



We are now in September at the end of our summer, one that we won't forget! As I have not received any news from you, I think future newsletters will be issued longer in between. I expect many of you are getting out more, so maybe this is the reason. But please still send us any news you think will interest our readers. Some of you, will no doubt be venturing back to the Centre and this will be an adventure in itself, so please let us know how you get on? Things will not be the same but it is lovely to know that our Centre is opening again. The Staff and Trustees have worked very hard to find a way back for us all, following the government's guidelines. So good luck everyone and thanks to all, who have helped to make this possible.

DISHWASHERS.....Do you have one or do you prefer to do the washing up yourself?

Here is a brief history about their invention:

The first mechanical dishwashing device was registered in 1850 in the United States by Joel Houghton. This device was made of wood and was cranked by hand while water sprayed onto the dishes. This device was both slow and unreliable. Another patent was granted to L.A. Alexander in 1865 that was similar to the first but featured a hand-cranked rack system. Neither device was practical or widely accepted.

The most successful of the hand-powered dishwashers was invented in 1886 by Josephine Cochrane together with mechanic George Butters in Josephine's tool shed in Shelbyville, Illinois, when Cochrane (a wealthy socialite) wanted to protect her china while it was being washed. Her invention was unveiled at the 1893 World's Fair in Chicago, Illinois, under the name of Lavadora but was changed to Lavaplatos as another machine invented in 1858 already held that name. Cochrane's inspiration was her frustration at the damage to her good china that occurred, when her servants handled it during cleaning.



Europe's first domestic dishwasher with an electric motor was invented and manufactured by Miele in 1929. In the United Kingdom, William Howard Livens invented a small, non-electric dishwasher suitable for domestic use in 1924. It was the first dishwasher that incorporated most of the design elements that are featured in the models of today; it included a front door for loading, a wire rack to hold the dirty crockery and a rotating sprayer. Drying elements were even added to his design in 1940. It was the first machine suitable for domestic use, and it came at a time when permanent plumbing and running water in the house was becoming increasingly common. Despite this, Livens' design did not become a commercial success, and dishwashers were only successfully sold as domestic utilities in the post-war boom of the 1950s, albeit only to the wealthy. Initially, dishwashers were sold as standalone or portable devices, but with the development of the wall-to-wall countertop and standardized height cabinets, dishwashers began to be marketed with standardized sizes and shapes, integrated underneath the kitchen countertop as a modular unit with other kitchen appliances.

By the 1970s, dishwashers had become commonplace in domestic residences in North America and Western Europe. By 2012, over 75 percent of homes in the United States and Germany had dishwashers. In the late 1990s, manufacturers began offering various new energy conservation features in dishwashers. One feature was use of "soil sensors" which was a computerized tool in the dishwasher which measured food particles coming from dishes. When the dishwasher had cleaned the dishes to the point of not releasing more food particles, then the "soil sensor" would report the dishes being cleaned. The sensor operated with another innovation of using variable washing time. If dishes were especially dirty, then the dishwasher would run for a longer time than if the sensor detected them to be clean. In this way, the dishwasher saves energy and water by only being in operation for as long as needed

EPSOM SALTS.....

Epsom Salt does originate from the town of Epsom in Surrey. In the 17th century the salt was discovered in water that bubbled up from an underground spring.

The story is that in a dry summer Henry Wicker found on Epsom Common a source of water, which the cattle refused to drink. This water proved to have medical properties. Epsom salt is a pure mineral compound made of magnesium and sulphate. Both compounds work together in providing nutrients to the body.

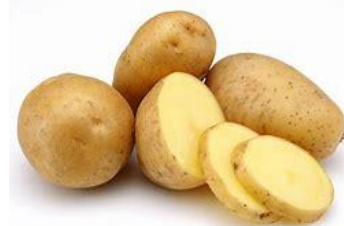
Apart from the health benefits that Epsom Salts offer such as reducing swelling, aching feet, an aid to sleep it also has uses in the garden, sprinkled around plants it will deter slugs and pests.

Epsom Salt is inexpensive to buy and a large bag can be purchased for under £1.

POTATOES

Among many edible crops that emerged at the dawn of modern human civilization and managed to spread across entire world, few managed to distinguish themselves by their ruggedness, storage quality and its nutritional value. Potatoes, indigenous flowering plants of the South America and the Andes mountains managed to prove its usefulness to our ancestors, who cultivated it, nurtured it, and ensured its survival during the last 10,000 years of our history. Centuries after they were introduced to Europe and North America, potatoes represent one of the most important parts of world's cuisine and the fourth-largest food crop in the entire world (following maize, rice and wheat). Today, extensive research and the centuries of selective breeding, we now have access to over thousand different types of potatoes that are grown all around the world.

The story of potatoes started around 350 million years ago, when they started to evolve from the poisonous ancestor of the plant nightshade (this family of plants eventually evolved not only into potatoes, but also into tobacco, chili peppers, bell peppers and tomatoes). Potatoes slowly evolved into its current form in the South American Andean highlands between Peru and Bolivia. Human settlers reached that part of our world around 15 thousand years ago, and managed to domesticate wild potato around 8 millennia BC. From that point on, potatoes slowly started its journey across the continent, but it received great attention in the 1500s when first Spanish conquistadors started exploring beyond the coasts of South America, especially after 1530s when they searched for gold in Peru. Among their numerous discoveries, potatoes received a very notable attention, and they brought that plant to Europe between the years of 1570 and 1593.



European adoption of potatoes was slow but steady. Potatoes arrived to Britain in 1585, For many years, potato was accused for causing many ailments and illnesses. In early 1800s, potato became a commonplace crop that was used in entire Europe, but such popularity became severely tested between 1845 and 1849 when disease destroyed entire potato production of Ireland. During this "Great Starvation" around one million people died from starvation. United States of America was the last major country who adopted potato in their cuisine.

In 20th century, potato became accepted across entire world as one of the most beloved and produced food sources, effectively becoming the most essential crop of Europe. Its high caloric value and wide variety of types enabled it to appear in every cuisine in the world. In 2010 world production of potatoes reached incredible 324 million tons. Anyone for chips?

4 Golden Rules of a Positive lifestyle

1. Before you assume, learn the facts
2. before you judge, understand why.
3. Before you hurt someone, feel.
4. Before you speak, think.

UPDATE OF OUR RUTH WINSTON CENTRE

We know many of you want to get back to the Centre to meet up with your Friends again but are nervous, apprehensive and worried but Liz, Debbie and Maria will try to make the return experience as comfortable and friendly as possible.

Of course, we are concerned with everyone's health and safety and we will have to work to current Government Guidelines particularly in terms of cleanliness and social distancing. A full deep clean of the building has been instigated before opening the Centre.



As you may be aware, whilst the Centre has been closed, we have taken the opportunity to redecorate the kitchen and all the hallways which now look bright and lovely and ready to welcome you back.

When you arrive at the front of the Centre, you will be asked to queue up the front ramp before entering the front door.

(Distancing markers will be in place). This will be as many of you have already experienced in shops, hospitals and hairdressers etc



You must wait until invited in, at which time you must be wearing a face mask (our Volunteer Stewards and Staff will wear masks and maybe other PPE). You will be asked if you have any of the COVID19 symptoms and your temperature will be taken on your forehead and you will be asked to sanitise your hands and provide your contact details. This is extremely important and there can unfortunately be no exceptions. You will then be directed to the room you will be occupying, where you will need to sit on a chair in the position it has already been placed. (You and the chair should not be moved out of place whilst your Group is meeting.

We will only be able to support smaller Groups than previously to be able to keep to the Government Guidelines on Social Distancing.

Because our corridors and hallways are narrow, we cannot have people passing each other in the corridor when going to their room or the toilet and this is why we have need to introduce a one-way system.

We are aiming to return in October but only on a reduced basis as certain activities will not be possible. For example, energetic exercise classes, singing and card games will not take place and the kitchen and Computer Room will be closed. It will be possible to make a tea or coffee in the various rooms. (all washing up to be done at the high temperature in dishwashers)

We will be operating a Drop-In service in 2-hour slots where Members will be able to come and have a cup of tea/coffee and biscuits. There will be a small fee of £2.00 which will include your first cup of tea or coffee. Any additional drinks after that will be charged at the usual price. Members will be required to book their slots by calling the centre. We will start taking bookings from Wednesday 8th September.

Tables and chairs will all be wiped down after each session. At the beginning of each day all handrails, door handles will be wiped and Toilets will be regularly inspected.

Each room has floor markings and a seating layout plan for each activity returning during October. Additionally, we hope and are planning to deliver some activities either in the open air or using Zoom technology on your PC, iPad or Smartphone.

It is recommended to have as much ventilation as possible and for this reason, windows will remain open during the use of any of the rooms. (self-closing fire doors not to be wedged open Our one-way system will be the most difficult to manage, which is why we are asking for volunteer Stewards. You will enter at the front of the building and depart from the rear of the building, returning to the front of the building using the side entrance (not the rear service road). The Hairdresser and Chiropodist will be the first to return and will have in place the requirements set out in Government Guidelines for. their particular professions.


Answers to the last Quiz (edition 21)

- | | | |
|---------------------------|------------------|---------------|
| 1. M | 8. Birmingham | 16. Turkey |
| 2. 5 | 9. Fiesta | 17. Meerkat |
| 3. Silver | 10. Uno | 18. Bird |
| 4. Hand | 11. Gene Wilder | 19. Origami |
| 5. Making your mind
up | 12. Danger Mouse | 20. Parachute |
| 6. 1988 | 13. 12 | |
| 7. 24 | 14. 8 | |
| | 15. 66 | |

Short Quiz. With thanks to Toni Fielding.

1. Calligraphy is the art of doing what artistically?
2. Freshwater, fly and saltwater are types of what hobby?
3. The Kings Speech was a 2010 film about which King?
4. Mascara is a cosmetic usually applied to which part of the body?
5. Which type of creature is the title character in Moby Dick?
6. Which long running TV advert saw chimpanzees dressed as humans?
7. At Crufts the whippet is shown in which breed group?
8. Which Charles Dickens novel contains the line "Please sir, I want some more"?
9. In the UK a pole with red and white stripes typically denotes which type of shop?
10. The nest of which creature is called a drey?

In Edition 18 you were advised that under their Community Health and Wellbeing programme, the Rotary Club of Southgate, was offering for **free, the opportunity to experience armchair yoga exercises on Zoom** at 11.00 am prompt, for each Monday during August. This may now continue until the end of the year. If you are interested in taking part and on Zoom, please email: debbie@ruthwinstoncentre.com or leave a phone message and you will be provided with the joining code. (**not to be shared**)

Also, should you wish to learn how **to prepare an authentic Chicken Curry** from an expert, the Rotary Club will be giving a cookery demonstration on Zoom at the beginning of October to raise funds and require a minimum donation of £5 to receive the recipe and log-in code, to take part. 

I had a date last night.
Really enjoyed it.
So tonight, I am going to
try a fig!

GIVE US A SENSE OF HUMOUR
AND THE GRACE TO SEE A JOKE.
GET SOME HUMOUR OUT OF LIFE
AND PASS IT ON TO OTHER FOLK

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