

The Lockdown Lighthouse

THE INTERIM NEWSLETTER FROM THE FRIENDS OF STANDEN ESTATE:

NUTS ABOUT STANDEN
and missing it loads



No 14 - 16th July 2020

In this edition of The Lockdown Lighthouse:

MOTHER EARTH, FATHER SKY

ANOTHER CORVID TALE

A TRUE STORY FROM THE PAST

COMEDY CORNER

IMAGINE

FACTFULNESS

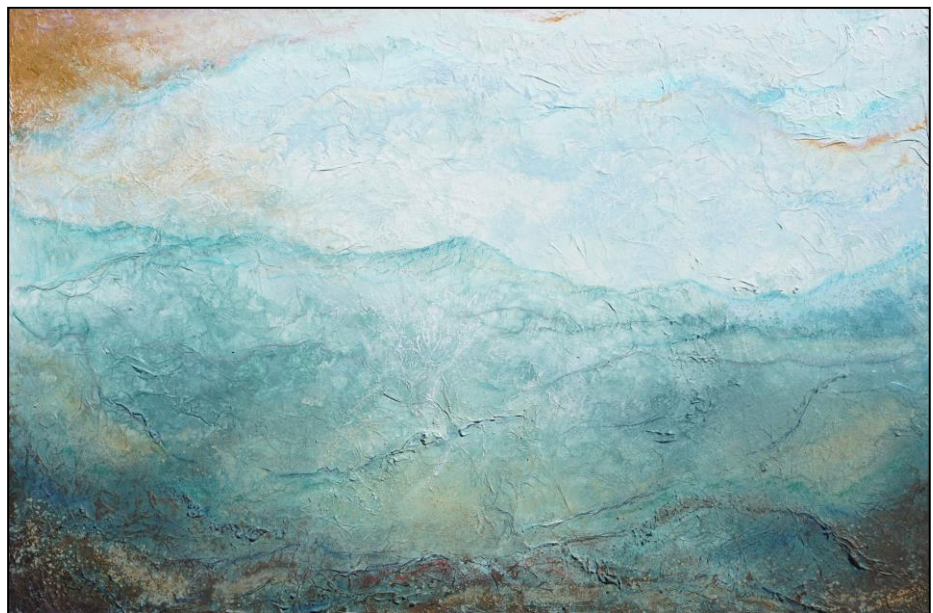
MORE ARTISTIC TALENT

NAME THAT TOOL

AND FINALLY...

Creativity in many guises

We all know Bleau from her role at Standen, where she is an invaluable member of staff, both in the office and wielding tools, but she has numerous other creative talents - artist, poet, horse whisperer...



She has generously shared her latest artwork, named *Mother Earth, Father Sky* with newsletter readers, along with a couple of poems montaged onto photos.



Thanks for the input, Bleau; hope to see you back at Standen soon.

If you want to see more of Bleau's lovely pictures, have a look at <http://woodland-art.com/gallery/>

Crow meets cat - and mouse

Following Phil's comments on corvid activity in the last newsletter, Sally Roberson sent in this tale:

We were sitting in our back garden, having a socially-distanced tea with friends one afternoon. Our tortoiseshell cat, Polly, appeared from nowhere and began creeping across the grass towards the bushes, moving slowly and keeping very close to the ground. We watched quietly to see what she was stalking.

Suddenly, there was a quick pounce and a scuffle, before she emerged from the undergrowth with a mouse, which was squeaking vigorously. Polly dropped it on the grass and began batting at it with her paw. This went on for a minute or two before the mouse keeled over and stopped moving, so naturally the cat lost interest in it and was about to set off for the bushes again.

At this point a rook, which had been watching proceedings with interest from the top of the pergola in the corner of the garden, began cawing loudly. Polly promptly abandoned her plan to find another live mouse and took up a full guard position beside the dead one. The rook went on cawing at her. A great deal of loud cat-swearing and cawing followed, while the two of them eye-balled each other across the grass. Eventually, affecting nonchalance, Polly retired to the bushes, keeping a careful eye on the bird from a safe distance.

The crow retired to a nearby roof-top, but went on watching the mouse closely and shouting at the cat. Not sure quite what to do next (and definitely not wanting a mouse - dead or alive - brought in through the cat-flap) I went to check on it. Reluctant for its brief life to have been entirely in vain, I put the definitely deceased mouse on top of the bird-feeder. When I had moved away, the rook swept down, grabbed the mouse and flew off over the roof-tops to its nest. Polly looked utterly disgusted and sulked for the rest of the afternoon.

Progress from Disaster

I suppose I should apologise that this item, and the 'Factfulness' quiz which appears later have been stolen from a newsletter I received from a local organisation. I hope the author will treat my plagiarism as a compliment rather than just cheek. Both offer a degree of hope in difficult times, so seemed worth sharing.

A True Story: Italy fell first, followed by Spain, then Germany, then Holland. From across the Channel, Britain watched helplessly as a new plague spread slowly and inexorably across Europe. Upon reaching our shores, the infected were ordered not to leave their homes. Spectator sports, plays and other crowd gatherings were forbidden. Street vendors were banned from selling their wares and all institutes of learning were forced to close. As Cambridge University sent its students home, one young man, with books in hand, headed home (about '50' miles) to his mother's farm. There, in self-imposed isolation, this 23 year old indulged his passion for learning all things mathematical. The year was 1665, the student's name was Isaac Newton and he hadn't been idle. By the time he returned to Cambridge the following year, he had given birth to calculus, made a few discoveries about the properties of light, and introduced a revolutionary idea which he described as "a force extending to the orb of the Moon". He named it gravity. No wonder then, that this period is known as 'annus mirabilis', or "year of wonders." This year isn't over yet. Lots of good things could still happen. So it is still possible that 2020 could become known as a new 'annus mirabilis'? We can but hope.

Time to amuse

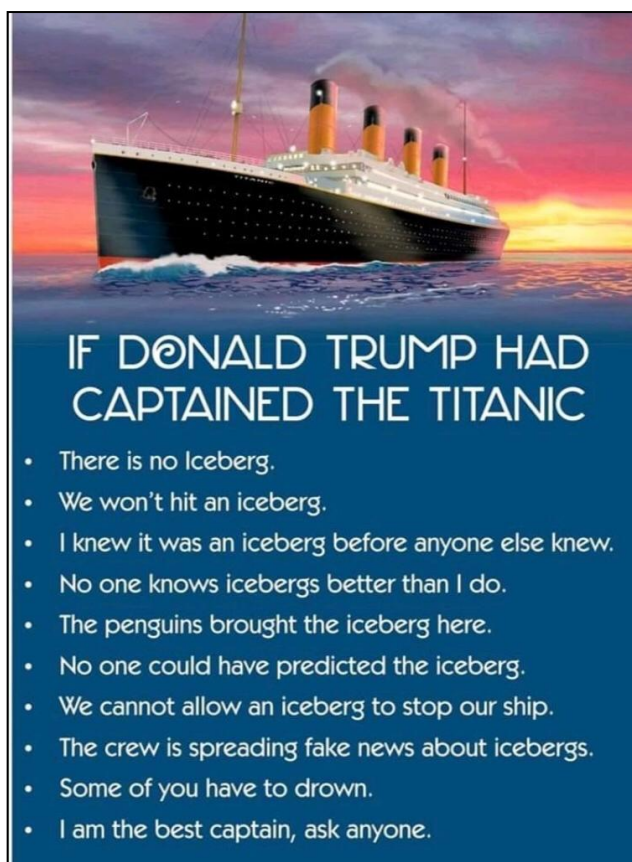
I'm not always a great fan of Michael McIntyre, but thought his skit on predicting the future was amusing and clever:

https://www.youtube.com/watch?v=LEr_84HJbgk

Also creating a naughty giggle was Anne Scutt's video of 'Monkey Business', which comes as an attachment. She was also the source for the crochet joke to the right, and the newspaper clipping below.



Martin came up with some good advice for those who have been piling on the pounds during Lockdown, and my sister passed on the picture of the *Titanic*.



Don't wash your hair in the shower

(It's so good to finally get a health warning that is useful)

IT INVOLVES THE SHAMPOO WHEN IT RUNS DOWN YOUR

BODY WHEN YOU SHOWER WITH IT A WARNING TO US ALL!!!

I don't know WHY I didn't figure this out sooner! I use shampoo in the shower! When I wash my hair, the shampoo runs down my whole body, and printed very clearly on the shampoo label is this warning, "FOR EXTRA BODY AND VOLUME."

No wonder I have been gaining weight! Well, I got rid of that shampoo and I am going to start showering with Dawn dishwashing soap instead. Its label reads, "DISSOLVES FAT THAT IS OTHERWISE DIFFICULT TO REMOVE."

Problem solved!

If I don't answer the phone I'll be in the shower!!!

Counting our blessings

This article, found by Martin, certainly contains some sobering thoughts:

Imagine you were born in 1900.

When you're 14, World War I begins and ends when you're 18 with 22 million dead.

Soon after, a global pandemic, the Spanish Flu, appears, killing 50 million people. And you're alive and 20 years old.

When you're 29 you survive the global economic crisis that started with the collapse of the New York Stock Exchange, causing inflation, unemployment and famine.

When you're 33 years old, the Nazis come to power.

When you are 39, World War II begins and ends when you are 45 years old, with 60 million dead. In the Holocaust, 6 million Jews die.

When you're 52, the Korean War begins.

When you're 64, the Vietnam War begins and ends when you're 75.

A child born in 1985 thinks his grandparents have no idea how difficult life is, but they have survived several wars and catastrophes.

Today we have all the comforts of a new world, amid a new pandemic. But we complain because we need to wear masks. We complain because we must stay confined to our own homes where we have food, electricity, running water, wifi, even Netflix. None of that existed back in the day. But humanity survived those circumstances and never lost their joy of living.

A small change in our perspective can generate miracles. We should be thankful that we are alive. We should do everything we need to do to protect and help each other.

Another positive perspective

The newsletter I filched the Isaac Newton story from also had a quiz entitled 'Factfulness'. I have since found it on the internet at <https://factfulnessquiz.com/>. It was composed by Hans Rosling, a Swedish academic, who used data to show that, despite our dire predictions that the world

is going to hell in a hand cart, things are often a lot more positive than we believe them to be. Take the quiz for a boost to your optimism.

Places we'd like to be

He's doing it again. Roy Page is going on holiday - off to his apartment in Devon, if you please! He'll never hear the end of it from James. Seriously, I hope the



weather stays fine for him and he has a lovely time, especially as he has taken the trouble to send in two pictures of other places we might like to visit.



The first is fairly local, a view of Scotney Castle, which he and Christine have just completed in jigsaw form. They haven't got to this one in real life yet this year, but have managed to visit Standen, Nymans and Sheffield Park - all good for the soul.

The second is one of his own paintings, of a typical Spanish street scene - a welcome reminder of times past, and hopefully times future.

DIY ID quiz

Graham Parkes has been having a turn-out, as have many of us recently:

Along with many others during the current uncertain times I suspect, I have been doing all those little jobs that have been put off for too long. The latest has been to clear out and sort out all the tools that I have collected over the years and that I inherited from relatives and friends

He is now challenging us to 'Name that tool'. If you think you can identify the following exhibits, and say what they are used for, please let me know. Having spent many hours as a child 'helping' my father making and mending things, I am proud to say that I recognised two out of the three, and could say what they were

used for, though the name of one escaped me. The third one, however, had me completely flummoxed. Let's hope some of you can do better.



This final one looks positively villainous; not the kind of thing to be found concealing if stopped by the police!

And finally...

More news from Bleau. She is involved in an event which she thought might interest newsletter readers. Here is the information she sent me:

Heart of the Garden, Ham Cottage, Highbrook

Heart of the Garden is a safely organised event run by **The Koorana Centre** taking place every Thursday afternoon in August at Ham Cottage, an NGS garden in Highbrook owned by Peter Browne. It will be providing people the opportunity to enjoy the garden and take part in optional mindfulness activities. Bleau works part time out of The Koorana Centre as a therapist and will be running taster sessions of healing as well as meditation sessions during this event. Examples of other activities being run include art, creative writing and yoga. Please see the attached

flyer to find a link for more information. Tickets can be booked on The Koorana Centre's website.





Heart of the Garden, August 2020

Thursdays 2-5pm at Ham Cottage, Highbrook RH17 6SR

Nature can have a huge impact on how positive you feel
Relax and wander through 8 acres of tranquil garden, woodland and meadow
with optional creative and mindfulness activities, in safe groups 2-6

The Koorana Centre, Ardingly will feature a free exhibition
bank holiday weekend 28-31 August 2020 2-5pm
to support The Koorana Foundation

Reserve your nature experience through
www.thekooranacentre.com

