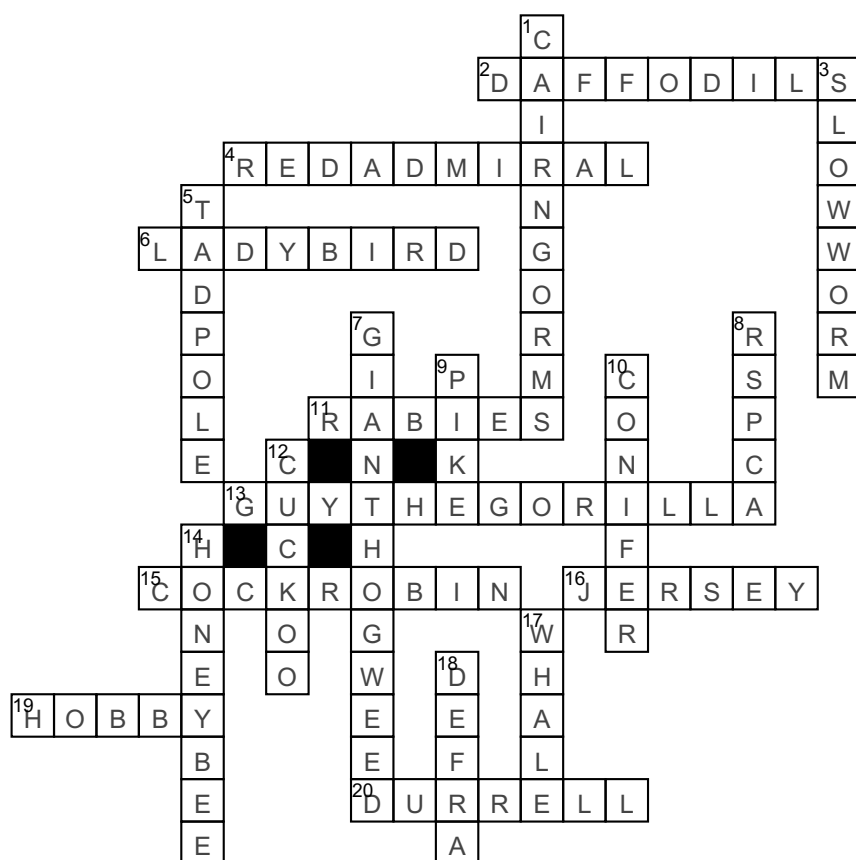
Message from the Editor:

We are looking for residents that have any interesting stories about
Healthy Habits

Do you have new habits that have changed your life for the better (or worse!?)

We would love to hear from you!
Please talk to your scheme manager or email:
c.richards@richmondcharities.org.uk

Answers to last week's crossword - March Two 2021



Page 24. Number Quiz.



1. Answer: see box.
Solution: At each stage lines are added to a new corner working anticlockwise and a new line is added to corners

already containing a line.

2. Answer: 1 and -2. Solution: The sequence progresses +1, -2, +3, -4, +5, -6.

3. Answer: 21. Solution: There are 15 small hexagons and 6 large ones. The last shape in the bottom row is a pentagon.

4. Answer: 20 buses. Solution: 665 people sit on the first 19 buses and the remainder (24) travel on the last bus.

5. Answer: 34826. Solution: Each number is the sum of the last two digits of the previous number, preceded by the remaining numbers in reverse.

6. Answer: 40.

Page 25. Word Quiz.

1. minimum. 2. Ans: K P. Solution: There are two alternate sequence. Starting at A, ABCDefGhijK; starting at Z, ZYxWvuTsrqP.

3. propeller. 4. medley, conglomeration. 5. derive/drive. 6. mandible - it is the jaw bone, the rest are bones in the leg. 7. allow. 8. F. The letters are the initials of the numbers in the opposite segments. X is opposite to 4.

Wordsearch: Easter

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

miracle
 bonnet
 holy
 prayer

ashwednesday
 goodfriday
 chocolate
 tradition

bunny
 holiday
 celebration
 april

palmsunday
 sacrifice
 resurrection
 crucifixion

hunt
 egg
 lent
 risen

cross
 easter
 chick
 jesus

Poetry Corner by Nigel Davis



Because poetry can be so closely linked to the senses and emotions, most poets have at various stages written poems about love. Even the curmudgeonly Larkin did. Maybe Shakespeare in his sonnets and plays achieved the pinnacle:

("Except I be by Silvia in the night,
There is no music in the nightingale;
Unless I look on Silvia in the day,
There is no day for me to look upon,
She is my essence....").

And so on; and this is quite apart from Romeo and Juliet (which, incidentally, if you read it carefully, this poem references).

This particular poem by ee cummings is, I think, up there with the very best of them. Please don't be put off by the dislocation of grammar and punctuation, characteristic of ee cummings. It is all deliberate, designed both to make you notice the poem visually on the page and then

to read, without preconceptions, every word and line closely. In fact you will quickly see, when you do that, that this is actually in its way quite a traditional poem, with careful use of rhyme and half-rhyme and careful use of metre.

I have known this poem for very many years. I have also myself had particular reason to read and re-read it in recent times. Anyway, this is a poem which speaks to me. I hope that it may speak to you.

a poem by ee cummings

i carry your heart with me(i carry it in
my heart)i am never without it(anywhere
i go you go,my dear;and whatever is done
by only me is your doing,my darling)
i fear

no fate(for you are my fate,my sweet)i want
no world(for beautiful you are my world,my true)
and it's you are whatever a moon has always meant
and whatever a sun will always sing is you

here is the deepest secret nobody knows
(here is the root of the root and the bud of the bud
and the sky of the sky of a tree called life;which grows
higher than soul can hope or mind can hide)
and this is the wonder that's keeping the stars apart

i carry your heart(i carry it in my heart)