



SHROPSHIRE
SENIORS

THE FORUM

September 2022

Issue 78



Well we have had a good summer this year haven't we? Although slightly too hot at times for some of us Still we can't complain (but we will).

Sadly there is always two sides to everything. The sunshine and heat has caused a lack of water. The picture of Lake Vyrnwy really shows this. Although it was as low in the early seventies. Please do try not to waste the water. Gardens will come back as soon as we have some rain. Just water the essentials like vegetables and fruits.

Even though it is not quite as hot and some mornings are quite autumnal please continue to wear sun cream until October. This saving yourself from skin cancer, hopefully. Also make sure you keep hydrated by drinking a lot of liquids, preferably water and not gin.!!

When stressed you eat ice cream, cake,
chocolate and sweets

WHY?

Because stressed spelt backwards
Is desserts.

I burned 1200 calories today
I forgot the pie in the oven.



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HELPFUL TIPS TO REDUCE HOW MUCH ENERGY YOU USE IN THE HOME.

1. Use low energy light bulbs.
2. Insulate hot water pipe and your hot water tank
3. Make sure your loft is well insulated. Insulation should be 8 to 12 inches deep
4. Do not leave electrical appliances on standby
5. Reduce drafts in your home
6. Try turning your heating control down a little. 18 to 21 degrees in fine
7. Put reflector sheets behind your radiators—do not heat your walls
8. If you have single glazing consider double glazing or the less expensive option of DIY acrylic secondary glazing



9. Take shower instead of baths. Fit a shower head that saves water and energy
10. Consider solar panels



SOME INTERESTING FACTS TO CHECK OUT

1348-1349—The Black Death It resurfaced roughly every ten years until 1665.

1978-1979—The Winter of Discontent

1984—The last polio case in the Country.

Is history repeating itself???

2019—The Covid virus first identified and Still active in 2022

2022—A winter of discontent and hardship for many

2022—The polio virus was found in sewage water in London.

THE EASY WAY

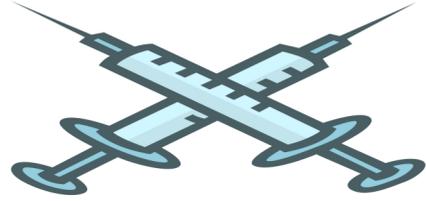
One way to find out if you are old is to fall down.

If people laugh you are still young.

If they panic and start running to you, you are old.



DATES NOT TO MISS



It is that time of the year again. If you get called for your flu jab we urge you to take up the offer.

You may also get called for another booster Covid jab. If you have had all the others again we urge you to continue .



A reminder that clocks go back at 2 am on Sunday 30th October 2022.

It is now official, summertime is over.

MY DAY

My day starts off backwards.

I wake up tired and go to bed wide awake



SHREWSBURY

Members recently met up for coffee at Palmers Café in Shrewsbury (the cakes were delicious)



We did take some photographs but sadly the camera is playing up. If we manage to retrieve them we will publish them in the next issue

The Shrewsbury Forum is hoping to meet up later this month for lunch. If you would like to join us please send your contact details to the office. And we will let you know the time and place.

WEM & WHITCHURCH

Although they have a stall in the market regularly they are still not holding meetings. The reason being **BUSES**.

They have always met on a Thursday afternoon at 2 pm However, they do have to hire the room and most speakers require a fee or donation. Sadly the town bus does not run on a Wednesday and Friday and on the days it does run the last bus leaves Jubilee Square at 13.50.so there is a strong possibility very few could attend a meeting.

Wem has a high percentage of senior citizens and the majority have no other form of transportation. Presumably the powers that be think all Wem seniors should be in their homes by 2 pm at the latest.

They would love to start the meetings again and many of the members are missing meeting up and seeing people. Can the Town Council not help? After all socialising is good for your health and wellbeing

OUR COUNTRY

If we are not careful our Country will die.

Nine year olds being shot, 87 year olds being stabbed on the mobility scooters. Food Banks. Zero hours contracts. Living costs. Wars. Intolerance. Hatred and pandemics. We need to realize we need to make our great County live again. We need to work together. Love and support each other.

More importantly, we need to change.



HOLIDAYS

Since restrictions have been lifted, have you managed to get away to another Country yet? One of our members, Jan and her husband, Mike, managed to and here is a short report on their trip. If you have been abroad do let us know how it went.

VENICE a faded but beautiful city.

Mike and I took our delayed holiday in Venice this March. Of course, we weren't nearly so fit as we had been two years ago but we had a credit with the hotel which needed to be used. Our hotel is on the side of the Rialto Bridge. From our bedroom window we could see all the traffic on the Grande Canal outside. If you think it ever gets quiet then think again. It is the equivalent of a main road running outside. Everything is delivered by boat, goods, people, water taxis ply their trade and of course gondolas too. At 5.30 most mornings the deliveries start. Flat bottomed barges tie up outside and load up trollies on the pontoons beside them with all the goods a hotel needs, which are wheeled into the building. Any water taxi naturally moves to make way for loaded barges to tie up outside. This activity goes on until almost nine or ten o'clock when the job is done. The barges chug away to be replaced by water taxis and gondolas. Both forms of transport are expensive but there is an excellent bus service. The water bus which runs a very frequent service all day and even at few night buses. The staff start to arrive at 6 am on water buses.

To hire a gondola is very expensive between £70-£100 We have never bothered, though this visit we were offered a cut price trip at £50! Water taxis are also pricey, and difficult to get into, for me anyway. But nobody wants you to fall into the water so your arm is taken in a very determined grip as you are guided down the steps. Then you have to crouch down like a hunchback to get into the cabin which has a low roof. There are comfortable bench seats inside to relax in but at the destination you do the whole thing in reverse. Crawl out, stand up. Climb the steps and be handled out to dry land and safety. The boatmen are very kind.

Our hotel arranged free trips to Marano to a glass factory. We decided that would suit us fine so we booked a trip. As I've already said getting into the out of the water taxi was interesting but we manged. We arrive at the outside entrance to the factory., where it was decidedly choppy and after a conflag the three escorting men decided it would be better (safer?) to unload us inside the island as the canal was calmer there. We enjoyed that trip very much. The glass factory was more like a museum than a factory. There was no hard see just a gently guide round the whole factory. Yes, we saw glass being made but the main part was to look at the creations made by artists who have been invited to create in glass what they normally created with paint and canvas. Handmade glass is very expensive and this exhibition was no exception to that. But we weren't there to spend but to admire. We were treated like royalty. After another conflag our three hosts decided they would send us back to wherever we wanted to go by water taxi, so we went back to Venice near St. Marks Square in style.

We got out of the taxi near to the recently re-vamped park behind St. Marks Square. My goodness it was full of notices about what we could and could not do. We couldn't picnic, play games, or run around. Not like any park I've sever been to. We sat in the sunshine for a bit enjoying our surroundings. It was a real haven of peace and tranquillity you could hear birds twittering in the shrubs. It was planted up simply with climbers over the trellises and herbaceous borders. In the corner of the park was a small restaurant and as it was still rather chilly we tried to eat inside. More rules and regulations attended this simple request. Did we have our Covid pass? No, then as it was the law, we could not eat inside! Our covid passes were locked into the hotel safe. In the end, remembering that by the railway station there was a number of little cafes and eating places we hopped onto a water bus and repaired there. Where we were able to buy a snack and a coffee and sit outside in the sunshine to enjoy it. A later visit to the park café provided just as unproductive as the staff member couldn't scan our passes to his evident frustration and ours, so we walked out again and found another place.

Italy is very sensitive to the letter of the law and although we were supposed to wear masks in the hotel we didn't. Except for breakfast where we had to wear one while choosing food from the buffet. We were rebuked for not doing so! Other back street cafes were more relaxed and didn't make that many demands.

On our first visit to Venice many years ago we were advised to eat on the other side of the Rialto bridge as it would be slightly cheaper than in the main area. This advice we have always followed and although we checked it out before our visit. It's wonderful what you can do online on the whole it still held true. We expected the prices to have risen enormously but they hadn't so although we had budgeted for a hike in prices we both came home with spending money left over.

I love Venice as it's such a wealthy city and so beautiful. Under the Doges there was great wealth which was reflected in their gorgeous buildings. Sadly, these days the beauty is beginning to fade under the onslaught of very bad floods which eats away at the fabric on the building leaving them damaged by floodwater. Even in our hotel the water rose by over three feet. Not that you would have known, all traces of water were cleared away without trace. A barrier was built out in the lagoon some years ago but because of global warming it is regularly overtopped. I'm glad that memories of our first visits are still strong. We can recall the times before floods and before millions of visitors from cruise ships crowded into St. Marks Square but we must accept some of the responsibility for the loss of some of the grandeur by simply being there as tourists.

Jan Etchells

TIME TO RENEW YOUR 70 PLUS DRIVING LICENCE

If it is your time to renew you will have received extra paper work telling you to renew online . Contrary to the misleading information you cannot renew on line unless you have a passport. Contrary to what the DVLA says you cannot go to a Post Office that does car tax to renew it for you. We understand there is only one post office in Shrewsbury that can do this. They have the technology to complete the form with a photograph of you which they take.

Although they say it takes up to six weeks by post one member received hers back within ten days However this may have been a fluke.

Do not leave renewing the Licence until that last minute. If you haven't got a passport send it by post.

The DVLA are aware of this problem and are looking into it. (We have all heard that one before).

LUCKY NUMBERS

Thank you to all that have bought numbers for our Lucky Numbers lotto. The August draw is the first of this session.

1. Mr. K. Bateman
2. Mrs. J. Scott

The next draw will take place in November.

WARTIME RECIPES

FISH BAKE

1 lb potatoes grated
Salt & pepper
2 large onions grated
2 tablespoons chopped parsley
1 1/2 lb fish cooked and flaked
(cod, haddock, hake or mackerel)
1/4 pint milk

METHOD

Grease a shallow casserole well.
Put a layer of grated potato on the bottom, season well
Add a sprinkling of the onion and parsley, then a layer of fish.
Continue filling the casserole like this ending with potato.
Pour over the milk. Cover with a piece of greased paper then put on the lid
Bake in the centre of a moderately hot oven for a good 30 minutes.
This may be served hot or cold



MARMALADE & FRUIT LOAF

250 ml water
8 oz sultanas
2 oz butter
10 oz self raising flour
7 oz soft brown sugar
Pinch of salt
2 dessertspoons of medium cut orange marmalade
2 large beaten eggs

METHOD

Grease and line a 2 lb loaf tin
Put water, sultanas, butter and marmalade in a pan
Bring to the boil for a few minutes then leave to go cold
Add sugar and beaten eggs and stir until well mixed
Mix in flour and salt
Cook for approximately 45 minutes to one hour (until a skewer placed in the centre comes out clean)
This cake will freeze perfectly.



SEPTEMBER

Nearly the end of the gardening season.

Use ground limestone when liming soil in autumn and winter.

Do not re-use potting or seed compost. The nutrients will have been exhausted and it may contain pests and diseases.

Cut all seed heads from Honesty, Chinese lanterns and poppies for decoration indoors in winter.

Freesias that have been in a cold frame must now be taken into a greenhouse. Water the compost and give the plant plenty of light and air.

Clean your garden tools and oil bright metal parts. It extends their lives.

Bring in green tomatoes grown outside. Place on a window sill in the sunlight and they will turn red.



WINTER

WE ARE BEING TOLD THAT THIS WINTER IS GOING TO BE VERY HARD FOR SOME PEOPLE, ACTUALLY WE THINK THEY MEAN MOST PEOPLE.

At the beginning we gave you some tips are reducing your energy output and now we list a few things you should do if possible.

1. Make sure you have a torch and some spare batteries. Only use candles if you feel competent to do so.
2. Keep a blanket or shawl handy to put around you if it gets too cold.
3. Keep some tins of soup or stew etc. which are handy to warm up without too much of an effort.
4. If you have a mobile phone keep it charged up.
5. Keep a list of useful telephone numbers nearby.
6. If you know of someone living alone just check if they are alright or if they need any help.
7. Join a library and have some books handy to read in case of power cuts.
8. Please make sure you stay safe. Do not be afraid to ask for help.

REMEMBRANCE

THE ELEVENTH DAY OF THE ELEVENTH MONTH.

We owe a huge debt of gratitude to the men and women who served in the two World Wars. Also to the men and women who are still dedicating their lives to serving the Country and keeping its citizens safe. In all cases some have made the ultimate sacrifice.

On the eleventh day of the eleventh month we should stand and remember them as a mark of respect. and gratitude.



We are your parents children, the ones you never saw
We ;live in peace and freedom
Because you fought that war

We know not if death came quickly or the pain that you endured
You made the greatest sacrifice
Please bless and keep them Lord

Each widow mourned a sweetheart
Each mother mourned a son
Each child who mourned a father
We thank them every one

(Author unknown)



WHAT IS A SENIOR CITIZEN?



A Senior Citizen is one who was here before the pill,
Television, frozen foods, contact lenses, credit cards
And before man walked on the moon.

For us, “Time Sharing” meant togetherness, not holiday homes,
And a “chip” meant a piece of wood.

‘Hardware’ meant nuts and bolts, and ‘software’
Wasn’t even a word



We got married first, then lived together, and thought ‘cleavage’ was
Something that butchers did.

A ‘stud’ was something that fastened a collar to a shirt
And ‘going all the way’ meant staying on a double decker to the bus depot.



We though ‘fast food’ was what you ate in lent
A ‘Big Mac’ was an oversized raincoat and crumpet’ we had for tea.
In our day: ‘grass’ was mown, ‘pot’ was something you cooked in
‘Coke’ was kept in the coal house and a ‘joint’ was cooked on Sundays!

We are today’s SENIOR CITIZENS
A hardy bunch when you think how the world has changed.

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