

Welcome to your Almshouse News

Recipe

Lockdown
Memories

News

Poem and
Illustration

DURING CORONAVIRUS LOCKDOWN

Lockdown
Psalm

Poetry

WELCOME

History Quiz

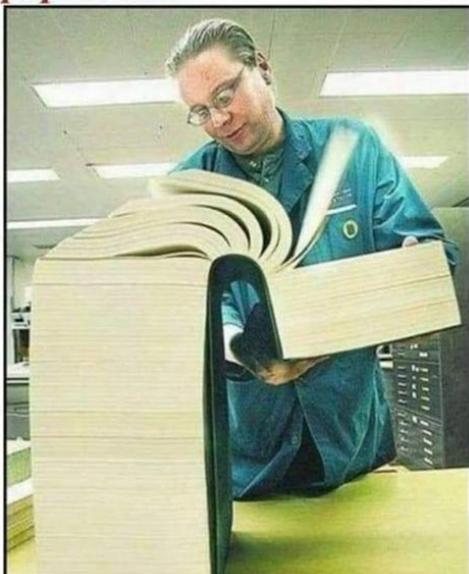


Does anyone know if
The hairdresser or
Dentist is open
For godsake please
tell me 🙏



I JUST FOUND £20
IN TESCO'S CARPARK
I THOUGHT TO
MYSELF WHAT
WOULD
JESUS DO?
SO I TURNED IT
INTO WINE

*Just letting you know that
the book, "Understanding
Women" is now out in
paperback*



I need to social
distance from
the refrigerator
so I can flatten
my curve.

**STAY
ALERT** 

**CONTROL
THE VIRUS**

 **SAVE
LIVES**

Garden Benches



by **Juliet Ames-Lewis**

During this beautiful weather, I am delighted that so many residents are taking full advantage of using the lovely gardens at all our almshouse estates.

However, I would like to please remind everyone that the gardens are there for all residents' enjoyment. The benches supplied in our gardens are for all residents to use – residents can sit on any bench they choose. The benches are not reserved for those residents who happen to live in the almshouses closest to them.

Who knows, if everyone decided to sit on a different bench each day (obviously keeping to the 2m social distancing rules), you might meet 'new' residents that you haven't talked with before, Some residents want to sit on a bench in the sun; others in the shade, so please be welcoming to others who may come and sit on a bench where you usually sit. Please do not use the benches as sun loungers.

When lockdown eases, all the benches and tables will be treated with preservative.

Contents

News	2
Recipe	3
News: Our Shopping Helper	4 & 5
The Book of Psalms	6
Lockdown Psalm	7
History Quiz Continued...	8
Lockdown Memories	9
Answer Page	10
Illustration by Suszie	11
Poetry Corner	12



Credits

Editor: Juliet Ames-Lewis

Design: Chantal Richards

Recipe: Sugar-Free Lemon Poppy Seed Cupcakes



by Lorraine Bradley

Here is a recipe that may suit some residents, as it's sugar-free.



Ingredients:

240g self-raising flour

30g poppy seeds

Grated rind of 2 lemons

165g unsalted butter

2½ tablespoons honey

100g Greek yoghurt

2 eggs

75g cream cheese

2 tablespoons maple syrup

Zest of a lemon

Method:

Preheat oven to 180c, 160c fan or gas mark 4.

Line a 12 hole muffin tin with 10 paper cases.

Sift flour into a bowl and stir in 20g of the poppy seeds and the grated lemon rind.

Melt together the butter and honey then leave to cool for a few minutes.

Whisk together the yoghurt and eggs, then add the butter & honey mixture. Pour the wet ingredients into the dry and mix well.

Divide between the 10 paper cases and bake for 15-20 minutes, until risen and lightly golden.

Remove from the tin and allow to cool on a rack.

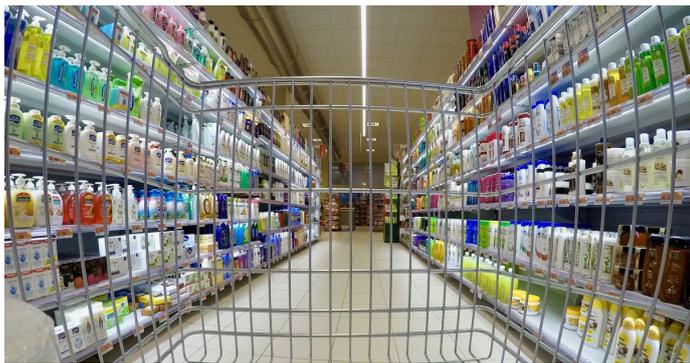
To decorate, mix the remaining poppy seeds with the cream cheese and place a dollop on top of each cupcake. Drizzle the maple syrup and sprinkle over the lemon zest. Enjoy !

Our Shopping Helper - Mindy Burrows



by Mindy Burrows

Throughout the coronavirus pandemic everyone has had to overcome great obstacles, people have learnt how to adapt to the rarest of situations. For me the real learning experience came in the form of my role as a shopper for the Almshouses.



Firstly, I learnt to overcome the challenges of shopping for multiple people. When everyone was being told to do their utmost to stay at home, going to the supermarket with a two A4- page shopping list for multiple people felt very rebellious ten weeks ago (despite it being the exact opposite of that). I felt uncomfortable with the fullness of my trolley or how long I took at the self-checkout when getting several

separate shops. However, I soon learnt people really don't care. Everyone else is too busy grumbling about the lack of toilet roll on the shelves to notice I'm scanning my fifth can of rice pudding. Furthermore, it is pretty clear why I have such a large shop and why I'm taking so long to pay for it and other shoppers are very sympathetic.

'identifying the best fruit and vegetables by sight alone'

Knowing it is imperative to have as little contact with people as possible to minimise the risk of transferring germs, I try my hardest not to touch the produce more than necessary. This means I have learnt another vital skill during my shops: identifying the best fruit and vegetables by sight alone. I am now able to look at a crate of potatoes and pick out the most evenly shaped, least sprouted one without so much as poking it. I've also





got a newfound talent for knowing how many bananas are in a bunch with one glance. An extremely transferable skill, I'm sure. Sadly, these abilities aren't foolproof and I've also had to learn to content myself with the occasional less-than-perfect carrot.

Perhaps my greatest lesson has come from venturing down the meat aisle. As a lifelong vegetarian I had never set foot in this section pre-lockdown. It is full of strange food products with names that make little sense to me. Not knowing my loin from my chop nor seeing any difference between the seemingly infinite types of ham, I have been forced to phone a friend each time I go down that aisle.

They have answered impossible questions such as: "Is beef mince meant to look like brains?" and "what part of the lamb is the shank?" When I signed on to shop, I was told to make "intelligent decisions" about substitutes for unavailable products – it's quite hard to be intelligent in this previously unknown territory. Nevertheless, I

persisted and now I know how to pick out the freshest chicken! I still can't fathom why there are so many different kinds of ham though.

In the early days of lockdown, the supermarket I knew so well felt like the weirdest place in the world. Shelves were empty, people backed away from you in aisles and everyone was muttering about not being able to buy their favourite brand of pasta sauce. But it's been my saving grace. As a recent graduate and freelance journalist, my job stability was non-existent in lockdown and I lost the sense of purpose my work schedule had given me. I signed up as a shopper and my weekly, sometimes biweekly, trips to this utopian version of the supermarket became the highlight of my week.

'my greatest lesson has come from venturing down the meat aisle'

To everyone I have shopped for so far, it has been a pleasure to meet you and thank you for giving me a new sense of purpose and the opportunity to learn these new lessons. And I'm sorry if you didn't get the meat you asked for, I really don't know what stewing lamb is.

The Book of Psalms



by Stuart Lee

The Book of Psalms appears in the oldest part of the bible and is sometimes known as the “Jesus’ hymnbook”, as it is a collection of poems and hymns that were used by the Jewish people in worship.

They are an important feature of Morning and Evening Prayer and the Eucharist in contemporary worship. They have been especially loved in Great Britain where they have often been set to music.

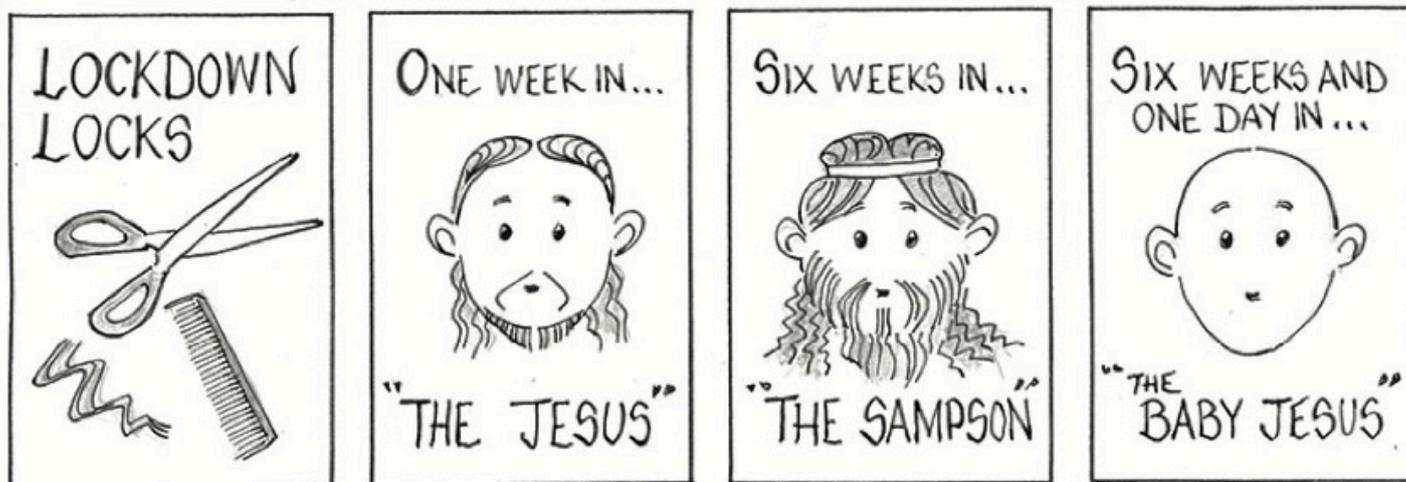
The psalms speak to God about human experience so, in addition to words of

praise and celebration, people are often surprised to find there is quite a lot of moaning and cursing in them too.

‘The psalms speak to God about human experience’

They are never less than honest about the experience of being human and our desire that God would sweep in and ‘make things better’.

Professor Catherine Clark, from the University of London, has written several ‘lockdown psalms’ to bring a light-hearted contemporary touch to these ancient texts (see page 7).



Jim

A Lockdown Psalm

1. I have dwelt long in the house of lockdown: I have enclosed myself in the habitation of Netflix and groaning.

2. They have set me my bounds which I shall not pass: I keep the statutes and observe the laws.

3. I entered into the supermarket, but it was barren: its plenty was turned into empty shelves, and there was no toilet paper in it.

4. Neither were there delivery slots by day nor by night: verily, not even from Ocado.

5. Deliver us from the wilderness of delivery: and deliver our deliveries unto us.

6. I am become a stranger unto the pub, and unto the office: even an alien unto Pizza Express.

7. The sun ariseth, and I go forth to work and to my labour: even in my pyjamas until the evening.

8. I am weary of Zoom, my throat is dry: it melteth away like wax as my broadband vanisheth.

9. Yet they gape upon me with their mouths and say: thy toddler sitteth lurking in the corner of the screen, and lo he imagineth mischief.

10. And thou, oh daughter of lockdown: thou shalt do thy phonics in exile.

11. Also thy literacy and numeracy work, and thy comprehension: yea verily, even thy fronted adverbials.

12. They have sprayed markers for my feet: they have set a place for me on the pavement outside Tesco Metro.

13. The unrighteous forget their social distancing: I swerve from their transgressions.

14. The people rebuke each other: and bear in their bosoms the rebukes of many people.

15. A mask hath covered my face and I wash my hands: neither have I found any hand sanitiser to comfort me.

16. The pestilence layeth siege against me: according to the cleanness of my hands shall I be recompensed.

History Quiz: In This Week: 8-14 June

8. This London osteopath was charged with living on 'earnings of prostitution' on **8 June 1963**. His patients included Sir Winston Churchill and Paul Getty. On the last day of his court trial, he took an overdose and died 3 days later. Who was he?
9. Born in Indiana, USA on **9 June 1893**, he published his first song at the age of 10. He launched his Broadway career in 1928 when his most famous song, *Let's Do It*, was used in a musical play. He died in 1964. He was he?
10. Born in Minnesota, USA on **10 June 1922** (as Frances Gumm). She is best remembered for her portrayal of Dorothy Gale in *The Wizard of Oz* (1939). She became one of the most popular concert performers of the 1950s and '60s. She died of an overdose in London in 1969. Who was she?
11. Born in Ste-Andre-de-Cubzac, France on **11 June 1910**. As an undersea explorer helped invent the first underwater breathing apparatus, called the Aqualung. He is best known for an Emmy Award winning television series, which started in the USA in 1968. He died in 1997. Who was he?
12. Born in Frankfurt, Germany on **12 June 1929**. A victim of the Nazi Holocaust she moved with her family moved from Germany to Amsterdam to flee Nazi persecution. In 1942, she began a diary to cope with the boredom and loneliness. She contracted typhus and died at Bergen-Belsen in 1945. After the war, her father published her diary, which inspired the world. Who was she?
13. This film premiered in New York City on **13 June 1978**. A musical about teens in love in the 1950s. Based in California 1958 and Rydell High School. What is the film?
14. Born in Markbreit am Mainz, Germany on **14 June 1907**. As a psychiatrist and pathologist he published an article first describing 'a degenerative disease, usually beginning at age 40-60, affecting nerve cells of the brain and leading to severe memory impairment and progressive loss of mental faculties'. He died in 1915. Who was he? What was the disease?

Answers on page 10.



Today my husband found a cockroach in the kitchen.
He took everything out of the cabinets and cleaned everything.
Tomorrow I will put the cockroach in the bathroom.
Follow me for more quarantine tips!!!!

Apparently we can't visit our relatives homes but estate agents can buy and sell houses. So i've put my house on the market and Mum and Dad are coming for a viewing at 4.30pm!!..



Lockdown Memory Collection Project with The Museum of Richmond



We have been made aware of a fantastic project, initiated by The Museum of Richmond. Morag Calderbank, the Learning and Audience Development Officer, is looking for your contributions.

“In view of these highly unusual and difficult times, we are looking for residents of the London Borough of Richmond Upon Thames to contribute to our *COVID-19 Lockdown Memory* collection project, which will document the experiences and images of the lockdown implemented in the UK from March 2020. Through this project we aim to record information about how the lockdown has affected residents, so that these memories, experiences and images are preserved for future generations”.

If you would like to take part, please email: info@museumofrichmond.com. Ask for the questionnaire and consent form to take part.

ALMSHOUSE NEWS - Answer Page

Answers from last week's crossword: June One 2020.

1	B	2	A	3	N	4	E			5	W	6	E	7	B			8	T	9	H	10	A	11	W
12	P	R	E	P						13	S	H	R	U	14	G			15	R	I	C	A		
16	M	E	S	A						17	K	O	A	L	A			18	I	R	I	S			
		19	S	T	U	20	D	I	O			21	B	L	22	A	M	E	D						
					23	L	A	P	S	24	E			25	A	D	M								
26	S	27	L	28	E	E	K			29	H	U	30	G			31	Z	E	32	B	33	R	34	A
35	P	O	S	T	A	36	L			37	P	E	38	A			39	D	U	E	L				
40	O	U	T			41	R	I	42	G	H	T	L	43	Y			44	N	B	A				
45	U	S	E	46	D			47	Z	O	O			48	B	O	N	N	E	T					
50	T	E	R	R	51	A			52	T	N	T			54	D	O	Y	L	E					
				55	I	I	I			57	Y	O	58	K	E	S									
		59	I	60	N	F	L	O	61	W			62	C	E	L	E	63	R	64	Y				
65	A	B	E	T				66	T	E	A	S	E			68	G	O	E	69	R				
70	D	I	R	E				71	A	P	R	I	L			72	A	B	L	E					
73	O	D	O	R				74	T	E	N					75	Y	E	L	P					

Page 8. History Quiz: In This Week: 8-14 June. 8. Dr Stephen Ward. 9. Cole Porter. 10. Judy Garland. 11. Jacques Cousteau. 12. Anne Frank. 13. *Grease*. 14. Alois Alzheimer.

A Skylark Watercolour and Poem



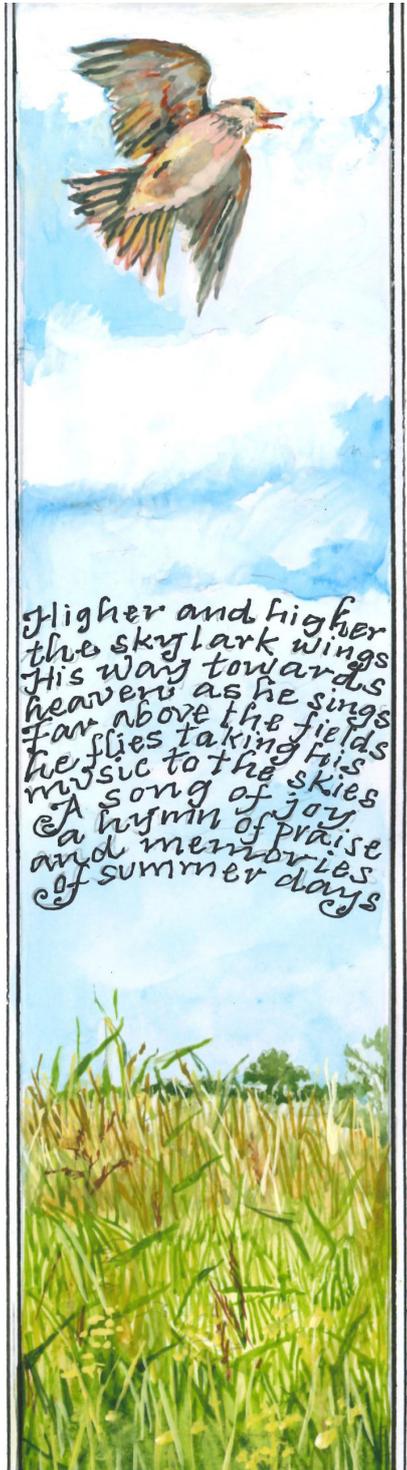
by Suszie Vignoles

If after the lockdown you were given 2 options:
Fly with your wife to a dream destination or having a BBQ with your friends, what would you choose?

- 1) Well done
- 2) Medium
- 3) Rare



WHAT PETS THINK ABOUT QUARANTINE



Poetry Corner



by Nigel Davis

William Blake (1757-1827) was a very strange man – Wordsworth thought him actually insane. But, whatever the complexities of his mysticism and prose writings, his determined attempts to introduce simplicity and accessibility into poetry has stood the test of time. I don't know if they teach poetry in schools any more (it's probably all information technology and gender studies now) but I suspect quite a few of us when children had a poem or two of Blake served up to us in English lessons.

This poem was the introductory poem to his Songs of Innocence (followed, some years later, by his Songs of Experience). It really typifies both Blake's style and what he was aiming to achieve. You either love it or hate it. Me, I love it.

Introduction to Songs of Innocence

by William Blake

Piping down the valleys wild,
Piping songs of pleasant glee,
On a cloud I saw a child,
And he laughing said to me:

'Pipe a song about a lamb.'
So I piped with merry cheer.
'Piper, pipe that song again.'
So I piped; he wept to hear.

'Drop thy pipe, thy happy pipe;
Sing thy songs of happy cheer.'
So I sung the same again,
While he wept with joy to hear.

'Piper sit thee down and write
In a book that all may read —'
So he vanished from my sight.
And I plucked a hollow reed,

And I made a rural pen,
And I stained the water clear,
And I wrote my happy songs
Every child may joy to hear.

