

QuebecNews

The Quebec Hall Christian Eventide Home Newsletter

Spring 2010

Dear friends

"Because your love is better than life, my lips will glorify you."
Psalm 63 v3

Our Christmas Carol Service when Mr John Fox was our speaker will be remembered by some of us as the day when the words of the carol "In the bleak midwinter" became appropriate. Those of us who drove home had a slow and very snowy journey.

We have been blessed by a number of musical events much enjoyed by our residents who sang along heartily with the Sprowston Bell Plate ringers as they played some grand old hymn tunes.

A recent visit by Environmental Health took place and the inspector was complimentary about the Home.

Please remember our special Open Day in July and join us if you can as we give thanks to our great, loving and faithful God and Father.

Stephen Read, Trustee

Winter at Quebec Hall

Who would have thought we would have had so much snow for such a long time around Christmas – and to think that each flake is different!

Whilst it did look stunning, (as our picture shows) it did create some treacherous road conditions. We are grateful to all our staff, who battled the elements to continue to care for our residents. On occasions the 'sleep in' room was used by those unable to get home after their shift.

Bert Youngman – VIP



Bungalow resident Bert Youngman was a guest of honour at a special dinner held in the House of Lords.

Bert served in the newly formed SAS during the last war, under his commanding officer Lt Col. Blair Mayne, who was highly decorated for his bravery, having being awarded the DSO with 2 bars. Another incident occurred in 1945, during which he

saved the lives of some of his injured and trapped men whilst under heavy fire. One of these men was Sgt. Bert Youngman.

For this outstanding bravery he was recommended for the VC. However this was later changed to a 3rd bar for his DSO. Bert, along with other service colleagues, has campaigned for years for this decision to be reversed. In a report in the Times, Bert said 'I genuinely thought I wasn't going to make it. He was an unbelievable man and I owe him my life.'

The VIP trip to London was to mark the successful conclusion of a film, in which Bert appears, about the wartime SAS.

Mary & Bernard Cavanagh – a Biography



Bernard and Mary Cavanagh were born in 1920 and 1917 respectively – Bernard in Manchester and Mary in Hamilton, Scotland.

Bernard's father was a toolmaker and the family moved frequently seeking work. Eventually they settled in Kenton, Middlesex. Mary's life was more tranquil, being brought up in a Christian home with a loving extended family who were mainstays of the local church fellowship.

Her grandfather was an itinerant preacher, travelling around the villages of Lanarkshire. Her father was a miner. Whilst he saw many tragedies in the pits, he also had the joy of witnessing many conversions.

Bernard volunteered for the army at the beginning of World War II whilst still a teenager. He was fluent in languages and spent time in France, Belgium, Holland and, at the close of the war, in Germany, working in Intelligence. Whilst billeted in Hamilton, he met Mary at a church meeting organised for the troops. Mary was the organist and was attracted to his motorbike and the promise of silk stockings from the continent!

Bernard became a Christian during the war years, as did his brother. After V.E. Day, Mary and he were married and eventually set up home in London. They had two daughters, Janet and Jean.

For work reasons the family moved to Ramsgate, Kent and then to Richmond, Yorkshire, where Bernard was the Rural District Treasurer. In his spare time, he was never idle, always making and mending things. Mary enjoyed gardening, walking, making clothes, knitting and baking.

Throughout their married life, they faithfully followed their Lord, being involved in the local church and showing hospitality to others.

On retirement, they moved to Lowestoft and later to Costessey in Norwich. As Mary's health deteriorated, Bernard took over the domestic role for around 10 years, until his own health also deteriorated. Subsequently they moved to Quebec Hall. Whilst they appreciate the kindness shown to them here, their hope for the future is to be with Christ – 'which is far better.'

2010 OPEN DAY

July 17th is a special day in the life of Quebec Hall. We will be having an Open Day to mark the Golden Anniversary of the opening of the Hall in 1960.

We are delighted to have as our guest speaker, Brigadier Ian Dobbie. Please note the date and join us at 3pm to celebrate God's goodness over all those years. Tea will be served in the grounds and there will be an opportunity to have a look around the Home and the bungalows.

WHAT'S BEEN HAPPENING AT THE HALL...

A helping hand

We are always pleased to have volunteers helping at Quebec Hall.

Some come as part of an occupational training course, or as part of the Duke of Edinburgh's award scheme. Others help simply because they enjoy it! Whilst their presence is a great benefit to the residents and the work of Quebec Hall, we trust that they themselves also gain some valuable experience.



Recently David Woodgett joined us as part of a college course called the AQA Baccalaureate. He writes :

'My course included lessons for a key skill such as ICT Computing or

Critical Thinking but I chose Citizenship, for which I took the exam at the beginning of January. Secondly, I had to create an independent study on a subject of my choice (I wrote, recorded and produced a music CD and described the process I went through to do it) and lastly, I took

part in 100 hours of community work and logged it in a diary which was handed in at the end of February.

My 100 hours were made up of various activities, including work at the local high street Christian book shop, Green Pastures, helping with various church events, including playing in worship bands, and attending an annual youth festival on the Isle of Man.

A further area of work was at Quebec Hall. For hours I scrubbed, mended and painted garden benches, railings, the outside toilet and the summer house.

I weeded much of the garden area and even spent a day clearing out all the moss from the guttering of every bungalow in the grounds. At the end of those long days, I helped with the tea and biscuit round, and spent many interesting hours talking with some of the residents in the main hall.

I really enjoyed my time working around the Hall and the experience I gained through the course itself. I look forward to the opportunities that it will open up for me and the chance to work around Quebec Hall again in the future.'

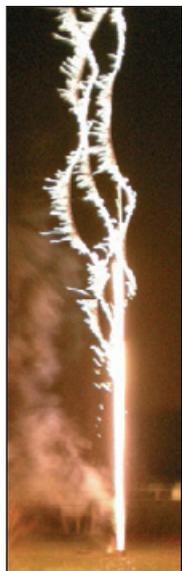
Thank you for your help, David. Ed



It struck the right note

Back by popular demand, we started the events for 2010 with a further visit of the Sprowston Bell Plate Ringers.

It was an entertaining evening during which residents and staff were encouraged to take part. Some took up the challenge, including our Care Manager, Karen Vertigan, seen in the white top in the photo.



Fireworks

As the photograph shows, there were some extremely spectacular fireworks last November!

Unfortunately it was raining and quite a few people stayed inside. There were some brave folks though – especially the manager and his helpers – who endured the deluge and put on a marvellous half hour display. They, together with all the spectators, thoroughly enjoyed the home-made soup and hot dogs.

Christmas Carols

We always look forward to the Salvation Army's visit at Christmas.

Firstly we enjoyed listening to a group of singers, led by Major Jean Crozier. This was followed, a few days later, by a small brass band led by bungalow resident Frank Holmes. It was a great time for all to join in singing those much loved carols.



Young and older enjoyed a special evening of carol singing when the 1st Dereham William Cowper cub pack came to entertain us. Children, as young as six, produced a varied program and gave a decorated pot to each of our residents as a present. All enjoyed the opportunity for a chat.



Staff party

Several members of the staff enjoyed a festive party just before Christmas – but what was going on at the time this photo was taken!?



Lunchtime

We welcome all visitors to join us for lunch, including this lovely barn owl which dropped in near the bungalows!

STAFF NEWS...



New uniforms

Our cooks and still room staff have recently been equipped with new style uniforms.

These are both functional and smart as the photo of Kathy Cramer (cook) and Angela Hobden (still room) shows.

FUTURE EVENTS...

Events planned for the coming months include:

- ★ Reflection Service on Easter Saturday at 11am
- ★ Cream Tea on May 5th at 3pm
- ★ Cream Tea on June 2nd at 3pm
- ★ Entertainment Evening on June 26th at 6.30pm, with snacks and refreshments

Quebec Hall

TRUSTEES:

Phil Davey (Chairman) · Colin Wooden
Stephen Read · Trevor Handel

SENIOR MANAGEMENT:

Mark Woodgett (General Manager)
Karen Vertigan (Head of Care and Registered House Manager)
Lynn Kelly (Deputy Head of Care)