



Welcome to **issue 9** and a new seasonal banner image of the Tarn Bridge! Last week's popular 'garden show' is carried over here to amend one of the entries and accommodate some that arrived after publication. The new theme 'how are you keeping fit and active in lockdown' begins today. There is also a round up of this year's successful Christian Aid fund raising efforts during lockdown.

Garden show extra! First and foremost, *Pat Hubbard* was disappointed when she saw my photo of her 'natural' garden which I'd taken before the gardener had been. Son, John, subsequently sent me a better photo which I include here. The gardener hasn't been for some time and is due to call, but I've offered to mow the lawn if he doesn't come soon!



Diane Hudson shared issue 8 with Christian Aid treasurer *Brian Sebborn* who recognised *Julia Robinson's* rose as 'Rumba' (it has other names, apparently). Thank you Brian, Julia now knows!

Geoff & Beverley Howard sent me this lovely photo of their conservatory which reminds them of the gîte they rented in Brittany on a number of occasions some years ago. The owner bedecked the cottage in



geraniums which he watered every evening. Geoff observes, his visits were also to keep an eye on them and to ensure the place was being kept clean! Happy memories.



Joan & Les Huxley sent me photos of their potted azaleas and the lovely laburnum tree in the front garden of their house in Court Farm Road.

Finally, *Jane Cornish* responded, quoting husband Bob - "I know whose watchful eye I'm under and it's not the Buddha!" Jane added, Bob tends the garden virtually single-handed; Jane occasionally deadheads the roses! That concludes the garden show for now. Do keep your photos coming so I can add them to the seasonal gallery on our website - coming soon!

Peggy Richards wrote and delivered a letter recalling her VE Day 1945 memories. It arrived after issue 7 had been published so here it is now. "On VE Day 1945 I was 11 years old and lived in Peckham. My friend Pat lived opposite me and we remember having a party and my family wheeled our piano into the street to accompany the singing. A bonfire was lit in the forecourt of the Carlton Tavern, just along the road and everyone danced around it! My friend and neighbour Connie joined in the dancing with her dad, who had come home on leave from the RAF in Germany. After returning to Germany he was killed in a road accident. Unbelievably sad!" (*Thank you for this memory, Peggy - Ed*).

Christian Aid Week 2020 Round Up. What a great effort and what a successful outcome from online activities Mick Woods' Quiz and Revd Ian's 'Read & Sing-in'. Add to that Kay Ash's sale of CA quiz sheets and Tessa & Ray Andrew's manufacture and sale of iBeanies and the total raised to date amounts to more than £3,300 including gift aid! CTIM Co-ordinator Diane Hudson thanks all involved for their support in making this year's 'lockdown special' a resounding success. The full report will be on our website soon - <https://www.standrewandstalban.org.uk/christian-aid> (*On behalf of us all, thank you Diane - Ed*).

(PS - Tessa says, 'We made 25 iBeanies and have a few left, so if you, or anyone you know, would like one please let me or Ray know!')

Quiz Time! The answers to last week's food anagrams are as follows. *Main Course:* 1. Cauliflower Cheese 2. Toad in the Hole; 3. Bangers and Mash; 4. Prawn Cocktail; 5. Shepherd's Pie; 6. Spaghetti Bolognese; 7. Steak and Kidney Pie; 8. Bubble and Squeak; 9. Lancashire Hot Pot; 10. Beef Wellington. *Dessert:* 1. Bakewell Tart; 2. Baked Alaska; 3. Spotted Dick; 4. Bread and Butter Pudding; 5. Treacle Sponge; 6. Apple Crumble; 7. Rice Pudding; 8. Jam Roly-poly; 9. Black Forest Gateau; 10. Chocolate Ice-cream. (Any questions to Jane Cornish - many thanks Jane, Ed).

David Mouqué has kindly set this week's local knowledge, Nottingham Post Box Photo Quiz:

Where are these post boxes in Nottingham?

1. A Victorian Post Box
2. A George V Post Box
3. A George VI Post Box
4. An Elizabeth II Post Box

5 Which King established a 'master of posts' so beginning the Royal Mail service? (Thank you David, hopefully this will encourage us to look! Ed).



Keeping Fit in Lockdown! "After two months of largely being confined to our homes we thought it would be helpful to share your experiences on how you are managing to keep fit and active (both physically and mentally)" - I asked last Tuesday. Thanks to all who have replied so far. It will be an ongoing theme, so for those of you who missed this edition, there's still time! Meanwhile, read on!

Mary Wyborn writes, I have been very busy during lockdown. I attend daily Mass when I wake, also on Friday mornings I join a Christian meditation group on Zoom. My daughter and I then walk her dog for about an hour – usually around Avery Hill Park, but sometimes through Elmstead Woods and Chinbrook Meadows. This is a great joy, as nature is looking its best in this lovely weather. I then tend to spend some time gardening (very good exercise). We often play Bridge for an hour or so before dinner (again on Zoom). We actually find this better than live bridge, as we can sometimes play with my son in Tokyo and there is no need to shuffle, deal or arrange your cards, consequently you can fit in many more games. Zoom has been a great blessing in many ways: Book Club, Quizzes, Talks and my Philosophy Group all meet this way and it is great to be able to mute everyone if things start to get out of hand!! Funnily enough TV and radio have rather slipped into the background as I find the continual talk and bickering over how to handle the virus rather tedious. Of course there are always books to read, the piano to play and crosswords to do (I haven't even mentioned housework!) – in fact not really enough hours in the day. All in all, I have rather enjoyed this quiet time and wonder how I ever managed to rush about living my old life!



Hatty Mann, who lives next door to her Mum, Mary Wyborn, says, "During lockdown we have learnt to work from home (who knew you could teach a Reception class from home?!), but have been looking after our physical and mental wellbeing in a number of different ways.



We have been keeping fit largely thanks to our spaniel who needs a long daily walk In either Avery Hill park or through the woods to Chinbrook Meadows and also working on our garden which has been tamed from an overgrown bramble patch to something resembling a garden.



As well as playing a lot of on line bridge I have also been doing some painting (the dog again!) and have made a pair of shorts from the fabric I bought for the project over twenty years ago!

Thelma & David Mouqué say, "Every morning around 7 am (or thereabouts), sees us ready to exercise in one of our amazing local parks. Greenwich Park is our favourite and after weeks of lockdown, the rose garden is open for joggers, and those of us who take our exercise more gently! Thank you Marley for insisting that we keep active!"



Diane Hudson says, "Every Monday to Friday at 8;30am I join my 8 year old great nephew and his Mum on 'Houseparty' to do 'Cosmic Yoga for Kids', then I do half-an-hour of 'proper yoga' after they have gone. One of my favourite local walks is through Chinbrook Meadows and up into the woods past the allotments and turn left at the cemetery. I pass the tree carvings and then out into Castlecombe Road and then following the Green Chain Walk signs, back to Foxes Fields and then home." Ed - I asked Diane her route to Chinbrook Meadows and she replied, "I get to Chinbrook Meadows via Mottingham Lane, then turn left along the Green Chain Walk behind Eltham College to Marvels Lane. There I turn left to the crossroads and then walk down Chinbrook Road to Chinbrook Meadows. It takes a good hour and is a bit uphill when you get into the woods at the end of Chinbrook Meadows." (*I must try that soon - Ed!*).

Kay Ash muses, "On a personal level, to help me through the lockdown, I have found it helpful to use my imagination and drift away into fantasy. In past weeks I have been Felicity Kendal in the 'Good Life' (I said it was fantasy), earthing up the potatoes, nipping side shoots off tomatoes, cursing the slugs for eating the cabbages and frantically waiting for the carrot seeds to germinate.

More recently I've been Chris Packham, completely absorbed with the development of tadpoles into frogs, desperately waiting for their little legs to appear and see them take their first kick.

Last week, I was Kavanagh QC, prosecuting in the case of the people v Cummings, mercilessly picking apart the ludicrously unlikely case for the defence. So frustrating to see that, despite my best efforts, he still got off! Like the man said, "One law for them, another for the rest of us". Hopefully, we can now look forward to the gradual lifting of lockdown restrictions. I intend to remain cautious but it will wonderful to be able to see our friends and families face to face once again, even if it is at a safe distance. If everyone is sensible about their actions and further major outbreaks are avoided, things may slowly get back towards normal.

However, I do see dark clouds looming in the second half of June and early July. Five weeks saturation coverage of football. We will be attacked all day, every day, from all sides. This time there will be no escape! When the skies are blue and the sun is shining, we often say "It feels good to be alive."

At present, this sentiment has never been so true, whatever the weather.



Imogen Roose emailed saying - "Because we are blessed with a large garden, we haven't needed to go out much to exercise the kids. We've kept busy with occasional park visits; brief jumps on the trampoline (where the children spend hours!); a lot of strenuous digging in the garden, and a weekly Pilates class over Zoom. But I had never really noticed how much I accidentally exercise until I stopped! All of these at home things have in no way made up for the sudden loss of at least 40 minutes brisk walking each school day, (more if it was a work day, too). Thank goodness for elasticated waist bands, is all I can say!" (*I agree - Ed*).



Norman & Beryl Woodard have been on a number of walks during Lockdown.

Not only has it been good for much needed exercise it has brought back many memories of the days when we were courting, some 65 years ago! Not so much "arms around each other" or "holding hands" these days, more like, "hang on" or "wait for me". After all these years it is good that the paths are still open and are currently being very well used.

Alison Lawrie delivers printed copy of Keep Connected every week to eight or nine readers who don't have internet access. Her circular route takes in Mottingham Lane, West Park and Chapel Farm Road, so covers a reasonable distance. She is also secretary to the Tarn Volunteer Group and during lockdown this has included frequent visits to the Tarn to check all is well. Sometimes it isn't, so issues have to be tackled, like dealing with a dead goose and reports of overcrowding, for example. However, the Tarn is an enjoyable place to visit, especially in this lovely weather! Meanwhile, Bob has spent some time in the garden chasing parakeets away from the bird feeders. "Clever birds, but not clever enough to deal with the newly parakeet-proofed feeder", says Bob. "Never mind, now you'll have to find an alternative exercise", says Alison!



(*That's all on keeping fit for now. Do keep sending me your contributions - Ed*)

Revd **Tim Ndegwa** - reported (on 27 May) that the Sunday after Ascension 24 May 2020, marked the first day we were able to 'Zoom' the celebration of Eucharist from St Alban's Church. We had toyed with the idea for sometime, but the precautionary advice over the lockdown, coupled with doubt on the strength of the Wi-Fi signal deterred us from trying. However, that aside Revd Tim took the risk and the outcome was amazing. Installing a Wi-Fi connection in the church was one of the best decisions the DCC has made. Hopefully, opportunity to worship together again in our churches is now that much nearer. On 28 May we learned that Revd Tim has taken up a commission to become a Royal Naval Chaplain. His ministry in this parish will conclude on 14 June when there will be a farewell service. He commences training in Dartmouth on 1 July and will take up his new role on 1 October. We wish Tim, Carol and Gad all the best for a bright and fulfilling new future in Portsmouth and look forward to 'keeping connected!' (*Ed*).

Mary **Wyborn** shared some amusing statements made by children in answer to questions in a Catholic elementary school test about the Old and New Testaments. I will share these with you over the next few issues, but here are a couple to start with.

1. *Lot's wife was a pillar of salt during the day, but a ball of fire during the night.*
2. *Samson slayed the Philistines with the Axe of the Apostles.*

Geo**ff Howard** and I had a chat recently and he told me about his and Beverley's arrival in Mottingham and introduction to St Andrew's church. He very kindly sent me this account, titled 'Our church of St. Andrew's in 1986'

We bought our semi-derelict and long-neglected house in West Park in December 1985 (and our DIY experiences will make another article, perhaps.) On our first Sunday in Mottingham we decided to explore the local parish church, to find it almost "standing room only" with a full congregation, large robed choir and organist, and all the uniformed youth organisations, with their parents and aunties and uncles. The priest gave a shortish sermon aimed at the young people, and the hymn-singing was loud and lusty! Needless to say, we had accidentally hit on a Parade Service, held once a month - the other Sundays were less fully attended!

As we left, Val Witcombe approached us and asked if we wanted to join the baby-sitting circle which we definitely did as Dominic was only two. We introduced ourselves to the priest, Chris Byers, who invited himself to coffee a few days later. As we sat in our tiny kitchen/dinette under the sloping roof on the top floor, I remember Chris struggling to fold his six-and-a-half foot frame at the table. He then told us that, after twenty years at St. Andrews, he was shortly being transferred to Thamesmead to set up a team ministry. So our good luck didn't last long.

We later discovered a lot about the Rev Chris Byers' achievements. Foremost in our minds is the association that he established with a church in Berlin when he was invited to join a town-twinning trip with Greenwich councillors to Reineckendorf, a Berlin suburb. There he met a local Lutheran pastor, and complimenting him on his excellent English, was told that he, Gottfried Rieter, had spent the war years as a St Dunstan's schoolboy in South East London while his father, minister at the German sailors' mission in Rotherhithe, was being detained as an enemy alien.

This initial meeting led to an exchange of youngsters from St. Andrew's and Gottfried's church in Frohnau, followed by biennial visits by families from both churches. The association was subsequently blessed with the acronym FAMLOC - Frohnau and Mottingham Link of Churches.

We joined in 1992 to accommodate the Noack family - Monika, Bernd, Sebastian and Anne, - and have been close friends ever since. An important aspect of FAMLOC was to promote reconciliation after the war, and I am ashamed to admit that I still had mixed emotions 45 years after the war had ended. Perhaps the best example was the friendship formed between Bill Trend, an ex rear gunner, and Horst Walter, an ex Messerschmitt fighter pilot! They had both been through similar hells.

Sadly, most of the original members have passed on, but for forty years FAMLOC was a practical example of sinking differences and seeking common international interests.

Chris's other major achievement was the biennial Mottingham Fayre, which opened with a fancy-dress parade through the Village, then on to Foxes Field for sideshows, sports events and competitions. This was followed by a week or two of artistic and musical occasions. Of course he wasn't alone, but he enthused enough people to ensure that the Fayre continued for many years.

Lastly, he upset many at St. Andrew's by running as a Liberal candidate in the local elections! They thought that politics and religion should not be mixed, but it was yet another aspect of his concern for the wider local community. *Geoff Howard*

(Next week's feature - what children have been doing; also more on local history - *Ed*).

