

# Pilgrims Press Easter Edition

AGE CONCERN WEYMOUTH MARCH/APRIL 2009

Issue 04 Editor: Sally

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## EDITORS PIECE

Another Winter is slowly fading into slumber until next time and we start thinking towards the coming months and think about having a good decluttering and a bit of a spring clean. It will soon be time to cast off the big heavy winter coats and see what still fits from last spring. In this issue I've added some facts about the various uses of vinegar and honey. I expect you remember when we didn't have all these fancy cleaning sprays and creams. Honey has many uses and is a healthier alternative to sugar. Vinegar and can used for cleaning, minor ailments and on your pets and it's cheap, harmless and doesn't damage the environment.

I am currently trying to paint my bathroom a very pale peach colour. It's rather a bright colour now so I don't know what I was thinking when I chose that? Buttons my loopy cat is supervising my efforts and generally getting in the way and under my feet so I guess he'll end up splattered in peach paint!!! He jumped up on my freshly glossed bathroom window sill. I thought what can I safely use to get wet gloss off cats paws. I used vinegar.

I had a brain wave and I'm now buying a Peacocks voucher every week and putting them away until the summer begins so I can buy some pretty summer dresses and some sandals. I'm donating my old clothes to the make a wish foundation who grant wishes for seriously ill children such as holidays or special events.

I have had a request for an "Old Codgers Column" detailing ideas for cheap or free activities and cafes or places where you can get a good lunch for a reasonable price so I'm giving that some thought. If you get any ideas let me know. I could do with some researchers to investigate for me!

In the future I'll be putting in a section for messages such as Birthdays and Get Well Soon messages

or Anniversaries or any good events coming up that you've heard about. Hope you enjoy reading. Sal

## Spring poetry

### Spring

Sensuous, seductive, she comes  
with blue sky, birdsong, blending  
with the smell of new mown grass

Pity the winter's dying though  
Death throes of a reign long-held

Ravished by the sun, she danced with  
Fallen magnolia petals, that come to  
Take the place of blood-red camellias  
Dying in the grass

But elusive, aloof, cold showers and winds  
Still toss the blossoms from the trees  
To deprive the bees

New born – a tiny shimmer of green on the  
willows  
Warm sun on the face, then

Gone, and winter's tentacles are back  
Icy, tearing the branches from the trees  
Vengeance of a dying season.

By Margaret E Cullen  
Both from the book  
"An ode to nature."  
In our library

### Wild flower

One by one by one by one  
Slowly budding then become  
The brightest colours ever seen  
Sprinkled there amongst the green  
Bright and shinning  
Bright and new  
Brought alive with morning dew

One by one by one by one  
Open in the morning sun  
There for all the world to see  
All this glory and beauty  
Bright and shinning, bright and new  
Missed by many  
Ignored too

One by one by one by one  
Blooming in the summer sun  
It's such a pity, such a shame  
For every flower has a name  
So why can't everybody see  
The beauty growing there for me?

By Colin Boynton



## MY INTERNET SEARCH

From the age concern website march 2009

### **One Voice: Shaping our ageing society**

**Tuesday 7th April 2009, Victoria Park Plaza Hotel, London**

This major policy conference marks the joining together of Age Concern England and [Help the Aged](#) to form a single new charity dedicated to improving the lives of older people.



It is aimed at those with an interest in public policy and the challenges and opportunities that 2009 will bring.

Chaired by Jackie Ashley, Guardian columnist, the conference programme features a strong line up of speakers including:

- Rt Hon Alan Johnson MP
- Rt Hon James Purnell MP
- Rt Hon Theresa May MP

The conference programme includes discussion seminars led by policy experts to enable you to explore in detail the specific issues most appropriate to your work. As well as providing the latest information on a wide range of policy areas, the discussion seminars will also offer plenty of opportunities to debate issues with other delegates.



#### **Dignity not Peanuts say Protestors (09.03.09)**

#### **Age Concern condemns 75p increase to the personal expenses allowance**

Actress Sylvia Syms and Paul Burstow MP joined angry older people and Age Concern protesting outside the Department of Health at noon today, frustrated that the poorest people in care homes have to scrape by on just £3 per day <sup>[1]</sup>.

Campaigners handed out small packets of peanuts to Department of Health staff and passers-by to underline the message that the Personal Expenses Allowance is so low that it denies people their dignity

The charity is accusing the Government minister for care, Phil Hope MP, of turning a blind eye to the issue and refusing to consult with the people dependent on this stingy £21.15 per week personal expenses allowance (PEA).

The Minister has betrayed 250,000 vulnerable care home residents by rubber-stamping a miserly 75p rise to the allowance for buying day-to-day essentials, repeatedly dismissing calls for an increase of any reasonable amount.

Soon after taking up his post, the minister blocked a long overdue public consultation on how much PEA should be, despite his predecessor Ivan Lewis MP making promises to Parliament that this would happen in 2008 <sup>[2]</sup>.

This decision was made without meaningful discussions with the people forced to live on the measly allowance. Answers given to Parliament show that he has visited just one care home in the past six months <sup>[3]</sup>.

Today Phil Hope turned down the opportunity to meet the protestors in person or to collect 3,000 postcard petitions gathered by Age Concern.

Age Concern along with other organisations <sup>[4]</sup> has repeatedly urged the minister to increase the PEA and to stick to his predecessor's promises. The charity is calling for the allowance to be upped to £40 per week.

This move is being supported by the Joseph Rowntree Foundation in a report published last week <sup>[5]</sup>. Using detailed research evidence the think-tank identified doubling the PEA to £43 as an essential way of giving people more personal dignity and as the minimum amount someone would need to achieve an acceptable standard of living.

Those who cannot afford to pay for their care must surrender all their income, leaving them with a pittance to buy clothes, personal goods and services as well as on social activities.

#### **Gordon Lishman, Director General of Age Concern said:**

“There is much talk about dignity in care, but as it stands, this paltry allowance denies thousand of care home residents that right.

“What could give older people more independence, choice and control, than to have a decent amount of money to spend on their living expenses? Instead, vulnerable care home residents have to go cap in hand to family or friends just to buy essentials.

“It is a disgrace that Mr Hope does not seem to want to talk to the people affected by the miserly increase he was waved through.”

This week Paul Burstow MP (Lib Dem) will also present a public petition to the House of Commons which calls on the Government to increase the personal expenses allowance.

More than 3,000 older people have contacted Age Concern to show their support for the campaign to explain why the personal allowance is not enough.

Lesley Smith\*, wrote to Age Concern about the PEA, saying: “If I was still at home I would ... have more freedom to make decisions about what I would spend one month or save another month, or what I would cut down on or spend my money on - I would decide, not the Council! I need to get out and about and do the same things as everyone else. I am lucky to have a daughter who doesn't mind using her own money to help me get all the things to make my life worth living...”

#### **We're fighting on to scrap forced retirement, say Age Concern and Help the Aged (05.03.09)**

#### **ECJ creates difficulties for UK Government**

Thousands of older workers who do not want to be forced out of work at the age of 65 have been given hope by a judgment made by the European Court of Justice today, in the latest stage of a landmark legal challenge brought by Age Concern against the Government.

European judges confirmed this morning that the UK government has to overcome a high hurdle to justify forced retirement and so will struggle to show that its national default retirement age of 65 satisfies European Union age discrimination rules when the case returns to the British courts.

Age Concern and Help the Aged have called on the UK Government to scrap the default retirement age immediately, by-passing the need to return the case to the High Court which would cause further delay to the right to work past 65 being clarified in law.

The two charities have condemned ministers for sending mixed messages to older workers by encouraging people to work beyond the age of 65 yet keeping legislation that prevents many from doing so.

Only six months ago mandatory retirement ages were scrapped for civil servants but the Government failed to change the law to benefit all UK employees. Ministers face accusations of double standards from the 1.3 million people who are already working past state pension age, many of whom cannot afford to retire.

The European Court of Justice in effect rejected the Advocate General's opinion suggestion that ageism was less significant than other forms of discrimination and sends a message that ageism has no place in a fair society.

**Gordon Lishman, Director General of Age Concern, said:**

"We still have a very strong chance of winning in the British Courts. The ECJ has said the Government must prove to a high standard why forced retirement ages are needed, and those reasons must be based on social or labour market needs, not the interests of employers.

"The Government's position is increasingly contradictory. Only last week ministers criticised the 'grey ceiling' which stops people working beyond the age of 65. Yet, they continue to consign millions of willing and able older workers to the scrapheap by maintaining the very barrier which prevents them from extending their working lives. It is time for ministers to find the courage of their convictions and abolish the default retirement age without further delay."

**Paul Cann, Director of Policy and External Relations for Help the Aged, said:**

"Mandatory retirement ages are unfair and the Government should act to abolish them as soon as possible. Challenging financial circumstances mean it is even more important for older workers to be able to choose to work for longer if they want to. Ageism in all its forms must be eradicated from our society once and for all."

**Andrew Lockley, Head of Public Law at Irwin Mitchell, who are acting for Age Concern said:**

"This is a very important decision for anyone who is approaching the current retirement age, many of whom still feel that they have a lot to offer and want to continue working. The law needed clarification, as neither employers nor older employees knew where they stood. The

ECJ has made it clear that an employer's circumstances cannot be used to justify discrimination on the grounds of age.

"The decision of the ECJ will guide the High Court when it comes to consider whether the UK Government can justify the default retirement age of 65. There are also a number of claims of age discrimination by workers who have been retired against their will, which are on hold until the ECJ has given judgment."

OLD CODGERS COLUMN AS REQUESTED: on the search for cheap meals and activities

If you fancy some lunch at Morrisons here are the prices:

CURRY

Chicken Korma and rice £4.09

Chicken Tikka Masala £4.09

Kashmiri Lamb £4.09

Sweet Potato, Chick Pea and Spinach Curry £4.09

2 for £7.50 + 2 free drinks

Teatime specials

Golden Scampi £4.29

Lasagne £4.09

Fish and Chips £4.29

Liver and Onions £4.09

Sausage, egg, beans and chips £3.25

Bangers and Mash £3.25

Various filled Jackets with salad garnish £2.69



#### PILGRIMS PRESS MESSAGE BOARD

Welcome back George. It's good to have you back. We missed you.

All our best wishes go out to Percy who is in our thoughts

Get Well Soon Bill

A big thank you to all the Members and Staff that help me in all I do.

Best Wishes from Gwen

A special thank you to all the Members who help lay the tables and help clear away. Thank you!!!!

## DAD'S ARMY By Selby

Having watched a TV documentary about the Home Guard during the last war, I was reminded of an incident that occurred during the short period that I was a member of that intrepid band of warriors prior to joining the Navy.

As part of my job, at the time, I had to call upon a dear old lady who lived at Sutton Poyntz in an old world cottage with roses growing around the door and a stream that bubbled past in merry fashion. It was a beautiful balmy summers morning and we were enjoying a cup of tea and a homemade cake which were always on hand when I called.

Suddenly the tranquillity was shattered by the sound of the air raid siren attached to the church tower nearby in Preston.

We finished our morning refreshment and went outside where we stood scanning the sky for aircraft. We hadn't long to wait. German bombers were coming in over the Channel. By this time, the guns on the Nothe Fort and surrounding positions were blasting away. Suddenly one of the aircraft appeared to be in trouble and the next minute parachutists jumped from the bomber and started to descend in what appeared to be the direction of Sutton Poyntz.

As a member of the Home Guard, instructions were to make for home, collect my rifle and intercept the enemy.

I was 17 at the time and covered the distance on my bicycle in five minutes. The adrenalin was running high I can assure you. As I rushed through the front door I heard my mother's voice from the kitchen – "You're early, dinner won't be for some time."

I collected my rifle and went outside. The parachutists could still be seen silently drifting with the wind towards Osmington. I ran up the grass track to the crest of the hill where I watched our visitors from the Luftwaffe drifting almost out of sight, toward Lulworth. As I stood panting for breath I glanced down at my rifle, then the truth suddenly dawned, I had forgotten to collect my ammunition. My mother was in the kitchen when I reached home.

"Don't blame me if your dinner is cold." She said. From the living room the voice of Tommy Handley on the wireless. "Blast it!" I'd missed ITMA!

Selby

### DON'T GROW OLD

Don't grow old in England 'Cos it ain't a lot of fun  
The Government don't want you when your working days are done

You become a burden, to the system and the state  
Something that our leaders really cannot tolerate

They can't give you a decent pension despite what you've paid in  
Because you've become a problem – you really cannot win

The price of almost everything, it seems, increases at will  
The pension, on the other hand, seems mostly to stand still

Budgeting now is something that really worries me  
Perhaps instead of a pensioner I should of become an MP

This poem was discovered by one of our ladies

An Easter thought:

## Brighten Your Corner

*Helen Steiner Rice*

We cannot all be famous  
Or be listed in "Who's Who,"  
But every person, great or small,  
Has important work to do.

For seldom do we realize  
The importance of small deeds,  
Or to what degree of greatness  
Unnoticed kindness leads.

For it's not the big celebrity  
In a world of fame and praise,  
But it's doing unpretentiously  
In an undistinguished way.

The work that God assigned to us,  
Unimportant as it seems,  
That makes our task outstanding,  
And brings reality to dreams.

So do not sit and idly wish  
For wider, new dimensions  
where you can put into practice,  
Your many good intentions.

But at the spot God placed you  
Begin at once to do,  
Little things to brighten up  
The lives surrounding you.

If everybody brightened up  
The spot where they're standing,  
By being more considerate,  
And a little less demanding.

This dark old world would very soon  
Eclipse the evening star,  
If everybody brightened up  
The corner where they are!

GEORGE THOUGHT A QUOTE FROM GHANDI WOULD NICE

'We often become what we believe ourselves to be. If I believe I cannot do something, it makes me incapable of doing it. When I believe I can, I acquire the ability to do it, even if I didn't have it in the beginning.'

POETRY BY BILL HALL (GET WELL SOON BILL!!!)

Ever so hairy, light as a fairy  
Elephants on parade  
Quiet as a mouse around the house  
Elephants on parade  
A tail at each end, and one will bend  
Elephants on parade  
They will sit on your lap, when you take a nap  
Elephants on parade  
They supply fertilizer by the ton, so your roses have fun  
Elephants on parade  
And when they die be brave, get a JCB to dig the grave  
No more elephants on parade.



A man-eating lion once said  
As he dragged an old man from his bed  
I love pickled onions  
They go well with the bunions  
But gherkins are best with the head

By Bill Hall



# Easter Word Search

E	Q	W	E	R	N	E	K	C	I	H	C
J	A	T	C	H	O	C	O	L	A	T	E
U	Y	S	U	I	O	P	A	S	S	D	S
D	F	B	T	G	P	H	S	J	K	L	N
A	Z	O	A	E	X	O	C	V	B	N	R
S	H	N	M	R	R	Q	N	E	W	R	O
T	Y	U	I	C	R	B	I	T	O	P	H
A	S	F	D	F	G	A	U	H	I	J	T
C	R	O	W	N	P	J	B	N	K	U	L
Z	X	C	V	I	B	N	M	U	N	Q	S
W	E	R	L	T	Y	U	I	O	S	I	O
P	A	O	S	D	G	F	H	J	G	G	E
K	T	O	I	R	A	C	S	I	L	Z	X
Y	A	D	I	R	F	D	O	O	G	C	V

EASTER BUNNIE

HOT CROSS BUN

CHICKEN

CHOCOLATE

PONTIUS PILOT

EGG

GOOD FRIDAY

CROWN OF THORNS

JUDAS ISCARIOT

BARRABUS

## CHEAP USES FOR VINEGAR

AS A FABRIC SOFTENER: Use as you would a liquid fabric softener

LABEL REMOVER: Soak the label or sticker with vinegar, leave until it is saturated

REDUCING LINT ON CLOTHES: Put half a pint of vinegar in your rinse cycle

FURNITURE POLISH: Make a furniture polish using equal parts of white vinegar and vegetable oil. Wipe it on and buff with a soft cloth.

## CHEAP USES FOR HONEY

INSOMNIA: Two teaspoons of honey and two teaspoons of cider vinegar in a glass of water before going to bed might give you a better sleep

I'd rather eat a honey sandwich or have honey in warm milk

## OATMEAL AND HONEY CLEANSER

1 Tablespoon finely ground oats

1 Tablespoon wheat bran

1 Tablespoon honey

Olive oil or cider vinegar to form a paste

Mix the oatmeal, wheat bran and honey together in a bowl. Add enough olive oil or cider vinegar to form a paste. Rinse your face with warm water, apply the cleanser and massage it gently into the skin. Rinse with warm water then splash your face with cold water.

## Skin Softening Bath

Simply put 4 Tablespoons of honey into the running bath water so it dissolves. A silky, fragrant bath.

## HAIR CONDITIONER

120mls Honey

2 Tablespoons Olive Oil

Coat the hair and leave covered for 30 minutes. Shampoo well and rinse

## HONEY & STRAWBERRY SMOOTHIE

1 pint frozen vanilla yogurt

1 punnet strawberries

8 fl oz skimmed milk

2 Tablespoons honey

Combine all the ingredients in a blender and blend until a smooth liquid.

