

COURT CIRCULAR

OWNER NEWS • FOOD • TRAVEL • GARDENING





Brian Daubney, of Minster Court

80th Birthday

by Brian Daubney

At eighty some new friends I'll name
Whose company gives me pleasure;
First Arthur Writus I must claim
Whose daily calls I treasure.
He stays near me where'er I go –
We share such happy days –
When not aboard my left big toe,
He's in some other place.

But Will Power is a valiant friend
He helps to keep me sane,
So when I feel at my wit's end,
He cheers me up again.
Around me his strong arms I find,
And now I am so strengthened
'Gainst Arthur Writus – ever blind
To pain he's left unmentioned.

Ben Dover will come to my aid
When from my hands things slip;
Which often happens nowadays
(I'm sure I've lost my grip).
And, Honour Bright's a real true pal,
She keeps me on the straight
And narrow path of truth, I shall
Follow her till I'm "late".

Of all friends, Adam Liberty
And his partner Evelyn Tension,
Both laugh me out of misery,
So they are worth a mention.
Mike Aspel spends my dwindling pence
And keeps th'accounts in order;
And though *he* needs no recompense,
Evelyn? Can I afford 'er?

Abel Boddie deserted me –
Oh, many years ago;
He said I'd lost my energy;
That's all too true, I know.
But Penny Wise so often says
She'll stay through thick and thin
And when I'm failing in my ways
She'll keep money rolling in.



WELCOME

Once again, it is a huge pleasure to see so much good news. There are some great stories inside which talk of celebrations and social events, historic events and life stories. We also have a new feature, *Moving Stories*, in which owners share their experiences of moving to their court.

C. Aldington

Yours, Cody Aldington – Design editor



4 Court News Birthdays and celebrations galore and some fascinating personal histories.

16 Moving stories Sheila Farrar talks about her move to St George's Court last year.

18 RSL News Staff awards, refurbishments and Health and Safety requirements.

20 Management & Professional Recognition for staff efforts and achievements.



22 Favourite Recipes A delicious dairy-free Easter Simnel cake.

23 Health Osborne Court owners show off their yoga moves plus tips on healthy eating and diet.

24 Garden Silver-white winters that melt into spring.

26 Poetry Competition Some lovely entries and a winner!

28 Puzzles Test your brain with crosswords, sudoku and word searches.

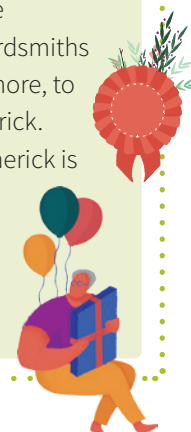


Please send news & photos to: cody@bluemooncreative.co.uk or give them to your court manager. Please note that all stories submitted will be edited and proof read.

Limerick competition

For the next issue we challenge all the wordsmiths amongst you once more, to come up with a limerick. The theme of the limerick is life at your court.

Please send us your entries by the end of June. Good Luck!



Musical delights

Even though Christmas seems ages ago now, we felt we had to include these lovely photos of your social events.

Brass Band visits

The highlight of Gorselands' Christmas celebrations was the visit of a 12 piece Brass Band. The band played Christmas classics giving the opportunity to sing along. Paul O'Brien, Court Manager said, "The sound in our lounge was wonderful and no owner needed a hearing aid!"



Gorselands Court



Tannery Court

Carols and sing-alongs

At Fullerton Court, owners gathered for a sing-along, led by Jack Nolan with piano accompaniment from John Blackwell's son, Mark. Owners also enjoyed carols from the choir of St Mary's and St Peter's CE Primary School.



Fullerton Court



Bowling Green Court

Bowling Green's *Singing Together* group enjoyed a special afternoon of Christmas music including *Let it Snow* (even if it didn't) and *Let there be Peace on Earth* – ever relevant. A window in the weather allowed the lighting of sparklers, shown

Abergele's own Beulah Brass Band entertained Tannery Court with wonderful arrangements of traditional and modern pieces.



Tannery Court



Fullerton Court

in the photo (left) taken by 'Court Photographer', Mrs Betty Jenkins. Mulled wine and warm mince pies made for a memorable afternoon. Special thanks to Pat Conder, Sue Patel, Judith Sharman and the enthusiastic singers.

A feast of seasonal celebrations

From Christmas choirs to line dancing, an orchestral performance (thanks to Bob Bessell) and evening parties, to a visit from the Mayor, Tiddington owners made sure they had a good time.



Line dancing at Tiddington Court



Tiddington Court party



Tiddington Court choir



Mrs Bain & Mrs Causland of Pinner Court

Mrs Bain and Mrs McCausland, having not previously been involved in Pinner Court's Christmas jumper days, came up with their own special creations to mark the occasion, putting paper napkins to innovative use.

Social club hosts a great annual Christmas party

Local singing and entertainment group *Tuesday Girls* kicked things off for Kennet Court, followed by a pantomime performed by owners and written by Duty Manager Laura Webb. After a month of rehearsals, Kennet Court's own version of *Aladdin* went down a treat. A buffet was served, with a lot of laughter and Christmas spirit all round.



Panto at Kennet Court



Syd and Emma at Kennet Court



Priory Court Staff: Angela, Gill & Lisa in festive dress

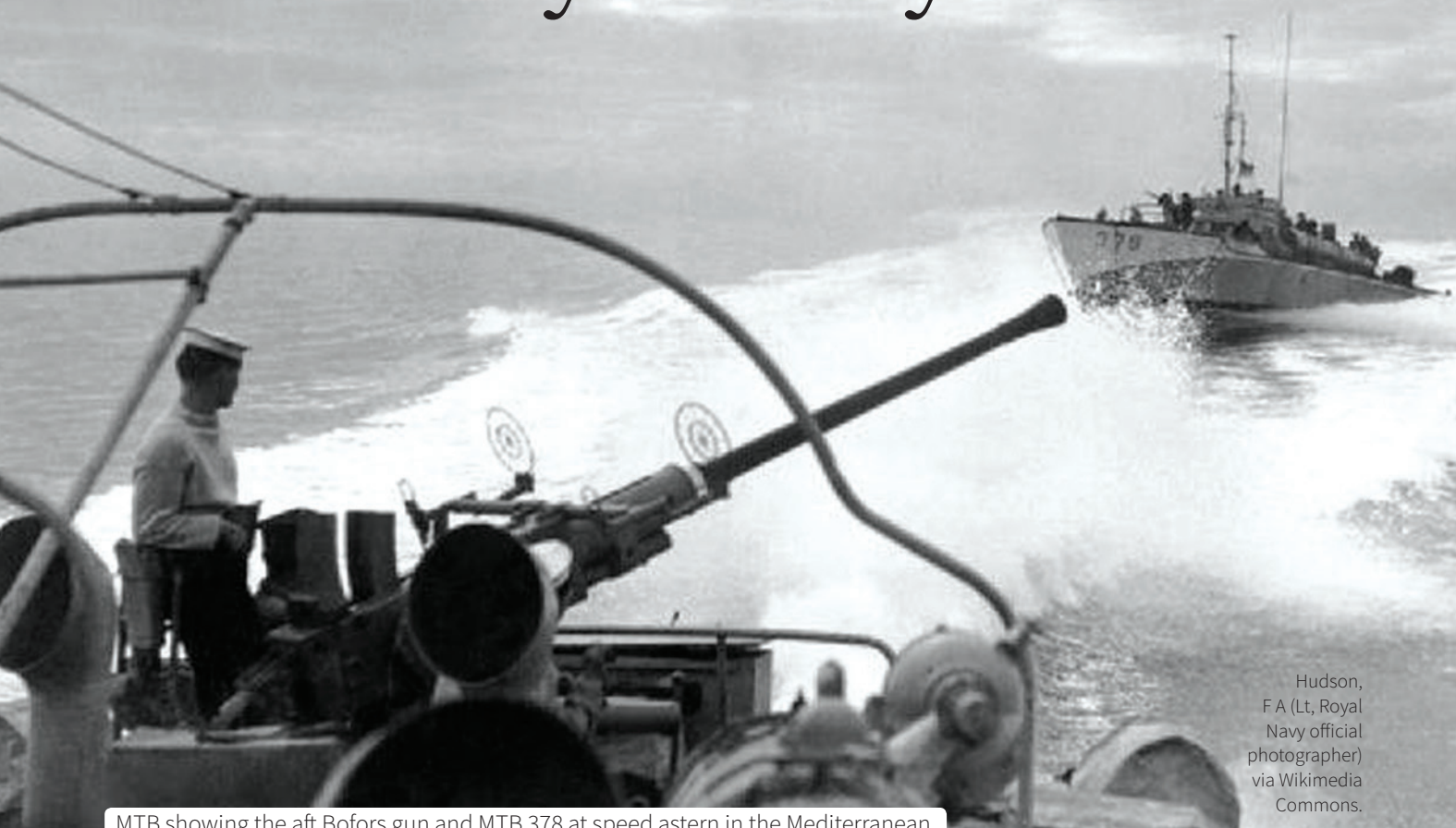


Priory Court

Priory Court owners dancing through the holiday season to one of their regular performers.

DEERHURST COURT

Coastal Forces of the Royal Navy



MTB showing the aft Bofors gun and MTB 378 at speed astern in the Mediterranean.

Hudson,
F A (Lt, Royal
Navy official
photographer)
via Wikimedia
Commons.

Peter Munnoch & Harry Southern

When I moved into Deerhurst Court some three and a half years ago I never dreamt that two other apartments out of the total of forty would have associations with the Coastal Forces of the Royal Navy – Peter Munnoch.

For those of you who may never have heard of Coastal Forces, can I give a few details. It was originally formed during the First World War and took part in operations including the attack on Zeebrugge and later

in the Baltic against the Russian Communists in 1919 when a VC was won. Re-established in 1939, its small forces had to be built up rapidly so that, after Dunkirk, it could start protecting convoys in the North Sea and the English



Channel and then take the war to the other side to attack the German's own convoys. By the end of the war there must have been over 400 motor torpedo boats (MTBs), motor gun boats and 500 motor launches with crews of between eight and thirty, depending on the size. In addition to UK waters, boats served in the Arctic, Norwegian crews going in sometimes horrific conditions across to Norway. Other flotillas were in the Mediterranean, the Far East and providing convoy protection on the West African Coast.

Coastal Forces were proud to have fired more torpedoes, with a greater success rate, than the Submarine Service! Another VC was won posthumously during the successful 'Operation Chariot' amphibious raid on St Nazaire, at the mouth of the Loire on the French coast.

Kriegsfotografen, Bergen, 1946
via Wikimedia Commons.

Norwegian motor launches off Dover during World War II.

I had joined Coastal Forces early in 1944. As I was a schoolboy evacuee at the beginning of the war, I was still young and served in rescue motor launches and an MTB in the English Channel in 1944 and in motor launches in West Africa in 1945.



A Coastal Forces 112 ft Fairmile B motor launch approaching France, on D Day 1944.

On moving to Deerhurst Court, I found out that fellow owner Harry Southern had also been a member, having sailed in his 112ft long motor launch across the Indian Ocean from South Africa to Burma to take part in the campaign down the coast of Burma towards Singapore.

Later, I discovered that Margaret Frenzel, another of our neighbours here, was the widow of Lt. F.N Frenzel RNVR, the Captain of MTB 295 who had been awarded the cross of the Distinguished Service Order for his exploits.

Coastal Forces remained active until the last minesweepers to wear the "HM Coastal Forces" cap tally were taken out of reserve in 1968. Anyone feeling they would like further information could contact the Coastal Forces Heritage Trust at the Museum of the Royal Navy, Portsmouth.

coastal-forces.org.uk
Royal Navy official photographer,
via Wikimedia Commons

A Royal Navy MTB during the Second World War.

The Bible in Spain (and Mallorca)

Keith and Mary Harrison, Tiddington Court

When Keith and Mary Harrison (below) visited Hay-on-Wye in the early 1980s, they picked up a small, second hand book, which was to prove remarkably portentous of a future guided by faith.



Keith and Mary bought a 1924 edition of George Borrow's autobiographical work 'The Bible in Spain'. It tells of his adventures as a colporteur, selling bibles across Spain from 1835 to 1839. Having travelled on horseback from Lisbon to Madrid, Borrow negotiated with government ministers, including two prime ministers, for permission to print and distribute a Spanish translation of the New Testament. In this he had the support of the British ambassador George Villiers. Borrow then journeyed throughout northern Spain, distributing copies of the New Testament. He went on to print his own translation of St. Luke's Gospel in the Caló language of the Iberian Romani. He also suffered serious bouts of ill health and was briefly imprisoned in Madrid.

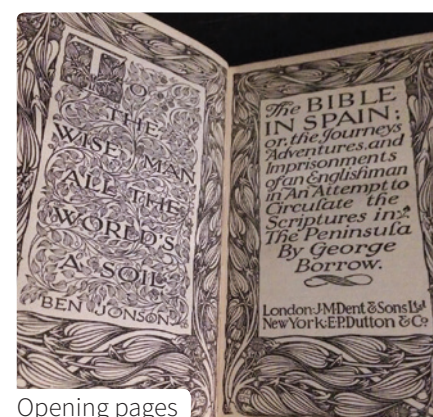
Writing it on his return to England, the book brought money and recognition for Borrow. It went into six editions in the first year (1843),

sold well in the United States and was translated into French and German. It was especially popular in Protestant countries thanks, it is thought, to its combination of evangelical enthusiasm and a romantic, exotic image of the different peoples of Spain. Today, it is valued by historians for its rare eyewitness accounts. Indeed, the description of gypsy life in Prosper Mérimée's 1845 novella Carmen (the source for Bizet's opera) is thought to have drawn on Borrow's work, with which Mérimée is known to have been familiar. Borrow's book raised interest in the work of colporteurs, who distribute religious works, which was a focus of activity for the Bible Society.

Shortly after securing their copy of 'The Bible in Spain', Keith and Mary visited Mallorca (the 'j' spelling is apparently an adaptation by the English) and felt a keen sense of calling. At around the same time, Keith had become a member of Gideons International. The following year, he went back to Mallorca, this time with New Testaments and Psalms for the ex-pat community. In 1988, he began distributing tri-lingual copies to hotels on the island and his work stepped up on his retirement from banking in 1993, when Mary also joined Gideons International. Over the

following years, Keith and Mary were to meet, on Mallorca, many remarkable people of faith with connections around the world, including Uruguay, America, Cuba and mainland Spain. With their help and, as ever, guided by their faith, Keith and Mary distributed bibles to over 100 hotels. They visited and gave copies to patients in the Son Llatzer hospital and, on gaining entry to the prison in Palma, gave out over 1,000 Spanish language New Testaments, plus English versions to the many British prisoners, most incarcerated for drug-related crimes.

Eventually retiring from their work on Mallorca, Keith and Mary, having themselves met 'princes and paupers' whilst helping others to find God, now read Borrow's writings with the fresh eyes of fellow travellers.



Opening pages of a c.1906 edition of The Bible in Spain



A Wiltshire Childhood

Miss Phyllis Bella Harding, Elizabeth Court, Salisbury

I was born over a century ago in 1916 during the Great War, on the family farm at Alderbury, a little village southeast of Salisbury.



Phyllis with her mother

I was named Phyllis because my parents liked the name, and Bella after my grandmother. I remained an only child. My mother, who was arthritic, came from Devon. She loved painting and I have several of her pictures which still hang on the walls of my apartment. My father was a Wiltshire man but even so found the dialect of his local farming colleagues hard to understand. The local speech of those days dated back centuries, though has probably disappeared by now. He bought Whatton Farm in Alderbury before the war and was exempt from military service. The nation had to be fed! He was despatched to work at the local mortuary. For ever after he could not stand the smell of lilies. Whenever I smell them at Elizabeth Court, I remember him.



Phyllis, two years old

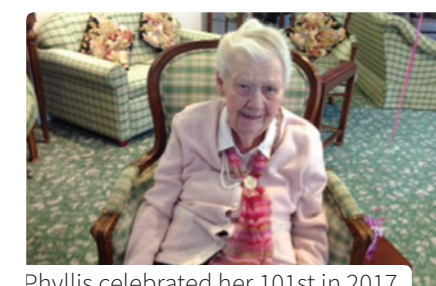
I loved farm life. One job was to look after the chickens and collect the eggs. Once we looked after a tame fox which I played with. We had sheep, cattle and cornfields and there were lots of wild flowers. The harvest was very busy. It was such a beautiful place. I remember so vividly an extraordinary day when my father perched me on top of a huge carthorse and we made our way through quiet country lanes and roads to Stonehenge, 18 miles away. There were lots of horses, carts and traps to transport tourists to and from Amesbury and other places. I was both terrified and fascinated, high above everyone – hanging on and looking down! What an experience.



I went to school at Alderbury and then to Salisbury High School. I enjoyed painting. Alderbury is described by Charles Dickens in 'Martin Chuzzlewit' with the Pecksniff family and the Blue Dragon Inn. We used to giggle at a man in the village who was a bit uppity, so we nicknamed him Mr Pecksniff. Much has changed, but some of our land remains and is still farmed by a friend who visits and very kindly brings fresh eggs. I came to live with my mother in Salisbury some time after my father died.

After my mother died in 1997, I moved to Elizabeth Court when it first opened and have been very happy here. I used to walk across the water meadow opposite and return via Cathedral Close. This was quite a long walk. I still enjoy feeding the ducks by the river and in summer, eating an ice cream in Queen Elizabeth Gardens. I love the old songs and I always attend the sing-songs here in the Court.

I shall be ten years older than the Queen on 4th April 2018.



Phyllis celebrated her 101st in 2017

Get the party started!

There's always an excuse for a party or celebration. Whether it be Burns Night, a St. Valentine's Day meal or Pancake Day – owners enjoy a good social event.

Osborne Court celebrated with Scottish music, renditions of Burns' poetry, plenty of haggis, neeps and tatties and whisky. Mr & Mrs Laing looked exquisite in their tartan attire. The good



Mr & Mrs Laing of Osborne Court



Burns Night at Forum Court



Mark 'Addressing the Haggis' at Cathedral Green Court



Forum Court
Chef Jimmy & Joan, Duty Manager

residents of Cathedral Green Court followed suit, with the even more indulgent addition of whisky syllabub for dessert. Not to be outdone, Forum Court performed the ritual addressing

and stabbing of the haggis. At Priory Court, being less inclined towards violence, they skipped the stabbing and instead asked Mr Parkin to give a humorous 'Toast to the Lassies'.



Burns Night at Oaktree Court

Burns Night

by Wally Newby of Oaktree Court

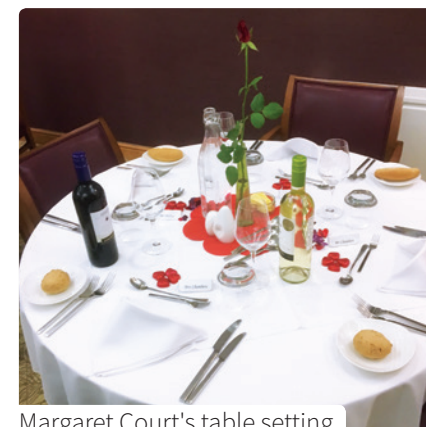
Rabbie Burns... Rabbie Burns...
What is it about this man that earns
Such respect?
Is it the language or is it the text?
Oaktree Court laid on a feast
Steak pie, tatties and Haggis, at least
That's what the menu promised.
A Burns Night Supper True and Honest!
In memory of Rabbie Burns
The Scottish Poet who inspired the world,
And despite the passing years
Still captivates and brings the tears
To the eyes of those enraptured by his words.
Yes that night Oaktree Court felt the effect
Wi' tots and nips and staff working hard.
While John and Wally, Jack and Janet
quoted the words
And followed the tradition of this cultural Bard.
We even managed to create pure magic
When Mike with his wee pipes
Piped in the immortal Haggis.



Priory Court: Mrs Boyce presenting the haggis to the owners



Margaret Court: St. Valentine's Day



Margaret Court's table setting

Plenty of courts came over all romantic in celebration of St. Valentine's Day. At Margaret Court the table dressings and much of the food were appropriately amorous as you can see. Similarly, at Cathedral Green, their cuisine extended to passion fruit cheesecake and heart-shaped chocolates, consumed to the sound of



Cathedral Green Court owners enjoying a romantic St. Valentine's evening

Margaret Court owners enjoying a drink and a chat on St. Valentine's Day



recorded love songs and much merriment. Just the day before (Valentine's Day fell on Ash Wednesday this year), Tiddington Court celebrated Pancake Day with, naturally, a great many pancakes.



Pancake Day



Tiddington Court's great chef Chris Furby

Murder mystery

A wedding reception set the scene for a Murder Mystery evening at Boat Lane Court.



Bride, Ruth Jervis & Groom Bill Elliott

Boat Lane Court owners, Cilla and John Alcock arranged a Murder Mystery evening brilliantly led by a friend of theirs who is a professional actor. Chef John, produced a wonderful wedding evening meal for 35 elegantly

attired owners, (bow ties and fascinators were the order of the day). As each course progressed so did the murder and the mystery.

A body appeared in the Hobbies Room. Arsenic was involved, (not in the meal!) and twelve suspect guests were slowly eliminated from enquiries. Eventually, and to great applause, the culprit was exposed: mother of the bride, Jean Bottomley.



The wedding party



Mona Card, who sadly passed away days later

Plymouth's quiz night

Owners at Plymouth Court enjoyed a very closely-fought quiz night, won in the end by a team of four directors (and no, it wasn't a fiddle!). A wide range of subjects and interesting questions had been compiled by quizmasters, owners Ros and Thelma. A great time was had by all – even Stephen, who managed to win the wooden spoon for the second month in a row.



Forum Court

Forum Court hosts a Fish and Chip supper

Owners enjoyed a fish and chip supper followed by a presentation from the newly formed Social Group at the court.



Forum Court

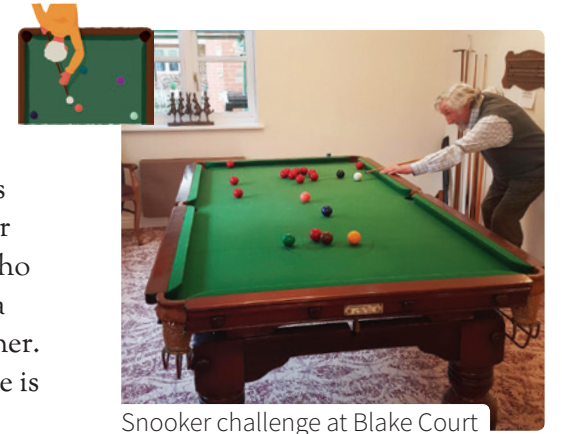


Forum Court

Blake Court enjoy a good 'Knit and Knatter' and invite other snooker players

Owners at Blake Court meet on Tuesday afternoons for a natter over some knitting. The group are currently knitting woollen chicks to raise money for charity and, by the looks of it are having great fun at the same time!

Blake Court snooker players would love to welcome other owners from other courts who would like to join them for a game and some lunch together. Get in quick, Ken Blakemore is getting some practice in!



Snooker challenge at Blake Court



'Knit and Knatter' group at Blake Court

Magic and music at Tiddington Court

David Fox performed a magic show for owners at Tiddington Court and the evening went with a bang! "It was a real privilege to visit Tiddington Court in Stratford-upon-Avon today and perform magic for Jan and her friends.

I first met Jan a few years ago at a family event and it is always great to see her and everyone else. John very kindly took photographs. Thank you John, hope to see you all again soon." – David.



Magic show at Tiddington Court



The Poppy Sisters visit Tiddington Court



Dave Laine and the dancing girls

Singer, Dave Laine entertained all with a 'Mad March Party'. The Poppy Sisters, Nancy and Rose from Worcester, provided a great evening with wonderful vocals – transporting owners to times gone by.



Happy Birthday!

Many genuinely modest owners have said that they don't like being the centre of attention, still less "being made a fuss of", even for a significant anniversary.

Looking through the photos we receive though, it's impossible not to feel good on seeing the love and kindness of friends, family and neighbours being lavished on one person in a way that we all need, from time to time.

So if you are lucky enough to have people who want to make a fuss of you on your birthday, please let them, don't wait for a 'milestone' year and send us the photos!



Kathleen Hogan of Blundellsands Classic

Kathleen Hogan, celebrated her 90th birthday with owners, friends and staff and food with a vintage theme.



Judith Newton of Burcot Court

Mrs Judith Newton and owners celebrating her 100th birthday with a cake which suggests a fondness for gambling!



Steven Stephenson of Fullerton Court

Owners joined Steve and his son Toby to celebrate his 95th birthday.



Felicity Marks of Fullerton Court

Owners joined Felicity Marks and her (very!) extended family to celebrate her 90th birthday with a delicious tea followed by champagne and cake.



Mrs Garvey of Priory Court

Over sixty attended Mrs Garvey's party, bringing gifts, flowers and no fewer than three fabulous birthday cakes, each celebrating a different era of her life and family.



Dan King of Cathedral Green Court

Chairman Dan King celebrating his 80th birthday with family, friends and owners at Cathedral Green Court.



Gerry Seddon of Forum Court

Gerry and friends enjoyed a wonderful afternoon celebrating at Forum Court.



Jan Carter of Tiddington Court

Adam playing Spanish guitar music to mark Jan Carter's 80th birthday party at Tiddington Court.

Court anniversaries

It's not just owner birthdays that get celebrated – many enjoy marking the 'birthday' of their shared home, too.

Blake Court really went to town for their 20th anniversary celebrations. Over 60 owners, family, friends and staff enjoyed music, food and wine. Longest resident Mrs Peggy Garner, who moved in the year the court was built was presented with flowers and several members of staff were presented with Long Service Awards. Court Manager Kate Dennis said the evening was a great success and how proud she was to manage such a wonderful court.



Blake Court
Doreen Staines & Olivia McDonald



Peggy Garner of Blake Court

RSL Chairman Bob Bessell was delighted to cut the celebratory cake at Tannery Court.



Tannery Court 10th anniversary



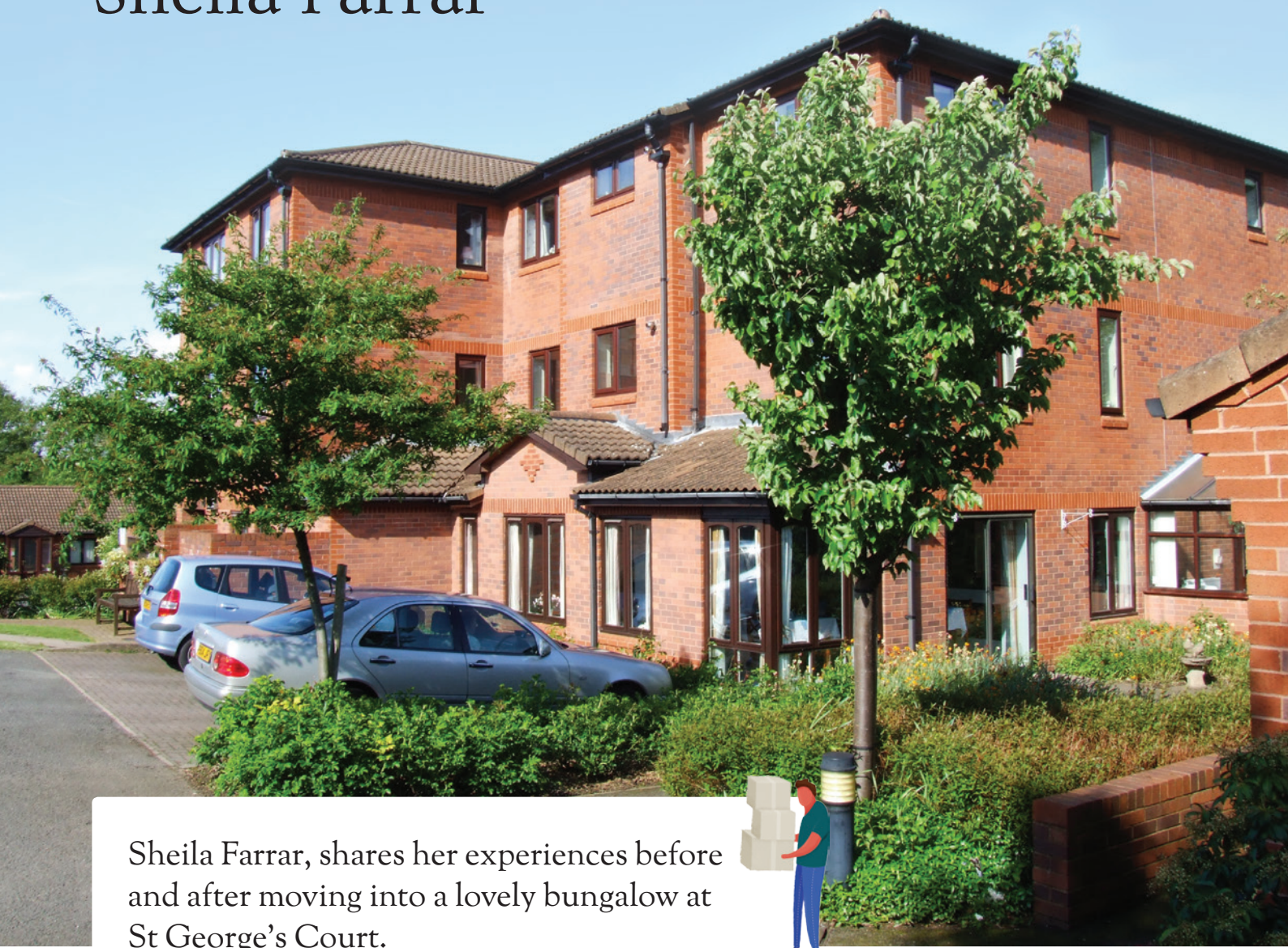
Priory Court
Duty Manager Shirly & Mrs Irving

Director Mrs Irving celebrating Priory's 19th anniversary with Duty Manager Shirly.



ST GEORGES COURT

St George's Court welcomes Sheila Farrar



Sheila Farrar, shares her experiences before and after moving into a lovely bungalow at St George's Court.

Autumn 2016

Born and bred in Sutton Coldfield (which was Warwickshire until Birmingham took over), I lived in our family home for almost five decades. So when some of my family came

for the weekend and said, "Let's look at St George's," I immediately replied, "I am not moving." We had a look though, and saw a very attractive apartment. But I still said, "NO!"



Sheila Farrar of St George's Court

May 2017

More family came home. "Can we look at St George's? The others have seen it." As before, I said, "I am not moving, but we can look." This time we looked at a bungalow. I can't explain why, but it felt comfortable and the little garden a possibility.



September 2017

I moved into my little bungalow at St George's! After months of 'downsizing', I wondered how it would work out with so few rooms.

First night I went to bed and slept like a log. I awoke full of ideas and already loving it! Main bedroom for me, second bedroom: hobby room (essential for my "stuff"). It could also be used as a dining room. Lounge with patio door to see, and go into, my garden. Kitchen big enough for all the equipment and a table and chairs. Bathroom with bath and shower.



Oct and Nov 2017

It is a big thing to go into the community lounge for a cup of tea and biscuits with people who all know each other. Where can I sit? Do people have their special places? Actually, it was a friendly experience and I am now a regular, other than when I am out doing things with friends. Living in the same area as my family home means I can carry on with my normal activities, but here there are such lovely activities and so many 'firsts' – poetry reading, crafts, quizzes, games evenings, entertainers – and of course, no need to feel lonely.

Dec and Jan 2018

A cleaner comes in once a week. Brilliant – this gives me more time for activities. I still do my own cooking, though the meals I have in the main dining room are excellent.

One night my freezer let me down. Instead of worrying all night I called the Duty Manager. No problem. Food that was still frozen was put in a bag and kept in one of the St George's freezers until mine could be fixed.

Throughout this time I am taming my garden and putting it to bed for the winter. An added bonus: for a small fee, I receive a key to the cricket ground with its walk through the woods to the millpond. If I don't want to drive, there is



a bus stop on Clarence Road to take me to Birmingham or Lichfield. There are also local shops, cafés, takeaways and the fantastic Chennai Indian restaurant.

February 2018

Although the décor of my bungalow was in good condition, I have had it redecorated and re-carpeted throughout. Now I can start to hang my paintings and embroideries and put things in their permanent places. After 48 years in my family home, now, this is mine. A new home, a new project... and I love it.



Help when you move

If you know of anyone who might be thinking of moving into your court, they might be interested in this new factsheet, available from your Court Manager.

As you may know, to help new owners to settle in, RSL will pay for a doubling of the first week of housekeeping assistance, plus up to three hours of handyman assistance and a dining room meal, every day, for the first seven days.





Mobility scooter accidents highlight need for care and for insurance

Latest figures from the DoT show a trebling of the number of mobility scooter accidents in the three years to the end of 2016. The total of 260 is still low – around one for every 1,500 users – but these are the more serious incidents and include fourteen deaths. It is thought likely that hundreds of relatively minor incidents go unreported.

From a scooter user's point of view, one important finding is that the majority of serious injuries involve scooters toppling over. This suggests that particular care should be taken on steeply sloping pavements and that 'top loading' with heavy shopping – thus raising the centre of gravity – should be avoided.

So far as we are aware, all of the deaths were of scooter users. Many of the injuries, though, were not. Most involve

pedestrians being run into. They include several instances of broken legs. This raises the issue of insurance. Insurance is not a legal requirement but, given the liabilities (one person whose leg was broken was awarded £38,000 in damages), it is advisable. A quick internet search suggests that comprehensive cover costs no more than £70 per year.

Where does the law stand in all of this? Scooter users do not need to have a license, or pass any sort of test or pay vehicle tax. This does not mean that users can behave irresponsibly.

Those who are involved in accidents which arise because, for example, their

eyesight is too poor or because they have been drinking alcohol, will be deemed responsible.

A really clear and useful guide to mobility scooter laws is given on the Gov.UK website at the address below. A few highlights are given within the panel below.

www.gov.uk/mobility-scooters-and-powered-wheelchairs-rules



Sally joins Services Managers team



We are pleased to welcome Sally Culmer on board. Married with three sons, she will join the Services Managers on 23rd April. Sally will be the Services Manager for Boat Lane, Carrs, Deerhurst,

Osborne, Tannery and Tiddington courts. An in-depth handover process over several weeks will ensure a smooth transition. Sally has already started her induction on days off whilst working her notice at her current job – very keen!



Some important rules

- Class 2 mobility scooters ('invalid carriages') must be limited to 4mph and must not be used on the road.
- Class 3 can be used on pavements at up to 4mph, and on the road at up to 8mph.
- Class 3 scooters must be registered.
- You can't drive on bus lanes, 'cycle only' lanes or motorways.
- All normal parking restrictions apply.
- Scooters shouldn't be left in the way of pedestrians, including wheelchair users.
- You should be able to read a car's registration number from a distance of 40 feet.



Alison Hunt awarded for fabulous work



CEO Richard Sharples presented Alison with a certificate in recognition of her fabulous work helping courts with their interior design. Recent projects include the common parts at Blake, Priory, Marlborough, Minster, Kennet



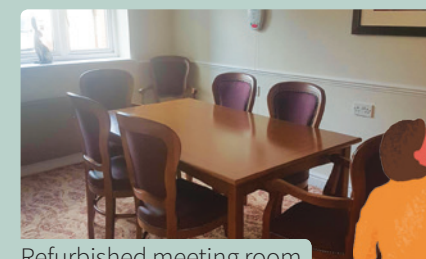
BLAKE COURT

Refurbished hallway



and Emmbrook courts. In the pipeline are Melton, Boat Lane and Cathedral Green. Richard said, "Keeping the common parts

fresh and up-to-date is essential to the first impressions gained by potential new owners and their families and thus to apartment resale values".



Refurbished meeting room



Refurbished dining room

Visit and stay at Bushmead Court

01582 481455

The directors of Bushmead Court are keen to welcome other owners who would like to visit the area and stay in the guest suite

Bushmead Court is located on the northern side of Luton just off the A6.



Guest suite

- Close to Luton Airport
- Speedy train service to London
- Visit Woburn Abbey and Safari Park, Luton Hoo, Whipsnade Zoo, Milton Keynes Theatre
- Modest charge includes light breakfast

Please call Court Manager Jane Brundel to find out more.

Full marks at Fullerton for Health & Safety

Fullerton Court along with other courts has recently signed a five year contract with Ellis Whittam Ltd to help with H&S and environmental issues, including acting as the legally required 'Competent Person'. Setting up the contract with the aid of RSL reduced the annual fee. The first survey was carried out in October 2017. It looked at cleaning, contract management, electrical, fire, food and gas safety, first aid, H&S management, Legionella bacteria, lone working and stress. Overall the results were 'Excellent' with no situations requiring 'immediate action'.

PINNER COURT

Need a new boiler? Electric might be a better option.

An owner at Pinner Court was delighted recently with the installation of a new boiler to serve the apartment's central heating radiators and provide hot water. Nothing unusual about that of course – except that the replacement for the old, problematic gas boiler, was an electric one.

Electric boilers have improved significantly of late, making them worth considering as a genuine alternative, not just when gas is not available. At Pinner, legislation changes since the original boiler was fitted required such a complex flue arrangement as to render gas impractical.

The electric boiler has no moving parts and, being maintenance-free, avoids the cost of an annual service. It's also quieter, safer, smaller, cheaper to install – and costs around half the price

of an equivalent gas boiler. Furthermore, because gas boilers are operated via electronic controls and ignition, they are just as vulnerable to power cuts. Indeed, the only reason we don't all have them, is running costs. Historically, electric heating has been much more expensive. It still is more costly, but modern insulation and other energy efficiency measures within our homes, and the new boilers, have reduced the difference so much that gas boilers now need to run for many years before they start to become less costly, overall.

A fact sheet is available within the downloads page of the website.

For further advice, contact Nick Chrscoli, Estates Director at RSL on 01789 292952 or email: nickchrscoli@retirementsecurity.co.uk



CATHEDRAL GREEN COURT



Mark Hitchborn

Thanks received and given

Anglian Water recently presented a beautiful bouquet to Cathedral Green Court (being held in the photo by Court Manager Mark Hitchborn) in thanks for their professional attitude and thoroughness in relation to Legionella compliance actions. The directors at Cathedral Green themselves presented Long Service Awards to eight members of their team, specifically, Mark Hitchborn, Heather Searson, June Anderson, Sharon Mastrangelo, Alan Gordon, Sandra Duffy, Carol Runacres and Sally Farrar.



Long Service Awards

FULLERTON COURT



Linda Sutcliffe, Court Manager

Congratulations!

Linda Sutcliffe, Court Manager at Fullerton Court, has attained a Level III NVQ Diploma in Health & Social Care.

In this initiative of Linda's, a growing number of staff at Fullerton Court have attained, or are pursuing, National Vocational Qualifications at various levels, with the full support of the board.

Handyman Achievement

SAXON COURT



Mick Cooper, Handyman

Handyman Mr. Michael Cooper recently completed his P.A.T. (Portable Appliance

Testing) course, passing with high grades – beating some professional electricians taking the course alongside him. The three day, City & Guilds 2377 course covered 28 topics, including *The nature and effects of electric shock* and *Law and the scope of relevant legislation*.

Now that he is qualified, Michael says he is happy to assist other courts in surrounding areas. Saxon Court is planning to offer the PAT services to owners in their own apartments.



Pinner Court's Duty Managers go the extra mile for owners

PINNER COURT



Julie Potter



Ken Fryer

RSL CEO Richard Sharples writes, "I visited Jo at Pinner last week to meet with her duty managers and was absolutely bowled over when an owner's daughter asked to interrupt our meeting, as she wanted to express her personal thanks for the duty managers for literally going the extra mile during the snow. Duty Managers Julie and Ken both

walked to work in the snow. Ken (who is 73) walked for one and a half hours. Julie, who left her home in Halesowen at 6am, walked for two and a half hours – all to get to work!" We hope both Julie and Ken got home safely and with rather less effort. We know that Court Manager Joanne Norman and the owners were most appreciative.

Duty Manager Wedding

GORSELANDS COURT



Lora with husband Mark

It was with great pleasure that all of us at Gorselands celebrated with one of our duty managers, Lora Hancox (née Spurgeon), on her recent wedding.

It was particularly wonderful that Lora took time between the wedding ceremony and reception to visit Gorselands Court to show off her wedding dress – and her new husband, Mark.

The owners were touched by this kindness and thought Mark a handsome groom and Lora an exceptionally beautiful bride.

Dairy-free Simnel cake

Time: 2h 30mins | Serves: 8 – 12

INGREDIENTS

175g Vegan spread
180g light brown sugar
180g self raising flour
3 flax eggs* (or ordinary eggs)
1 tsp mixed spice
Pinch of salt
1tsp baking powder
½ tsp almond essence
350g mixed dried fruit
50g mixed peel
½ lemon (grated zest only)
500g marzipan
4tbsp apricot jam

1 Line an 18cm cake tin, pre-heat oven to 150°C / gas mark 2.

2 Beat spread and sugar until pale and fluffy. Add flour, flax eggs, almond essence, baking powder, salt and mixed spice – whisk until combined. Then add mixed dried fruit, peel and zest and stir into the mixture.

3 Spoon half of the mixture into the tin and smooth the top. Take a third of the marzipan, roll it out to 20cm in diameter and place on top of the cake mix in the tin. Add the rest of the cake mixture and smooth the top.

4 Bake for 2 hours; insert a skewer in the middle, if comes out clean* remove, and let it cool.

5 Melt apricot jam and brush the top of the cake. Divide remainder of the marzipan in

half, roll out to same thickness, and place on top of the cake. Roll the rest into little balls and place around edge of the cake.

6 Place the cake under a hot grill for 1-2 minutes, or until the top of the marzipan begins to brown. Enjoy!

***How to make flax eggs:** Combine 3 tbs of ground flax with 9 tbs of water. Stir and leave the mixture to thicken for 5-10 minutes.

Traditionally cut into 12 slices – we have been a little more generous with ours!

*Don't confuse the layer of marzipan in the middle for uncooked cake on the skewer.



Vitamins: Taking care when taking supplements

Sales of vitamin pills continue to rise even as evidence against daily use without consulting your doctor, grows.

In the United States, the Preventive Services Task Force recommended against daily multivitamins for otherwise healthy individuals. Closer to home, Age UK cautions that supplements can often be unnecessary and goes on to warn

that, whilst excess vitamins are usually flushed out of your system by your kidneys, “...they can do more harm than good, especially if you’re already taking prescription medication.” Are there any supplements that older people on healthy diets should consider?

Vitamin D in winter

Vitamin D works with calcium to help maintain bone health. Most comes from safe exposure to the summer sun and from foods like oily fish. Older people tend to get less sun exposure, especially in winter. Age UK suggests that taking a daily vitamin D supplement of 10 micrograms (mcg) should be considered during winter and all year round by those who rarely get outside.

The NHS says adults need 700mg of calcium a day. Good sources include milk, cheese, green leafy vegetables and nuts.

Do seek medical advice before taking calcium supplements, as taking too much can cause stomach pain and diarrhoea.

Vitamin B12

B12 is very necessary (deficiency is linked to anaemia and memory loss) but you don’t need much of it and it is found in fortified breakfast cereals, meat and, of course, Marmite. You probably don’t need a supplement, but a pill with 2mg or less a day is unlikely to cause any harm.



Vitamin C

An antioxidant that helps to fight disease and infections, aids healing and helps the absorption of iron, you should get all the vitamin C you need by eating plenty of fruit and vegetables. Evidence that high doses prevent colds is weak.



freestocks.org from Pexels

Overall, the experts seem to consistently repeat the same mantras: eat a balanced, varied diet and particularly in the summer, try to get outdoors as much as possible, and you should be okay without supplements.

OSBORNE COURT



Yoga class in action!

Yoga – particularly when practised together – is known to be good for mind, body and spirit. If your court does not have regular yoga classes and you would like to try them, make it known. A group of just 4 or 5 is all that is needed.

Iron: be careful!

Iron appears to be the supplement which causes doctors the most concern. In part, this is because iron deficiency in patients over 50 can be the first sign of an underlying health problem. This could be masked if you were taking “artificial” supplements. Older adults do not need as much iron and excess amounts can damage the liver and the brain. Red meat, beans, pulses, wholegrain products, eggs, nuts and seeds, green leafy vegetables and dried fruit are all good sources of iron, though drinking tea or coffee with or shortly after a meal will restrict your iron absorption.



With thanks to Age UK.

For more information please see:

www.ageuk.org.uk

BLAKE COURT

Silver-white winters that melt into spring

This is one of gardener Annie's favourite things.

Springtime finds Blake Court's gardener, Annie, starting to enjoy the fruits – or, rather, flowers – of her labours earlier in the year and looking forward to the glory days.



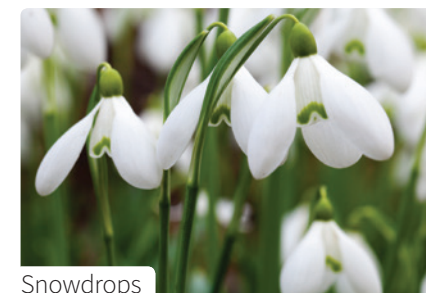
"A procession which started amid snow with aconites, crocuses, tiny irises and snowdrops has moved on to daffodils, polyanthus and cyclamen. What I'm really looking forward to now is our tulips. We planted so many bulbs and I have high hopes for them." In the meantime, Annie says she needs to catch the snowdrops before they disappear completely, to divide and relocate half of each clump. "You can't find them once they have completely

died back," she explains "and the smaller lumps spread faster, creating a carpet of them in just a few years." She also wants to check to see which of the older shrubs, harshly cut back earlier in the year, are shooting productively. They include ceanothus, choisya and the early-flowering forsythia. Having been given a chance, those which look like they will fall short of the mark will be for the chop!



Annie and the late Mrs Inne Blake receiving award

Amongst the larger shrubs and trees at Blake Court, Annie says the magnolia and the lime tree are always beautiful, as is the cherry. Pride of place, though, tends to go to their Cercis chinensis, the Chinese redbud 'Avondale', which produces a blaze of densely-clustered dark purple-pink flowers in late spring before its leaves appear. She is hoping that, along with all the other plants and lovely spaces which makes up Blake Court's gardens, it will help them win Gold yet again in the Enfield in Bloom competition.



Snowdrops



Cercis chinensis 'Avondale'



OSBORNE COURT



Wendy Whiting, Chair of Garden Committee on Osborne Court's plans for the year ahead.

Current main tasks

- Removal of invasive and non-flowering shrubs
- Fertilise flower beds
- Relocation and division of overgrown planting
- Moss and weed control



This year our excellent gardener will be adding many sensory plants. Notable for their scent and sometimes texture, these are greatly appreciated by those who are sight impaired. Alongside, deciduous and coniferous shrubs and plants will reflect the seasons, providing year round colour.



Open gardens

To support Port Sunlight and promote a clearer understanding of Osborne Court, we shall enter the annual Open Gardens Day. We shall show off the gardens, provide refreshments and, thanks to our communal greenhouse, will be offering for sale plants cultivated by Osborne Court owners.

Your Poems!

We are enormously grateful to all of those who so kindly submitted poems for the rest of us to enjoy. We have had a lovely time reading through them.

Apocalypse

Brian Daubney, Minster Court

Now the trees are springing green,
Visions in the heavens are seen;
Lofty man goes walking by,
Blind to portents in the sky.

Busy world goes on the same,
Man still plays the waiting game;
Horizonwards in distant view,
Clouds appear in various hue:

First a white with gilded peak,
Second, red with razor beak,
Third a black in balanced halves,
A fourth is decked in death-grey garb.

Earthlings at last become aware,
Pause and casually declare:
'We must be in for storms today',
Smugly then pursue their way.



That's Music

Ann Fox, Osborne Court

Feet tapping, fingers clicking,
Swaying and dancing. That's Music.

Jazz and blues, rock and pop,
Guitars and drums. Alive Music.

Sorrowful dirge, mourning lament,
Slow march for the dead. Sad Music.

Joyous songs, voices raised in praise,
Singing united. Shared Music.

Serenade to loved one, songs of endearment,
Melodies of yearning. Love Music.

Magical strings, woodwind and brass,
Magnificent orchestra. Classic Music.

Mind engaged, heart well filled,
All enveloping. That's Music.

Crossing all borders, no language barrier,
Mankind embraced. By Music.



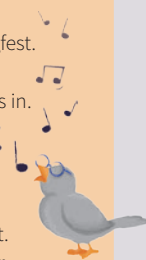
A Spring Symphony

Bryan Willson, Emmbrook Court

I awake early morning in spring
I hear the soulful blackbird sing
Its first notes since winter's onset
and calling others to join his songfest.
Next, the sweet song of the robin
Then the full-throated thrush joins in.

Soon after, pigeons begin cooing
No doubt they'll soon be wooing.
A jenny wren, it's cadence sweet
A cycle-pump tune? It the great-tit.
Magpies contribute croaky chatter,
While rooks and crows caw and natter.

High above, a red kite is shrilling
Down below, a woodpecker is drumming.
Later, finches and others will combine
Their tuneful melodies so to chime.
So, the overture is now under way:
A symphony for this new spring day.



The Learning Curve

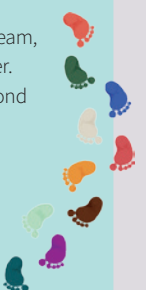
Joyce Lucas, Burcot Court

I count myself lucky – I can remember
The meadowlands of childhood,
The long walks of following the stream,
Sailing my leaf boats down the river.
The tiddlers and tadpoles in the pond
So full of water life.

Childhood spent exploring
the open spaces,
The highland grass top,
the bracken covered mountains.
Freedom to wander the
wide outdoors.
The rugged rock, the gentle slopes
And the twisting trails made by sheep and
past generations.

Always aware of the changing seasons:
The sprightly step of spring,
The lazy warmth of summer,
The completion of autumn
And the cold cleansing of winter.

In my wanderings I learnt to understand
The changing seasons, the wonders of nature
And the steady ticking of the clock of time.



Alone

William Lucas, Burcot Court

My life's companion is gone.
I am alone and lonely.
I am afraid.

I have moved to be near family.
They visit often but when gone
I am on my own.

Everything has changed,
The roads, shops, the landscape.
I feel lost.

Nothing is where it was.
Doors, windows, furniture,
even the TV.
I am confused.

My few remaining
friends left behind.
No more meetings
for tea and coffee.
I miss them.

I attend meals on most days.
I speak when spoken to and
reply briefly.
I am cautious.

I attend most events and functions.
I mingle and join in the conversation.
I enjoy the companionship.

I now know their names and talk freely.
I am accepted as one of them.
I am alone no longer.



State of health

Barabara Bish, Plymouth Court

"An' 'ow be you today, me dear?"

I pause before reply.
My brain is getting slower,
A fact I can't deny.

"A small twinge here,
An ache or two,
A niggle of a pain
That come today
Then go away
And never come again."



We have selected a favourite, largely on the basis that we found it to be so powerfully evocative of something so familiar: a country walk in which



one walker wants to march as rapidly and purposefully as possible, whilst the other likes occasionally to stand and stare.

The Leveret

Brenda Oliver, Minster Court

The wind blows cold across
the heath and the lark flies free.
No other human shape in sight
but you and me.
You're way ahead; I wish you'd wait.
Did you see, in the field beyond that gate
Just two paces into the springing wheat,
Not very far from our tramping feet
The tiny leveret, crouched and still,
Brown fur blending with the
brown of the hill.
Just one eye gleaming,
reflecting the cold sky
To indicate the living
creature, alone and shy,
As we tramped heedless,
along the headland track,
You at the front, as usual.
And me trailing, well back.



Winter Journey

Margaret Lockwood, Plymouth Court

Silent and soft, snowflakes fall to the ground
Blanching the earth in a blanket of white;
Fluttering, falling, they muffle all sound,
Carpeting the floor with translucent light.

Schools are all closed –
hear the children's loud cheers,
Snowballing, sliding and
chasing their friends;
Shovelling snow till a
snowman appears,
Smiling and jolly,
their fun never ends.



Temperatures fall and the snow starts to freeze;
Cars skid and spin as the road turns to ice;
Shoes slip and slide and we fall to our knees;
Suddenly nature is not quite so nice!

Temperatures rise and the ice starts to thaw;
Water is dripping and icicles too;
Snowmen have melted and sink to the floor;
Brown earth appears with small shoots
poking through.

It's nearly Spring!



Me and my H.K.A

Owner at Bowling Green Court

First Voice:

You are young and I am old,
But when our two lives touch
We can smile at one another
And that can mean so much

Second voice:

I can hear but you are deaf
Your pains I only see
For as you aged the world
has changed
Your life's a mystery.

First voice:

You are young and I am old
My world has passed and gone.
But smiles are a thread of gold
When all is said and done.

Both:

So when I've said and you have done
We smile at one another
We say "Goodbye", and "See you soon"
And that binds us together.



To you – from a rabbit

Mr P Mears, Melton Court

I'm a rabbit, with a bad habit,
I stole from your garden,
But I've no frig, for my cabbage,
So I must beg your pardon.

Don't shoot, when you see "the brute"
When I'm running for my life.
I've a family of six, I don't steal for kicks
Please forgive me, you and your wife.

Last year a fox could find no cocks
So he watched me, in your garden,
And at my hole, he scored a goal
He ate two of my children!

I'm very sad, but if I had
Access to shops and a credit card
Like you I'd feel – no need to steal
I'd be a rabbit, without a bad habit.



We are delighted to announce that RSL has agreed to give a £25 book token to our competition winner. One is on its way to Brenda Oliver at Minster Court.

Life's Voyage

Alma Lawler, Tannery Court

In The Beginning – somewhere in the deep
Of that first intensive glance
Lies the seed, asleep about to waken.
A voyage to be taken.

No questions asked
Except surrendering autonomy?
Will I be equal to the task?
Passion, love is the game now.

Together, love, smiles, pleasing.
Reveal or ignore.
Retreat inside deep walls.
Feelings tucked away –
Not to be attempted.

Slow building taking place
Each and every day.
Life at times a boulder-strewn beach.
Negotiate before the tide overwhelms?
Or run ahead to outpace.

Serious business now.
Ground rules, family, work.
Creating, teaching as well as living.
No peace, no time to shirk.

Energy sapped by giving;
A water in the scorching sun.
Time stolen – snatched gratefully
As two again become one.

Parental roles gone; vanished like quicksilver.
Welcomed with reservation.
Out of touch, a new dance to learn;
Disengagement from the known station.

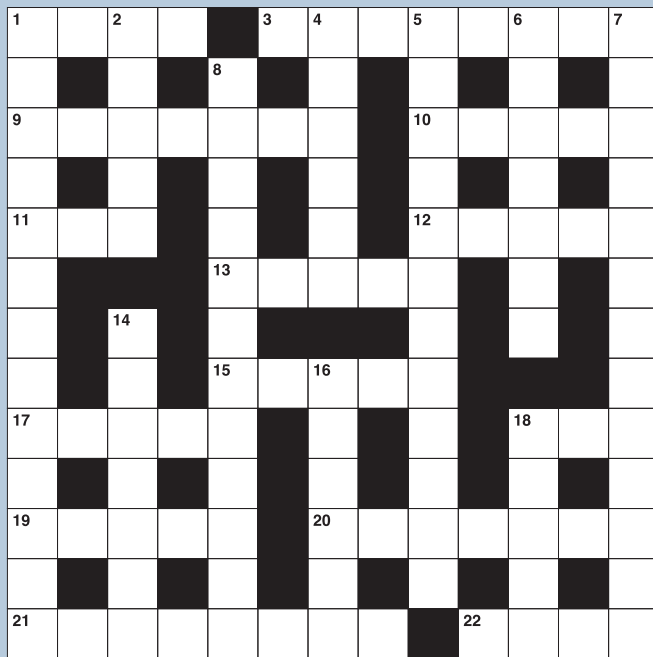
A testing of the undertow taking place
Exceeds expectation.
Tentative touch with base again racing
to the rescue

Time has been given back,
Yet time gathers pace as changes take place.
The well-spring taking up the slack.
New interests, hobbies in the weaving,

With love the constant buffer.
The seedling flourished.
Leaving each afraid of losing the other
Alone – as it was – In The Beginning.



CROSSWORD



Across

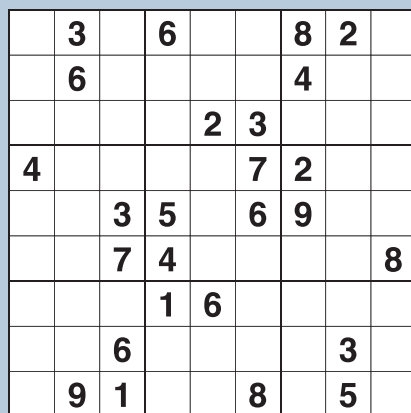
- 1 At some point in the past (4)
- 3 Lays in wait for (8)
- 9 Convey a thought in words (7)
- 10 Picture border (5)
- 11 Seventh Greek letter (3)
- 12 Aimed (anag) (5)
- 13 Enter data into a computer (5)
- 15 Result; follow (5)
- 17 Up and about (5)
- 18 Tree liquid (3)
- 19 Gold block (5)
- 20 Relating to motion (7)
- 21 Fully (8)
- 22 Quartz-like gem (4)

Down

- 1 Place too much importance on (13)
- 2 Dried kernel of the coconut (5)
- 4 Accident (6)
- 5 Uncomplimentary (12)
- 6 Listening (7)
- 7 Lacking originality (13)
- 8 Cooling device (12)
- 14 Tense (7)
- 16 Israeli monetary unit (6)
- 18 Stomach exercise (3-2)

WORDSEARCH | Counties

Bedfordshire	Devon	Kent	Somerset
Berkshire	Dorset	Lancashire	Surrey
Cheshire	Essex	Norfolk	Sussex
Cornwall	Gloucestershire	Oxfordshire	Wiltshire
Cumbria	Hampshire	Shropshire	Yorkshire



SUDOKU

Fill in the grid so every row, column and 3x3 box contains the numbers 1 to 9.



Autumn 2017 solutions



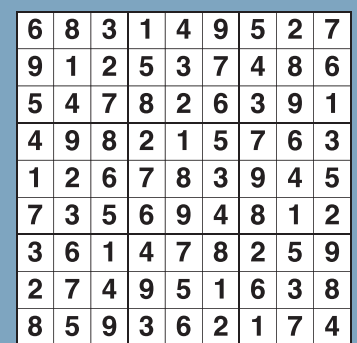
CROSSWORD



WORDSEARCH



SUDOKU



There are 32 courts developed by Retirement Security Limited across England and Wales. The management of every court is overseen by the owners who live there, ensuring that their home is run for them, not for profit. To find out more please visit the Retirement Security website www.retirementsecurity.co.uk or call direct on 01789 292952.