

Welcome to your Almshouse News

DURING CORONAVIRUS
LOCKDOWN 2021

Puzzles

Recipe

Poetry

Crossword

Reading &
Reflection

Gardening Tips

Quiz

Anagram

Brainteasers

Sketch Club



rawpixel



STAY AT
HOME

PROTECT THE NHS

♥ save lives

Contents

.....

Letter from the Chief Executive	3
Past Christmas Events	4-7
January Calendar	8-9
News	10
Reading & Reflection	11
Norman's Quiz	12
Favourite Poem	13
Health & Wellbeing	14-17
Crossword	18-19
Gardening Tips	20
Brainteasers	21
Recipe	22
Anagram	23
Sketch Club	24 -25
Answer page	26
Wordsearch	27
Poetry Corner	28

Credits

.....

Editor: Juliet Ames-Lewis
Design: Chantal Richards

Letter from the Chief Executive

.....



Dear All,

We had such high hopes for 2021! Just as we were about to go to print for this edition of the AH News, the government announced the new National

Lockdown. Here we go again....

However, there is light at the end of the tunnel this time as the Pfizer and AstraZeneca vaccines are rolled out. Some residents have already had their first dose of the vaccine and I hope that many more of you will have a call from your GP in the coming days and weeks for your first dose. The government said that it hopes that by mid-February everyone in the top 4 priority groups will have had their first vaccine dose, which includes all over 70s and thus the majority of our residents. However, even after vaccination, you could still be a carrier of Covid- 19 and therefore all the government rules continue to apply to everyone, whether you have been vaccinated or not. The government has also announced that there will now be a 12-week gap between first and second doses.

The Prime Minister said in his announcement that the new variant of Covid-19 is 50-70% more transmissible than the previous strain and therefore, until the vaccine has been rolled out to a large proportion of the population, we all need to be extra vigilant and cautious and comply with the government's rules.

Letter from the Chief Executive - ALMSHOUSE NEWS

As in the previous two lockdowns, we will provide as much support and help to you all as we can. Staff will be working partly from home and partly in offices on a shift pattern but will be minimising journeys and contacts with each other and residents, in order to keep everyone safe. There will be some staff presence around the estates but the majority of contact between staff and residents will be by phone. Please call your Scheme Managers if you need help or support. They will also be checking in with you all. Everyone who is in the clinically extremely vulnerable group is being advised to shield again and advised not to leave their home at all except for medical appointments.

We have a number of our wonderful volunteer shoppers ready and willing to shop again, so please let your Scheme Managers know if you need shopping help. We will prioritise those who are shielding, those who have no other shopping help and who are unable to shop themselves.

Staff will only be able to enter your almshouse for a medical or maintenance emergency. With a medical emergency, if possible staff need to remain outside. The usual on-call rota for Scheme Managers continues, along with up with Careline. Please do not hesitate to call for help if you need it.

Please also remember that the government urges everyone to continue

to attend all medical appointments. If you are unwell, please seek help as usual from your GP or 111.

Support bubbles can continue for those of you who have set one of these up. Laundries will remain free for residents to use – please ensure you abide by the 1 person at a time in the laundries rule and sanitise the machines, door handles etc carefully after use. Guest Rooms will remain closed.

Refurbishment work in empty almshouses will continue. We will only be able to attend to emergency work in occupied almshouses – please report emergencies as normal to your Scheme Manager. If you have a non-emergency maintenance issue, please also report it to your Scheme Manager and we will log it and attend to it after lockdown ends.

We will keep going with the Almshouse News, fortnightly if we can, and I would welcome contributions from residents – articles, ideas of how to keep occupied, quizzes, things to raise spirits, art work, favourite prose or poems (see page 13), whatever you think your fellow residents would enjoy!

I send you all my very best wishes – we've done this before, we can do it again! Take care and stay safe,

A handwritten signature in blue ink that reads "Julie". The signature is written in a cursive style and is underlined with a single horizontal stroke.

Christmas Celebrations - A Celebration of Light and Hope at St Mary Magdalene's Church





A CELEBRATION OF LIGHT AND HOPE

by Leslie Cook

The evening of Thursday 17 December saw a hundred or so residents and associates seated, socially distanced, in St Mary Magdalene's Church. A Celebration of Light and Hope for Christmas 2020 was about to begin, serenaded beforehand by Norman May (Wright's Almshouses) and his merry band of musicians "The Avenukes" whilst we settled in.

After a welcome by Juliet, in which she thanked all concerned for so readily giving of their best in these lockdown times and followed by an opening prayer, a soprano voice



sang out and filled the church with the silver sound of "Once in Royal David's City". How reminiscent of the annual Christmas service from King's College Cambridge, this hymn being particularly evocative.

There followed the first reading by Peter Marr, Chair of the Trustees, and further readings by residents interspersed with music from the choir and solo flute whose celestial sound filled the air with a sense of wonder. Prayers of intercession were led by Reverend Wilma. After its refurbishment the church looked absolutely magnificent – the underfloor heating adding to its welcoming atmosphere! The acoustics truly allowed the choir of eight to sound more like a choir of twenty eight and it was thrilling to hear such a volume of music filling the high spaces... and when the organ roared forth! Enough to make the flames in the candles quiver. All credit and thanks to Alex Wright, Music Director, for his outstanding leadership.

Thanks are due to Reverend Wilma for her hospitality and to Reverend Stuart and the team for organising such a wonderful evening. The service was so uplifting and I am sure that all departed with happiness in their hearts and a glimmer of better thing to come.

ALMSHOUSE NEWS - Past Events



Past Events- ALMSHOUSE NEWS



January Calendar - National Events



Burns Night is annually celebrated in Scotland on or around 25 January.

It commemorates the life and work of Robert Burns, who famously wrote *Auld Lang Syne*. Haggis, neeps and tatties anyone?



Veganuary – launched in 2014, is a

VEGANUARY



month-long campaign asking people to adopt a plant-based diet throughout January. Since the beginning of this campaign it has swayed over one million people in 192 countries to try veganism in January – and often beyond!

The Charity's mission is to inspire and support people to try vegan, drive corporate change and create a global mass-movement championing compassionate food choice, to protect the planet, animal welfare and human health.

If you fancy signing up to the challenge or want some more information there is a wealth of information online and many recipes: <https://veganuary.com/> or ask your scheme manager for more info.

Dry January – Another national campaign, which encourages millions of people to have a 'dry January' and avoid alcohol for the whole month. Sign up for better sleep, healthier minds and bodies and more money to name a few benefits!

The campaign is run by the charity Alcohol Change UK. Their aim is to create a society free from the harm caused by alcohol and encourage people to live a healthier life without dependence on alcohol.

If you are interested and want more info or to sign up, you can do so online via alcoholchange.org.uk or if you are not online, ask your scheme manager.



January Calendar



Big Energy Saving Winter

Running throughout winter, this national campaign aims to help people cut their fuel bills and get all the financial support they are entitled to, and raise public awareness about how to switch energy supplier, make homes more energy efficient and access discounts.



The campaign is a partnership between Citizens Advice, the Energy Saving Trust and Department of Business, Energy and Industrial strategy with the support of numerous other organisations and charities.

If you want to ensure you are getting the best deal you can contact:

-your scheme manager

-or AGE UK Richmond (020 8878 3073)

-or do it yourself online via <https://bigenergysavingwinter.org.uk/>

Free leisure course taster for Richmond residents

via Richmond and Hillingdon Adult Community College (RHACC)

RHACC is offering one free taster course to all Richmond residents, from now till the summer term. There are over 150 taster courses available, including photography, languages, cookery and baking, general exercise, digital skills and wellbeing. The full list of courses available are at RHACC website.

If you are interested, registration is via website or by phone: or give them a ring.

Website: <https://www.rhacc.ac.uk/free-courses-richmond-residents-0>

Phone: 020 8891 5907

If you are not online, please speak to your scheme manager who can assist you.

Coronavirus Winter Support Fund



by Juliet Ames-Lewis

The Coronavirus Winter Support Fund (food, utilities and winter essentials) has been set up

to support Richmond residents who may need additional assistance over the winter months. The aim is to give vulnerable households peace of mind over the winter months during the pandemic, by helping those who need it to have food on the table and other essentials.



About the fund

The Coronavirus Winter Support Fund was established in December 2020 and will be used by Richmond Borough and other local organisations to provide support to vulnerable residents through the winter months. **The scheme will run from December 2020 to 31 March 2021.**

The funding will be used to provide Richmond households with food, support to pay for heating, lighting, water and other winter pressures over the coming months.

To be eligible to access support you will need to be a resident of the London Borough of Richmond upon Thames and one or more of the following eligibility criteria must apply:

- You have insufficient funds to access nutritional meals between December 2020 and March 2021
- You have insufficient funds to be able to keep your home warm, electricity on and access to water for cooking
- You have insufficient funds to be able to afford hygiene products, warm clothing, soap, blankets, boiler service/repair, access to equipment including fridges, freezers, ovens, etc.

Sign up for updates

If you would like to be kept informed about when the grant is available for applications, go to:

https://richmond.gov.uk/winter_support_grant

Complete the form online and you will get an email when applications open.

Please **ask your scheme manager** for help if you cannot access the internet.

Reading & Reflection

by Chantal Richards

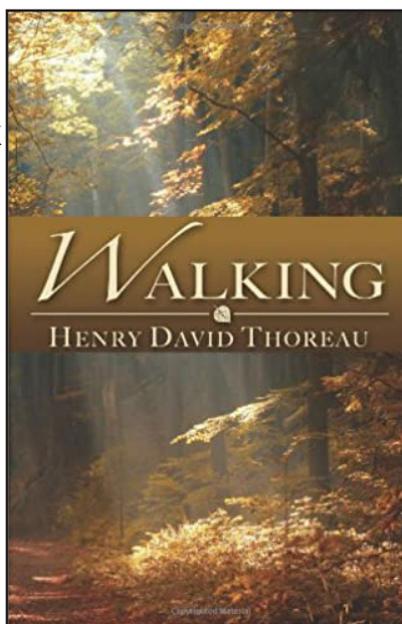
Most New Year's resolutions tend to be about bodily health, but the most meaningful ones aim at a deeper kind of health through the refinement of our mental, spiritual, and emotional habits — which often dictate our physical ones.

In a testament to young Susan Sontag's belief that rereading is an *act of rebirth*, there is benefit in looking again at your bookshelf. Is there something that might awaken your mental or spiritual habits?

I am a big fan of walking - alone - slowly. This way I can absorb what's around me, take photographs, watch others, find nature and all its beauty. Even in lockdown, a small short walk alone can revive your mind.

To inspire your walking, this book comes highly recommended
**HENRY DAVID THOREAU:
WALKING**

No one has made a more compelling case for the bodily and spiritual value



of walking — that basic, infinitely rewarding, yet presently endangered human activity — than Henry Thoreau.



In his 1861 treatise *Walking*, Thoreau reminds us of how that primal act of mobility connects us with our essential wildness, that spring of spiritual vitality methodically dried up by our sedentary civilization. It is essential though to let go of immediate stresses and be in the moment of where you are walking:

"I am alarmed when it happens that I have walked a mile into the woods bodily, without getting there in spirit. In my afternoon walk I would fain forget all my morning occupations and my obligations to Society. But it sometimes happens that I cannot easily shake off the village. The thought of some work will run in my head and I am not where my body is — I am out of my senses. In my walks I would fain return to my senses. What business have I in the woods, if I am thinking of something out of the woods?"

Henry David Thoreau (1817-1862)
Walking is available on Amazon for £3.70. Or you can borrow my copy!

This article has been edited from work by Maria Popova <https://www.brainpickings.org>

Quiz for the Not So Young

by Norman Bramfitt

1. Actress Elizabeth Taylor was married eight times (twice to Richard Burton). Who was her first husband who she married in 1950 at the age of 18?

2. In a long running UK sitcom, by what name was 'Bill Simonite' better known?



Elizabeth Taylor

3. Which London underground line has the most stations?

4. Which actor played Phileas Fogg in the 1956 version of *Around The World in 80 Days*?

5. What name is given to a 5 cent coin in the USA?

6. Who was the first ever presenter of *University Challenge*?

7. Which author wrote the 1936 novel *Gone with the Wind*?



8. Which American male singer had a UK hit in 1956 with *Cool Water*?

9. In which seaside town was the sitcom *Fawlty Towers* situated?

10. In music, how many crotchets are equal to one semibreve?

11. What were the Christian names of the three Darling children in *Peter Pan*?



Peter Pan

12. Which North Yorkshire market town has given its name to 57 places around the world?

13. Lord Snooty was a fictional character in which comic?

14. What can run but never walks, it has a mouth but never talks?

15. What word can mean 'a short period of time' or 'a brand of envelope'?

Answers on page 26.

Favourite Poem by Gerry Wilson



Blue Lament by Christopher Logue

In the fifties and early sixties, the “beat” culture of American disaffection was blowing a new zeitgeist through art, literature and film inspired by such luminaries as Alan Ginsburg and Jack Kerouac.

Whist cool expressions became embedded in teenage patois, “dig it daddio,” here in Britain there was a conservative attempt to fuse modern jazz with poetry. These co-habitants did not always enjoy a happy relationship, the one tending to get in the way of the other. However, one person who I think made a success of this collaboration was Christopher Logue-writer, artist, lifelong pacifist and for those of us who subscribed to *Private Eye* the editor of “Pseuds Corner.”

His light but rasping voice seemed to find the median between song and recital. His recordings with the Tony Kinsey Quintet are a favourite listening and *Blue Lament* is a reflective and wistful poem on lost love with the seemingly impossible notion that: “a day will pass in which I shall not think about her -even once”.

These are just a few lines taken from *Blue Lament*. The audio recording of this and other poems can be found online, on YouTube and is also available on CD.

The rain we watched last fall
Has it fallen this year, too?
She wanted me
And at time it was her I wanted
Yet it has gone, that want
And what is more
I do not care
It is more terrible than my despair
Over losing her
The night
Always vast
Grows enormous without her

Does it matter I loved
Too weak to keep her
The night ignores such trivial disputes
She is not here
That’s all
Nevertheless
I shall forget her
And alack as if by accident
A day will pass in which I shall not
think about her
Even once
And this the last line I shall write her

If you would like to share a favourite novel, poem or song, please forward to your scheme manager.

Arthritis Exercises



by Gennie Thompson

Exercise and lifestyle tips for managing arthritis pain.

Although arthritis can make exercise feel unachievable at times, between flare ups making time for movement is crucial in managing pain. Regular exercise can help reduce joint stiffness and inflammation, help maintain bone strength, improve balance and flexibility, strength, circulation and improve overall physical and mental health and wellbeing.

When starting to exercise it is important to listen to your body, only do what feels right for you, pushing yourself further than your capabilities does not help. Try to ensure you have no expectations about your achievements. The doing is what matters!

It is important to try to include aerobic exercises such as walking, range of motion movement exercises and strengthening exercises. Pilates, tai chi and yoga are among many other exercise types that can be adapted specifically to help manage arthritis. Walking is a fantastic aerobic and bone strengthening activity. Trying to

gradually increase the distance you walk over several weeks or months will not only benefit your arthritis pain, but also your overall wellbeing and mood.

Here are some easy, arthritis targeting exercises that you can try at home, aim for daily practice if able. Try to aim for 10 repetitions of each exercise. Make sure to breathe deeply while practising the exercises and adapt guidance to your needs and preference.

Hand & Wrist pain

Fist clenches – reach your hands out in front of you, palm facing up and slowly ball your hand into a fist, if you feel able give your fingers a squeeze and hold for 5 seconds or as long as you can. Release, straighten hands out and repeat.

Wrist circles and bends – lift your wrists out in front of you and slowly wave your fingers in circles, do 5 repetitions clockwise and the same anticlockwise (or as many as you feel able). Lay your left arm out in front of you with your palm facing the sky, trying to keep your fingers straight if comfortable, gently push your open palm with your right hand away from

your body. Push so as you can feel pressure but not pain and hold for five seconds. Now push your hand forward towards your body with your right hand on the back of your left hand. Hold for five seconds. Alternate hands. Note - You can also bend each finger individually using this method and bend your fingers forwards and backwards keeping them straight and together, as is comfortable.

Finger 'O' - Simply make an 'O' shape with your hands, hold your arm in front of your body, bend your thumb and hold your fingers together and gently try to reach your index finger to your thumb. Note – this can be difficult for those with severe arthritis but mobility will improve with practice.

Finger lifts – lay your hands flat on a table or similar surface, slowly, individually, reach each finger upwards as high as you can whilst keeping other fingers flat on the table, hold for 10 seconds. Release.

Foot and leg pain

Ankle circles - lift your foot off the ground to a position that is comfortable for you and twist your ankle in a circle, clockwise and anti-clockwise for 6 repetitions.

Toe squeezes –sit up straight and lift your feet so your heels are flat on

the floor, then lift your toes up and squeeze them together as much as possible, hold for 10 seconds and release.

Hip and knee pain

Seated stretch – sit on the floor with your legs extended straight in front of you, lift your arms up aiming for shoulder height and while keeping your back as straight as possible, gently lean forward as far as is comfortable for you. Hold for five seconds and return to centre.

Step ups – to do this exercise you can use a staircase or a step, ensure you have something to hold onto or adapt it to a seated exercise by using a footstool and completing the stretch in a chair. Lift one leg onto the step, then the other. Step backwards off the step and repeat.

Knee bends – sit on the floor, bed or a sofa with your legs straight in front of you. Gently bend one knee up keeping your foot flat on the floor till you can feel the stretch and hold for five seconds, slowly lower your leg and repeat alternate side.

Knee towel pulls – sit on the floor or bed with your legs outstretched in front of you, put a rolled up towel under one knee. Use your leg to push down on the towel as if you are straightening

Arthritis Exercises continued..

your leg, then point your foot and toes towards you. Try to get your heel to lift off the ground. Hold for 5 seconds. Alternate legs.

All-rounder exercises

Chair sit to stand: sitting on a chair with arms, position your feet hip width apart and put your arms on the side of your chair and gently push yourself up to standing, try to do this in a slow, controlled manner. Stand for 20 seconds taking deep breaths using your stomach. Using your hands to support you on the arms of your chair, gently lower yourself back to seated position.

Shoulder rolls and push ups: start by lifting your shoulders up towards your ears and rolling them down and round, alternate direction. Then lift your shoulders towards your ears, hold for five seconds and drop.

Arm lifts – lift your arms so they are straight in front of you and hold, then slowly raise your arms as high as you can and hold for five seconds. Then lift your arms and reach them out to your side, reach your arms as high as you can and hold for five seconds.

Head turns – sit up straight and slowly turn your head to the left side, when you can feel the stretch but it is comfortable, hold for 10 seconds and keep your gaze straight. Return to centre and repeat process with alternate side.

Hip lifts – lie down flat on the floor or bed, bend your knees up keeping your feet hip width apart flat on the ground. Have your arms lying down by your sides, palms facing down so you can use them to support you lift your hips up as much as you can and hold for five seconds. Gently release to the ground and straighten your legs.

Isolated march – this is an exercise to do whilst waiting for the microwave, stand straight with your feet hip width apart in front of your kitchen counter and hold on to this. Then raise your left knee as high as possible, then alternate.

House Weight-lifting – no I don't mean finding a dumbbell but resistance training does strengthen muscles and protect joints but can be personalised to your needs and lifestyle. ie cooking with a can of beans, try lifting it up and down in front of you a few times. Reading a good book? Do the same with that, be

inventive with your 'weightlifting' but only if you feel able.

Lifestyle tips to help with managing arthritis pain

Listen to your body – make sure you rest when you need to and do not push through arthritis pain as this can prolong the symptoms and worsen the impact.

Aim for good quality sleep -poor sleep can worsen arthritis-related aches and pains. If you suffer from poor sleep you can try avoiding caffeine and stimulating activities in the evening time, relaxation activities such as visualisation or a warm shower and making sure your bedroom is cool and dark.

Eat a healthy, balanced diet – try adding more fruits and vegetables to your diet, which help to supply your body with many vitamins and minerals including calcium and vitamin D, essential for strong bones, along with having a range of anti-inflammatory properties. Try adding a dash of turmeric and black pepper to meals, the black pepper releases the active ingredient curcumin in turmeric which is known to have anti-inflammatory properties that can ease arthritic pain. Increase the amount of other herbs and spices you use, garlic, onions and leeks are known to strengthen bone

cartilage and have anti-inflammatory benefits so are beneficial for our joints.

Sitting quietly – taking time out for yourself just to breathe and be mindful is also known to improve our body's immunity, ability to manage and cope with the symptoms of arthritic pain. Try for one week taking 5 or 10 minutes at some time in the day to sit comfortably and just be aware of your surroundings.

Drink more – sadly I'm not talking about alcohol, but ensuring good hydration is important so our bodies can defend themselves and function properly. Beverages that can be beneficial to helping reduce arthritic inflammation include a small glass of red wine (for its anti-inflammatory properties), green tea for its anti-inflammatory effects and milk or vitamin D enriched drinks for strong bones. The best fruit juices for joint well-being include orange, tomato, pineapple, carrot, grape and cranberry.

I hope you have found at least some of this useful and thank you for reading! If you have a particular exercise or coping mechanism that helps you manage your arthritis and you would like to share this with our community then please do email me on g.thompson@richmondcharities.org.uk

New Year Crossword 2021



A crossword puzzle grid with 19 numbered starting points for words. The grid consists of white squares for letters and grey squares for empty space. The numbers are: 1 (top right vertical), 2 (top middle vertical), 3 (top left vertical), 4 (top left horizontal), 5 (top middle horizontal), 6 (middle left horizontal), 7 (middle left vertical), 8 (middle left horizontal), 9 (middle right vertical), 10 (right vertical), 11 (middle horizontal), 12 (middle vertical), 13 (middle left vertical), 14 (middle horizontal), 15 (middle horizontal), 16 (middle vertical), 17 (bottom left horizontal), 18 (bottom middle horizontal), and 19 (bottom horizontal).

Across

4. What is the main ingredient of paella?
5. Which longest reigning monarch will be 95 this year?
8. Which country became the first to make its public transport free to use?
11. What month is the American Super Bowl normally held?
14. The Doobie Brothers will be going on tour this year. Which US state are they from?
15. Where will the 2021 Olympics be?
17. What does the S stand for in NASA?
18. Devils on horseback is traditionally prunes wrapped in what?
19. What is the surname of Manchester City's football manager?

Down

1. What is the name of Dennis the Menace's dog?
2. What is Boris Johnson's baby son called?
3. Who will be inaugurated as the 46th USA President later this month?
6. In which month in the UK is the longest day?
7. Which American celebrity donated \$1million to fund research into Covid-19 vaccine?
9. Mycophobia is the fear of which food?
10. Which international company will be using drones this year for deliveries?
12. A snake-like fish
13. A bread roll in the shape of a ring
16. American Pie was a seventies hit for which artist?

Answers on page 26.

Gardening Tips

This is a new regular column to share gardening and horticultural tips! Please feel free to email in your top tips to: g.thompson@richmondcharities.org.uk

Tips to keep your Christmas poinsettia happy

When it comes to poinsettia care, the two biggest considerations are room temperature and watering. As with most house plants, over-watering is more detrimental to the plant's health than under-watering.

Be sure to keep your plant out of the reach of pets as the consumption of the leaves can cause stomach discomfort.

- Your plant will be happiest kept at a temperature of around 20c in a bright well-lit spot. Don't place in direct sunlight or near draughts, however they don't mind being close to radiators.
- Keep the soil moist but not wet. Only water your plant when the colour of the soil starts to become lighter in colour – ensure there is no water pooling at the bottom of your pot.
- Remove dying leaves and stems – ensure you prune your plant regularly, removing any dead leaves. If you notice any stem rot, cut the stem back so that you can remove the dead parts.

Fascinating Facts!

Marine life in the Thames

In the early 19th century, growing pollution and habitat loss combined to destroy all fisheries in the River Thames. In 1960, a mammoth scheme was started to extend London's major sewerage treatment works and improve river water quality. The clean up has been internationally recognised as a success.

Today the River Thames supports at least 125 different species thanks to reformed policy and practices which have reduced toxins in the water. These include Freshwater fish (eg. goldfish, carp), Hybrid fish (roach/bream); Brackish (bass, trout) and Marine fish (anchovy, cod, dory).

More fish has meant that harbour and grey seals sometimes stop by – apparently the new year is a good time to spot them especially near Canary Wharf. More information can be found here: <https://thames-explorer.org.uk/knowledge-base/wildlife/forna/fish/>



Brain teasers



1. Before Mount Everest was discovered, what was the highest mountain in the world?

2. What can travel around the world while staying in a corner?

3. How many of each species did Moses take on the ark with him?

4. There is only one time in your life when you're twice as old as your child. When is that?

5. Sam's mother had 4 children in all. The first one was named May. The second and third were called June and July respectively. What was the fourth child's name?

6. A man was outside taking a walk when it started to rain. The man didn't have an umbrella and he wasn't wearing a hat. His clothes got soaked, yet not a single hair on his head got wet. How could this happen?

7. What can you keep but cannot share and once you share it, you can't keep it anymore?

8. What five letter word becomes shorter when you add two letters to it?

9. Where will you find roads without vehicles, forests without trees, and cities without houses?

10. What occurs once in every minute, twice in every moment, yet never in a thousand years?

11. 84% of people reading this will not find the the mistake in this A,B,C,D,E,F,G,H,I,J,K,L,M,N,O,P,Q,R,S,T,U,V,W,X,Y,Z.

12. You leave home and go to your right. You reach a corner and turn left. You reach another corner and turn left again. You reach another corner and turn left again and go home. When you get there, there is a person with a mask there waiting for you. What's happening?

Answers on page 26.

Recipe: Ethiopian cabbage, potato and carrot stew (Atakilt wat)



This recipe is great for using up the last of the Christmas veg (or to make the most of the very cheap veg in shops right now).

This is very easy to make, requiring only one pot and the frying of some onions before you stir in everything else and shut the lid.



Ingredients

For the satueed onions:

- 1 onion sliced / chopped
- 3 tbsp olive oil or other veg oil
- 2 tsp minced garlic
- 2 tsp ginger paste
- 2 tsp turmeric powder
- 2 tsp cumin powder
- 2 tsp curry powder
- 1 tsp chilli powder (optional)
- Salt and pepper to taste

Vegetables:

- 1 potato – cubed
- ½ a head of cabbage – sliced
- 3 carrots - sliced

Method

1. Using a large saucepan, heat the oil at a medium heat till hot then add onions, stir till they start turning translucent (around 5 mins), then add all spices to the mix and let infuse for around 2 – 3 minutes keeping stirring the mixture.
2. Add the vegetables, mix thoroughly with the sauce and add a splash of water, put a lid on the saucepan and leave on a low heat for 15 minutes. Check on dish and stir again, add a little extra water if needed. However – this dish shouldn't require too much additional water as the cabbage and carrot release enough liquid to cook the dish (so keep the lid on when not stirring). Continue to cook on low heat for around another 30 minutes or until potatoes are soft.
3. Season with salt and pepper to taste, serve with rice or on its own.

How Many Words?



How many words can you make from this one word:

RESOLUTION

There are 682 possible words! Here are 5 to start you off:

loonies _____

unloose _____

troilus _____

elutions _____

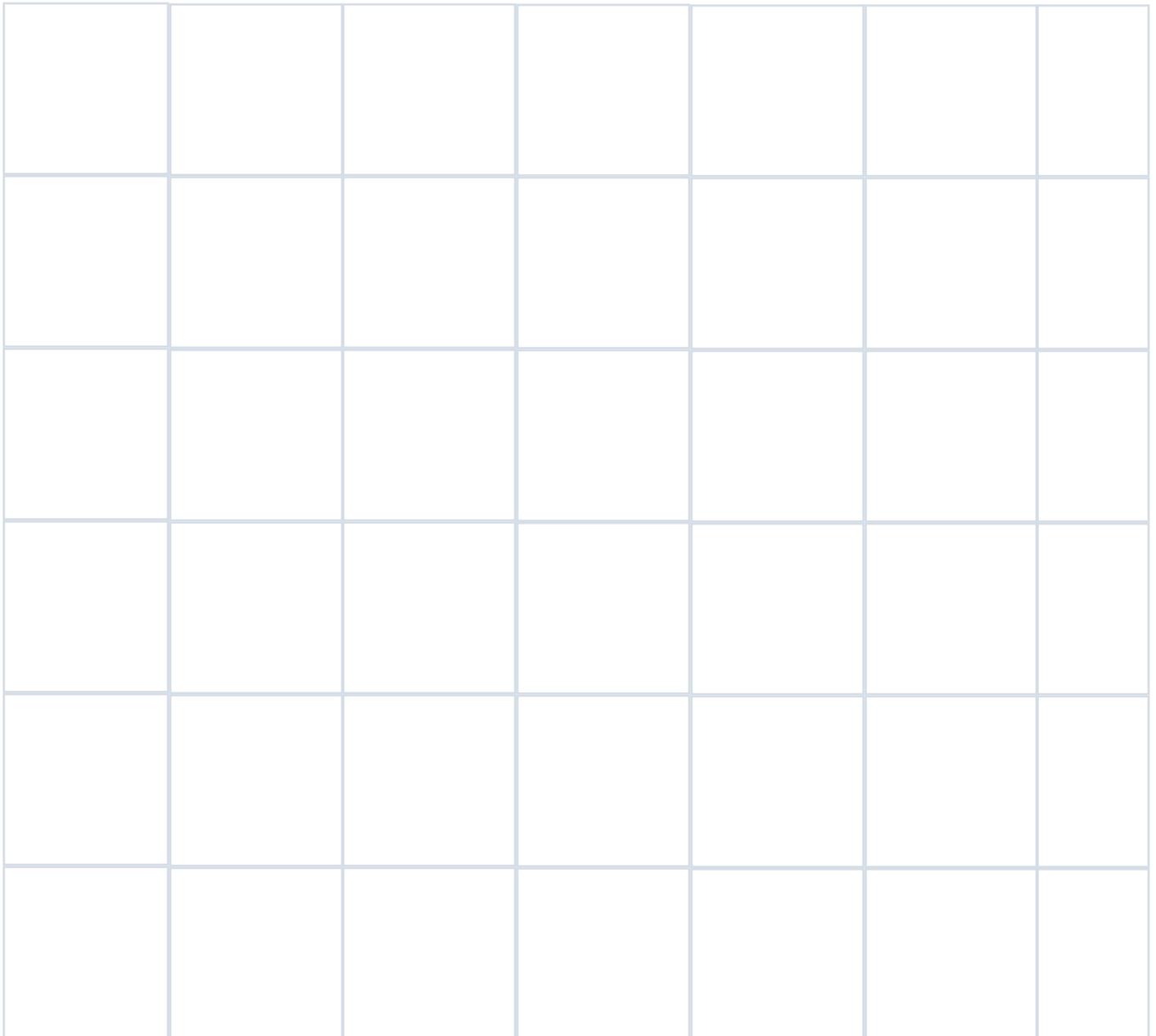
stonier _____

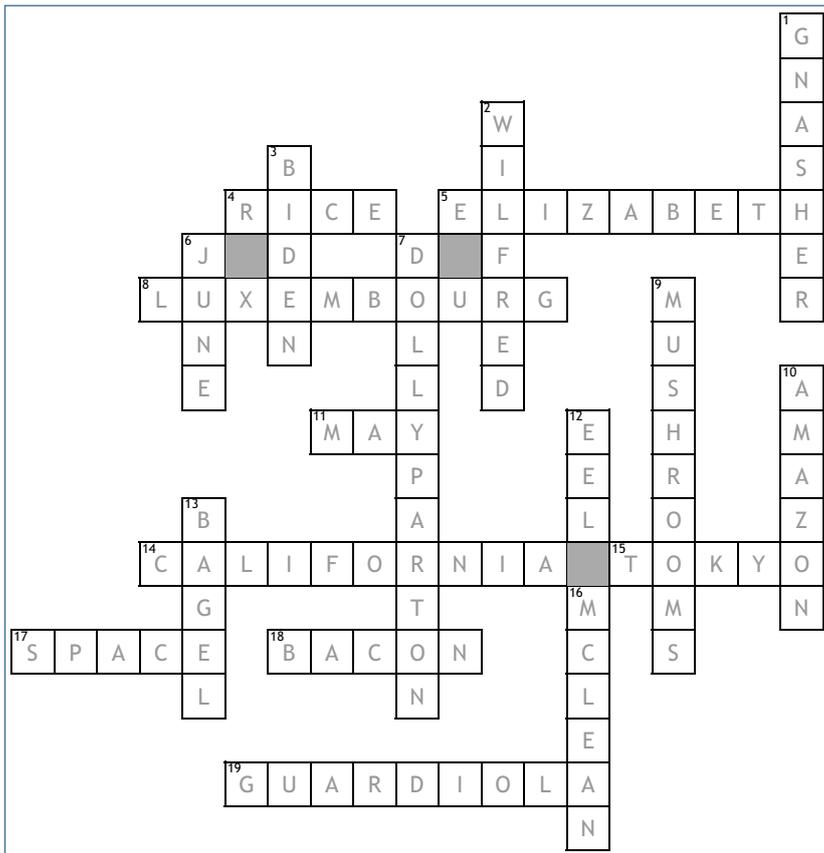




Sketch Club - ALMSHOUSE NEWS

With no sketch club or current opportunities to share an art class, here is a little sketch practice for you. I have added a 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!



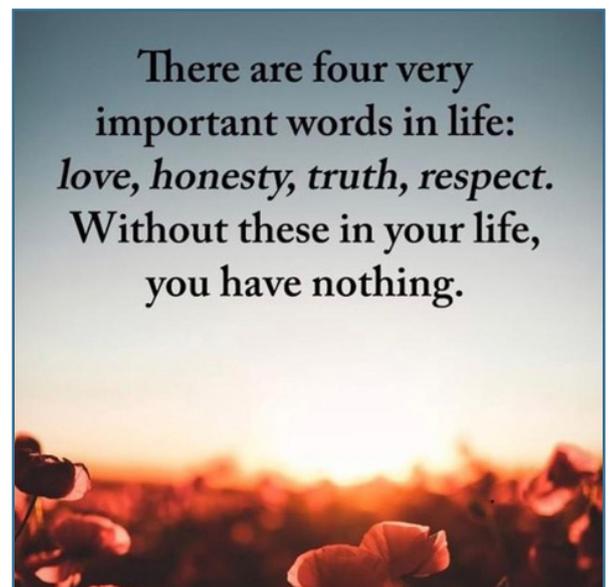


Page 12. Quiz for the Not So Young. Answers: 1. Conrad Hilton Jnr (Heir to the hotel chain). 2. Compo (Last of the Summer Wine). 3. District Line (60 stations). 4. David Niven. 5. Nickel. 6. Bamber Gasgoine. 7. Margaret Mitchell. 8. Frankie Lane. 9. Torquay. 10. Four. 11. Wendy, John and Michael. 12. Richmond. 13. The Beano. 14. River. 15. Jiffy.

Page 21. Brainteasers. 1. Mount Everest was the tallest mountain even before it was discovered. 2. A stamp. 3. None. Moses wasn't on the ark, Noah was. 4. When your child reaches the age you were when he or she was born, you'll stay "twice as old" until your next birthday. 5. Sam! 6. The man was bald. 7. A secret. 8. The word short. 9. A map. 10. The letter "M". 11. "The" is repeated. 12. You are playing baseball.

Wordsearch. Page 27. New Year Honours 2021

Sheila **Hancock**, stage and screen star
 Joe **Simmonds**, captain, Exeter Chiefs. For services to rugby union
 Michael **Landy**, artist. For services to art
 Lesley **Manville**, actress. For services to drama and to charity
 Jed **Mercurio**, writer and producer. For services to television drama
 Natalie **Clein**, cellist. For services to music
 Toby **Jones**, actor. For services to drama
 Anthony Tudor **Browne**, children's author & illustrator, for services to literature
 Dave **Lewis**, former Tesco boss
 Graham **Vick**, opera director.
 Pat **McGrath**, most influential makeup artist in the world.
 Lewis **Hamilton**, Formula 1 champion
 Roger **Deakins**, oscar-winning cinematographer
 Nina **Wadia**, former EastEnders actress
 Craig **David**, singer
 Geoffrey **Cox** QC, for parliamentary and political service



Wordsearch: New Year Honours 2021

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

COX	HAMILTON	BROWNE	MANVILLE
DAVID	MCGRATH	JONES	LANDY
WADIA	VICK	CLEAN	HANCOCK
DEACONS	LEWIS	MERCURIO	SIMMONDS

For full names of New Year Honours listed here, see page 26

Poetry Corner by Nigel Davis



I doubt if any of the great poets has written more absolute and utter drivel than William Wordsworth (one of his poems starts with the deathlessly dreadful line: "Spade! With which Wilkinson hath tilled his lands..." Dear God). But his bad poetry was no doubt a necessary part of his great poetry. Is there anything to surpass, for example, his lines written above Tintern Abbey or the early sections of the Prelude?

To Wordsworth, the relationship between human beings and nature was of the essence. To later po-faced critics such as Ruskin, Wordsworth was an object of scorn in thinking that the natural world, in every sense, could be alive and have feelings. To those critics, presumably, the imagery of the Psalms or of the prophets such as Isaiah in the Old Testament, meant nothing. To them, how could the hills of the north rejoice or the mountains and valleys sing? But to Wordsworth they could.

I came across this little poem of Wordsworth, when browsing recently through his collected poems. It is by no means a great poem (the metre is uneven; the adjective "sovereign" is clunking) though the last lines are good. It was written after an evening walk with a friend (much of Wordsworth's early poetry formed in his head as he walked the hills and valleys of the Quantocks in Somerset and the mountains of the Lake District in Cumberland). But all the same I think that it captures Wordsworth's passionately sincere and spontaneous response to the natural world around him. In our modern urbanised, technological and materialistic world, perhaps we too should try to respond to the nature still around us; if only we would look, would listen, would learn. Surely Wordsworth had then, and has now, a point.

Impromptu By William Wordsworth

The sun has long been set,
The stars are out by twos and threes
The little birds are piping yet
Among the bushes and the trees;
There's a cuckoo, and one or two thrushes,
And a far-off wind that rushes,
And a sound of water that gushes,
And the cuckoo's sovereign cry
Fills all the hollow of the sky.
Who would go "parading"
In London, and "masquerading,"
On such a night of June
With that beautiful soft half-moon,
And all these innocent blisses?
On such a night as this is!