

Powick Times

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



Issue 8

November 2023

FREE



November is the time of year we remember the servicemen and women who gave their lives in many wars, over many years. We also remember those who died in the Covid pandemic. The sadness and grief felt by mothers, fathers, sisters and brothers is impossible to put into words.

Yet this is happening again. The wars in Ukraine and now the Middle East are terrible. The loss of life of innocent people including many children, on both sides is dreadful! Turning to happier events. The Autumn is here, the trees and bushes are slowly changing colour and will be lovely. Let's hope the rain storms come to an end soon and sunny November days will arrive. Nature at one

of its best times! Guy Fawkes day is always cheerful in spite of the grim events it celebrates! We have had some incredible matches in the Rugby World Cup. England did very well to get to the semi final, and then lost, in a very exciting game by only one point to South Africa, the eventual Champions. Our cricket has for some reason fallen apart and we may have lost our World Champion status.

We are now close to Christmas with lots of excitement for young and old as we move quickly towards to this very happy time. This month, we celebrate our eighth anniversary, with the 88th edition of Pershore Times. The saying 'time flies when you are enjoying yourself' is true! It has been very enjoyable.

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At Sundown

THE day put by his valiant shield,
 And cast him down.
 His broken sword lay o'er a field
 Of barley brown
 And his bright sceptre and his crown
 Were sunken in the river's heart.
 His native tent of blue and gold
 Was gathered in.
 I saw his torn flags o'er the world;
 And on the whin
 High silence lit, and her near kin
 fair twilight spread her firefly wings.
 The birds like secret thoughts lay still
 Beneath the hush
 That held the sky and the long hill
 And every bush.
 And floated o'er the river's rush
 And held the windlets in her hand.

A. Victor Ratcliffe

"Lord God of Hosts, be with us yet,
 Lest we forget — lest we forget!"

Rudyard Kipling's



Powick Times

Collection Points:

Hughes & Co, Pershore - Link Nurseries, Powick
 Petrol Station, Powick - St Peter's Church, Powick
 The Bank House Hotel - The Bear and Ragged Staff, Bransford
 The Blue Bell, Callow End - The Fold Cafe, Bransford
 Stanbrook Abbey Hotel - The Crown Inn, Powick
 The Old Bush, Callow End - The Swan Inn, Newland

Message from

Rev Gary Crellin

Dear Friends,



November is a month to remember. And we remember not to take things for granted. Not taking things for granted helps us have better focus, and promotes better priorities in our life.

On Remembrance Sunday 12th November 2023 at 10.50am, for the first time in the time I have been your Priest, church services at Guarlford, Madresfield & Powick worship together at the same time for the national silence at 11am (*I hope with the clock changes, everyone remembers!*).

Remembrance Sunday is a good opportunity to express publicly the much-needed intention not to take peace for granted. Next year, we commemorate 80 years since D-Day and in 2025, the ending of the Second World War.

Psychologically, many of the younger generations might well be thinking such war will never visit us. We can all too easily take peace for granted.

The Gaza/Israeli conflict and resultant humanitarian crisis, and the war resulting from the Russian invasion of Ukraine, remind us not to take peace for granted. Devastating war is closer than we think: in the case of the current conflicts - less than four hours' flying time separate our peace from armed conflict and humanitarian strife. Remembrance Sunday helps us remember.

Jesus taught very clearly that this age, in which we live, will see wars. He was not the sort of humanist who believes that humankind is getting better in all ways, and such bad things are going away. Not at all.

Jesus said 'there will be wars and rumours of wars' right up to the time of his second coming. He warned us so that we can be ready to face up to the challenges of our times, and to work for peace, and to be ready for war. Many of the Ukrainians are Christians and this has helped them to be resilient in the face of terrible warmongering. We need to remember the civilian casualties in Gaza and Israel too and the aid agencies trying to help in hard circumstances. We want to be resilient. Being resilient is helped by good

remembering.

On Sunday 29th October 2023, we had our annual Parish Memorial Services. The services on that afternoon brought back to church many family members that your village churches have supported over the past two years with funeral ministry. We gathered together to remember loved ones who are no longer with us and to give thanks. I hope that this annual gathering was indeed helpful, as we all come to terms with our own loss, and it also helps us to value our close friends and family. A shared experience of expressing our family grief reminds us how much we value our loved one's memory, and helps us not to take our remaining family and friends for granted. Remembering helps us value people and cherish people.

Whilst we remember or hold deep rooted remembrances, we need to give thanks too. We remember that all we have comes from God's generosity. As we approach the end of the Church's year at the end of the November, we do need to anticipate and look forward to God's plan for us as a group of churches, moving forward. We mustn't dwell, too much, on the Diocese's Transformation and Change agenda, in the purely organisational and church bureaucracy way, but look for the signs for how Gods is transforming us. Being thankful for our parishes' presence, prayer and persistence to help others in spite of the challenges we face is important. Offering thanksgiving is a marvellous antidote to taking things for granted.

November is a month to help us remember and give thanks for all we have achieved. Come and remember and so be ready and focussed on the things that really matter.

Every blessing

Rev Gary

Urgent appeal for help!



As President and in the past long-time branch chairman of this historic charity in our community, we have now sadly reached just about the end of the line in our desperate attempts to keep alive the behind the scenes work of this essential local charity for ex and serving military people and their families. Most of us are long over retirement age ourselves and we seem unable to attract new members or supporters to swell our ranks and maintain the minimum active member committee strength required by law to continue. This year in November and immediately after the Remembrance services sadly, we will be forced to end our long tradition of service and care in Powick and Callow End and

wind-up the branch at our AGM on Tuesday 14th November at Madresfield Club, unless in the meantime we can enlist the help of at least four new members who are prepared to join us and take an active part in running the branch. I have personally appealed for help from our community over many years in the local press and church media with very little success and I am hoping that with the recent influx of so many new homes in our two villages and with generally a younger generation than we are that this our last chance of survival may be the one to save us. If you can help us and spare just two hours a month for a fabulous cause 'Now is the Hour'.

If you can help, please contact John Mason on 01905 830682 or email: jm34powick@btinternet.com as soon as possible as we have very little time left to retain the RBL in this community.

*John Mason
Branch President*

Powick Parish Hall News



The 2023 Village Harvest Supper was held in the Parish Hall on Saturday 7th October. It was well attended and enjoyed by all. The excellent meal was provided by Emma Pushman Catering and the musical jazz entertainment was provided by Roy Snook and his colleagues. The raffle raised over £200. The Hall Committee Chairman, Andrew Colston, welcomed everyone and reported that Jim Allsopp, a stalwart of the village community and the Hall

committee, had recently passed away and the proceeds of the raffle are donated to the Malvern Hills Food Bank, one of Jim's main interests. Andrew Colston thanked those who keep the Hall in a well maintained condition and he mentioned that Roger Gurney, the Parish Hall Secretary, had won the BBC Hereford and Worcester Make a Difference Award in the Volunteer category, for his work as the Booking Secretary since 1978.

Capriccio Quartet Shines as a Finalist



Capriccio Quartet wearing bright colours at a wedding ceremony in July

Capriccio Quartet, based in Malvern, is proud to announce their selection as a finalist in The Wedding Industry Awards for Musical Act (solo, duo, or string quartet) - West Midlands. The prestigious regional finals recognition reaffirms Capriccio Quartet's outstanding talent, dedication, and contribution to the wedding industry. The Wedding Industry Awards are renowned for celebrating excellence within the wedding sector and recognising those professionals who consistently provide exceptional services. As a string quartet known for its musical performances at weddings and other special events, Capriccio Quartet has earned its spot as a finalist in this esteemed competition. Founder of Capriccio Quartet, Lynette Webster says "Receiving the news that we had been chosen as finalists was wonderful. We all work hard to ensure that our music creates the atmosphere and ambience that our couples wish for their special day. It is a real honour to be invited to play for couples and their guests, which I envisaged when first setting up Capriccio Quartet over 21 years ago. We are looking forward to the awards night and wish all the finalists the best of luck."

Founded on a shared passion for music, Capriccio Quartet has been enchanting audiences with its outstanding performances,

adding a touch of elegance to countless wedding ceremonies and receptions. With their wide-ranging repertoire and commitment to creating unforgettable musical moments, Capriccio Quartet has become a sought-after choice for couples throughout the West Midlands. The quartet is composed of exceptionally talented musicians who enjoy providing a truly memorable experience for every couple and their guests. Their passion for delivering beautiful, emotionally charged music has made them a worthy choice in the West Midlands wedding industry. Being selected as a finalist in The Wedding Industry Awards is a testament to the quartet's unwavering commitment to their music and their consistent ability to meet and exceed the expectations of wedding couples on their special day. Capriccio Quartet is thrilled to be recognised for their dedication and hard work and eagerly anticipates the regional finals. As the regional finals approach, Capriccio Quartet would like to express its heartfelt appreciation to all the couples, clients, and industry professionals who have supported and endorsed their work.

For more information about Capriccio Quartet and their services, please visit www.capriccioquartet.co.uk

Why do I need; Lasting Power of Attorney?

Without an LPA (A lasting power of attorney) it becomes chaos and a significant burden on your closest family or friends. We as a family have first hand experience of the issues that can prevail. Why?. Banks are frightened of their own shadow and when you phone you frequently find yourself speaking to a person in another country who is not fluent in the English language which can create misunderstanding for both individuals, that is after you have spoken to a machine asking questions. The same goes for doctors and hospitals. There are two types of LPA

health and welfare and property and finance. The LPA covers decisions about your financial affairs, or your health and care. It comes into effect if you lose mental capacity, or if you no longer want to make decisions for yourself. You get to choose who looks after your situation. Without an LPA, life can become stressful and expensive.

A question is asked "I am in my 30's I don't have dementia." Yes, but what happens if you have a car accident are hit on the head with a cricket ball, playing rugby or football, or fall off a ladder, trip over and bang your head in

a bad way or fall off a bike.

These accident examples are not exhaustive so it is not just dementia it is anything that could make you lose capacity.

What happens if a loved one loses capacity...disaster then you have to deal with the Court of Protection. Try phoning them? The phone is never answered, they are shambolic and the legal decisions are at times to say the least BAD.

The LPA forms are badly designed, hence you need an experienced person to deal with them. A word of caution, some lawyers fees are a rip off. Each

LPA should not be more than £200. Another word of caution. A firm of solicitors charged £1600 for two wills after suggesting it would be a lot less, looking at the will at most it should have been £175 each. There is another trick that banks and solicitors try to do, is to write into the will that their firm or bank undertake the Probate, another rip off. The executors should decide at the time. Also remember that an LPA is for when you are alive and ceases at your death. LPA's are the best insurance that you can have and let's hope that you never need it.

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A few words from... Harriett Baldwin MP



Storm Babet emergency flood fund

Harriett Baldwin MP has welcomed confirmation that an emergency fund will come into operation to help homes and businesses affected by flooding. Storm Babet has caused major flooding across the country and the rivers Teme and Severn both caused flood damage to properties. Local district councils will manage the process of awarding grants to help people with emergency costs, council tax relief and extra money to help protect against future flood events. The Flood Recovery Framework

was last put into place in 2020 and Harriett has been briefed on activities which have taken place over recent days to identify affected homes and businesses which may be able to access this support. Harriett said: "Storm Babet has affected lots of UK communities and West Worcestershire was also taken by surprise by the heavy rain. I am in close contact with the communities affected by flooding and this new funding will ensure that the small number of homes and businesses that were flooded will receive compensation. I am planning to gather together all the major players who managed this incident to make sure lessons are learned, focussing on flood information and response from the relevant agencies. The Severn, Avon and Teme valleys will always flood but we can continue to improve resilience and complete the two planned schemes in Tenbury Wells and Severn Stoke."

Village Hall wins cash boost for improvements!

A Malvern community has won a major cash award to carry out improvements to its village hall. Guarlford made a successful bid for a share of the £12 million Community Ownership Fund and will use the cash to carry out major improvements to the village hall. The popular community resource has been embarking on a rescue plan after the pandemic to encourage more people to come back into their community. The bid was one of 45 national projects announced, which are helping to safeguard the future of local communities. Harriett said: "I was delighted to support the

Guarlford Village Hall bid and have been briefed on the exciting plans the team has to improve its local community resource. Levelling up is not just about urban areas and I was keen to make the case, on behalf of the bid team, that there are many community-led projects that can also benefit from funding to help them to grow and thrive. I have kept in close contact with the Department for Levelling Up, Housing and Communities during this bid process and hope that some of our other community projects will also be successful at the next bidding round."

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Callow End WI



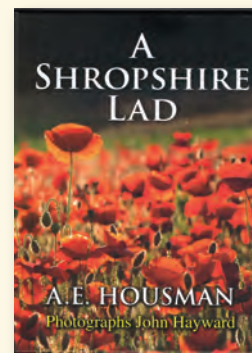
Another great night at Callow End WI.

A very enjoyably busy night, completing a variety of crafts. We participated in wreath making, decorative clay Christmas tree decorations, beautiful cards and jewellery. We all took several items home.

A big thank you to Sue and Ann.

Our next meeting will be our Christmas party - Thursday 7th December. Lots of lovely food and musical entertainment.

www.worcestershire.thewi.org.uk



'A Shropshire Lad'

Author: John Hayward

This is the first photographically illustrated edition of 'The Shropshire Lad', timed to coincide with the 50th Anniversary of the A E Housman Society, recently launched by the BBC television presenter, Nick Owen. Photographer John Hayward follows the different locations mentioned in the poem with stunning, full-colour plates.

Published by: Merlin Unwin Books, Ludlow, Shropshire
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Winner of October competition: Susan Chandler

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Country Watch



'If there's ice in November that will bear a duck There'll be nothing after but sludge and muck.'

October has been a very variable month weather wise. Some unseasonably warm days as well as floods and high winds brought about by storm Babette. This has been devastating in places for farmers' late crops which have ended under water.

All the trees are late in changing colour this Autumn. Only now are there signs that this is beginning with the rusty leafed oak and chestnuts. Over the next weeks we can expect a wonderful palette of browns, oranges, reds and gold before the shedding of the leaves. In the countryside this is the rutting season. Strange groans and barks echo from the fields and woods in the darkness. Bucks compete to gain dominance over a patch of land to attract the females. It is best to steer clear of deer at this time of year as the males may attack humans. They are a magnificent sight though!

On recent warm days we have been invaded by ladybirds seeking places to hibernate over the Winter. They come into houses and may gather in clusters in corners. Wasps are

still around but they are drowsy now and less busy. Queen wasps will be looking for somewhere to hibernate until the spring.

Squirrels continue to be very active, collecting nuts and acorns which they bury in the ground. Hedgehogs disappear now to go into hibernation. Their body processes slow down almost to a standstill so that they cannot wake up in a hurry even when danger threatens. Finally the pheasant! Having been released for the shooting season, these birds seem to have a death wish and no notion of the danger of cars.

The females seem particularly prone to gather in groups and stray onto the roadside. The males, however, appear to be rather haughty, arrogant creatures, mainly preoccupied with finding females. They are splendid with their brightly coloured plumage compared with the dowdy brown females. It does seem a travesty that many of these poor birds will be shot and end up on the table! As October rolls into November the days will be shorter and Winter lies ahead. No matter what time of year it is, there is always something interesting to see in the countryside.



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Women's Hour! Here comes the night! Susan Catford



It's that time of year again - Rugby World Cup, Bake Off and Strictly Come Dancing. The summer days have gone; dark mornings and long evenings have become the norm. We all need a distraction, something to celebrate, something to inspire, something to simply entertain us. Perhaps surprisingly, I thoroughly enjoy the rugby. With two sons who played rugby and a husband who has always enjoyed the sport, I have been drawn into it over the years. Standing on a draughty touchline on a Sunday morning did require a degree of dedication. Watching games at rugby grounds can be very exciting and there's nothing like a cold, hard seat and a glass of chilled wine on a

winter's day! Armchair watching has to be the best way for me, particularly with a roaring fire, comfy seat and a cup of tea. I have mentioned before my enjoyment of Bake Off. Each new series provides new contestants who become increasingly diverse. They rise to the challenges and their end results are often very variable but there is entertainment and amusement along the way. I am impressed by the skills they have already and those they have to acquire. Hours spent practising and often holding down demanding jobs shows their dedication. Whilst I am impressed, I know that I probably won't ever bake my own bread, make home made pasta or create works of

art in cake or pastry. For me the problem with real baking is the havoc it seems to create in the kitchen and the number of dishes, pans and utensils required. I am happy to take advantage of prepared foods and 'dine in' meals where somebody else has done all the work!

Which brings us to 'Strictly'. For sheer escapism and entertainment, it brightens our Saturday nights and allows us to become armchair critics of these celebrities, apparently putting life and limb at risk. For myself, I am equally fascinated by their dancing and the transformations using spray tans, exotic make-up and incredible costumes. The ability to dance around the floor in high heels and demonstrate incredible 'lifts' is awe-inspiring. Perhaps it could become an Olympic event???? Another programme that is awe inspiring is Portrait Artist of the Year (Wed Sky Arts channel 11). A mixture of professional and amateur artists are required to complete a portrait of a celebrity in four hours (we watch one hour of this). The skills and talents that these people display are remarkable.



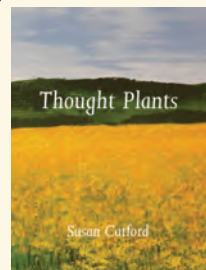
To watch a portrait emerge from a blank canvas certainly keeps me captivated. I also have tremendous admiration for the sitters! It has inspired me to have a go at portrait painting but I suspect I should have started many years ago and taken lessons. Nevertheless, I can still enjoy the challenge and if anyone out there is free, I will give it a go!! In our house we don't generally have a problem about who has the remote (we agree mostly) but the dog thinks otherwise and will take control of the remote as soon as our backs are turned. For us T.V. sustains us over the winter months and fills our dark evenings. We are not addicts - far from it- but it does provide us with entertainment, enlightenment and sometimes inspiration. So bring on the dark nights, there are always Christmas lights to come.

Cheers!

It used to be so simple
When asking for a drink
But it's more complicated
Than I used to think.
A glass of red, a glass of white.
Sometimes a rosé too.
But now it can be bubbly
If Prosecco is for you.
There are so many labels
Whose names go on and on
From Chardonnay and Shiraz
To good old Sauvignon.
And when it comes to G&T
It really was straightforward,
A Shweppes tonic water
With Gordan's gin you ordered.
Now there are so many tastes
To choose from, just the gin,
From citrus fruits to spicy
And what to put them in??

The tonics now have flavours
To add a special taste,
But drowning out that lovely gin
Can sometimes seem a waste.
And as for beers and lagers
(Still mainly for the man)
Were bottled or on draught before
Not in a pack or can.
It even seems that glasses
With handles or a straight
To slake the thirst with mighty
gulps
The youngsters just don't rate.
But even with such changes
There's nothing to compare
With chilled white wine on
sunny days
To raise a glass and share.
Cheers!!

Susan Catford



'Thought Plants' is Susan's first book and is a new collection of writing and poems exploring ideas, events and everyday life. At times serious and thoughtful, at others enjoying the whimsical, lighter side of things. It has grown surprisingly well from early seeds and a fertile imagination.

120 pages A5 full colour illustrated by Susan Catford

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Farming

Following on from last month's article, I have started the procedure for entering my farmland into the Government-sponsored Sustainable Farming Incentive (SFI). This is a collection of schemes promoted by The Department for Environment, Food and Rural Affairs (DEFRA) to encourage more environmentally-friendly agricultural procedures. Since WW2, the Government's financial support of agriculture has been aimed at maximising production, with conservation of the environment running a very poor second and reversal of climate change barely considered. However, more recently, environmental and climate considerations have been recognised as factors that cannot be ignored. That raises the difficult question of how to farm in a much more environmentally-friendly way that will not have a negative effect on total UK food production. Because of our large population and relatively limited available productive land, we find it difficult to produce enough food from our own resources to satisfy the country's basic food need. We import a lot of things (like, say, bananas and other foodstuffs that cannot be grown

Mike Page

here for climatic reasons), but we also import large quantities of basic foodstuffs like meat and grain. So, it is something of a conundrum: how do we help look after the environment (including the climate) and feed the Nation at one and the same time? Some of the SFI schemes will enhance the environment on many levels and that is to be welcomed; hopefully the SFI subsidies paid to me and other farmers by the Government will compensate for the loss in production, and farming will remain profitable; without that any scheme is bound to fail. It is easy to blame the fossil fuel industries for the huge increase in carbon dioxide levels within the Earth's biosphere, and its effect on climate, but agriculture as an industry has played a significant part in climate change. The more simplified crop rotations, including monoculture (i.e. growing the same annual crop repetitively), and other agricultural cultivation practices of recent times, pursued not only here but across most of the World, will usually lead to a downturn in soil organic matter content, and this can have a profound effect on atmospheric CO2 levels: Soil carbon can come



Here wheat is emerging in a field from which beans have just been harvested. Modern machines can plant seeds without the need first to plough and then to prepare a perfect seedbed. Also, instead of ploughing to the edge of the field, a grass verge has been left for wildlife.

from decaying plant material and from dead and decaying animal and insect species, many of which will have lived within the soil. Growing a wide variety of plant species as mixed crops or as parts of a wide and varying rotation will lead to measurable and beneficial increase in soil carbon content. There are some 10 million acres of arable land across the UK so there is the potential for many millions of tonnes of carbon to be released back into the atmosphere or being held in the soil as is being encouraged by the introduction of the SFI. Many of these schemes, which have come about with the intention of raising soil carbon levels and by improving soil organic matter, will improve

the soil's potential as a growing medium, leading to improved crop yields. Is it possible that two seemingly mutually opposed objectives might be achieved together? No doubt the schemes being introduced by DEFRA will be successful at some level, but as with so many Government incentives, change has to be introduced with the approval of the industry. Organisations such as the National Farmers Union (NFU) and Country Land and Business Association (CLA) have fought long and hard battles to try and ensure that all sections of the Incentive achieve their objective in environmental and climatic terms, but at the same time do not leave the agricultural community disadvantaged.



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Fireworks and Your Pets

For many pets the fireworks celebrations around Bonfire Night, Christmas and New Year can be scary events. Those with noise aversions can spend the night cowering and trembling or show erratic excitable behaviour. And even those previously unaffected can be triggered into anxiety by a firework blast too close to home.

There are numerous things that you can do to help make your home a comfortable and reassuring space for them, but if your pet is severely affected please seek help from your vet who may be able to prescribe anti-anxiety medication and offer further support.

Here are some tips to help your pet around fireworks nights:

- Place a **pheromone diffuser** in your house or use a pheromone spray, these help your pet to feel calm and reassured in their space, there are also some helpful 'off the shelf' anxiety medications that can work well. These products need to be started several weeks before the fireworks commence.
- Create a **calm and comforting environment** by using comfy beds, cardboard boxes for cats and providing treats, toys, food and water within easy access in a quiet part of the house. This provides somewhere they can retreat to if wanted but make sure they are also still able to access their usual areas of the house as well.
- **Walk dogs earlier** than usual to avoid the early start of some celebrations and try and **keep cats indoors** if they are happy to do so.
- **Close windows, curtains and blinds** to muffle sounds as much as possible and turn up the tv or radio a little bit to cover noises. Classic FM provide a calming playlist for fireworks specifically designed for dogs that you may find useful.
- **Stay at home** with your pet, your presence is likely to be the most reassuring thing for them. Remain calm and relaxed yourself and provide comfort if your pet seeks reassurance from you.
- Bring hutches for rabbits and other small furies indoors if possible and provide **extra bedding** for them to hide in.
- Make sure your pets are **microchipped** and the details are up to date, if they did happen to run away from home you want to be able to be reunited with them.

For future years sound therapy is something that can be used to accustom dogs to noises, this is ideally useful for young puppies but can be employed to help adult dogs, it should be started many months ahead of the fireworks season. Dog's Trust provide resources called 'Sounds Scary' that are free to access and download.

Above all keep your pets safe and enjoy the celebrations!

Best wishes *Eliza*

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Garden Design For A Windy Garden in the UK

Creating a garden in a windy area can be challenging, but not impossible. With some planning, protection, and the right plant selection, you can create a garden that is beautiful, productive, and resilient. Here's my top tips to help you choose the right plants for your windy garden.

Why windy gardens can be challenging

Wind can cause a lot of problems for plants such as:

- Wind can damage or break plant stems, leaves, and flowers, especially if they are thin, delicate, or tall.
- Wind can dry out the soil and the plants, causing them to wilt or die from dehydration.
- Wind can blow away seeds, pollen, and beneficial insects, reducing the chances of pollination and reproduction.
- Wind can increase the risk of fungal diseases, as it spreads spores

How to protect your garden from wind

The best way to deal with wind is to reduce its impact on your garden. This can be done in several ways:

- Create a living windbreak on the windward side of your garden. This can be a hedge or

a row of trees or shrubs that can filter and slow down the wind. Make sure that the windbreak is not too solid or high, as this can create turbulence and increase wind speed on the other side.

- Mulch your soil with organic matter, such as compost, bark, straw, or grass clippings. This can help retain moisture, prevent erosion, and add nutrients to your soil.
- Stake, tie, or support your plants with bamboo canes, trellises, obelisks or wires. This can help them withstand wind and prevent damage or breakage.
- Water your plants regularly and deeply, especially during dry and windy periods. This can help them stay hydrated and healthy.
- Prune your plants regularly to remove dead, damaged, or diseased parts. This can help them maintain a compact and sturdy shape and reduce wind resistance.

Choosing plants suitable for a windy garden:

Some plants are more adapted to windy conditions than others, and they have certain characteristics that make them resilient. Some of these

characteristics are:

- Thick, leathery, waxy, hairy, or needle-like leaves that reduce water loss and prevent tearing.
- Strong, flexible, or woody stems that can bend without breaking.
- Low-growing or spreading habits that hug the ground and avoid wind exposure.



Heather:

A low-growing shrub with needle-like leaves and pink, purple, or white flowers that thrives in acidic and well-drained soils.



Stipa gigantea:

A gorgeous grass which grows to around 2.5m tall with



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arching stems of oat-like seed heads. It rustles when the breeze blows through it, so its ideal for a sensory garden too.



Eryngium:

Commonly known as sea holly. A spiny perennial with blue or silver flowers and foliage that is loved by bees and prefers a sunny position.

November gardening tips

Early in November

Try to finish off bulb planting soon. In fact this is a great time to be planting tulips but if your soil is heavy, put some coarse grit into the planting holes. Mounded, fleshy leafed alpines benefit from protection against getting too wet. Cover with a small cloche.

Plant trees, shrubs, fruiting plants and roses of all kinds. They will be able to settle themselves in before the spring. Sow Aquadulce Claudia broad beans and round seeded peas, like Feltham First, in sheltered spots for cropping in June. Christmas roses (Helleborus niger) flower better and earlier with a little protection from a cloche.

Hellebores hate being disturbed but if you must move one, this is the best time. Lift it with a good large ball of soil around the roots.

Mid November

Check tree stakes and ties before winter winds cause damage.

Plant Paperwhite narcissi for

Christmas flowers.

Clean the glass and insulate your greenhouse using bubble polythene.

Pinch out the tips of autumn sown sweet peas when they are 10cm (4in) tall.

Plant garlic by the end of this month, it enjoys a well-drained position. If in doubt plant

cloves 10cm (4in) deep in mounded rows 15cm (6in) high. Take hardwood cuttings of soft fruit bushes and shrubs.

Plant bare root hedging plants. Keep greenhouses and frames ventilated on bright days.

Grass growth generally slows down a little this month, so only give your lawn a light mowing if the grass is dry.

If you have not already done so, treat the lawn to a dose of autumn lawn fertiliser and aerate it. This treatment will pay dividends in the spring.

Some herbaceous plants – e.g. Dicentra spectabilis and Primula denticulata can be brought indoors for early flowers.

If your garden is lacking colour, plant some winter

Reg Moule BBC Hereford & Worcester

flowering shrubs now.

Sow fast maturing carrots, radishes, winter hardy salad onions etc in the greenhouse for April harvest.

Plant a container with winter flowering heathers to brighten up your patio.

Trim over summer heathers to remove the old flower stems. Slugs find greenhouse conditions ideal, so they will still be very active in there. Take some steps towards controlling them.

Clean patios and concrete paths to remove potentially slippery moss and algae. Patio Magic, or Algon are some of the best treatments to use.

Late November
Feed flowering houseplants weekly but foliage ones once a month.

Pot up pieces of chives, parsley and mint to bring indoors for fresh foliage all winter.

Begin pruning grapes as soon as the leaves have fallen.

Garden birds benefit from extra feeding all year round, but it is especially important in the winter months. Try to put out

appropriate food for the species living in your garden and make sure that water is readily available too.



Prune free standing apple and pear trees after leaf fall. Place houseplants on wide saucers of moist gravel to provide extra humidity.

Grouping them together on trays of moist gravel helps even more, as central heating is very dry.

Begin washing pots and trays in disinfectant ready for the new sowing season if you have had trouble with seedlings rotting off last year. There are safer ones available now based on citrus waste such as Agralan Citrox and Vitax Greenhouse Disinfectant.

Cooking for fun! *Ailsa Craddock*

Potatoes

The world's favourite root vegetable, the potato comes in innumerable varieties. Shapes vary from small 'finger' potatoes like Anya, to large, round types like the King Edward. Most have pale brown skins and cream or yellow flesh, but some speciality varieties are differently coloured. 'Waxy' potatoes such as Charlotte are great used in salads, while 'floury' potatoes such as Maris Piper are ideal for mash and baking. Older potatoes should be scrubbed well in cold water, and any eyes dug out with the tip of a peeler or a small, sharp knife. Much of the nutritional content is stored in or just under the skin, so leave it on if possible. Otherwise, peel very thinly with a potato peeler, then rinse. New potatoes just need a scrub in cold water – the skin is too thin to warrant peeling. Keep all potatoes in a cool, dark, well-ventilated place as, if exposed to light, they will sprout green shoots. They should be kept in paper, rather than plastic bags, as the latter will make them go mouldy. Stored this way, old potatoes can last weeks, while new potatoes should last for a good few days. Potatoes - you can do so much with them - boil them, roast them, bake them, mash them - even make cakes with them! The ultimate comfort (and cheap!) food so I thought I would give you some suggestions for something new to do with them.

Baked Potato with Smoked Haddock and Mustard

Serves 1 so just double up as required

*1 large baking potato
150g smoked haddock
100 ml double cream
1 tablespoon grain mustard
Chopped parsley*

Put the smoked haddock in a shallow baking dish. Season the cream with mustard and parsley and a little salt and pepper and pour over the haddock. Bake in the same oven as the potato – about 20 mins. Break open the potato and scrape into a bowl and return the empty skins to the oven to crisp. Mash potato with the cream from the haddock. Flake the fish and stir into the creamed potato. Pile back into the skins and place briefly under the grill to brown.

Warm potato, spinach and parmesan salad

*250g waxy potatoes
2 tablespoons balsamic vinegar
Juice of a lemon
1 heaped tablespoon Dijon mustard
6 tablespoons olive oil
Lump of parmesan
4 rashers streaky bacon
3 - 4 handfuls of spinach leaves*

Lower the potatoes into boiling water and cook till tender. Drain and slice thickly. Whizz the vinegar, lemon juice and olive oil with 2 heaped tablespoons of grated parmesan. Fry the bacon till crisp and cut into small strips. Put the spinach in a bowl and the warm potatoes and bacon and toss lightly in the dressing.



Sweet potato cake

*200 g butter, at room temperature + extra for greasing
500g sweet potato
200 g fine caster sugar
4 eggs, at room temperature
250 g flour
2 tsp baking powder
1 tsp cinnamon
1 tsp five spice powder
1 pinch of salt*

Preheat the oven to 160 °C. Grease the cake tin and line with baking paper. Peel the sweet potatoes and cut into equal sized pieces. Cook in boiling water for about 15 minutes until tender. Drain and mash with the hand blender. Leave to cool to room temperature. Beat the butter with the sugar using the mixer for 5 minutes until light and airy. Add the eggs one by one. Beat well. Only add the next egg when the previous egg has been fully incorporated. Sieve the flour with the baking powder, cinnamon, five-spice powder and salt above the dough. Mix through as lightly as possible. Gently spoon the cooled mashed sweet potatoes through the mixture. Spoon the cake mixture into the cake tin. Bake the cake in the middle of

the oven for about 65 minutes until golden brown and cooked. Use a skewer to check if the cake is done. Insert it into the middle of the cake. If it comes out clean and dry, the cake is baked. Leave the cake to cool on a wire tray for approx. 20 minutes. Turn out of the tin and allow to cool completely.

Optional:

Add 100 grams of roughly chopped pecans or walnuts together with the mashed sweet potato.

Cream Cheese Frosting

*100g butter, softened
1 tbsp orange juice (optional)
100g icing sugar, sieved
200g full fat cream cheese*
Beat the softened butter to a soft and even consistency. Add the orange juice, if using, then the icing sugar. Cream until you have a smooth, soft buttercream consistency. Add the cream cheese and work it in – don't beat it in, just slowly mix with a wooden spoon. Depending on how soft the mixture is, you may want to put it in the fridge for 10 mins at this point. If it's runny, it will firm up again. It should be spreadable and not run off the cake.

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Willie's War (1914 – 1919)

Robert Maude

This book provides a valuable insight into the life of a soldier who fought on the front line in France and who amazingly survived the First World War.

He was William (Willie) Henry Barry and his story is told by his nephew Robert Maude. This account is written using Willie's own words taken from letters and postcards sent home to his mother Sarah Barry in Dublin, Ireland between 1914 and 1919. Many of the images from the postcards have been added to the text to support and illustrate his story.

Published by Hughes & Company



£11.95

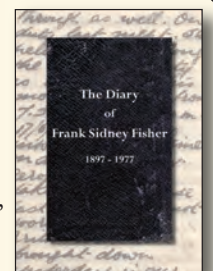
The Diary of Frank Sidney Fisher 1897 - 1977

Charles Dieppe

This is a true record of the early adulthood of the youngest son of an ordinary London family, who fought for his country in World War 1.

It has been written and compiled by Charles Dieppe and obviously Frank Fisher. Charles is married to Frank's daughter, Christine.

Published by Hughes & Company



£10.00

Gregory's World! *Gregory Sidaway Exeter College, Oxford*

Travels with my air fryer

I like cooking. Cooking doesn't always like me.

Everyone's had a few hiccups in the kitchen before, haven't they? In my Year Nine food tech class, back at school, it was bread week and I was working my ball of dough. I kneaded, rolled and slapped that thing into shape, sprinkling it with rosemary and little studs of salt, let the oven look after it for twenty minutes ... only to realise I'd forgotten the yeast. Everyone else in my class could boast freshly baked loaves. I stood there with a tough old biscuit to take home. In chow mein week, I set fire to the noodles. It was a collaborative effort with a friend. I was helping her to tear open the packet, but I tore it hard enough for a sheet of rock-hard, bone-dry noodles to spin out and wedge itself under the flaming hob. The teacher didn't look happy. Neither did the noodles.

My mate, Nathan, once asked the teacher about his baking assignment and – so I'm told – she replied: 'Well, if Greg can do it, I don't see anyone who can't.'

But I won't glamorise this too

much. If cooking doesn't always like me, then it's my fault. I'm not exactly an adventurous soul when it comes to the culinary world. For the most part, I stick to what I know best: toast, sachets saying 'just add water', a bit of pasta (the shells – conchiglie – are my favourite), and the microwave's always got my back when the moment calls for vegetable soup or baked beans. If there are any fellow novice chefs reading, I would recommend finding your own way into it. In my case, I discovered an unexplored passion for cottage pie. We didn't have beef or lamb mince in the fridge, only pork, so we renamed it a 'sty pie'. I once cooked a sty pie so large that it won me a scout badge. I'm telling you all of this, fellow reader, because I've started a new term at uni and it has brought with it a few changes. Instead of living in my main college in the centre of Oxford, I'm now staying in a college-owned house on Abingdon Road (there are fewer noisy pigeons down here, thank goodness). Out of the whole of the main college last year, we had only one tiny kitchen hiding in the back of

the common room; the place usually looked as though it had been plundered and it was home to many interesting smells. Most of us never used it because we were encouraged to eat in the dinner hall, where – under its vaulted ceiling and the stern stares of its many portraits – I was privileged enough to enjoy roast duck, rump steak and even crab! Moving to alternative accommodation with its own kitchen, as you can imagine, took a bit of getting used to. It was as if I'd been pulled from my communal, firelit cave and pushed out into the wilderness with nothing but a Tesco Clubcard to defend myself with. At the moment, I would say I lack artistry in what I cook; I'm one of those people who eat to survive, to top up the battery, rather than to transcend into an aromatic world of flavours and taste sensations.

Who knows? Perhaps, as this new year develops, I will hone my craft and come to consider myself a part of that aromatic world. For now, though, I remain comfortably in Gregory's world – and Gregory's world has an air fryer. These are nifty gadgets



with an impressive skill of popping up in almost every cooking-related conversation people are having. When I tested mine over the summer, I left my potato waffles in it for too long; I've known Ryvita softer and fluffier than the dried-out slabs of hard, hot potato that my air fryer handed back to me. Fortunately, as with any meaningful and long-lasting friendship, I then got to know it (and its settings) better and have since enjoyed all kinds of meals, from the potato realm and beyond!

With any luck, I have made a new companion on my long and bumpy, yeast-less and overcooked, culinary odyssey. Care to join us?

Teenage Focus *Romy Kemp*

University Life:

I have now been at university for over a month, and have settled in rather well. The work is interesting, yet the assignments are very different to that of high school, obviously. Getting to know new people has been nice too - however it's easy to get reminded that you haven't known them for too long, yet can feel like you've known them forever so quickly. I've had this feeling especially with some of my flatmates, who I love already. The social life has been rather entertaining and the nights out in Liverpool are extremely different to anything like Worcestershire, it's bigger, better and cheaper! I also had an event last week with the English Society which was nice to meet new people - I even managed to find someone from Worcestershire.

There are obviously moments of home sickness from missing friends and family, however I know I'm going to be seeing them soon because I'm going home for my birthday and then



I have less than a month until Christmas. Having the lead up to Christmas be in a different city is what I'm most excited for in December, despite being able to go home for the holidays. I shall also be able to return to TaeKwonDo when I come home for Christmas, as well as be able to see all of my friends and family again, and hopefully return to work for a bit as well. I do think quite regularly about home, it's natural when experiencing something new. My birthday is also coming up soon and I cannot wait to go home for the weekend, but also have fun with my friends from university, before and after.



TEAMS4U CHRISTMAS SHOEBOX APPEAL



GIVE LOVE IN A BOX THIS YEAR

This year the shoeboxes will be heading to the Ukraine, Moldova, Georgia, Bosnia and Romania.

FROM YOUR HAND TO THEIRS

Your shoebox will be given to a vulnerable child, or family, through schools, nurseries, hospitals and orphanages. Our aim is that each box is given in relationship with the local community as part of a long-term commitment to these children.



FIND AN OLD SHOEBOX - Have one at home, collect one from church

WRAP IT WITH CHRISTMAS PAPER - Please wrap the box and lid separately

FILL IT WITH USEFUL GIFTS - You can get some inspiration from the list below

FILL IN A DONATION SLIP & LABEL - Close the lid with a rubber band. Please do not tape the lid shut.

DROP OFF WITH £3 DONATION

DROP OFF POINT

Completed Shoeboxes and donations can be dropped off at **Upton Baptist Church**

Monday 30th October to Sunday 19th November

10am - 1pm

(Closed Saturdays)



CANT FILL A BOX?

If you cannot fill a whole box but have some goodies to include, we welcome donations of items we can add to boxes.

Each box costs £3 to send to a child or family. We welcome donations towards transport.



WHAT TO PUT IN YOUR BOX

Practical supplies	A few small gifts
Toothbrush and toothpaste	Soft toy
Hairbrush/comb	Ball
Facelcloth and soap	Game
Stationery/pens/pencils/paper	Puzzle
Gloves/hats/scarves	Bubbles
Stationery pack	Musical instrument i.e. harmonica/recorder
Craft Pack	A photo of yourself
Sewing Kit	

For more information contact Barrie 01684 594412 | 07814932921

Self-Assessment

Carol Draper

Self-Assessment returns are completed by those who need to declare income that is not taxed at source. Such income can include earnings from self-employment, rents received, dividends, investment and foreign income and Capital Gains. It is an individual's responsibility to recognise if reportable income levels have been exceeded and thus to register for Self-Assessment. As interest rates increase and the tax-free limits on dividends and capital gains decrease, the number of people being pulled into Self-Assessment will inevitably rise. If you have reached the stage where your earnings require you to submit a Self-Assessment return the first thing to do is to apply for a Unique Tax Reference or UTR. By far the easiest way to do this is to register for an online tax account with HMRC and then to complete the online registration for Self-Assessment. Your UTR will be a 10-digit numerical code that is unique to you and is the code you need to communicate with HMRC about all your tax affairs. It is not possible to submit a Self-Assessment return without one. If you are due to submit a Self-Assessment return for the tax year ended 5 April 2023, you should have registered for Self-Assessment by 5 October 2023. While that deadline has passed, if you have not registered yet it is still possible to apply, though



you should do so as soon as possible. The deadline for submitting Self-Assessment returns is 31st January following the end of the tax year you are submitting the return for or within three months of receiving your UTR if this is later. 2023 Self-Assessment returns should therefore be submitted by 31st January 2024. Any tax due for 2023 should also be paid by 31st January 2024 or interest and penalties could be charged. While it is tempting to leave everything until the last minute, if returns are submitted before the end of December, it may be possible to have any tax due collected through next year's tax code rather than having to find the cash in January.

If you want more advice about Self-Assessment visit <https://www.gov.uk/self-assessment-taxreturns> or speak to an accountant.

*Carol Draper FCCA
Clifton-Crick Sharp & Co Ltd*

Bredon Hill with my camera phone

Angela Johns



If only my photo could convey - the sound of my boots brushing the grass, the slosh of tea in my flask, birdsong, the sound of my heart beating in my ears after the last steep push to the top, the breeze pushing its way through the Scots pines reminiscent of surf, stillness, the warmth of the sun on my face and cool air on my skin, the caw of the crows and the frenzied flapping of pheasant wings, the creaking of branches, the silence of the clouds gliding by, the smell of mud, of sheep poo, of the bread of my sarnie, of my strawberry lip balm. And of course the tightness in my cheeks from smiling. Remember when we used to wait a week for our photos to arrive by post? Would they turn out? What was on that film? Just a handful of photos to act as memory joggers. One or two photos to bring the event alive in our minds. An aid to retell the story of a particular day, month or even year. Now, however, we are able to be snap happy with instant results. All and any moments captured and digitally stored, to be lost in the library of multitudinous other similar photos held on our phones. As a therapist I try to bring all your senses to the party, to reconnect your mind to your body, and enable all the messages to be heard. This takes a little quiet, some effort and practice to consciously visit each sense.

Learning to be aware of the interplay between your senses can help you feel more alive. Think of food and joy, of butterflies in the tummy and excitement. But you could try this yourself with just one photo. Use it not just to picture the scene but to remind you of the experience in all its fullness. Feast all of your senses, not just your eyes. Take a ride on your remembered emotional journey, not just the rehashed story. If that is too difficult it may be a reminder to live in the fullness of our moments, creating rich memories on which to draw, rather than just take another photo. *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*



Remembrance honours those who serve to defend our democratic freedoms and way of life.

We unite across faiths, cultures and backgrounds to remember the service and sacrifice of the Armed Forces community from United Kingdom and the Commonwealth. We will remember them.



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GPS, and feet this time!

Karen Harris

I seem to write about feet a lot, but they are responsible for a fair amount, so we should take some responsibility for them. You might recall, (from September's article) your body's GPS is dictated to by your proprioception (your body's awareness of you in space) which of course involves the brain. When your foot strikes the ground, that impact is sensed as vibration, so your proprioception comes with the ability to perceive that vibration.....or it should do. The perception is felt by mechanoreceptors on the bottom of the foot, so your heel strike, loading response, peroneus reaction time (a deep muscle in the lower leg that moves the ankle), the timing of a shift in the centre of mass (as you transfer your weight when walking), strength in the foot, timing of glute (bum muscles) activation, and consequential opposing arm swing, are all providing information to the brain to stop you falling over! Cushioning in shoes takes away the vibration. At age 40, that sensitivity is at its peak, at age 70 twice the stimulation is needed to create the same response. Falls can be related to perception of the ankle joint and the proprioception of the ground underneath the foot, the delayed reaction being the catalyst, along with poor foot mechanics. Rehab, foot strengthening and balance exercises should all be done barefoot (under supervision if there is an underlying condition). It makes sense that the proprioceptive bottom of the foot is used and activated on a hard floor - think heel lifts on

both legs, and one at a time, in an upright position with both feet pointing forward. If you read my articles regularly you'll know that I'm not a big fan of 'normal' shoes, but if people are determined to squeeze, raise, cushion and support their feet to stifle their GPS/vibration, then the foot/ankle/leg complex needs exercise. A one inch thick foot sized piece of foam is great for one leg balances. On (or off) the foam, stand with both feet pointing forward approx 4-5" apart, lift the toes, spread and elongate, and place them back down. Link your hands behind your back, keep the body as straight as you can lean forward slowly, just enough to not strain yourself as you come back on your heels. Continue 10 times, you will be surprised how easy it is to progress as the chain reaction from toes upwards kicks in to strengthen and stabilise you. Only 50 degrees of plantar flexion is needed to release energy and transition off the back foot, but a lot of people don't have that, so.....one hand on the wall to balance, place a tennis ball (or similar) on the floor between the heels, set the feet as the previous exercise. Lift the ball with the heels, tucking them under, engage toes into the floor and lift higher, tuck heels into the ball to activate glutes, exhale as you lift & engage pelvic floor. N.B. If you have any foot/ankle conditions please consult a relevant expert before doing these.

Love, not fear:

Emily Papirnik

Choosing a path of compassion and Responsibility.

In a world often saturated with fear and uncertainty, it is paramount to redirect our focus towards love and compassion. Amidst the challenges and upheavals of our times, consciously choosing love over fear is not only a personal decision but a collective necessity. The fundamental question we must ask ourselves is, "What would love do in this moment?" One of the first steps towards embracing love over fear is to manage our exposure to the constant barrage of distressing news. While staying informed is important, drowning in negativity can have adverse effects on our well-being and the energy we emit to the world. It's about striking a balance between being aware of current events and maintaining a positive outlook. Taking responsibility for ourselves is another crucial aspect of choosing love. This means refraining from placing blame on others or imposing our beliefs on those leading different lives. It's about nurturing ourselves physically, emotionally and mentally without relying on external sources.

Simultaneously, it's vital to respect others' paths and understand that we are not responsible for fixing or making anyone else happy. A significant part of embodying love is setting aside judgments and opinions about others' actions. Understanding that we cannot truly comprehend someone else's life experiences or motivations allows us to approach situations with empathy and kindness. By prioritising our own growth and choices, we become the best versions of ourselves, making decisions aligned with our values and beliefs. In challenging situations, our compass should always point towards love, guided by integrity, kindness and courage. While we may falter at times, reflecting on our choices and learning from them enriches our journey. Every decision made with love contributes to a more compassionate and harmonious world. By consciously choosing love and over fear and listening to our inner guidance, we can elevate our vibrational frequency and positively influence the world around us. Remember, the responsibility lies within us, individually and collectively, to choose love and cultivate a more loving and understanding society.

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
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Saturday
18th Nov
12 noon

Remembrance Day in Defford

Tim Hickson

During a recent Hickson family gathering in Herefordshire, a number of us wanted to visit a castle. The nearest was Goodrich, just south-west of Ross-on-Wye. When we were inside its walls we entered the old chapel. One window now contains a stained-glass memorial to those from RAF Defford killed nearby during WW2.

I have seen one of a resonant cavity magnetron, the device developed at Birmingham University that helped us win the radar war and which now can be found being used in all our kitchens in microwave ovens. Inevitably, this window reminded me of the other

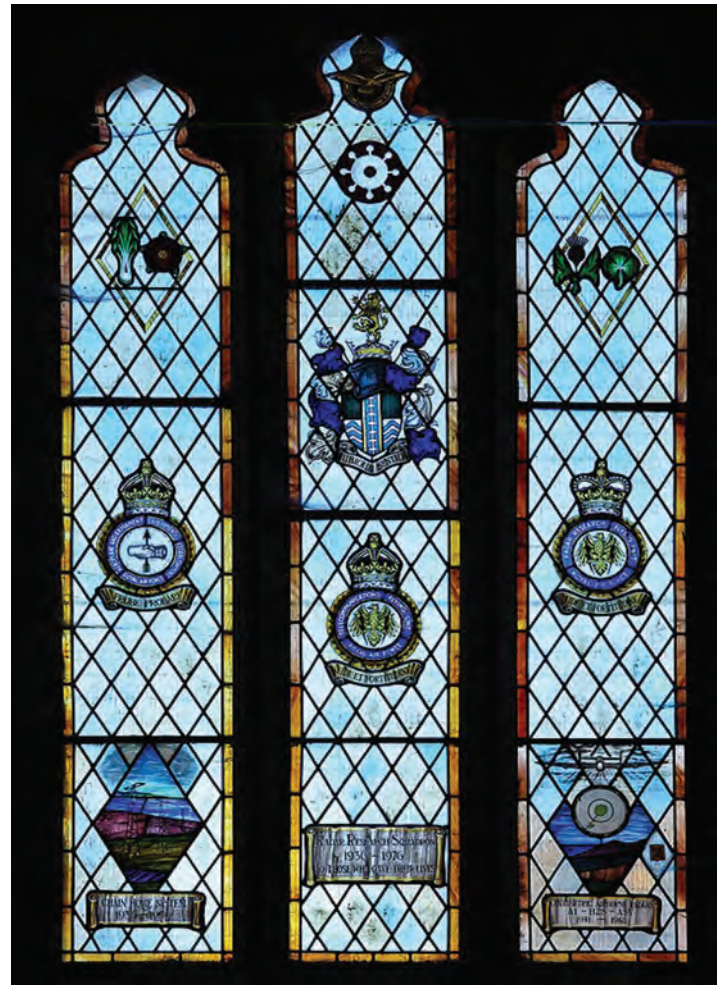
memorial to the 50 RAF and civilian personnel who died developing airborne radar at Defford. This is on a small triangle of grass between Defford Church and the village school.

This memorial was also unveiled by Sir Bernard Lovell of Jodrell Bank Radio Telescope fame who, during the War, was in charge of developing the radar that went into Allied aircraft.

Every November 11th, at 11 a.m., members of The Defford Aircraft Heritage Group, locals and, more recently, if that date is in the school week, children from Defford-cum-Besford CE First School attend the brief



Memorial and Plaque



Window from the RAF Museum



Thoughts from the Snug...

A nap or nip, or both?

The regulars in The Snug are a mixture of economically active plus retired or semi-retired folk who like conversation, gossip, giving and receiving advice. Recently the changing of the clocks from Summer to Winter time prompted a thoughtful discussion on how sleep patterns had been disturbed.

"It takes me several days to adjust my body clocks," said one member. "My afternoon nap routine is at sixes and sevens," she added. "Ah, yes!" exclaimed the oldest Snug member who is, incidentally, the most economically active of the group and always listened to

with respect. "I believe sixty is really the time to make your mark on the world- explore the Arctic, take flying lessons, whatever. Be positive, decisive. Make your mind up to take on an exciting new challenge. Do it today. But only straight after your afternoon nap." "Agreed!" said another, adding

"Everyone over sixty should have a daily nap AND a nip; a short nap after lunch and a fortifying Whisky before dinner." General approval all round. Sound advice.

Buddy Bach

On track for Christmas

Brian Johnson-Thomas

The search for presents for family, friends and loved ones begins to heat up at this time of year so we decided to look at a way of shopping and enjoying a nice day trip at the same time. Because it opened just about the same time as the Covid pandemic was getting under way, the new railway station at Worcestershire Parkway hasn't perhaps had the attention it deserves. Yet it has the advantage of opening up new routes and possibilities for us across the Cross Country Trains network. We chose to take a day trip to Cardiff, the capital city of Wales, and just under an hour and a half away (with straight through trains). It costs just £3.80 to park your car for the day, if you're leaving after 10.30, otherwise the X50 bus also stops at the station, so it's a very convenient place to start from. Trains leave every hour at two minutes to the hour and arrive an hour and 27 minutes later. We found the train seats comfortable, with free wi-fi, and a travelling snacks trolley (only £2.40 for a cafe latte, which I thought was good value). We left on time and arrived on time, what more can you ask? Once arrived in Cardiff Central station, it's only a short walk to

the traffic free city centre and the main shopping area which stretches out from the vast bulk of Cardiff Castle. Those streets are also the base for the wooden stalls of the Christmas Market which this year opens on the ninth of this month. The organisers say that the emphasis is on craftspeople selling their own work whether that's silver jewellery, wooden Welsh love spoons, fused glass, hand thrown pottery or bedsteads, quilts and other textiles. Plus, of course, lots of food and drink options – including mulled wine. On the way to and from the station you'll pass by Ty Madeira, or Madeira House in English which is a rather nice Portuguese restaurant. We had the set Table d'Hote menu at just under £16 each and found it excellent value. For times and menus see www.tymadeira.co.uk The train back takes the same time and again there are no changes. It's difficult to give you a journey price because it depends so much on when you travel and at what time, so it's best to look at their website www.crosscountrytrains.co.uk and book from there. Also very much 'on track' for this Christmas is the new showcase for Worcester's



Piston Gin company. They're now in Diglis basin (and you can see them on the right as you drive in) and they offer from the shop a truly scrumptious selection of gins and other spirits. However their main attraction is their Gin School where you can spend a few hours under tuition making your very own blend of gin. Starting with a litre of their alcohol you're taught how to add 'botanicals' to your taste. These botanicals range widely over a spectrum from sweet to woody and earthy via floral and fruity to spicy and herby not to mention citrus and one section called 'behind the scenes' which includes ingredients such as seaweed and marshmallow leaves.

Having chosen the mixture you fancy you then fire up your still and start to distil your very own brand of gin. When you've finished you get to take a bottle of it home with you. (You also you get offered various tastings whilst you're there and there's a cheeseboard to help soak up all that excess alcohol). Gin School costs £150 per couple and they have sessions every Saturday (sometimes twice a day) and, usefully, every day in the time after Christmas and before New Year. If you're feeling indulgent then they also sell gift vouchers, should you wish to treat your family and friends. For details see www.pistondistillery.com Cheers!

Jazz News

Peter Farrall

"The Great Gatsby" Scott Fitzgerald's third "jazz age" novel, was set in 1920's New York and evokes pictures of opulent parties in luxurious houses with huge gardens and invitees turning up in massive cars to drink and dance the night away with uninhibited abandon. All this to a background of the music which had evolved in New Orleans, suffusing via cities like Chicago and Memphis and quickly arriving in New York, home of the fictitious Jay Gatsby, titular anti-hero of the novel and later, film. This was a prosperous period in US history when mass recording and broadcasting on affordable radios brought jazz within reach of everyone and triggered the opening of countless clubs and dance halls to satisfy the jazz inspired lifestyle of the "liberated" 20's generation. Prohibition, introduced in January 1920, gave rise to the

illicit manufacture of liquor by gangsters who owned secret stills and sold the booze in speakeasies hidden somewhere in their clubs or dancehalls. Men like Al Capone in Chicago and Owney Madden in New York (who owned the famous Cotton Club) gained a huge income this way, often bribing police and "eliminating" competitors. These establishments provided a level of financial and, in some cases, physical security for black musicians but often playing to all white, middle-class audiences. As Louis Armstrong once said "get yourself the biggest gangster you can" Jazz first came to Britain with a tour by The original Dixieland Jazz Band in 1919, ironically an allwhite group. There followed an increasing stream of records from the USA, nearly all of which were by white musicians, so much so that some listeners to the newly

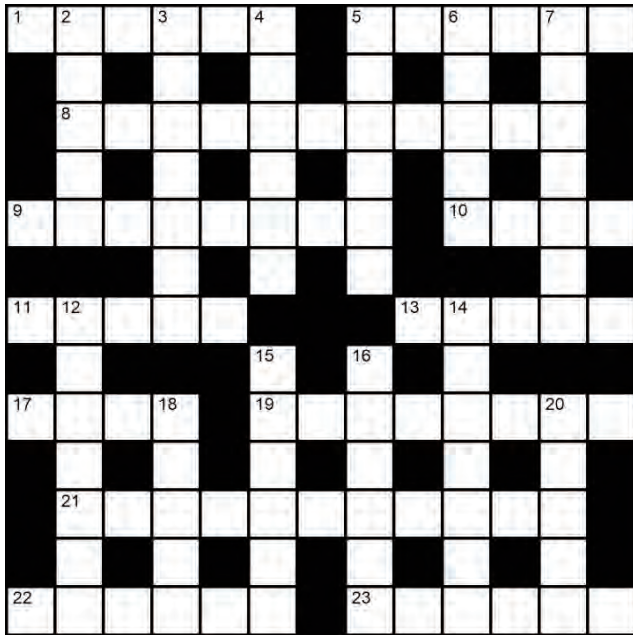
established BBC, had not yet realised that jazz was essentially a black man's music. By the mid-twenties, the jazz age had truly arrived in Britain with British dance bands playing jazz influenced arrangements and appearances by American touring bands bringing the "Dixieland" style to dance halls and theatres. At the end of the decade the great depression in America and mass unemployment in Britain caused much hardship and, except for the privileged few, saw an end to the hedonistic lifestyle. But the music lives on! Hear it at this month's club session.



The Gatsby Go-Getters
Wednesday, 29th November
The Function Room, Pershore Football Club
 Doors open at 7pm, music at 8
 Admission £10 to include a raffle ticket.
 Book in advance and pay on arrival
club@pershorejazz.org.uk tel: 01527 66692 find us on Facebook

Coffee Break

Crossword



Across

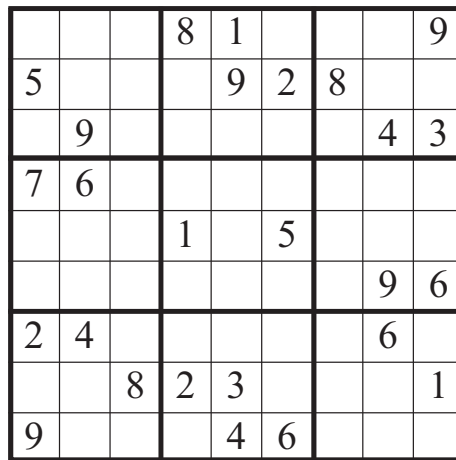
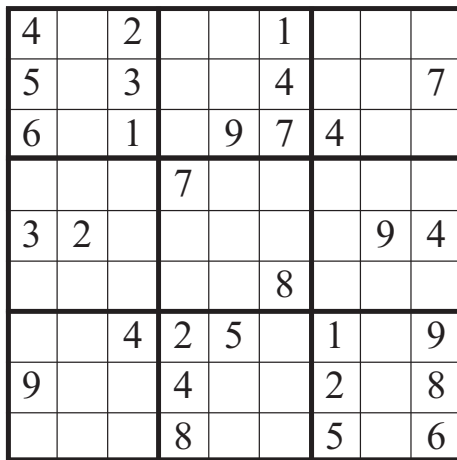
- 1 Brandy distilled from cherries (6)
- 5 Reveal unintentionally (6)
- 8 Large self-service store (11)
- 9 Like many Sherpas (8)
- 10 Pained expression (4)
- 11 On a lower storey (5)
- 13 Investigate closely (5)
- 17 Harvest (4)
- 19 Bed (8)
- 21 Audio system output device (11)
- 22 Concurs (6)
- 23 An unspecified person (6)

Down

- 2 Point in question (5)
- 3 Highest singing voice in women (7)
- 4 Set (6)
- 5 Defeated (6)
- 6 Capital of Japan (5)
- 7 Indigestion remedy (7)
- 12 Stopper to keep out noise (7)
- 14 Jailer (7)
- 15 Entertains (6)
- 16 Greek goddess of wisdom (6)
- 18 Dried plum (5)
- 20 Seductively beautiful woman (5)

Sudoku

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



Crosswords

Sudoku

Wordsearches

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?Wordsearch



- | | |
|----------|---------|
| ANISE | LETTUCE |
| BASIL | MACE |
| BAY | MINT |
| CAMOMILE | MYRRH |
| CAPERS | RUE |
| CARAWAY | SAGE |
| CHERVIL | SENNA |
| CHIVE | SESAME |
| CRESS | SORREL |
| DILL | TANSY |
| GINGER | THYME |
| HYSSOP | WOAD |

October Answers



Poets' Corner

A Shropshire Lad

XX

Oh fair enough are sky and plain,
But I know fairer far:
Those are as beautiful again
That in the water are;

The pools and rivers wash so clean
The trees and clouds and air,
The like on earth was never seen,
And oh that I were there.

These are the thoughts I often think
As I stand gazing down
In act upon the cressy brink
To strip and dive and drown;

But in the golden-sanded brooks
And azure meres I spy
A silly lad that longs and looks
And wishes he were I.

A. E. Housman 1859-1936

In Flanders Fields

In Flanders' fields the poppies blow
Between the crosses, row on row,
That mark our place: and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders' fields.

Take up our quarrel with the foe;
To you from failing hands we throw
The torch; be yours to hold it high,
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders' Fields.



John McCrae 1872 – 1918

Spot & Shop - October Winners

- 1) R Atherton
- 2) Sandy Handy
- 3) Vyvyan Michell
- 4) Jill Aston

Last month's answer:
Sanctuary Care

Fun Quiz!



1. Which land snake has the most toxic venom in the world?
2. Who produced a series of oil paintings in 1943 known as the 'Four Freedoms'?
3. Which sport is the haka dance associated with?
4. What are the names of Popeye's four nephews?
5. Which European country's national flag features 3 vertical stripes in the order of blue, white and red from left to right?
6. On which river did a pilot by the name of Sully make an emergency landing in 2009?
7. Which 2016 song was an international hit for Major Lazer ft. Justin Bieber and MØ?
8. Can you unscramble the following word to reveal an act of betrayal: RASENOT?
9. Which film series stars 'thunder buddies' Mark Wahlberg and the voice of Seth MacFarlane?
10. How many degrees do the interior angles of a triangle always equal?
11. Who wrote 'The Canterbury Tales'?
12. What was the title of George Michael's first solo single?
13. Sarah eats 5 sweets in January, 8 in February, 11 in March, and 14 in April. If this pattern continues, how many sweets will Sarah eat in October and November, of the same year, combined?
14. Which multinational corporation developed the PlayStation?
15. What famous statue was originally named 'Liberty Enlightening the World'?
16. Chris Martin is lead singer of which famous British rock band?
17. How many countries of the world begin with the letter Z?
18. Maundy Thursday commemorates which final event that took place between Jesus and his disciples?
19. What do the letters DC stand for in the United State's capital Washington D.C.?
20. Which Shakespearean play is based on the short reign of a British king who was responsible for numerous deaths?

Answers: 1. Inland Taipan 2. Norman Rockwell 3. Rugby 4. Feepeye, Papeye, Pipeye, Poopye 5. France 6. Hudson River 7. Cold Water 8. Treason 9. Ted 10. 180 degrees 11. Geoffrey Chaucer 12. Careless Whisper 13. 67 sweets (32 October, 35 November) 14. Sony Computer Entertainment 15. The Statue of Liberty 16. Coldplay 17. Two countries: Zambia and Zimbabwe 18. The Last Supper 19. District of Columbia 20. Richard III

SPOT & SHOP!

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 anagram
CREWING STROKES

This month's prizes!
1st - £25 cash
Donated by Powick Times
2nd - Coronation Jigsaw
Value £20
3rd - Reg Moule's Gardening Diary
Value £10
4th - Pat's Pantry -
Jar of home-made marmalade

Complete and return this form or email:
news@hughes.company for your chance to win!
Powick Times closing date: 27th November 2023

Answer: _____

Name: _____

Telephone/email: _____

Return to: Powick Times, Hughes & Company
 8 Church Street, Pershore Worcestershire WR10 1DT

Walk of Wonder

Follow the Nativity trail and see the Christmas Story unfold



Saturday 9th and Sunday 10th December 2023

Follow the Trail around Madresfield Village including a Christmas Tree Festival in St Mary's Church 12 midday to 4pm.

Free entry & parking at MEYC (WR14 5AA)
Refreshments in Church

Plus
'Christmas Reflection' at 4pm on Saturday 9th with Madresfield Primary School choir
'Walk of Wonder Carols and Christmas Story around the village' at 10.30am on Sunday 10th.
Both in St Mary's Church serving mulled wine and mince pies



01 DECEMBER 23 | Bank House Hotel, Worcester WR6 5JD

Winter Wonderland Ball

GKCCCT.ORG/WINTER-WONDERLAND-BALL
FUNDRAISING@GKCCCT.ORG

HOSTED BY:
ED JAMES & GEMMA HILL
HEART WEST MIDLANDS




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4TH-9TH DECEMBER 2023



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TUESDAYS
Tewkesbury i-Sing Choir - 10.15am until 11.45am
The Hall (Next to Tewkesbury Abbey), 50 Church Street, Tewkesbury GL20 5SN

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

TEAMS4U CHRISTMAS SHOEBOX APPEAL



GIVE LOVE IN A BOX THIS YEAR
This year the shoeboxes will be heading to the Ukraine, Moldova, Georgia, Bosnia and Romania.

FROM YOUR HAND TO THEIRS
Your shoebox will be given to a vulnerable child, or family, through schools, nurseries, hospitals and orphanages. Our aim is that each box is given in relationship with the local community as part of a long-term commitment to these children.

FIND AN OLD SHOEBOX
We've one at home, collect one from church

WRAP IT WITH CHRISTMAS PAPER
Please wrap the box and lid separately

FILL IT WITH USEFUL GIFTS
You can get some inspiration from the list below

FILL IN A DONATION SLIP & LABEL
Close the lid with a rubber band. Please do not tape the lid shut.

DROP OFF WITH £3 DONATION

DROP OFF POINT
Completed Shoeboxes and donations can be dropped off at **Upton Baptist Church**
Monday 30th October to Sunday 19th November
10am - 1pm (Closed Saturdays)



CANT FILL A BOX?
If you cannot fill a whole box but have some goodies to include, we welcome donations of items we can add to boxes.
Each box costs £3 to send to a child or family. We welcome donations towards transport.



WHAT TO PUT IN YOUR BOX

Practical supplies	A few small gifts
Toothbrush and toothpaste	Soft toy
Hairbrush/comb	Ball
Facecloth and soap	Game
Stationery/pens/pencils/paper	Puzzle
Gloves/hats/scarves	Bubbles
Stationery pack	Musical instrument i.e. harmonica/recorder
Craft Pack	A photo of yourself
Sewing Kit	

For more information contact Barrie 01684 594412 | 07814932921

Malvern Folk Dance Club

Wednesday afternoons
2pm - 4pm

at St Andrew's Church Hall, Churchdown Road, Malvern WR14 3JX
Gentle dancing, no partner necessary

Admission £4

If you would like more information please contact:
Marion Couston
01684 310378



7th Worcester Scouts Powick & Callow End Group

We are the UK's biggest mixed youth organisation. We change lives by offering 6 to 25-year-olds fun and challenging activities, unique experiences, everyday adventure and the chance to help others so that we make a positive impact in our communities.

Parish Hall, Malvern Road, Powick, Worcester WR2 4RT
www.scoutshw.org.uk

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Powick Times

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news@hughes.company
Tel: 01386 803803

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Copy Deadline

December Issue - 20th November 2023



Saturday 25th November 2023

MRS HARRIS GOES TO PARIS (2022)

Mrs. Harris Goes to Paris is a film based on a novel by Paul Gallico. It tells the story of a widowed cleaning lady in 1950s London who falls in love with a couture Dior dress and decides to go to Paris to buy one. It is a comedy-drama that explores the themes of fashion, friendship and self-discovery. The film stars Lesley Manville, Isabelle Huppert and Lambert Wilson.

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.

www.callowendvillagehall.co.uk

Rural Reels Films

Callow End Village Hall

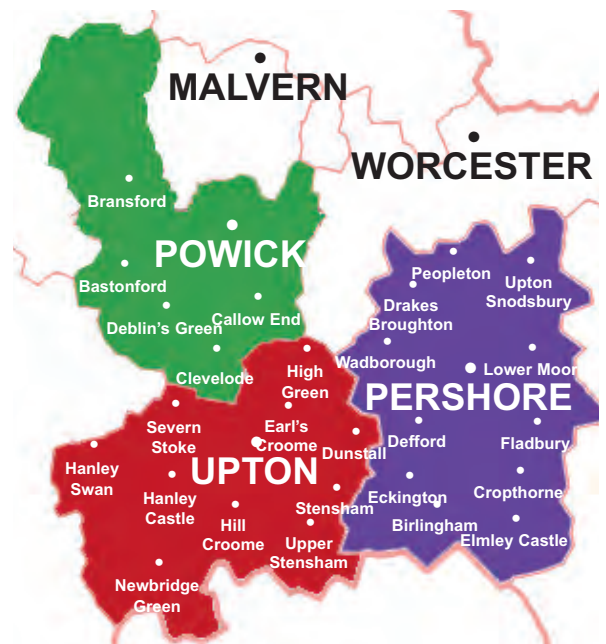
Doors open at 7.00pm

Films starts at 7.30pm

Tickets £5 each

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Howick Times



Elf Auditions in Worcestershire!

Christmas fans in Worcestershire are being invited to audition for the role of Santa's elves this festive season.

Winter Glow, the biggest Christmas event in the Three Counties held every year at the Three Counties Showground in Malvern, is looking for several helping hands to assist in Santa's Grotto throughout November and December. Successful candidates will have the important responsibility of spreading Christmas cheer and assisting families from across the three counties as they meet Santa Claus himself at the event's personalised Santa experience. Applicants must be enthusiastic, good with children, and, most importantly, have exceptional levels of Christmas spirit. Experience in toy making, speed-wrapping, and reindeer

handling is preferred but not essential. Uniforms and full "Elf training" will be provided. Budding Elves are encouraged to register their interest on the Winter Glow website as soon as possible or by emailing: christmas@winterglow.co.uk Shortlisted applicants will be invited to an online interview, linked directly from the North Pole, with the event's Head Elf, Jingle, in the coming weeks. Jingle, Head Elf at Winter Glow, comments:

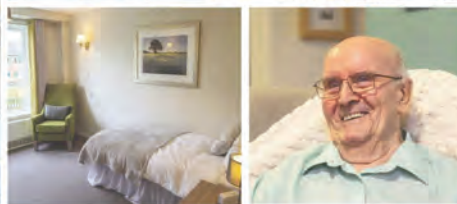
"My team of merry elves are essential for spreading Christmas joy and helping Santa in the lead-up to our biggest day of the year, Christmas Eve. This is an exciting opportunity to join my team this festive period and I can't wait to personally welcome our newest talented elves on board."



Heathlands Residential Care Home in Pershore are delighted to launch

the Allard Respite Suite

 **Sanctuary Care**
enriching lives



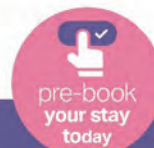
Our newly refurbished, eight bed suite provides dedicated pre-bookable respite breaks.

This unique offer ensures peace of mind for those looking to pre-book a short term care break.

Call our dedicated Enquiry Support Team on free-phone **01386 571 067**
sanctuary-care.co.uk

“Dad is very well cared for 24 hours a day, his room is lovely, food is lovely too and staff are super caring, professional and friendly. Thank you.”

Daughter of resident
- February 2023



9.7

carehome.co.uk Review Score for Heathlands Residential Care Home 46 reviews

Based on independent review scores in the last 24 months at the time of going to print.