

What are the rules?



EDITION 14

25.06.20

YOUR WEEK'S GOSSIP

24 hour service
NEED HELP OR ADVICE?
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Welcome to the weekly gossip.

Now the Lockdown rules are being eased we are thinking about when and how we might resume our much missed Thursday club.

Our thinking centres on starting with smaller numbers meeting up in two sessions. These could be on Friday and Thursday.

Do you have any thoughts about what kind of session we could hold on each of these occasions?

How do you feel about planning to start in mid July?

Would you like to join a non-bubble meeting at the Hub?

Let us know what you think. Rachel and the Trustees will be talking about this next week. We need your input.

STAY SAFE-STAY WELL-STAY IN TOUCH

People in England can have friends and family round to their house to eat, hang out and stay overnight from July 4 - but they can't hug.

For the first time since March, indoor gatherings will be allowed between two households who haven't joined together in a "bubble".

Bubbles - a permanent joining of two households which let people break social distancing rules - aren't being expanded, for now.

But new rules will allow two households in England to meet indoors. This applies to all indoor gatherings, be they in private homes or in places like pubs.

When you are indoors, your household will be able to meet with one other household at a time. That potentially includes staying over at someone's house.

There is no limit on the size of either of the households which can meet.

And unlike with bubbles, "exclusivity" is not required. So you can have one friend round for a meal one weekend and another friend round another weekend.

But there's a big catch - these households should continue to remain socially distant from one another when they meet, that means following the 2m or "1m plus" guidance, and also following other advice such as regular hand washing.

Rachel's Thoughts

Over 14 weeks into lockdown and if you are anything like me your brain might need a little extra help to get going each day!

I have found a brain teaser word game, produced by Dr Pascal Michelon that is designed to stimulate the brain.

Words in the brain are not stored randomly, in fact research shows that they are quite organised, to the point that certain words are often heard together such as salt and pepper or doctor and nurse.

This mental exercise aims to stimulate the connections and associations between words in your temporal lobe.

The exercise gives you a pair of words and the goal is to find the third word that is connected or associated to both of these two words.

The first pair is PIANO and LOCK. The answer is KEY. There are keys on a piano and you use a key to lock doors.

The solutions are on page 6 but try not to cheat!

1. LOCK – PIANO
2. SHIP – CARD
3. SCHOOL – EYE
4. PILLOW – COURT
5. RIVER – MONEY
6. BED – PAPER
7. ARMY – WATER
8. TENNIS – NOISE
9. EGYPTIAN – MOTHER
10. SMOKER – PLUMBER

A letter from Owen and Pauline,

Dear Peter,
We would like to thank you very much for our sausage rolls and your letter. Both were much appreciated. We are getting on fine - still taking our daily walks and trying to catch up on all the jobs we've been putting off e.g. sorting and tidying cupboards and drawers and even the garden shed. Unfortunately, we haven't found any hidden treasure as yet!

Owen's tomatoes, cucumbers and peppers are making good progress in the greenhouse and I've planted up my

pots with summer bedding that he grew from seeds in the greenhouse, which also turned out to be cheaper than going to the Garden Centre.

Please give our regards to all the Club members and helpers. We hope they are all keeping up their spirits (all kinds of spirits!) in these difficult times.

Best wishes to yourself and Jan,
Love from Owen and Pauline.

Thoughts on those “Side effects” Doc? Rog!!!! (Roger Skinner)

Advice for the Elderly & Vulnerable of Henley-in-Arden, and all those who impose such a heavy social, and financial burden on our once proud country in these times, the while dragging the whole of Western Europe into economic ruin and cultural Armageddon, leaving a wasteland for the following generation.

My wife and I, having nothing much to occupy us over the week-end, and having, as you do, a couple of hours to fill, decided to read the leaflet accompanying her “Eye Drops”. This listed with terrifying emphasis what she was in for: the paper itself extending to two sides of a 5-foot strip of neatly-folded paper, bearing close text, of a font size unknown to Western Man,... readable only by someone with the vision of a sparrowhawk, and certainly in no need of eye drops. With the aid of a magnifying glass we learned the terrible truth, the detail of the “side effects.” And what a relief, it was in English!! No Braille, no Welsh, no hint of Arabic, a glaring absence of Hungarian, no consideration of the need of any poor myopic living on the islands off Madagascar. No instructions, as per IKEA flatpacks, as to how to open the leaflet, and which way up to hold it, we were just left to our own devices.. mark you, SAGA will hear of this!

The truth dawning as we read on, caused us to reach for Scotland’s best, to soothe our nerves, still our trembling limbs. In fairness to its author, it was sectioned as to risk. E.g. 1 in 10 could experience pain, nausea, nosebleeds, flatulence. As my wife stood in a TESCO queue of 12 people last week, she is now prepared for all that. But 1 in 1000 could experience, eye pain, eyelid closure, stomach ulcers, agoraphobia, depression, suicidal tendencies: thank God she has not attended a Premier League soccer match recently, nor queued at Harrods, so can breathe, (as far as these drops allow one to breathe without lethal effect), more easily.

There was more dire news, applicable to males, but which my concern for the ladies’ sensitivities prevents my detailing. Suffice it to hint that a quiet time would lie ahead.

The note concluded with the advice that having listed some 1500 side effects, if, **IF** you experience some other, consult your Dr. or Pharmacist. We are more inclined to consult our Funeral Director.

Take care, do not approach me for further advice, I was struck off decades ago.



Here is Pauline’s garden, a real treat. Look carefully and you might just see the plants she received on the left of the waterfall.

CAILIN’S SCONES GO DOWN A STORM

This week it was the Henley members who received their scones made fresh by Cailin and delivered by Peter. Most welcome and delicious.

Nature Notes

Nature Notes

Appropriately named the midsummer flower, *Hypericum perforatum* is the “herb of the sun” known as St. John’s Wort as his Saints day is June 24th and it usually flowers around this date.



There are about 400 varieties with world-wide distribution, it is hardy and can grow in the wild, often on waste ground. It is regarded as an invasive weed in some parts of the world. *Hypericum hidcote* is the variety mainly cultivated and sold for gardens with its pretty yellow flowers and red seed heads.

St John’s Wort has long been used medicinally. It was believed to ward off evil spirits and in modern times is used as an anti-depressant. It is a thymoleptic herb, meaning it raises mood and hence counters depression. Other herbalist claims are for cancer treatment, protection against viral diseases and soothing the nervous system.

Extensive clinical trials do show some benefit in treating depression but as an over the counter unlicensed medication you should always consult your GP first. There is no evidence that it will help with Covid 19!

Hypericum is easy to grow and tolerates varied conditions. It will grow in shade but prefers sunlight. It can be vigorous and self-seeds readily. A gardener’s friend in one respect; there is no need to prune other than keeping the shrub tidy.

Derek Healing



AMERICAN PRESIDENTS ANAGRAMS ANSWERS

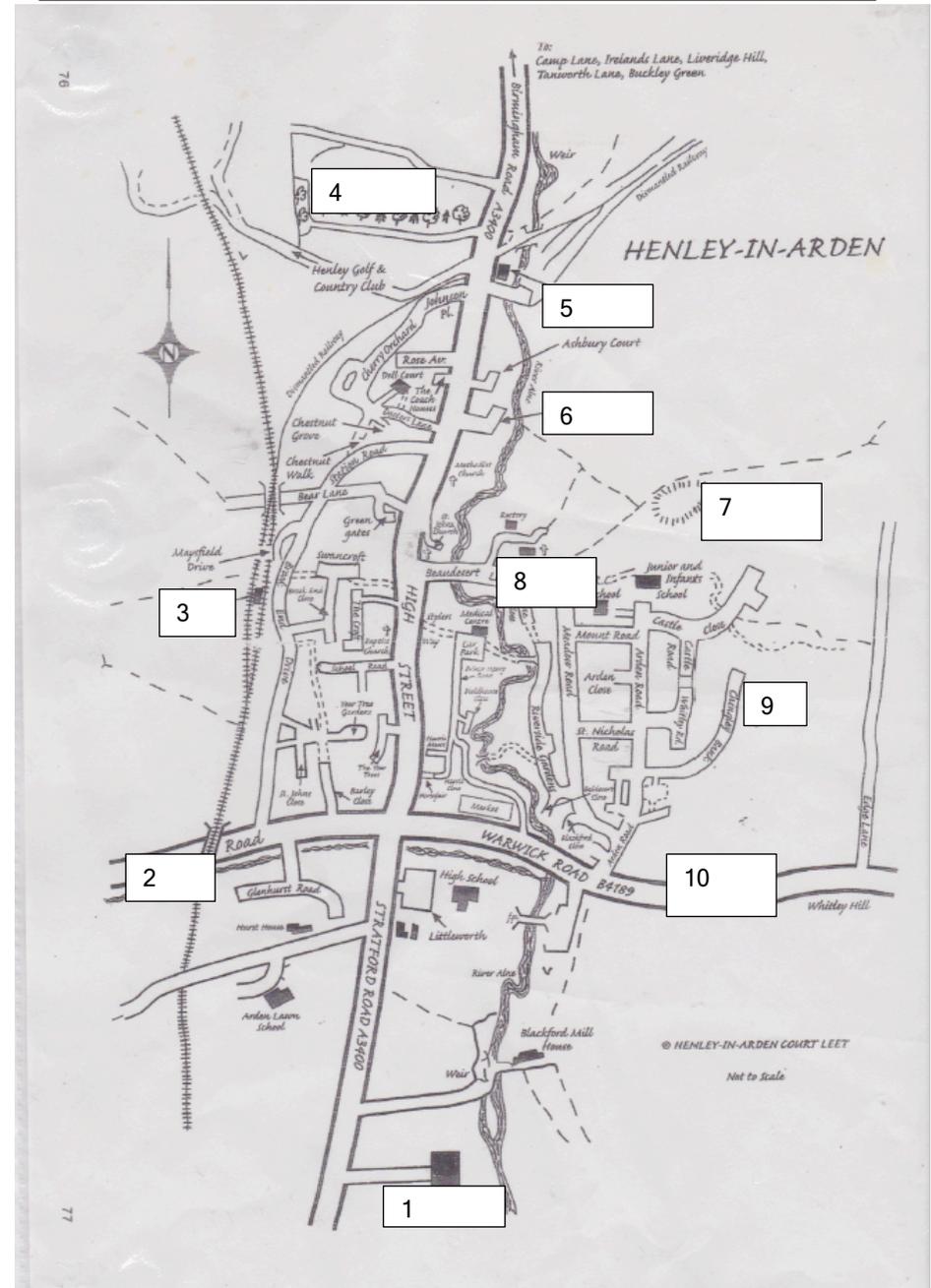
Anagrams – US Presidents

The following are anagrams of Presidents of the USA, how many can you solve?

1	HE GREW BOGUS	GEORGE W BUSH	
2	JAM MERIT CRY	JIMMY CARTER	
3	HERO OR THE VERB	NERBERT HOOVER	
4	HOT OVERSTEERED LOO	THEODORE ROOSEVELT	
5	INCH MAN JOY SQUAD	JOHN QUINCY ADAMS	
6	WAR ON, HE GETS GOING	GEORGE WASHINGTON	
7	GRANDER WAR NIGH	WARREN G HARDING	
8	LARDED FROG	GERALD FORD	
9	NOW JERK SAD CAN	ANDREW JACKSON	
10	SLY SUREST NAGS	ULYSSES S GRANT	
11	GOOD CIVIL CLEAN	CALVIN COOLIDGE	
12	GOSH HUGH BREW	GEORGE H W BUSH	
13	JAM ON DASH	JOHN ADAMS	
14	NYLON BONDS JOHN	LYNDON B JOHNSON	
15	INDOOR OWLS WOW	WOODROW WILSON	
16	JAM OF HONEST SERF	THOMAS JEFFERSON	
17	OH MAN BRAIN CALL	ABRAHAM LINCOLN	
18	HURRY MAN STAR	HARRY S TRUMAN	
19	NOW WRITE HIGH DEEDS	DWIGHT D EISENHOWER	
20	AN ORAL DANGER	RONALD REAGAN	

Derek and Janet submitted a fully correct entry. Anyone else get them all? Let me know.

HOW WELL DO YOU KNOW HENLEY? Can you divine what is behind the number on the sketch map of Henley?



HOW ABOUT USING YOUR KNOWLEDGE TO HELP YOUNGSTERS?

MORE VOLUNTEERS REQUIRED

The project is called "Generation X". This brings together the older and younger generations. We now have three partnerships in place and will be filming next week using Zoom video conferencing.. Part of the work will look at life in World War Two for children and life during the Covid-19 lock down. We have three volunteers so far. The interviews will be edited together to make a film published on YouTube. The Hub is still looking for more volunteers to step forward to join this project to help the young people do something different while they are educating at home. The first successful interview has taken place. **Volunteers with access to Zoom please contact Peter.**

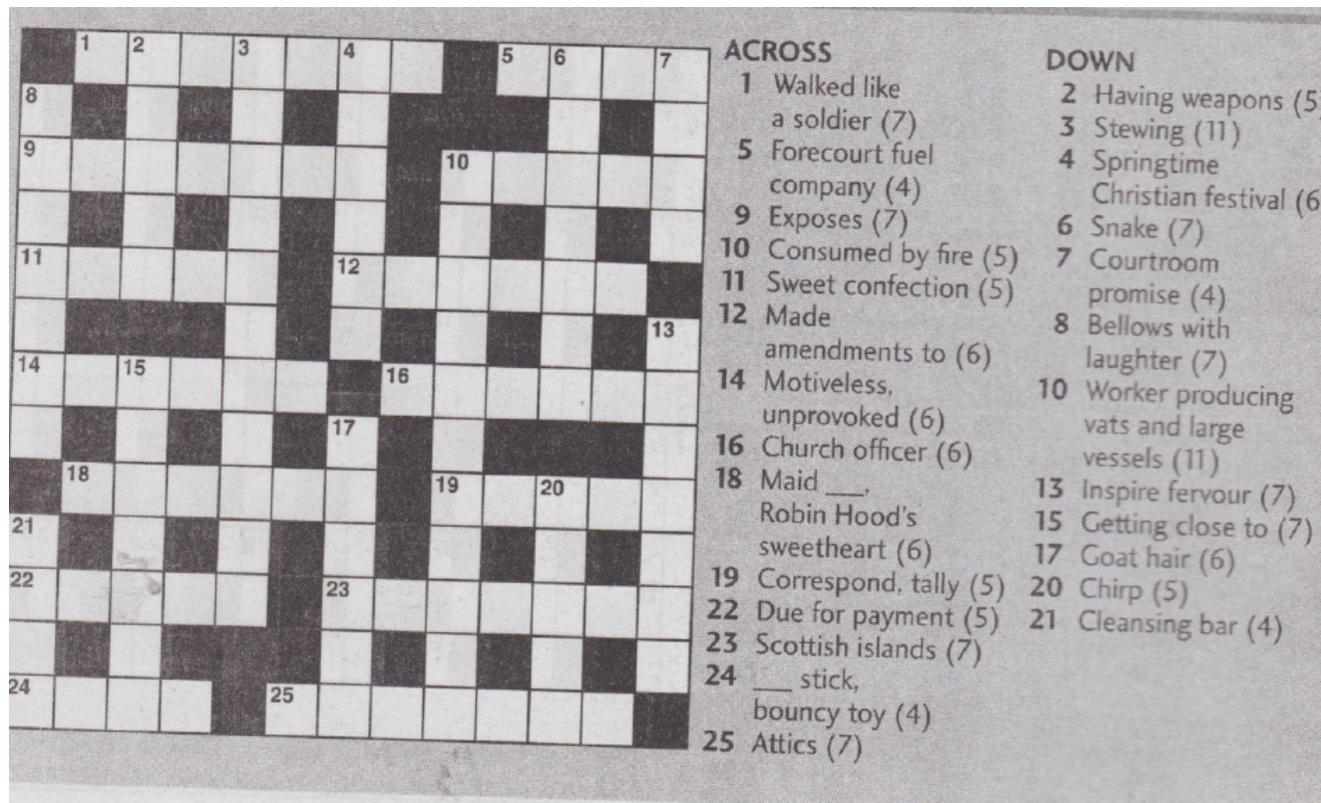
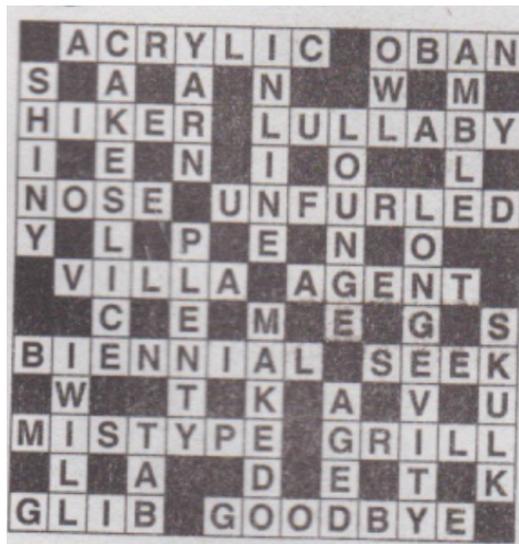
For DVDs Check the list in previous editions and book by phoning Peter. We have brass rubbing kits allowing this satisfying artwork to be done at home.

There are shopping bags of books that can be delivered to your doorstep. You look through these make your selection and the bag is collected from your doorstep later in the week.

Answers to Rachel's Challenge:

1. Key 2. Deck 3. Pupil (exam/private also answers) 4. Case 5. Bank 6. Sheet 7. Tank 8. Racket 9. Mummy 10. Pipe

THIS WEEK'S CROSSWORD AND THE ANSWERS FROM LAST WEEK



The Hub has been given a working laptop, Kindle and a second hand I-Pad; they are cleared down to their basic form and are available now. You will need access to a wifi internet connection. No knowledge is required as full training can be given. There are now three laptops available for loan while undertaking the Learn My Way Courses. If you know of anyone wanting to get IT Savy tell them about this.

THIS IS THE FUNDRAISING SECTION.

Since the closure of the Hub our weekly income has reduced from £250 - £300 per week to zero. While we are not spending quite as much we do need to raise as much money as we can.

DIRECT DONATIONS

IF YOU PREFER YOU CAN MAKE A DIRECT DONATION INTO THE HUB BANK ACCOUNT.

HUB@HENLEY COMMUNITY CENTRE CIO, BARCLAYS BANK SORT CODE 20-48-08. ACCOUNT NUMBER 13645835 PLEASE MAKE YOUR NAME THE REFERENCE.

If you pay tax the smallest amount attract Gift aid and the Hub can claim back 25p for every pound donated. For regular payments ask Peter for a Standing Order Form.

EVERY PENNY RAISED SUPPORTS THE WORK OF THE HUB WITHIN THE COMMUNITY. THANK YOU

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[Find out more](#)

Annie's sponsored steps progress report



Some have suggested that we hold our own sponsorship of Annie. She has walked 90658 paces so far and her target was 80000. Those who know Annie will appreciate what a challenge this is for her. She has been truly remarkable in achieving these distances. If you would like to give support to her let Peter know or just make a Bank Transfer putting *Annie's Challenge* as the reference.

Amount raised so far £305

