

Welcome to first 2019 newsletter. Towards the end of 2018 there was a lot of activity at the Centre. So just to remind you, here are some of the events that took place:

A very successful outing to the Imperial War Museum in south east London and Halloween was celebrated with members wearing witches' hats and Maria scaring everyone, when she arrived very dramatically dressed as a witch complete with long finger nails etc.



CHRISTMAS CELEBRATIONS



The **Christmas Bazaar** on the 1st December, in spite of the wet weather, was very successful. So many people helped on the various stalls and our kitchen staff put on a delicious variety of snacks. Our thanks to Liz and Vivienne for organising it. Well done everybody and we made over £1,000.

Our next event was the Christmas lunch for the Centre on the 10th December, over 50 people came and enjoyed a wonderful lunch cooked by Mary Savas and Maureen Bond. So many volunteers helped with the preparations, served up the meals and made everything run smoothly. Thanks again to Liz and Vivienne for organising this. It really was a great success. Following the Centre's Christmas lunch, the Lunch Club held theirs on the 20th December. This included entertainment and a very good raffle. Several members enjoyed a dance! The tables were beautifully decorated to add to the Christmas celebration.

ALSO!It was a lovely surprise for the volunteers when they all received a very nice box of biscuits from the management.

DRAMA CHRISTMAS REVIEW.

The **Ruth Winston Players** presented a Review directed and produced by Yvonne Laws. They had a very receptive audience who enjoyed carols, sketches and poems performed by members of the group. The show ended with the audience joining in The Twelve Days of Christmas everyone having a card depicting each day and holding it up at the appropriate time.



Eleanor Glazer did amazingly with the costumes and props and with Yvonne Laws producing it was a very successful show. Tea and cake (made by Gil) served at the end made a great finish to the show. But without the help of Liz and volunteers this production would not have been possible. So thank you everyone.

HAZELWOOD SCHOOL RECEPTION CLASSES.

Four of our volunteers, Gary Williams, Lois Sealey, Daphne Shire and Gil Elsdon help in the three reception classes at Hazelwood School. They started in October, assisting pupils mainly with craft work including making butterflies which now adorn the wall outside the classes also Christmas cards, snowflakes etc. They were invited to the Christmas Carol concert which they found delightful. Working with young children is a wonderful experience for them. They go there on a Tuesday from 1.30pm to 2.30pm. The School are now asking us for more volunteers, so if your think you could help, just let Liz know.

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ONE TALENTED AND ADVENTUROUS LADY:

In the last issue of our newsletter I showed you a picture of the beautiful cot cover that Betty Foot had made. This is only one of her talents. So..... as you will see, she has had a very interesting life.....

First of all, she had a double wedding with her sister in March 1953 AND MADE ALL THE DRESSES. She actually did dressmaking as a profession from the age of 14 until she started a family in 1954. She has always been interested in aviation from the age of 9, inspired by the Spitfire. She has actually had flying lessons and flew a Sesner light aircraft in 1999 and 2000. Then, would you believe she saw an advert for the opportunity to fly on Concorde, which she did in 1986, from Heathrow to Boston Downs. She has won bronze, silver and gold medals for Line Dancing in October 1999. In March 2001 when she was 71 years old, she won a silver medal for dancing on roller skates continuing to skate for another year! Well done Betty, it's not everyone that can look back on such an amazing achievement.

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HMS VICTORY:

How many of you have at one time or another been on HMS Victory, Nelson's ship in dry dock in Portsmouth. If you have, you may be interested to know a few statistics about her. She is part of a £55 million restoration project which will continue for several years.



The ship measures 230 feet in length and about 50 feet wide. At the battle of Trafalgar she carried a 104 guns. She still has eight of these which she used during this most famous battle. One of these is displayed on Victory's middle gun deck.

Top speed 11 knots. The crew comprised 821 men, the majority of whom – over 500, were the seamen who sailed or fought on the ship. The youngest boy on board was 12, the oldest, the purser 67. Main meal of the day was either boiled beef with suet pudding or boiled pork with peas. She narrowly escaped destruction on the night of the 10th/11th March 1941 when a 500lb high explosive bomb fell into the dry dock, blowing a hole in the side of the ship. These are just a few of the statistics about Victory but I hope it will give you an insight of one of our most famous ships. She is visited by 400,000 people each year

NEW FOR THE CENTRE: Bereavement and Support Group

If you have lost a loved one, friend or family member, and are ready to talk about it with others, think about joining our Support Group. Hosted by our trained volunteer Christine. She will allow you the time to talk about how you feel, what you went through, how things have changed for you now.

Losing someone leaves a huge hole in your life. To be able to talk it through with like-minded people can be very calming, supportive and give you hope.

Meet on the first Friday of each month: First session Friday the 3rd

November:

Upstairs in the Alexander Room

From 11.30 am until 12.30pm

Free tea and coffee for each session

Suggested donation of £2.00 per person, to cover the room hire.

DRESSMAKING:

Dressmaking runs on the 1st and 3rd Tuesday of the month. This class gives you the opportunity to get assistance with alterations, problem solving or creating items.

It runs from 10.00am to 12.00pm and is £10 per week. This is a great social group where you can learn a new skill or enhance old ones.

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LUNCH CLUB CHOCOLATE AUCTION!!!!!!

On the 17th January Gil held an auction at the Lunch Club for chocolates, which Selina Kent kindly donated. It was in aid of the Hearing Dogs Charity. It raised £55. Selina and her little dog Floyd were highly delighted. Well done Gil and members of the Lunch Club.



LUNCH CLUB BURNS NIGHT CELEBRATION.



On the 24th January the Lunch Club again had quite an exciting time when they celebrated Burns Night which was on the 25th. John Paris kindly came in his Scottish uniform complete with Anderson tartan kilt and sporran to bring in the haggis and the poem "Ode to the Haggis" was read by Yvonne Laws. Gil as usual organised the raffle, raising £40.

VOLUNTEER'S PARTY.

On the 29th January Liz and Viv gave volunteers a wonderful party. Over 30 people attended and everyone had a great time. The food was excellent, every table had a bottle of Prosecco and a quiz which got everyone using their little grey cells. Jean Brewer kindly supported them with her help, Well done and thank you all.

I thought the following rather amusing: -

A POEM FOR COMPUTER BUFFS.

The computer swallowed grandad

Yes, honestly, it's true!
He pressed "control" and "enter"
And disappeared from view.

It devoured him completely
The thought just makes me squirm
He must have caught a virus
Or been eaten by a worm

I've searched through the recycle bin
And files of every kind
I've even used the internet
But nothing did I find

In desperation, I asked Jeeves
My searches to refine
The reply from him was negative
No trace was found on line

So, if inside your "inbox"
My grandad you should see
Please "Copy, Scan and Paste" him
And send him back to me.

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Another interesting member of our Centre is Chris Firth. Chris is a regular visitor to our Lunch Club and has been a member of Ruth Winston for 18 months, Chris won a scholarship to university to study physics. He eventually worked for Standard Telephones, Mullard Valve and Radio Company and finally Phillips Semiconductors, manufacturers of computer chips. After retiring he had a heart bypass operation and joined the local heart support group called **Heart Throbs**.



His was married in 1968 for 23 years. His wife was a member of the W.R.V.S. and she used to give talks about the Ruth Winston Centre when at that time, they did "Meals on Wheels". Sadly, she died, but he remarried in 1993 and had another happy 23 years with his second wife. He plays Bridge and likes reading. Thank you, Chris, for

contributing to our newsletter. In the photo he is proudly wearing the tie he won in a Lunch Club raffle!

There has been so much going on at the Centre lately that our newsletter has “grown” and here is a lot more news for you.....

BIRTHDAY CELEBRATION!

Betty Canon invited 15 family and friends to celebrate her 80th birthday at the Jolly Farmers Pub. She has been a member of the Centre since it reopened in 2006, and was also a member of the Genealogy class from its beginning, she was a former Head of Hazelwood School.

CHINESE NEW YEAR. “THE YEAR OF THE PIG”.

The Lunch club celebrated Chinese New Year when they met for lunch on the 7th February. Chop sticks were available! The room had Chinese decorations to add to the atmosphere and sweet and sour sauce added to the meal, which was delicious.

Our kitchen staff always manage to produce the right “cuisine” for any occasion.

WATERCOLOUR FOR BEGINNERS.

We are hoping to start a new Watercolour Art Class for beginners on a Friday afternoon from 12.00pm to 2.00pm. This is a fantastic opportunity to learn some new skills or improve your existing ones. The class will be run by Kay Lilly who is amazing. She has been covering our other art classes in the tutor's absence. Please let us know if you are interested in joining so that we can get an idea of the numbers.

We would like the class to start as soon as possible.

VALENTINE'S DAY: This was celebrated with the tables beautifully decorated with red hearts and petals. Toad in the Hole was on the menu with jelly, strawberries and cream. To add to this there was a recital of poetry and music given by Valerie Fry and Chris Hooker. If you weren't there, you missed a very entertaining afternoon. On the theme “Let there be Love”, Chris played the clarinet accompanied by big band and jazz backing tapes and this was accompanied by poetry readings covering love, passion, heartbreak and happy ever after endings by Valerie Fry. They called their programme “Wind and Words”. This could have been better attended so look out for them in the future at the Ruth Winston Centre.

GREAT NEWS! “AWAY DAYS” ARE BACK FOR 2019! & SINGALONG back every 3rd Thurs

All trips will depart from the Ruth Winston Centre at 9.30 am.

Dates as follows: -

Monday 13 th May	Southend	£17. 00.
Tuesday 18 th June	Ramsgate/Margate	£19. 00.
Monday 15 th July	Brighton	£19. 00.
Tuesday 20 th August	Oxford	£17. 00.
Monday 23 rd September	Winchester	£17. 00.
Wednesday 16 th October	St. Albans	£10. 00.

Iris Macer: Editor.

A BIG THANK YOU TO ALL OUR VOLUNTEERS.

Particularly Helen Blairman who has just completed training and agreed to keep our Website UpToDate.

Barbara Reuby is still doing a magnificent job pricing and sorting items for sale at Bazaars. Can we also say a huge welcome to our two new volunteers, Enid Garwood and Eleanor Glazer who are making a very positive impact on the centre already. Keep up the good work

Ruth Winston Community Centre 190 Green Lanes, Palmers Green, N13 5UE

Telephone: **020 8886 5346** Email: info@ruthwinstoncentre.com

website: www.ruthwinstoncentre.com

