

Powick Times

A free monthly newspaper for Powick, Callow End and surrounding villages



Issue 1

March 2023

FREE



Welcome to the first edition of the Powick Times! This newspaper will be published monthly, covering the areas of Powick, Callow End, Bastonford, Clevelode and Deblin's Green. This is *your* newspaper and we welcome news from all quarters, Clubs, Associations etc. This an exciting development after the closure of the Parish Magazine, that had been in existence for 131 years. We see this publication as a continuation and expansion of this remarkable achievement.

We produce three newspapers: *The Pershore Times* (80 editions) and more recently *The Upton Times* (21 editions). We also produce *today* an on-line newspaper with a regular readership of over 10,500. With social media, Facebook and Twitter, we have total a readership and following of 25,000. Our initial thoughts were to include Powick in the Upton Times but decided to produce a

completely separate publication. Powick and the surrounding areas are very active and have a lot of history. We have a very enthusiastic and experienced team and will make a success of this publication. We look forward to receiving your news and information. *Please email: news@hughes.company*

The clocks go forward on Sunday the 26th March! This is

a great event! We are back to 'normal' time, and we can begin to enjoy the longer lighter evenings. Those short dark days are over thank goodness. We can look forward to Spring, Summer and Autumn. Each of these seasons are wonderful. We are already seeing spring flowers and green shoots, soon the hedges will bud and the trees come into blossom. The wild life will be active again and the scenery around us will be beautiful. We have lots to look forward to and we are very fortunate having so much natural local beauty.

Mothering Sunday
19th March

Clocks will
"spring forward"
Sunday 26th March



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Choir makes Charity donations

The two charities chosen were Cruse Bereavement Support and Megan Baker House, a charity that provides education sessions for children and adults with motor disorders. The donations amounted

to £2,188, an astonishing amount. Representatives from the two charities attended and were welcomed by John Tinnion, Chairman of the choir, who presented them with cheques.



Cruse Bereavement was represented by Linda McDonnell

Cruse is the UK's leading bereavement charity who offer support through their website, national helpline, live chat, group, Zoom, telephone or one-to-one in person support. They want to make sure everyone grieving gets the help they need in a way that works for them. They have a specially trained dedicated team of 4,000 bereavement volunteers. Grieving people need a voice and that's why they're campaigning to make sure

they're heard. They'll do whatever it takes to make changes, from campaigning for better business standards to improving bereavement laws – we're determined to change how grieving people are treated. We want to live in a world where grief is understood and supported. We equip, educate and empower society to make sure all bereaved people are treated with compassion and respect. www.cruse.org.uk



Lee Gough represented Megan Baker House

Megan Baker House was started in 2002 by Jo and Dave Baker whose daughter Megan had Cerebral Palsy. Jo and Dave found conductive education the most effective method for Megan. However, it was costly to take Megan to Hungary, where conductive education was developed. Having received funding, a small conductive education centre with two children who had neurological movement disorders in attendance was opened. Sadly, within a few weeks of the centre opening, Megan died. After much soul searching, Jo and Dave decided to continue with the work they began in memory of their beautiful daughter. Today the centre is based in Orchard Lane, Ledbury, Herefordshire. The relocation enabled the charity to accommodate the waiting list

of adults and children with movement disorders wanting to access services. Such is the demand for conductive education at Megan Baker House, families travel from all over the UK and even from abroad. Since its beginnings Megan Baker House has come a long way. It now offers conductive education to children with a wide variety of movement disorders and adults with Parkinson's, stroke, Multiple Sclerosis. Megan Baker House now also runs a Reachout service operating within Herefordshire, Worcestershire and Gloucestershire as well as Conductive Education sessions virtually for those that aren't able to access one of our venues or live too far afield to travel to us.

www.meganbakerhouse.org.uk

The 36th Bromsgrove Lecture
 Hosted by The Bromsgrove Society
Wednesday 19th April 2023 at 7.30pm
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We would welcome enquiries from anyone wanting to join the choir.

We can be contacted via Our Choir Website: www.powickcommunitychoir.info

By email: powickchoir@outlook.com

Our 2023 concerts will be:
Saturday 29th April - joint Evening Concert with Sabrina Voices at Worcester Royal Grammar School.
Saturday 22nd July - Evensong at St George's Chapel, Windsor
Saturday 14th October - Evening concert at Holy Trinity Church, Malvern Link

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A few words from... Harriett Baldwin MP



MP Secures Autism Free School Win

Harriett Baldwin MP has today welcomed news that a new school will be opened up in Malvern to support children with special educational needs. Harriett first called for a new autism free school in 2017 after meeting with teachers at Dyson Perrins Academy and hearing plans for a dedicated school to help local pupils with extra support requirements. The new school will offer extra

places for children with autism and other related conditions significantly reducing the number of council-funded car journeys to schools across the county.

The MP has also met with local parents to hear of the challenges of finding spaces at appropriate educational settings and has shared her concerns on several occasions with Worcestershire County Council, pressing for a new autism free school in Malvern. The Department for Education today wrote to Harriett confirming the new school which will be delivered as part of a £2.6bn high needs capital funding, to deliver 60 new special and Alternative Provision free schools. Harriett said: "This is wonderful news which I know will be welcomed by the parents who have reached out to me about the challenges of supporting their children with Autism. I've been supporting this project for many years, and I am over the moon that this project will be moving forward in Malvern but offering hope to many families across the county who will benefit from this major financial investment."

Powick Parish Newsletter & Powick Parish Magazine

Residents of Powick, Callow End, Bastonford, Clevelode and Deblin's Green will have become familiar with the regular delivery of both the Parish Newsletter and the Parish Magazine.

The latter publication, produced by the Parochial Church Council, had been around for over 100 years, but has now ceased publication. The Parish Newsletter, distributed for free to all households, is produced by the Parish Council on a quarterly basis and contains Community information.

You will be aware that the excellent Upton Times has agreed to include Callow End and Powick in its future circulation area, placing monthly editions in central locations in those areas. The Parish Council has decided that it will continue to publish

its quarterly newsletter, distributed to all by its team of volunteers, as we feel it important to keep all residents engaged with current issues, so you should expect to continue to receive the Newsletter. Additionally, we intend to include in the newsletter some of the regular items that formerly appeared in the Church magazine as we feel these are key to keeping parishioners up to date. All our newsletters will also appear online on the Parish website at www.powick-pc.org.uk We hope this reassures residents that we are maintaining a visible means of communication in order to keep you all informed

*Andy Lamb
Chairman
Powick Parish Council*




the Pershore Times and Upton Times, covering news and items that arise on a daily basis. You can also access previous articles from our papers that you may have missed.

If you have something that you wish to publicise and be accessible at the click of a button, contact by email: news@hughes.company With current readership at 7500+ it is functional, factual and fun in your pocket. If you haven't tried it give it a look!

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According to the Alzheimer's Society more than one million people in the UK will have dementia by 2025 the statistics for women is significantly higher amongst women than men

If one joint account holder loses mental capacity, banks or building Societies can decide whether they will restrict the use of the account for essential transactions.

Should that happen, then the family have to deal with the Court of Protection and they

are a nightmare. They do not understand the word Urgency let alone spell it. The writer has terrible first hand experience with a family member.

The Pershore Times have made a special arrangement with Resolve Law Group on behalf of their readers using the Newspaper Code PT75.

The arrangement is that the fee for each LPA is £175.00 plus the fee to the Office of the Public Guardian of £82.00. Any person should have this in place whether you are 30 or 70 years old.



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The Reverend Gary Crellin

Daffodils are coming...

Daffodil Sunday is the major church fundraiser for GMN parish. It returns on Sunday 19th March 2023 (2-5pm) at Madresfield Court - save the date. The church will be open to visitors too.

Introducing.....

The Organists

Did you know, we have FOUR organists available to support our worship and funerals and weddings (and the occasional Songs of Praise....) across our four churches. We have even introduced hymns to our BCP service at Guarlford! Charles Hines, Carleton Tarr, Sally Linsey, and Mary Robertson play for us regularly across the three churches (sometimes an organist plays the little Nicholson organ at Callow End, especially at Remembrance) and their music aids our worship immeasurably. Due to the nature of parish life, they have to contend with different hymn books, different instruments and the vagaries of the Vicar's musical taste - or not! We have

enough organists now to support our worship and we should give thanks to God for their service and musicality.

Help wanted.....

Is anyone prepared to help clean the brass at church? Please let Janet or Richard know if you are interested.

The Reverend Gary Crellin
Vicar of the Parishes of Powick, Guarlford & Madresfield with Newland

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Services for the coming period

Sunday 12th March

Lent 3

9.30am Lent Communion at Callow End

11.00am Lent Communion at Madresfield

Readings:

Exodus 17: 1-7, Romans 5: 1-11
(not being used in worship),

John 4: 5-42

Collect:

Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen.

Sunday 19th March

8.00am BCP Communion at Powick

9.30am BCP Communion at Guarlford

11.00am Morning Praise for
Mothering Sunday at Powick

5.30pm BCP Evening Prayer via Zoom

Sunday 26th March

9.30am Lent Communion at Callow End

11.00am Lent Communion at Madresfield

The Bookbinding Place ...

One of our trade secrets we are willing to share... The BBC Repair Shop programme has prompted many to consider the repair and renovation of a cherished item that has seen better days. Items hidden away on a bookshelf or in a cupboard can often be restored to former glory and this is especially true for rare or valued books damaged by neglect, or simply the passage of time. Here at Hughes & Co. we out-source our book binding to a trade binding company, The Binding Place and we are happy to pass on our long experience with this company as a recommendation to our readers. Richard Siddell is book restorer who took charge of The Binding Place, based in Gloucestershire, last year. Hughes & Co. have been associated with this company for over 30 years and have continued to rely on the high quality service. We print and publish specialist books that require top quality presentation. Covers of leather or cloth (or a combination of both) often require gilt, tooled lettering, embossed decoration, marbled

end pages and protective slip covers on many of their publications. Examples of these high value, quality books are often displayed in the window of Hughes & Co's office in Church Street, prompting customer's enquiries on repair or restoration of their own texts. Clients arrive with books displaying signs of general wear and tear or accidental damage. Broken spines, loose pages, broken stitching, ripped, faded and tatty covers can all be repaired. The response when customers receive their restored item is wholly positive. They are delighted with the renovation and appreciate the skill of the repair. Richard, a member of the Society of Bookbinders, has restored ancient leather bound texts as well as more modern publications needing fabric cover. These include family bibles, diaries, photo albums, recipe books and cherished story books that owners wish to preserve for sentimental reasons. The Binding Place also offers a bespoke service for those who want to give personalised



presentation notebooks as gifts. These come as lined or unlined, with a choice of colour for the pages. They make ideal journals, diaries, visitors or address books. These are popular for almost any occasion; Christmas, birthday, graduations, retirements or anniversaries. If you are looking at an item to restore or repair the service of a specialist is very wise. Amateur attempts involving glue and sticky-tape can result in disaster. An unsightly finish

and a loss in value, possibly both, is all too easy to achieve. Don't be too swift in the rejection of an old, neglected or damaged book. Before you consign it to the charity shop, check on what edition it is and find out its approximate value on the internet. It may be worth professional repair.

If you have a cherished book that is in need of restoration or repair contact Hughes and Company 01386 803803

Rotary Club of Worcester

The Rotary Club of Worcester is Club number 132 and was granted its charter on 7th April 1924. We are part of District 1100, which comprises 65 Rotary Clubs in an area of the West of England stretching from Worcester in the South Midlands down to Bristol and North Somerset, and across to Swindon in Wiltshire. We normally meet Monday lunchtimes, at 12:55, at the Worcestershire County Cricket Ground. Meetings are scheduled to end at 14:00. When there is a 5th Monday in the month we have a longer, evening meeting to which partners are invited. The Rotary Club of Worcester is a dual gender club. The Club has provided a number of District Governors and currently has a Past District Governor as an active member.

There are also four other Rotary Clubs in the City, Worcester Severn (1982), Worcester South (1968), Worcester Wychavon (1990), Worcester Vigornia (2008) - if you would like information about any of these clubs, do contact us.

What is Rotary?

Founded in Chicago USA in 1905 by Paul Harris, Rotary

International is a worldwide organization of business & professional people. There are over 32,000 clubs and 1.2m members, representing almost every walk of life. Rotary's motto is 'Service Above Self'. Its mission is to provide service in the community, in the workplace, and throughout the world to build goodwill and peace, provide humanitarian service, and to encourage high ethical standards in all vocations.

Worldwide

A good example of Rotary worldwide is Polio Plus. This is a programme which has the goal of eradicating polio by the year 2005. Since 1985 Rotary has raised over \$296 million for this cause. In the year 1996/7 154 countries reported zero cases of polio. Subject to fundraising efforts the eradication target is on course.



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keep hold of the toiles and use them for future brides looking for a similar shape or fit. Another local talented seamstress and I construct each gown using the bride's measurements. We carry out all the fittings in house as well so that the bride can feel confident knowing her entire dress is lovingly made from start to finish by the same people.

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Women's Hour!

Difference between Mothering Sunday and Mother's Day



Susan Catford has been unwell and not able to write her articles this month. We wish her a speedy recovery and look forward to her return, in time for next month.
Editor



While Mother's Day and Mothering Sunday sound like variations of each other, these are two different days and signify two different things. Mother's Day is an American Holiday, while Mothering Sunday is an old Christian holiday that is commonly celebrated in some parts of Europe.

This is one of the many differences between the holidays. Mother's Day can be dated back to the early 1900s as a day created in order to honour mothers and their continuous service to the house and the children. Anna Jarvis is credited with creating this day in order to commemorate all mothers around the world. The

holiday has now become commercial and is celebrated by over 70 countries around the world. On this day, children and spouses shower the mother with presents, flowers, and pamper her the whole day. Mother's Day is celebrated on the Second Sunday of May in many countries. On the other hand, Mothering

Sunday can be dated back to old Christian days. It is celebrated on the Fourth Sunday of Lent. Although mothers are honoured on this day, the term 'mothering' actually refers to the 'Mother Church'. In the olden days, after a certain age children would leave their parents and go off into service. The boys would go off to apprentice for a master and the girls would go into service. On this day, they were free and allowed to return home and attend their home church or 'Mother Church' for service. The day of the celebration is also significant as the rules of food that are adhered to during Lent are relaxed on this day in order to enjoy the feast as a family. Returning home, the children would often take sweets, presents and treats for their mothers and the family. Now with the commercialization of the holiday, the celebration of the day is similar to Mother's Day in the United States. On this day, mothers are often pampered and showered with gifts, sweets and flowers.

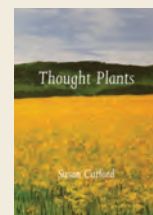
*Happy Mothering Sunday!
Sunday 19th March 2023*

My Mother kept a garden

My Mother kept a garden,
a garden of the heart,
She planted all the good things
that gave my life it's start.
She turned me to the sunshine
and encouraged me to dream,
Fostering and nurturing
the seeds of self-esteem...
And when the winds and rain
came,
she protected me enough-
But not too much because she
knew

I'd need to stand up strong and
tough.
Her constant good example
always taught me right from
wrong-
Markers for my pathway
that will last a lifetime long.
I am my Mother's garden.
I am her legacy-
And I hope today she feels the
love
reflected back from me.

Author Unknown



'Thought Plants' is Susan's first book and is a new collection of writing and poems exploring ideas, events and everyday life.
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Garden Watch



No Mow May

Join legions of gardeners and say “no” to the mow during the month of May to help our bees, butterflies, wildlife and us! What is No Mow May and why does it matter?

Put quite simply, plants need pollinators and pollinators need plants. However, we know that both are in sharp decline. Gardeners, councils and landowners across the UK are gearing up for No Mow May, letting their lawns, verges and grasslands grow freely to give nature a boost. It's not too late to take part this year – any break from your routine mowing will enable bees, butterflies and other wildlife to get a much-needed boost this spring. All you have to do is resist the urge to cut the lawn during the month of May. Campaign research has revealed that mowing your lawn less frequently can provide enough nectar sugar for ten times the amount of bees, butterflies, moths, beetles and other pollinators. Last year's results showed that gardeners who took part reported up to 250 species of plants, including wild garlic, wild strawberry, declining orchids and the rare meadow flower snakeshead fritillary, flowering within the grasses. Lawns are often wastelands for insects and flowers, with all potential diversity kept under tight control by regular mowing and weed removal.

But left to its own devices, those ordinary weeds can provide vital food. Dandelions are a particular superfood for bees and butterflies. Despite being outnumbered by daisies 85 to 1 on a typical 100m2 lawn, they produce 9% of the lawn's pollen and 37% of its nectar sugar.

Did you know..?

On a single day in summer, one acre of wildflower meadow can contain 3 million flowers and produce 1 kg of nectar sugar for pollinators. But since the 1930s, we have lost nearly 7.5 million acres of flower-rich meadows and pastures. Just 1% of our countryside now provides this floral feast for pollinators. Against this loss, habitats such as lawns have become increasingly important. With 15 million gardens in Britain, our lawns have the potential to become major sources of nectar. In response to these findings, we're encouraging you to leave your lawnmower in the shed and let all your lawn grow long, just for the month of May. In this way, smaller plants like clover, daisies, dandelions, selfheal and clover will get a chance to flower and give pollinators a head-start.

Country File - Woodpeckers

Great spotted woodpeckers can be seen in woodlands, especially with mature broad-leaved trees, although mature conifers will support them. They can also be found in parks and large gardens. They will come to peanut feeders and bird tables. Only two species of black and white woodpeckers occur in the UK - the great spotted and lesser spotted. In spring and summer, people often they have a middle spotted woodpecker in their garden. This confusion arises when young great spotted woodpeckers leave the nest. Like a middle spotted woodpecker, they have a red top to their head and similar black and white markings on the body. Though middle

spotted woodpeckers are just across the Channel in northern France, because they are not migratory, they have never made it to this country. There are around 130,000 pairs in the UK. They are about blackbird-sized and striking black-and-white. It has a very distinctive bouncing flight and spends most of its time clinging to tree trunks and branches, often trying to hide on the side away from the observer. Its presence is often announced by its loud call or by its distinctive spring 'drumming' display. The male has a distinctive red patch on the back of the head and young birds have a red crown. They eat insects, seeds and nuts.



Male



Female



Juvenile

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Cooking for fun! *Ailsa Craddock*

The rhubarb in my garden is growing really well (apart from the hens eating some of the leaves!) so I thought this month we would look at that. It's such a relatively short season that we really ought to make the most of it! Botanically, rhubarb is a vegetable (it's related to sorrel and dock) but its thick, fleshy stalks are treated as a fruit, despite their tart flavour. It grows in two crops. The first, which arrives early in the year, is forced and grown under pots. Its stalks are watermelon pink, with pale lime green leaves, and it is the more tender and delicately flavoured of the two. The second, called maincrop rhubarb, is grown outdoors, and arrives in spring. Its stalks are a deeper red, tinged with green, and its leaves a brighter green. It has a more intense flavour and a more robust texture than forced. I love mine lightly poached with my porridge in the morning (don't knock it till you've tried it!), or with custard or in a crumble. It also marries beautifully with ginger and strawberries (obviously not altogether). And did you know, it goes really well with savoury dishes, particularly strong fish like mackerel?

Mackerel with rhubarb chutney

75g / 3oz castor sugar
25g/1oz sultanas
Few sprigs fresh rosemary
2cm³/₄in piece root ginger
peeled and finely chopped
1 shallot, peeled and finely chopped
3 sticks rhubarb
5 tbsps cider vinegar
1 orange, juice only
Salt and black pepper
1 mackerel - 2 fillets
obviously up the mackerel for
however many you are cooking
for!

For the chutney, in a heavy-based pan melt the sugar until a golden-brown caramel forms.

Remove from the heat and stir in the sultanas, rosemary sprigs, ginger, shallot and rhubarb. Stir in the cider vinegar and orange juice. Bring back to the boil and cook gently for 8-10 minutes. Season with salt and pepper and set aside to cool. For the mackerel, place the mackerel fillet skin-side up on an oven tray. Brush with rapeseed oil and place the fillets under a hot grill. Season with salt and pepper. Serve a spoonful of chutney with the cooked mackerel fillets, new potatoes and a crisp salad.

The health benefits of rhubarb include its ability to improve digestion, stimulate bone growth, boost skin health,



improve circulation and metabolism and full of fibre, vitamin C, K and B and calcium. So let's make the most of its time and as well as making crumbles and pies, bottle up some cordial and enjoy with either hot or cold water, sparkling water - you can even serve it with prosecco!

Rhubarb Pudding Cake

This is one of my all-time favourite puddings! I've tried it with other fruit but it doesn't work nearly as well. As the season is relatively short you really have to make the most of it - consequently, below is probably more for two than one - but you will be really happy tomorrow when you have another portion to eat!

5 tablespoons plain flour
1 1/2 teaspoon baking powder
3 tablespoons sugar
2 tablespoon vegetable oil
4 tablespoon milk
1 egg
1lb rhubarb, chopped
Sauce:
40 grams butter
2 tablespoons sugar
1 small egg

Preheat the oven to 200°C. Mix the flour and the baking powder in a small ovenproof dish. Add egg and milk and oil and mix together to a batter. Place the rhubarb on top and put into the oven for 15 minutes. Melt the butter and sugar together for the sauce, switch off heat and add beaten egg - DON'T SCRAMBLE! Pour on top of cake and put back in oven for another 15 minutes. Yum

Jazz News *Peter Farrall*

The Timeless Music of the Duke Ellington and Johnny Hodges Small Groups

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The name Harlem can bring to mind New York brownstone tenements in a run down area, a world beating basketball team and, to many people, jazz. Harlem was a fairly affluent area populated by mainly Jewish and Italian immigrants but in the early twentieth century began to deteriorate and became less residentially desirable. At that time there was a large influx of black families seeking a life free from the segregation and racism of America's deep south and who were attracted by the cheap rents and easier acceptance in Harlem. Amongst the labouring and menial workers were a number of black intellectuals, poets, writers and, of course, musicians who brought with them the new music from New Orleans and Chicago - jazz. What is now called the Harlem Renaissance brought a new vibrancy and colour to the town and with the "Jazz Age" now in full swing Harlem became the go to place. Clubs and dance halls opened and began attracting white as well as black audiences although in some there was still a hint of segregation (white

audience, black musicians). A large number of black, and a few white jazz musicians made their home in Harlem and the scene was set for a prolific development of the music throughout the 1930s, 40s and 50s. The number involved is perhaps best illustrated by the famous photograph with fifty seven of the most celebrated musicians in jazz all together in front of a brownstone tenement, including the great Count Basie who is sitting on the kerb with some of the local kids. Two of the best known clubs were the Apollo Theatre which sponsored an amateur night where many jazz greats made their first appearance and the Cotton Club, white audience only until 1935. Here the Duke Ellington Orchestra was the resident band for a few years and where he achieved wider recognition of his innovative jazz concepts helped by long time sideman and friend, Johnny Hodges. Hear some of their music at this month's Pershore Jazz Club session played by the leading British musicians in the style.

Let's go yellow in March

Go yellow in March and help Marie Curie Nurses provide care and compassion to someone at the end of life. It's a brilliant charity to support and we can help spread the word by filling our gardens, balconies, patio pots and window boxes with cheery yellow flowers and plants to help raise awareness of their work. Yellow is such a cheery colour, and it certainly lifts our spirits, but by adding a few complementary coloured plants, such as purple, to the yellow daffodils, it will make them shine even brighter. Regardless of your size of garden it's always good to plant a tree and there's one for every plot! This Acacia is a beauty – the bright

yellow flowers in spring are stunning and a proper bobby-dazzler!

Acacia Mimosa Gaulois – Although it's classed as a shrub, it can grow to around 8m tall over 10–20-year timeframe. It prefers a well-drained soil in a sheltered location in full sun and suits urban gardens or milder southwest localities, but may need winter protection elsewhere. The leaves are really pretty too, with silvery-grey, fern-like foliage.

Euonymus japonicus 'Aureopictus' This is an evergreen shrub and is perfect for adding to winter wreaths and flower arranging.



Nikki Hollier

Although they can grow quite big – around 2.5m x 2m, it can be clipped into size and shape to suit any garden. I find it an easy plant to look after. It will grow in full sun or partial shade in any soil too.

Hebe rhubarb and custard – loved by bees! This is a bushy, evergreen shrub which grows to about 60cm. The stems are dark purple and the small, oval leaves are grey-green with an irregular cream to yellow margin and flushed with pink, especially in cold weather. It has small, purple flowers in mid to late summer. Grows in any soil in full sun or partial shade and may need winter protection in severe weather.



Nikki Hollier
nikki@borderinbox.com
@borderinbox
www.borderinbox.com

Wallflower 'Sugar Rush Purple Bicolour' F1. These are great for containers with tulips as they grow to around 30cm tall and are fragrant too. Once they've finished flowering you can move them into the border where they will flower again at the end of summer. They prefer full sun or partial shade in well-drained, neutral to alkaline soil. Once they start to flower, regular deadheading will help extend the flowering season. *If you would like to donate to the Marie Curie charity you can contact their website www.mariecurie.org.uk and their helpline number is 0800 090 2309*

March gardening tips *Reg Moule BBC Hereford & Worcester*

Early March

Lift and divide herbaceous plants. Plant alpine and herbaceous plants. Lightly mow over the lawn. Prepare sites for new lawns. Prune rose bushes soon if not already done. Plant onion, garlic and shallot sets. Start Begonia and Gloxinia tubers into growth indoors. Buy seedlings or baby bedding plants to grow on at home.

Mid Month

Support all tall growing herbaceous plants from early in the season. Try growing some ornamental vegetables in the flower garden, e.g. red leafed lettuce and runner beans. Prune Blueberries. Sow hardy annual flowers like Eschscholzia, Godetia, Clary, Mignonette etc. direct in the garden borders. Treat moss, scarify and aerate lawns as well as feeding the grass, you can now get moss killers that digest dead moss, so no raking or use traditional Lawn Sand. Prune late summer flowering shrubs, like Buddleia and Caryopteris, as well as Hydrangea paniculate varieties and Hydrangea arborescens

Annabelle. Prune down hard shrubs with coloured stems like Cornus, as well as hardy Fuchsias. Trim over winter flowering heathers cutting to the base of the flower clusters. Buy and plant pots of herbs. Sow seeds of hardy herbs in the garden, like parsley. Plant seed potatoes – but beware of frost once the shoots emerge from the soil.

Vegetable seeds to sow now include: broad beans, lettuce, leeks, parsnips, peas, radish, salad onions, spinach, Swiss chard and spinach beet. Sow summer bedding under glass: dahlias, impatiens, petunias, phlox drummondii, salvias, asters, tagetes, mesembryanthemums, alyssum, nicotiana, marigolds and zinnias. Plant lilies outdoors in borders and tubs. Lay out growing bags in the greenhouse to warm up the compost before planting. Sow fruit and vegetable plants for growing on in a heated greenhouse, e.g. tomatoes, aubergines, peppers, cucumbers, etc. or you could decide to buy plants later.

Late March

Plant less robust hardy evergreen shrubs e.g. Hebe and Ceanothus. Lay turf or sow lawn seed. Start feeding pond fish more frequently as the water temperature rises. Vegetables to sow now include: Brussels sprouts, red cabbage, summer cabbage and summer cauliflower. Dwarf French beans can be sown under cloches. Watch out for the build up of pests and diseases. Treat pots against vine weevil attacks using Bug Clear Vine Weevil Killer. It protects your plants for three months. An organic answer is a half inch deep layer of horticultural grit over the compost surface to



deter egg laying. Marginal plants in pond can be divided if overcrowded, but watch out for frog spawn. REMEMBER. You can't race the seasons and seeds do not have to be sown exactly when the packet tells you. My advice, with outdoor sowings is watch the weather, not the calendar, as seed sown later when conditions are right usually catches up and surpasses crops put in earlier that had to suffer during bad weather.

Reg Moule Gardening

Handbook No. 2

'This is what I would do'

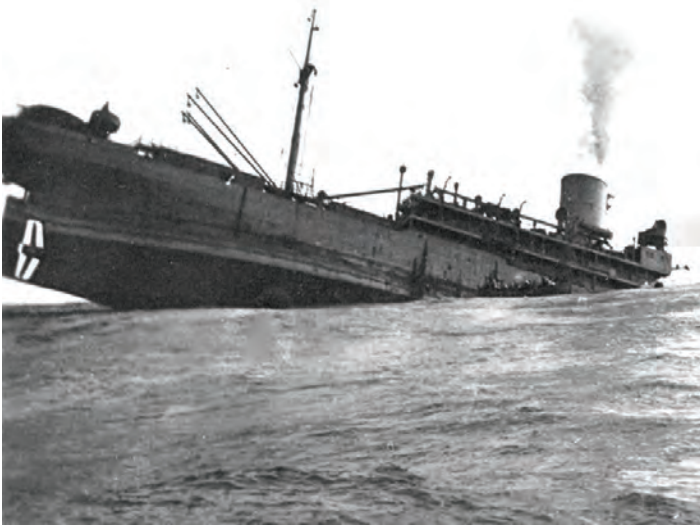
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Civilian life near RAF Defford in WW2 - Part 1

Tim Hickson



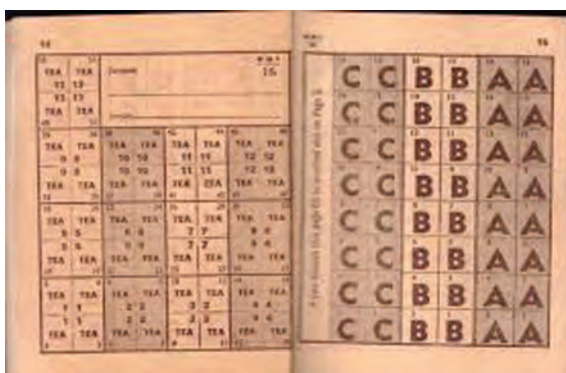
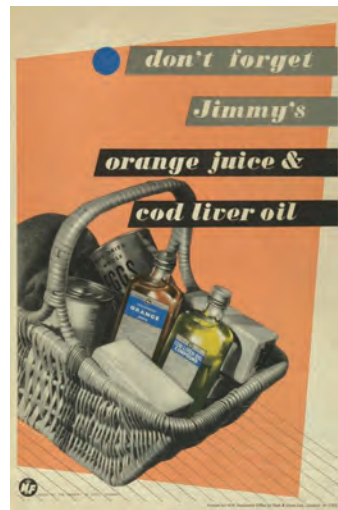
Sinking Merchant Ship

Living near RAF Defford during the War was easier than being in cities such as London, Coventry, Birmingham, Bristol or Plymouth as you would not have to cope with the dangers and destructions of air-raids. I was born, in June 1939, in Plymouth (where there was a major Naval Dockyard) so that city was bombed by the Luftwaffe. Although I was a small boy, because events were pretty dramatic I find I can remember a lot. For example, I can remember seeing in a greengrocer's shop window curious yellow fingers that were plainly a painted model of something. When I asked what they were, I was told they were bananas which I might get to taste when the War was over and ships could safely bring them to this country again. Before the War, Britain had been importing 20 million tons of foodstuffs annually. As soon

as the War began, German U-boats began sinking our merchant ships with the result that we concentrated on vital supplies such as fuel and war materials. Food imports shrank. Everywhere, there were shortages not only of food but new clothing, new furniture, petrol and so on. Most men were in the Armed Services so it was up to mothers to feed their families in spite of the shortages. Each person was issued with a ration book in which coupons were either cut out or marked when an item was bought. In January 1940, basic foodstuffs such as sugar, meat, fats, bacon and cheese were directly rationed by an allowance of coupons. Housewives had to register with particular butcher to get meat and bacon. Imagine being allowed only 4 ounces (about 100 grams) of butter and one fresh egg per week. (Dried egg

powder, from America, was not rationed but not always available.) Suppose a birthday cake or a wedding cake was wanted; the cook would have to be very ingenious. Meat was rationed from the start but by price so people learnt to cook the cheaper cuts. Offal was initially not rationed so many people learnt to cook that for the first time. We could also get from the butcher what was called 'lights' and these my mother boiled up to feed to our pet cat. (Lights were mainly lungs, not used in English cooking - although the Scots, of course, have haggis.) I can still recall an unpleasant smell, although possibly from the dedicated saucepan, alongside, of handkerchiefs being boiled clean (no boxes of tissues then). Vegetables and fish, when available, were not rationed but expensive and not always available. People were encouraged to 'grow their own'. Keeping chickens, and even pigs, was widespread.

Schools would set whole classes to work on this harvest. The collected hips were then converted to rosehip syrup and that was fed to children in a spoonful, usually to counter the taste of a spoonful of the cod liver oil. Cod liver oil was something that was known, for hundreds of years, to reduce colds and flu. The foul-tasting oil contained vitamin D along with vitamin A and omega 3 fatty acids. The vitamin D might have been key against infection and had been shown to prevent rickets. Also, in or near the countryside, foraging could give you all sorts of mushrooms. I remember Horse Mushrooms so big that one would fill a frying pan. Then, of course, in the Autumn, blackberries and other fruit were available. Meat, too, could be acquired, either for free or for money, such as rabbits or river fish. Interestingly, the resulting diet meant that the nation's health was better than at any time before or since.



Ration book

The diet of children and pregnant women was considered most important and, for example, orange juice was felt desirable as a source of vitamin C. Getting oranges from across the sea was not easy or even a priority compared with fuel, ammunition and other war supplies. Initially, concentrated orange juice was purchased from the US via the lease-lend scheme but that use of money became unacceptable. So, alternative sources of vitamin C were sought. Many people of my generation will remember being sent to scour the hedgerows in the Autumn for rose hips.



Rosehip

Gregory's World!

Gregory Sidaway

One oar in the water

So I was one month into Hilary Term at uni and the workload was ...actually, very manageable! So I wanted to 'expand', do new things and go to different societies. I attended Tolkien Society meetings, met Bret Easton Ellis at a book signing, watched a play, auditioned for a play – and I was at dinner when I started talking to someone who did rowing.

Rowing? Now, that would be something different. Sport and I have a complex relationship, fellow reader. A montage of scenes comes to mind: shooting towards the wrong basketball hoop, being in the last three to be picked for the P.E. football team, getting a genuine cheer from my teacher just for hitting the tennis ball within the court and not onto the school roof. But onwards and upwards. Yes, why couldn't I give rowing a try? I could meet all sorts of new people.

I met with a group the next evening outside Lincoln College and they were friendly, but – as we neared Christ Church's meadow, facing onto the river – they began saying things to each other like:

"Feel ready for this?" "No."
"Hope I don't throw up this time."

Um ...

... okay, I thought, so it's a bit intense. But I had come too far to turn back now.

At the boathouse, we were ushered into a changing room of formidable-looking weights and exhausted faces, about to undergo – as the instructor later put it – a "bit of a trial by fire" for me. We were practicing on the machines. The last time I used one had been on my Dad's rowing machine at home; I hadn't bothered to put my feet in the straps and promptly crushed my big toe when I pulled the handle towards me. Forget about that, I told myself as I sat down and tried to work the straps.

Music blared, the instructor bellowed: "Attention ... go!" and people huffed and puffed. Would they match last week's time? Would they make it to the end? "This isn't a time for heroes," says the instructor. "Pace yourselves."

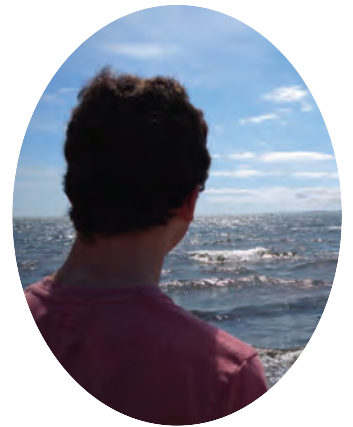
Air whooshes out of the machines, seats slide, sweat trickles, hearts pound – I am still trying to get my feet into the straps – until time's up and the room relaxes again. My result was "good for a beginner" (and I was a beginner) so I was

happy with that.

Officially a 'novice', I've practiced twice more so far, this time on the water. The first time was a session for people who'd never rowed before. It went well – although I learned what 'crabbing' was when I couldn't lift my oar out of the water in time, the water threw its weight on the blade and the whole thing went haywire.

Apparently, an ill-fated rower gets 'ejector-crabbed' about once a year; the water shows no mercy and hurls you overboard – worth a quick YouTube. But the others hadn't rowed before either. We were all in the same boat. Next, I was subbing for someone else. I saw the vacancy and thought: yeah, why not? What time tomorrow morning? ... Seven? B-but that would mean an alarm for ten past six. I hadn't been conscious at that hour since A-Levels. Oh well! This would be an experience, this was what the real rowers did.

(The rest of us only ever see them hours later when they lay siege to the cooked breakfast in the canteen.) When we reached Christ Church meadow, the fog hadn't lifted and it felt as though we were striding through a Gothic novel. We all left our



names behind on the jetty; in the boat, we were referred to by our seat numbers. I became 'Four' – and everyone else knew I was 'Four' because, about every thirty seconds, the cox said something like: "'Four', could we make sure the oar's in the water?" Still waking up, my reaction times were slow. "That's the flowing thing next to you."

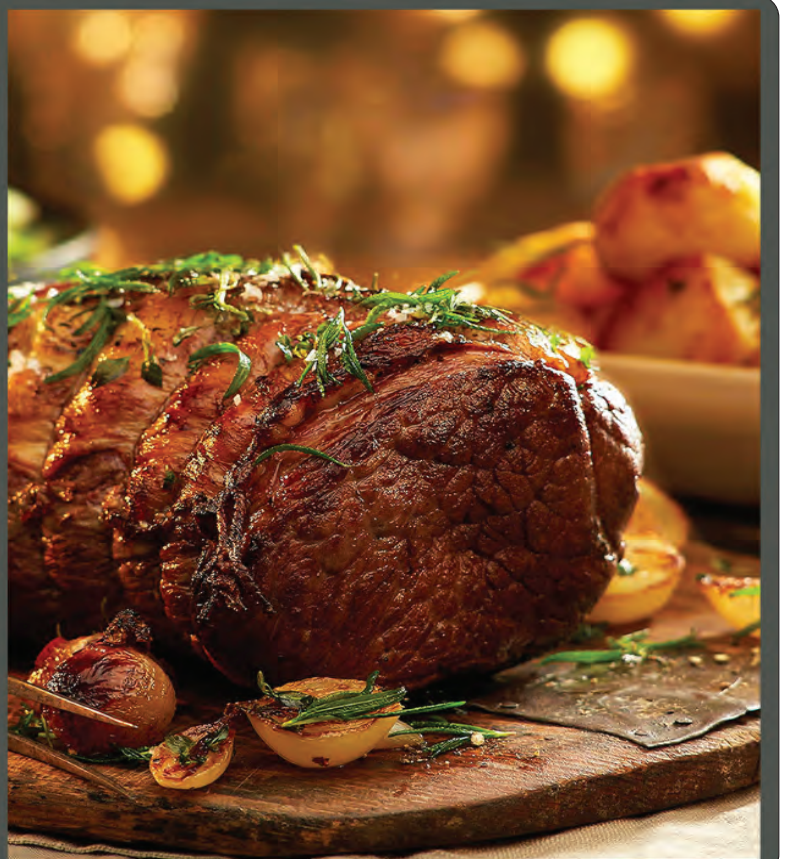
At one point, I overdid it and my oar went too deep, causing the boat to list dangerously and everyone to have to lean in the opposite direction to stop us capsizing. This all makes me sound terrible at it. I wasn't terrible. I just needed practice – and it was an education!

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Healthy Heart Tip:

Plant Based Diets for Heart Health

Many people will be challenging themselves to go plant-based in support of Veganuary, a month-long campaign aimed at encouraging people to try out a vegan diet. A vegan diet consists of only food coming from plants and eliminates any animal-based foods such as milk, eggs, meat, and cheese. Adopting a more plant-based diet comes with many health benefits. Specifically in relation to heart health, vegan diets tend to be higher in fibre and lower in saturated fat, which has a positive impact on cholesterol levels. Here we outline some ways you can eat more plant-based every day, not just for January.

Include fruits and vegetables at breakfast

Making sure we consistently get our minimum of five fruits and vegetables every day can be quite difficult if we don't consume at least one portion with every meal. Start the day off right by including a portion at breakfast. This could look like adding mushrooms to your scrambled eggs or including a banana alongside your porridge. Just make a conscious effort to tick off one of your five a day at breakfast. *Plan snacks around plants* Regardless of what diet you follow, everyone can benefit from eating more plants. A great way to do this is to plan your snacks around fruits and

vegetables. Carrot, cucumber, pepper, sugar snap peas and edamame beans make great vegetable snacks; pair them with some hummus or a homemade low-fat yoghurt and mint dip. Any fruit works well as a snack and most pair nicely with a few teaspoons of almond or peanut butter to make a more substantial snack. Eat plant-based, protein-rich foods.

If the thought of a bean chilli or lentil spaghetti bolognese doesn't appeal to you, simply make your usual ones but try adding in a tin of beans or lentils while its cooking. They will add more fibre to your meal, helping you stay full for longer, and reduce the amount of saturated fat you are consuming (providing you eat your usual portion size). An added bonus is beans and lentils are much cheaper than buying meat, so you can bulk up your meals and make them go further at a fraction of the cost.

For more tips on how to stay healthy, sign up for our weekly healthy tips at www.heartresearch.org.uk/healthy-tips.

To help keep your heart healthy, why not try out some of our Healthy Heart recipes from our website: <https://heartresearch.org.uk/heart-research-uk-recipes-2/>.



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March

Angela Johns

You may be surprised at who else is awake at 4am. You may not know why you are awake, you just are. If you have already been asleep but from this point onwards you can't get back to sleep it even has a name, terminal insomnia. There are plenty of reasons why we wake: a noisy bedmate, the dawn chorus, alcohol, a drop in the level of sleep hormone melatonin (this happens as we age) or maybe your sixth sense alerts you to something that is happening to someone you are close to.

Whatever the reason, what a great time to send out some love and support to those that are awake too. Diverting our attention from ourselves and our efforts to get back to sleep, may even help us drift back off. And what great vibes to put out there. Because isn't it all those things that other people do that keep our lives running smoothly? From workers that sort our refuse, admin clerks that keep the appointment systems going, to campaigners that shift mountains to ensure a law that protects our human rights is passed. Let's not forget the multitudinous number of volunteers in this country that pick up our litter, take a frail neighbour to a hospital appointment, comfort the dying, tend our places of heritage, or run venues in order to keep the arts alive. There is a whole network that knits us together forming a web of community and support, and we don't have to benefit directly to still benefit. They too may be awake at 4am, by choice or otherwise and will still fulfil their role in this



beautiful network. Thank goodness for other people's willingness and their reticence to complain. I know, sometimes even the willing complain all the way! So as March marches on and Spring springs up around us, it sometimes feels like a cha cha with one step forward two steps back. The sun's rays are finally feeling warm on our face but the heating has to be turned back up and we reach for our big coat again. The mornings are getting lighter but you and many others may just want a few more hours sleep. Remember, you are not alone.

Currently training as an Emotional Therapeutic Counsellor with the AETC, Angela is a qualified Reflexologist, Aromareflex Practitioner and Reiki Teacher/Practitioner. She is passionate about her therapies and spends quality time with her clients to facilitate their wellbeing. You can find her at angelajohns.co.uk



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Don't let your body get shout-y

Karen Harris

When clients come to see me it's usually with a complaint/condition that they have had for months, years or even decades, they may have had/tried various methods of treatment over that time, and in a lot of cases they have just tried to ignore it and carry on with life. Lets face it, we are all guilty of it!

But what are we guilty of?... this ignoring of symptoms/ailments hoping a pain-killer or two will fix it.

The sticking your fingers in your ears and la-la-ing doesn't bring good results does it?

What we are not doing is listening. We are guilty of blocking out the calls from our body when it is trying to get our attention that something is not quite right. If the 'not quite right' signals are ignored, your body goes into the 'this is hurting' stage; you might rest or take more pain-killers, but life/work/kids all take your attention and those are all important.

A side note here, because this is the stage when your body, sensing it is being ignored, tries to be kind to you and starts compensating to make you more comfortable. You know what it's like when you have something small like a blister on your foot, you transfer your weight off that foot to ease the pressure. So, wherever you have your issue, the body will transfer the work from the affected muscles and make other muscles kick in to help out; so they are doing their own work as well as assisting others now. You may feel a bit better, but tellingly, aches start appearing elsewhere! You will start to hold yourself differently, your gait will

change, your fluidity of movement will decrease and joint movements may start to become restricted. These compensatory movements, if not resolved, then become dysfunctional patterns of movement. And when dysfunction sets in your body is going to get a bit fed up of being kind and will start 'the shout-y' stage. That shouting is pain. It's not so easy to ignore now because those pain-killers are no longer helping and it's affecting your sleep, tolerance levels and mental health. 'Can you hear me NOW!' a desperate body says.

As the body is a unit, dysfunctional patterns of movement affect it as a whole. A dysfunctional pelvic position will affect the way the femur sits in the hip, which will change the knee position and the way the heel strikes the ground, that will affect the transfer of weight to the other leg and the way the pelvis flexes or extends on the other side, that will affect the lower back and the muscles that support the spine. Excess, or loss, of curvature in the lumbar spine will affect the upper back (and vice-versa) and shoulder position; the upper body position and change in gait will affect arm swing and the important cross-patterning movements of the body. These patterns of movement bring excess wear and tear to the joints and inflammation sets in, and then it hurts MORE!

Please don't let your body get 'shout-y,' listen and understand the signals and get them resolved before they get worse. You know where I am!

From a place of balance

Emily Papirnik

Why getting back to balance is so important for us all:

If someone is angry and says something unkind we are more likely to be compassionate and have an understanding that it is their 'stuff' and actually we were with them in that moment as they showed it.

If something at work goes wrong we can use our head to 'work out' a solution. This is so much more difficult if you are stressed, in 'Flight, Fight, Freeze mode'.

If you feel like you've made the wrong choice. Being balanced will enable you to change that choice rather than continue down that path, hoping it will get better.

If you are running out of time and very busy, from a place of balance you will be able to prioritise more effectively.

When you receive a bill in the post, that brown envelope, from a place of balance you can check when it needs to be paid and how to do it.

When your pc stops working or your washing machine won't drain properly. You will find



the best person to help you. When you have forgotten something, if you panic it really won't help you, balance and work out how to deal with it. When you fail at losing that weight for a party, understand that you can and will lose it and now you just need to find the outfit you feel better in. When you get overwhelmed with work if you balance yourself you can ask for more time, delegate and also be more understanding of what is possible to accomplish. Finding a better feeling enables you to balance yourself, don't wait for your environment to change. You change. It's the best gift you can give yourself – BALANCE

Watch your way to feeling better

www.mehelpingme.com

YES or NO?

- Do you want to take control of your aches and pains?
- Do you want to stop having to take pain killers?
- Do you want the knowledge to be able to help yourself?
- Do you want to feel how empowering that feels?
- Do you want to feel that weight lifted from your shoulders?

YES, of course!

Even just the FEELING of the weight being lifted off your shoulders from knowing there IS an alternative to pain, pills & injections is a step in the right direction!

Karen Harris, Posture Alignment Specialist, Fitness Trainer
07954 544595

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We are a Pet Cremation business based in Upton Snodsbury, serving Worcestershire and surrounding areas. We are incredibly proud to have now been running Bow Wood a

family run business for twelve months and would like to thank you to the support from local community. At Bow Wood we believe pets are family, as such they deserve



a loving, dignified farewell. We provide a respectful and personal approach when caring for your loved ones. As animal lovers we understand customers heartache, so 100 per cent is given from the first point of call via telephone or text ensuring we are able to make such a upsetting time a little more bearable. We aim to help customers be aware of the options they have for their family members as at a difficult time during loss and grief they may not have time to think and

realise they can be part of their loved ones arrangements. *We are always contactable via our website or via telephone/text to offer advice, if you are in the area pop in and say hi!*

*Bow Wood Pet Cremations,
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Upton Snodsbury, WR7 4NQ
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Email: bowwoodpetcremations@gmail.com
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VETERINARY ADVICE ESPECIALLY FOR YOU!



Acupuncture for dogs and cats

Many people find acupuncture helpful as part of a holistic treatment for various conditions, but not everyone knows that acupuncture is also available for dogs and cats.

Acupuncture consists of inserting very fine needles in various parts of the body. In pets this is usually the back and limbs. It is carried out by a vet, with the owner present, and each session lasts about 20-30 minutes. Most dogs, and many cats, are very tolerant of the procedure.

Acupuncture is what is known as a complementary treatment, which means it is used alongside traditional medicines and therapies, usually as an additional source of pain relief.

It can be particularly helpful for older pets with arthritic pain, especially when they are starting to struggle with mobility despite conventional treatments but can also help young and middle-aged pets following injuries or surgery.

About 80% of pets are thought to respond to acupuncture, the only way to find out if it will help your pet is a trial treatment, usually consisting of four treatments a week apart. If this helps, then an individual plan can be developed. Many insurance companies will pay for complementary therapies, you would need to check your individual policy to find out if this applies.

If you think this might be something you are interested in for your pet then, feel free to ring me at the surgery.

info@martinandcarrvets.co.uk
martinandcarrvets.co.uk

Monica



Without let or hindrance

Brian Johnson-Thomas

Just after the Second World War ended the then Foreign Secretary was asked what the main aim of British foreign policy was now to be. He replied something like "To be able to go to Victoria Station and travel where I damn well please"....(He was, of course, just at the dawn of the Air Age. I dimly recall as a seven year old in 1954 taking my first flight in a De Haviland Something from a grass runway at a small airfield outside London called Heathrow). Alas, we have yet to reach the stated goal of being able to travel just where and when we please and, indeed, matters are about to take a turn for the worst. Let's look at our Passports first. That nice bit of flowery language on the inside page about His Majesty's Secretary of State "requests and requires" everyone to allow us to "pass freely without let or hindrance" is just that, flowery language. All that a Passport does is to say that we are British and thus have the right to return home here. Just as we reserve the right to control our Borders, so does every other country. This means that to travel anywhere we need the permission of the country we're travelling to. This nowadays takes the form of a Visa, a letter of authority if you like, normally stamped inside your Passport. Visas take time and are expensive and often require that you attend for interview at the Consulate of the country concerned. So lots of countries which take lots of British tourists operate 'visa waiver' schemes – where you can go with less trouble and preparation. But there's still a

need for some – you apply online to go to the USA on holidays, for example, and also pay them a small fee for their expenses. Now we get to the point of this page – from November we are going to have to apply in advance to travel to anywhere in the European Union, which of course includes winter sun favourites like Spain, including the Canary Islands. This is because of Brexit meaning that we're no longer part of that particular club. Up till now we've just had our Passports stamped (to ensure that we don't stay for longer than 90 days in 180 days) but this is causing long queues (Eurostar trains from London are being kept a third empty because of otherwise unmanageable queues at French passport control) so from November the European Union intend to implement an electronic system which will cover not only us here in the UK but also 56 other foreign countries ranging from Albania to the USA. However, once the permission has been given it will cover all our trips to Europe for an initial period of three years, or until your passport expires. You will have to apply online and there will be a small fee (probably around £7, which is similar to the fee for an American visa waiver). The system is still being tweaked but might still include somewhat controversial items such as the requirement for fingerprinting of travellers. We will be hearing much more about this in the weeks to come. Talking of Eurostar reminds me that our nearby heritage railway, the Gloucestershire



and Warwickshire Steam Railway has just won an award for the "Journey Through Steam" exhibition currently running within the Broadway Museum and Art Gallery. The exhibition tells the story of the building of the Stratford on Avon to Cheltenham railway by the old Great Western Railway and its' subsequent history. Indeed, it is sixty years this year since the last British Rail steam train ran to the Cheltenham racecourse station on 14th March 1963, although diesel hauled trains still ran until the lines' closure in 1976. This year, as is now customary, racegoers to the Cheltenham Festival will be able to travel in style from Toddington and (on Friday) from Broadway on each day of the Festival 14-17 of this month straight into the racecourse, just a furlong from the paddock. *Tickets for the special trains can be obtained from www.classichospitality.co.uk*

Finally there's just space for me to tell you about a new attraction at the Three Counties Showground this July. The Three Counties Food and Drink Festival will take place on the last weekend of July, Saturday and Sunday 29th and 30th. As well as a plethora of celebrity guests there will also be fun events such as a Childrens' Cookery School. Looking forward to it already.....

P S Longborough Festival Opera have just announced this year's programme, starting as usual with Wagner, this time it's Gotterdammerung, the climax of the Ring cycle, which opens on 26th May. This is followed by Donizetti's L'elisir d'amore which opens on June 20th and that's leading up to the season's crescendo of Monteverdi's L'Orfeo on 11th July and Purcell's take on Shakespeare, The Fairy Queen which opens on 29th July.

Thoughts from the Snug . . . One up-man ship or effective put-downs and effective conversation stoppers

Hyacinth Bucket was notorious for having the last word in exchanges with her poor, long suffering husband and anyone else, of course. Here are a few put downs or conversation stoppers we have overheard in the Snug.

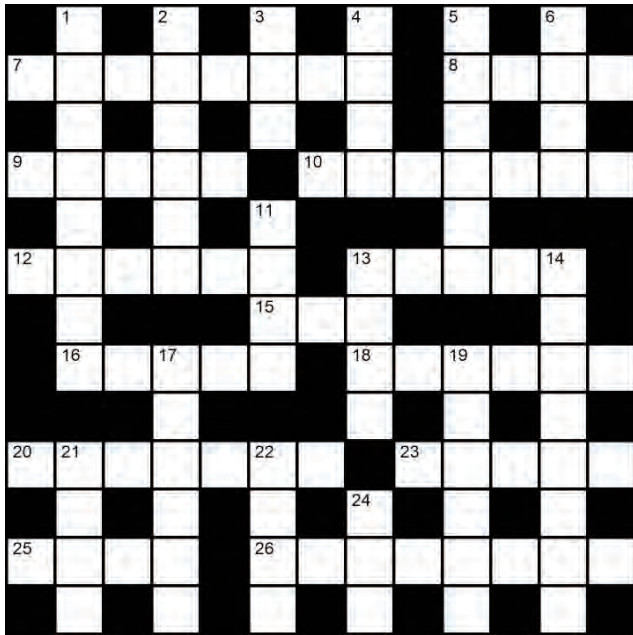
- "I had a bit of an episode last week."
- "Strange, I had turn on Saturday, the misses thought I might be a TIA!"
- "I'm on my second hip replacement"
- "Well, bully for you!" Conversation abruptly terminated.
- "Do you want to come to Archie's Christening on Sunday?"
- "No thanks. I'm washing my hair."
- "But you're as bald as a coot!"
- "I have to be careful, you know. I suffer from the cold even after a haircut."
- "Buy a hat."
- "I look a prat in a hat. They might confuse me for you."

- By now the invitation to the Christening is long forgotten.
- "I'm waiting for my second cataract op."
- "Sorry I didn't hear that. You're sitting on my deaf side."
- "Did you see Attenborough on telly last night?"
- "Nah, I need subtitles for everything on the box."
- "Nothing worth watching anyway." This assertion causes conversation to dry up.
- "Is it your round or mine?"
- "Sorry, I didn't catch that. I must have nodded off."
- "Lucky you. I didn't get a wink of sleep last night. I 'spose it's my round then."
- "Half-past eight."
- Blank looks of confusion all round. End of conversation.

Buddy Bac

Coffee Break

Crossword



Across

- 7 Provided with protective covering (8)
- 8 Speck (4)
- 9 Gather (5)
- 10 Boat race (7)
- 12 Type of variable electrical control (6)
- 13 Embarrass (5)
- 15 Stimulus (3)
- 16 Expiry (5)
- 18 Yield post (6)
- 20 Wool fat (7)
- 23 Crowbar (5)
- 25 Hardens (4)
- 26 Pertaining to a school (8)

Down

- 1 Quivered (8)
- 2 Israeli intelligence agency (6)
- 3 Illustrative craft (3)
- 4 Verge (4)
- 5 Largest desert (6)
- 6 Wood (4)
- 11 Mischievous (4)
- 13 Relating to aircraft (4)
- 14 Sanitary (8)
- 17 Excite (6)
- 19 Scandinavian kingdom (6)
- 21 Second son of Adam and Eve (4)
- 22 Formerly Mesopotamia (4)
- 24 Grass (3)

Sudoku

Each row and column must contain the numbers from one to nine, without repetitions.

			5	1				
7				9	2	8		1
8						9		
		3		8	9	1		6
6	8	1	3		4			
		5						9
1	9	4	2					8
				7	1			

			6	8			1	
		3			2	7		
1					4		3	
			8			9		
2	8		4		6		7	
		5			1			
	2		9					3
		1	4			5		
7			6	5				

Crosswords

Sudoku

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online for FREE



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Castles Wordsearch

N	T	O	W	E	R	M	E	E	W	R
T	N	A	E	O	E	U	P	I	E	L
T	I	M	U	H	V	R	A	T	S	B
E	L	A	D	C	E	D	S	A	K	U
R	F	O	R	L	H	A	M	G	J	R
A	E	L	H	E	C	E	Y	L	K	G
L	T	P	O	N	Y	L	N	E	E	H
C	F	B	U	O	E	B	U	D	N	Y
Y	O	M	E	N	R	L	A	E	D	O
A	R	R	F	R	A	S	E	R	A	R
H	C	P	S	W	E	E	N	F	L	K

- AUCHEN
- BERE
- BURGH
- CLARE
- CROFT
- DEAL
- DELGATIE
- DRUM
- ELCHO
- FLINT
- FLOORS
- FRASER
- GYLEN
- HAY
- HEVER
- HOLT
- KENDAL
- LEOD
- MAOL
- MEY
- MOY
- MUNCASTER
- OER
- PIEL
- RABY
- RAIT
- RED
- STAR
- SWEEN
- TOWER
- UDNY
- YORK

Magic Square

Fill in grids, so that each column, row
and diagonal add up to the same

6		8
		3
	9	

Poets' Corner

A Shropshire Lad

Reveille VII

When smoke stood up from Ludlow,
And mist blew off from Teme,
And blithe afield to ploughing
Against the morning beam
I strode beside my team,

The blackbird in the coppice
Looked out to see me stride,
And hearkened as I whistled
The tramping team beside,
And fluted and replied:

"Lie down, lie down, young yeoman;
What use to rise and rise?
Rise man a thousand mornings
Yet down at last he lies,
And then the man is wise."

I heard the tune he sang me,
And spied his yellow bill;
I picked a stone and aimed it
And threw it with a will:
Then the bird was still.

Then my soul within me
Took up the blackbird's strain,
And still beside the horses
Along the dewy lane
It sang the song again:

"Lie down, lie down, young yeoman;
The sun moves always west;
The road one treads to labour
Will lead one home to rest,
And that will be the best."

A. E. Housman 1859-1936

Fun Quiz!



- Which actor played Neil in "The Young Ones"?
- If you are getting off a train at Waverly station, in which UK city would you be?
- Which country did Ceausescu rule from 1965-1989?
- In the theatre what name is given to the part of the stage that projects out into the audience?
- What animal is associated with the beginning of an MGM film?
- Into what sea does the Nile flow?
- Three continents lie on the Tropic of Capricorn, South America is one, name the other two
- In American currency 10 cents make a what?
- Afrikaans was developed from which European language?
- What Italian word for 'Scratched Drawing' can be found on walls all over the world?
- What was the name of the first manned lunar landing mission in 1969?
- What poisonous oily liquid occurs naturally in tobacco leaves?
- In which country was Rudyard Kipling born?
- What is the gemstone for September?
- What is the common name for the Auora Borealis?
- Which large animal is the only creature thought to produce its own sun tan lotion from its natural secretions?
- Which Greek author was famous for his fables?
- Which 1988 western saw Emilio Estevez play 'Billy The Kid' alongside Charlie Sheen and Kiefer Sutherland?
- Where in London is there a bronze statue of Charlie Chaplin?
- Who is reported to have played his fiddle while Rome burned?

Answers: 1 Nigel Planer 2 Edinburgh 3 Romania 4 Apron 5 Lion 6 Mediterranean 7 Australia, Africa 8 Dime 9 Dutch 10 Griffin 11 Apollo XI 12 Nicotine 13 India 14 Sapphire 15 Northern Lights 16 Hippopotamus 17 Aesop 18 Young Guns 19 Leicester Square 20 Nero



COMPETITION TIME!

Take a look at the anagram
The answer is the name of a business that is advertising in the Powick Times this month



- This month's prizes!**
- 1st - £25 cash
Donated by Powick Times
 - 2nd - The Cotswold and Beyond Book
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 - 3rd - Reg Moule's Gardening Diary
Value £10
 - 4th - Pat's Pantry -
Jar of home-made marmalade

Complete and return this form or email:
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Powick Times closing date: 3 1st March 2023

Answer: _____

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Snowdrop Festival

Malvern Garden Participating

Wrap up warmly and enjoy a romantic stroll amongst Snowdrops and Hellebores.

Sunday 19th March 2023

Open 11am – 4pm

Brockamin, Old Hills, Callow End
Worcester WR2 4TQ

Admission £5 Child free.
www.ngs.org.uk



Hanley Voices community choir

Now rehearsing hard for the Spring concert to be held at Tewkesbury Abbey

Saturday 13th May

when we will be joining with another choir and an orchestra to perform the beautiful “Requiem” by Maurice Duruflé.

If you would like more information on this forthcoming event, please send a blank e-mail with HV in the subject line to chrisyates.newburn@btopenworld.com and we will send you further information nearer the date.

Upton upon Severn Folk Festival

**Friday 28th April to
Monday 1st May 2023**

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Mello Festival Upton upon Severn Friday 26th May - Sunday 28th May 2023

Mello is a chilled family safe four day weekend, together with the coolest world class live acts and entertainers for all to see. Our new location gives comfort and space for to enjoy with four stages, shopping and food villages, out of this world entertainment all weekend.

www.mellofestival.co.uk

Reg Moule

In addition to his award winning media work Reg is also available to speak at Gardening Societies and other organisations something that he has been doing regularly since 1972.

If you would like Reg to visit your group please email reg.moule@gmail.com for further details and to check availability.

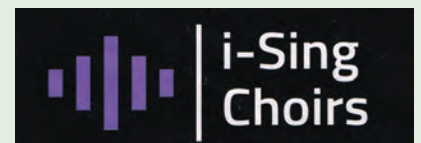
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WEDNESDAYS

**Malvern i-Sing Choir - 10.15am until
11.45am**

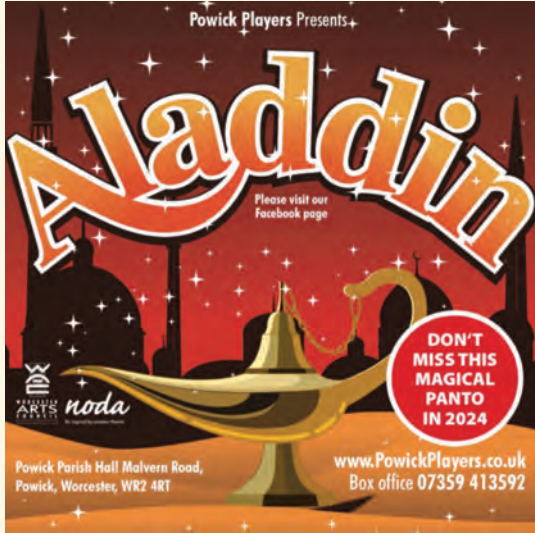
*Eden Church, Grovewood Road,
Malvern WR14 1GD*

**Phone: 0845 838 2202
Email: helen@i-singchoirs.co.uk**

What's On?

ALADDIN

13th - 17th February 2024



Powick Players is a 'not for profit' community theatre group based in the village of Powick in Worcestershire and performing at Powick Parish Hall.

The group has a host of talent, much of it local and many of whom have been in the group for quite some time. We welcome new members warmly and enjoy their input. We are truly lucky to have a some great people at our disposal, not just the actors that you might have seen on stage but also the group of often unsung heroes who can create a beautiful Pirate outfit or work out how to turn the stage in to a Giants Castle. While the group has staged many events over the years it is very true to say that we are best know for our annual Pantomime which takes place

in the February half-term of each year. We always ensure that the script is good family fun for the audience, cast and crew alike.

We love the interaction of our audience, many of whom are friends, during performances but the rehearsals are also a very social event. There's always time for a good cup of tea, a fantastic slice of cake and a catch-up. Sometimes something a little stronger! As well as performances the group has a social side. We organise theatre trips both locally and to other cities as well as artistic jaunts and it's true to say that many friendships have been forged over the years.

If any of that sounds of interest to you, we would love you to join us



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Email: admin@powickplayers.co.uk

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Copy Deadline

April Issue - 20th March 2023



Rural Reels Films

Callow End Village Hall

Doors open at 7.00pm Film starts at 7.30pm

Tickets can be bought on-line and will also be available on the door subject to availability.

No bar. You are welcome to bring your own drinks and snacks.

Tea, coffee and squash will be served.

Friday 17th February 2023

Elvis

ELVIS is Oscar-nominated filmmaker Baz Luhrmann's musical drama about the life and music of Elvis Presley, seen through the prism of his complicated relationship with his enigmatic manager, Colonel Tom Parker. The story delves into the complex dynamic between Presley and Parker spanning over 20 years

Friday 17th March 2023

Top Gun – Maverick

After more than thirty years of service as one of the Navy's top aviators, Pete "Maverick" Mitchell is where he belongs, pushing the envelope as a courageous test pilot and dodging the advancement in rank that would ground him. Training a detachment of graduates for a special assignment, Maverick must confront the ghosts of his past and his deepest fears.

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Howick Times



Leigh & Bransford Badgers Football Club

The Leigh & Bransford Badgers FC is a place to learn, play and enjoy football.

- Girls Football

- Boys Football

- Adults Football

Established in the summer of 2001, by parents who wanted a new football adventure for their children, and the youngsters in and around the area of Leigh in Worcestershire. The aim for the club when established still resonates today, to enable all members to be able to learn, play, and enjoy football safely, regardless of their ability.

The Badgers are now in its 17th season and is regarded as one of the largest, and friendliest, youth development clubs in Worcestershire. We now run twenty teams, playing at a competitive level, ranging from under 7's (mini soccer) through to u16, including girls only

football teams and a veterans squad. Our squads play in various leagues according to the managers preference and are represented in the Mercian Fortis League, Ambassador Evesham Football League (AEFL), Mercian Girls League and Midland Junior Premier League (MJPL).

Delighted to be awarded Charter Standard Community Club status in 2004, the highest clubmark level awarded by The FA, we work extremely hard to uphold and maintain this prestigious accreditation. The club is run by a committee. A committee meeting is held on a bi-monthly basis to discuss the overall running of the club, any issues arising, and to assist team managers with their responsibility for the day to day activities associated with running a team.



Leigh & Bransford Badgers Football Club

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