

WYGGESTONS NEWSLETTER

SEPTEMBER 2021

INSIDE THIS ISSUE

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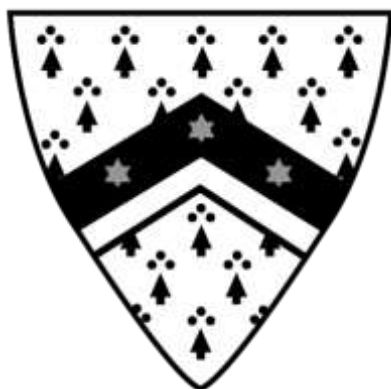
Leaded Window – Have a read of one residents experience of making their own leaded windows! – Impressive!

PG. 8

The Lonely Pilchard Part II– Are you sitting comfortably? Then we'll begin...

PG. 13

Meet the Governors – Get to know another Wyggeston's Governor!



PG.17

Coffee Mornings Are Back!!



CONTENTS

Welcome	3
Birthdays & In Memory	4
Cherryleas Development	5
Leaded Windows	6 - 7
The Lonely Pilchard	8 - 10
Recipes	11
Residents Recipe	12
Meet the Governor	13 – 14
Music Afternoon	15
Quiz Time	16
Coffee Mornings	17 – 18
From the Master	19
And Finally	20

If you have anything you would like to add or see featured in the next newsletter then please let us know!

Welcome

Welcome to our September edition of the Wyggeston Newsletter!

Autumn will be shortly upon us – where did the promised August heatwave go?!!

Despite a few hiccups a sense of normality seems to be returning to Wyggestons and we are so pleased we can gradually increase the social activities and events.

In this newsletter we are promoting the first William House coffee morning for nearly 18 months!! In late September we will also be hosting the annual fundraiser for MacMillan Cancer Support at Agnes House. If you can supply raffle prizes or are able to bake some cakes please let the office know. The music afternoons are also returning in early September so please put your name down so we can manage the numbers.

The disruption from the building works continues, unfortunately, as the pandemic and other external factors have slowed the development and associated projects. However the boiler replacement is on course for completion before the weather turns colder and shortly after the link bridge refurbishment will come to an end.

The new development is gathering pace with internal decorating and the gardens and other external works being commenced. We are planning to invite our new residents to open days in the next few weeks to enable them to view their new homes.

Once these visits are completed we intend to offer the opportunity for residents and staff to take a tour of the new properties and facilities ahead of the handover in the autumn.

So it's a time of change for the Charity very shortly so please bear with us – as we also move the offices and facilities in to the new building and welcome our new residents.

This month's newsletter features some interesting articles from residents and a truly local "Meet the Governor". As ever please share your stories and let us have your feedback on the newsletter.

Chris

**PLEASE NOTE THE FINANCE OFFICE
WILL BE OPEN TO RECEIVE
PAYMENTS ON
TUESDAY 28th SEPTEMBER 2021**



For those residents who have birthdays in September,
we would like to wish you a very Happy Birthday!

William House

Geoffrey Clarke	6 th September
George Butler	7 th September
John Tonkin	10 th September
Paul Johnstone	13 th September
John Seymour	22 nd September
Sue Hulatt	26 th September

Agnes House

Noreen Ford Foster	10 th September
Sheila Fox	26 th September



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

Mrs Marian Allin, Room 24 Agnes House, who passed away peacefully on Wednesday 4th August.



Mrs Joyce York, Room 10 Agnes House, who also sadly passed away on Wednesday 4th August.

Mr Bill Deevey, Room 7 Agnes House who peacefully passed away on Thursday 12th August.



Our thoughts and prayers are with their family and friends



Cherryleas Development

There is still lots going on at Lancaster House and the bungalows, the majority of which is internal.



LEADED WINDOWS

Before we moved into William House, Patricia and myself lived on Woodville Road in one of the 4 attached "Town Houses" just before you turn up on Hinckley Road. We moved in 1984, it was in need of considerable work and I always fancied renovating on a DIY basis.

It was built in 1937 and typical of its time, central steep stair case, dining room, bay lounge, and a ships type galley kitchen, 3 bedrooms one a box room.

Wiring was very dated remember the 2 way light adapter where you pulled a cord and you plug in your iron, that was in the dining room and the pantry had a powerful 15 watt bulb. Not much light to say the least!

It did not take long to decide the old kitchen became my work shop, and the dining room was to be our kitchen/diner. Anybody remember the old hefty 15 amp adapter with two 5amp side take off's. That was it one socket not enough outlets for the modern needs (even in 1984).

New ring main needed, thus a new power board with earth leak trip fusing, kitchen rebuild needed / paint and ancient wallpaper work to sort out and how many sockets needed, all double of course 7 in all. If only I knew what I had started!!!!

Strip off old paint, underneath ,varnished skirting boards if anybody has tried burning off old varnish will know it just becomes goo, so several gallons of varnish remover was employed along with hours of sanding. Of course one room led to another in fact the whole house ***!!!!????.

One other bright idea put up the old style picture rail, it just did not look right without it, 240 feet of it for the whole house! It did make wall papering easy though!

What on earth has all this got to do with leaded windows you ask?
As every do it your self-er knows one job always rolls into another so onward we go.

2 doors in the kitchen, had to be stripped and here we go again. As said built in 1937 and we discovered that they were seasoned pine full of character unlike the modern stuff, they were a pleasure to look at.

Off we go again 9 doors needed to be done quick. The answer dip and strip all bar one, the front door. All came back looking great a light sanding, matt urethane coating (In case you are wondering why matt, it does not show hand marks).

One left, the front door it was taken in the early hours and I stood guard until returned around 4-30. The pine looked great but the glass was toughened and wired, it looked awful.

Now the work load was increasing!!

Patricia in the meantime had enrolled in an evening class (In the days when they were reasonably priced) for glass work and had made a small caravan, as most of you know that was a pastime we enjoyed.



Work at no.19 was still going on and the ¼ window lights on the front of the house had leaded sections. Brilliant I thought join the class and make a window to replace the ugly wired one. Nice idea but there many other ideas put on the back burner because of it. The main features to all were a red and green square, and an oval shield with a blue base and a yellow double curve central to it.

Presented my design to the teacher, approved, and off we went with instructions of course. We paid for the materials and many hours of corrections, I had mastered the glass cutting and pattern making. Next soldering the lead, great care needed as too long with the heat and it literally disappeared. Did you know that some of the leading was wired with steel to prevent bowing also the lead had to be finished with Zebo black grate polish, who here remembers that messy stuff?

All went well fitted great, onto the next task a "lean to wreck" to flatten to make room for reversing the caravan in the back. What was that on the floor wait for it, it was the kitchen door laying on the earthen floor. Wired glass and thanks to the quality of pine it had to be dipped and stripped and fitted to hide the workshop/ old kitchen.



Can't look at that terrible glazing, I know my first attempt was fixed due to the 1/4 lights. I will design my own leaded pattern Easy, not so the blues and yellows wanted were only available in Cathedral glass that is hand rolled and could be anything from 2 to 4 mm thick. Difficulty to cut or break, inside curves also, difficult.

Believe it or not all went well and praise was handed out by my instructor. Door hung hiding the workshop and there it stayed until leaving in 2013. Very proud of my efforts and I hope the new residents will treasure them and stay away from wired safety glass !!

Michael Heyden

P.S. Finally completed the whole operation in August 1987, and all my electric work was passed on sale inspection. Please note there was no law in those days about doing your own electrics, and I had worked on high voltage equipment at the BUSMC (4.500 Volts). In other words leave it alone in your flat!!



THE LONELY PILCHARD

Chapter 2



Lonely Pilchard and Turtle were so thankful they had escaped being captured by the men in the noisy boat and taken to Great Yarmouth. *(For what might have happened to them in Great Yarmouth I would rather not say).* The tide went in, and out, in and out, quite a few times, before they completely recovered from the shock.

Lonely Pilchard was especially grateful to Swordfish: his decision to bang on the side of the fishermen's boat gave extra time and made the escape possible.

Swordfish didn't say much but when he did speak it was really worth listening. "I have an idea", he began, "though it *is* rather risky. I think we should..."

But just at that moment he was interrupted by the arrival of Salmon, who, you will remember, had taught Lonely Pilchard how to leap. She popped in to say hello.

Swordfish again tried to speak. "I have an idea, though it *is* rather risky. I think", (you will remember he was good at thinking,) "I think we should..."

But now Turtle interrupted: "We should be very careful about taking risks. We have had enough troubles already. *I don't like taking risks*".

"I've heard," said the patient Swordfish, ignoring what Turtle had said, "that at Great Yarmouth there are some underwater cages, and sometimes the fishermen put fish they have caught in them until... they are... ready to..." Here he hesitated: he didn't want to frighten Lonely Pilchard and make him even more unhappy. *(For what might have happened to them at Great Yarmouth I would really rather not say).*

"Go on, then." said the Turtle, becoming a little braver, "What do you suggest?"

"We should at least go and see," Swordfish continued, "if there is *any* chance Lonely Pilchard's Mother and Father are still alive and in one of those cages – it would be really worth the journey - and the risk – to attempt a rescue". Salmon agreed and said that on her travels she too had seen these cages, and, as she often went that way, she could act as guide. Swordfish said he would come and protect them with his fierce looks and long sharp nose.

And so it was agreed. They all set off on this risky adventure: Salmon led the way, Lonely Pilchard rode on Turtle's back - and Swordfish acted as guard.

It was quite a long way for Turtle to swim, so they had to rest a few times. Once they heard the noise of the noisy boat getting nearer and nearer and nearer. It was really scary. Lonely Pilchard was stiff with fright, and nearly slipped off Turtle's back. But Salmon soon led them to a safe place among the rocks until the noise from the noisy boat got softer and softer and died away. Phew! That was *another* narrow escape!



At last they came near to Great Yarmouth, and yes, they did find some under water cages as Salmon and Swordfish had said. But there were so *many*. How could they possibly find the Lonely Pilchard's parents in such a crowd, even if they *were* still alive? Salmon kept leaping to get a better view, but this for some reason didn't help much. They spent a long time searching, but were getting nowhere. "It's very risky" said Turtle, "we should go home now before we get caught or completely exhausted."

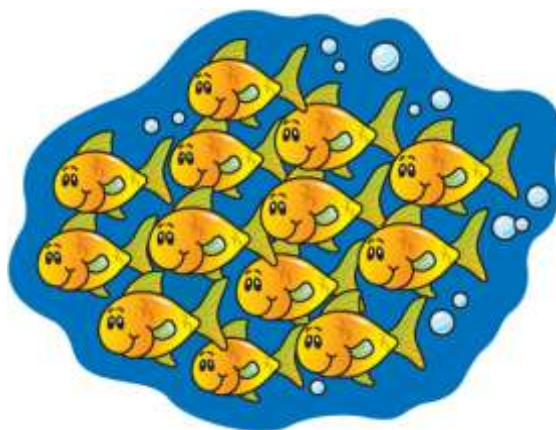
Then Swordfish did some more thinking. (You will remember he was good at thinking.) "Look", he said, "it's no good Salmon doing the leaping." He then looked straight at Lonely Pilchard. "*YOU are the one to do the leaping. YOU are the only one who would recognize your Mother and Father if you saw them. You can leap, can't you? I've seen you. It's our only hope*".

Lonely Pilchard thought this was very scary. He didn't feel clever or old enough. "I can't swim, he said, "and I might land in one of the cages myself!" But they all encouraged him. "Be brave", they all said. "Be a hero!" So Lonely Pilchard could only do what they suggested.

He made a great big effort, once, twice, three times, high into the air he leapt, but with no success. But after the *fourth* leap he shouted - YES! YES! In a cage almost in front of them... there they were... his Mum and Dad! He kept leaping up and down with joy five or six times. But all this joyful leaping didn't actually do any good. Something sensible had to be done.

Immediately sensible Swordfish got to work on the ropes with his strong sharp nose, and within minutes they - and a lot of other fish as well - were free! They nearly lost sight of each other among the swirling excited crowd. "Quick", shouted Salmon, "this is the way home. Follow me!" There were one or two scares on the journey, but at last they were back in their home waters, tired, hungry, but so thankful.

After the tide had gone in and out, in and out, a few times, Lonely Pilchard's father gave him his swimming lesson. "All you have to do is to wiggle your tail", he said. And that's what Lonely Pilchard did. After a little wiggling practice he soon found he could move through the water really fast, just like his sisters and brothers and their friends.



His parents gave a party to celebrate their safe return from Great Yarmouth. (*For what might have happened to them at Great Yarmouth I would rather not say*). They invited Salmon, Turtle and Swordfish, who had all played a part in the daring rescue. But Lonely Pilchard was the real hero. Then, believe it or not, all his sisters and brothers and their friends suddenly appeared and joined in the celebrations! It was a very big party! But Salmon didn't stay long: she felt a bit homesick, so with a farewell leap she went quietly on her way.

Lonely Pilchard was now no longer lonely or an orphan, and was able to join his sisters and brothers and their many friends swimming and swirling, twisting and turning, having fun, and enjoying every minute of it. And he could leap too, which the others *couldn't* do. That made him feel really special!

He was no longer called Lonely Pilchard. Our hero now had hundreds of friends and a *new* name: all the other fishes now called him *Leaping* Pilchard, and were very proud of him.

Leaping Pilchard gave Turtle and Swordfish a big thank-you hug, and they all lived happily – if not for *ever* afterwards – then for a long long time. Turtle had learnt a lesson: sometimes grown-ups *do* have to be brave and take risks!

(But they did keep well away from Great Yarmouth, for *what might have happened to them at Great Yarmouth - I'm glad I have **not** had to say!*)

JOHN SEYMOUR

August 2021



Why not give these simple apple recipes a go!

Apple Chicken Cider Skillet

Ingredients (serves 4)

- 4 teaspoons extra-virgin olive oil divided
- 1 1/2 pounds boneless skinless chicken thighs (about 8, depending on size)
- 1 teaspoon kosher salt divided
- 1/2 teaspoon freshly ground black pepper divided
- 1/2 cup fresh apple cider
- 2 teaspoons Dijon mustard
- 3 medium firm sweet apples, cored and cut into 1/2-inch slices (ie Gala)
- 2 teaspoons chopped fresh rosemary plus additional for serving



Method

Heat 2 teaspoons of oil in a large skillet (or frying pan) over medium high. Sprinkle the top of the chicken evenly with 1/2 teaspoon kosher salt and 1/4 teaspoon pepper. Once the oil is hot and shimmering, add the chicken to the pan, top-side down. Let cook 4 minutes, then flip and continue cooking until the meat is cooked through and reaches an internal temperature of 160 degrees, 3 to 4 additional minutes. Remove to a plate and cover with foil to keep warm. In a small bowl or large measuring cup, stir together the apple cider and mustard. With a paper towel, carefully wipe the skillet clean. Add the remaining 2 teaspoons of oil to the pan over medium high. Once the oil is hot, add the apple slices, remaining 1/2 teaspoon salt and 1/4 teaspoon pepper, and rosemary. Cook for 5 minutes, until the apples are lightly tender and begin to turn golden. Return the chicken to the pan and pour the cider mixture over the top. Let cook for 4 to 5 minutes, until the liquid is reduced by half. Serve warm, sprinkled with additional chopped rosemary as desired.

Baked Apples

Ingredients (serves 6)

- 6 eating apples, score around the circumference of each with a small, sharp knife
- handful of sultanas
- 2 tbsp light muscovado sugar
- 1 tsp cinnamon
- matchbox-size piece of butter
- 2 tsp demerara sugar



Method

Preheat the oven to 200C/180C fan/ gas 6. Core each apple. Mix the sultanas, muscovado sugar and cinnamon together in a bowl. Stand up the apples, side by side, in a baking dish. Using your fingers, push a little bit of the sultana mixture into each apple, using up all the mixture between them. Add a blob of butter to the top of each and sprinkle over the demerara sugar. Bake for 20 mins or until the apples are cooked through.

If you have any recipes to share then please let us know!

We're always asking for you to share your recipes. Here's one from a resident of William House

Boiled Fruit Cake

Ingredients:

- 1 cup butter
- 1 cup sugar
- 1 cup mixed dried fruit
- 1 cup water
- 4 large eggs
- 1 tbs brown sugar
- 1 tbs salt
- 1tsp baking powder
- 50g walnuts
- Lemon Juice
- 1 bottle whisky (wine may be substituted)



Method:

Place dried fruit, water and ½ cup of sugar in a small saucepan. Boil for 15 minutes. Pour whisky into shot glass, sample to check quality.

Get large mixing bowl. Check whisky again. Pour 1 level cup and drink. Repeat previous step. Turn on electric mixer and beat butter in a large fluffy bowl.

Add 1 spoontea of baking soda, half cup of sugar and beat again. Resample whisky to make sure it's still whisky. Turn off the mixer, break 2 leggs, add to bowl. Chuck in fried druit.

Mix on the turner. If fruit gets stuck in the beaters, pry loose with dresciver. Sample whisky to check tonsisticity.

Next sift 2 cups of salt or something, who cares what! Check the whisky! Now sift the lemon joice and strain your nuts. Add one babblkespoon of brown sugar or whichever colour you can find. Wix mell.

Grease the oven, turn pan cake to 350 gredeedles. Don't forget to beat off the turner.

Pour mix into cake pan and over bench. Throw bowl out of the window*. Stagger to the laundry, put pan cake into oven, set to hot rinse. Continue sampling whisky till bottle is empty. Bo to ged



*not recommended if on 1st or 2nd floor!!



Meet your Governors

We have asked some of Governors to introduce and tell us a bit about themselves.....

Introducing: Councillor Susan Barton

I'm a local, born almost next door to Wyggeston's at the former maternity hospital on Westcotes Drive. I still live within a quarter of a mile.

I remember the old Victorian Wyggeston's, with its stone walls and big lawn in front, sloping down to Fosse Road. Once, when I was very small, I was taken by my auntie to a garden party on that lawn. I was disappointed as it didn't seem much of a party, but I did get bought a small doll, about 6 inches or so tall, with moulded hair in a solid celluloid ponytail, with a hole at the top to thread a ribbon through. I don't remember what she was wearing, an outfit knitted by a resident most likely. The grey stone walls always reminded me of that garden party whenever I passed by on the way to Abbey Park on the Outer Circle bus.

In a way then, Wyggeston's has always been a part of my life, even though just a bit part. It was a sad time when the old Hospital was demolished and the green lawn replaced by a car park, the Merry Monarch and shops. I don't remember the actual demolition and building work, it could have been while I was in Switzerland, sent as a sickly child to stay in a children's sanatorium by a charity called Alpine Sun for British Children. I have retained a love for Switzerland and often return. On my return I started at Newarke Girls School but had a few difficult years as I soon became an orphan.

I've had a few different jobs over the years since then. I worked in an insurance office then I cut out triangles for Dairy Lea cheese at Bell's printers on Guildhall Lane for 4 years. I

returned to education and got a degree in history and politics, followed by an MSc in Computing. In those days we hardly saw a computer as they were huge machines, locked up in a controlled environment. Programming was done by filling in a form with the COBOL coding written on it in pencil and entered to the computer using punched cards, if a mistake was made it could take days to correct.



I worked as a lecturer in IT and business studies at Hinckley College, at the same time as researching for a PhD in history at De Montfort University. While I was employed by the College I was seconded as a coordinator of the EU funded economic regeneration project, RECHAR, to help the former West Midlands coalfield recover from the pit closures. I also coordinated an international textile heritage project. Since then I've worked as an academic researcher and also as a special needs teacher. In 2011 I was elected as a city councillor, a role I continue to fill.

As an historian and author, I have written several books, mostly on the history of tourism and holidays, but also about the hosiery industry and the Special Olympics. Two of my books have been about Switzerland, the latest being about the internment of wounded prisoners of war in Swiss hotels during World War One. I've just finished a local history of the Western Park, New Parks, Kirby Frith and Braunstone Frith area which should be out later this year.



As well as my work as a councillor and historian, I like to dance and have been a performer of Middle Eastern dance for over 20 years although lockdown has meant I haven't been able to join my troupe to practice for quite a while. I hope I can get back to it soon.



Susan



Pictured with Alice Roberts during the filming of BBC's 'Coast' in Margate!!



is finally back!!

Thursday 2nd September at 2.30pm in the boardroom!

(it should have been March 2020!)



**The theme is 40's, 50's, 60's and 70's
with a little chatting in between**

The music afternoon is open to all residents, old and new!

Tea and coffee will be available

**Please add your name to the list on the notice board so it will give us an idea of
how to lay out the room**

**If you have a friend that has been double vaccinated they can also attend, but would need to wear a
mask please!**

We look forward to seeing you there!

Patricia and Michael Heyden



QUIZ TIME

1. What are the first names of Judy Murray's two tennis playing sons?
2. With which organ is the science of ophthalmology concerned?
3. In which year did Sir Winston Churchill die?
4. Who was the lead singer of Britpop band Pulp?
5. What is the capital of the German State of Bavaria?
6. From which London station would you catch the train to Hogwarts?
7. What is the name of the coffee shop that features in the TV series "Friends"?
8. Which county cricket side is based at Trent Bridge?
9. Who was the composer of the opera "Carmen"?
10. In which London park would you find the Serpentine?
11. Who played the role of Phileas Fogg in the 1956 movie "Around the World in 80 Days"?
12. Which first name was shared by two members of the Spice Girls?
13. In food technology what do the initials GI refer to?
14. In Greek mythology, the watchman with a hundred eyes shares it's name with which UK catalogue shop?
15. Believed to protect the dead in the afterlife, which ancient civilisation compiled the Book of the Dead?
16. Libreville is the capital of which African nation?
17. According to the traditional proverb, what is the "Road to Hell paved with"?
18. What is the common name for Nitrous Oxide?
19. Who did Sue Barker replace in 1997 as host of TV's "A Question of Sport"?
20. Which organisation publishes "The War Cry"?



Answers in the next newsletter!

Answers: 1. The Queen 2. Harry Potter 3. The Simpsons 4. President of USA 5. Elvis Presley 6. The Addams Family 7. The Griffins (Family Guy) 8. Russian President 9. Walter White (Breaking Bad) 10. UK Prime Minister 11. Fred & Wilma Flinstone 12. French President



Thursday 9th September
10.15am
William House Boardroom

MY FRIEND CELEBRATED HIS BIRTHDAY THIS YEAR BY
BUYING AN ALL-TERRAIN 4 WHEELER. THIS IS A PICTURE OF
HIM PLAYING WITH IT IN HIS BACK YARD.

I'M THINKING ABOUT GETTING ME ONE.

LIFE IS FLEETING BY. ENJOY IT WHILE YOU CAN



GETTING OLD IS EASY -
HAVING FUN AT IT IS THE REAL TRICK



**WE NEED
YOU TO**



Every penny we raise means Macmillan can be right there for more people living with cancer.

**Whether you bake or fake a
cake or donate raffle
prizes, please help us to
help others!!**

**WORLD'S BIGGEST
COFFEE MORNING**

FRIDAY 24TH SEPTEMBER

MACMILLAN CANCER SUPPORT

Britain's most unlikely farmer!

Susan and I have recently enjoyed watching the 'Clarkson's Farm' Series on Amazon Prime. Described as *'An Intense, arduous and frequently hilarious year in the life of Britain's most unlikely farmer'*, Jeremy Clarkson is best known for the motoring programme Top Gear and more recently as the host of 'Who Wants to Be a Millionaire' but he decided to give 'farming a go' in 2019.

We really enjoyed watching Jeremy interacting with a variety of 'agricultural associates', facing up to very unhelpful weather (including floods and drought), disobedient animals, unresponsive crops and the arrival of the pandemic. There were many moments of laughter and sadness and we learnt a great deal about the practicalities and challenges of modern farming. 2019/2020 has been described as the worst year for farmers since 1976 (the year of the great drought you may remember). Perhaps the most shocking moment came in the last of the eight episodes when, at the end of the 2020 harvest, his farm management advisor (named sarcastically by Jeremy as 'Cheerful Charlie') informed him that the profit on his 1000 acre arable farm, after a year of very hard work, was calculated as being just £144.

Of course Jeremy's 'hobby farming' can be supported by his other income from his media work and at present there are Government subsidies, the 'basic payment scheme', for farmers but these are being phased out (post Brexit)! A new 'environmental land management scheme' will be introduced awarding cash for environment efforts such as improved soil health and species management. While an improved environment is a good thing, many farmers think the new regime will not encourage increased production of farmed goods. Major changes will be taking place in the next few years in the usage and productivity of our countryside.

Wygggestons as a Charity owns about 5,500 acres of land, much of which is agricultural. Our tenant farmers pay rent to Wygggestons which forms part of the income that enables the Charity to operate. Our farmers are not – of course - subsidised by 'media income' and the changes in schemes and subsidies will have a major effect on them.

Our own Land Agent, Andrew Robinson and his team do a great job keeping in touch with our farmers and informing the Wygggestons Governors of the joys, sorrows and challenges of farming. I hope to be able to invite Andrew to a future Coffee Morning to tell us more about the land (and buildings) that Wygggestons owns.

On Sunday September 26th there will be a Harvest Thanksgiving Service in St Ursula's Chapel. As we give thanks for this year's Harvest (and therefore the food we are able to enjoy) we will give thanks for the hard work of our tenant farmers and pray for them and the future of farming in the UK.

If you do have access to Amazon Prime the first series of 'Clarkson's Farm' is still available and I recommend it as a great watch. Meanwhile Susan and I look forward to the second series and will be interested to see (as well as the laughter and tears) if there has been a more successful financial outcome for 2020/2021.



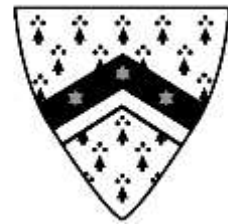
Tony

And Finally...

We would like to welcome all of
the residents and staff of
Trinity Hospital who will be
partnering with Wygggestons
from 9th September



Trinity
HOSPITAL
Sheltered accommodation



If you would like to arrange a look around or join in
with one of our social activities then please give our
wardens a call on 0116 2541803 (option 1)

