

Start of the Court Circular.

Firstly, a welcome message from Cody Aldington, the Design editor.

This summer's edition is bursting with brilliant, fun and emotive stories. Inside you'll read of runaway lovers, the founding of the NHS, a surprise engagement, fantastic charitable work and so much more. We have a new feature, hidden talents, which we hope will continue within editions to come.

Next, an overview of articles within the Summer 2018 edition.

Articles begin with court news stories which talk of birthdays, anniversaries and some fascinating personal histories. Following this, are our Limerick Competition entries to last editions competition and a winner is announced. Next is a fabulous moving story article from Leonie Lazarus who talks about her move to Fullerton Court earlier this year. Moving onto Management and Professional matters, we talk about Tannery Court and its superb location in the centre of Abergele. Following this are the RSL News articles which reveal staff awards, refurbishments and Health and Safety requirements. The Health article concentrates on Alzheimer's Society Cupcake Day at Kennet Court. Next featured are delicious and colourful cupcake recipes. The garden articles talk of beautiful gardens at Melton, Elizabeth, Blundellsands, Tannery and Minster Courts.

Before beginning the articles, there is a new competition to mention - a photo competition. It has been an amazing summer and to celebrate we would love to see photos taken by you showing what you enjoy about summer at home or abroad. A £25 book token will be presented to a lucky winner. Please send your entries by the end of September. Good Luck!

Moving on to court news articles from around the courts.

The first article is titled: Help 4 Harrison fundraising campaign and talks about Tannery Court who held its annual Spring Fair and raised money for a wonderful little boy in March earlier this year. Owners at Tannery Court were very busy in preparation for a bric-a-brac stall, tombola and raffle. The event is always very popular and there was a lot of interest from outside the court. This year the cause was the Help 4 Harrison fundraising campaign. Harrison is a four year old boy with local connections who was born very prematurely at 23 weeks gestation. It was touch-and-go whether he would make it but he did. Harrison suffers from Cerebral Palsy and funding was being raised in order for him to have an operation which would enable him to walk and loosen his very stiff muscles. He would also have to receive intensive physiotherapy before and after his operation which again would have to be self-funded. After hearing of his plight owners rallied round to help and support the fair. The fair was attended by Harrison's Godmother and a total of over £500 was raised. This was an excellent amount which contributed to the goal of £23,000 needed for Harrison's operation which we believe to be happening very soon. The family thanked the court for our help and support for their cause. To donate money to the Help 4 Harrison Fund, go to [justgiving.com/campaigns/charity/just4children/help4harrison](http://justgiving.com/campaigns/charity/just4children/help4harrison).

Next article, from Boat Lane Court is titled, Gala Evening Dinner. Boat Lane Court held a glorious Gala Evening Dinner with an eight piece band all in aid of Cancer Research. Everyone got involved and had a great time.

Next article, from Minster Court is titled, Charity Country & Western evening and a Wind in the Willows performance by the Minster Mummies. On Friday 8th June the Minster Court staff put on a country and western themed evening for owners. They enjoyed special guest appearances from Kenny Rogers, Dolly Parton, Glen Campbell and Doris Day to name but a few. During the break the owners were given a cup of tea or coffee and, of course, a wagon wheel biscuit. After a long discussion about how wagon wheels had shrunk in size, Donald Trump came to speak with the staff. He was duly arrested by the sheriff (Court Manager Phil Moss). In all, £200 was raised for the Lincolnshire & Nottinghamshire Air ambulance. The whole show was organised by Duty Manager Tracy, who was presented with an Oscar and flowers afterwards. Almost all owners attended. Feedback afterwards was extremely complimentary; a good time was had by everyone.

Also at Minster Court, The 'Minster Mummies' played their Miscellany 2 to an audience of 30+ on April 18th. The theme was Creatures. Drama, poems and prose by Lear, Dahl, Eliot, Grahame, Thurber, Nash, and Mary Oliver were read by 'Full Chorus', Dennis Andrew, Brian Daubney, Hilary Kitchen and Jennifer Young, ably assisted by Barbara and Bob Adams and Denis Loffhagen. The audience joined in popular songs about animals. Tea (with dog biscuits

and sheep's eyes – not seriously) was provided after the show.

Next article is from Emmbrook Court and is titled 'The Dr. Billy Graham that I knew'. There is a short introduction by Norman New "The late Maurice Rowlandson was the Manager for the United Kingdom Branch of the Billy Graham Evangelistic Association and the Secretary for the world famous Keswick Bible Convention. I was surprised to find that Maurice and his American wife Marilyn were both residents here at Emmbrook Court when I and my late wife came in 2014. Maurice died some eighteen months later, but Marilyn has kept very active in Christian Service. On her return from Dr. Graham's funeral in Charlotte, USA, I asked her to produce the following article for the small local magazine, the 'Emmbrook Extra', and pass it on in the hope there is a place for it in the excellent 'Court Circular'."

Moving onto the article written by Mrs. Marilyn Rowlandson. When you mention the name 'Dr. Billy Graham' to people, most of them will have a mental picture of him standing behind a pulpit and holding a Bible in his hand. If they had known him at all, they remembered him as an evangelist, a public figure, known internationally as a friend of many American Presidents. All of that is true, but the Dr. Graham I knew was a very different person.

I first met Dr. Graham in 1949 when he was the head of a Bible College in my home town of Minneapolis, Minnesota. He had visited England the year before with the 'British Youth For Christ' and realised that there was something he could do to help the Churches to rebuild their congregations which had been affected by the years at war.

The country needed to rebuild, but that would take a great deal of money, manpower and time. At a meeting in London, just before he returned to the USA, he offered for ten young people to come to America and study at the Bible College at Minneapolis. The man who became my husband had attended that meeting and received an invitation. I guess the rest is history. He came, we met and eventually got married and after his studies were completed, moved back to England.

After that, whenever Dr. Graham and his wife Ruth visited England, they would get in touch. We spent many times just talking and eating together. Ruth had been raised in China so we would usually eat in a Chinese restaurant. When Dr. Graham received the invitation to conduct the meetings that were to take place in London's Harringay Arena we were there to help.

To us he appeared a very shy, unsure man, who relied on other peoples' knowledge and wisdom to help make decisions. That never changed throughout the years. What he wanted most of all was to know he was doing God's will. He would read his Bible a lot and spend many hours in prayer, both alone and with others, before making any decisions.

In 1972 one of our daughters died in a car accident, and Ruth Graham came to the funeral and brought a personal message from Billy. In 1982 our youngest daughter was also involved in a life threatening motor accident that hospitalised her for many months. Finally, she was well enough to come home for Christmas and Dr. Graham 'phoned to tell her how much they had prayed for her, and how grateful they were that she was on the road to recovery. You may also remember that when my husband passed away, Gigi, Dr. Graham's daughter, attended to pass on a message from her father.

The Dr. Billy Graham I knew was a man who cared for people as individuals and was never too busy to pick up a telephone and encourage those whom he called his friends. It was a great privilege to know him as my friend.

The next article is from Boat Lane Court and is about an owner, Olive Belfield and her nursing career. The article is titled, Founding of Britain's National Health Service. Olive Belfield recalls her nursing career for the BBC project, 'Witness: The story of our times, told by the people who were there.' Olive's career in nursing started when she was 18 in 1945. The NHS was born on 5th July 1948, with a budget of £152 million pa.

During a lovely five minute interview, Olive talks of her early wish to be a nurse and the thrill of going away for training.

"You were accepted for twelve weeks and lived in the nurses' home. It was so exciting. We were given a pink uniform and, if we passed, that was it. We could carry on with our ambition of nursing. And, as you know, joy upon

joy, this happened.”

Olive goes on to describe her first witnessing of death, seeing a young man pass away.

“I stood and cried. I think I had most of the patients crying. But I can so remember to this day that the ward sister got me out immediately and said to make the parents, who had just arrived, a cup of tea. And of course they could see that I’d been crying and the mother started. And there I was crying and she got hold of me and said, ‘you’ve made me feel better than anyone else!’”

After the NHS came into being, Olive found out about career opportunities as a Health Visitor. She says she’d always felt that, if she did become a nurse, she would like to go out into the community. Olive went to university and became an NHS Health Visitor (“I could have worked privately, but that wasn’t what I wanted”). She remained with the NHS until retirement.

Also from Boat Lane Court, there is an article talking about their involvement with Manchester College to support students where English is a second language. The article is titled, Well done Mina, our Boat Lane Court friend! and is written by Gaynor, the Court Manager at Boat Lane Court. Boat Lane Court had the privilege of being involved with Manchester College’s initiatives to support students where English is a second language. On several occasions students from Eastern Europe and the Middle East were welcomed to the court. It was of mutual benefit, learning much about them and they were able to practise their conversational skills. The court also provided voluntary work for a prospective medical student, and Lucia the tutor visited the court with individual students.

The story of Mina, a mature Iranian student, is most rewarding. Mina was anxious to improve her English in order to pursue her profession. She joined the ‘Singing in Harmony’ group where Margaret Biddle, our natural voice coach, welcomed and encouraged her. She joined in court events and made friends. After Mina’s first year she was awarded a College prize for outstanding progression in her work and speaking skills. “ She is a beautiful person and everywhere she goes she spreads sunshine in spite of a very troubled history. We hope this is just the beginning of her new life.”

Next article is titled ‘A Royal Toast’ and talks about Owners who celebrated in true British style for the Royal Wedding of Harry and Meghan. On Saturday 19th May, after watching the wedding ceremony, Kennet Court’s social club held a royal party to toast the happy couple in their own way. Prosecco flowed alongside a buffet tea made up of cucumber sandwiches, victoria sponges and other such British delights. Owners commented that the day made them “proud to be British”. Meanwhile, at Plymouth Court, owners held a ‘ Royal Wedding Cream Tea’ in the afternoon which was greatly enjoyed by all. Linda, Court Manager and all owners would like to give thanks to the staff who did their usual ‘ bang-up job’ of catering and of giving the court such a celebratory atmosphere. Blundellsands Classic were almost too busy having fun to take any photos. However, we did receive one, owner John Clough dressed as Prince Harry, and HKA Margi, as Meghan. Owners toasted the lovely couple over their vows and enjoyed a delicious afternoon tea. Tannery Court celebrated the Royal Wedding in style by first joining together in the lounge to watch the ceremony. Lunch followed with a langoustine seafood cocktail, poached salmon for the main course and a fresh raspberry pavlova for dessert. The happy couple were toasted with pink champagne.

The event was made even more special with a visit from local MP, David Jones, who joined owners at the end of lunch. He enjoyed his conversations and said that he had heard a lot of great things about Tannery Court. Following the ceremony, Fullerton Court enjoyed a ‘ Wedding Day Feast’ of prawn & crab meat salad, beef Wellington, and Eton mess. Owners thank Court Manager, Linda for all her efforts. In Dorset, Melton Court was certainly dressed for the occasion. Not only was the court decorated with British flags, so were owners and staff. All were fashioned with white corsages and beautiful smiles. After enjoying a ‘ Wedding Breakfast’ owners relaxed and watched the ceremony.

Next article is from Edith Waller, an owner at Bushmead Court. The article is titled, If you want to get ahead – get a hat! This is the slogan of the Luton Hat Trade. So, when at Bushmead Court in Luton we were invited to a Royal Wedding Celebration buffet, many of us arrived wearing HATS. In the previous weeks there was much fun as a search started for suitable hats – and even the nearby charity shop joined in the fun! The results were great and

when we proudly walked into our lounge which was festooned with flags, we were each given a buttonhole of flowers – a royal welcome!

Our lounge television screen was perfect for our intimate viewing of all the proceedings. The marriage ceremony itself came over with deep solemnity and was enhanced by the sincerity with which Harry and Meghan gave their vows to each other. Also the American preacher gave a powerful message to us all.

The service over and Harry and Meghan safely in their carriage, we headed straight to the buffet to appreciate and enjoy an absolutely delicious meal – including a wedding cake made and decorated by our staff member, Jennifer. After the meal we were all given either a commemorative mug or spoon and some of the ‘hat wearers’ were presented with a ‘gold’ medal.

Now there had to be photographs but, before that, our chairman Frank gave a vote of thanks to Jane and all the staff for their efforts to give us such a happy occasion. We wanted our Manager Jane to be included in the photographs, as this would be the last social event she would organise before her retirement. But Jane refused. A chorus then began, “We want Jane”.

As the chant became louder and louder, a reluctant Jane came to join us. Then, tired but happy, we went off for an afternoon nap – except the staff who were washing up!

PS – The Luton football team – ‘The Hatters’ have recently been promoted into League 1 – which proves that, ‘If you want to get ahead – get a hat’.

Next article is from Ashby and Saxon Courts and shows owners wearing fancy Easter bonnets. Even though Easter seems a long time ago, we couldn’t not show these super pictures. The photos show Ashby Court owners in colourful bonnets at their Easter Tea Party. At Saxon Court, Mr. Peter Golds won the Easter bonnet competition with Mrs. Sheila Boniface being the runner up. Simnel cake and chocolate eggs were enjoyed by all with plenty of laughter and fun.

Next is an article devoted to St David’s and St Georges Day titled, St David’s Day and St George’s Day celebrations across the courts. Tannery Court, being in Wales, celebrated St David’s Day with a traditional Welsh Afternoon Tea consisting of Welsh Cakes and Bara Brith. A total of £106 was raised for the Premature Baby Unit at Ysbyty Glan Clwyd. Priory Court celebrated St George’s Day in style. Singer, Julie A Scott performed whilst owners waved flags and danced. The order of the day was red, white and blue! Not to be out-done, Ashby Court owners were entertained by singer, Glyn Morley, joining in his finale of Land of Hope and Glory. At Saxon Court, Mr. Peter Golds won the Easter bonnet competition with Mrs. Sheila Boniface being the runner up. Simnel cake and chocolate eggs were enjoyed by all with plenty of laughter and fun.

Next article is titled ‘Shopping and beauty’ and talks about a ‘Pamper experience’ at Tannery Court and in-house shopping at Ashby Court.

Bridget, a Tropic representative, visited owners and demonstrated their products, all featuring natural ingredients with no testing on animals. They proved very popular with owners and staff alike. Owner Joyce and cook / HKA Jane volunteered to be models. The evening was great fun and will be repeated in the run-up to Christmas.

Tannery Court also hosted visits from Edinburgh Woollen Mill (tempted by a 20% discount for owners), from Rikshaw Fashions and from the Disability Resource Centre, who brought various clever gadgets to make everyday life a little easier.

At Ashby Court, Maxine Pepper from LOROS Hospice came and gave a demonstration called ‘KNOW your colours’. The ladies in the photo had a wonderful time learning about the colours of clothing that suited their hair and skin colouring.

Next article is from Cathedral Green Court and is titled, Daniel King: editor, author & photographer. Cathedral Green Court owner Daniel King and his daughter Isabel edited the recently published Bloomsbury book, When the Last Lion Roars: The Rise and Fall of the King of Beasts, by prizewinning travel and wildlife photographer

and writer Sara Evans. Amazon review: "One of the most up-to-date and balanced accounts of the gradual disappearance of the lion we've seen. It's particularly informative on the cultural history of the lion in human affairs, both the mythical and the factual." Evans gives a vivid account of her own experiences with lions and the work being done in Africa and India to keep the lions going.

The past year has also seen the publication of the first of a three-volume history of the Sheffield Botanical Gardens, written by Daniel and co-author R. Alison Hunter. During the summers of 2017 and 2018, Daniel also put together Trees Around Peterborough, documents with walks and photographs of about 55 species in the central area. The walks will be incorporated into the Peterborough Environment City Trust website.

"I'm no botanical expert, but I've done a certain amount of research and fancy bibliography for The Manchester Museum Herbarium and the Sheffield Botanical Gardens. If you have paralegals, I guess I'm an amateur parobotanist." Daniel is a retired sculptor and architectural designer.

Next article is titled Blundellsands & Cathedral Green Court cup winners! Pictured are the winning team at the most recent 'Cathedral Green Court Cup' a sponsored indoor bowls tournament. Cathedral Green owners also enjoyed a Casino Night. This included betting, much fun and a lovely meal. Blundellsands Classic owner, John Clough won the Northern Cricket Club Bowl Challenge Cup. Well done!

The following short articles talk about hidden talents at the courts. The page is appropriately titled, Printastic! The first article talks about a Messy Morning at Boat Lane Court and is titled, Five have Messy Morning fun making gelli plate prints, writes group leader Christine Bradford. Gelli plates are like slabs of clear gelatin, but can be cleaned and used again. It's a fast way to produce striking images: the shrieks and smiles as we pulled the papers back to reveal them were brilliant! We soon moved onto decorating cards and notebooks, using die-cuts. The smiling faces of the ladies tell the story! Wendy, my HKA came too and produced some expert layering. At our next Messy Morning we'll try using Infusions and Brushes – whatever they are. We'll soon find out!

Following article is from Blake Court and is titled, Blake Court's art group nears its first anniversary. The art group tutored by artist in residence, Ken Blakemore, continues to flourish. In addition to practical painting, the group have been introduced to famous works by international painters with discussion of composition, lighting and tonal features and brush techniques used. Owners are encouraged to plan before starting work with these aspects in mind. Ken has an extensive library of books on all types of paintings and generously offers them for loan to the participants.

Next is an article from St. George's Court titled, Mrs P Ashton shares her talent with St George's court. "When I retired from teaching in 1994 I decided that I needed a new hobby. After trying several things I finally settled on cross stitch as I found it very stimulating. I completed my first picture in 1996 which was of an Amish village. I became hooked and have since completed seven more, two of which I donated to the court this year. All have been framed and adorn the walls of my apartment. At the present time I am working on several things but mainly a picture of sweet peas. I will shortly run out of wall space, then it might be the time to look for a new hobby."

The last article within the 'Hidden Talents' section is from Plymouth Court and is titled, Owners and staff love Corinna's painting! Corinna Seal is one of Plymouth Court's cooks, an HKA and also a care worker. Corinna told CM Linda, that she hadn't picked up a paintbrush in years but the muse came upon her the other Saturday afternoon and this was the result! Linda said, "We all love it." The photo wasn't quite big enough for the front cover, however it is definitely worthy!

The next page talks about parties and celebrations at various Retirement Security courts and is appropriately titled, Court celebrations. Fun and enjoyment across the courts celebrating milestone occasions with friends. The first one is from Carrs Court who celebrated Mr & Mrs Riggs' 60th wedding anniversary. Owners and guests enjoyed a delicious meal and entertainment. The lovely couple did not want gifts asking instead for donations to be given to the guide dogs. An amazing £1,065 was raised.

The next article is from Margaret Court who had a fantastic afternoon tea celebrating Robert Henry's 90th birthday. The wonderful cake was made by cook Mandi, in the theme of a golf course, one of Robert's hobbies.

Owners at Cathedral Green Court celebrated William Haigh's 90th birthday with a party held at the court.

Owner Josephine Rumbold of Deerhurst Court celebrated her 90th birthday with family, friends and neighbours with some fizz and cake. The lucky lady had a second, family party the next day – can't be bad at 90!

Fullerton Court owners gathered together in the lounge for an enjoyable tea party celebrating with Jenny Pearcey on her 65th birthday. Much fun and cake was enjoyed by all.

100th birthday celebrations were held at Blake Court for Mr Ray Evans. Owners enjoyed a lovely afternoon tea party and Ray was delighted to receive his official letter from HM Queen Elizabeth.

Next article is from Cathedral Green Court and is titled, Runaway lovers still smiling 60 years on. It was written by Joel Lamy of Peterborough Telegraph. Philip and Ann were featured in the Peterborough Telegraph as, 'the couple who defied their parents' wishes by eloping to Gretna Green. It may have been the complete opposite of a Royal Wedding, but a Peterborough couple made headlines of their own 60 years ago by daring to sneak away from their families and elope to Scotland.

It was quite the scandal in June 1958 when farmer's son Philip Hill (20) and 17-year-old Ann Dunleavy (now Hill) ran off to Gretna Green to tie the knot, with parents discovering their whereabouts from a newspaper article.

But hiding out in a tin shed was not as glamorous as the recent Royal nuptials for the cash-strapped couple who had to wait three weeks before being allowed to tie the knot in a registry office.

"In 1958 Peterborough was very different. People just did not do things like that," recalled Ann, who had moved to the city from Ireland with her Catholic father.

The lovestruck couple had met in February that year at a dance in Werrington after Philip had returned from the army, and it was only a few months later that they contemplated their shock trip.

"It seemed like a good idea at the time. It was a nice three week holiday!" said Philip, sitting beside his wife at their home in Cathedral Green Court.

English law at the time stopped couples under 21 from marrying without their parents' consent, which would not have been forthcoming for Ann or Philip. But it was different in Scotland, and Gretna Green was the first village couples would come across when crossing the border.

Ann said, "We had nowhere to stay and not a lot of money so we lived in a tin shed at the back of a hotel for three weeks. There was one gas ring and a kettle. We were friendly with other couples. The ones from Birmingham, their parents came and fetched them."

Philip added: "Bread and jam – that's all we lived on for three weeks!"

The couple married 60 years ago and both agreed their escape would never be repeated now. Fortunately, they were able to smooth things over with their families on their return.

Philip, who drove lorries for Perkins Engines remembers seeing Ann's dad for the first time after their marriage. "He was not too bad. He said, 'you've done it, make sure you take care of her and go to church every week.'"

Married life began by living in a caravan as they waited three years for a council house. Ann later gave birth to Martin and Trevor, but Martin sadly passed away when he was just three. They have since been blessed with granddaughters Louise and Alison and great-grandson Teddy.

The secret to their successful marriage is, "give and take" according to Philip.

Ann said, "You have to work at it. We are good pals which is half the battle. We look back and laugh at the things we've done. I was in the front queue when they dished the husbands out, and I'm very lucky."

Next article is from Fullerton Court and is titled, Congratulations to John and H  l  ne! Linda, Court Manager of Fullerton Court announces: "We have some exciting news here at Fullerton Court! Our Chairman of the Board, Mr John Blackwell, and his next door neighbour, Mrs H  l  ne Elston have got engaged! Our very first wedding for Fullerton Court."

The couple met when H  l  ne moved in, in 2016 and they soon became firm friends. They have been inseparable

since, going on lots of outings as well as travelling abroad. Hélène has now joined the Board of Directors and together they make a wonderful couple. They hope to marry before Christmas.

The next article is titled, Getting old, but remember when? and is from Ken Adams of Melton Court who shares his 100 memories (he's only 92 but says he sometimes feels 102).

1. First words you heard over the airwaves were from a crystal set.
2. Then you had a 'LeClanché' cell, charged at a local shop.
3. 'Rag & Bonemen' with a horse and cart, took all scrap.
4. Milkman pushed churn on hand cart, ladled milk into own jug.
5. Mum and Dad had 'Gazunder' (chamber pot) under the bed.
6. A farthing was the normal mark-up on goods in shops.
7. Every house had a coal fire, fireguard, poker & coal bunker.
8. You heated the room and cooked on a 'Range'.
9. Your mum heated her flat iron on the 'Range'.
10. Your shoes were resoled at the cobblers.
11. If you did not have your chimney swept, it caught fire.
12. Your milk bottle had cardboard push-down tops.
13. Men tennis players wore long trousers.
14. Buses had drivers and conductors.
15. With gas lighting you changed a broken 'mantle'.
16. Tanners, bobs, florins and half crowns in your pocket.
17. You played marbles in the gutter and in the playground.
18. All fish and chips served in newspaper, tasted better.
19. Remember listening to 'In Town Tonight' on the radio.
20. Mums walked miles taking their kids to school, no cars.
21. 'Stop me and Buy One' was a triangular ice lolly from a trike.
22. There was an inch and a half of cream on a pint of milk.
23. Only rich people used 'lzal' toilet paper, we used newspaper.
24. All passenger trains had goods wagons.
25. You had to trim all edges off new rolls of wallpaper.
26. There was a time you could not see the kerb for fog.
27. School desks had ink wells.
28. Sports shoes were called pumps.
29. All photos had negatives.
30. Men's urinals full of fag ends.
31. Places to bet were illegal, bookie's runner on corners.
32. All chickens and turkeys were hung up outside butchers at Christmas.
33. Wore trouser clips when riding  
a bike with long trousers.
34. Mums boiled the washing, had washing board and mangle.
35. 'Driving Test - put hand out to turn right, circle motion for left.
36. At main railway stations, man hammered on wheels for cracks.
37. Never saw a sliced loaf.
38. There were only ever 'Free Range' eggs.
39. 'Going to the pictures', had main and 'B' film cartoons and news.
40. Every public park had a 'Parkie' (park keeper).
41. Tea strainer a must, no tea bags.
42. Prayers at assembly at school.
43. Men's trousers had fly buttons, (no zips).
44. Most bedrooms were covered with lino, with a mat.
45. Only ever white line on roads, no yellow.

46. Only posh people had phones, we used call boxes.
47. You spent playtime at school swapping cigarette cards.
48. No cars allowed to park on roads without lights.
49. Professional football players did not have numbers on their shirts.
50. Mothers washed nappies, no disposables.
51. There were more bikes than cars at football matches.
52. If you didn't smoke you were the 'odd one out'.
53. Your best shirt had two loose collars, kept on with studs.
54. 'Johnie Onion' came on his bike selling strings of onions.
55. Builders building houses had 'lime pits'.
56. If you had a vacuum cleaner, it was a 'Hoover'.
57. Most semi detached houses had an outside 'loo'.
58. Didn't change a car tyre until it showed two layers of canvas.
59. Sundays sacred, no cinemas, theatre or professional sport.
60. Had to get a licence for every dog from the Post Office.
61. If no rail ticket, get a 1p platform ticket from machine.
62. For special occasions Mum had her hair 'Permed'.
63. The first record you heard was on a hand turned gramophone.
64. Golfers wore 'Plus Fours' and teed their balls on sand.
65. The maximum wage for footballers was £20 per week.
66. Shovelled horse manure off road for garden.
67. Front room had a picture rail.
68. No picture rail, you used a hammer and 'Rawlplug' tool for hook.
69. Granny wore a hair net.
70. Nearly everyone did the football pools, maximum winnings £75,000.
71. 'Smiths Crisps' had a small blue wrap of salt inside.
72. Main cinemas had an organist playing in the interval.
73. All main shopping centres had a 'Fifty Bob Tailor'.
74. The first house you bought was under £3,000.
75. They would not take wife's wages into consideration for mortgage.
76. You were there for VE Day.
77. 'Penny for the guy', you were happy with penny.
78. Unmarried mothers went away to have babies, usually adopted.
79. Most toilet cisterns were high with chain and handle.
80. When dark, lights compulsory on bikes, bobbies everywhere.
81. Mum kept her milk outside in the shade, no fridges.
82. Electric plugs were round pin 2 amp, 5amp and 15 amp.
83. Mum's first electric iron was connected into the light over the table.
84. There was a TB hospital in your area.
85. Your last teeth fall out before they are pulled.
86. Lots of not so well off picked up 'fag ends' for roll-ups.
87. All Dads in 1st World War.
88. Mum gave you 'Syrup of Figs' or 'Black Treacle' to keep you going.
89. Tramways had tarred wooden blocks between the rails.
90. Your hall and the bathroom had a 'Dado' rail.
91. Dad shaved with a 'cut throat razor', sharpened with a strop.
92. Your first hot water bottle was made of stone.
93. 'Call the Midwife' - she came on her bike.
94. PC' always meant a police constable never a computer.
95. Golf club woods made only of wood, not metal.

96. 95% of men wore hats or caps at football matches.
97. Lots of streets had gas lighting.
98. All ladies wore skirts or dresses, not trousers.
99. Remember football pitches without 'half moon' for penalties.
100. First Helicopters were called Autogyros.

Next is a poem from Ann Fox of Osborne Court titled, Do You Remember? Do you remember when we were young? Telephones had no keys, You lifted and waited for Operator, then "Welwyn 648 please". Do you remember washing day? It was boil, scrub or pound, Mangle squeezed the water out if you turned the handle round. Do you remember the wireless set? We thought Children's Hour grand, With Uncle Mac and aunties and then there was Henry Hall's band. Do you remember the games we played? Hopscotch and skipping rhymes, were a favourite and roller skates at times. Do you remember Wall's ice-cream man? Peddling up the street, "Stop me and buy one" he said, a penny for Saturday treat. Do you remember going to the flicks? Mickey Mouse and Donald Duck, Then Mickey Rooney, Judy Garland's films, with any luck. Do you remember the books we read? Anne of Green Gables for sure, Black Beauty, Just William, The Girls Own Annual and more. Do you remember being a Brownie? Brown Owl, badges and Sixes, Skipping round the toadstool and singing about pixies? Do you remember dancing classes? Ballet and tap dance where We learned to shuffle and stamp just like Fred Astaire. Now it's all tablets and Twitter, computers and stuff on the net, How can we cope? Complications! Oh well, we'll master it yet!

The next article is titled 'A good 'ol sing-along!' Over the past few months owners have been enjoying sing-alongs, dancing and visits from musicians. A late addition from Melton Court, but what a lovely one at that. Fiona, Court Manager says,

'This was the first showing of the Melton Court Songster. Our very own choir, which comprises a few ladies who sing and make up their own funny songs, singing them to well know tunes. How lovely is that!' Owners at Tiddington Court have also been singing together, during a 'song evening', owner Anne Cooke lead the singing. They have also been entertained with piano performances and singing from Hannah Connoney, Andrew Cooke, and Sean & Susan Sandland.

Next are our Limerick Competition entries. We would like to say a huge thank you to all who entered their limericks. Brenda and Brian at Minster Court clearly got into the swing of things which is terrific – but we'll clearly have to find a way to attract more entries from more courts next time. Enjoy! The first limerick is by Patricia McGrath of Boat Lane Court and is titled, RSL Premier League. Now that I live in this Court My life is considerably fraught Every day there's a game In activities name And rest days are numbered at nought. Next limerick is by Brian Daubney of Minster Court titled, Supreme. Near the end of a life of activity Or perhaps of extreme creativity When a place you have bought In our Minster Court You'll find care and supreme sensitivity. Also by Brian is a limerick titled, Elegance. If you're searching for elegant residence Then Minster Court has to take precedence; Its warm geniality And lack of formality Is there for all wanting the evidence. Next is one by Brenda Oliver of Minster Court and it is titled, Lunch. Come to lunch at Minster Court. Soups are delicious, pastry is short. Cooks are amazing, Menu all changing, Tempting to eat more than we ought. Also by Brenda, is a limerick titled, In olden days... Here she shuffles, bent over a zimmer, Showing a length of directoire knicker. Now a shadow of the past, When she was once deemed 'fast'; An elegant woman who could hold her liquor. Another limerick by Brenda, titled 'Cars and girls'. As a handsome young man of twenty-three, I wowed all the girls in my red MG, When my foot hit the floor You could hear the roar Of exhaust in the dust left behind me. Now I'm an old man of ninety -three The girls take little notice of me, For I ride a grey Buggy That's decidedly sluggish. No roar and no phwoar – How frustrating that can be! Then once again, another fantastic limerick by Brian titled, Contented. In RSL's Minster Court An apartment I recently bought. The food is respectable The staff most delectable So now have all that I sought. Another limerick by Brenda titled, FT. There was an old lady of Lincoln, Who persisted in reading the pink 'un. She lost all her cash, Then made a dash Ahead of the Bailiffs – so think on!! Next is yet another limerick by Brian titled, spruce. In Minster Court humour's profuse, Conversation is seldom abstruse; There's delectable fare And permanent care And the grounds are alluring and spruce. Next is another limerick by Brenda titled, Speedy. There was an old woman of ninety, Who had a yen to be flighty. To fulfil her dream, She bought a machine And zoomed round the court in her nightie. Next limerick is once again by Brian and is titled, Homely. If a pleasant

apartment you seek And genuinely aim for the peak Try our Minster Court You'll be glad that you bought Such a home really warm and unique. Last but not least, the next limerick is by Phyllis Mears of Melton Court and it is titled 'Mobile storage' My legs are three wheels, two handles and a bag. To slow down or stop. I don't need a flag. I do sudoku and draw pets, then I "sits and forgets" All that I was "gonna" put in that bag. 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 at Minster Court. Well done to all, it was a tough decision!

Moving on to 'Moving Stories', the next article is from Fullerton Court. In this article, owner Leonie Lazarus shares her moving experience. Leonie Lazarus moved to Fullerton Court in May. She enjoyed a warm welcome as did Hilda Reynolds and Jennifer Draughn who also moved there in May. She says 'My move to Fullerton Court has been entirely positive. I came here to a one-bedroom flat from a four-bedroom, detached house which I was tired of 'servicing' after sixty-three years. I dreaded parting with furniture, pictures and associations which had made up my life. In the event, it was not really painful. The rooms here are spacious – including the passageway and a huge walk-in cupboard. I can accommodate my most essential and most loved pieces and pictures. What I particularly value here is the friendliness and readiness to help of staff – and residents. No one ever seems to be put out by being asked for something, help or advice at any time. I feel both independent and safe. So, while I miss my old home, I am very happy to have found my new one.'

Mrs Diane Graham was the longest-standing member of staff at Fullerton Court until she retired on 15th July. Diane joined Fullerton Court in December 1998 as a Housekeeping Assistant and was later promoted to Duty Manager in 2004. Diane is very much looking forward to spending more time with her grandchildren and in her garden. "Diane will be very much missed, and we wish her well in her retirement" said Linda, Court Manager.

Also at Fullerton Court, long serving Duty Manager, Mel Norris, celebrated her 70th birthday with owners and staff in May.

Moving on to Management and Professional matters, this issues article focuses on Tannery Court in Abergele and it is titled, Abergele in TV soap spotlight! Abergele (in which Tannery Court lies at the centre) has recently attracted national attention as the chosen hideaway of Coronation Street villain Pat Phelan. He chose well: a small market town on the north coast of Wales between Colwyn Bay and Rhyl, Abergele is a lovely and interesting place to visit. Better still, the Tannery Court guest suite has been refurbished. Owners from other courts are most welcome to come to visit.

Visit and stay at Tannery Court. There are hundreds of things to do and places to visit in Abergele. Here, to list just a few: Welsh Mountain Zoo, Rhyl SeaQuarium, Harlequin Puppet Theatre, Old Colwyn Beach, Knightly's Fun Park, Conwy Suspension Bridge, Llandudno Hop-on Hop-off Tour. Please call Court Manager Christine on 01745 823182 to find out more.

The next articles are within the RSL News section. The first article talks about a recent fire safety innovation, Freedor. The article is titled, Freedor: fire safety solutions. A frequent concern for owners is the difficulty in opening and closing their own apartment doors. This task is difficult enough with certain age-related mobility problems but given that all of the apartment doors are fitted with hydraulic or spring-loaded closers for fire safety, it makes the task that much harder.

A recent innovation in this area is 'Freedor', an overhead door closer with a difference. In normal operation the closer applies no pressure to the door leaf so effectively the door is free to swing like a normal internal door, and owners can open and close the door at their own pace.

So how does this comply with fire safety? How does it ensure that the door is closed in the event of a fire? The secret is that the mechanism fixed to the door includes a microphone, which listens constantly for a fire alarm. When the alarm sounds, it triggers the device to operate and closes the door.

The product is fully compliant with Building Regulations and European standards. They are fitted by the manufacturer's own installers, come with a battery pack which lasts for two years and have a long warranty.

Owners at Tannery Court have been early adopters of the new device. In fact, at the time of writing, fourteen owners have already converted.

Should other owners wish to consider converting to Freedor, they are advised to speak to their Court Manager who will request the information from RSL.

The next article is titled, IOSH Managing Safely Course. Ashby Court hosts first Institution of Occupational Safety and Health Managing Safely course. Ashby Court hosted three sessions of the four day IOSH Managing Safely course in June. They were for Saxon Court (15 delegates), The Blundellsands Classic (11 delegates) and Ashby Court (seven delegates).

Managing Safely is a risk management course with an emphasis on the practical actions needed for the health and safety of teams. It is designed for anyone in a management or supervisory role and covers health, safety and environmental basics in a single programme. Benefits include greater productivity, improved organisation-wide safety awareness, active staff involvement and enhanced industry reputation. Those who successfully complete the course receive internationally recognised certification and can attend refresher courses to update their knowledge when required.

RSL are looking to host at least one more session in the next few months for those who were not able to go to the earlier venues.

Hayley Sheldon, Court Manager at Tiddington Court says “I have a much better understanding of risk assessments now – Steve, the trainer, delivered the course really well and made what sounds a daunting course easier to understand.”

Pamela Wharton, Duty Manager at Osborne Court says “Excellent trainer who interacted with all trainees and made the course very interesting and enjoyable. A very interesting and informative course, that will hopefully be undertaken by all managers.”

The next article is from Blundellsands Classic and is titled, Classic windows. After two years of negotiation with owners, Sefton Council, court surveyor and estates manager of RSL, Blundellsands Classic owners voted, at an Extra General Meeting, in favour of new uPVC windows for the bungalows and apartments. There were forty votes in favour, three against and two spoilt ballots!

The last article in the RSL News section comes from Tannery Court and is titled, Police pay a visit. Tannery Court have had a visit from the local police who advised owners to be aware of telephone and internet scams. They brought with them leaflets and information on crime prevention. The police enjoyed their visit so much they are going to make monthly visits.

Moving onto the health article, today we focus on Alzheimer’s Society Cupcake day. This article is titled, Host a Cupcake Day and raise some ‘dough’ for charity. Join Kennet Court, whose efforts raised over £220 for their local Alzheimer’s branch in Wokingham, during a fun-filled afternoon of serving up scones, tea and cakes and playing memory games. Where does the money go?

£50 – pays for a communication tool that uses symbols rather than words to help people with advanced dementia communicate. £150 – pays for one of our National Dementia Helpline Advisors to provide 10 hours of crucial support to people affected by dementia. £610 – pays for a Doctoral Training Centre to run for one day, helping up to eight PhD researchers to carry out ground breaking study in dementia research.

Alzheimer’s Society is a membership organisation, which works to improve the quality of life of people affected by dementia in England, Wales and Northern Ireland. There are 850,000 people with dementia in the UK, with numbers set to rise.

Raising money for Alzheimer’s Society allows continual support, research and work to find new treatments and, ultimately, a cure for dementia. The Cupcake Days have raised £1.4 million since 2016, so why not host your own Cupcake Day at your Court.

The next section explains how to sign up, get started and get your free fundraising pack.

1. Sign up online at: [cupcakeday.alzheimers.org.uk](http://cupcakeday.alzheimers.org.uk) and receive a free fundraising kit in the post
2. Host yours any day that suits you

3. Decide when and where
4. Start baking or buy cupcakes from the shop – yes, it's allowed
5. Raise as much 'dough' as possible to help beat dementia and have a great time doing it!

Moving on to the Recipes section, in this issue we wanted to give you some inspiration for your own Cupcake Day! The page is titled 'Colourful cupcakes' and features five cupcake and two icing recipes. The first recipe is for a Red Velvet cupcake and the ingredients are: 100g butter at room temperature, 100g caster sugar, 2 eggs, 1 teaspoon red food colouring, 1 teaspoon cocoa powder and 200g self-raising flour. To make these cupcakes first pre-heat the oven to 180°C /gas mark 4. Beat butter and sugar together until creamy. Add in eggs, food colouring and the cocoa powder. Fold in flour and divide batter into cases. Bake for 15-25 minutes. Next recipe is for amazing chocolate cupcakes. The ingredients are: 100g plain flour, 20g cocoa powder, 140g caster sugar, 1 ½ teaspoon baking powder, 40g unsalted butter at room temperature, 120ml whole milk, 1 egg, ¼ teaspoon vanilla extract. To make these cupcakes first preheat the oven to 180°C, gas mark 4. Whisk flour, cocoa powder, sugar, baking powder, a pinch of salt and butter together. Whisk milk, egg and vanilla extract together, then pour about half into the flour mixture and beat to combine. Pour in remaining liquid and continue until the mixture is smooth. Do not over mix. Spoon mixture into cases and bake for 20-25 minutes. Next recipe is for lemon and poppyseed cupcakes and the ingredients required for this recipe are: 225g self-raising flour, 175g golden caster sugar, Zest of 2 lemons, 1 tablespoon toasted poppy seeds, 3 eggs, 100g natural yogurt, 175g butter (melted & cooled). To make these cupcakes first pre-heat the oven to 180°C/gas mark 4. Mix flour, sugar, zest and poppy seeds in mixing bowl. Beat eggs into yogurt, then mix into the dry ingredients with the melted butter. Divide into cases and bake for 20-22 minutes. Next is a recipe for buttercream icing. The ingredients required for this recipe are: 140g unsalted butter, softened, 280g icing sugar and 1-2 tablespoons milk (or food colouring). To make the icing, simply beat all ingredients together until smooth. Next is a recipe for chocolate icing and the ingredients for this recipe are: 50g good-quality dark chocolate, 100g unsalted butter, softened, 200g icing sugar, 1 teaspoon vanilla extract and 1-2 tablespoons of milk. To make the icing, melt the chocolate. Beat butter, icing sugar and vanilla extract together. Fold in melted chocolate, (add a few drops of milk if the mixture is a little stiff).

Moving on to the Gardening section where we talk about courts taking advantage of the sunshine and warm weather to enjoy barbecues, annual garden parties, and a spot of gardening. This article is titled, Glorious gardens. Owners at the Blundellsands Classic (photos near and far right) enjoyed their first summer barbecue early in June. Court Manager Susan Russell organised the event and said, "Fortunately for us the day was glorious. It was greatly enjoyed by all." Melton Court is currently blessed with a particularly active group of keen owner gardeners. Their efforts have seen Melton Court's gardens reach new heights of splendour, bringing great pleasure to their creators, other owners and visitors alike. Elizabeth Court's gardens are looking particularly spectacular, thanks to their gardener, Bartholomew Protheroe. Court Manager Karen said, "He has been with us for more than 10 years and is directly accountable for when it looks at its best". Owners at Tannery Court enjoyed a beautiful sunny June afternoon listening to the Beulah Brass Band. The band played well known tunes to which many owners sang along. Bunting completed the atmosphere and, during a break, a lovely afternoon tea was served. This included homemade quiches, sandwiches and glorious victoria sponge, lemon drizzle, chocolate and coffee cakes made by cook, Tracey. Minster Court has recently started a 'Stroll and Stretch' to encourage owners to get out and enjoy some exercise. A number of owners met outside reception and walked around the gardens, followed by a coffee morning in the lounge. Phil, Court Manager said, "It seemed to go down very well and I hope they will keep it up".

End of the Summer 2018 edition.