

THE DOWER HOUSE NEWSLETTER

JULY ISSUE



ACTIVITIES

All activities will start at 2.45pm if the time is not mentioned below.

Thursday 1st July – Keep fit with Lorraine in the drawing room at **11.00am**.

Thursday 1st July – We will be holding an afternoon tea for Matron in the dining room at **3.00pm**, to wish her well on her new adventures.

Monday 5th July – Knit and Natter in the conservatory at **11.00am**.

Tuesday 6th July - Keep fit with Lorraine in the drawing room at **11.00am**.

Tuesday 6th July - Anytime Club will be showing a film in the drawing room.

Wednesday 7th July – Art afternoon with Doreen in the dining room.

Thursday 8th July – Keep fit with Lorraine in the drawing room at **11.00am**.

Thursday 8th July – Matrons Afternoon Tea will be held in the dining room at **3.00pm** then followed by a Zoom call with families at **5.00pm** in the drawing room.

Monday 12th July - Knit and Natter in the conservatory at **11.00am**.

Tuesday 13th July - Keep fit with Lorraine in drawing room at **11.00am**.

Tuesday 13th July - Anytime Club will be showing a film in the drawing room.

Wednesday 14th July – Anytime club will be holding a **Quiz** in the dining room.

Thursday 15th July – Keep fit with Lorraine in the drawing room at **11.00am**.

Thursday 15th July – Anytime Club will be showing a film in the drawing room.

Monday 19th July – Knit and Natter in the conservatory at **11.00am**.

Tuesday 20th July - Keep fit with Lorraine in the drawing room at **11.00am**.

Tuesday 20th July – Anytime Club will be showing a film in the drawing room.

Wednesday 21st July – There will be a Violin Recital in the dining room at with Jackie.

Thursday 22nd July – Anytime Club will be showing the film in the drawing room.

Monday 26th July - Knit and Natter in the conservatory at **11.00am**.

Tuesday 27th July - Keep fit with Lorraine in the drawing room at **11.00am**.

Tuesday 27th July - Anytime Club will be showing a film in the drawing room.

Wednesday 28th July – Holy Communion will be taking place in the drawing room at **11.00am** with Rev. Lis Chase

Wednesday 28th July – Games afternoon will be held in the drawing room.

Thursday 29th July – Anytime Club will be showing a film in the drawing room.

Activities are subject to change at short notice.

Due to the current situation activities this month maybe be cancelled or amended at very short notice. We will aim to minimise this where possible as we do not like to do this but sometimes it is necessary to ensure your safety and wellbeing as our top priority.

Also, numbers will be smaller than normal at each activity to achieve social distancing. Please see the notice board with any updates.

THIS MONTHS FILMS

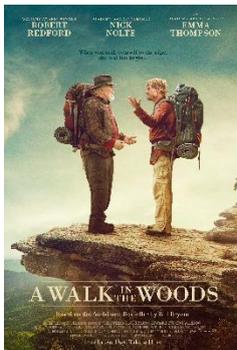
Tuesday Films

In the Good Old Summertime



Andrew and Veronica have a very unusual first meeting. They develop an instant dislike for each other. The situation changes when Andrew is forced to hire Veronica at his music store.

A Walk in the Woods



After spending two decades in England, Bill Bryson (Robert Redford) returns to the U.S., Where he decides the best way to connect with his homeland is to hike the Appalachian Trail with one of his oldest friends, Stephen Katz (Nick Nolte)

The Royal Yacht Britannia a captivating history



Discover the heart and soul of this very special royal residence. The Royal Yacht Britannia is on the world's most famous ships. Launched in 1953, The Royal Yacht proudly served Queen and country for 44 years. During that time, Britannia carried the Queen and the Royal Family on 968 official voyages, from the remotest regions of the south seas to the deepest divides of Antarctica.

The Two Popes



An intimate story of one of the most dramatic transitions of power in the last 2,000 years. Frustrated with the direction of the church, Cardinal Bergoglio (Jonathan Pryce) requests permission to retire in 2012 from Pope Benedict (Anthony Hopkins). Instead, facing scandal and self-doubt, the

introspective Pope Benedict summons his harshest critic and future successor to Rome to reveal a secret that would shake the foundations of the Catholic Church. Behind Vatican walls, a struggle commences between both tradition and progress, guilt and forgiveness, as these two very different men confront their pasts in order to find common ground and forge a future for a billion followers around the world. Inspired by true events.

Thursday Films

A Call to Spy



At the dawn of World War II, a desperate Winston Churchill orders his new spy agency to train women for covert operations. Together, these female agents help undermine the Nazi regime in France, leaving an unmistakable legacy in their wake.

Erin Brockovich



Erin, a single mother, becomes a legal assistant and comes across a case against Pacific Gas and Electric. When she discovers that the company is poisoning a town's water supply, she seeks justice.

Eat, Pray, Love



Liz Gilbert (Roberts) had everything a modern woman is supposed to dream of having - a husband, a house, a successful career - yet like so many others, she found herself lost, confused, and searching for what she really wanted in life. Newly divorced and at a crossroads, Gilbert steps out of her comfort zone, risking everything to change her life, embarking on a journey around the world that becomes a quest for self-discovery.

GARDENING NEWS

Now we are in the warmer months of the year, we can look forward to lots of colour in the garden, from pots to hanging baskets, our borders are packed full of perennials and flowering shrubs some have a wonderful perfume, all together this makes the garden a lovely place to be.



After the long winter and cold spring, the garden has at last taken off so we can look forward to several months of colour that constantly changes, there is always something new and exciting to see so please come and see for yourselves.

Over the last month Terry and I have planted up the pots with summer annuals and we have collected our pre ordered baskets. We have been busy weeding and watering, a true sign that summer is here. We have also replaced part of the hedge line in the old orchard that has been looking sick for the last year; it has been replaced with laurels. They are small now but will soon grow and the rain we have had for the last week will give them a good start.

The next job in our sights is removing the spent flower spikes on the irises and tidying the geranium bank and then we are back at the top and working towards the physio borders.

Over the next month we will be working our way around the patios and doing lots of deadheading to keep the garden in full bloom.

NEWS FROM BATH



The Gardens at The Dower House are looking lovely at the moment, but because we have chalk soil, we are limited in the type of rose that we have. In my garden in Bath, I have medium-acid soil, and this suits roses. This particular year with such a late spring, and cold, wet weather the roses were a month behind. But this means that we are enjoying the first flush of flowers, right into June.



I would like to share with you, some of the roses from my garden and I hope that they give you as much pleasure, as I have from them.

I know it has been a very difficult year, and the lack of visitors has made it hard for everyone. Including The Dower House staff, who have no alternative but to adhere to the very strict rules and regulations, the government have laid down for us.

I am looking forward to the time, where I can cam and talk to you all. Let us hope that in June, the government will review the rules and regulations to our mutual benefit.

I particularly want to thank the staff on behalf of the Dower House and the residents, in these difficult times. The support and tolerance from residents and their visitors, is much appreciated too.

I look forward to the time when I can visit The Dower House freely, as I am sure you visitors long for too.

Best wishes

Mrs J A Lywood



EDITORS NEWS

This month we see the return of the Summer Olympics, after being cancelled last year due to the Pandemic. I found this article on the history of the Olympic Games and I thought it might be of some interest.

History of the Olympic Games

The first written records of the ancient Olympic Games date to 776 B.C., when a cook named Coroebus won the only event—a 192-meter footrace called the stade (the origin of the modern “stadium”)—to become the first Olympic champion. However, it is generally believed that the Games had been going on for many years by that time. Legend has it that Heracles (the Roman Hercules), son of Zeus and the mortal woman Alcmene, founded the Games, which by the end of the 6th century B.C had become the most famous of all Greek sporting festivals. The ancient Olympics were held every four years between August 6 and September 19 during a religious festival honouring Zeus. The Games were named for their location at Olympia, a sacred site located near the western coast of the Peloponnese peninsula in southern Greece. Their influence was so great that ancient historians began to measure time by the four-year increments in between Olympic Games, which were known as Olympiads.

After 13 Olympiads, two more races joined the stade as Olympic events: the diaulos (roughly equal to today’s 400-meter race), and the dolichos (a longer-distance race, possibly comparable to the 1,500-meter or 5,000-meter event). The pentathlon (consisting of five events: a foot race, a long jump, discus and javelin throws and a wrestling match) was introduced in 708 B.C., boxing in 688 B.C. and chariot racing in 680 B.C. In 648 B.C., pankration, a combination of boxing and wrestling with virtually no rules, debuted as an Olympic event. Participation in the ancient Olympic Games was initially limited to freeborn male citizens of Greece; there were no women’s events, and married women were prohibited from attending the competition.

Decline and Revival of the Olympic Tradition

After the Roman Empire conquered Greece in the mid-2nd century B.C., the Games continued, but their standards and quality declined. In one notorious example from A.D. 67, the decadent Emperor Nero entered an Olympic chariot race, only to disgrace himself by declaring himself the winner even after he fell off his chariot during the event. In A.D. 393, Emperor Theodosius I, a Christian, called for a ban on all “pagan” festivals, ending the ancient Olympic tradition after nearly 12 centuries.

It would be another 1,500 years before the Games would rise again, largely thanks to the efforts of Baron Pierre de Coubertin (1863-1937) of France. Dedicated to the promotion of physical education, the young baron became inspired by the idea of creating a modern Olympic Games after visiting the ancient Olympic site. In November 1892, at a meeting of the Union des Sports Athlétiques in Paris, Coubertin proposed the idea of reviving the Olympics as an international athletic competition held every four years. Two years later, he got the approval he needed to set up the International Olympic Committee (IOC), which would become the governing body of the modern Olympic Games.

The Olympics Through the Years

The first modern Olympics were held in Athens, Greece, in 1896. In the opening ceremony, King Georgios I and a crowd of 60,000 spectators welcomed 280 participants from 13 nations (all male), who would compete in 43 events, including track and field, gymnastics, swimming, wrestling, cycling, tennis, weightlifting, shooting and fencing. All subsequent Olympiads have been numbered even when no Games take place (as in 1916, during World War I, and in 1940 and 1944, during World War II). The official symbol of the modern Games is five interlocking-coloured rings, representing the continents of North and South America, Asia, Africa, Europe, and Australia. The Olympic flag, featuring this symbol on a white background, flew for the first time at the Antwerp Games in 1920.

The Olympics truly took off as an international sporting event after 1924, when the VIII Games were held in Paris. Some 3,000 athletes (with more than 100 women among them) from 44 nations competed that year, and for the first time the Games featured a closing ceremony. The Winter Olympics debuted that year, including such events as figure skating, ice hockey, bobsledding and the biathlon. Eighty years later, when the 2004 Summer Olympics returned to Athens for the first time in more than a century, nearly 11,000 athletes from a record 201 countries competed. In a gesture that joined both ancient and modern Olympic traditions, the shotput competition that year was held at the site of the classical Games in Olympia.

General Manager
Philippa Thompson

JULY QUIZ

1. What is used as the filling of a summer pudding?
2. Esther Summerson is the heroine of which novel by Charles Dickens?
3. The summer lasts from June to September in the northern hemisphere. When is the summertime in the southern hemisphere?
4. Which term is used for a period of unseasonable dry, warm weather in autumn from September to November?
5. Which are the 3 summer signs of the Zodiac?
6. In which country can you visit the Summer Palace, a vast ensemble of lakes, gardens, and palaces?
7. The Summer Exhibition is held annually in which art gallery in London?
8. The summer solstice is the first day of summer. What does “solstice” mean in Latin?
9. Which summertime smell is said to elicit happy memories in humans?
10. Which British seaside attraction is 158 metres tall?
11. What was the name of the ITV holiday show fronted by Judith Chalmers which ran from 1994 to 2003?
12. Can you give the first line of Grease's 'Summer Nights' lyrics?
13. 'In the Summertime' was a debut single and big hit for which British rock band?
14. Which island group includes Ibiza, Menorca, and Majorca?
15. With which band would you associate the 1969 song Here Comes the Sun?
16. What colour jersey does the leader and winner in the Tour de France wear?
17. Holding a buttercup (the flower) under a friend's chin was believed to reveal something about that person. What did this floral test reveal?
18. Which was the first English football club to win both the Football League title and the Football League Cup in the same season?

ANSWERS

1. Soft fruit (such as raspberries or blackcurrants)
2. Bleak House
3. From December to March
4. Indian Summer
5. Virgo, Leo and Cancer
6. China
7. The Royal Academy of Arts
8. Sun stands still
9. The smell of freshly cut grass
10. Blackpool Tower
11. Wish you were here
12. Summer loving had me a blast
13. Mungo Jerry
14. The Balearic Islands
15. The Beatles
16. Yellow
17. Whether you liked butter
18. Nottingham Forest.