

OUR 58TH BIRTHDAY.

This was celebrated by our Lunch Club when they were given a free lunch on the 7th March. Gil did her usual raffle, raising £50. It was a nice surprise for everyone.

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HEALTH AND WELLBEING DAY.

On the 12th March the Centre held a Health and Wellbeing day. There were 17 tables representing different health organisations, including Stroke Awareness, Falls Awareness, Diabetes, setting up Power of Attorney, Age UK, and many more, including four stalls representing our Centre, namely: Vera Powell: Mindful Colouring, Joyce Newman: Knitting, Yvonne Laws: Poetry, Eleanor Glazer: Wheel of Health and Promoting the Centre. It was very well attended in spite of the weather being wet and windy. The Mayor of Enfield came and was extremely impressed. A group of people had their photos taken with her and she immediately placed the event and information about our Centre on Twitter.



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DOUBLE CELEBRATION.

The 17th of March was St. Patrick's Day and this was celebrated on the 14th by the Lunch Club when everyone was given a green hat of various shapes and sizes to wear. It was also Jean Waller's 70th birthday and everyone had a piece of birthday cake. She had lots of flowers etc. from friends and members of the Centre.

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AU REVOIR TO SELINA.

Also on the 14th March it was very sad to see Selina and her little hearing dog Floyd leave us. This was the last time she would have lunch with us because she was moving to Hatfield. We hope she will keep in touch and wish her all the best for the future.

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DRAMA PRODUCTION ON JULY 5th.

Our Drama Group are performing two one act plays, both comedies, in July. The Group have been presenting plays successfully now for nine years. Their productions are always well supported by members of the Centre so please come along as both plays are extremely funny!

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FROM SOUTH AFRICA TO ENGLAND.



Ramsay is a regular member of our Lunch Club. Ramsay is actually his surname his Christian names being Lewis Albert. He was born in Port Elizabeth, South Africa, which is on the Indian Ocean and when he was four years old went to Rhodesia (now Zimbabwe) to live in an hotel called Christmas Pass Hotel, owned by his grandmother. His family bought a seven-bedroom house in Umali and he eventually went to a famous boy's high school there and then on to university where he only stayed for one year. He was then called up to serve in the Rhodesian army for six months. After leaving the army he went to work in an oil refinery as a trainee insulator earning 2/6d. an hour. He then went to a Teachers College in Bulawayo to train as a P.T. Instructor, for one year. Ian Smith (who became Rhodesia's prime minster from 1964 to 1979) had attended the same school. Then, in 1969, Ramsay

had a terrible accident, was unconscious for two weeks and in hospital and nursing home for two months. The left side of his body was paralysed and had a brain injury. However, he eventually recovered and was advised to go away and in 1969 decided to come to London. He found a “bedsit” in Camden for a £1 a week. From then on he had many jobs including 22 years as a Croupier at the Golden Nugget Casino in Piccadilly Circus. He retired in 2005. He has only been a member of our Centre for about 18 months.

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THE UBIQUITOUS DECK CHAIR.

It is a very simple contraption, a few pieces of hardwood and a strip of canvas. Foreigners have long been defeated by its simplicity, so much so, rumour has it that certain European DIY stores have had to issue health and safety warnings about it to their customers. It is of course the deck chair, the familiar striped inhabitant of the English seaside resort which is as much a part of Britain's national heritage as the Queen, the National Trust, jam and Jerusalem etc.



In the mid 1840's a certain John Thomas Moore saw a gap in the chair market for a specially designed lightweight folding seat that could be used on board ship. He took out a patent for an adjustable folding chair in 1886 manufacturing it in his workshop in Macclesfield, By the early 1900's the deck chair was reaching its zenith spreading across the British Empire. When the White Star Line was drawing up it's furnishings for the Titanic they ordered 600 for the benefit of their illustrious first-class passengers. When the Titanic sank, these deck chairs were hurled into the sea hoping to be used as life rafts. Apparently only six survived intact. There are several stories involving deck chairs which would take too long to tell, but above all, the deck chair is British, through and through.

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WHO ORGANISES OUR BAZAARS?

In case you've ever wondered how we manage to have a Bazaar or sale of some kind throughout the year, this is all due to **Barbara Reuby**. She arrived in London from Wiltshire over 30 years ago. She married and had a son and daughter. Her son lives in Uxbridge, quite near, who she visits regularly, but her daughter lives in New Zealand. However, this does not deter her from visiting her and her husband and their two sons every year.



She has had a very interesting working life having been in PA/Management roles with the Probation Service, NHS Homeless Charity in North London, Solicitors Offices and Barclays Bank.

She finally ended up working for the Jockey club as P/A to Head of Security.

Barbara then retired and worked with the Hospitality Team in the 2012 Olympic Games. She also ran the London Marathon for a Homeless Charity in Camden. She and her partner Geoff are big fans of the Arsenal football Club, QPR and Swindon Town. Geoff is a very useful partner as he helps her move heavy boxes when organising Bazaars etc. She first saw the RWC on our Website over ten years ago and became a volunteer. She has been involved in office work and lunches before her present role as pricing donations received for sale, Bazaars and admin work connected to Gift Aid and claiming Gift Aid from HMRC. She comes into the Centre three times a week. In her own words “I enjoy coming into the Centre and love the warm feeling of the place which begins at the entrance and continues throughout.”

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DON'T FORGET THERE ARE STILL FIVE MORE AWAY DAYS.

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

SUPPER CLUB.

Our Supper Club, which is run by Gil and Jean Waller, has been going for many years. The Club uses independent restaurants and the cost is kept as low as possible. An administration charge of £1 goes to the Ruth Winston Centre. An evaluation takes place every year which has proved positive. So why not go along and enjoy a friendly evening with other members of the Centre. Just enquire in the office.

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EASTER CELEBRATION.

On the 18th April Easter was celebrated with an Easter bonnet competition. Many of the ladies made beautiful hats and it was difficult to decide the winner. In the end it was decided to give joint first prize to Hilda Thomas and Mary McMullan, but the competition showed just how much talent there was. Well done ladies!



MONIQUE THE HEN WHO IS SAILING ROUND THE WORLD.



Two years at sea have fostered a close relationship between two fellow sailors as they cross the globe/ One is a French 24-year-old male Guirec Soudee and the other MONIQUE the HEN! Guirec does most of the hard work on board and Monique spends most of her time admiring the view from the deck and laying the occasional egg. Guirec who is from Brittany began his trip around the world with Monique in May 2014. He had planned to bring a pet along for company, but a hen wasn't originally on the cards. He thought about a cat but decided it would be too much effort to look after. The hen was the ideal choice and she adapted to the sea perfectly, obviously quite happy, because she laid an average of six eggs per week, Guirec enjoying one for his breakfast every morning. She had her hutch for bad weather and although Guirec was worried that big waves would perhaps carry her overboard she was very brave and would always regain her footing. Compared to people she never complained, followed Guirec everywhere and created no problems. Guirec had to admit admit that Monique did get on his nerves sometimes

SPACES IN CLASSES

BEGINNERS SKETCHING & WATERCOLOUR:

Friday – 12.00pm – 2.00pm. - £42.00 for 6 weeks.

DRESSMAKING:

First and third Tuesday of the month – 10.00 am to 12.pm - £10 per session or £55 for six weeks.

LATIN AMERICAN DANCE: - Friday – 1.pm – 2.00pm - £3 per session.

RUTH WINSTON CENTRE. SING A LONG:

Third Thursday of the month - 1.45pm – 2.45pm - £2.00 per session.

SCRABBLE MORNING: - Tuesday – 10.30pm – 12.30pm – FREE

COMPUTER SURGERY -

Monday- 10.am to 12.pm. Come in and get help for a small donation.

SOCIAL AFTERNOON/TEA DANCE; -

Tuesday – 1.00pm – 3.00pm - £2.50 per session.

TUESDAY AFTERNOON BRIDGE CLUB;

Tuesday – 1.00pm – 3.00pm - £2.50 per session.

VARIOUS COMPUTER COURSES ;

Tuesday and Wednesday – 10.am – 12.pm - £50 for six weeks.

TABLE TENNIS; - Wednesday – 2.45pm – 4.30pm - £2.00 per session,

SPANISH/ITALIAN/SPANISH CONVERSATION CLASSES;

Contact the centre for more details.

HATHA YOGA; - Friday – 10.00am – 11.30 pm - £38 for six weeks.

A REPORT FROM ONE OF OUR SUPPORTED VOLUNTEERS

ANGELINA LAWRENCE

"I am a volunteer, and every Wednesday I go to the Art Class. When it finishes, I help to clear away the art utensils and all the cups and saucers. I also clean all the tables so they are ready for the next class. Helping this way makes me feel very useful and I go home feeling very satisfied. I enjoy meeting members of the class and Joy, their teacher. I also visit the office for a chat.

On Mondays I take the register for the Tai Chi class, which is quite a responsible job. I then give feedback to the office on the attendance, I am getting used to knowing people's names and enjoy chatting to them. I am told that I take the register very well, with a clear loud voice pronouncing people's names correctly. I am very proud of myself! I used to be an Accountant, preparing the accounts for Action Against Hunger. I hope to continue helping our Centre as it gives me a great sense of fulfilment.

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Our Theatre trip to Wyllotts Theatre was a great success and the Musical show thoroughly enjoyed by all with thanks to Liz for the organising. Cannot wait for the next.

Do remember, we have our morning drop-in/ community café, where you can enjoy good company and play scrabble or bingo or just chat. We also serve lunch snacks every day except, Thursday, which is the Hot Lunch Club.

We want to start new classes and activities. Please, let us have your suggestions? "Your Health should be your priority" and we have many activities, from which you may choose but we would like to provide more creative and recreational classes. We welcome Sewing Bee & NHS Diabetes Prevention Programme Sessions starting soon.

Our thanks to the Rotary Club of Edmonton for providing a Giant Easter Egg for us to raffle, which raised the sum of £148

OPEN DAY Tuesday 24th Sept. 9.30am - 4.00pm. Refreshments available. Come and see Displays of Dance and Fitness, Art, Computers/IT. Something for everyone over 50!

A BIG THANK YOU TO ALL OUR VOLUNTEERS.

Particularly Eleanor, who has done so much to promote our wonderful Centre. Also Enid Garwood is a volunteer in the front office, who has been with us now for approximately 6 months or so. She very quickly got stuck in and started learning the ropes in the office. She has been working with Mary Naughton on a Thursday. Together they have proved to be the dynamic duo, who always seem to go above and beyond for the Centre.

We have a new Volunteer called Gloria who works in the Edith Simpson room making teas and coffee for our members a couple of times a week. She has been an instant hit with the members with her kind and witty nature. She originally came in as a member but very quickly signed up as a volunteer. She is a delight to have on board.

Iris Macer: Editor.

**DON'T KEEP IT A SECRET! SHARE YOUR EXPERIENCE OF
RUTH WINSTON CENTRE WITH OTHERS.**



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