

Winter Edition 2020

We are still managing to keep our newsletter going thanks to you that have sent in news. So please keep sending and we'll keep going for as long as possible. We are still in lockdown and hopefully this will end soon, but who knows??

HOME MILK DELIVERY:

The first home milk deliveries occurred in 1785 in rural Vermont

The first glass milk bottle was patented in 1874

In the 1920s advertisements began to appear on milk bottles etched on the glass using a sandblasting technique.

So why did home milk delivery disappear?

In the early 1950's reliable power refrigeration replaced iceboxes and milk delivery services went into decline. Additionally, according to BBC News article, "By the 1990's, the deregulation of the British milk industry and the decision by supermarkets to sell milk – cheaply – in plastic containers changed everything.

* Milk prams pulled by horses were first used to transport the milk before automation.

* In the 1930s there was an increased prevalence of battery electric vehicles used to deliver milk known as "milk floats"

* 1960s onward glass bottles have almost completely been replaced with coated paper cartons or high-density polyethylene

The idea was to make our lives easier, buying milk was made to be supposedly more convenient and less expensive. What we didn't realize is that all of that would come at a cost. We no longer have **the safety in knowing where our milk comes from** and how it is processed. We give it to our children and drink it ourselves without much thought.

However, there are concerns among some Americans as to the quality and safety of industrialized milk. Because of this the use of glass bottles in local or regional, non-industrial milk distribution has helped start a revival.

Of course, concerns about the environmental impact of mass plastic and cardboard packaging consumption during a time when global warming cannot be ignored makes glass bottles a wiser choice once again.

* **Leaving out "empties" represents many people's first understanding of the concept of recycling**

Because we have gone so far in the other direction, people are finding their way back to that time and those values. And that doesn't necessarily mean buying milk is more time consuming and expensive. Just the opposite. Buying milk has been made easier with the internet and those local dairy farmers still exist.

Why not help the local dairy farmer, in return they will give you back the comfort of knowing what you're drinking and exactly where it came from? Local milk goes from the **farm to table in a short period of time, often under 24 hours**. This quick turnaround results in an increased shelf life, and fresher tastier milk.

When transporting those glass bottles was expensive because of weight is now more a problem of how far the milk you drink from the grocery store comes. How many miles it has travelled is the concern environmentally, economically and even the quality of milk – just think how different the milk itself is after being processed and transported.

Milk has a more natural taste when it is stored in glass bottles.

It's clear that it's not just nostalgia that is bringing milk in glass bottles back, it's an investment for the future of your children and the world we live in today.



From Marlene McAndrew.....

Some years ago, I worked in the Bloomsbury area and when we didn't fancy the canteen, a few of us would eat in one of the local cafes or a very nice chippy. So, imagine our dismay when arriving at the chip shop, we noticed outside miniature palm trees in fancy tubs and inside crystal chandeliers and a fancy new menu. They had decided to be a tourist attraction. So, I went home and wrote this.

FRENCH FRIES.....

Last night I went out in a terrible gale,
And battled my way through the wind and the
hail,
When a nice whiff of vinegar came on the
breeze,
That announced fish and chips and I
murmured "Yes please".
I followed the smell to the end of the street,
Thinking cod, chips and wallies wouldn't half
be a treat,
But once at the chippy, I found with dismay,
There was no fish and chips on the menu that
day.
The manager said I'd offended his pride,

By ordering chips instead of "french fries".
When I asked him for cod, he shuddered "Oh
God",
And berated my folly in wanting a wally.
His current clientele did not appreciate
Proletarian guff like haddock or skate,
And the nearest to cod I was likely to get,
Was campy old scampi on a bed of rockette.
I went out again in the wind and the rain,
Vowing never to go near that fish shop again.
I may be white-collar, but I'm not ready yet
To eat scampi and fries on a bed of rockette.

One of our readers thought the following appropriate to add to the Arsenal article in the last newsletter.....

He remembered: "That night Arsenal went down to their worst home defeat in 63 years, losing 6 – 2 to Manchester United. The next day a national paper carried the story in it's diary column, and concluded: 'If the archbishop of Canterbury and the chief rabbi between them cannot bring about a win for Arsenal, does this not finally prove that God does not exist' The day after, I sent them the following reply: 'To the contrary, what it proves is that God exists. It's just that He supports Manchester United.

From Vivienne Hoffman.....

Hi everyone – a recent article in the newsletter from one of our members on her recollections of correspondence with a 1950's//60's pop star reminded me of what was a really exciting episode in the life of a rock'n roll loving teenager. At that time there was a very popular TV programme called Juke Box Jury and at the same time every Sunday morning a programmed of the same name on BBC radio. On the Radio programme four teenagers were asked to judge recent pop releases – a hit or miss. The programme was pre-recorded during the week. Encouraged by my younger sister I wrote to the BBC giving some details about myself and asking to appear on the programme – and to my surprise was accepted. It was such a long time ago (!) that I really can't remember all the details, but I was given instructions and a date and time to come to the studio. I was just so thrilled.

In a state of great excitement, I arrived at the studio at the given time – with three other teenagers.

After an initial introduction, the four of us sat in great anticipation waiting for our radio debut. The recording lights were switched on – and we were off. Records were played, we all did our best to say something intelligent about each record and then vote – HIT OR MISS – the cruncher.

At home on the next Sunday morning I sat with my parents, brother and sister around our old-fashioned little radio eagerly awaiting the programme. Oh, it was great to hear the panel

on the radio, and I grimaced each time I heard my comments. But my mum said I sounded wonderful – of course! So, I shared my moment of fame with three other teenagers. After ten minutes after the programme finished the phone rang – someone asked to speak to Vivienne. So, I took the phone and a voice said “Hi, this is Marty Wilde here – I just wanted to thank you for voting my record a hit and for your nice comments”. My reply was to tell, my then boyfriend David, to stop messing around – he was a great joker. It took a while for me to realise that it was not David but Marty Wilde himself. I was so embarrassed. He was delightful on the phone – thought it very funny that I mistook him for my boyfriend. I said I hoped the record reached No.1 in the hit parade. My family were convulsed with laughter. I think the record was ‘A Teenager in Love’. It didn’t reach No.1, but it did very well. Fast forward many decades – still a pop fan – I went to a tribute concert for some of the 1960’s pop stars. There in one of the boxes was Marty Wilde, his daughter Kim and grandchildren all dancing to the music – with most of the audience dancing in their seats – yes including me! I’m sure most of us have great memories of the early years of rock’n roll.



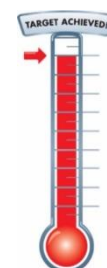
In Memoriam 1934 – 2020 John Paris.

We are sad to report the passing of John Paris, a military Veteran, Friend and staunch and dedicated supporter of the Centre. John was always there at our Bazaars helping on the Tombola, He ran the whist club and helped with the Tuesday Social, when their Leader was incapacitated. He gave his time willingly to the Community and spend much of his life involved with Scouting. He was a Poppy seller, every year, for the British Legion. It is sad that he has suffered so much with his health in recent years. Our thoughts are with Mary and his Family at this time.



Joyce Newman was saying that during the whole lock-down period she has regularly knitted coloured squares and has now joined them all together to make a large multi-coloured blanket, which she has draped over her sofa. She calls it her multi-coloured COVID blanket and she will not part with it.

Raffle Target. When Liz organised our raffle for the Hamper and other prizes, we had an ambitious target of £1000 to be aimed for. We are delighted and amazed to report that thanks to everyone’s generosity, we are very close to reach our target. Please help us to achieve it.



Can you find all the words hidden in this puzzle?

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

Black
Blue
Brown
Gold
Gray

Green
Orange
Pink
Purple
Red

Silver
Violet
White
Yellow

This is Wilson. He is now working from home 😊



Annual Members Meeting. This meeting took place on Zoom at 2.30 pm on Wednesday 25th November. It was a very friendly gathering and good to see so many faces and hear their voices. We were joined by Willow Winston, our Vice President and the daughter of our founder. The Mayor of Enfield Cllr. Sabri Ozaydin presided over the meeting. Chair of Trustees Jean Brewer, welcomed all present and gave her report, which was followed by a report from our Centre Manager Liz Thoree during which a film was shown of all the improvements made to the Centre during the closure period. Our Treasurer, John Golby, gave a report on the finances of the Charity which were not encouraging due to the closure because of Covid 19 and he stressed the urgent need for fundraising and donations. The Company Secretary gave a brief report. Reports were made by several Group Leaders. The Mayor gave an excellent summing up and offered his support to our Charity.

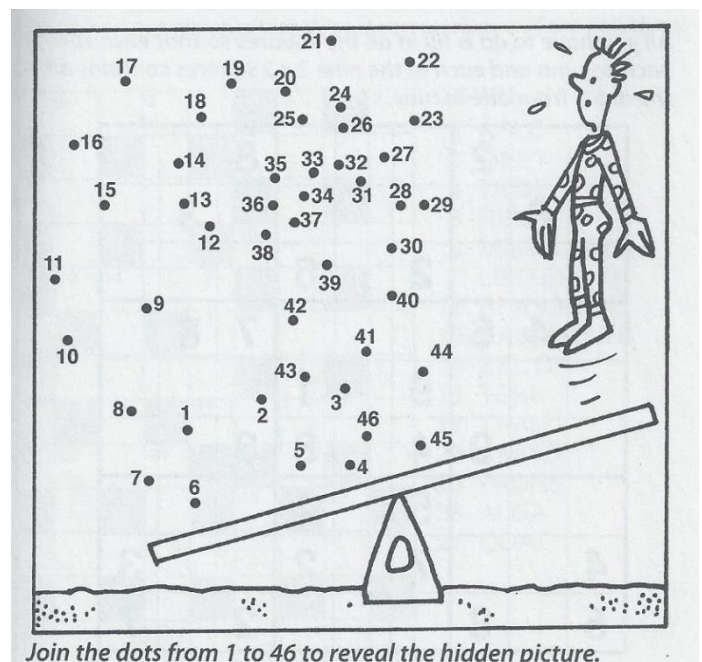
Volunteers Meeting: Following the success of the last meeting in October, another Volunteer's Meeting is being organised on Zoom at 2.00pm on Wednesday 16th December. If you would like to join the December meeting, please contact Debbie or Liz to register and receive the link to join the meeting.

Debbie says: Hello all, I hope this letter finds you well. Over the last few weeks, we have been running Zoom exercise classes. The classes are Pilates, Chair Exercise, Yoga, Chair Yoga, Tai Chi and our latest addition French Class. Over the weeks the numbers have increased and it's shown us just how important exercise is for our Members but more so just being able to spend time with friends, even, if it is through a tablet, PC, laptop or even our friendly little smart phones. We would love for more of our Members to join us and help the centre, whilst helping yourselves to stay fit and healthy. If you would like to join any of these classes, then please do let us know. We would be happy for you try a one session completely free. Please do get in touch, if you are interested. My email address is debbie@ruthwinstoncentre.com. Please stay safe all. Best wishes *Debbie Wall*



Quiz based on old money: Can you guess the name association?

- Example Singer Tennor = £10.00
- Boy's Name =
- Is Flora in? =
- Girl's name =
- Headgear =
- Weight =
- Early Transport =
- Leather Worker =



Ruth Winston Community Centre

190 Green Lanes, Palmers Green, N13 5UE Telephone: 020 8886 5346 Email:

info@ruthwinstoncentre.com website: www.ruthwinstoncentre.com

Newsletter Joint Editors Iris Macer & Chris Rash

