

WYGGESTONS NEWSLETTER

#THEHEARTOFTHELOCALCOMMUNITY

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INTRODUCTION

Welcome to the first edition of the newsletter for 2021!

Well it is February already.....

The new properties and hub building is coming on apace and we are delighted with progress and the number of applications we have received so far from people wanting to join our community.

The lockdown continues to impact on our social life and community but we are really pleased with the roll out of the vaccines. We have so far had all working staff receive vaccines, every resident at Agnes House and nearly everyone at William House.

Hopefully once the infection rates in the wider community decrease, we can return to some kind of normality but in the meantime we will try to mark the notable events through the Spring with celebrations of sorts.

In the meantime we are very conscious that the Charities you support through your fund raising during the year have struggled financially in the last 12 months, so we have sent them donations to assist them as we have been unable to host our annual Cheese and Wine Evening.

It continues to be a busy time with the new development- apologies for all the meetings and the disruption this causes you – but as the project draws to a close these will reduce.

Chris

Thank You

When the Chapel Collection Box was emptied on Thursday 27th
January it contained £188.45!

**PLEASE NOTE THE FINANCE OFFICE WILL
BE OPEN TO RECEIVE PAYMENTS ON
TUESDAY 23RD FEBRUARY 2021**

Happy Birthday!

For those residents who have birthdays January & February, we would like to wish you a very Happy Birthday!

William House

Doreen Dunmore	19 th January
Patricia Heyden	1 st February
Celestine Henry	2 nd February
Margaret Orton	18 th February
Jim O'Donoghue	18 th February
Heather Leader	23 rd February

Agnes House

Tony Delaney	7 th February
*Marian Allin	14 th February
Marjorie Mozley	21 st February

**Congratulations to Marian who will be a staggering*

102 years old on 14th February!



Welcome to Marjorie Morton in Flat 2 William House, who joined us in December. We wish you many years of happiness here at Wygggestons!

In Memory

Sadly, we have three deaths to record in this edition.

Mrs Peggy Colebourne, Room 2, who passed away on Sunday 29th November 2020



Mrs Olive Herbert, Room 11 of Agnes House, who peacefully passed away on Sunday 3rd January 2021.

Mrs Kathleen Williams, Room 1 of Agnes House, who passed away on Friday 29th January.



Our thoughts and prayers are with their family and friends



Cherryleas Development

The new development is progressing well and we are starting to look at interior fixings and fittings!



Kindness

It's my fault! I read and use Twitter and Facebook every day but I don't always come away feeling cheerful!

As well as very positive reflections and opinions that I see (along with cute pictures of animals doing fun things!) there is also much negativity and frankly stuff which can be very depressing and even distressing. People are very quick to post really horrible personal attacks on what someone else has written. For example, someone only has to post some good news about the latest Covid-19 vaccine, for there to be an outbreak of hatred from 'anti-vaxxers' (of which there are a surprising number) and conspiracy theorists (who state that the pandemic is not real or highly exaggerated by the government!). Most of these reactions would not be said in those ways if people were face to face: it is so much easier to be offensive 'online' to a stranger you have never met.

There is truly a lot of misinformation, abuse and negativity in our 21st Century 'online' world (as well as wonderful access to information and material which we have never had before).

We are not as rude to each other here at Wygggestons but during these 'unprecedented' times I have sometimes observed relationships getting a bit 'frayed' from time to time. We are all feeling uncomfortable and fed-up with our current restrictions, lack of social events and distant or non-existent times with relations and friends: this can lead to a certain amount of 'crabbiness'!

We therefore need to work that bit harder at our relationships. To help maintain our relationships may I request that in our community of Wygggestons we become more aware of the need for acts of kindness to one another. Many of us may be aware that 'kindness' is one of what St Paul describes as one of the 'Fruit of the Spirit' (Galatians 5:22,23) but just using 'Google' (a wonderful 'online' resource) led me to read some helpful quotes that you might find stimulating:

'Kindness is caring for other, even when they don't care for you.'

'When I was young, I admired clever people. Now that I am old, I admire kind people.' Abraham Joshua Heschel

'Always be a little kinder than necessary.' James Barrie

And there are many others.....!

I conclude this piece by drawing your attention (and your prayers if you do), to the Wygggeston Prayer again:

**Almighty God,
whose love and care surrounds us,
send your blessing
on the family of Wygggestons
that we may live together
in harmony and peace.
Enable us to build upon the foundation
laid by your faithful servants
William and Agnes Wygggeston,
so that the benefits we now enjoy,
may be enjoyed by future generations.
We ask this in the name of Jesus Christ
our Lord and Saviour.
Amen.**

Tony Leighton

Friday January 29th 2021

RECIPE CORNER

Smoky Bacon & Leek Risotto

Ingredients

- Rapeseed oil for frying
- Large handful of fresh sage leaves
- 4 rashers of smoked straky bacon
- 1 large leek, finely sliced
- 2 garlic cloves, crushed
- 25g risotto rice
- 150ml dry white wine
- 750ml hot vegetable stock
- 80g soft goats cheese

Method

Heat the oven to 200°C/ 180°C fan/gas 6. Heat 2 tbsp oil in a pan over a medium heat, then fry the sage until crisp. Set aside on a plate and tip out half the oil. Fry the bacon over a medium heat until crisp on both sides. Set half aside with the sage.

Add the leek to the rest of the bacon in the pan and cook for 5 minutes until softened and lightly browned. Add the garlic and cook for 1 minute, then stir in the rice and turn up the heat slightly. Add the wine and let it bubble. When the wine has reduced by half, stir in the stock, then transfer to a baking dish with a tight-fitting lid and cook with the lid on for 20 minutes or until the rice is tender but still has bite and the stock is absorbed.

Stir in the most of the goat's cheese until melted, then serve the risotto with the remaining bacon, cheese and sage scattered on top.



Sticky Clementine Cake (dairy & gluten free)

Ingredients

- 5 clementines
- 275g caster sugar
- 300g ground almonds
- 1.5 tsp of cardamom powder
- 1 tsp gluten free baking powder
- 2 tsp vanilla extract
- 6 large, free range eggs, lightly beaten
- Juice of 1 lemon
- 1 cinnamon stick

Method

Put 3 of the clementines in a pan of water, bring to the boil and simmer for about 2 hours until really tender, adding more water if necessary. Drain and leave to cool a little. Cut in half and pick out any pips, then whizz the fruit (skin and flesh) to a pulp in a food processor.

Preheat the oven to 180°C/fan160°C/gas 4. Grease a 23cm spring form cake tin, then line the base with baking paper.

Put 225g of the caster sugar, the almonds, ground cardamom and baking powder in a large bowl. Stir, then make a well in the centre. Mix the pulped clementines, vanilla extract and eggs in the well, then mix into the dry ingredients. Pour the mixture into the tin. Transfer to the oven and bake for 50-60 minutes.

Meanwhile, squeeze the juice from the remaining 2 clementines into a pan. Add the lemon juice and the remaining 50g caster sugar. Heat gently until the sugar is dissolved, then add the cinnamon stick and simmer for 3 minutes.

Remove the cake from the oven and pierce the top in a few places with a skewer. Drizzle over the citrus syrup, then leave for 1 hour to soak in. Transfer the cake to a wire rack to cool completely.



?? GENERAL KNOWLEDGE QUIZ ??

1. What is the freezing point of water in degrees Centigrade?
2. Which actress was known as "Hanoi Jane" due to her opposition to the Vietnam War?
3. Which three US States begin with the letter "C"?
4. Which two universities compete each year in the Boat Race?
5. Which soft drink is known as Scotland's "other" national drink?
6. Where on a human body would you find a "Fontanelle"?
7. By what nickname was King Richard I of England known?
8. Who wrote the opera "Tosca"?
9. How many limbs does an octopus have?
10. In which country did the sauna originate?
11. Which two Shakespearian characters feature in the NATO phonetic alphabet?
12. Which author created Mary Poppins?
13. Which action film star is often referred to as the "muscles from Brussels"?
14. Which countries hosted the 2002 FIFA World Cup, the first time it was held in Asia?
15. What were the names of the three sons of Adam and Eve?
16. What name did the Romans give to Scotland?
17. Who introduced the first successful vaccination against smallpox?
18. The leaf of which tree is featured on the flag of Canada?
19. How is singer Robyn Fenty better known?
20. Which are the two horse racing events that must be shown on free to air TV in the UK according to OFCOM?

Answers in the next newsletter!

Answers: 1. Advent, 2. More than one, the bible doesn't say how many, 3. Deep pan, crisp and even, 4. Elizabeth, 5. St Nicholas, 6. 25 – no 'e!', 7. Bethlehem, 8. 364, 9. 1840's – 1843 by Sir Henry Cole, 10. Egypt, 11. Three – Donner, Dasher and Dancer, 12. Germany – it was Latvia but it was part of Germany then, 13. King Herod, 14. Just like the ones I used to know, 15. Carpenter, 16. The Anglo Saxons – it means 'good health', 17. Shepherds, 18. A six pence, 19. Gabriel 20. In a manger

Gardening update

It seems to me that whoever coined the phrase "put the garden to bed" can't have been a true gardener. All through Autumn and Winter the garden is quietly getting ready for Spring.

As the days got shorter, Sue and I started cleaning and painting the garden benches, and only stopped when it became too cold, but I think we managed to do 12 in total, preparing them for the cold weather. Clive was kept busy raking and sweeping copious amounts of leaves (all by hand, no leaf blowers in sight).

In September we planted 500 "cheerfulness " daffodil bulbs (the smaller variety) in the borders around the Summer house, and later we planted about the same number of crocus bulbs kindly donated by the Rotary Club, and also a few tulips near the chapel.

As we are generating a lot of green waste we decided we needed some compost bins, Chris agreed and after chatting to the gardeners they happily left us with some pallets and a couple of large wooden crates. We have managed to move the crates into position at the back of the summer house and now have our first 2 compost bins. More will follow when we have worked out how to cobble together the pallets.



In December we took advantage of a mild spell and started lifting and dividing some of the large clumps of perennials, moving some to the garden near the summer house. We struggled a bit as the clumps were heavy so Clive asked if we could have a barrow. Melissa ordered us a garden cart (and another one for carrying shopping which is near the stairs) and it has proved very useful, much easier to move around and more stable than a traditional wheelbarrow. Around the same time we had a message from the gardeners to ask if we could water the newly planted beech hedge at the back of the parking bays as they were worried it might dry

out too much. Needless to say, we haven't had to worry about that problem lately

On the first fine day of the New Year we emptied the summer house then stacked most of the furniture at the back with just a few chairs at the front so people have a sheltered place to sit. Nothing beats being out on a sunny winter's day with the robin singing his heart out and the sight of snowdrops in flower, and everywhere bulbs coming up, a sign that spring is on the way.



Last week we replanted the 4 hanging baskets from the front entrance, but we decided to delay putting them back up as Storm Christoph was approaching. We also took out all the red pelargoniums that we planted in the spring as they had finally succumbed to the frost. We are still deciding what to plant in the large tub by the front entrance.

We enjoy gardening, but we also love stopping for a chat, or just enjoying nature, after all in the words of the poem "What is this world if full of care, we have no time to stand and stare" (*Leisure* by W.H.Davies)

So next time you are out for your exercise, or just taking out the rubbish, pause to look around and remember - the garden never sleeps!

Heather Leader



February brings us.....



on the 12th and



on the 14th

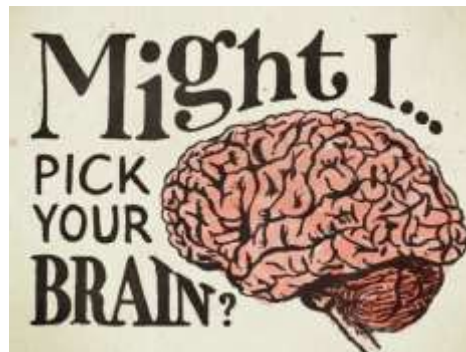
Agnes House are celebrating one, William House the other!
Who will do it best?





Please can all William House residents ensure that their surveys have been returned to the Admin Office by Friday 26th February

Thank you!



Please can you let the Wardens or Melissa know if you have any stories, articles, recipes or ideas for the monthly newsletter!



And Finally...

YOU MUST continue to wear a mask once you have been vaccinated, you may be protected but you can still spread coronavirus to others

