

THE GROVE NEWSLETTER

THE GROVE RESIDENTIAL HOME, INGS LANE, WALTHAM, DN37 0HB

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Summertime



Pilates

In activity advice for the over-80's, we are told to try Tai Chi; leg strengthening exercises such as yoga, dancing, Pilates and walking, which will all help flexibility and balance, as well as strengthening muscles. This, in turn, could reduce the risk of falls.

Well, my daughter tried yoga, and dancing has always held appeal for me, though now it's more as a spectator than a participant. Gene Kelly's dancing is mesmerising, and I've lazily settled for watching that.

Pilates? It's just passed me by. Until I recently heard about Joseph Pilates, a German born emigrant who

had always been an enthusiast about exercise benefiting mind and body. (He had earlier boxed and trained police in the art of self-defence).

With the advent of World War 1, Joseph, then living in England was interned with 30,000 others on the Isle of Man for the duration. (1914-1918)

Childhood illness had led Joseph to study anatomy and the movement of animals in a quest for better health. He compared the training of race horses to a lack of training in humans. And felt humans fell short. Both, he felt are in better form with exercise and deep breathing. Blending a study of yoga and martial arts with western activities; boxing, body building, gymnastics, recreational sports and, even Greek and Roman influences. By the age of 14 he had honed and sculpted his body to be the chosen model for anatomy books.

On the Isle of Man, he was housed in a barrack-like building with 30 of his compatriots. Conditions being too cramped for exercise, Joseph used a nearby field to put the men through the paces of his Pilates. The exercise must have paid dividends when Spanish flu swept through Europe at the end of 1918 (killing more than the millions lost in the Great War) because all Joseph's men survived! Post-war, after a brief spell in German (including the offer of a chance to train the New German Army, which he declined) Joseph emigrated to New York. On the boat he met Clara, a nurse; they married and together founded a Pilates Studio in the city.

The Pilates movement had a devout following in New York, amongst them ballet dancers wanting to heal injuries quickly, improve their strength and maintain flexibility. Exercises always began with deep breathing for breathing, proper posture and the correction of physical ailments were the focus of his work. His work continues through his books, and those committed to his revolutionary ideas.

Afterthought: I should have tried it!

Did you know?

Bomber County

There is a newly opened World War 2 memorial site, facing the Cathedral to the south of Lincoln on Cahwick



Hill. Lincoln Cathedral was a landmark known to, and looked forward to, by aircrew of bombers returning to base.

Attracting many visitors, the site offers a wealth of interest in

addition to listing the names on a memorial of the 25,611 crew flying from Lincolnshire who failed to return to base.

Unfinished Business

Antoni Gaudi designed Barcelona's "La Sagrada Familia", an intricate creation attracting 3 million visitors a year, but died in 1926 when only a quarter of the structure was completed.

Gaudi, a celebrated Spanish architect, had 7 of his buildings awarded UNESCO World Heritage site status. It is work in progress on "La Sagrada Familia" with completion expected by 2026.



William & Harry

Prince William took Kate to North of Kenya's Elephant Conservation area, where, in a protected place, cottages can be hired. It was at this place he proposed to her.

Prince William is passionate about the need to protect



elephants from poachers. He is patron of the charity; “Tusk”.

Similarly, Africa was the

choice for Prince Harry, taking Meghan to his beloved Botswana – a place the 13 year old had spent time in, with his father, after Diana’s death.

Romantic Harry said it was under the stars of Botswana he proposed to his wife, Meghan. He has also been to Lesatho many times, where he has a special bond with the children there.

Bookshelf

NB: Want to find out more about Botswana? Read Scot Alexander McCall Smith’s, best-selling “The No. 1 Ladies’ Private Detective Agency”, just one of his books set in Botswana.

Odds & Ends

Sharpening Blunt Scissors:

To sharpen blunt scissors which have lost their edge, (possibly with cutting paper), just cut up a piece of aluminium foil (It works! I’ve tried it).

Stains in Tea or Coffee mugs: Can be removed using an old toothbrush (sterilise with boiling water first) and toothpaste. Just give stains a good scrub. Rinse well.

Fan Club?



Cary Grant marries the richest girl in the world, Barbara Hutton. (And they're still good friends.)

I used to like Bristol born, Hollywood superstar Cary Grant, until he married second wife, America's richest woman, and Woolworth heiress, Barbara Hutton. The couple were dubbed; "Cash and Cary".

Chopping Boards; good hygiene.

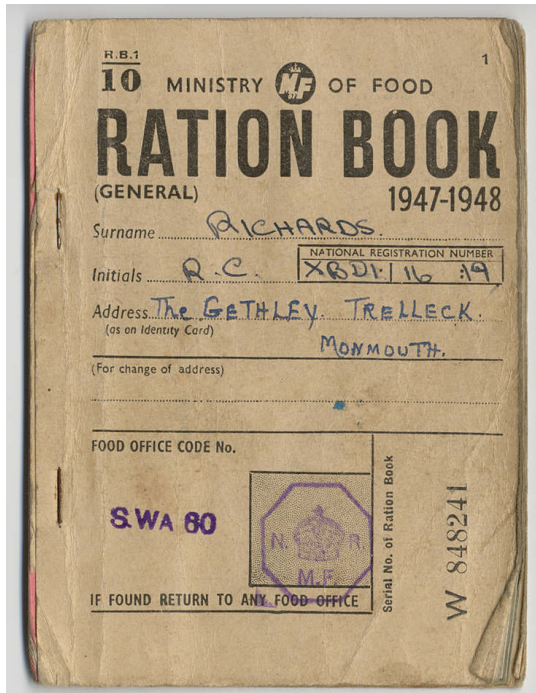
There is no difference between plastic and wooden chopping boards when it comes to being germ free.

Advice is to wash after use and keep dry. Also keep one for chopping meat, the second for fruit, veg and nuts.

Time Traveller

Prompted by the BBC TV programme; "A House through Time" showing how a house and its occupants have seen changes through the decades, I have travelled back in time to recapture my impressions of the fifties:

At the start of the 50's we were still “picking ourselves up and brushing ourselves down” after the bruising felt after the impact of war. Bomb sites cleared, re-building still in progress and food rationing still existing, meant that despite the euphoria felt with the ending of the war, austerity limped on.



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The 21st century family stepping back to the fifties would be disappointed in finding no TV there; replaced by a ticking clock, a piano, a 3 piece suite on a carpet square, surrounded by lino (linoleum), or even a wartime relic, the snip rug in front of the coal fire.

Coal fires meant mottled legs, toasting forks, cold backs with

a draught excluding heavy curtain hung from the door. No double-glazing saw crazy ice-patterns forming on the insides of windows during a cold spell, and a sheet, thin blanket and slippery “satin” covered eiderdown often meant re-enforcements in the form of heavy over-coats, were thrown across the bed.

Full employment (for men) meant getting a handyman in to repair, decorate or make an item was nigh impossible. In the fifties DIY was born! My dad did his bit; putting wallpaper up, growing vegetables and even made a simple bookcase and a more complex greenhouse!



“Practical Householder” was a popular monthly magazine of the time and being the handyman’s “Bible” was not thrown away but kept for posterity.

For Rob, head of the BBC family from the 21st Century (going back in time to the 50’s and its DIY ethic), his initial task was to install a doorbell, complete a clotheshorse, an ironing-board and a set of stepladders. Well done, Rob, if you were a Scout a proficiency badge would be on the way! For the housewife (very few mums had jobs) housework took 11 hours a day – few had washing machines. You may remember the copper, the dolly tub and dolly peg, the mangle, the blue-boy and Robin Starch? In other words, what drudgery Monday washdays were! My mum would be scrubbing the kitchen floor as I made my 4 o’clock return from school. This was, of course, before those light-bulb moments when laundrettes were on the scene and the twin-tub put in an appearance.



Sundays in the 50’s were special (sacred to some, literally a day of rest to others) and a day unlike any other as the march of commercialism had yet to step in. This must have come as a shock

to our next century family, finding no shops or cinemas open, no sporting events to attend, and no playing outside permitted. Sunday dinner was important, but wine being expensive, there would definitely be no wine on the menu!

Church was open, and most families would walk to church. Ann Widdecombe recently said of the 50's, that 50% of children went to Sunday School, today it is only 5%. Sunday is certainly not regarded as a SPECIAL day as it once was, which many regret.

Like to be a child again, in the 50's? With freedom to play out, the ability to build bonfires (responsibly) make dens, go pond dipping for tadpoles and newts, be trusted with penknives, scout-knives and even swiss-army knives, to make go-karts with wood, rope and old pram wheels. To be able to pitch a tent, to hammer in tent pegs, tighten guy ropes and sleep in the great outdoors; wondering if the rustling outside the tent is a rat or the dying embers of paper left to deter mosquitoes!



The following (all part of the 50's genre) may be debatable: Short trousers, snake-clasp belts, boots with studs, plimsolls, not wearing socks, pea-shooters, catapults and compasses. Chilblains in winter, nettle stings, itching powder, nits, sticking plasters and transfers. Scouts, Church Parades, boys' Brigade, sweet rationing,

collecting empty jam jars, fag cards and “Just William”-type adventures and explorations.

Sorry, I’ve just realised I haven’t considered 50’s life from a girl’s point of view. Oh well; that’s another story!

Fact or Fiction?

Mrs Thatcher borrowed the family silver (heirloom cutlery) to impress her VIP guests at No. 10, from the owner of stately home; Belton House in South Lincolnshire. Belton House was, at this time, in a state of disrepair. It was later taken over by the National Trust.

TV “Wild Bill”

A new crime series is to be aired on ITV in June. An American is to play a British police chief stationed in Lincolnshire. The programme is based in Boston, where filming has already started.

Shopping at the Grove

Sweets, Jakeman’s Throat and Chest lozengers, choc bars, cordial, shampoo, soap, bath essence, sponges, toothbrushes, shaving foam and tissues are all available in reception. Greetings cards and stamps are also on sale. Carers will shop for you and a memo will be kept of your expenses. All items are sold at a reasonable price 😊

PS: In case you are wondering; all the above are facts.