

Welcome to your Almshouse News

DURING LOCKDOWN 2021

**STAY HOME ▶ PROTECT THE NHS ▶ SAVE LIVES**

Drawing by Maria Merca

News

Sketch Club

Crossword

Recipe

Poetry

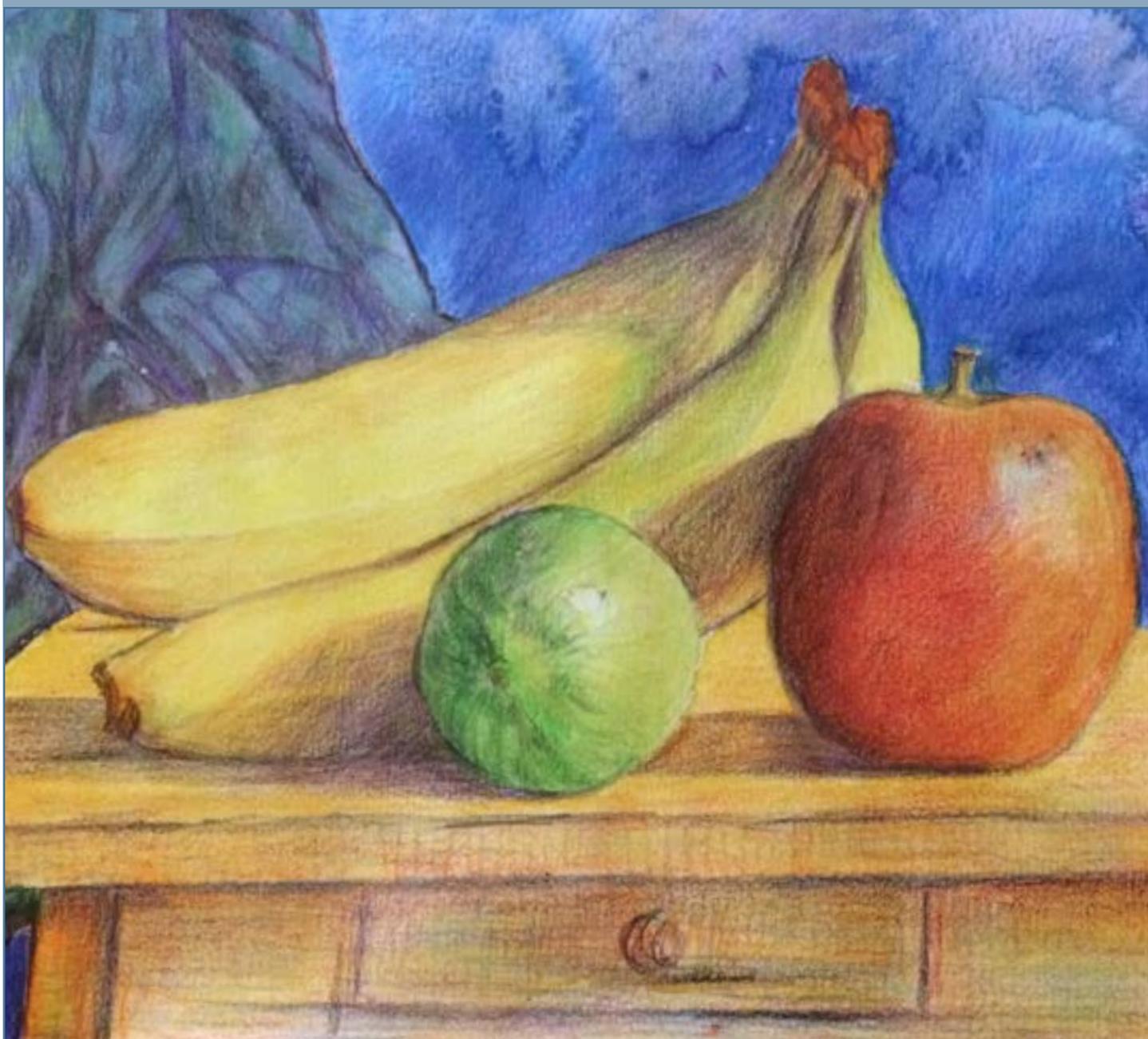
Rugby Quiz

Travel Diaries

Fuel Grants

A Tribute

A Sonnet



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**Welcome to New Residents**

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We offer a warm welcome to the new residents who have recently joined our community:  
 Susan Shaper  
 Robin Flinn

**Winner of the Crossword Competition**

.....

Thank you to everyone that submitted their completed crosswords for a chance to win the Fortnum & Mason goodies. Picked at random, the winner this week is:  
**Marilyn Edwards. Congratulations!**

Answers from last weeks crossword are on page 26.

This week's crossword competition is on pages 18-19.

**Credits**

.....

Editor: Juliet Ames-Lewis  
 Design: Chantal Richards

**A Sonnet: A Walk in Richmond Park**



.....

**Written & Illustrated by Suszie Vignoles**

.....

Two breathless dogs, happy from wading ponds  
 Shake their coats dry and scamper out of sight  
 Into thick undergrowth where curling fronds  
 Of bracken turn towards the light  
 And underneath some brittle twigs  
 I see a freckled snake slither along the ground.



Small groups of fallow deer stand watching me  
 Ready to run, stirred by the slightest sound.  
 Like fallen fragments of a summer's skies,  
 The bird's eye speedwell nestling in the grass,  
 Blue with the clarity of children's eyes  
 Turn starry flower faces as I pass  
 Away into the distance church bells ring  
 And over all the gentle skylarks sing.



# Residents' Survey 2020



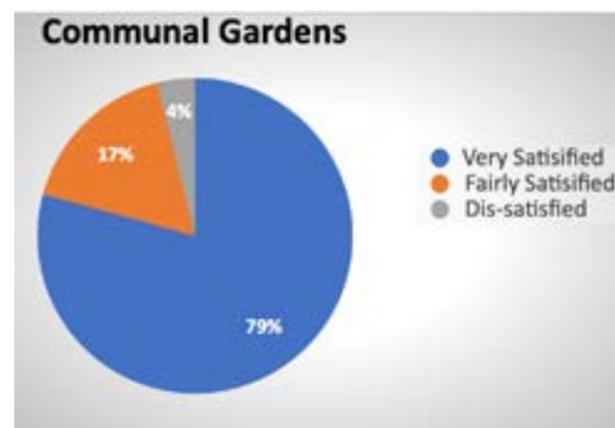
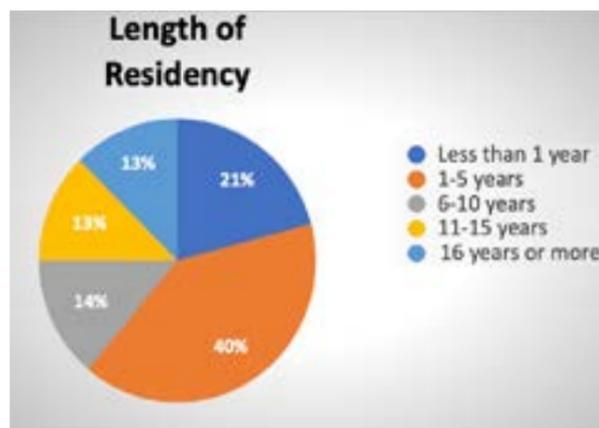
by **Juliet Ames-Lewis**

As you know, we were unable due to Covid-19 restrictions to hold our annual Residents' Open Forums in the autumn, and so we undertook a Residents' Survey instead. We received 77 completed surveys back from residents from all our estates, a response rate of 53%.

Here, below, are graphs which outline the results.

Huge thanks are due to Gennie Thompson (Deputy Scheme Manager) and Kate O'Brien (Trustee) for their analysis of all the completed surveys.

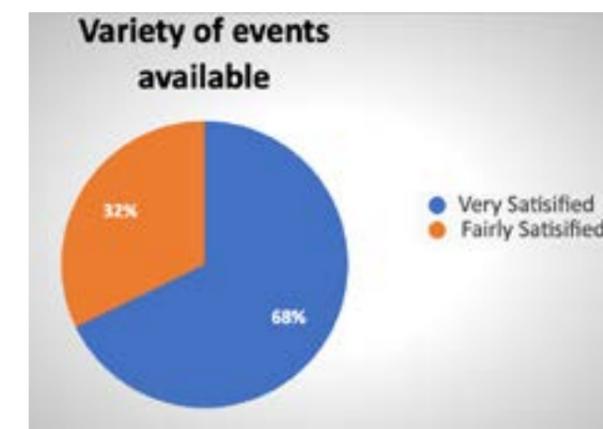
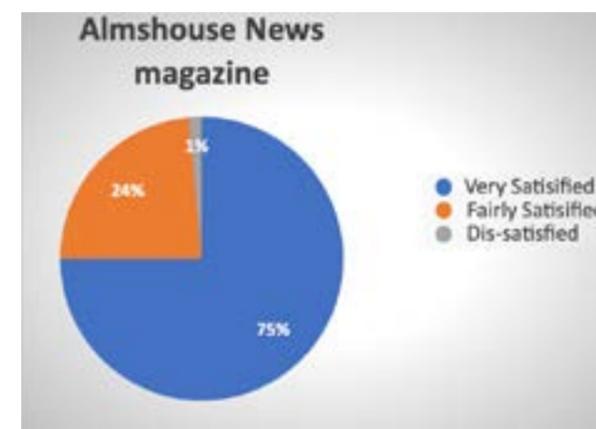
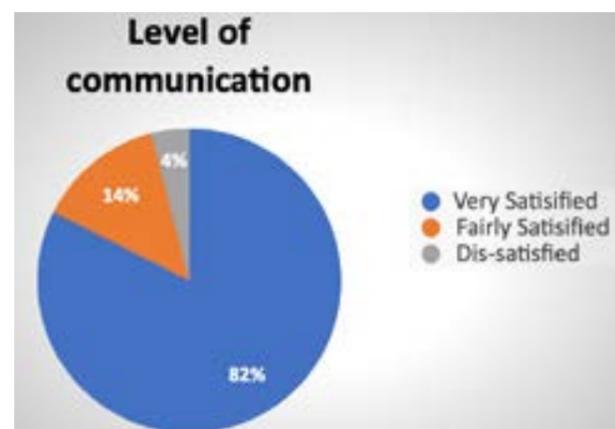
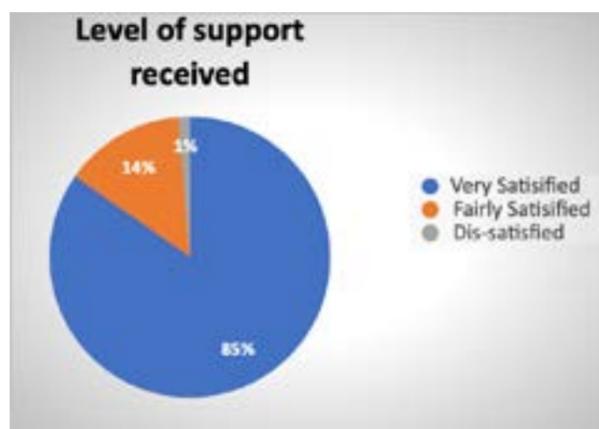
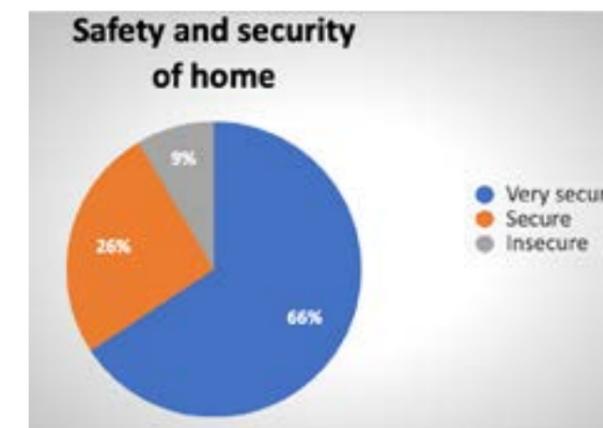
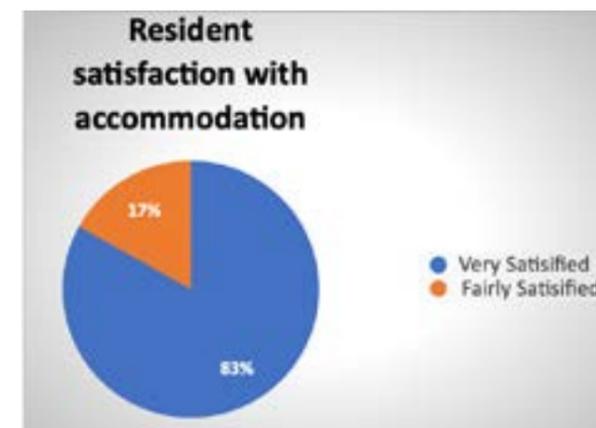
The response, as you can see from the graphs, was overwhelming positive and there were many grateful and encouraging comments from residents about the charity, the almshouses and staff. However, we will never rest on our laurels and there were also some negative points raised as well as lots of excellent suggestions for activities



and events in the future (when we are able to hold these again) and ideas for contributions to the Almshouse News. Thank you so much for all your input. Gennie is starting to plan for future activities and we now have a list longer than my arm of suggestions! Chantal has taken on board all your ideas about the Almshouse News. With regard to the negative feedback and to suggestions made by residents for improvements around the estates and in almshouses, I have held meetings in the last 2 weeks with Scheme Managers for each estate and we are now responding to those comments and suggestions by taking action where possible. Scheme

Managers are giving feedback individually to those residents who made suggestions and who put their name on their survey. If you made specific points and would like feedback on them but did not put your name on your survey, please let your Scheme Manager know what your suggestions were and we will then be able to feedback to you.

Thank you again to all of you who completed the survey. It is really valuable for trustees and staff to hear your comments, both negative and positive, and ideas and suggestions for our community.



## Fuel Grants - Deadline: 2 April 2021

The Fuel Grants scheme is now open. Applications will be accepted until 5pm on Friday 2 April 2021.

Richmond Council are unable to notify successful applicants until after the closing date.

### How it works

Richmond residents can apply to get up to £85 towards their annual energy bill through Richmond Council's Fuel Grant Scheme. Applications will be accepted until Friday 2 April 2021.

The Fuel Grant Scheme only has a limited amount of money to pay for these grants, so applications will be assessed depending on individual circumstances. All applications will be processed after the closing date.

### Who is eligible

This scheme is open to anyone on a low-income including pensioners. You are still eligible if you receive help with your fuel costs from anywhere else, including new COVID-19 funds.



### Proof required

To support your application you must provide evidence of the following:

\*Proof of any state benefits or pensions received, such as copies of bank/post office statements or DWP award letters

\*A copy of your most recent Housing Benefit/Council Tax Reduction decision notice if you are entitled to either

\*A copy of a letter, bill or statement from your energy supplier showing your account number

### How to apply

If you would like to apply, complete the **application form on pages 13 and 14**. Once you have completed the form and attached all the required documents, please send it to:

London Borough of Richmond upon Thames  
Fuel Grants Scheme  
Civic Centre  
44 York Street  
Twickenham  
TW1 3BZ

You can also drop your form off at the Civic Centre reception area.

## Please Donate Some Hand Cream



by Linda Prendergast

This initiative gives thanks to the local key workers. In the past (April/May 2020) over 250 donations were shared among local care home staff, schools and shop workers.

It is such a challenging time for everyone so anything that can bring a smile is welcomed.



If you feel you can help by donating some hand cream, it would be amazing.

Please contact your scheme managers if you have a donation and they will be happy to arrange collection.



### What happens next

A letter notifying you of the outcome of your application will be sent to you after the closing date (Friday 2 April 2021). If successful, the money will be credited directly to your electricity or gas account. No cash alternative is available.

### Contact Richmond Council

Please note, Richmond Council are unable to notify successful applicants until after the closing date.

If you have any further questions about the scheme please contact the Customer Service Team:

Telephone:  
020 8891 1411  
Email:  
customer.services@richmond.gov.uk

**APPLICATION FORM IS ON PAGE 13 & 14 OF THIS MAGAZINE.**

# Travel Diary: Gordon & Maureen Bliss in Israel

Whilst foreign travel is restricted during the pandemic, holidays feel like distant memories. For the second edition of our Travel Diaries, we follow Gordon and Maureen's trip to Israel. All residents are invited to share their fondest memories of faraway places.



by Maureen Bliss

During my 40s I was working for an American company in Victoria in Grosvenor Gardens, in a building which used to be the Japanese embassy. It was a market research company for producing

Management and IT manuals for other companies and on the back of that they ran seminars held either In-House or in certain cities in Europe.

I was a venue manager and coordinator for the company and not only looked after delegates but also the American speakers who would fly over to the UK to present their seminars. In those days the Americans were much more adept at public speaking than the Europeans. Because of my position I was always being wooed by countries elsewhere to place our seminars with them and would be asked to go on a familiarisation trip to whichever country we were invited. As we placed business in Budapest, Prague, Vienna, Düsseldorf, Paris, Copenhagen I would be the co-ordinator for the two or three days we stayed abroad. However other countries further afield wanted our



Jerusalem

business and so I was invited to Sri Lanka, which was an amazing 6 day trip and the following year to Israel which will stay in my mind forever.

I was invited to bring my husband along - he only had to pay for his flight - and we and 28 others were flown to Tel Aviv where we were collected and taken to the hotel. We had the afternoon to explore the city.

Our first trip was to Jerusalem to visit the old city so the following day we were collected by coach and about 2hrs later arrived at the city. We immediately went to the church of the Holy Sepulchre,



The Church of the Holy Sepulchre



Looking towards the altar



Us standing in front of the Wailing Wall



Kneeling beneath the altar

Next day we took an internal flight to Tiberias on the Sea of Galilee, and boarded our boat. First stop Tabgha for the miracle of the feeding of the five thousand with loaves and fishes.



Capernaum, the miracle of the healing of the Roman centurion's servant and the paralytic

walking through the 4 Quarters of Jew, Muslim, Christian and Greek, We had to kneel and crawl under the altar to look through the glass at the ground way below where the crucifixes stood. An extraordinary experience. Then through the temple where Jesus threw out the moneylenders.



Tabgha



Mount Beatitudes Sermon on the Mount

After a lunch at a restaurant in Jerusalem we were taken to Bethlehem to Jesus' birthplace. The basilica church of the Nativity has been built over his birthplace but again under the altar you can see a glass plated star being the exact spot. Then on to the tomb which was guarded by a nun. Bethlehem then was very disappointing, full of tacky souvenir shops and quite dirty. However that was in 1991 and could be very different now.



The Sea of Galilee



Our boat



Jesus' birthplace



## Travel Diary: Gordon & Maureen Bliss in Israel



Gordon at the house of the two brothers Andrew and Peter (St Peter) fishermen



Trucks at Golan Heights



Trucks met us when we disembarked to visit the Golan Heights. Although in Syria it was captured by Israel in the Yom Kippur war and is now a military zone but both the Jews and Druze live in relative harmony. Everywhere in the desert we could see remnants of tanks and debris half submerged in the sand.

We returned to our boat and as loud rock 'n roll music blared out around the deck we danced our way back to shore. I just hope Jesus was looking down and smiling.

Our last trip was to the Dead Sea, Masada and on our way out of the West Bank we passed the Mount of Olives where only a few months back the paper magnate Robert Maxwell had been buried, and of course where Jesus was betrayed by Judas. First we stopped at the Greek Orthodox monastery Mar Saba.

How funny it was to be able to lie on the water with a book or magazine and not sink however hard you tried. However it was incredibly salty and it took a long time to wash off the salt. Now I knew how a sardine must feel!



A Bedouin family tending their sheep



A little boy on a donkey



Mar Saba

A short drive brought us to Masada where we climbed the ramp to see the view and complex. Herod the Great King of Judea (37 to 4B.C) built his complex as a winter escape and haven from enemies complete with castle, storerooms, cisterns and a foreboding wall. So sophisticated considering how long ago this was.

Our rattling transport and a stop in the desert for a well earned lunch just before exploring Masada.

Our final journey was a magical mystery tour, so we were told, and when the sun goes down, it goes fast and suddenly we were in pitch dark. The coach stopped and we were told we had to walk along a path which was lit by little lights at the side of the way and wound itself on towards what we thought was nothing! Suddenly a huge amount of lights were switched on and there lo and behold we saw several round tables laid out with cutlery and glasses and flowers. Around us we could see very little save one area with lights shining onto what looked like a cave.

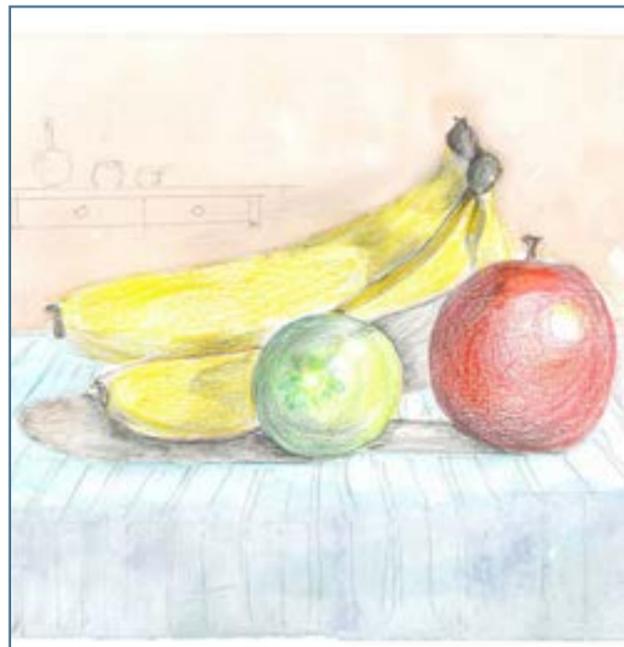


This was Qumran Caves where the Dead Sea scroll was found. The stars above were so close you could almost touch them and the sky was a very dark blue, not black, and classical music sounded in our ears. It was and probably is still, the most romantic setting I have ever experienced. Never ever to be forgotten. What a wonderful way to end a memorable journey.



## Sketch Club Submissions

More submissions this week from the Sketch Club pages. The front page drawing has been sent in by Maria Merca. Thank you too, to Leslie Cook for sharing his two wonderful interpretations of the fruit still life (below).



## A London Romance

A London Romance (a zoom virtual guided tour): Richmond Libraries is offering a free virtual event on zoom. The tour will cover some of the most romantic spots across London and even some romantic forms of transport!

The zoom link and more information is available at:

[https://www.richmond.gov.uk/talks\\_and\\_events\\_in\\_libraries](https://www.richmond.gov.uk/talks_and_events_in_libraries)

## Art Historical London

Art Historical London are offering a range of different online seminars and lectures at a cost of around £10 per ticket. The events are 'friendly, fun, inexpensive and flexible. They do not require any previous knowledge, and for anyone enjoying the arts and all that London has to offer'. The full list of events and more information is available at: <https://www.arthistoricallondon.com/calendar>

Official

### London Borough of Richmond upon Thames Fuel Grants

#### Application for assistance with fuel costs only

Borough residents with low earnings or in receipt of certain benefits may be eligible for assistance with fuel costs over the winter period.

To apply, please complete the form, **attach any required documents** and send to:

London Borough of Richmond upon Thames  
Fuel Grants Scheme  
C/O Hampton Fund  
15 High Street  
Hampton  
TW12 2SA

You may also deliver applications by hand at the Civic Centre.

**Applications must be received by 5.00pm on Friday 2<sup>nd</sup> April 2021.**  
Applications received after that time will not be processed.

<b>Title: Mr/Mrs/Miss/Ms</b>	<b>Date of birth:</b>
<b>First Name:</b>	<b>Home tel. no:</b>
<b>Surname:</b>	<b>Mobile:</b>
<b>Address:</b>	
<b>Post code:</b>	
<b>E-mail:</b>	
<b>Single / married /living with partner / widowed</b>	

Please list names and dates of birth of everyone else who lives at the above address

Name in capital letters	Date of Birth	Name in capital letters	Date of Birth

London Borough of Richmond upon Thames  
Fuel Grants

Please give details of income for everyone who lives at this address:

Type of income	Amount (£)	Type of income	Amount (£)
State Pension		Wage/Salary	
State Pension		Wage/Salary	
Private Pension		Working Tax Credit	
Pension Credit		Job Seekers Allowance	
Attendance Allowance		Employment & Support Allowance	
DLA Care / PIP daily living component		Child Benefit	
DLA / PIP Mobility		Child Tax Credit	
Carers Allowance		Universal Credit	
Income Support		Other income	

You must send evidence of all of the above such as copies of bank / post office statements or DWP letters. If you do not, your application cannot be processed.

Does Housing Benefit / Universal credit / Council Tax Support pay some or all of your rent / Council Tax?	Yes / No
If so, please send a copy of your HB / Universal Credit / Council Tax calculation	
Do you, or anyone living with you, have savings of more than £6,000?	Yes / No
If yes, please state total amount	

Please insert details of the energy supplier that you would like the payment made to:

Name of supplier	Account no.	Do you have a pre-payment meter?
		Yes / No

You must send a copy of a letter bill or statement from your energy supplier showing your account number. We cannot process your grant unless you send this in.

A letter notifying you of the outcome of your application will be sent to you in April after the closing date

Signature:	Date:
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## Things to do on your device or smart-phone: interesting browser-based things



by Gennie Thompson

### LOCAL NEWS & ADVICE

**Talk Richmond Podcast** This is a fortnightly podcast which features news and information about what's happening in Richmond Upon Thames. The latest podcast answers questions about the national lockdown and vaccination program.

Available here: <https://www.richmond.gov.uk/council/news/podcast>

### Local Tree Knowledge

Richmond has rich and varied tree diversity. Test your tree knowledge with this online quiz created by Kew Gardens.

Available here: <https://www.kew.org/read-and-watch/quiz-trees>

### Lockdown & Covid Knowledge

Richmond Council have created a free quiz to test your lockdown and covid-19 knowledge.

Available here: <https://www.covid19quiz.co.uk/>

### AGE UK Richmond

have a collection of pre-recorded videos of various online activities (listed below) which can be accessed via their YouTube channel, no booking or downloading of apps required!

Available here: You can watch the videos by typing 'AGE UK Richmond' into YouTube and selecting the activity you would like.



- Fit for men with Stephen
- Walking football with Ash (you need a sturdy chair)
- Ukulele sing-a-long with Tara
- Low Impact Aerobic Exercise with Bryan
- Zumba Gold with Catherine
- Tai Chi with Andi
- Seated Strength with Victoria

# Things to do on your device or smart-phone: interesting browser-based things .. continued

### Theatres

Take a virtual tour of the world's best theatres, including The Colosseum in Rome and The Bolshoi Theatre in Russia.

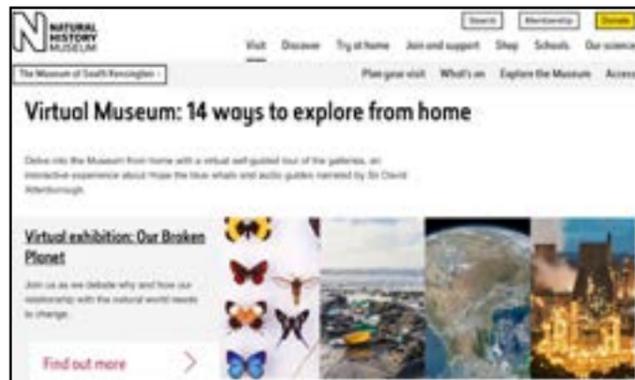
Available here: <https://artsandculture.google.com/story/1gJiszMqItReJA>



### The Natural History Museum

The Natural History Museum has lots of virtual tours and exhibitions to enjoy from the comfort of your home.

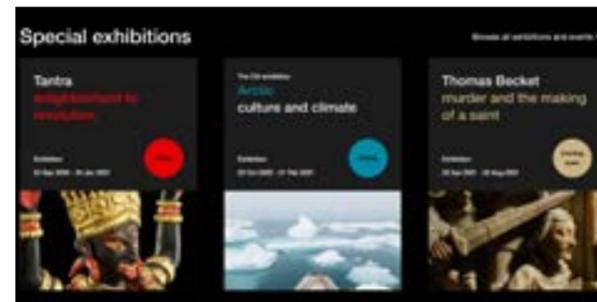
Available here: <https://www.nhm.ac.uk/visit/virtual-museum.html>



### The British Museum

The British Museum has many virtual exhibitions and events, lots of them are free of charge.

Available here: <https://www.britishmuseum.org/exhibitions-events>



Exhibitions at The British Museum

### David Attenborough's Great Barrier Reef

In this amazing interactive tour you can visit all parts of the Great Barrier Reef, from the comfort of your home with David Attenborough as a guide.

Available here: [https://attenboroughsreef.com/understanding\\_the\\_reef.php](https://attenboroughsreef.com/understanding_the_reef.php)



# A Tribute to Lost Friends from Church Estate



by Eleanor Walker

The first lockdown gave us a special opportunity to get to know each other better. Every afternoon we would all gather together, sitting socially distanced, on the beautiful green. We enjoyed the warm sunshine chatting and enjoying each other's company.

### John Coles

John always made everyone welcome and was generous with his hospitality. He had warm compliments for all. One of my special memories of John was when he asked us all to give him a 2pence coin, he then had them all engraved with our birthdates and a birthday greeting. He was forever kind and thoughtful.

### Patrick Joyce

Patrick was a warm spirited gentle Irish man. He was always cheerful and could tell a good joke to make us laugh and bring sunshine to our day.

### Dennis Tracey

Dennis always enjoyed our get togethers and would join us in the afternoons when we were sitting on the green. We would often read the Almshouse News and enjoy solving the puzzles together.

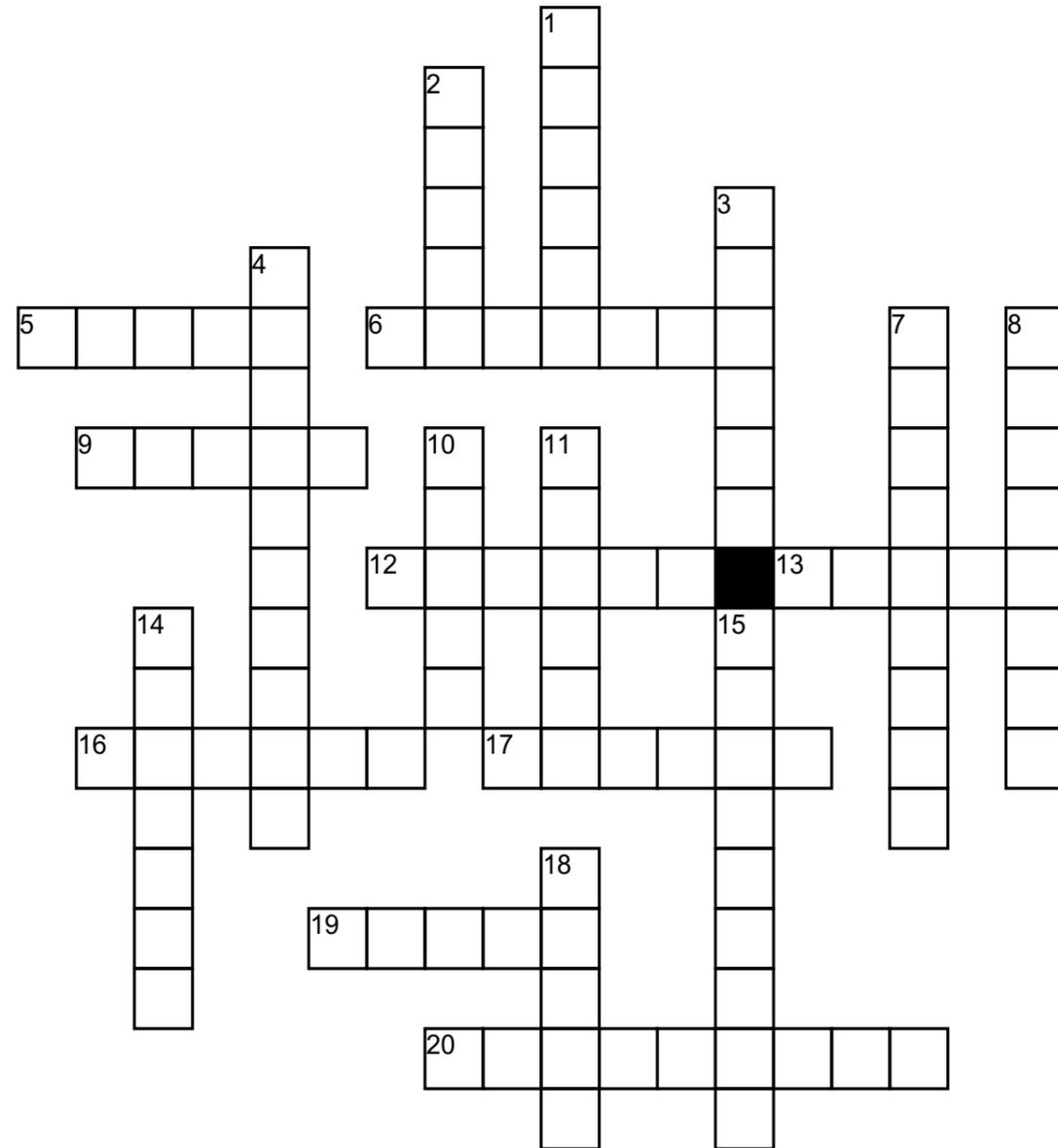
### Richard Connelly

Sadly Richard wasn't with us very long, but for the brief time he lived at Church Estate it was a pleasure to get to know him. He was always warm and friendly.

We will miss them dearly and they will be forever in our hearts.

With fondest memories,  
**Eleanor Walker**

# Crossword Competition February TWO 2021



Name \_\_\_\_\_

Address \_\_\_\_\_

# Crossword Competition February TWO 2021

For this issue, the competition will be the crossword below.

**The Prize** includes 3 delicious treats from Fortnum & Mason: Apple & Cinnamon Curd, Chocolate Raisins and Breakfast Blend tea.

**How to enter:**

- Complete your crossword on page 18
- Fill in your name and address at the bottom of page 18
- Place page 18 in your suggestion box by **FRIDAY 26 FEBRUARY 2021**
- Completed crosswords will be entered into a prize draw. The winner will be announced in the next issue. Good luck!

**Across**

- 5. 33 year old Argentinian footballer, plays for Barcelona
- 6. Aung San Suu Kyi is the democratic leader of which country?
- 9. Owner of Arcadia
- 12. Chief Executive of The Richmond Charities
- 13. What disease is causing a new epidemic in Guinea?
- 16. Boris said pubs would open again on which public holiday?
- 17. The fruit in Poetry Corner this week
- 19. Elon Musk is linked to which car brand, making him the richest man on the planet?
- 20. This week's sketch club subject



**Down**

- 1. Which Royal is expecting her second baby?
- 2. Mario Draghi is the new Prime Minister of which country?
- 3. The Bliss's travel destination in this week's magazine
- 4. TV crime drama starring DS Steve Arnott (4,2,4)
- 7. Which famous shoe brand has red-lacquered soles?
- 8. What food is traditionally eaten on Shrove Tuesday?
- 10. Which world leader has been acquitted in his second impeachment trial?
- 14. Leader of the Labour Party
- 15. The real name of the castle in *Downton Abbey*
- 18. *Revelations* is the latest biography of which famous Irish-born artist?

## Recipe: Butternut Squash Soup



by Joanne Davison

**Butternut Squash Soup  
with chilli & crème  
fraiche**

### Ingredients

- 1 butternut squash about 1kg, peeled and deseeded
- 2 tbsp olive oil
- 1 tbsp butter
- 2 onions, diced
- 1 garlic clove, thinly sliced
- 2 mild chilli's, deseeded and finely chopped
- 850ml hot vegetable stock
- 4 tbsp creme fraiche, plus more to serve

### Method

- STEP 1  
Heat oven to 200C/180C fan/gas 6.
- STEP 2  
Cut 1 peeled and deseeded butternut squash into large cubes, about 4cm/1½in across, then toss in a large roasting tin with 1 tbsp of the olive oil.
- STEP 3  
Roast for 30 mins, turning once during cooking, until golden and soft.
- STEP 4  
While the butternut squash cooks, melt

1 tbsp butter with the remaining 1 tbsp olive oil in a large saucepan, then add 2 diced onions, 1 thinly sliced garlic clove and ¾ of the 2 deseeded and finely chopped red chillies.

### •STEP 5

Cover and cook on a very low heat for 15-20 mins until the onions are completely soft.

### •STEP 6

Tip the butternut squash into the pan, add 850ml hot vegetable stock and 4 tbsp crème fraiche, then whizz with a stick blender until smooth. For a really silky soup, put the soup into a liquidiser and blitz it in batches.

### •STEP 7

Return to the pan, gently reheat, then season to taste.

### •STEP 8

Serve the soup in bowls with swirls of crème fraiche and a scattering of the remaining chopped chilli.



## Rugby Union Six Nations Quiz 2021



1. In what year was the first 6 Nations tournament played?

2. Which team won the first Six Nations trophy?

3. What does a team need to do to win a 'Grand Slam'?

4. The trophy was designed with a lip on the rim, to allow the winning team to fill the cup with a beverage and drink from it to celebrate their victory. What quantity of which liquid was it designed to hold?

5. In the last 20 years, which nations have not won the Six Nations?

6. How many matches are played per Six Nations championship?

7. When Scotland won the Calcutta Cup in 2018, which politician took a sip from the cup in the changing room after the match?

8. How many Harlequin players are in the current Six Nations England playing squad?



9. How many of the current playing England squad do not play in the premiership?

10. Where, in Richmond upon Thames borough, are the England Squad currently staying and training during the Six Nations?

### Upcoming Matches:

#### Round 3

Sat 27 February, Italy v Ireland, 2.15pm Live on ITV

Sat 27 February, Wales v England, 4.45pm Live on BBC

Sun 28 February, France v Scotland, 3pm Live on BBC

#### Round 4

Sat 13 March, Italy v Wales, 2.15pm Live on ITV

Sat 13 March, England v France, 4.45pm Live on ITV

Sun 14 March, Scotland v Ireland, 3pm Live on BBC

#### Round 5

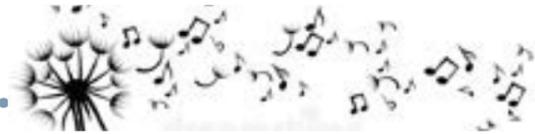
Sat 20 March, Scotland v Italy, 2.15pm Live on BBC

Sat 20 March, Ireland v England, 4.45pm Live on ITV

Sat 20 March, France v Wales, 8pm Live on BBC

Answers on page 26

# The Joy Of Music



by Claire Sanecka

Google tells me "If you want to keep your brain engaged throughout the ageing process, listening to or playing music is a great tool. It provides a total brain workout.

Research has shown that listening to music can reduce anxiety, blood pressure, and pain as well as improve sleep quality, mood, mental alertness, and memory and I couldn't agree more!

It all started during a miserable Saturday morning, I sat in my lounge and looked around at what 'needed' to be done. I had zero motivation and I'm blaming lock-down restrictions for that. I had been avoiding the television and the repetitive news announcements. I knew that I didn't want this slumped feeling to continue when suddenly I had an 'ah-ha' moment and decided

to listen to some music. What an 'ah-ha' moment that was... I started to feel the rise in my mood, the smile forming on my face as the radio station played song after song which I thoroughly enjoyed.

No longer did I have zero motivation, I cleaned my entire home. I felt upbeat and happy. This Saturday was no longer miserable. Music really is magical.

**What's your go to song?** Do you have a favourite that gives you that feel good feeling? I would love to hear your choices!

To participate and have your song choice listed in a future edition, please complete the slip below, cut out and place in the suggestion box located in your laundry room or give to your Scheme Manager.

Name \_\_\_\_\_

My favourite song: \_\_\_\_\_

\_\_\_\_\_



# Promises



A Poem by Ann Ellington



A great part of our planet  
Is covered in sea or sand:  
So when we've felled all the forests  
What will become of our land?

When all our oceans are polluted  
And there's nowhere we can flee  
When all our lands are barren,  
Is that when we will see?...

That we have to live in balance  
With nature in every way,  
That we shall stand up and be counted  
And each of us have our say?...

Is that when those who have it  
Give it to those who have not?  
And will those who really need it  
Be the ones who will receive it?...

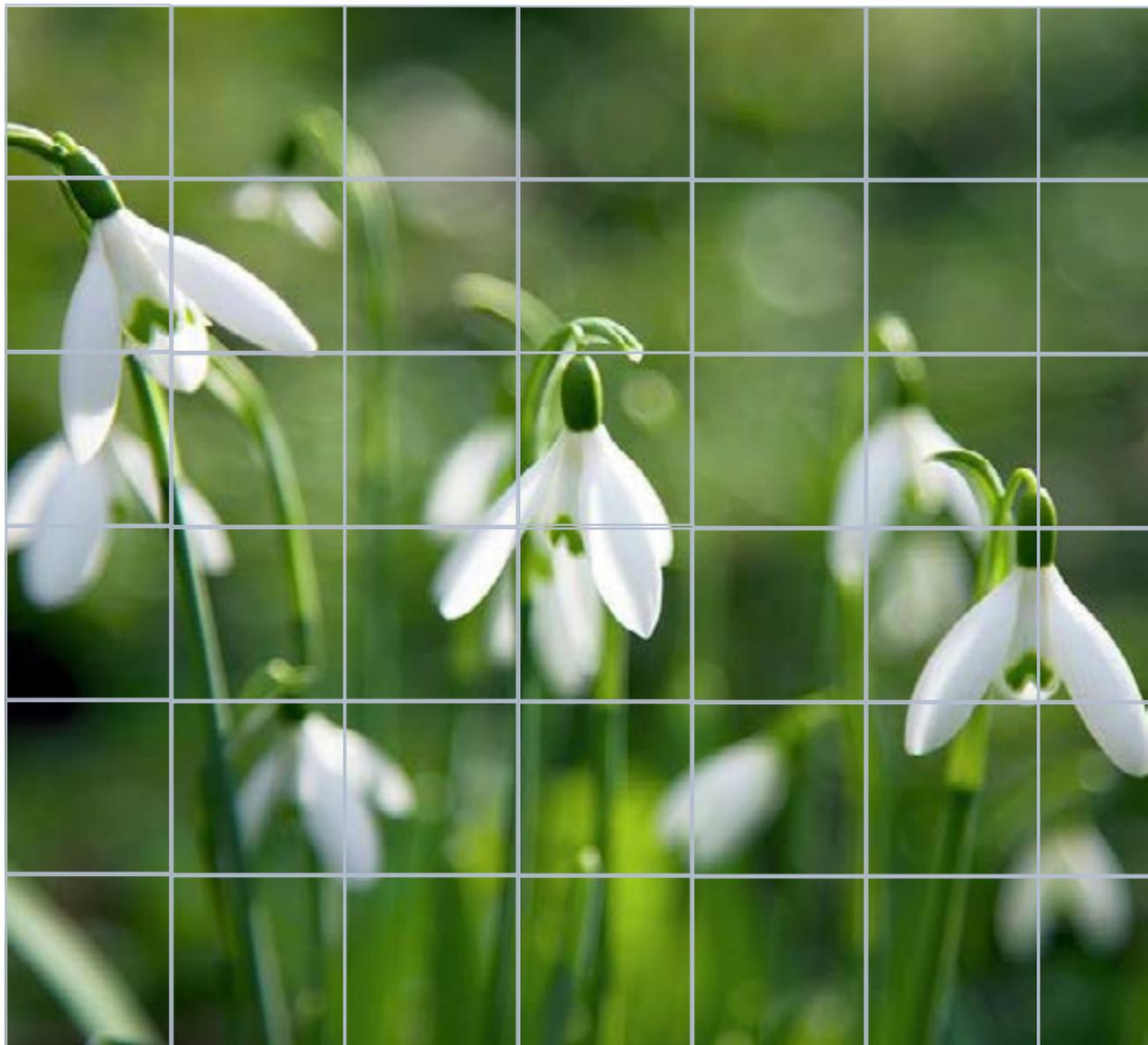
And why should they be grateful  
For what is rightly theirs?  
But will it make them takers?  
Or simply more aware...

That unity of body of spirit and of mind  
Need to come together  
To be shared with all mankind:  
For unless we find that balance,  
Where all of us can share...

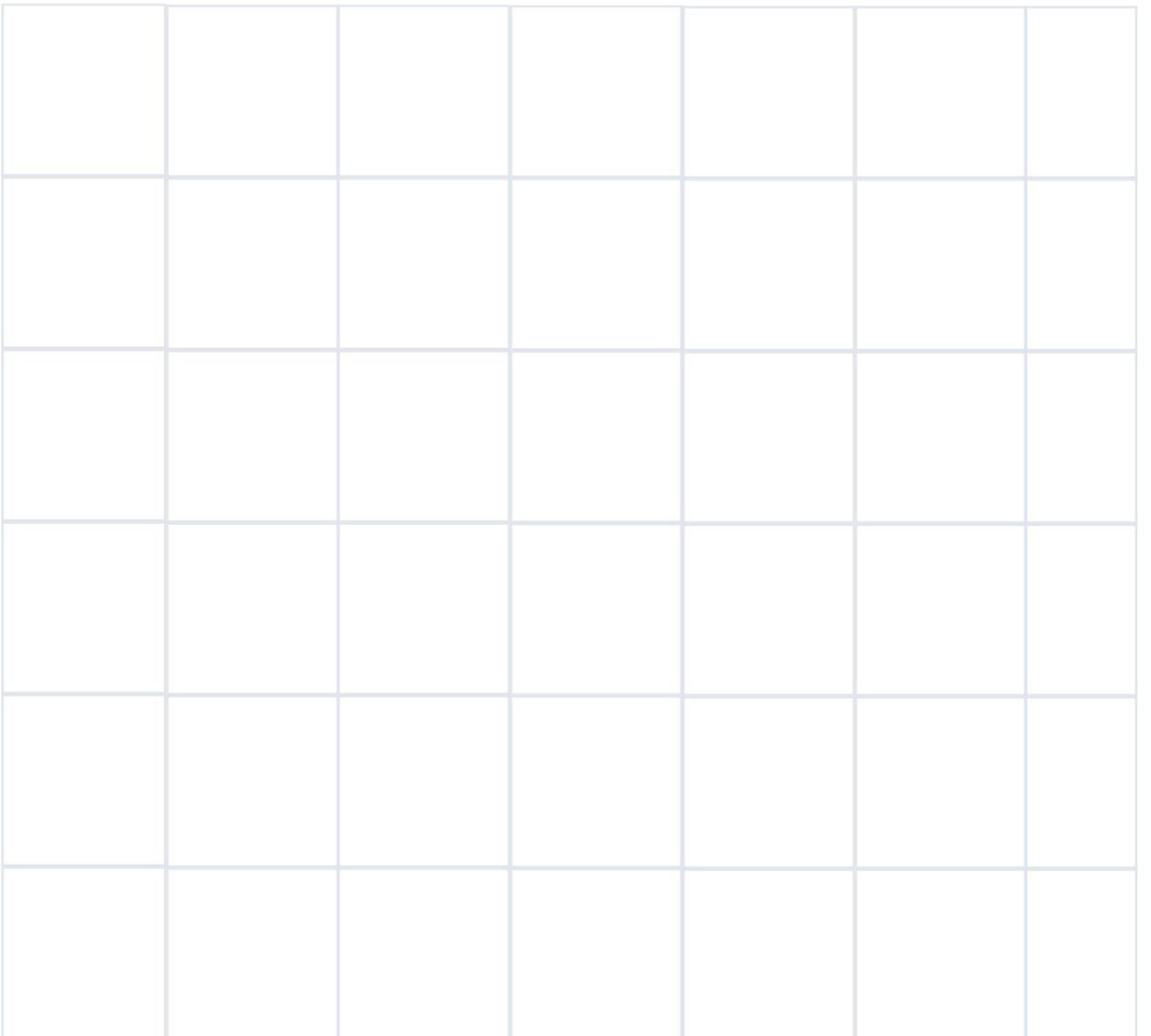
There still maybe a planet,  
But it will be quite bare!  
Barren of life as we know it  
Too late to save mankind?...  
Too late to keep the 'promises',  
'That we always had in mind!'

# Sketch Club

.....



With no sketch club or current opportunities to share an art class, here is a little sketch practice for you, with added grid to help with layout. We would love to see your work - if you would like to share your finished drawing - please hand it to your scheme manager for inclusion in a forthcoming issue. Happy Drawing, Colouring or Painting!

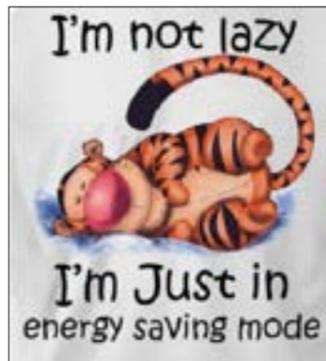


Page 21. Rugby Union Six Nations Quiz 2021. Answers:

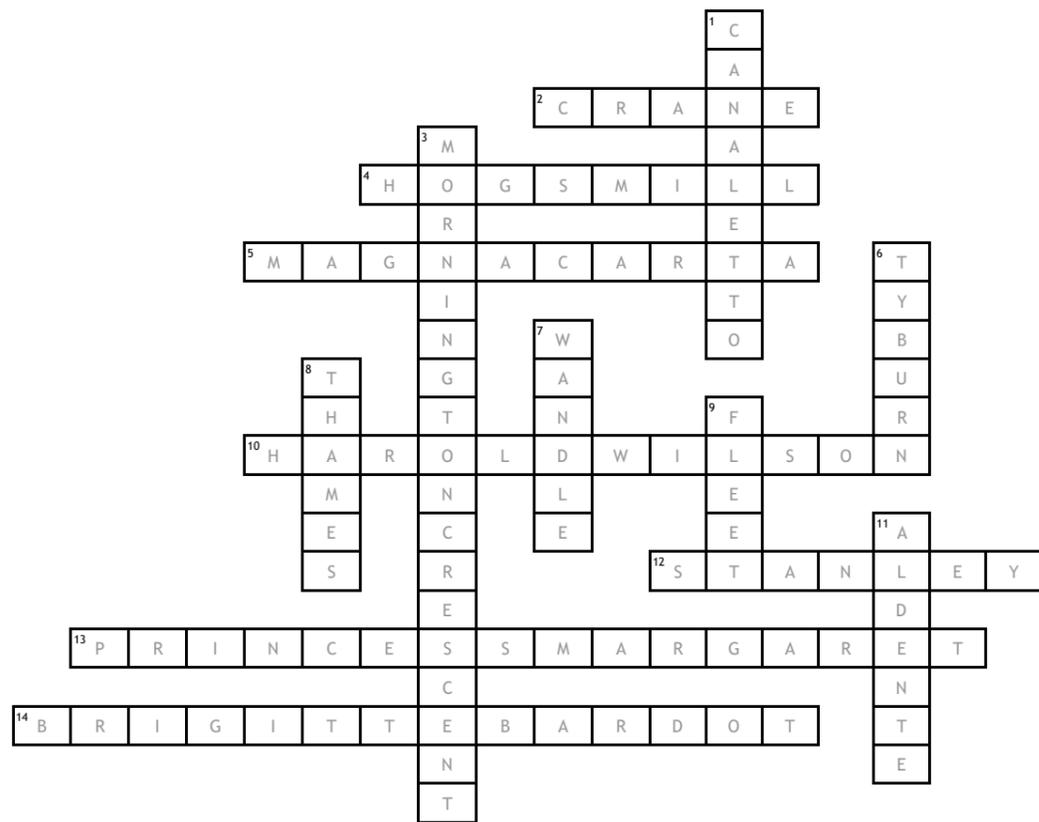
1. 2000.
2. England (England won the first 6 Nations in 2000 winning their first 4 matches but lost their 5th match to Scotland).
3. Win all their matches.
4. 5 bottles of Champagne.
5. Scotland and Italy.
6. 15 (Each team plays the other 5 once per championship giving a total of 15 per tournament).
7. Nicola Sturgeon.
8. Zero.
9. FIVE Saracen players:  
Elliot Daly (Saracens, 48 caps); Owen Farrell (C) (Saracens, 89 caps); Mako Vunipola (Saracens, 63 caps); Maro Itoje (Saracens, 44 caps); Billy Vunipola (Saracens, 57 caps); Jamie George (Saracens, 55 caps).
10. Lensbury Club, Teddington.

Q: Why did the scarecrow get a promotion?

A: Because he was outstanding in his field!!



Answers to last week's crossword- February ONE 2021



Wordsearch: Things That Make You Happy

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

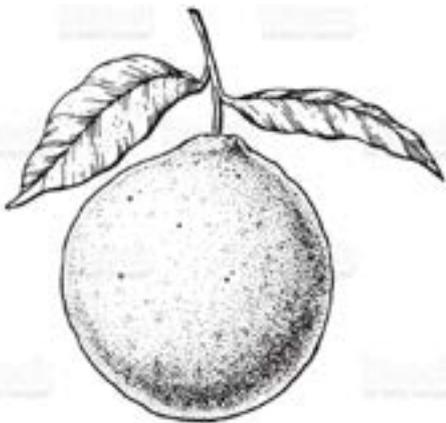
- MEMORIES PAMPER JOURNAL BUBBLEBATH HOLIDAY  
 BAREFOOT BAKING GIFTS APPRECIATION CUDDLE  
 KINDNESS SUNRISE SLEEP LAUGHING  
 NAP MUSIC FLOWERS EXERCISE

## Poetry Corner by Nigel Davis



Wendy Cope is a very popular modern poet. Her wryly observational and sometimes satirical poems (often at the expense of men, watch out chaps!) are very pleasant and easy to read. She is also brilliant at parody.

I do like this particular poem. It makes its points very simply and gently, without being relentlessly upbeat (the words “just lately”, and “it’s new” hint at recent past unhappiness). Little things can mean a lot, don’t be a miseryguts, take your happiness when and where you can find it. These are the messages of this little poem. It’s good advice.



### The Orange

by Wendy Cope

At lunchtime I bought a huge orange –

The size of it made us all laugh.

I peeled it and shared it with Robert and Dave –

They got quarters and I had a half.

And that orange, it made me so happy,

As ordinary things often do

Just lately. The shopping. A walk in the park.

This is peace and contentment. It’s new.

The rest of the day was quite easy.

I did all the jobs on my list

And enjoyed them and had some time over.

I love you. I’m glad I exist.