



THE FORUM

September 2021

Issue 74



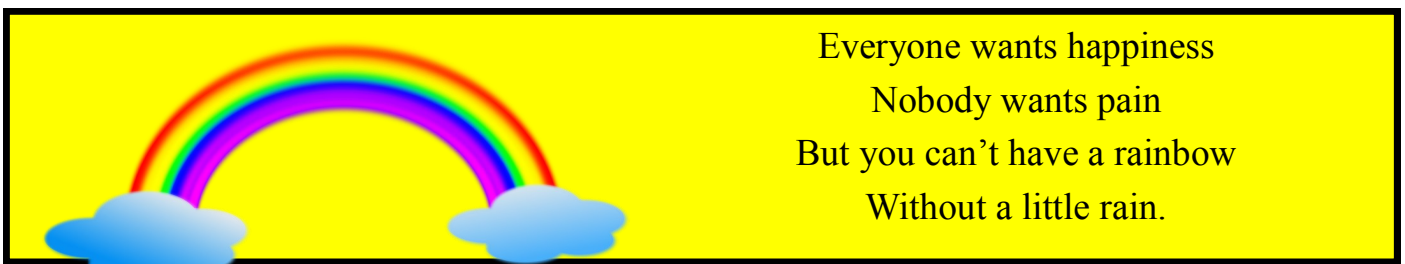
TO MASK OR NOT TO MASK



At present the mandatory requirement of wearing a mask when outside has been lifted. However a lot of businesses and other venues request a mask is worn when entering the premises. We strongly recommend that you follow such requests and for anything else you do what you are comfortable with. Although it has been suggested that we still wear masks and keep social distanced.

We cannot reiterate enough that just because you have had your two vaccinations you cannot catch the Covid virus. Yes you can and can be quite ill although you probably will not need to go into hospital. Please do not assume that you are safe, what you are is protected from a serious dose of Covid.

At least we seem to be going in the right direction (depending of course on which media report you look at or listen to). Hopefully with everyone being sensible we can start to expand our horizons.



Everyone wants happiness
Nobody wants pain
But you can't have a rainbow
Without a little rain.

Reg. Office: The Old School House, Worthen, ,Shrewsbury SY5 9HT
Telephone 01743 891833 Email: shropshireseniors2015@btinternet.com
Web site: www.shropshireseniors.org Facebook Page—Shropshire Seniors.

FORUM NEWS



We are now beginning to think about meeting up again. Obviously it will not be quite the same as it was at least for awhile. One thought was that individual Forums could meet up for coffee and a chat.

As soon as things are more thought out we will let as many of you as we can know and ask you to pass on the message to anyone else interested.



LUCKY NUMBERS

Congratulations to the following winners

JUNE DRAW

1. D. Sockett

Mrs. A. Gilbertson

AUGUST DRAW

Mrs. Cale

R.P.J. Jones



CONDOLENCES

To the family and friends of Dudley
Yorke Summerskill who died on the 3rd
June, 2021

Dudley had been a Trustee for two years
he was also a committee member of the
Wem and Whitchurch Forum. He was an
extremely knowledgeable man who will
be missed by us all.

LIFE

Two things to remember
In life.

Take care of your thoughts when
You are alone.

Take care of your words
When you are with people.



REASONS

People come into your life for a reason, a
season or a lifetime. When you know
which one it is you will know what to do
When someone is in your life for a reason
it is usually to meet a need you have ex-
pressed. They have come to assist you
through a difficulty to provide you with
guidance and support to aid you physically
emotionally or spiritually. They may seem
like a godsend and they are.

They are there for the reason you need
them to be. Then without any wrong do-
ing on your part or at an inconvenient
time this person will say or do something
to bring the relationship to an end.

Sometime they die. Sometimes they
walk away. Sometimes they act up and
force you to take a stand. What we must
realise is that our need has been met our
desire fulfilled their work is done. The
prayer you sent up has been answered
and now it is time to move on.

Some people come into your life for a
season because your turn has come to
share, grow or learn. They bring you an
experience of peace or make you laugh.
They may teach you something you have
never done. They usually give you an un-
believable amount of joy. Believe it it is
real but only for a season

Lifetime RELATIONSHIPS TEACH
YOU LIFETIME LESSONS. Things you
must build upon in order to have a solid
emotional foundation. Your job is to ac-
cept the lesson, love the person and put
what you have learned to use in all other
relationships and areas of your life. It is
said that love is blind but friendship is
clairvoyant.



AGE DISCRIMINATION or just plain DISCRIMINATION

Some of our members are finding it increasingly difficult to speak to their Doctor or to get an appointment. Holding on for a long time only to be cut off when you become number two in the queue seems to be normal—WHY?

Smart phones—not everyone has a smart phone, either by choice or by cost. Why does everything now have to be done via an app?

Supermarket checkouts—a lot of older people do not want to check out their own groceries etc. In any event we should all stop doing this. The reason being that the more who do it this way the less staff needed and more redundancies.

Social Care— well this will be an interesting one in the near future because some of the extra profit from the shopping centres was going to help social care. This was what Cllr. Nutting told the Shrewsbury Forum at a meeting in 2018. He came in response to a letter sent to him raising various issues. A copy of the relevant section of this letter is given below

EXTRACT FROM LETTER DATED 9TH MARCH 2018

Members were shocked to hear that the Council had purchased the shopping Centres from their overseas Trust. They felt at a time when services are being cut and the above increases were being contemplated it was rather insulting to residents. It was noted that the Council had stated there would be a better return on the money with this purchase than leaving it in the Trust. Members believe these figures can only be based on rental income from businesses in the Centres. If this is the case the return cannot be guaranteed as many large retail companies are going to the wall.

Members would like to know why the Council would even consider having a car park there. The town is already grid locked at times and your Council have always given the impression that they would prefer less traffic in the town. Rather than pull the Riverside down it was suggested that it could be

made more welcoming if it had the same treatment as the Shrewsbury Market Hall. That had no structural changes but is now a thriving busy place where people want to go.

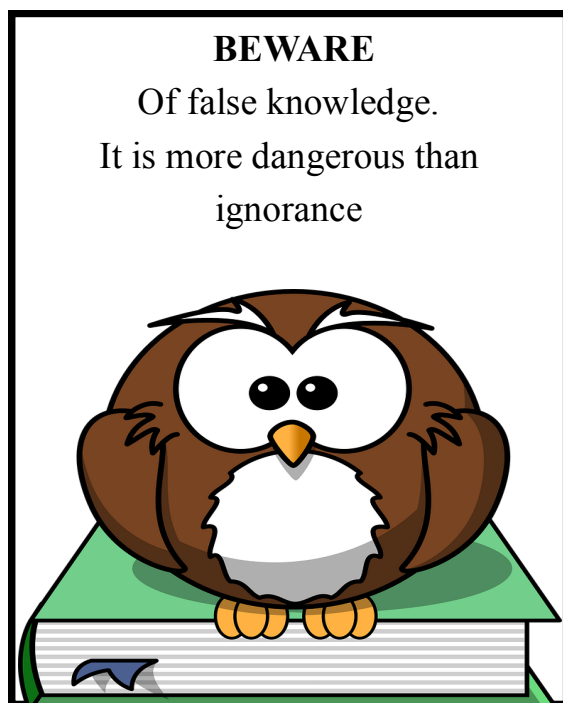
We are way down the table of how countries treat and respect their older generation. Maybe it is about time that this was addressed. Life is not all about earning mega bucks. No point in having money in your life if you have no quality of life.

T.V. Licence now only free to over 75s if you receive pension credit. That sounds great except there are a lot of people just over the threshold for pension credit and they will be the ones to struggle. For a lot of older and vulnerable people the television is their only life line with the outside world. However we suppose this does not concern the over paid television “stars”.

Pensions well what can we say. There is talk of stopping the triple lock. This move would have serious consequences for a lot of people. We as a country already way down the list for looking after our senior citizens compared with other countries. This certainly confirms the fact.

The Triple Lock guarantee on state pensions was introduced in 2010 by the Coalition Government.

It means the rise in state pension is pegged to the highest of three measures—wages, prices or 2.5% - hence Triple Lock.



THE TRIALS OF BEING A NEWSLETTER EDITOR

When I was quite a young woman, I was persuaded to join a national gardening organisation. It was a quaint little club full of rather genteel members. I never went to the AGM meetings, in fact I did very little by way of being an active member. I did belong to the local group for a short while, and rose through the ranks to find I was in charge of publicity. I got on the local radio and by so doing managed to put the chairman's nose out of joint because as I was told afterwards, he was the one who did all the radio publicity. He had to get over it.

Then I learned that within the society there was a correspondence group which I promptly joined. They had their own little newsletter but the main reason for belonging was to write to similar people with gardening interest. I had several correspondents but over the years they died or I found them rather less than interesting and stopped exchanging letters with them. I now have just one person I still write to on paper, but a few who I correspond with by email. As the people grew older and changed so did the newsletter editors. They all struggled to get articles in to fill the newsletter. Eventually I volunteered to take on the editor's job.

I always think I can do things better than anyone else, but in truth I was no better at getting people to write for the newsletter. In the beginning the editor used to write the content, but I didn't want to do that. I wanted other people to contribute. I tried every which way to get articles in, I even tried bullying them suggesting that if they wrote just one article a year it would fill the newsletter. I got rapped over the knuckles for doing that because the genteel members complained to the national committee. In fact people used to bobble the administrator at AGM's to complain about me. The national committee had simply no idea how to handle complaints of this nature.

In the end of course I handed on the problem to the next editor who didn't last long either. She produced the newsletter by email only and suddenly all those people who had been demanding the newsletter in print form found they had an email address after all! There were a few members who were extremely rude to the editor and she just dropped them totally. She was far tougher than I ever was.

The new editor and I are still friends and we write to each other now and then by email. But I missed being able to write little articles. I already wrote for a healing magazine,

But that was in content specialised, so when I went along to an information day about Shropshire Seniors I was asked if I would write I agreed readily. I really find it a fun thing to do and easy to find content. It's all around us after all, my garden provides lots of things to write about. And my life experiences too are a ready source of content. As I said all those years ago, if you can write a letter you can write an article of 200-300 words. Since I don't know many people in Shropshire Seniors, I don't feel embarrassed by my writings. If I find it interesting then I reason other people will too.

EDITOR:

I can relate to a lot of what Jan states, Fortunately no one has been very rude to me. However, food for thought and perhaps you could send in an article which I am sure most of us will find interesting. Look forward to hearing from you.



I leave my house messy so that when friends visit they leave feeling better about their own housekeeping skills.

YES I am that good a friend.

It is alright if
Some people don't like you.
Not everyone has
good taste.



SCAM ALERT

Please note all mobile phone users there is a new scam going round. You will get a call from a number very similar to your own thus believing is a bona fide number.

They pretend to be from legitimate organisations and ask for all your personal details.

As with any other scam **DO NOT** give out your personal details to anyone over the telephone.

GOOSEBERRY CAKE

125gm castor sugar
250gm plain flour
4 teasps. Baking powder
1 teasp ground cinnamon
50gm butter
350gm gooseberries
1 egg
100ml milk

METHOD

Mix all ingredients together ensuring gooseberries are well crushed. Tip into tin and bake for 45 minutes or until cooked.

8" cake tin
Oven—170c for 45 minutes.



WARTIME RECIPES

GINGER PUDDING

Cooking time 1 1/2 hours—4 helpings

6 oz plain flour
2 teasps bicarbonate of soda
2 teasps ground ginger
2 tablespns sugar
3 oz sultanas or chopped dates
1 oz margarine
1/2 pint milk

METHOD

Sift the flour, soda and ginger into a bowl. Add the sugar and sultanas or dates. Boil the margarine and milk and pour into the bowl, mix well.

Grease a 2 pint basin and put in the mixture cover with greased greaseproof paper and steam for 1 1/2 hours. Serve with custard or a sweet sauce.

PARSLEY POTATO CAKES

Boil one pound of potatoes the day before you want to make the cakes. Mash these while hot with a little milk. Season with salt and pepper

Next day add a tablespoon to two of chopped parsley and shape the mixture into little cakes. Cover with brown breadcrumbs.. Pan fry in a little hot fat or bake in the oven.

The mixture should not be made wet. Serves 4 people.

***TO PLANT A GARDEN
IS TO BELIEVE IN
TOMORROW***

Do not re-use potting or seed compost. The nutrients will have been exhausted and it may contain pests and diseases.

As soon as vegetable crops are harvested remove the debris so that the soils surface is bare. Rubbish left on the soil encourages pests and diseases to linger and spread.

Rubbish known to be contaminated with pests or diseases should be burned.

Always wear safety goggles when using a chain saw, strimmer or hedge cutter.

Freesias that have been in a cold frame should now be taken into a greenhouse. Water the compost and give the plants plenty of light and air.

Encourage green tomatoes to ripen by wrapping in paper and placing in a drawer.

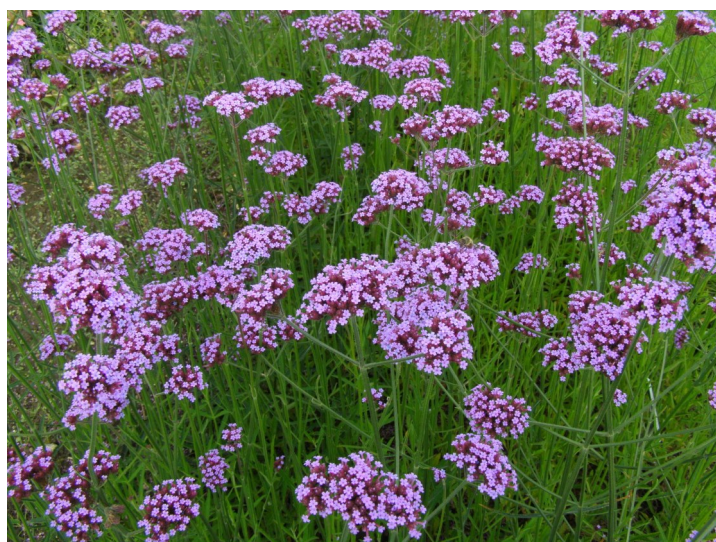
Unless the weather is exceptionally mild do not trim hedges between October and April.

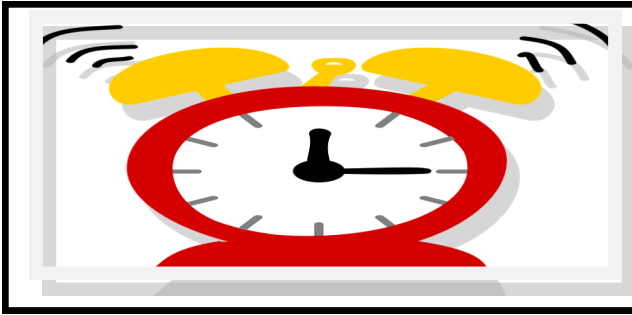
Send for next years seed catalogues and start planning what you want to grow in 2022.

VERBENA BONARENSIS

There's a sorry tale about this verbenas. I like the plant and thought as they self seed easily I could grow some from seed. Bought a packet of Sara Raven seeds, nothing but the best, put them in a pot andnothing came up! Then we went over to Ludlow farm shop, super place with fab food and in their wild part of the Garden centre there were lots of seedling growing in the gravel. I figured they wouldn't miss one so pulled up three small seedlings. At home I planted them out in the border and watered them well in. Watched over them for a few days then took my eye off the ball, fatal! Probably a black-bird heard a worm under the trio and pecked out the three plants roots and all! Little beggar! When I looked all three were very dead. Then a friend came with a kind offer of some seedling plants so I am not short after all. They should be treated as a short live perennial but as they flower late in the year so prettily, purple flowers on tall stems, they make a welcome addition to the garden.

Jan Etchells.





British Summertime
ends on 31st October 2021.

Do not forget to put your clocks back.

11th DAY OF THE 11th MONTH

Prior to the 11th November, we wish to record our gratitude to all the men and women of the armed forces.

They have bravely served their Country and still do, some making the ultimate sacrifice.

To each and everyone of you, past and present we again say:

THANK YOU.



COVID 19

As we finish putting this magazine together, we have been made aware that covid cases are increasing. Please make sure you stay safe by wearing your masks in crowded places and keeping your social distance. We have got this far lets continue.

SHROPSHIRE RAINBOW FILM FESTIVAL
COMES TO OSWESTRY 13th-17th and 22nd—24th October

Since its formation in 2006 (as a response to homophobia in Shropshire's schools) the Festival is now in its 14th year and for the first time will take place in Oswestry as well as Shrewsbury. There will be 12 films to choose from, something for everyone. All are welcome. Full details can be found on the Festival website <https://www.rainbowfilmfestival.org.uk>.

If you would like to volunteer with the Festival please contact:
info@rainbowfilmfestival.org.uk

The poster features a large, vibrant rainbow arching across the top. Below the rainbow, the text 'SHROPSHIRE RAINBOW FILM FESTIVAL 2021' is written in a bold, black, sans-serif font. The poster is framed by a colorful, multi-colored border. The text is arranged in a clear, hierarchical manner, with the festival name at the top, followed by the locations and dates, and then the ticket information and mission statement. The bottom of the poster includes logos for the Film Hub Midlands, BFI Film Audience Network, and The National Lottery.

**SHROPSHIRE
RAINBOW
FILM FESTIVAL 2021**

Old Market Hall, Shrewsbury - October 15-17th
Kinokulture, Oswestry – October 22-24th

Tickets will be on sale soon

Now in its 14th Year
Shropshire Rainbow Film Festival; this year at 2
locations.

In line with our mission, the films we screen aim to
entertain, educate, challenge and change.

The Festival has been made possible with support from Film
Hub Midlands through funds from the National Lottery. Film
Hub Midlands support people to watch, show, and make films
in the Midlands.

For more information please visit
www.rainbowfilmfestival.org.uk

SHROPSHIRE THEATRE ORGAN TRUST

The Buttermarket, Howard Street, Shrewsbury, SY1 2LF



2021 CONCERTS



Sunday afternoon live theatre organ entertainment

Concerts from 2.30pm – 5.00pm, Doors Open at 1.30pm

18 JULY 'ORGANISTS ON PARADE': ALEC WALTERS,
DAVID IVORY, DAVID LOBBAN &
CAMERON LLOYD

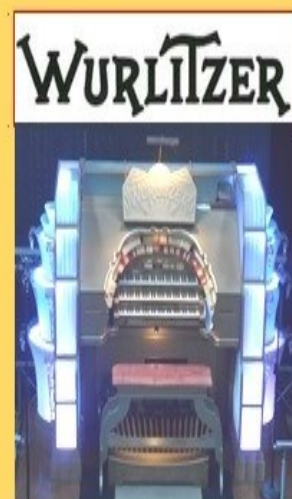
15 AUGUST ALEC WALTERS
(FOUNDERS' CONCERT:
A MUSICAL CELEBRATION)

19 SEPTEMBER STEPHEN AUSTIN

17 OCTOBER NICHOLAS MARTIN BEM

21 NOVEMBER DAVID LOBBAN

19 DECEMBER ROBERT WOLFE



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