

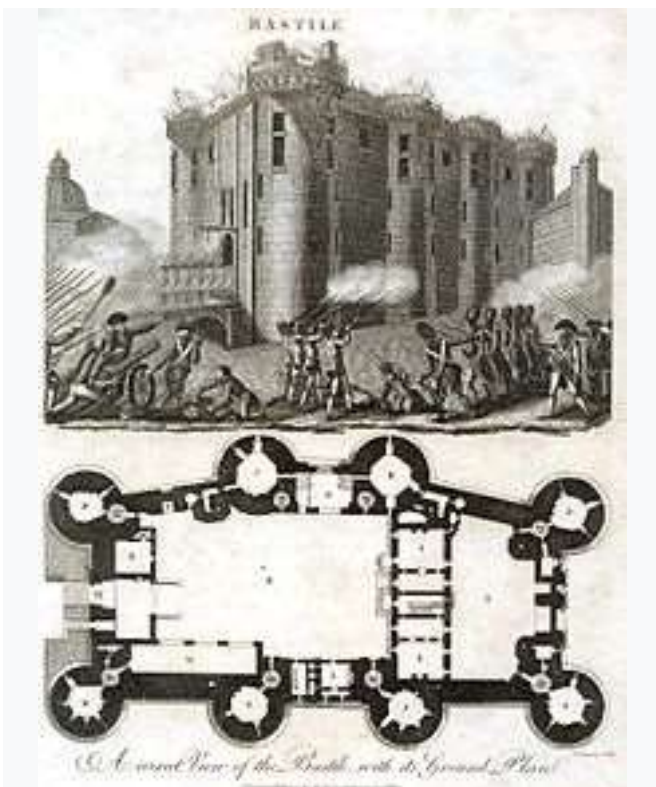


*July 2022 Newsletter
Magazine Section*

*FRIENDSHIP, FELLOWSHIP
AND FUN*

*Bastille Day
14 July*

The Bastille, Paris



The Bastille was built during the Hundred Years' War. It was called the **Bastion de Saint-Antoine**. At first it was just the Saint-Antoine gate, but from 1370–1383, this gate was made bigger and became a fortress. It defended the east end of Paris and the Hôtel Saint-Pol royal palace. After the war, it was turned into a prison. Louis XIII(13) was the first king to send prisoners there.

The Bastille was built in a rectangle shape, 70 meters (220 ft) long and 30 meters (90 ft) wide. It had eight towers and walls 25 meters (80 ft) high, with a wide moat going around the outside. There were two courtyards inside and houses against the walls. Pairs of towers on the east and west sides had gates through which the rue Saint-Antoine passed. In the 1400s, these were blocked up, and a new city gate was built to the north on the present day rue de la Bastille. A bastion on the eastern side was built later. The walls and towers were of the same height and width and joined by a broad path. Soldiers on the wall could move quickly to any part of the fortress without having to climb down inside the towers. It also meant that there was enough room for placing artillery

The French Revolution

The French Revolution was a period of radical political and societal change in France.

The underlying causes of the French Revolution are generally seen as arising from the failure of the authorities to manage social and economic inequality. Rapid population growth and the inability to adequately finance government debt resulted in economic depression, unemployment and high food prices. Combined with a regressive tax system and resistance to reform by the ruling elite, it resulted in a crisis Louis XVI proved unable to manage.

Under Louis XIV, the Court at Versailles was the centre of culture, fashion and political power. Improvements in education and literacy over the course of the 18th century meant larger audiences for newspapers and journals, with Masonic lodges, coffee houses and reading clubs providing areas where people could debate and discuss ideas. The emergence of this "public sphere" led to Paris replacing Versailles as the cultural and intellectual centre, leaving the Court isolated and less able to influence opinion.

In addition to these social changes, the French population grew from 18 million in 1700 to 26 million in 1789, making it the most populous state in Europe; Paris had over 600,000 inhabitants, of whom roughly one third were either unemployed or had no regular work. Inefficient agricultural methods meant domestic farmers struggled to grow enough food to support these numbers and primitive transportation networks made it hard to distribute what they did produce.

As a consequence of this imbalance, food prices rose by 65% between 1770 and 1790 but wages increased by only 22%. Such shortages were damaging for the regime, since many blamed price increases on government failure to prevent profiteering. Poor harvests throughout the 1780s, culminating in the most severe winter for decades in 1788/1789, created a rural peasantry with nothing to sell, and an urban proletariat whose purchasing power had collapsed

Although not indifferent to the crisis and willing to consider reforms, Louis XVI often backed down when faced with opposition from conservative elements within the nobility. As a result, the court became the target of popular anger, particularly Queen Marie-Antoinette, who was viewed as a spendthrift Austrian spy, and blamed for the dismissal of 'progressive' ministers like Jacques Necker.

The Storming of the Bastille was a decisive moment in the early months of the French Revolution (1789-1799). On 14 July 1789, the Bastille, a fortress and political prison symbolizing the oppressiveness of France's Ancien Régime, was attacked and destroyed by a crowd mainly consisting of sans-culottes, or lower classes.

A crowd of around 8,000 men and women were outside the Bastille by mid-morning. They wanted the guards to give up the prison, remove the

artillery guns, and give them the gunpowder and weapons. Two people chosen to represent those outside were invited into the fortress to talk with the Governor.

At about 1:00pm, the crowd broke into the undefended outer courtyard and the chains on the drawbridge to the inner courtyard were cut. There was some gunfire, but by mid-afternoon the crowd was being supported by mutinous Gardes Françaises of the Royal Army and two cannons. The Governor ordered his guards to stop shooting and he gave up the fortress.

The crowd swept into the Bastille at about 5.30pm. Even though they had surrendered, the Governor and some of the guards of the Bastille were killed. Their heads were cut off, stuck onto long poles, and marched through the streets.

The propaganda value of the Bastille was quickly seen by Pierre-François Palloy, "Patriote Palloy". By the next day he got together a group of men to begin pulling down the fortress. People paid him to view the site and he sold off pieces as souvenirs. By November 1789, the Bastille was largely pulled down.

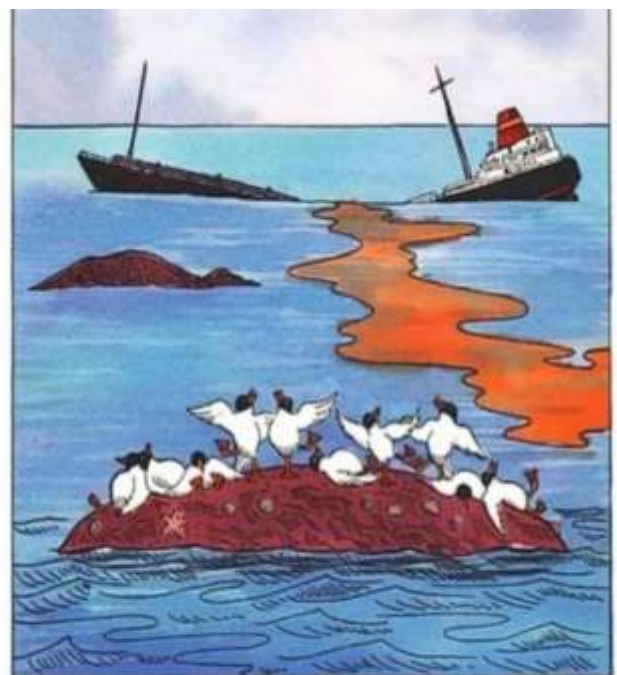
The area today



Remaining stones of the Bastille are still visible now on Boulevard Henri IV. The site of the Bastille is now called the Place de la Bastille. It is home to the Opéra Bastille. The large moat behind the fort has been turned into a marina for boats, the Bassin de l'Arsenal. To the north, a covered canal, the Canal Saint Martin, goes under the road along the edge of the site.

The remains of one tower of the fort were found during digging for the Paris Métro in 1899. These were moved to a park a few hundred meters away. The outline of the fort is also marked on the streets and pavements with special paving stones.

Today in France, the 14 July, *Fête Nationale*, or Bastille Day, is a national holiday



AFTER 50,000 GALLONS OF WHISKY
LEAKED INTO THE SEA, NO TERN
WAS LEFT UNSTONED

Price of gas in France

A thief in Paris planned to steal some paintings from the Louvre

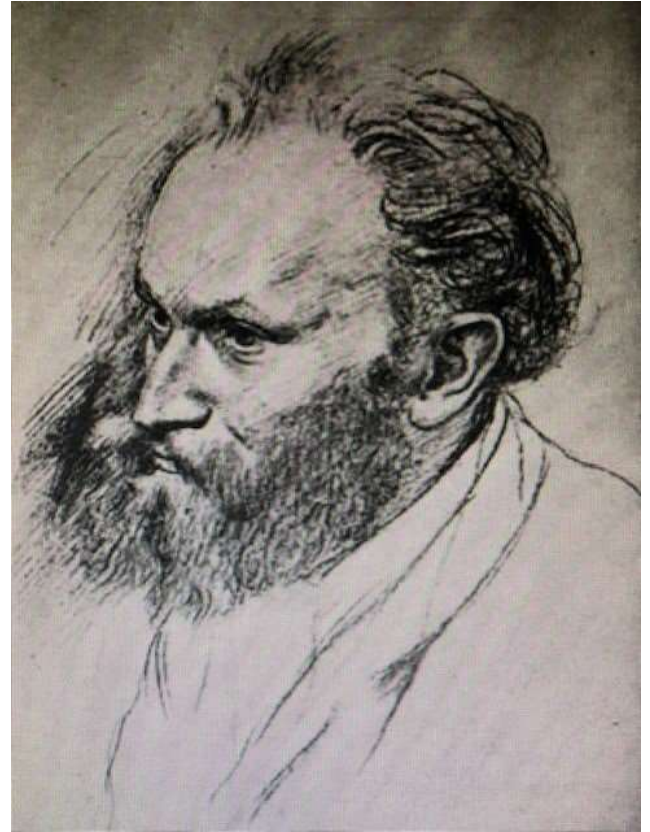


After careful planning, he got past security, stole the paintings, and made it safely to his van.

However, he was captured only two blocks away when his van ran out of gas. When asked how he could mastermind such a crime and then make such an obvious error, he replied, "Monsieur, that is the reason I stole the paintings---



I had no Monet



To buy Degas



To make the Van Gogh.



See if you have De Gaulle to send this on to someone else.



I sent it to you because I figured I had nothing Toulouse

With thanks to Jan Staniland

Paddington Bear

Paddington Bear is a fictional character in children's literature. He first appeared on 13 October 1958 in the children's book *A Bear Called Paddington* and has been featured in more than twenty books written by British author Michael Bond, and illustrated by Peggy Fortnum and other artists.



Michael Bond and a Paddington Bear Toy

Michael Bond based Paddington Bear on a lone teddy bear that he noticed on a shelf in a London shop near Paddington Station on Christmas Eve 1956, which he bought as a present for his wife.

The bear inspired Bond to write a story and in ten days, he had written the first book. The book was given to his agent,

Harvey Unna. *A Bear Called Paddington* was first published on 13 October 1958 by William Collins & Sons.

The friendly spectacled bear from "darkest Peru" – with his old hat, battered suitcase, duffel coat and love of marmalade – has become a classic character in British children's literature. An anthropomorphised bear, Paddington is always polite – addressing people as "Mr", "Mrs" and "Miss" but rarely by first names – and kindhearted, though he inflicts hard stares on those who incur his disapproval. He has an endless capacity for innocently getting into trouble, but he is known to "try so hard to get things right".

In the first story, the middle-class Brown family found Paddington at Paddington railway station in London. Paddington was sitting on his suitcase with a note attached to his coat that reads "Please look after this bear. Thank you." Bond has said that his memories of newsreels showing trainloads of child evacuees leaving London during World War II, with labels around their necks and their possessions in small suitcases, prompted him to do the same for Paddington.

Paddington arrives as a stowaway coming from "Darkest Peru," Bond originally wanted Paddington to have "travelled from darkest Africa," but his agent advised him that there were no bears in Africa, and thus it was amended to Peru, home of the spectacled bear.

A much loved fictional character in the UK, a Paddington Bear soft toy was chosen by British tunnellers as the first item to pass through to their French counterparts when the two sides of the Channel Tunnel were linked in 1994. Paddington books have been translated into 30 languages across 70 titles and have sold more than 30 million copies worldwide. Paddington Bear has been adapted for television, films and appeared in commercials.

On 4 June 2022, Paddington appeared alongside Queen Elizabeth II taking tea and marmalade sandwiches in Buckingham Palace at the start of the Platinum Party at the Palace.

When Elizabeth became Queen

One of my earliest memories is from 6 February 1952 when I was in school in London. The headmaster came into our class and told us 7-year-olds that the king had died. I don't remember any reaction as I for one did not understand what he meant

I remember that evening at home. The radio played sombre music and my Dad came home from work and put on a black tie.

Later he did this again, when Winston Churchill died

Geoff Jones

Benefits of Tai Chi

1. Prevents falls
2. Builds muscle strength in the legs
3. Improves mental focus, visualisation and co-ordination
4. Helps to reduce blood pressure
5. Prevents bone demineralisation and minimises the risk of fractures
6. Reduces stress and manages anxiety
7. Low-risk, accessible and inexpensive

Tai Chi classes focus on low to moderate intensity exercises, making them safe for most seniors.

Tai Chi - a Gentler Way

Both physical exercise and a mental state of tranquillity is a part of human nature which we have been deprived of by our busy modern life says Dr Paul Lam, Director of Tai Chi for Health Institute.

Many studies have shown that tai chi builds muscle strength, improves balance and flexibility. It is especially effective at building the deep stabiliser muscles that support our back, which most conventional exercises do not do.

Originating in China it is arguably one of the most popular exercises in the world which involves breathing correctly and can be performed anywhere at any time, even outdoors. Studies have shown that exercising outdoors, can be associated with increased energy, alongside a decrease in stress and depression.

Judee Radford

Very Easy Beef Casserole

700g lean beef cubed

1 large or 2 small onions chopped

200g mushrooms chopped

5 rashers of bacon cut into small pieces

140g Leggo's tomato paste

Mix all ingredients together and place in a casserole.

Cook in oven at 180C for two hours.



Memories



**IF YOU'VE NEVER HAD ONE
OF THESE FLY TOWARDS
YOUR HEAD YOU WERE TOO
WELL-BEHAVED IN SCHOOL!**







Hours of fun.
Do you remember the smell?

