Old Wives Tales
WRVS, 'Isabel' Blackman Centre
South St, St Leonards-on-Sea

Contact Sue to book a place on 01424 717 674

Come and join local poet Just John as he explores Old Wives Tales, do it yourself makeup and home made medicines. Along the way we also try our hand at making some do it yourself remedies to aid us through the winter months.

Friday mornings
10 am - 12 noon for 10-weeks
29th January - 2nd April.

All materials will be provided

A Free Activity Refreshments provided
(travel can be arranged)
John
Jocular and jovial
On hand to
Harass
Nouns and verbs

Freda
Frightened
Running, Hiding Preying
Endangered by an unseen war
Digging deep and awaiting the
ARP's hands

Yvonne
Yielding to a vision of
Veiled darkness
Oppressive,
Nightmare, a
Nightmare
Entering the Cheddar Gorge

Geoff
Grafting Geoff
Expectations of objectives
Orders and plans
Forward lads
Forward let's gain the reward

Doreen
Doreen hates her name
Oh the picture it paints
Retrograde and respectable
Encourages thoughts of
Entertaining Stuff the Jubilee
No I think not for the WRV, S

Blanche
Blanched at the idea of poetry
Laughing is more likely
An anarchist whose four words
Now reach to six
Creative
Happy
Exasperating probably?

Shirley
Says I am
Here
I enjoy
Really
Learning being creative
Enjoy nature
Yes, enjoying just enjoying, daily

Sue
Sixty Plus she says
Uncertain she can be poetic yet
Engaging in hunting, gathering and weaving

Greta
Get up and Go
Regales us with
Exhaustive tales
Of tremendous bombs
And miracles

Acrostic Poems Based on the names of those attending on the first day.
written by just john
Dandelions make you wet the bed
Winter Green and Slows liniment great for sports injuries but sadly no longer available
Feverfew tea for migraines
Honey is a great general antibiotic and preservative
Kaolin poultice drains out the puss?
A spoon or iron key down the back to stop hiccups
Oil of cloves for toothache
Dock Leaves for nettle stings
Rub hands together place them on the body as a gateway for easing pain
Hop or Lavender pillows for sleep
Lemon juice for blondes
Vinegar for dark hair
Vinegar and Brown paper bag nobody knew where this came from
Tea for stomach ache
Elbow in lemon juice to soften them
Horse manure in your boots to soften them
Urine for Jellyfish stings
Maggots to clean wounds (used once again in hospitals)
Arsenic / lead whitening for face (no longer used thankfully)
Rose Hip Syrup vitamin C
Sitting on Newspaper stops travel sickness

"After green comes black"

"Never whistle back stage or name the Scottish play."

"Never put new shoes on the table."

"A few old wives tales that we all knew, and some we didn't."
TANSY = HOSTILITY

A great many things evoke hostility.
Smoking; overdrinking; babies that cry endlessly
In restaurants while Mums chat with Mummy pals.

Cars pulling caravans on hot summer,
Single-lane roads; dogs barking at nothing
Outside your quiet open window.

Football fans at each others throats
When they are friends at work and leisure
(football is NOT leisure to me!).

The solution? Glare, shout, sigh, toot, heckle?
No, just smile such a sweet, sickly smile that
they get so worried they move away from you!

Either that or send them a bunch of yellow Tansy
Covered in sneezing powder.

DOREEN HOWARD
2010
Herbs and flowers – meanings

There are many books on the meanings of flowers, herbs and plants and we could have filled several books with them, one thing we did find was that virtually everything seems to aid flatulence.

This is a short list of emotional attachments linked to herbs:

- Basil = Love
- Bay = Fame
- Chamomile = Wisdom
- Chervil = Serenity
- Chives = Usefulness
- Dill = Good cheer, Survival
- Fennel = Grief, Endurance
- Lavender = Devotion
- Marjoram = Joy
- Mint = Refreshment
- Parsley = Merriment
- Rosemary = Remembrance
- Sage = Wisdom
- Santolina = Virtue
- Savory = Interest
- Scented Geranium = Happiness
- Sweet Woodruff = Humility
- Tansy = Hostility
- Tarragon = Permanence
- Thyme = Daring

Mint

Oh the scent of mint so green,
Softly lingering at the scene,
Sets the memory astir,
Sets the memory astir.

Where gentle hands have brushed,
Or heavy feet have crushed,
Sets the memory astir,
Sets the memory astir.

Whether chopped small and fine,
Or just a sprig a dish to sign,
Sets the memory astir,
Sets the memory astir.
life and The Best of All
Energy from my Grandchildren.
Moments Sharing with Them all
Often honestly and sincere, now and then
Never happier making Pancakes with
the Juice of the Lemon
Bagged Peas. Bouquet into the Pot
Alcohol Brought out of Mother's Stew's
Yield to Pick Day's Keep for
Another Day.

My Garden is Full of Mint
Stems once contained a bit of truth
Neglect of my Aging Years spreading it
To smell and Pick! Green Spices to Chop
With Sages & Vinegar Spreading over my
Lavender Lamb Chops
Robust Strong Stems
Over Hot B.B.Q. Stones
Smells from the Bovis strong in Garden.
Excitement when the lamb is cooked
My family arrives together on Summer Days
Arrivals friends to Eat
Remembering Happy Childhood with some Romance
Yorkshire puddings to go with Sunday Roast

Tarragon:

Tarragon chicken
Aviseed Pernod
Returning from
Roses on The Tour de France
Athletic and toned
Garlic and Wine
Our solitude epic
Now! the others have departed
Rosemary
Over yonder, obscuring the canal
Steps going down
Evocative, luring you to stop
Married to lamb, and a crackling fire
Appreciated by gardeners and cooks alike
Rosemary, our wonderful Parsley, or Sage
they leave us all
Yearning for the fragrant smell of summer.

Yvonne

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**Rosemary - REMEMBERANCE**

The brush you brush past
for one minute was Rosemary.
The smell will linger for
many hours. A smell which
invigorates you for hours also.
Remembering, the pathway
down our garden, the Rosemary
clustered together, like a treat.
When out kitchen, windows
were open, the smell of Rosemary
washed into the house
sounding manner, to go and
pick a bunch, cooking, hot
taste, and some in a vase
for house, what memories.
Bay - Fame
If I seeped myself in Bay covered and camouflaged myself in your bitter sweet essence would I be as famous as...
And if I made a bed of Bay leaves would I dream of fame would I be handed the BAFTA?
or maybe Bay with its sharp bitter sweet taste is a reminder that fame is not all one sided.

just john

Parsley at Beenchotan the kitchen garden at its best Summer smelling sweet and green and sweet again Ringing laughter, she is not alone Sparkling teeth, against the green
Apples
There are so many different kinds you find. All with different thicknesses of skin. Pink apples, green apples, red apples, too. That is only just a few.
I eat an apple a day as they say and I cook them in so many different ways.

Carrots
The carrot seed is planted in the ground. You watch it till month of May. The green leaf appears in bloom. So we were dig up carrots soon. Then you gave a hoop on fork up the carrot tops.

Onions
The all weep when near onions. Some are huge, some small. When cooking and frying people always start crying.
Masala Chai

1-1/2 cups water
1 inch stick of cinnamon
8 cardamom pods
4 whole cloves or 2 corns of black pepper (optional; I don't use it myself)
2/3 cup milk or Condensed milk
6 tsp. sugar (or to taste)
3 teaspoons any unperfumed loose black tea

Tea wasn't originally on our list of topics to discuss, but it became apparent that it had so many therapeutic benefits that we did a whole session on tea and sampled chai and green tea.
A Cup of Hot Tea = A Cup of Good Health
Tea Consumption Linked to Numerous Body Benefits
A hot cup of tea may do more than relax you.

The latest medical research is finding potential healing powers in this ancient beverage. Recent research, for instance, suggests drinking tea may help prevent everything from cavities to Parkinson's disease. And some studies indicate it may even save lives.

The benefits of tea consumption may extend throughout the body, experts believe. Here is a partial list of conditions some research has shown may be prevented or improved by drinking tea:

Arthritis: Research suggests that older women who are tea drinkers are 60 percent less likely to develop rheumatoid arthritis than those who do not drink tea.

Bone Density: Drinking tea regularly for years may produce stronger bones. Those who drank tea on a regular basis for 10 or more years had higher-bone mineral density in their spines than those who had not.
Cancer: Green tea extracts were found to inhibit the growth of bladder cancer cells in the lab — while other studies suggest that drinking green tea protects against developing stomach and esophageal cancers.

- **Sipping on a cup of hot tea may be a safeguard against cancer.** Population studies have linked the consumption of tea with a reduction in risk for several types of cancer. Researchers speculate that the polyphenols in tea may inhibit certain mechanisms that promote cancer growth. Both green and black teas have been credited with cancer-inhibiting powers.

Flu: You may be able to boost your fight against the flu with black tea. Your best defense against contracting the flu is to wash your hands often and get vaccinated against the influenza virus. Black tea may further bolster your efforts to stay healthy. In a recent study, people who gargled with a black tea extract solution twice per day showed a higher immunity to flu virus compared to the people who did not gargle with black tea.

**Heart Disease:** A recent study published in the journal *Circulation* found that drinking more than two cups of tea a day decreased the risk of death following a heart attack by 44 percent. Even less spirited tea drinkers were rewarded: Consuming just two cups a day decreased the risk of death by almost a third.

Tea is a rich source of the flavonoids quercetin, kaempferol, and myricetin, and research shows that high dietary intake of these compounds is associated with a reduced risk of fatal heart attacks. In one study, people who drank about a cup and a half of tea per day were almost 40% less likely to suffer a heart attack compared to tea abstainers.

**High Blood Pressure:** Tea lovers may be surprised to learn that their beverage of choice touts yet another health benefit: blood pressure control. Drinking a half-cup of green or oolong tea per day reduced a person’s risk of high blood pressure by almost 50% in a new study. People who drank at least two and a half cups per day reduced their risk even more. Their risk was reduced even if they had risk factors for high blood pressure, such as high sodium intake.

**Parkinson's Disease:** Tea consumption may be protective against developing this debilitating neurological disorder.

**Oral Health:** Rinsing with tea may prevent cavities and gum disease.

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The Soother of Nerves  
A friend to friends  
Who come to call.

The art of high tea  
"makes you feel important  
respected"
Mint Tea
Green Tea leaves (tea spoon)
Spear mint fresh (sprig)
Sugar or Rose syrup
Cinnamon stick (optional)

What's responsible for tea's many health benefits?

It's the complex brew of chemicals that make up this seemingly simple beverage.

"The big class of chemicals in tea are flavonoids — a natural class of antioxidants that are found in many natural plant-derived foods," explains Dr. Kenneth Mukamal, an internist at Beth Israel Deaconess Medical Center in Boston and author of the Circulation report. "In American diets, black tea represents probably the single biggest source of flavonoids."

Antioxidants rid the body of molecules called free radicals, which are side products of damage done to the body by pollution and the natural aging process. Free radicals in the body's cells are very unstable and tend to react negatively with other important molecules like DNA, causing
Herbs and things for Jeannie's first aid kit.

Aloe Vera (when I can find the medicinal plant - ex: mouth, dermatitis, sunburn / vitamin)

Tea - stomach cramp / burning eyes

Hot spicy chicken soup - cold/throat

Honey - sore throat - cold

Lemon - cold

Ginger - cold - sore throat

Clove - toothache

Salt - soak, mouth rinse

Vinegar - stings

Soda Crystals - splinter
grow your own
a good war time policy
we should adopt again

war time propaganda for... Potatoes!

I make a good Soup!

Says 'Potato Pete'
Aww, yet more tea!!

Budget

We turn to you in crisis,
You never disappoint
As Kettle, milk & tea bag
Are perfect when they’re joint
It’s true in every household
Up and down the land
You’ll never be forgotten
If a cup of tea at hand.

Calm, cool - cup of tea
Just what I need
Where the day is hard
Sip, swallow - hits the spot
Fortifies me
When it’s scalding hot
Pamper, thank’s - saved the day
Calmed & refreshed
Now I’m on my way.
Betty
when her mom got her first tea bags she carefully cut them all open and put the leaves in a tea caddy
Ode to chocolate

Dark, velvet, shining sweet,
Hard, smooth, lush and neat.
Just one slice,
Naughty, but oh so nice
And oh so sexy.

By popular demand the group requested a session on aphrodisiacs, we ate chocolate covered strawberries!
Aphrodisiacs

- Dark Chocolate - Dark Chocolate is thought by many to have aphrodisiac effects - remember to use good quality dark chocolate; milk chocolate does not have a high enough cocoa content. Chocolate contains theobromine which is a stimulant; chocolate also helps you produce serotonin which can make you feel good.

A poem to chocolate

You are the secret in my draw
Your sleek gold wrapper lying on the floor
The late night fumble I crave
I am your worshipper, your slave
My mouth and fingers betray
Where your melting body lay
Seductive bar of delight
Come and be with me tonight
(I once covered myself in chocolates
For a valentine surprise
But slowly the chocolates melted
Leaving smears down my thighs
And by the time you came to bed
All my hard centers had subsided
And you just stood and laughed
My chocolate fantasy now derided)
ODE TO CHOCOLATE

I long to unwrap the glistening robe
Which hides your soft brown heart.
I long to nibble at your edge,
But that would be the start
Of licking, biting, savouring, feeling
The silky, velvety goo
That coats my mouth, my tongue, my teeth
A delicious deep brown hue.
My heart would jump, my head explode
With fireworks through my brain,
But resist I must, willpower trust,
For I'm on a diet again!

DOREEN HOWARD
2010
Chocolate.

Chocolate's not my favourite food.

but known to put you in the mood.

Shall I buy some, have a go?

Can it work? you never know.

I think these days I have my doubts,

and what to know my whereabouts?

When nothing in my garden plot

I'll never miss what I've not got!

And if a handsome man comes by

At my age I can only sigh!

I've done it all, I can look back

I can smile, no thoughts I lack.

Been there, done that, nearly got the Tshirt

What I don't know will never hurt.

I think the chocolate I'll give a miss

It's overrated all of this!

Yvonne Romaine
Feel good foods:

Eat plenty of:
- citrus fruit for vitamin C
- avocados for vitamin E
- carrots and squash for beta-carotene
- lean meat and poultry for iron and protein
- wholegrains for vitamin B
- nuts and seeds for vitamin E, protein, minerals and vitamin B

Cut down on:
- foods high in saturated fats, such as cheese and butter
- sugar: replace with fruit sugar, eg Fruisana
- processed carbs such as crisps and white bread
- alcohol
- caffeine
Aphrodisiacs and feel good foods...

- Oysters - Oysters are probably the food most associated with being an aphrodisiac and most people are aware of their reputation for increasing sexual desire. Oysters may be thought as an aphrodisiac because of their high zinc content, which helps produce sperm and increases libido. Raw Oysters are best served with a drop of Champagne for a truly romantic meal.
- Ginger - Ginger has been used in a cake or some hon...
- Sweet Basil - Sweet Basil stimulates and is believed by many to get your heart racing.
- Ginseng - is believed by many Chinese/Korean to be an aphrodisiac effect; it is also ve...
- Raw Celery - Celery is great for the male hormone and should really be eaten.
- Bananas - Bananas are a good source of energy you need to please your partner.
- Figs - Figs are a sweet, sexy fruit with an erotic and romantic dessert!
- Strawberries - Strawberries can be used in aphrodisiac forms; they are a good source of vitamin C and potassium.
- Pine Nuts - Pine nuts are also high in zinc and increase libido. Sprinkle some on a romantic meal for two.
He Tells Of The Perfect Beauty by William Butler Yeats
O cloud-pale eyelids, dream-dimmed eyes,
The poets labouring all their days
To build a perfect beauty In rhyme
Are overthrown by a woman's gaze
And by the unlabouring brood of the skies:
And therefore my heart will bow, when dew
Is dropping sleep, until God burn time,
Before the unlabouring stars and you.
**Beauty Tips**

**Whiter Nails:**

Soak your nails in water with lemon juice or lemon slices. The lemon acts as an astringent and will strip away stains. Once your hands are dry, you'll only need to put on a couple of coats of a clear topcoat.

**Smooth feet**

If you take 1 cup Lemon Juice, Cinnamon (for smell), 2 tablespoons (or less) olive oil, 1/4 cup of milk, and water you can make a wash that leaves skin refreshed and fragrant (the amount of water does not matter).

If you do not like the cinnamon smell, you can replace it with another spice, perfume, or flower petals such as roses.

After you make it, you can put it in a tub where you can soak your feet or body. Next, dry your feet or rinse them with water and a MILD soap.

**Minty Fresh Massage Oil**

10 tsp. grapeseed oil
3 drops eucalyptus oil
4 drops rosemary oil
2 drops peppermint oil

This is a green-scented massage oil. Blend ingredients well. Pour into a small bottle and seal well. Warm up oil before doing any massage.

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**Honey Facial Mask**

Perhaps the best facial mask is honey.

Place a cloth in warm water and apply to your face to open the pores. Smear on honey, and leave on for 15 to 30 minutes. Rinse off with warm water, then use cold water to close the pores.

Use once a week.

**Circles under the eyes**

To lighten dark circles under your eyes, wrap a grated raw potato in cheesecloth and apply to eyelids for 15-20 minutes.

Wipe off the residue and apply an eye cream.

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**For shiny hair add two eggs to milk run through your hair leave 5 minutes- rinse.**
Frankly, he was fascinated...

The young woman wore a Burnt Sugar lipstick—most effective with kohl—more of her family complemented their uniforms of this with the youthful age of fashions.

They chosen on Elizabeth Arden Lipstick because it is so fine to define the shape of the mouth, soft enough to wash off easily, because its last lasting fashion is a delight and its color lasts even true.

Every woman should have at least four essential shades to harmonize with a wide range of costume colors. These are the colors suggested by Miss Arden.

For a tranquil soak:

Fill your bathtub with water at a comfortable temperature that you enjoy. As you're filling the tub, add two cups of Epsom Salt to the water (if it is a standard-sized bathtub make adjustments for larger tubs). Soak for at least 12 minutes, three times a week for best results. As an extra treat, the Epsom Salt Council recommends adding a few drops of eucalyptus oil for an invigorating aroma.

Furthermore, its the stocking seams were reinforced in - and gravy browning some times used.
A Beauty Enhancing Element - Epsom Salt

Affordable, available and easy to use, Epsom Salt provides the beauty-conscious with a wealth of fun and healthy home remedies and beauty treatments.

In Grandma's day, Epsom Salt was largely used as a laxative. That's no longer the case, says Jim Hill, a member of the Epsom Salt Council. Epsom Salt, a pure, time-tested mineral compound, is actually Magnesium Sulfate, which absorbs easily through the skin and boasts a whole host of modern-day uses, from beauty to health.

Epsom Salt occurs naturally, although most of what we buy in the stores has been manufactured. Even still, the Epsom Salt retains its pure, natural and healing characteristics.

To take advantage of the health and beauty related functions of Epsom Salt, the Epsom Salt Council suggests the following tips:

To exfoliate:

Mix together two cups of Epsom Salt and 1 cup of petroleum jelly. Add a few drops of lavender essential oil for a pleasant fragrance. Apply the mixture to gently scrub away old cells and encourage a healthier-looking complexion.

For a facial:

Mix teaspoon of Epsom Salt into a deep cleansing cream so you can reap the benefits of this mineral deep inside your skin. Massage the mixture onto your skin and then rinse with cool water. Pat dry.

To accompany a pedicure:

Before you go to the trouble of painting your nails, soften your feet by soaking them in a bathtub or plastic basin with warm water and Epsom Salt for at least 10 to 15 minutes. The salt will help to smoothen your feet, giving them a relaxed and refreshed feel.

Relaxing bath crystals:

Mix two cups of Epsom Salt with a few drops of a delightful fragrance to create a custom bath crystal. To dress up your bath crystals, add a few drops of food coloring or teaspoon of glycerin. Store the crystals in an airtight container.

Soothing spa treatment:

After showering, the Epsom Salt Council recommends massaging handfuls of Epsom Salt over wet skin to exfoliate the body. It's the same treatment many upscale spas use, without the upscale price!
Mood Enhancer Bath

Add 1/4 cup of pure vanilla extract to a warm bath. Vanilla has the ability to lift spirits and revive.

Take a handful of pine needles and place them in the foot of old panty hose. Knot around the faucet and let the pine hydrate under running bath water.

You'll feel better!

Wrinkle Removal Recipe

Banana is wonderful as an anti-wrinkle treatment.

Mash 1/4 banana until very creamy. Spread all over face and leave for 15-20 minutes before rinsing off with warm water followed by a dash of cold. Gently pat dry.

Aspirin for Dandruff

No problem, dissolve 2 aspirins in your dandruff shampoo and watch how it clears up. Use a good moisturizing conditioner afterward.
Mustard and nettles bring back blood and circulation

Gargle with salt water for bad gums and teeth

To hide gloss paint smells – us onions cut in half and left on window sills
Exercise #3 — Sensory Observations

Poetry is truly indefinable, but there are a lot of things poetry can do. It can describe a feeling, make a reader see a sight, help you smell a smell, and make something inanimate come to life. Sometimes, a poet has trouble finding ways to describe what she wants to express. This exercise will help you stop and pay attention to the smaller things around you. Go out into the world, and make observations. Wherever you go, make five sensory observations for each sense.

I see...white, square tiles; the backs of strangers; endless rows of books; a lonely microphone; shadows of chairs.

I hear...chattering voices; espresso machines whirring and fizzing; dishes clattering, softly, just clinking together; laughter; the crinkle of newspapers.

I feel...brick wall under my arm; a warm cup in my hand; hot air blowing against my face; the hard seat against my bottom; a wooden curve across my back.

I smell...coffee, mm; my plum chap stick (smells better than it tastes); used books; cinnamon; baking bread.

I taste...a soft coffee flavor; a hint of honey; the thickness of hot air; the ink of a fresh pen; more coffee

I Remember...

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I SEE through screwed up eyes the bright sun, the flowing river, cow parsley, bees drinking nectar, a field of overgrown grass and a full picnic basket.

I SMELL river water and long grass, clover and lavender, fresh baked baguette and luscious fruit.

I TASTE English cheddar, home grown tomatoes, sweet and fresh, good French butter and a light, fruity wine.

I HEAR bees buzzing as they flit from flower to flower, the distant engine of a tractor, birds whirling around the newly turned earth, the crunch of crusty bread as I bite and the river meandering over small stones and a half-built beaver dam.

I FEEL the sun’s warmth on my head, a gentle breeze through the trees, the grass cool beneath me, and the odd stone and twig denting my legs.

I REMEMBER long, long summers on Cow Common, sketching the trees and water and eating good food with friends, those days never to be repeated.

DOREEN HOWARD
2010
I see, I hear, I feel, I smell. I taste.
I remember.

I see a bud, breaking, the leaf resembling a feather soft green, before it darkens.
I hear Tovy scraping the stable floor, eager to go out in the sun.
I feel him nuzzling my hair, impatient, waiting for a treat.

The smell of hay stacked in the corner, sweet in comparison to the strong, pungent amaniac smell of the dungheap close by.
Pulling the hair from my face, my hands touch my lips, leaving the taste of leather and grease mingled with horse sweat.
Smells and Senses being forgotten, some flooding back; I cannot resist, smothering my hands after stroking a donkey tethered to the stable.
Sensing the Season

I see bare-boned trees woefully waiting.
Small green buds – shyly first, then boldly thrusting forth their wares.
Virginal white, misty, mauvey blues, blousy yellow, orange flashing, flirting wildly with bee and butterfly.
Now fading fast, forsaken petals drifting down – their work all done.
All around a golden glow – the final defiant act, before the dull dark end.

I hear cawing crows, roaring whining wind.
Now sweet birdsong and whispering new life.
Then such a buzzing and cooing, such swishing and swaying – all life vying for attention.
Now the silent shower of seeds, flutter of leaves, dull sheen of fruit, craddle and crunch on derfoot.
Amidst the silence, the mouldering moans of death.

I feel the cold harshness of winter and enjoy my warm, safe cocoon.
Then softly, warmly, sneaking, surprising spring.
Suddenly, such impatience to join the rush and grab the thrill of endless days.
Now creeping gloom – it can’t last, but brief days ahead can console with time to rest.

I smell earthy dampness, icy, spicy warmth.
Then from nowhere, whiffs of excitement, the sweet scent of spring.
Now delicate fragrances clashing with opulent perfumes.
I smell sadness in the air, musty, mouldering leaves, woody smoke – odours of decay and success.
Searching and Finding

I’m walking along the beach, busy with burnished bodies and chattering children.
The warm, welcome rays of sun penetrating my winter—wary shell.
The ocean breeze on the balmy breeze seducing me with all-embracing arms.
I see flotsam and jetsam, carelessly cast astride the strand line, shiny plastic and glass, tortuous twin twine and tile.
Beautiful sea-sculptured wood and the elusive filigree fossil sets me scurrying and scuffling, seeking that elusive something.
Should I go forward - I can still retreat, but once the strand is crossed I must go on.
What is there, where is there, when is there?
Am I to choose or was that ever in my power.
The stone I pick is round, voluptuous and enlivening. time has pierced it's soul.
I gaze through it's hollow space to where I'm drawn.
I move forward, my bare feet arch over large, heavy, plump stones warm with promise.
The throng of voices distant now, the softened screeching gulls echoing my steps.
The sounds of tumbling stones reverberate with my breath in tune with every cautious step I take.
Now my toets curl round smaller, sharper stones.
I quicken my pace and breadth, I reach warm, soft sand, my toets submit to it's velvet touch.
Now I'm slowly sinking to the sand, lying, eyes closed, silent screeching gulls keep their watch.
Slow and sure, my slacked out breath ebbs and flows as light as the breeze-blown sand.
I hear the rhythm of the waves seeking me out, to and fro, to and fro.
I'm slipping, sliding slowly into the salty, splashing sea, sucked into this other place.
Above I see shards of crystal green light, a distorted mirror of distracted thoughts fading fast.
Now the silent swell of soft, silky water caresses my body, my soul sells free, seeking, searching that elusive something.
I have no fear, no care, no breath - oblivion alone remains, so sublime.
My searching soul returns, it's quest fulfilled, and soothing solace found.

Now I'm rising, soaring, spiralling upward, I'm floating freely, the warm sun finds my pulse, sets my breath in motion with the swaying waves and casts me back to shore.

Chattering children and screeching gulls validate my being.
Lavender is one of the key ingredients to have to hand, it has a wealth of therapeutic and medicinal properties.

Hops pillows are a great natural aid to a good night's sleep.
I taste dull dampness, icy, spiky ice, but tempting, forbidden food is such solace in the cold.

The anticipation of sweet new growth is stunted by the Lenten Fast – the joy of chocolate and Simnel is swiftly past.

Taste buds quicken with the explosion of summer fruits, hand-picked apples oh so crisp and oozing, succulent berries linger long.

Now Harvest brings such stores of captured wealth to see us through the barren months.

I remember the hard, cold earth, warm glow of lamp and fire.

Snowdrops, daffodils and bluebells all proclaiming spring – such joy.

The soft mauve haze invaded by such fires of pink and orange, red and purple, drenched by summer rain.

Now sadness – it will all pass too soon.

Then acceptance of the age-old cycle, anticipation of what might be,

Knowing it will all return.
Meditation

Meditation as a form of self healing has been well documented some of the group have already tried it and found it to be useful as a general relaxation technique and in focusing the mind.

The following exercise is a journey / visualization meditation which the group did together:

1. Find a position to sit in or lie in which is comfortable for you
2. Close your eyes and relax
3. I want you to focus on the room or space around you, the sounds you can hear, the voices talking to one another or the distant hum of traffic or if you are lucky the sound of wind in the trees or other natural sources slowly you will notice as we proceed that these sounds dissipate and drift into the background
4. Now focus your attention on your breathing, for a few moments to become aware of it as you breathe in and out. As you breathe in imagine pure white light entering you bringing with it positive energy and as you breathe out visualize any stress worries or fears coming out with your breathe.
5. We are now going to go on a journey, this is a meditation I developed from my love of being in the woods, and you can develop your own stories to suit your ideal setting.
6. You are in a wood, it is a warm summer’s day, the ground is flat and grassy and you are in bare feet. The air around you is alive with insects; butterfly’s and around you is the sound of birds and wind gently moving through the trees.
7. As you walk forward you come across an opening a bright circle of warm summer light at the centre of which is a tree (for me this has always been a large Oak but you can find a tree that suits you best)
8. As you walk towards the tree you enter the circle of light and are filled with a tremendous sense of warmth and relaxation
9. Standing in front of the tree you are slowly absorbed into the ground becoming aware of the warmth around you the smell of rich loam and of being surrounded by life
10. Drawn along the trees roots you now find yourself being sucked up the capillaries of the tree under its bark, it is an amazing sense of power within this tree
11. Slowly out along a branch which thins and thins until you find yourself within a green leaf, literally glowing with life
12. Evaporating now you lift off from the tree and drift back down to the ground becoming yourself again
13. Slowly follow the first few steps of the meditation back, through your breathing and becoming aware of the space around you until you feel comfortable to open your eyes
Escapism - 26-3-10

I like to stand and stare
gazing up at clouds shapes and
imagine shapes of racing
animals and birds across the sky.

Clouds are fascinating to me especially
the big skies over the Romney
Marshes and open fields in Kent.

On my cloud are sheep and in
spring, the newborn lambs bleat
all is serene and the silence
deepens and almost sings in
your ears.

The short grass smells sweet
as the lambs continuously chew
and keep the whole landscape
tidy and shorn.

The moments slip by and
eventually I get back to reality
and move into the leafy woods
to be cooled by shade
and refreshed for the rest of the day.
MY MEDITATION

My bare feet sink into the cold damp sand.
I time my breathing to match each step,
Which in turn repeats the rhythm of the waves.
In and out, in and out goes my breath.
In and out, in and out go the waves,
As the foam swishes across the shingle,
In a single sigh of endless peace.
It laps around my toes and chills them.
Even more than the breeze blowing off the ocean.
My feet and foam become one.
My body sways with each gust of wind
As they seek to push me back to the shore.
Out to sea, then back again.
Further in now the surf wets my knees,
My thighs, my body, as I become one with nature.
A chill runs through me, catching my breath.
And sucking it away with each enveloping wave.
I breath again, surrendering myself to the tide.
I float, arms, legs, neck giving way
To feelings of weightlessness,
The sun beats down from a cloudless sky.
I close my hot eyes, giving in and allowing
My mind to wander at will.
I find myself drifting back to shore
And land on the cool wet sand.
I open my eyes and lay, waiting for the sun
To dry me and return me to terra firma.

DOREEN HOWARD
2010
Perfect Cadence
Myself and Kraftwerk
in Ushuaia, Nevada
Perfect Cadence
A rhythm
not gained
but zero like
attained
body, machine
united in one
breathing and pedaling
in unison
A perfect match
of sinews and frame
each turn begins
again and again
like the poet
am the rhyme
its mathematical
co and seine
its longitude and latitude
an invisible line.

Just John
(cow cycling as meditation)
Meditation

When in pain in bed at night
I try to sleep but can't feel right
I have tried counting sheep
But still can't sleep
I tried to relax but later found
That when I cut out noise
And sound
I forgot the pain and after time
I slept at last! Oh how sublime!
The Duir is the sign of the Oak which stands for power and stability.

The druids believed the Duir to be a vessel of cosmic forceful energy. Once tapped, the power can be released and expelled on the battlefield.

The Stalker

The Duir steps into the sunlit clearing. Headed for the gateway, was that there before? Head inclined, to acknowledge, he lays down and disappears. Rain swallowed by a parched earth, merging into the world of earthly dwellers. I gaze up into the mighty crown of the majestic oak.

A silent force propels the man into the air, his face uplifted. Arms spread out like, weightlessly floating back to earth. Gently he bounces back into comfortable step. He can not see me, his face radiant, and a new bounce in his step. The mighty oak shimmering in a faded mystic memory.

* Duir = Men of the oaks.
To touch or not to touch, that is the question.

To touch our heads.

To touch for comfort.

To touch far from my touch.

To touch far from my touch.

To touch far from my touch.

To touch far from my touch.

To touch far from my touch.

To touch, or not to touch.
Hand Massages

Hand Care:
4 tsp Avocado oil
2 tsp evening primrose oil
2 tsp Vit E oil
5 drops sandalwood essential oil
5 drops lemon essential oil
5 drops geranium oil
Mix in bowl thoroughly and put in sterilized jars

How to give a hand massage

1. Step 1 Soak the hands one at a time in a bowl of warm, soapy water for 5 to 10 minutes. In addition to increasing blood flow and relaxing the hand, it cleans and softens the skin.
2. Step 2 Use oil as a lubricant. Peanut oil and olive oil work well; you can also make your own mix (see below).
3. Step 3 Pour oil into your own palmed hand, let it warm up to body temperature. Slowly oil your partner's hand (usually start with the left) so that they are generally lubricated.
4. Step 4 Warm up your partner's hand by slowly lubricating them with the warmed oil and when you are confident that they are relaxed and any tension gone from hand turn their hand palm upward and resting either on your lap or cushion.
5. Step 5 Begin by massaging the palm paying particular attention on the ball of the thumb and then move to the wrist. Hold the hand and arm gently rotate the wrist.
6. Step 6 Start at the base of each finger, gently pulling each finger out without popping the joints. Apply pressure while pulling the finger out toward the finger tip and thumb.
7. Step 7 Knead at the skin between each finger.
8. Step 8 Face the same hand palm down now, and use your thumb to make long strokes with pressure. Move from the point between each finger toward the wrist. Apply generous pressure. Stroke between the long bones rather than directly on them.
9. Step 9 Finish massaging the left hand by applying crosswise strokes back and forth across the top of the hand. Pay additional attention to the outer pad of the hand.
10. Step 10 Repeat all steps on the right hand, and following the massage, allow hands to rest for 5 to 10 minutes.
Rosemary - REMEMBRANCE

The bush you brush past for one minute was Rosemary. The smell will linger for many hours, a smell which invigorates you for hours also.

Remembering! The pathway down our garden the Rosemary clustered together like a tree.

When our kitchen windows were open the smell of rosemary wafts into the house reminding mather to go and pick a bunch, cooking is just taste, and some in a vase for house. What memories.
Prinroes.

Pretty little Primroses hid in
England's woods
Thrive among the Roots, and there
Tangled Grass,
OR Scattered carpet-like in Patches.
Basking in the meagre Rays of Sunlight,
Come to Trespass.

Through the Nacked boughs of Oak
And Elm and Hazel
Distil the Faintest Perfume of the
Woodland Air

Another, midst this Pale Profusion
Waiting
May time sky a Bluebell Hanger
her Azure Buds.
The best way you could get round me
Is put the kettle on and make me tea.
So get yourself in my good books.
I'm funny how my cuppa looks —
For morning tea a mug will do
But afternoons it's a "fussy brew".

The lawn in summer — the perfect place —
Pretty china and cloth of lace.
A lovely cake I'd like to see
The pleasure it would give to me!
Relax and drink the perfect brew.
A lovely friend I'd find in you!

Greta Române
A love song in Reverse

Let the last walk
Be a step back in time
To the slow Kiss
Of making you mine
Let the tears roll upward
And into our eyes
Let's Put back on
Our Lovers disguise
Let start at the point we depart
Let's end at the slow
Faltering Start
Let's begin with broken promises
Am Litter Rights
Let's drift into Happiness
Am passionate nights
Let's walk backwards
At Last hand in hand
As we watch the waves
Leave footprints in the sand

Just John
Long ago through fields of purple
A couple ran hand in loving hand,
Vowing to be together forever.
Ending the day entwined in among the fragrant flowers
Never dreaming that this feeling would end.
Determined to withstand all critics of their love.
Eventually they parted, promising to meet again tomorrow.
Restless winds blew through the lavender as though their minds.
Lexicon for lovers

Dwell with dictionary definitions
She asked
Are we illiterate lovers?
His reply, though complete
Seemed full of self-knowledge
And conceit
A tautness of reasoning
If I was a librarian
She said
I'd stamp you overdue
I'd fine you
For the loss of a loose cover
And the missing pages
Stitched and set in glue
At last she had to concede
That he hadn't been
A particularly good read
A paperback
Too well thumbed
With too many notes in the margin
Far too well read
And sadly
Dated and dedicated
To someone else instead
Just John.
Vlaggetjes Dag

Vlaggetjes dag, cheerfully headed out to sea. Rocks of salt patiently await the silver hoard. Voluptuous virgin fish crowd the deck. Congratulating seagulls fill the air.

"Groene haring" no longer in its name. Glistening rocks of ice replace the rocks of salt. Vlaggetjes dag is a happy home coming. Celebrating seagulls fill the air.

A sunny Saturday in June anticipation fills the air. The "Hollandse Nieuwe" melts tenderly in one's mouth. Precious, well worth its weight in gold. The crispy onion modestly covers his silver love.
made 7th and 9th. My snowman. 09.

How great to have a snowy day
I got the urge to go and play
in swirling flakes and full of glee
I made a snowman up a tree
just like a child — I found it fun
And didn't stop till he was done.

When it got late I said goodnight
I'll come and see you when it's light.

When I looked out, he was no more
A jumbled heap upon the floor
A scarf, his gloves and cheeky hat
All that was left where he had sat.

I miss his grin and saucy wave,
A snowman you just cannot save!
They always melt — it has to be
But I'm sure that he had winked at me.

When working at my kitchen sink —
About my snowman I will think
He made me laugh — he made me smile
He was my friend
for a little while!

by Yvonne Romaine
Life was good when as a child
The sun would shine and days were mild
Snow wasn't cold, it was all fun
We romped and played till day was done.

The teenage years were happy days
But sometimes sad in other ways.
The boy next door could break your heart
We vowed to us we'd never part.

Once settled, married, a life anew
Maturity brought a different view
A family life as man and wife
Tho' lots of work there was no strife.

Looking back I'm quite content
Happiness, it came and went
There's sadness when you're left alone
But then your content in your home.

I wouldn't change a thing that's passed
The memories are the things that last!
Freda Hancock from Photo
Evening visit to Hotel in London

Just once a year we are invited to "Ladies Night" by our husbands. Just once a year we get excited, we meet old friends and are united. With friends we knew for years gone by.

A lovely meal, with lots of wine with several toasts made to members who have done work to help the poor and needy. After the meal, danced and chatted with members from far and wide, some members came from the USA.
When I was young I became a woman.

Now I am young again.

When I was young I wanted to be older. Not necessarily older but wiser, just old enough to drive, to drive, to live life to the fullest. To love and be loved.

When I became a woman my life spread out before me, or so I thought. Days of decision making, responsibility that came with marriage and children. I was loved and I was loved.

Now I am 3 husbands and 3 children down the line. I drive so can't drink, have wised up to life and delegated. Have grown in responsibility and embrace an empty nest with open arms.

I have loved and been loved by many.

If I were young again I wouldn't marry but play. I would have a stable of children from the world fields. Cast of unnecessary responsibilities and embrace the one that got away - my current husband.

I would love and be loved the same.
you see we sit and stare at your
all your words from many a day
Poems came together do many a day
It's hard to write what comes to mind
But my memories are painful 9 your
My Heart to one only Mean Husband
lovers pieces of paper. Absolute
needs not a thing. My Religion's belief
Church Vows Remains Till Death. Use
Pant
DOCTOR CARROT

the

Children's

best

friend