

# PIGEON POST

Keeping you informed & involved

May 2021





The London  
Community  
Foundation

Barnet  
ageUK

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## INSIDE THIS ISSUE



Hello and welcome to our May edition!

We've included our own tribute to Prince Philip inside, a man who certainly believed in making the most of later life. As a former journalist who wrote about the royal family on occasion, I did encounter him at a Buckingham Palace garden party where he was

fully engaged in listening to guests' stories, smiling and joking with a real twinkle in his eye.

Also in this issue, an interview with local resident Ronnie, a saxophonist who played in the Big Bands of the 40s, 50s and 60s. And on page 9, see how many books you remember from your childhood.

Look out for our memory boosting tips, a celebrity breathing technique to beat stress and all our usual recipes, crafts, puzzles and exercises.

Finally, thank you to everyone who filled in our feedback questionnaire – we were touched by some of your wonderful comments. And keep your letters coming – it's always useful to know what you've enjoyed and what you'd like more of.

Enjoy the issue!

**Helen Newman**  
Chief Executive  
Age UK Barnet

*I will love the light for  
it shows me the way,  
yet I will endure the  
darkness because it  
shows me the stars*

- Og Mandino



## EASY WAYS WITH EGGS!

Eggs are one of the most nutritious foods around, says cookery volunteer Kato. One egg contains a small amount of almost every nutrient our bodies need. 'These little powerhouses had a bad reputation for many years, as it was wrongly believed that eating eggs increase bad cholesterol, and therefore the risk of cardiovascular disease,' says Kato. 'We now know that this is not the case, and that an egg (or two) a day keeps the doctor at bay.' So here are some ideas for quick egg meals and treats.



### Baked omelette (4 servings)

Preheat the oven to 180°C. In a saucepan, lightly fry one thinly sliced large leek in 2 tbsp of olive oil. Add three cups of chopped greens of your choice: a mix of rocket, spinach and kale works well, or try swiss chard and spring greens and cook until wilted. While the vegetables cool down, beat 6 medium eggs and mix in 2 tbsp chopped mint, 150g of feta cheese, 4 chopped sundried tomatoes, and 2 tbsp of grated parmesan. Mix everything in an oiled or non-stick casserole dish or cake pan. Bake in the middle of the oven for about 30-40 minutes, and allow to rest before slicing. The omelette can keep for a few days in the fridge.

### Salmon egg tarts (6 servings)

Preheat the oven to 160°C. Lightly oil or butter a 12-hole muffin tray. Finely chop 400g cooked salmon. Mix together lightly with 2 tbsp single cream, 1 tsp curry powder, ½ tsp salt, pepper, and 2 tbsp chopped fresh or 2 tsp dry dill/chives. Divide this mixture between the 12 moulds, and break an egg into each mould. With a fork, mix the egg white with the salmon, but leave the egg yolk whole. Bake for 20-25 minutes until set. Remove to a wire tray. Serve two with a salad for a delicious lunch, or take them all on a picnic.



### Mexican eggs (4 servings)

Heat 2 tbsp of olive oil in a saucepan. Sauté a chopped onion, 2 cloves of sliced garlic, and 2 finely sliced red peppers. Add 1 tbsp of smoked paprika, ½ tsp of mild chili powder, 3 bay leaves and 2 tins of canned chopped tomato. Simmer gently for 10 minutes. Add 2 handfuls of spinach and simmer until wilted. Make 8 wells in the tomato stew, and crack 8 eggs into the wells. Cook with the lid on for 4 minutes. Serve with salsa and flatbreads.

### Baked egg custard (4 servings)

Preheat the oven to 170°C. Lightly beat together 3 eggs and 1 egg yolk with 1 tsp vanilla extract. Place 225 ml cream, and 225 ml milk (or 450 ml whole milk) in a pan with 60g caster sugar (use 60g erythritol if you are watching sugar intake) and stir to dissolve. Heat to just below boiling point then pour the mixture in a bowl with the eggs and stir to combine. Strain through a sieve into a 1 litre baking dish. Place the dish in an oven tray or roasting pan half filled with hot water and sprinkle the top with nutmeg. Bake for 30-35 minutes – the top should still wobble slightly. Serve hot or chilled with poached fruits





**We were all saddened by the news that Prince Philip had died last month at the age of 99.** Not many may have known though that his life began on a kitchen table in Corfu. He was born in his family's villa there on June 10, 1921 but it wasn't long before his family, members of the Greek and Danish royal families, were exiled following a coup. Philip's uncle, King Constantine I, was forced to abdicate the throne.

The new military government arrested his father, Prince Andrew, and in December 1922, a revolutionary court banished him from Greece for life. Philip's family went to France, where they settled in the Paris suburb of Saint-Cloud. Philip's mother was later diagnosed with schizophrenia and committed to a Swiss sanatorium while his father relocated to the south of France,

maintaining limited contact with the rest of the family. Philip spent much of his childhood in France, Germany, where his four older sisters married princes, and Britain where he attended Gordonstoun School.

After leaving there in 1939, Philip attended the Royal Naval College, where he excelled, graduating as the best cadet in his course. During World War II, he served in the British Navy while his brothers-in-law were on the opposing side of the conflict and was mentioned in dispatches for his service during the battle of Cape Matapan. Philip's ties to Britain were strong. His mother was a great-granddaughter of Queen Victoria and her father, Prince Louis of Battenberg, was a naturalised British citizen who had renounced his German titles and adopted the surname Mountbatten during the First World War. He died shortly after Philip's birth and his son, also Louis, Lord Mountbatten of Burma, was key influence on Philip as a young man.

It was Louis who was with King George VI and Queen Elizabeth (later the Queen Mother) when they toured the Royal Naval College in 1939 and his nephew Philip was the obvious choice to escort the two young Princesses, Elizabeth and Margaret. They were of course distant cousins through Queen Victoria. The 13-year-old Elizabeth developed a crush on the handsome Philip during the trip and soon afterwards they began to exchange letters, which would continue for several years.

In the summer of 1946, Philip asked King George for his daughter's hand in marriage after allegedly proposing to Elizabeth first. The King agreed, provided that any formal engagement was delayed until Elizabeth's 21st birthday. The engagement of Philip and Elizabeth was announced to the public on July 10, 1947 and they were married on November 20th at Westminster Abbey, in a ceremony broadcast throughout the world by radio.

Prince Charles arrived the following year and in 1949 the young family spent time in Malta where Philip was stationed in the Royal Navy. With King George VI in poor health though Philip and Elizabeth took on more royal duties and they were in Kenya on a Commonwealth tour when they heard the news that the King had died at Sandringham. Aged just 25, Elizabeth was now Queen.

Saying goodbye to his naval career, Philip became the Queen's consort, a role he carried out for more than six decades, accompanying her in her official duties and appearances throughout the world. Additionally, he participated in the work of many organisations, particularly favouring those focused on the environment, athletics and education. Philip launched the Duke of Edinburgh's Award in the mid-1950s, with a focus on youth achievement. Known as something of an action man, he played polo until 1971 and competed in sailing competitions and carriage driving well into his 90s. Flying, cricket, oil painting and art collecting were also among his hobbies.

Described by the Queen as 'my strength and stay all these years' Philip didn't let getting older slow him down. He travelled extensively until relatively recently—taking in 143 countries in total. Poignant moments included a trip to Israel to see his mother's grave and attend a ceremony naming her as 'righteous among the nations' for sheltering a Jewish family in her Athens home during the war.

In May 2017, it was announced that 95-year-old Philip, the longest-serving royal consort in British history, would retire from public engagements that summer. One month later, he was hospitalised with an infection, but was said to be in "good spirits."

After another spell in hospital this spring, it was announced that Philip had died peacefully on the morning of April 9, 2021, at Windsor Castle. His funeral service, simple by royal standards and planned by him, was held the following weekend at St. George's Chapel in Windsor.



# OVER TO YOU!



## YOUR LIVES, YOUR STORIES!



Maybe you've got a cleaning tip, recipe idea, a useful piece of advice or a funny story? Whatever you want to get off your chest, put it to paper and send it to us at **Age UK Barnet Letters Page, Ann Owens Centre, Oak Lane, East Finchley N2 8LT. Or call Teresa on 07502 989 403.**

Hi Sadie, Wow,  
love the card and thank  
you so much for sending us a  
picture....Any other readers out  
there who would like to show us  
their makes?  
Pigeon Post Team

### Did you Know?

On August 1896 the United Kingdom and the Zanzibar Sultanate fought for around 40 minutes this being the shortest war to ever happened in history. Only one British sailor was injured while casualties in the other party reached 500 people.

Dear Pigeon Post  
Do any readers actually  
make any of the lovely  
crafts that you feature?  
Or cook any of the  
delicious recipes?  
I would love to see  
some of their makes.  
Here is a caterpillar  
birthday card I made  
from an earlier issue.  
Hope you like it!

Regards  
Sadie from Hendon x



### Did You Know?

In 1922, a Miss GW Ballantine caught a 64lb salmon on the river Tay, Scotland. Much to the chagrin of many male game anglers, this still stands as the largest Scottish salmon ever caught on a rod and line!



## PET PAL OF THE MONTH

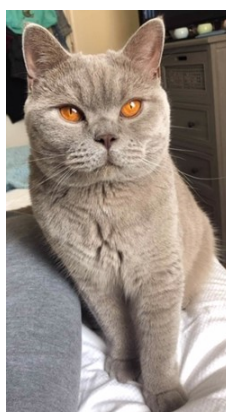
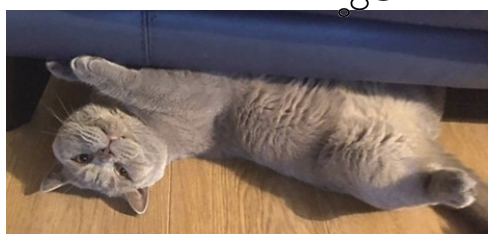
Each month, we celebrate one of your pets. Just let us know what your pet means to you by phoning Teresa on 07502 989 403 or writing to Pet Pal of the month, Age UK Barnet, Ann Owens Centre, Oak Lane N2 1LT... If you haven't got a photo, we can arrange for a member of our team to take a doorstep photo.



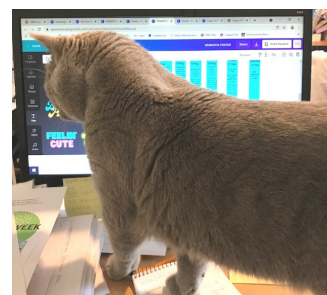
**Meet Archie, a lazy 2 year old British Shorthair who just loves posing for the camera!**

**He owns Iona from Whetstone who sent us these lovely pictures.**

Look.....  
how.....thin...  
I.....am!!



Think  
it's about time I  
wrote my memoirs!



# OVER TO YOU!

## YOUR LIVES, YOUR STORIES!



Each month our reporter Linda Jackson has a lovely chat with one of you readers and shares your stories with the rest of us. This month Linda speaks to Ronnie from Barnet.

I feel it is difficult for some of the younger generation who do not have much contact with older people, to understand the wealth of experience and the truly interesting and remarkable lives their elders have led. Ronnie, aged 93, is one such person.

Ronnie has lived in Edgware in the same house since 1953. He now lives alone after his much loved wife died two years ago. They had two boys, one of whom died aged 16, and Ronnie does not see much of his other son.

During his career playing in the Big Bands of the 40s, 50s and 60s, he played the clarinet, saxophone, bassoon and cor anglais. He was called up during the war and played in RAF bands. He met his wife on his first leave, aged 18, in a club. They got married after the war and moved to Edgware. This was the era of Big Band Music, which Ronnie loved. He played with many of the Big Bands of the time, such as George Evans Orchestra; Joe Loss and his Orchestra; Vic Lewis and his Band; Harry Golden and his Pieces of Eight; and many others. They made broadcasts, and he appeared on television. Ronnie also played at Buckingham Palace, and for the Queen Mother's 80th birthday, as well as at Princess Anne's first wedding. Ronnie also loved playing on cruise ships, in particular the Canberra and Oriana. He was able to take his wife (he says "just as well as there were all sorts of going on!"). He enjoyed going round the world, and remembers seeing the midnight sun in northern Norway, and walking up snowy mountains.



In 1980 Ronnie's wife persuaded him to produce a CD called "Still Swinging". This was well reviewed in the music magazine Mature Times "72 minutes of foot tapping by a master musician". The CD featured all the old favourites such as "Stranger on the Shore", "Sweet Sue" and "Anything Goes". Ronnie plays all the instruments featured himself.

After Ronnie retired, he did not stop playing, although he says he found it difficult to lift any instrument but the clarinet. He found a new audience playing all the old favourites in lunch clubs, and other venues. He has missed doing this during the pandemic, but still practices every day "Playing an instrument is good for you in every way". Ronnie says he doesn't mind being alone, although he still misses his wife terribly. He can't cook, but will go out and get a takeaway from a local cafe, or drive to Sainsbury's. His neighbours keep an eye on him and are very kind, and a lady will cook a meal for him from time to time, but Ronnie says that "Truly I would not mind dying tonight. My wife and all my old friends have gone. I would go without regrets as I have had a full and interesting life".

How many of us can say that?

**Has something extraordinary happened to you? Maybe you had an unusual career?  
Whatever your story, please get in touch if you'd like Linda to share it with us.  
Please phone Teresa on 07502 989 403.**



## AND BREATHE....



A breathing technique called **Wif Hof** is thought to help improve sleep quality, increase creativity and energy, and reduce stress levels. If you need any more convincing, Gwyneth Paltrow and Harrison Ford are fans!

You sit or lie in a comfortable place and slowly breathe in from your stomach until your breath fills the whole space of your lungs.

You breathe deeply but without forcing the breath and repeat until fully relaxed for about 30 breaths. After the last exhale you hold your breath for as long as possible, when you need to take a breath you do so and repeat the process by holding this breath for about 10 seconds.

You then repeat the cycle of gentle breathing and breath-holding four times.



## ALL IN ONE DAAL

### Ingredients

250g shallots peeled and halved

1 tablespoon vegetable oil

1 bay leaf

1 teaspoon ground cumin

1 teaspoon ground coriander

1/2 teaspoon ground turmeric

1 teaspoon freshly ground black pepper

225g brown lentils, rinsed well

700ml boiling water

5cm ginger, grated

2 cloves of garlic, crushed

2 teaspoons sea salt (or ordinary is fine)

150ml coconut milk or single cream

1 lime, juice only



### TO SERVE

1 pomegranate - seeds only

a handful of fresh coriander - roughly chopped

a handful of toasted cashews



### Method

Preheat the oven to 180°C (fan) or 200° C, gas 6

Tip the shallots into a small deep roasting tin and mix well with the vegetable oil, bay leaf and spices. Transfer to the oven and roast for 25 minutes.

After 25 minutes, add the rinsed lentils, boiling water, ginger and garlic to the tin. Give everything a good stir, then cover tightly with foil and return to the oven for 1 hour.

As soon as the lentils have had an hour, season generously with the salt and stir through the coconut milk or single cream. Taste and add the lime juice and more salt as needed. Scatter over the pomegranate seeds, coriander and cashews, and serve with rice or naan bread.



## LEMON SQUARES

These are very, very easy to make and so incredibly delicious. The lemon filling is like a gooey lemon curd.

### Ingredients

200g (7 oz) plain flour

75g (3 oz) icing sugar

175g (6 oz) butter, softened

Preheat the oven to 190 C /

Gas mark 5. Grease a

23x33cm baking tin.

### For the lemon filling

3 eggs

300g (11 oz) caster sugar

3 tablespoons plain flour

4 tablespoons lemon juice

5 tablespoons icing sugar for decoration



### Method

Combine the base ingredients and pat dough into prepared tin.

Bake for 20 minutes in the preheated oven, until slightly golden. While the crust is baking, whisk together eggs, caster sugar, flour and lemon juice until frothy. Pour this lemon mixture over the hot base. Return to the preheated oven for an additional 20 to 25 minutes, or until light golden brown. Cool on a wire rack. Dust the top with icing sugar and cut into squares





## MEMORY LOSS - REDUCING YOUR RISK

**It's Dementia Action Week this month (17-23 May) and Age UK Barnet is encouraging people to try something new**

Research shows that 40 per cent of dementia can be prevented and that once a diagnosis has been made, there's plenty we can do to slow the decline.

Challenging your brain and learning new things is an important way to keep your brain healthy, according to neuroscientist Professor Catherine Loveday. 'Our brains are flexible and plastic which means that they have the ability to change and adapt as a result of experience,' says Catherine. 'So when we learn something new to us – how to paint or a language, for instance – it stimulates our brain by firing up different nerve cells and activating new pathways and circuits in the brain.'

Why not try something new this week because it's never too late and it's never too early to protect yourself from dementia and memory loss. And here Catherine shares a few tips to help keep your brain healthy.

**Test your brain.** Staying mentally active is linked to lower risk of memory problems. It's not clear which activities may be most beneficial but doing things you enjoy, whether that's reading, crosswords, singing or playing an instrument, will help to keep you mentally active.

**Eat a healthy balanced diet.** Too much sugar in the diet has been linked to memory problems - it also leads to weight gain, another risk factor.

**Be sociable.** Social isolation is linked to a higher risk of dementia. Keeping socially active by connecting with other people or joining clubs can be a good way to feel happier, healthier and more positive in life. Frequent engagement helps strengthen neural connections, slowing normal age-related declines. It may also make our brains more resistant to the effects of ageing, which can delay the onset of dementia.

**Stay active** – people who are active have lower risk of memory and thinking problems. A Harvard Health study found that exercising can offer mental and social stimulation while improving blood flow to the brain, possibly even prompting the release of molecules that repair brain cells and create connections between them in people with mild to moderate memory loss.

If you or a member of your family is living with dementia and need advice or support, please contact our dementia adviser on **020 8203 5040**. We have a range of day opportunities for people with mild to moderate memory loss and their carers at our venues in East Finchley and Hendon. Please phone **020 8203 5040** for more information.



## MALE FEMALE MYTH BUSTERS!

### ***Men are more aggressive than women:***

One very neat study showed that women were indeed less aggressive than men on a violent computer game while they were playing in the same room. However, as soon as they were allowed to play on their own, the women actually dropped more bombs than the men and showed greater hostility to other online players!

### ***Men are better at spatial reasoning and logical academic subjects such as maths:***

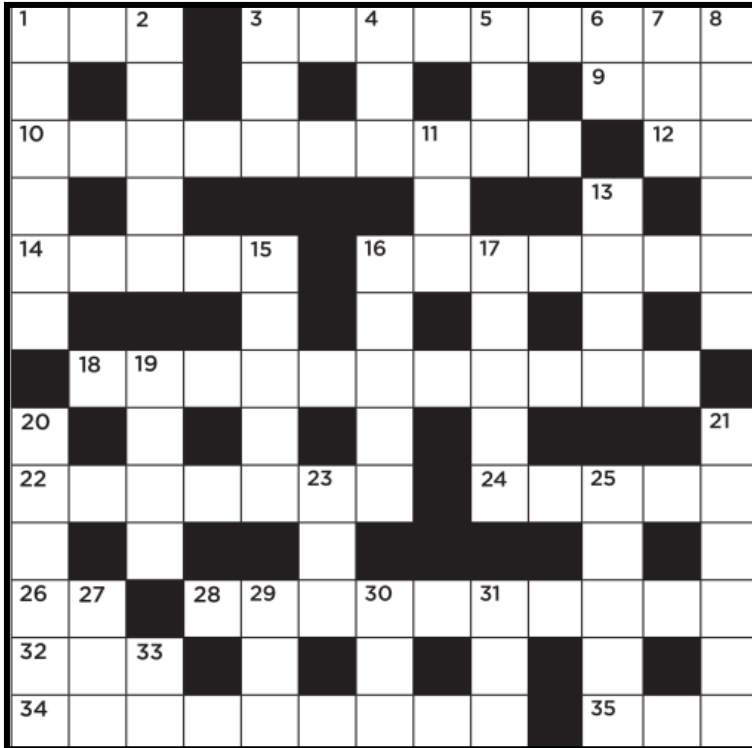
A piece of research in which the same spatial test was given to boys and girls: when it was described as a test of "geometric ability" the boys did better, whereas when it was called a test of "drawing ability" the girls came out on top.

### ***Men's brains are bigger so they are more intelligent:***

The fact that the average male brain is bigger is a direct reflection of the fact that the average man is taller and heavier (and by way of comparison, the brain of a blue whale is nearly five times bigger than a human brain), so in a way this does not tell us very much.

*Facts taken from The Secret World of the Brain by Professor Catherine Loveday*

# PUZZLE TIME....



## ACROSS

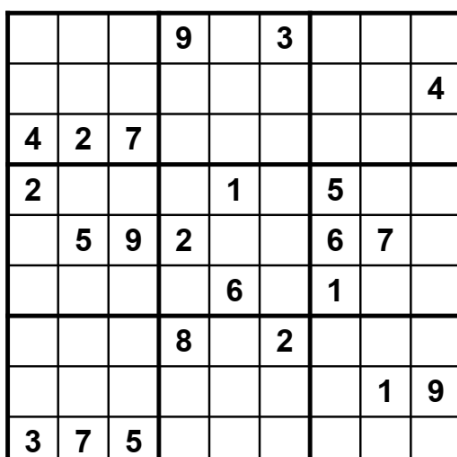
1	Half pint (3)
3	Sleepy (9)
9	Sean Lennon's mother (3)
10	Sneezy (phrase) (10)
12	___apple a day etc (2)
14	Bloom of the Netherlands (5)
16	Dopey (7)
18	Grumpy (11)
22	Happy (7)
24	Cheap and showy (5)
26	Physician's request (2)
28	Doc (10)
32	___ Mahal (3)
34	Bashful (9)
35	Suitable (3)

## DOWN

1	Unsullied (6)
2	Flower part (5)
3	August baby, probably (3)
4	Tic ___ toe (3)
5	Hubbub (3)
6	Monopoly starting space (2)
7	Barefoot Food Network star (3)
8	Communicate (6)
11	Santa Syllables (3)
13	Clean with a cloth (4)
15	Concise (5)
16	Don Draper, for example (5)
17	Unfit (5)
19	Compatriot (4)
20	What a swindler does (6)
21	Young swan (6)
23	Unusual (3)
25	Pause mark (5)
27	"So there!" (3)
29	Forever and a day (3)
30	Shakespeare classic: Richard ___ (3)
31	<i>Life of Pi</i> director Lee (3)
33	<i>Dallas</i> villain (2)

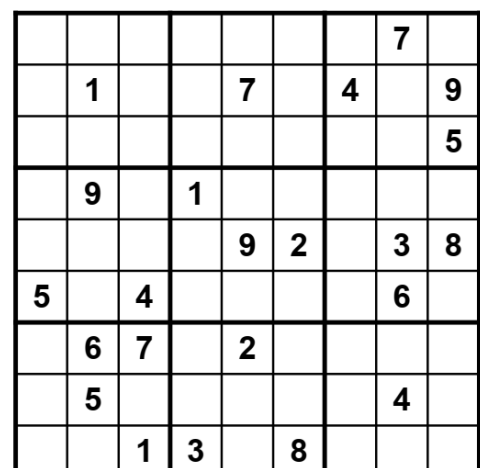


**Two little boys were at a wedding when one of them asked the other, "How many wives can a man have?" His friend answered "Sixteen....four better, four worse, four richer and four poorer"**

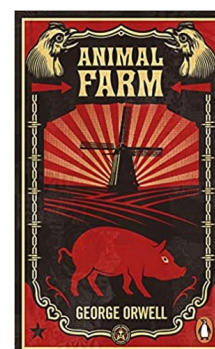
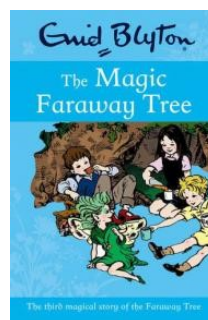
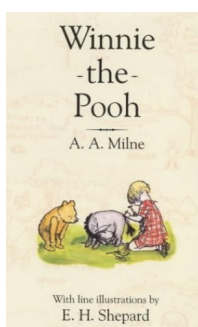
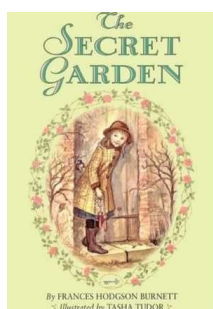
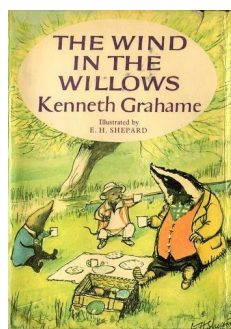


SUDOKU HARD

## SUDOKU MODERATE





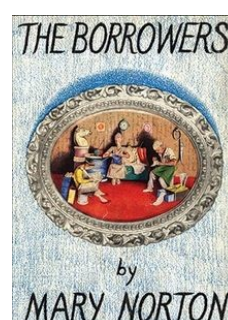
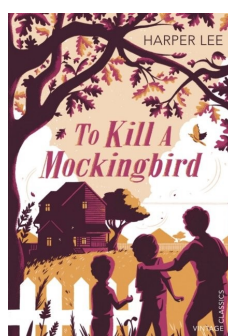
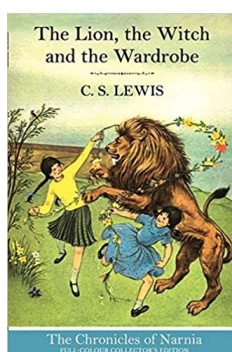
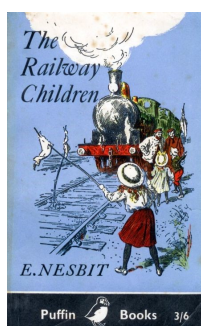


In 1908 Kenneth Grahame introduces us to life on the riverbank and takes us on adventures messing about on the river with close friends **Mole, Rat, Toad** and **Badger** in **The Wind in the Willows**. And in 1911 Frances Hodgson Burnett brought us one of the best-loved stories in children's literature, the ever-magical **The Secret Garden**. Who could ever forget **Mary Lenox** - the sour faced ten-year-old girl who was born and raised by spoiled British parents in India. Rude and temperamental, she had been tended to by servants because her parents never had any time for her.

The 1920s was a decade of brilliance introducing us to our darling **Pooh** in his first book **Winnie-the-Pooh** by A.A. Milne, who also took us on trips with Christopher Robin and Alice, to see the guards at Buckingham Palace! We also met **Tarka the Otter** and of course **The Velveteen Rabbit** by **Margery Williams** - the lyrically told story of the importance of make-believe for children. Another prolific decade, the '30s delivers the ever-readable classic story **Swallows and Amazons**, and the masterpiece that is Noel Streatfeild's **Ballet Shoes**. We are also first introduced to Middle-Earth and the treasured adventures of **Bilbo Baggins** in **The Hobbit**.

The 1940s transports us to the **Enchanted Wood** and we meet **Moonface, Silky** and the **Saucepan Man** and fall in love with Enid Blyton's **Magic Faraway Tree**. This era also gifts us **Animal Farm**, by George Orwell, the allegorical novella and brilliant satire on the corrupting influence of power which is widely thought of as one of the greatest books of the 20th century. And we can't forget the freckle faced, super-strong and mischievous **Pippi Longstocking** written by Astrid Lindgren and still loved by millions of children today. **The Railway Children** by E. Nesbit has been a firm favourite since it was written over 100 years ago! After the enforced absence of their father, three children move with their mother to Yorkshire, where during their adventures they attempt to discover the reason for his disappearance.

**Narnia's** doors were opened to us by C.S. Lewis in the '50s and we were captivated by the story of the four **Pevensey** children and their adventures in the mystical and magical world of Narnia. And how can anyone ever forget the charming and wonderful world of **Pod, Homily** and **Arrietty** and their "human beans" in Mary Norton's **The Borrowers**. The 1960s was an incredible decade of brilliance. Through the young eyes of **Scout** and **Jem Finch**, Harper Lee explores the irrationality of adult attitudes to race and class in the Deep South of the thirties with **To Kill A Mockingbird**. Roald Dahl introduced us to **Charlie Bucket** and we are fascinated by his fantastical adventures in **Willy Wonka's chocolate factory**.





## KNITTED 16" 'RUBY' TEDDY BEAR

**Abbreviations** dec decrease, inc increase, k knit, k2tog knit 2 together, p purl, p2tog purl 2 together, rem remaining, rep repeat, rnd(s) rounds, RS right side, St st Stocking stitch (knit right side rows; purl wrong side rows) st(s) stitches, WS wrong side

### What you will need

2 balls acrylic wool, Needles: UK 5 (5.5mm), Four 2" dark pink buttons with large holes, 24" length of polka-dot ribbon,  
GAUGE 12 sts and 16 rows = 4" in St st.

### Instructions

**BODY** Beg at bottom of body, cast on 18 sts.

Row 1 (RS): Knit across. Row 2 and all WS rows: Purl across. Row 3: Inc in each st across – 36 sts. Row 5: [K1, inc in next st] 18 times – 54 sts. Rows 6-28: Work even in St st. Row 29 (shape tummy): K20, [k2tog, k1] 4 times, k2tog, k20 – 49 sts. Rows 30-32: Work even in St st. Row 33: [K5, k2tog] 7 times – 42 sts. Rows 34-36: Work even in St st. Row 37: [K5, k2tog] 6 times – 36 sts. Row 38: Work even. Row 39: [K4, k2tog] 6 times – 30 sts. Row 40: [P2tog] across – 15 sts. Cast off. With RS facing, sew back seam from top to bottom and bottom seam perpendicular to back seam. Do not sew top opening. Turn RS out and stuff firmly.

**HEAD** Cast on 12 sts. Row 1 (RS): Knit across. Row 2 and all WS rows: Purl across. Row 3: Inc in each st across – 24 sts. Row 5: [K1, inc in next st] 12 times – 36 sts. Rows 6-8: Work even in St st. Row 9: K17, inc in each of next 2 sts, k17 – 38 sts. Row 11: K18, inc in each of next 2 sts, k18 – 40 sts. Row 13: K19, inc in each of next 2 sts, k19 – 42 sts. Row 15: K20, inc in each of next 2 sts, k20 – 44 sts. Row 17: K20, [k2tog] twice, k20 – 42 sts. Row 19: K19, [k2tog] twice, k19 – 40 sts. Row 21: K18, [k2tog] twice, k18 – 38 sts. Row 23: K17, [k2tog] twice, k17 – 36 sts. Row 25: [K4, k2tog] 6 times – 30 sts. Row 27: [K3, k2tog] 6 times – 24 sts. Row 29: [K2, k2tog] 6 times – 18 sts. Row 31: [K2tog] 9 times – 9 sts. Cut yarn, leaving a 24" end.

Thread end though yarn needle and draw through all sts on needle, remove needle and pull end tightly, closing top; do not cut yarn. Sew back seam with same yarn, stuffing firmly, Sew head to top of body, pressing head into body slightly and sewing about 1" out from body opening so head is slightly tucked into body. Using photo as a guide, embroider features with the Black wool.

**Ear** (Make 2) Cast on 6 sts. Row 1 (RS): Inc in each st across – 12 sts. Row 2: Purl across. Row 3: [K1, inc in next st] 6 times – 18 sts. Rows 4-6: Work even in St st. Row 7: [K1, k2tog] 6 times – 12 sts. Row 8: [P2tog] 6 times – 6 sts. Cut yarn, leaving a 24" end. Thread end though yarn needle and draw through all sts on needle, remove needle and pull end tightly, closing top; do not cut yarn. Use same yarn to sew seam.

Fold Ears flat and sew in place, using photo as a guide.

**Arm** (Make 2) Cast on 6 sts. Row 1 (RS): Inc in each st across – 12 sts. Row 2: Purl across. Row 3: [K1, inc in next st] 6 times – 18 sts. Rows 4-22: Work even in St st. Row 23: [K1, k2tog] 6 times – 12 sts. Row 24: Purl across. Row 25: [K2tog] 6 times – 6 sts. Cut yarn, leaving a 24" end.

Thread end though yarn needle and draw through all sts on needle, remove knitting needle and pull end tightly, closing top; do not cut yarn. Sew Arm seam and stuff before closing. Sew both arms in place at one time by working through button and one arm and stuffed body, then through other arm and button, having buttons on the outside on both sides. Sew back and forth a few times, pulling slightly to keep arms secure and shape top of Bear. Do not pull yarn so tightly that arms do not move.

**Leg** (Make 2) Cast on 6 sts. Rows 1-16: Rep 1-16 of Arm. Row 17: K6, inc in each of next 6 sts, k6 – 24 sts. Rows 18-22: Work even in St st. Row 23: [K2, k2tog] 6 times – 18 sts. Row 24: Purl across. Row 25: [K1, k2tog] 6 times – 12 sts. Row 26: [P2tog] 6 times. Finish, sew and attach Legs to Body in the same manner as Arms. Tie ribbon in a bow around Ruby's neck.







## BALANCE EXERCISES



### Heel Raise

Repeat 10  
times



Stand behind a chair or countertop and place both hands on top.

Rise up onto tip toes, then lower back to standing.

### Standing Knee Flexion

Repeat 10 times on each leg



Stand behind a chair or countertop and place both hands on top.



Bend your knee keeping your knees together and without bending your hips. Return to the starting position and repeat



## HOW CAN WE HELP?

Due to the new lockdown we have had to suspend our face to face activities. We hope to resume some of these in June.. In the meantime, we are offering the following services.

**For advice about benefits, grants, housing and money concerns, phone our Later Life Planning Service on 020 8432 1417.**

Would you enjoy a regular chat over the phone with a friendly volunteer? Try our Befriending Service on **020 8432 1416**

**Need a handyperson to change a lightbulb or fix something in the home?\*** For essential jobs in the home please phone our Handyperson Service on **020 8150 0963**. Our handyperson team are kitted in PPE and some jobs such as changing a lightbulb are free of charge.

**For general garden maintenance\*, phone 020 8150 0963.**

Unable to get out to the shops and cannot shop online? We have a new Shopping Service\* for people who need a light weekly shop. For more info, Tel **020 8150 0963**

**Living Well services. Dementia advice and day opportunities for people living with mild to moderate dementia and their carers. Phone 020 8203 5040**

**Foot care\*** We offer basic nail-cutting (£15) at the Ann Owens Centre in East Finchley and, for people with diabetes, taking steroids or warfarin, we have nail-cutting with a podiatrist (£20). For an appointment, phone **020 8203 5040**.

**Walks.** We have 6 social walks around the borough. Please contact Wendy on 020 8432 1421 to find a walk near you.

\*There may be a charge for these services.

## CONTACT NUMBERS



### A few useful numbers in case of emergency

**Still call your GP surgery if you need an appointment.** Some surgeries offer phone consultations with a GP – speak to your surgery for more information about this. If your GP surgery is closed and you need an urgent appointment, a recorded message will tell you who to contact.

Call **111** for **NHS** urgent medical advice – if you need **emergency help and services** call **999**.

If you suspect you have coronavirus, call **119** to get help or to find your nearest test centre. To get a coronavirus test you must have symptoms of one or more of the following - a high temperature, new contagious cough and/or loss of smell or taste. The test must be completed within 8 days of having symptoms to be effective.

For help on **discharge from hospital**, call **British Red Cross** on **07709 398809** or **07808 202125**.

**If something needs fixing at home**, call the **Age UK London Boroughs Business Directory** to get a list of vetted local trades people such as plumbers and electricians – **0800 3345056**. If you are a **Barnet Homes resident** you can call **020 8080 6587** for repairs or emergency calls. **Need to speak to someone?**

For a friendly chat, day or night, call **Silver Line** on **0800 470 8090**. If you are in a serious mental health crisis, please call the **24-hour Crisis Telephone Service** (for people living in Barnet, Enfield & Haringey) on **0800 151 0023** or phone the **Samaritans** on **116 123**.

## COVID VACCINE APPOINTMENTS



### Lifts available!

**Are you struggling to get to your Covid-19 vaccine appointment?**

Our wellbeing team are offering lifts in our minibus -

**Monday to Friday 9.00 am-3.00 pm** and some weekends.

Please phone **020 8203 5040** for further information.







## HANDYPERSON Q&A

**Our Handyperson Team Adam and Martin answer your questions**

***Have you picked up any useful DIY tips on your travels? Sonya, East Finchley***

**Thanks Sonya, here are some of the best ones we've picked up in the last year**

- Strong coffee or shoe polish are perfect for covering up a raw scratch on a piece of dark wood furniture
- To prevent paint drips in your home, glue a paper plate to the bottom of your paint cans
- Before fixing a dripping tap, and to prevent a noisy night, attach a length of dental floss to a dripping tap and run it directly into the plughole to prevent a noisy night
- Keep a torch in a known and easy to reach place just in case anything shorts or you stumble across an issue
- To make nails enter wood smoothly, rub the tips with a little soap before hammering

**Our Handyperson team are all vetted and wear full PPE. We charge an hourly rate of £25 per hour and £15 per hour for those on certain means tested and disability benefits. For an appointment call 020 8150 0963.**

## POETRY CORNER



### 1<sup>st</sup> day of evacuation from London at the start of WWII

It used to be a lovely street  
Lots of kids with running feet

Many games we used to play  
Then Word War II came our way

Planes came over, the lights went out  
When our school was bombed we had no doubt

All the kids had to go in trains and buses  
Off they went with gas masks and name tags

Laughter and tears  
Brother and sister all with fears

Goodbye dear mum we'll be ok  
We'll send a card soon as we can

Alice and Billy  
Dennis and George

The streets were empty  
Just us two

Me and John  
50 gone

Just us two.....

*By Ronald Vaughan who was evacuated from Homefield Road, Burnt Oak as a young boy.*



# CONTACT US



AND FINALLY.....



If you have enjoyed this newsletter, please let us know. Just drop us a line at Pigeon Post, Age UK Barnet, Ann Owens Centre, Oak Lane, East Finchley N2 8LT.

## RELIGIOUS FESTIVALS THIS MONTH

**13 May (Thursday) - 16 May (Sunday) EID-UL-FITR/FEAST OF FAST BREAKING (1st Shawwal) Muslim** This is a time - once the fast of Ramadan has been completed - for making gifts to the poor. It is especially a time for new clothes, good food, and presents for children. Families get together and contact friends, especially those who live far away. The community assembles for Eid prayer and a sermon at its mosques. The traditional greeting is 'Eid Mubarak' - 'a happy and blessed Eid'.

**13 May (Thursday) ASCENSION DAY (40th day after Easter) Christian (Western Churches)**

This day commemorates the last earthly appearance of the Risen Christ, who, according to Christian belief, ascended into heaven in the presence of many witnesses.

**17 May (Monday) - 18 May (Tuesday) SHAVUOT / THE FEAST OF WEEKS / PENTECOST**

Seven weeks after Pesach, Shavuot celebrates the revelation of the Torah on Mount Sinai and the early harvest season in Israel. Summer flowers and dairy foods abound.

**23 May (Sunday) ZARATOSHT NO DISO Zoroastrian (Shahenshahi; Parsi) [26 December (Tuesday) (Iranian)]**

This is the death anniversary of the Prophet Zarathushtra. Tradition records he was assassinated at the age of 77. It is customary to visit the Fire Temple, and ponder upon the *Gathas*, the Hymns of Zarathushtra, which embody his eternal message to humanity.

**23 May (Sunday) PENTECOST / WHIT SUNDAY Christian (Western Churches)** Pentecost, named after the Jewish festival when the disciples of Jesus first proclaimed the Gospel after the gift of the Holy Spirit, is seen as the 'birthday' of the Church. Its alternative name comes from the custom of baptizing converts dressed in white.

**28 May (Friday) ANNIVERSARY OF THE ASCENSION OF BAHÁ'U'LLAH Baha'i** Commemorates the death of Baha'u'llah at Bahji, near Acre, in 1892. His shrine there has become the place towards which all Baha'is face when praying.

**30 May (Sunday) TRINITY SUNDAY Christian (Western Churches)** On Trinity Sunday, Christians reflect on the mystery of God, who is seen as One but is understood in and through God, the Father, God, the Son, and God, the Holy Spirit.

### SUDOKU Hard P8

6	1	8	9	4	3	7	2	5
5	9	3	1	2	7	8	6	4
4	2	7	6	5	8	9	3	1
2	3	6	7	1	9	5	4	8
1	5	9	2	8	4	6	7	3
7	8	4	3	6	5	1	9	2
9	6	1	8	3	2	4	5	7
8	4	2	5	7	6	3	1	9
3	7	5	4	9	1	2	8	6

### Answers to crossword P8

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

### SUDOKU Moderate P8

4	3	9	5	8	1	2	7	6
6	1	5	2	7	3	4	8	9
7	8	2	6	4	9	3	1	5
3	9	8	1	6	5	7	2	4
1	7	6	4	9	2	5	3	8
5	2	4	8	3	7	9	6	1
8	6	7	9	2	4	1	5	3
9	5	3	7	1	6	8	4	2
2	4	1	3	5	8	6	9	7

We used to be young  
and beautiful.....  
Now we are just beautiful.

