

March 2010 Newsletter

Edited by Vanessa Avery - Activity Co-Ordina



Welcome to our March Newsletter. At long last, the sun is finally shining (at the moment, anyway!) I have been looking at previous March newsletters and was reminded that by now, our garden had been full of colour from snowdrops, crocuses, and daffodils. I'm sure that you will all agree with me that this winter has been a long, hard and dismal one, but as I am sitting at my computer typing away today, our old friend 'Mr. Sunshine' finally came out to greet us all into Springtime, and soon our garden will be full of colour again and start to lift up our spirits!

It doesn't matter what the weather is like, or how we are feeling, our favourite entertainer Martyn Allen always brightens the day up for us and I am very pleased to say that he will be coming in this month to sing your favourite songs to you. We have our lovely entertainer Valerie Perkiss returning after a couple of months rest following a knee op. and we also have Billy Henry coming in to warm our hearts with his wonderful voice! And there is much, much more coming your way this month so we hope that you will join in as much as you can and enjoy yourselves.



Easter Time

Easter is just round the corner (already!!) and we will be organising a lot of Easter activities this month such as Easter Bonnet decorating, making Easter cards for sale, and of course, we will be raising funds for our amenities by holding an Easter raffle, so again, please join in as much as you can and enjoy the fun.



Georgina's big day!!

Our resident Georgina celebrated her 100th birthday with a party surrounded by her family and friends last month. Her family provided a wonderful spread for everybody to enjoy, including the staff here at St. Dominics. The local press were also invited and there was a lovely picture of Georgina and her family in the "Braintree and Witham Times" with Georgina holding her very special birthday card from the Queen.

So, what has Georgina seen over the past 100 years? Well, during her lifetime, she had seen the invention of the jet engine, the wireless, television, LP records and CD's, computers and internet, and mobile phones. Georgina had watched 22 prime ministers come into power, also four kings and one queen. She had survived the



Great War and World War II. She had listened to music from Elger, Jazz, through to popular music of the swinging sixties! Georgina has also witnessed the moon landing, conquest of Everest and the South Pole, and more recently, the building of The Channel Tunnel. And of course, not forgetting the special moment that she must be very proud of - watching her nephew Sir Bobby Moore being handed the World Cup in 1966!!! What a wonderful achievement!! Again, congratulations to Georgina from all at St. Dominics.



Let's look back!

We had a second trip to the local Pantomime last month. Our residents Marnie, Derek, Peggy, Ron Attwood and family members enjoyed the final showing of 'Frankenstein, The Panto' at the local Institute. It was an enjoyable afternoon of music and laughter throughout.

We had a new entertainer by the name of Marianne. She played some very lively music on her keyboard, and our resident Thelma was up dancing throughout the entertainment. Our lovely Ron was also up wriggling and swinging! Marianne will be returning on Monday 22nd March.



Entertainer Billy Henry returned to give us an hour long entertainment of well-known songs that we all love to listen to. Again, Thelma was up and dancing throughout and there was no stopping her!! He asked if there were any requests and our resident Ellen said she would like an Al Jolson song sang to her.

We had another 'Henry' last month! I call him "Bouncy" Henry, who comes along to help us keep fit with his exercises to music. Again, he brought along his gigantic balloon and there was a lot of kicking, throwing and head-butting going on (with the balloon!!!). Henry got us all stretching our arms and legs and I was completely worn out long before our residents were! I don't know what the cook gives the residents for their lunch, but whatever it is, it certainly does the residents a whole world of good! Henry will be back on 2nd March.



Our Men's Club

The first Mens club was a huge success! Derek, John, Graham, our 'two' Ronnies, and Bunny, enjoyed playing cards, dominoes, etc., over a pint! Because the men enjoyed this activity, we will be holding the Mens Club once a week. When the weather gets a bit better, then over "The Angel" pub we go!!!

Now for the ladies!!

And what about the ladies! Which 'club' would you like to see? A knitting club? a book club? A Flower Arranging Club maybe! Perhaps a shopping trip once a month? Please let us know what you would like to see in our home.



Our Volunteers are here to help!

We have two extra volunteers, Susan and Sarah, joining us to help our residents get the most out of activities in our home! What would you like to see our volunteers get involve in? Would you like them to play cards or scrabble with you,? Would you like to pop out to the local shop with them? Or would you like our volunteers to just sit with you and have a nice chat over a cup of tea? There are so many things that our volunteers are happy to do with our residents, but we need YOU to tell us what you want!

Sad Loss

It is with great sadness that our resident Mrs. Rosemary Boosey passed away last month. Rosemary had been with us for a number of years and was a very interesting and charming lady who loved painting, life and everyone around her. Did you know though, that she comes from a famous music family? One of her ancestors John Boosey founded the music lending library in 1760, soon acquiring the rights of the famous works by Rossini, Verdi, Donizetta. Today, the company is still going strong under the name of Boosey & Hawkes.

Making your wish

"Making a Wish" is returning this month! Isn't this great? I wonder who will be the lucky winner this month? The draw will take place on Monday 22nd March. For those of our residents who are new to St. Dominics, "Make a Wish" is when the lucky resident will get to 'wish' what they would like to do to make a day special for them.

Seeing the World

When I was working at The Financial Times newspaper before I married, I remember one of my colleagues was an Australian lady by the name of Ruth. What was special about Ruth was that she was on a 'world tour', stopping and staying at as many countries as she could, finding accommodation and work to earn enough money to go onto the 'next' country and so on, until she's been around the world. She told me stories of all the countries she's been to so far, some exciting, others not too good, depending on which country she was in. Ruth had been away from home for nearly a year when she was in England and stayed for about six months before she went on to America to stay and work to earn enough money to go on before returning home to Australia. The reason I'm telling you this is because I have full admiration for anybody who has the determination to do something that others would be too scared to do, and one of our residents John had that determination! What did he do? Well, let's meet John and find out:



Let's meet our resident John, by his wife Jo.

John was born in Brighton during the reign of Edward the Eighth, and he has the coronation mug to prove it!!

At first, he wanted to be a marine biologist but he was better at sport.....which sport? All of them!! especially sailing; and he went to great efforts to do so, cycling at weekends from London to Brighton, and later Hayling Island, in Hampshire, to race.

Thank heavens he soon learnt to drive! Very out-of-the ordinary cars of the old fashioned type that suited the Sherlock Holmes deerstalker cap he always wore!



He did his National Service in Cyprus during the Suez Crisis doing a lot of sailing, lighting his cooking stove with cheap brandy, learning to love foreign countries and the heat, and on one occasion, letting the notorious Archbishop Makarios continue a bus journey - "Well, he looked just like any other priest!"

He joined Ford Motor Company (up-to-date cars), married Jo, and started a life of moving from place to place, first in England, landing eventually in Salisbury (more sailing) and then being sent to Brussels where they nipped across the border each weekend into Holland to sail on the Veerse Meer (complete with two cats - splendid sailors!). Africa, America, Switzerland, Germany and the Baltic followed, but hey-ho, boredom set in and just before he was forty, John gave up his job to sail into the wide blue yonder to see what he would find.

By now, after several changes, the boat was larger and more comfortable, with plenty of room for wine and beer. He crossed the Dover Straits (rather hairy), sailed around the north of France, to Brittany, round Ushaut, across the Bay of Biscay into the Canal du Midi and into the Mediterranean at Marseilles, finishing up in Italy (where he bought another boat!) and yes, Jo, did join him by train from time to time!



By the time his money had run out, John had been headhunted by a firm who did a lot of work in Italy (Fiat - whew, what a relief!) and the travelling started again, sometimes five countries in one week. He was in Berlin when the wall came down and will never forget the sight of the East Germans surging through.

John has a lot of memories of his years of travel, of the time he spent in restaurants 'people watching'. "Always take a corner table and talk to the owner"!

Jo thinks he got on so well because he was never afraid to talk and made great efforts to learn languages naturally. His Italian is pretty fluent (except to an Italian) and he has a very good accent in French. A charming young French girl said so! What more could you want!

His grandfather always predicted that he would fall on his feet!

Thank you John, for sharing your wonderful life story with us.

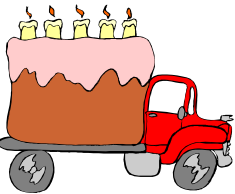
Stepping into Spring!!!

Why not treat yourself to a nice summer dress to wear when we go out on our trips? Tina's Clothing will be returning next month (Tuesday 6th April at 2.00pm) with a new selection of clothes for the Spring and Summer.

Diary for March

Tuesday 2nd March	3.00 - 4.00	Exercises to Music with Henry
Wednesday 10th March	10.30 - 11.00	Holy Communion
Thursday 11th March	2.30 - 3.15	Service with Sarah
Friday 12th March	2.00 - 3.00	Martyn Allen Entertains
Tuesday 16th March	2.30 - 3.30	Gary's Musical Bingo in lounge
Thursday 18th March	11.00 - 12.00	Poetry with Doris and Penny
Friday 19th March	3.00 - 4.00	Entertainment with Valerie
Monday 22nd March	2.30 - 3.30	Music with Marianne
Monday 29th March	3.00 - 4.00	Easter Story with The Hand Bell Ringers
Wednesday 31st March	2.00 - 3.00	Billy Henry Entertains

Birthdays coming up in March



Tuesday 16th	Thelma	Monday 22nd	Martyn
Thursday 18th	Hayley	Monday 22nd	Flora
Sunday 21st	Elizabeth Craig	Thursday 25th	Rita
Monday 22nd	Marie	Saturday 27th	Linda

Our Monthly Word Game:

Can you unscramble the following "Springtime" words?

beltyfurt	flrewo	nria	prarniods	sinmegprit
foddlifa	genard	sputil	roccus	lobmingo

Finally, I found this short poem that will make you think as well as laugh:-

Here Hear

*I've heard a mouse squeak
and I've heard a lion roar,
I've heard a door creak
and I've heard my granny snore!
But I've never heard a tree bark
nor heard a willow weep!*

