

Upton Times

A free monthly newspaper for Upton-upon-Severn and surrounding villages



Issue 37

October 2024

FREE



Hanley Swan

We seem to be deep into Autumn already, shorter daylight, and a chill in the air. Shops already offering Christmas goods, which seems to get earlier every year! Looking back we had a very wet winter, a lovely Spring and then no real summer. However we have to carry on regardless and make the best of what we get. We are going through unsettling times, with the new Government making all sorts of promises to change everything.

Europe our biggest trading partner, going through difficult economic times. Further away a war is raging in Ukraine, and in

the Middle East the war is escalating. Next month a new President will be elected in the USA. Let's hope when this

happens things will calm down and some leadership is forthcoming.

We have joined the trend, and made some changes to our newspapers! A Magazine section, which includes crosswords, puzzles and increased cash prizes to be won! We hope you like the new layout and enjoy the chance of larger cash prizes. We will be launching a photographic competition for the front page illustration. Further details will

be announced shortly. Hope you enjoy the newspaper and thank you for your continued support.

Remember!

**Clocks go back one hour
on 27th October at 2am**



Halloween

31st October 2024

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County & District Report

Talbot Head Hotel Upton: Latest



So, it's good and bad news: as you may well know, finally, after a battle of 5 1/2 years on my part, the owner of the Talbot Head Hotel has had most of the front of the hotel painted and tidied up. It is looking so much better. A small section on the front plus the side on Court Street was due to be refurbished towards the end of September this year. Scaffolding and a closure of Court Street was needed to complete this work. Unfortunately, no application to WCC was made by the owner's representatives for a

permit to close Court Street and install scaffolding. The earliest WCC can now issue a permit is later this year, because other works nearby on the road network have already been given permits. To say I am disappointed is an understatement! I suspect that bad weather may now delay this work until the spring. I will keep pressing the owner of the Talbot to complete the work and let you have an update when I have one. I am really annoyed, but I am not giving up; it will get done!

Upton's Young Farmers put the boot in!



Upton Times

Collection Points:

Banjo's - Badham's Hardware - Colston Bakery
 Drum & Monkey - Hughes & Company, Pershore
 Little Upton Muggery - Mojos - Nuyard Garden Centre
 Revills Farm Shop - Rose & Crown, Severn Stoke
 Severn Sweets - Spar - St. Richards - The Jockey Inn, Baughton
 Upton Chippy - Upton Library - Upton Newsagent
 Upton Post Office - Upton Surgery - Warners
 Welland Post Office - White Lion Hotel - Yorkshire Grey

Councillor Martin Allen

Youth Club Moves

Upton's great Youth Club is on the move. It has now moved to the Baptist Church in Old Street, Upton. Sarah Merrett is the energetic leader who wants local youths to go along and have their own space. The club has much to offer the local youth, from games, sports and activities to arts and crafts, video games and cooking experiences. The young people really have a chance to learn new skills while making new friends and improving their well-being.



You can make enquiries about the club by phoning Sarah on 07809 306620 or by emailing Sarah.Merrett@ymcaworcestershire.org.uk.

UPTON

YOUTH CLUB

FREE!

Are you aged 10 - 16?

Join us each Monday for an array of exciting activities with fantastic Youth Workers in Upton!

6 PM - 7:30 PM

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Upton Baptist Church, 45 Old Street, Upton upon Severn, Worcester WR8 0HN

There have been so many wonderful events over the summer: the Folk and Jazz Festivals, and the Blues Festival, as ever a special event. Each time so many wonderful people give their time for free – a collective thank you to you all. One of my favourite events was the Upton Young Farmers Harvest Tow-Down, a combination of tug of war teams and live music. Any funds they raised

and Finally...

Feeling worried because you are unsure of what is about to come is normal; its completely understandable. There are changes coming for all of us, you can feel it in the wind. Together we will get through the gales and the storms ahead. Please remember, I will be

went to The Grace Kelly Childhood Cancer Trust. Earlier in the year I had the privilege of providing funding through my county council divisional fund for special tug of war boots for the Upton Ladies team. As you can see, while I was there, I had to join in and have a go. Upton's YFC are always looking for new members – their email is: uptonyfc@gmail.com Why not give them a try?

there for you if needed. Meanwhile it's back to the battle of my veg plot, with the joy of my savoy cabbages and the frustration of my leeks. It's a hard life being a gardener, but a good one. Warmest regards

Martin Allen

"There are only two days in the year that nothing can be done. One is called Yesterday and the other is called Tomorrow. Today is the right day to Love, Believe, Do and mostly Live.
 Good Morning! "

Dalai Lama

An Announcement from the Bishop

The Bishop of Worcester is pleased to announce the appointment of The Reverend Kathryn Mephram as Priest in Charge of the Severnside Parishes. Kat is currently serving as Priest in Charge of the Benefice of Leadon Vale in the Diocese of Gloucester.

She is married to Ali, and they have five children. Bishop Martin will license Kat at 4.00 pm on Sunday 8th December (venue to be confirmed by the Area Dean). Please remember Kat and Ali and their children in your prayers as they prepare to move.'

Missing Dog, Gracie missing since 8th September

On the 6th of October Gracie our nervous rescue dog from Bosnia will have been missing a month, having escaped whilst we were on holiday. We are devastated, we have had less than a handful of sightings which has made her recapture difficult, she has been keeping herself very well hidden. We are asking anyone who is free that weekend to help us try and get more information on her whereabouts. This will be an organised search as we don't want to scare her away from the area, please contact us if you can help so we can organise the search. If you are able we will need help from people to walk the fields around Pershore/Drakes Broughton, check barns, out

buildings and hedges. She is a very nervous rescue. If you see her do not call or chase her, just ring us straight away with the location and we'll be there. Downloading the what3words app or knowing how to drop pins on maps ahead of time to be shared would be really useful should you sight her. We kindly ask that no one conducts any kind of searching prior to this date but if you see Gracie whilst you go about your normal activities let us know asap. The community's response to Gracie's plight has been tremendous and has helped us keep our heads above water in such a difficult time, we can't thank you all enough. *Thank you.*

HAVE YOU SEEN THIS DOG

SIGHTINGS ONLY - BOSNIAN RESCUE MISSING IN AN UNFAMILIAR AREA - DO NOT CALL, CHASE, GRAB OR ATTEMPT TO CATCH



GRACIE - Crossbreed

Missing from Pershore, WR10 area, Worcestershire since Sunday, 8th September, 2024
Adult Female. Black. Wearing a red collar. Very nervous
Call immediately if seen. If found, report to dog warden as required by law

**Please Call / Text with any information
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South Worcestershire Archaeological Group

South Worcestershire Archaeological Group (SWAG) is a group formed in 1981 to study landscape archaeology and has a programme of lectures, walks and fieldwork. We have had a very enjoyable summer programme with walks around Hartpury, Wick village (near Pershore) Defford looking at the RAF site and Winchcombe. We recently had a most interesting social with a WW11 theme. We have taken our stand to Callow End Village Hall, Hartlebury Castle (medieval fair) and twice to Evesham (Medieval Fair and Battle of Evesham). We are always willing to take our stand and examples of some of our finds to any local function where we would be delighted to see and talk to anyone who has an interest in archaeology. We are now entering our winter programme of monthly talks held at Callow End Village Hall. This begins on Saturday 12th October with a talk by

Wayne Perkins "Witchcraft in Worcestershire- The Archaeological evidence", followed on 2nd November when Stan Brotherton will talk on aspects of Evesham. The year will end with Richard Churchley explaining about Christmas songs. We meet at 1.30 for a 2.00pm start. (A small donation of £3.00 for non-members) We are always pleased to welcome new members either as a one off or to join our friendly group in our many activities.

For more information please contact: swagmembership@googlemail.com



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Flu and COVID Vaccines Campaign 2024!

Our flu and COVID vaccine clinics start on 3rd October, with our main Super Saturdays on 5th October and 19th October!

Who is eligible?

As per NHS guidelines, vaccines are available for:- Adults 65+- Pregnant women- Individuals with certain health conditions and their household members. - Carers- Frontline health workers

How to book:

Check your texts for a self-booking link or call us to book by selecting the vaccination line, Tuesday to Friday, 2-5pm.

Protect yourself this season—book your appointment as soon as you receive your invite!

Protect your children this season with the nasal flu vaccine!

We are now booking free nasal flu vaccines at our GP Practice for pre-school children and those at higher risk asked 4-17years.

Keep your family and community safe this winter.

NHS APP tutorial sessions with Lauren

Please note the timings have changed to 9am-12 noon
Friday 25th October & Friday 22nd November

Saturday Clinics this Autumn

19th October - Flu, + COVID vaccines

9th November - Flu, COVID and RSV vaccines clinic

Keep warm and get help with heating this winter

Staying warm during the colder months helps prevent serious health problems like heart attacks, strokes, pneumonia, and depression.- Keep your home at least 18°C in regularly used rooms.- Ensure your heating and cooking appliances are safe—contact a Gas Safe registered engineer to check.- Make sure your home is fire-safe by using the online home fire safety check website.- Financial support: There are grants, benefits, and advice available to make your home more energy-efficient.

Visit [GOV.UK](https://www.gov.uk) or call the government helpline on 0800 444 202 for more information.

Think Pharmacy First

The Pharmacy First Service allows community pharmacists to supply medications so you don't have to book an appointment at the GP Practice. There are seven conditions they are able to help you with:

Earache (-y) Impetigo (1y+), Infected insect bites (1y+), Shingles (18y +), Sinusitis (12y+), Sore throat (5y+), Impetigo (1y+), Uncomplicated UTI (women 16 to 64y)

RSV Vaccination for People Aged 75-79 and pregnant women
People aged 75-79 and pregnant women can get a free vaccination to protect themselves from respiratory syncytial virus (RSV), a common lung infection that can lead to serious illnesses like pneumonia.

Read more about RSV vaccination:

<https://www.nhs.uk/conditions/respiratory-syncytial-virus-rsv/>. Weekday and Saturday clinics available. Contact us now!

Friends and Family Test Results Are In!

We are thrilled to share that 91% of our patients rated their experience as "Very Good"! Here's a quick look at the results:- Very Good: 138 patients- Good: 12 patients- Neither: 7 patients- Poor: 2 patients- Very Poor: 0 patients.

Thank you for your continued trust and support.

We are committed to improving our services and ensuring every patient receives the highest level of care.

Check you're not missing State Pension payments

During Pensions Awareness week, HM Revenue and Customs (HMRC) is urging tens of thousands of people to check if they are eligible to boost their State Pension. Some parents who claimed Child Benefit before 2000 are missing out on State Pension payments they are entitled to because of gaps in their National Insurance records. HMRC is urging those affected, who are mainly women at, or approaching, State Pension age, to check for gaps in their National Insurance record and top up their State Pension for free.

Home Responsibilities Protection (HRP) was applied to the National Insurance (NI) records of those who claimed Child Benefit between 1978 and 2000, to protect their State Pension. It reduced the number of qualifying years a person with caring responsibilities needed to receive the full basic State Pension. It was replaced by National Insurance credits in 2010.

However, if someone claimed Child Benefit before May 2000

and did not provide their NI Number on their claim, HRP may not have been applied and their State Pension entitlement could have been affected. If people are missing HRP from their NI record, it doesn't automatically mean their State Pension calculation is incorrect, but it does increase the possibility, particularly if they spent a number of years away from work to raise a family. HMRC and the Department for Work and Pensions (DWP) are working to identify those people affected and encourage them to make a claim for HRP so their records can be amended.

People can check their eligibility and make a claim on GOV.UK and it takes about 15 minutes to complete. They can also claim by post using form CF411



Young people urged to cash in their savings pot

- Young people urged to claim their Child Trust Fund.

- £2,200 on average waiting in unclaimed accounts.

More than 670,000 18-22 year olds yet to claim their Child Trust Fund are reminded to cash in their stash as HM Revenue and Customs (HMRC) reveals the average savings pot is worth £2,212. Child Trust Funds are long term, tax-free savings accounts which were set up, with the government depositing £250, for every child born between 1 September 2002 and 2 January 2011. Young people can take control of their Child Trust Fund at 16 and withdraw funds when they turn 18 and the account matures.

The savings are not held by government but are held in banks, building societies or other saving providers. The money stays in the account until it's withdrawn or re-invested.

If teenagers or their parents and guardians already know who

their Child Trust Fund provider is, they can contact them directly. If they do not know where their account is, they can use the online tool on GOV.UK to find out their Child Trust Fund provider. Young people will need their National Insurance number – which can be found easily using the HMRC App – and their date of birth to access the information. Angela MacDonald, HMRC's Second Permanent Secretary and Deputy Chief Executive, said: "Thousands of Child Trust Fund accounts are sitting unclaimed – we want to reunite young people with their money and we're making the process as simple as possible. You don't need to pay anyone to find your Child Trust Fund for you, locate yours today by searching 'find your Child Trust Fund' on GOV.UK."

More information on Child Trust Funds and how to access your savings can be found on GOV.UK

A few words from...*Dame Harriett Baldwin MP*

Harriett Baldwin MP

Member of Parliament for West Worcestershire

Harriett Baldwin MP can help constituents with a wide range of issues.

To contact Harriett, please write to her at the House of Commons, email harriett.baldwin.mp@parliament.uk or call her constituency office on 01684 585 165.

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MP Repeats Backing for Severn Stoke Flood Scheme

Dame Harriett Baldwin MP has called for renewed efforts to deliver a permanent flood protection scheme for Severn Stoke. Dame Harriett met with the chief executive of the Environment Agency to repeat her support for the scheme, and she was briefed on a plan which should see the scheme built next Spring. The MP formally asked Worcestershire County Council to take over the project after the Environment Agency failed to find a contractor to carry out the project. The county council already has a contractor in place which will be used to raise

the road through the new bund when it is built. The Environment Agency team has pledged to confirm the details of the project build next month with the intention of constructing the scheme early next year. Dame Harriett said: "The Severn Stoke project has had many false dawns but I am hopeful that this time, both the Environment Agency and Worcestershire County Council are aligned to get spades in the ground next year. I had a constructive meeting with the chief executive of the Agency who took the time to update me on the challenges delivering both the schemes in Severn Stoke and Tenbury



Wells. Both schemes remain firmly on my list of priorities and I am looking forward to the Environment Agency's update on the Severn Stoke plan early in October. Severn Stoke is inevitably going to flood again but I am confident that the relevant bodies are now motivated to work together to get the bund built next year."

New owners for theatre in Great Malvern



A world record-breaking theatre in Great Malvern now has new owners who intend to bring the iconic venue back to life. MHDC's Executive Committee approved the transfer of the property from Malvern Hills District Council (MHDC) to a newly formed group, the Theatre of Small Convenience (ToSC) CIC. Earlier this year, MHDC invited expressions of interest to take over Edith Walk Theatre, better known as the Theatre of Small Convenience, in a bid to make it a sustainable community venue. ToSC CIC consists of volunteers Loz Samuels, Dibah Farooqui and Dr Jan Birtle, who intend to bring their range of skills, expertise and contacts to inject life back into the theatre. Originally a Victorian toilet, the unique 12-seat building entered the Guinness Book of

World Records in 2002 as the world's smallest commercial theatre. The theatre has been closed since 2017 after the founder Dennis Neale retired due to ill health and it was then leased to Warwickshire College Group until 2022. Dennis was well known for putting on an array of shows and puppetry for the local community, including the popular five-minute play 'The Tale from the Snowflake Man'. The new owners intend to develop an exciting and ambitious programme which includes puppetry, spoken word, virtual reality, Christmas Grotto, workshops, educational activities, with accessible community participation and outreach. Before the programme is launched, restoration and improvements will need to be made to the building.

Malvern Company Reaches for the Stars



D-RisQ's Nick Tudor with Dame Harriett Baldwin MP

A MALVERN based business will be reaching for the stars as part of a programme to support the new UK space race. D-RisQ, which operates out of Malvern Hills Science Park, has been selected to join a special programme which supports business development technology solutions for the space sector. And company managing director Nick Tudor met with West Worcestershire MP Dame Harriett Baldwin at a reception at the House of Commons to celebrate the businesses selected for the programme run by defence giant Airbus. Dame Harriett commented: "D-RisQ is an incredibly ambitious company with deep technological expertise and it

came as no surprise that it was selected to take part in this important space initiative. I've met Nick several times at his Malvern base but it was great to see him at the Houses of Parliament as one of the UK's leading companies in this sector. The company is a real star of the Malvern business community and now its ambitions are quite literally out of this world."

Nick added: "It was great to see Dame Harriett in Parliament and to have the opportunity to discuss our plans for reducing the cost of software development in the space and other sectors. It's been great to have her support over a number of years"

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Your Microwave Oven and World War 2

Tim Hickson



Most of us have in our kitchens a microwave oven and very useful they are too. For example, we are in corn-on-the-cob season and when I buy a cob with its tight, fresh leaves, I will put it, as it is, into my microwave (so familiar that we tend to omit the word 'oven'). 6 minutes on High, then a rest of 2 minutes, take it out and lie it on a chopping board; cut off its base at the widest place then squeeze the top end. Like toothpaste, out comes the cooked cob. So easy. However, how many of us realise that the device that produces the microwaves was developed at Birmingham University during WW2 in order to improve the performance of radar? An early, working version was taken across the Atlantic, with other British examples of science and technology, as a gesture of good will when we needed help from the industrial might of the United States. After the War, a

well-respected American historian stated that it was the most important thing that crossed that ocean during the War. Its full name is a Resonant Cavity Magnetron.

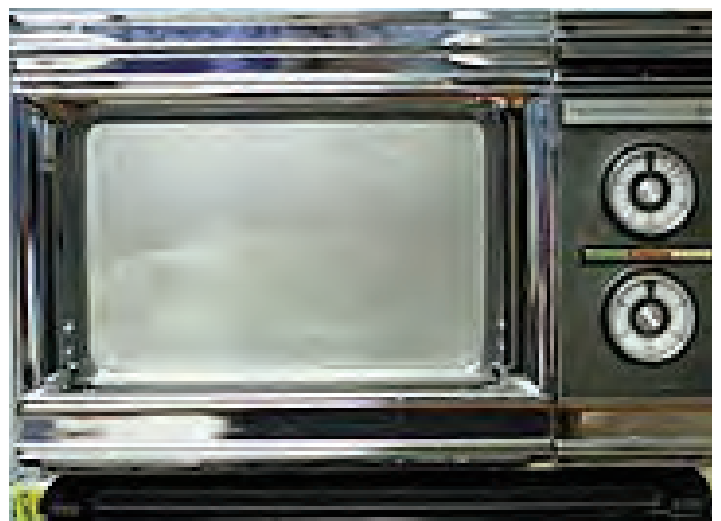
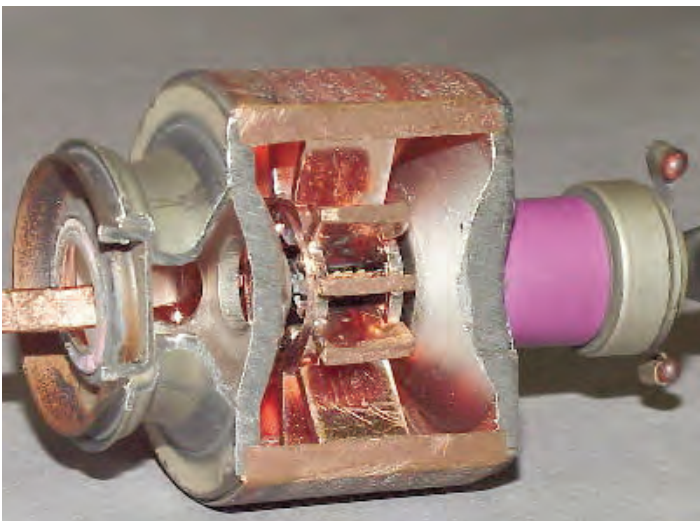
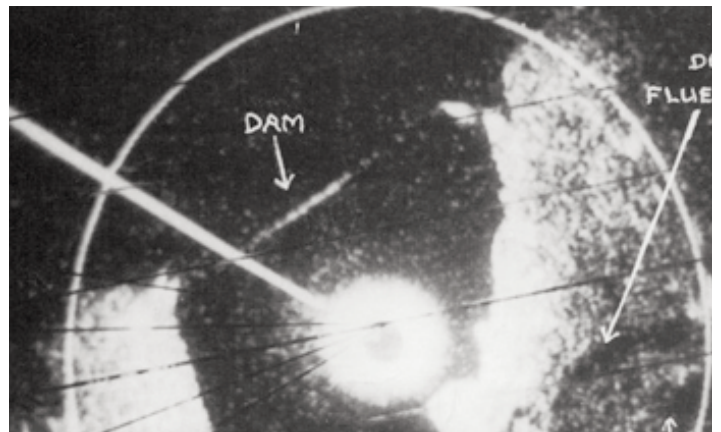
It is about the size of an orange and needed a dish to direct its beam of waves, just like those we see on houses for satellite TV. The two things together, with their associated electronics, could still be fitted onto quite small aircraft. Then, bombers could have maps of their target as they approached them. This would enable significantly more accuracy in locating targets. Aircraft hunting the deadly U-boats could detect even their periscopes when above the surface of the sea. However, a bigger target, the conning tower, was normally above water as U-boats needed to surface to charge their batteries. They had not learnt to detect these short radar waves so as to give them a chance to dive to safety.

When ground-radar stations had picked up approaching bombers, night fighters, using their microwave radars in the darkness, could find them. After the War, a US scientist set about seeing how these sources of powerful short-wavelength radio waves could be used in the kitchen. Already we knew that anything absorbing the waves would get hot particularly if it contained water. (When I was working on Radar, notices were placed by



the transmitters warning technicians to ensure the device could not be switched on when they were working on it!). For cooking, the magnetron's waves were sent into a metal box containing the food to be heated. The waves were stopped by the walls of the box so the operator would be safe. The door could have a glass window as long as the glass was covered by a metal mesh

whose holes were small compared with the wavelength. Also, if the door was opened that switched off the magnetron. So, the device was perfectly safe to use. The trick to avoid uneven heating is to have a turntable so that the food would rotate inside the box. To use an old phrase, here was an example of a sword turned into a plough share.



Farming

Mike Page

This article was written on 20th August, when harvest 2024 was already well under way, and might be nearing completion by the time you read it. However, the very changeable and wet conditions experienced over last winter, and early spring may well result in crops ripening somewhat unevenly and harvest continuing well into September. Surveys of this year's crops have highlighted already that total harvestable area is down, and in the case of autumn-planted wheat to perhaps the lowest area in over 40 years. This figure arose through crops either not being planted or scrapped through lack of potential. Easy to understand if you are a farmer with experience – though still hard to do – but there are often benefits to be had by scrapping a crop which has only the prospect of producing a low yield, with a financial loss, and then replacing it with a 'fallow' crop (i.e. one grown not for harvest itself but for the benefits it can bring to the soil and to the crops to be planted for harvest in the following



years). There is a variety of such crops available and, even though a fallow crop will not make money, the financial benefit, taken over a two-year period, or even longer, can make the scrapping of one harvest a worthwhile exercise. Indeed, it can be argued that giving the soil such a 'break' improves the growing environment more than planting harvestable crops every year. Before the days of artificial fertiliser and pesticides, the ground was usually 'rested' every once in a while; normally it would simply be left bare of any crop.

Being as self-sufficient in home-grown foodstuffs as possible is a matter that has been pursued by representatives of the agricultural industry with Government for some years. Some figures published recently appear to show that if it was announced by the Government on January 1st that all food consumed in the year must be home produced, then we as a nation would run out of food sometime in early September. Climate change, due to human activity, is quite likely to be happening, but if the weather conditions prevailing throughout most of

last Autumn, Winter and Spring are a pointer towards what is to be the new 'normal' then home production of foodstuffs in the UK is in for a major downturn, with sharp increases in food prices for all. But the weather this time might also have been a 'one-off', as the highest flood level recorded on the Severn riverside Cathedral Wall in Worcester is dated 1797, way before the industrial age – and human influence on climate. We can but hope that the weather conditions experienced this season will come along perhaps only once every twenty years or so.



EXCITING MOVE FOR MARTIN AND CARR EVESHAM

Martin and Carr are delighted to announce that we will soon be relocating our Evesham surgery. After many years at the site in Lime Street we will be moving to a new purpose-built surgery at The Valley Evesham.

The Lime Street surgery will be closed from 16th August 2024 with the new surgery due to open from mid-September. The new site will have vet and nurse consulting rooms, surgical preparation and theatre areas, in-house lab and kenneling facilities for cats, dogs and other small animals.

We will, of course, be happy to see all our Evesham clients at the Pershore surgery whilst the changeover takes place.

Martin and Carr staff are very excited about our relocation, and we look forward to welcoming you all to the new premises very soon.

Best wishes *Eliza*

info@martinandcarrvets.co.uk
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Cooking for fun!

Ailsa Craddock

You are probably, like me, in the middle of a tomato glut. Why do tomatoes all become ripe at the same time? And, also, what about the ones which never turn red? All the hard work of growing, looking after and nurturing them to end up with almost too many of the little red bombs! What can you do with them once you've made gallons of soup and tomato sauce for the freezer, eaten them fresh, fried and baked and given away pounds (very useful for bartering, though, for things you might not have grown)? The flavour depends largely upon the variety and how the fruit has been grown and ripened: some cheap imported tomatoes are grown under polytunnels, picked under-ripe, then artificially ripened with ethylene gas, a plant hormone. Sun-warmed tomatoes picked straight from the vine are arguably the ideal way to enjoy tomatoes. When choosing tomatoes, pick them up, feel them and smell them. Choose tomatoes that feel heavy for their size; they are more likely to be bursting with juices. Tomatoes with no smell will probably have no flavour, so opt for those with a pleasant aroma (although the aroma released by tomatoes on the vine are usually due more to the vine than the tomatoes themselves). My husband makes a spicy special salsa with tomatoes and a secret ingredient he keeps very close to his heart so I'm afraid I can't give you that recipe but I hope you will try below for something a little different – and one for all those toms who simply refuse to turn colour! Tomato and plum might sound like a questionable salad combination to some, but just give this recipe a try and I think you'll be convinced. Totally tasty and perfect – and possibly also using up the other glut of the month – plums!

Tomato and Plum Salad

800g tomatoes, cut into wedges

1 red plum cut into wedges

Finely grated zest of a lemon

2 tsp red wine vinegar

2 tbs extra virgin olive oil

1/2 tsp sumac (a citrusy Middle Eastern Spice)

1/2 bunch tarragon, leaves picked, torn

Combine tomatoes, plums, lemon zest and salt flakes to taste in a bowl and set aside for 5 minutes to marinate. Add vinegar, oil, sumac and three-quarters tarragon. Toss until well combined. Spread salad across a serving platter, scatter with remaining tarragon and serve immediately.

Sweet Tomato Jam

Given a nice kick by the addition of ginger.

2 tablespoons sunflower oil

2 tablespoons grated ginger

1 red onion, finely chopped

1/2 cup (125ml) red wine vinegar

1/2 firmly packed (100g) brown sugar

1 small red chilli, finely chopped

450g chopped tomatoes

1 tablespoon honey

Heat the oil in a saucepan over medium-high heat. Add the ginger and onion, cook for 2-3 minutes until the onion is soft. Add the vinegar, brown sugar and chilli, and cook, stirring, for 2-3 minutes until sugar dissolves. Stir in the tomatoes and season with salt and pepper. Bring to the boil, then reduce the heat to low and simmer, stirring occasionally, for 30-35 minutes until thick. Stir in the honey and cool to room temperature. This last recipe is for the ubiquitous green tomatoes – but is so good that if I were you, I wouldn't wait for the end of the season but just use them



when you have them, even if early on! Slice them thickly, dip into beaten egg, fine polenta and fry in rapeseed oil till crisp. The insides soften and have a delicious stab of sharpness to them and benefit further from a bowl of garlicky mayonnaise on the side. If you haven't got polenta, you can use flour, breadcrumbs or a thin tempura like batter instead.

Fried green tomatoes with garlic mayonnaise

There is something quite perfect about the green-apple tang of an unripe tomato with the warm, mealy notes of crisp polenta. This recipe is good with any under-ripe tomatoes. Just squirt a little lemon juice on each one as you slice. Serves two.

4 medium to large green tomatoes

2 eggs

A little milk

90g plain flour

3 tablespoons fine ground polenta) cornmeal)

2 sprigs of thyme (optional)

Oil for frying

Slice the tomatoes thickly, about

three or four from each fruit.

Break the eggs into a small, shallow bowl and beat them lightly. Stir in a tablespoon or two of milk. Mix the flour and ground polenta, season with salt and black pepper and the leaves pulled from the thyme branches. Tip onto a large shallow plate. Press a slice of tomato into the flour and polenta mixture then into the beaten egg then back into the polenta again. Shake off any excess. Don't worry if bits of tomato show through here and there, you want a light, crisp coat, not armour-plating. Repeat with the remaining tomatoes. Warm the oil in a frying pan. Lower some the tomatoes into the pan, one at a time – otherwise they will stick together- then let them colour lightly on both sides. I turn mine after a minute or two. Cornmeal burns quickly, so I keep a watchful eye on the tomatoes as they cook. They should be ready in four or five minutes. Remove from the pan and drain on kitchen paper. Serve with garlic mayonnaise.

Thoughts from the Snug . . .

Being an Executive

Here in the Snug, where some are retired but others are economically active, a moan about past or present management problems we have face in the work place abound. Several have held very senior positions of responsibility, others less so. One of the Snug members produced this article, from an unknown source, that crystallised the uneasy dilemmas of being the person at the top.

FUNCTIONS OF AN EXECUTIVE

As nearly everyone knows, an executive has virtually nothing to do, except

To decide what is to be done.

To tell somebody to do it;

To listen to reasons why it should not be done, why it should be done by someone else, or why it should be done in a different way;

To follow up to see if the thing has been done only to discover it has not been done;

To inquire why it has not been done;

To listen to excuses from the person who should have done it;

To follow up again to see if the thing has been done, only to discover it has been done incorrectly;

To point out how it should have been done;

To conclude that as long as it has been done it might as well be left where it is;

To wonder if it is time to get rid of a person who cannot do a thing right;

To reflect that he probably has a wife and a large family and certainly any successor would be just as bad and maybe even worse;

To consider how much simpler and better the thing would have been done, if one had done it oneself in the first place;

To reflect sadly that one could have done it right in twenty minutes and now one has to spend two days to find out why it has taken three weeks for some body else to do it wrong.

Ahh, the conflict an executive has to face! Is that why they are paid so much?

Buddy Bach

Paradise for a Tyrosemiophile

Brian Johnson-Thomas

There's much to commend taking the car when going on holiday – you don't need to fight over space in a restricted list of suitcases, for one thing and it's altogether more convenient than, say, flying, because there's no waiting around after check-in and suchlike tedious matters. France then ranks high in the pecking order because it's so near and yet so far. Nicely different then, but not so different that it's difficult to swiftly feel at home.

We went to France with Eurocamp, who operate a chain of holiday parks all over Europe so we chose to visit one in Picardy and one in Normandy, staying self catering in well appointed chalets.

Taking the ferry from Dover to Calais our first destination was Berny Riviere, situated between Compiègne and Soissons in Picardy and also conveniently close to Paris in general and EuroDisney in particular. The parc has every facility a family could want in terms of activities for the kids, pools, etc., but we were particularly impressed by the opportunities of the surrounding region. If you're interested in our history then the whole of the First World War battlefields are accessible (and the Armistice was signed just ten miles away on the outskirts of Compiègne) whilst if you have an interest in champagne (and who doesn't?) then the champagne vineyards

are under an hour's drive to the east.

A twenty minute drive due south takes you to the little town of Villers Cotterets which has a train station, with good car parking adjacent, from where it's just an hour (and around £25 day return) to the centre of Paris.

Driving to Berny Riviere from Calais took us just under four hours, with a lunch stop on the way. IT's motorway nearly all the way and, as they charge tolls, we prepared beforehand by collecting an electronic tag from a company called Emovis (Google them or call 01423 299 017). This goes under the mirror on the windscreen and automatically opens the barriers on the motorway. You then pay a month later by Direct Debit. Not any cheaper but a whole lot easier...

The driving time to our next destination was also around four hours, except that this time we took lunch and had a good walk around Giverny, once the home of the painter Monet whose gardens are preserved and well worth the visit, as is the adjacent museum and, indeed, the whole village.

We then spent several days at a parc called La Vallée in the pretty seaside resort of Houlgate on the Normandy coast between Honfleur and Caen. Once again the parc was crammed full of



activities for all ages, plus two restaurants, pools, a shop and it was a few minutes' drive to the nearby beach.

Again we found the surrounding area quite fascinating, to the east we spent time at pretty (but touristy) Honfleur whilst around twenty minutes' drive west is the first D-Day site, Pegasus Bridge, taken before the main landings by a daring attack where gliders carrying British troops were crash landed before dawn with orders to seize the bridge so that Allied forces could expand from the beaches into the rest of France. That was just eighty years ago this year. Even nearer the parc is the pretty resort of Dives sur Mer, famous perhaps as the port from which William the Conqueror sailed for England back in 1066 but nowadays renowned for its Saturday market which is centred on a sort of Tudor style market hall, much like the one at Ledbury but probably ten

times bigger, crammed with all kinds of Norman delicacies. This is where Tyrosemiophiles (collectors of cheese labels, since you ask) will have a good time because there are simply dozens of fresh cheeses to choose from as well as the biggest and freshest lettuces you've ever seen amongst a whole plethora of fresh fruit and vegetables and a vast range of sea food of every description. The market spills over into the surrounding narrow streets with a whole range of small cafes offering the days' menu. The costing for our trip with Eurocamp, travelling in September but including a lot of optional extras (beach towels, bed linen and so forth) and also including a return ferry crossing for us and the car was around £600, as an example. Since they have over 400 parks across 11 European countries it's well worth looking at their website www.eurocamp.co.uk

Dame Harriett attends Windsor Investiture

Dame Harriett Baldwin MP was formally awarded her Damehood at Windsor Castle by Her Royal Highness The Princess Royal.

The MP was joined by close family at the ceremony which saw her confirmed as Dame Commander of the Order of the British Empire recognising her public and parliamentary services. The award was announced in March 2024.

Dame Harriett was presented with her honour by Princess Anne, who has visited Malvern many times and the two last met at a ceremony to open a new hall at the Three Counties Showground, in July.

The Princess has been a stalwart champion of the area and is a patron of the summer agricultural show which has been held in Malvern for six decades and can be traced back to 1794. Dame Harriett said: "This is an honour that I share

with my family and friends and all those who have supported me in my time in public service. I want to thank the people of West Worcestershire who have continued to put their faith in me as their Member of Parliament at five General Elections. Representing our area in Parliament is a huge privilege and I was also Chair of the Treasury Select Committee in the last Parliament, where I helped millions of savers get higher rates on their savings. Getting such an honour is truly humbling and it was particularly pleasing to receive it from The Princess Royal, who has been such a staunch supporter of our area. Shortly, Parliament will return after the party conferences, and of course, the work is never done. I look forward to continuing to campaign for improvements in our area."



Honey - Liquid Gold

Martyn Cracknell



Skimming off the wax capping to expose the honey.

I have just finished extracting this year's honey crop and as the electric extractor was spinning the frames and rumbling on and on, it occurred to me that just a couple of generations ago it

would have been so different. In the early 1900's bees were generally kept in dome shaped baskets made of coils of straw, sewn together with either twine or split bramble stems. These were called straw skeps. A wild swarm would have been housed in each skep and would have built sheets of wax comb to accommodate the brood, pollen and honey. At the end of the year any honey would have been harvested from combs at the outside edges of the skep and to enable the beekeeper to get at these combs, the bees would either have been killed or driven out of the basket. The easiest way to market this honey was to cut the honeycomb into pieces and fill a suitable container. ie Cut comb. Waxed paper, greaseproof paper or cellophane would have been used to wrap strips of comb. The introduction of frame hives in which the bees build comb in removable wooden frames, enabled the beekeeper to

remove the honey with little disturbance of the bees, and this system was considered to be 'humane beekeeping.' In place of the normal wooden frames a box of little wooden frames could be placed on the hive for the bees to fill with honey comb. These were called 'sections' and are still produced by a few beekeepers. They are often available as a speciality item towards Christmas. More commonly, 'cut comb' in plastic containers is produced. Unfortunately, a large proportion of the honeycomb is unsuitable for this market. It may be incompletely filled, have pollen stored in it, have yellowed cappings from the bees feet, or may be irregular or lumpy. This honey is perfectly good, and can be removed from the wax comb by mashing it all up and squeezing it through a fine mesh filter. The resulting liquid honey can be bottled and sold as 'run honey'. Some beekeepers produce all their honey in this

way using a wine press to process their honeycomb, and this is the standard method in the third world where top bar hives are used (ie they have no frames).

For those of us with conventional modern frame hives the method of extraction is to remove the frames of honey, skim off the wax cappings which cover the honey, and spin the honey out of the comb in a sort of spin dryer. The empty comb can be returned to the hive to be licked clean or refilled depending on the time of year. The run honey is filtered to remove bits of wax, stood to allow bubbles to rise, and bottled. Honey in the jar is now the norm and the term 'run honey' is no longer used.

The Flow hive, an Australian invention of a few years ago enables liquid honey to directly drain from the comb into a container. It is an excellent concept but has not achieved anything more than novelty status.

UK Butterfly Emergency Declared

Big Butterfly Count results reveal lowest numbers on record. Butterfly Conservation calls on Government to declare a 'Nature Emergency' and act now by banning toxic neonicotinoid pesticides, before it's too late. Butterfly Conservation's Big Butterfly Count 2024 saw the lowest number of butterflies spotted per Count in its 14-year history. A third of species had their worst year on record ever. More than 9,000 Big Butterfly Counts reported not seeing a single butterfly.

Wildlife charity Butterfly Conservation has today declared a national 'Butterfly Emergency', with results of this summer's Big Butterfly Count showing a marked and hugely concerning decline in numbers. Overall, participants spotted just seven butterflies on average per 15-minute Count, a reduction of almost 50% on last year's average of 12, and the lowest in the 14-year history of the Big Butterfly Count. It was the worst summer in the Count's history for Common Blue, Holly Blue, Green-veined White, Small White, Small Tortoiseshell, Painted Lady and



Scotch Argus. And the majority of species (81%) showed declines in the number seen this year compared with 2023. In total, just over 935,000 butterflies and day-flying moths were recorded across the UK from 12 July - 4 August, down almost 600,000, equivalent to more than a third of 2023's total, and 9,000 Counts were logged as seeing zero butterflies, the highest in the citizen science programme's history.

These figures have alarmed scientists and resulted in the charity declaring a nationwide 'Butterfly Emergency'. "Butterflies are a key indicator species; when they are in trouble we know that the wider environment is in trouble too. Nature is sounding the alarm call. We must act now if we are to turn the tide on these rapid declines and protect species for future generations."



Gatekeeper Butterfly



Large White

Jazz News



To some people the name Django Reinhardt may bring to mind a vague recollection of a French guitar player seen on black and white TV in the 1950s.

To the initiated, of course, he was one of the greatest jazz guitarists of all time. Django grew up in a Manouche gypsy community on the outskirts of Paris and, surrounded by European Romani music, he became proficient enough on violin, banjo and guitar, to earn money busking in the cafes and streets of Paris. He was also an accomplished chicken thief!

Peter Farrall

Then came a horrific caravan fire where he suffered severe burns and was hospitalised for eighteen months.

Two fingers of his left hand, also his right leg were severely damaged. A lesser person may have resigned themselves to fate, but Django learned to walk again and developed a completely new guitar technique using just the index and middle fingers of his left hand. During this time, he pursued an itinerant lifestyle playing in clubs and dance halls around France and becoming increasingly attracted to jazz. He decided to devote his life to a career in jazz and, meeting violinist Stephane Grappelli found that they both shared an admiration for the American guitar/violin groups of Joe Venuti and Eddie Lang. In 1934 they formed the Quintette du Hot Club de France, which rapidly became popular throughout Europe and were touring Britain when war broke out. Grappelli remained in Britain, but Reinhardt returned

to Paris, which turned out to be not such a good idea for a gipsy jazz musician under the 3rd Reich. But he survived, partly due to the friendliness of jazz loving German officer, and continued to perform, compose and even record during the occupation.

A postwar trip to the USA saw him touring with Duke Ellington, culminating with a concert at Carnegie Hall which received a rapturous reception. A residency in a New York night club again attracted large audiences but promises of further tours and concerts didn't materialise and he eventually returned to France, playing mainly in Paris clubs

and still recording. He settled in the small town of Samois-sur-Seine but there seemed to be an increasing change in character, missing concert engagements, sometimes arriving without his instrument or wandering off during a performance. Django died of a brain haemorrhage on May 16th, 1953, at the age of 43. This illiterate but highly intelligent man, born on the edge of society, never even learned to read music and yet made a huge impression on the world of jazz guitar which is as relevant today as in his heyday all those years ago. Swing from Paris bring their own version of Django's genius to Pershore.

Swing from Paris

Wednesday 30th October 2024

Function Room, Pershore Football Club

Doors open at 7pm, music at 8

Admission £12.50 to include a raffle ticket

Book in advance and pay on arrival

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Christadelphians

***We believe Jesus can save us
from our sins***

When Adam & Eve disobeyed God's command, and sinned, it resulted in the sentence of death. Conscience-stricken, they tried to cover their newly discovered nakedness with fig leaves. God showed that only he could save them, providing his own covering. Faithful Abraham understood God must provide the lamb (Genesis 22 v 7) when he took his son to sacrifice to God. Reconciliation between God and his fallen creation has always been on his terms. God promised a specific descendant to bring salvation (Isaiah 59 v 16,20). This was the son Mary was told about by God, Jesus (Saviour), who would save His

people from their sins (Matthew 1 v 21).

Jesus did what no sacrifice had done before – he presented himself as a perfect (sinless) offering to God. So, despite inheriting the same nature as ourselves, Jesus overcame temptation to sin. He gave himself in loving obedience to his Heavenly Father as the perfect offering for sin. God was declared righteous when he condemned sinners to the grave and because Jesus was sinless, God rightly raised him to life again.

Jesus' sacrificial act removed the barrier between God and humankind that sin caused in the first place. Now all who have faith in him are counted 'righteous' (sinless) in God's sight. Jesus has done for us

what we could not do ourselves!

To be counted righteous we must be baptised in water and follow Jesus in our lives.

Romans 6 v 4 -5 explains those who are baptised join him in the promise of being raised to eternal life.

Interested in learning more about the Bible?

Pershore Christadelphians invite you to a talk explaining why

**'We believe all temptations come from
our own desires'**

On: 6th October @ 10am, God willing

and why

'We believe Jesus can save us from our sins'

On: 3rd November @ 10am, God willing

Both talks will be held at:
The Christadelphian Hall
40 Paddock Close
Pershore WR10 1HJ



Transforming your garden with climbing plants

Climbing plants and wall shrubs are like nature's decorators, transforming dull walls, fences, and supports into vibrant green tapestries. Whether you have limited planting space or want to attract wildlife, these versatile plants offer both beauty and function.

How do climbers climb?

It's important to know this, so you know where to use the different types of plants effectively. Ivy gets a bad rap due to the way it creeps up walls and appears to take over. It has aerial roots which clings to the thing its climbing over and can easily get engrained into brickwork and cement as it grows, so when it's removed it can pull the structure away with it. Sweet peas have tendrils which curl around any convenient support to gently clamber over bamboo canes and netting. The third way is the whole stem will entwine itself around the support such as Wisterias and Honeysuckles.

Choosing Supports:

Once you know how the plants climb, you can choose the best support for them and that suits your garden style. With Sweet Peas, you can keep it simple and use bamboo canes and tie them at the top, wig-wam style. Larger structures such as pergolas and arches are ideal for 'heavier' plants such as Wisteria

and Roses. Choose a support that is both functional and decorative that suits your garden style. Supports made from wood are ideal for a traditional cottage garden compared to metal which can have a more contemporary vibe.

Which Climber is best?

With so many to choose from, here's a few ideas to consider: Clematis: Are really popular thanks to their gorgeous flowers in lots of colours. If you plan it right, you can use different varieties to flower nearly all year round. They're great for rambling through other plants too. And if you have a narrow border, they can be used to carry the colour scheme of the border



beneath, up the wall/fence. Their flowers are different sizes so that can also add interest to the garden if you choose to plant several varieties.

Scented Climbers:

You can't go wrong with Honeysuckle and Jasmine – they really do have a gorgeous scent. Ideal to plant around paths and walkways so you can enjoy them even more! Do check the plant label before buying as not all varieties are scented.

Evergreen Climbers:

Jasmine and Clematis 'Jingle Bells' are evergreen, but another plant to consider is the climbing Hydrangea. Great for shady spots and covering unsightly walls. Its white flowers and lush foliage create a calming effect too.

Planting Tips

Soil: Most climbers thrive in well-draining soil. Choose container



Nikki Hollier

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friendly climbers if you have clay soil.

Supports: Sturdy trellises, obelisks, and wires provide the necessary structure for climbers but you may need to tie in the shrubs for added stability.

Watering: Regular watering is essential, especially for climbers near walls that shelter them from rain.



October gardening tips *Reg Moule BBC Hereford & Worcester*

Early in the Month

New lawns can still be seeded (soon) or turfed this month. This is a good time to plant trees, shrubs, roses, fruit trees and soft fruit plants. Clear summer bedding from tubs and borders and replace it with plants which give colour through to spring. Garden Centres will have an extensive range of suitable species in their planterias including Winter Pansies, Violas, Wallflowers, Ornamental Cabbage etc. Don't forget to add some colourful evergreen plants and spring flowering bulbs to your planting scheme. Osteospermums, Arctotis, Argythamum and other tender perennials should be lifted from the borders, potted and brought inside for the winter. Spray peaches and nectarines with Vitax Copper Mixture against peach leaf curl. Spring flowering bulbs of all kinds can be planted outdoors this month.

Middle of the Month

Rake up fallen leaves both for general hygiene and to use to make

leaf mould – a valuable soil conditioner or a peat substitute in home made potting compost recipes.

Continue planting spring flowering bedding like Wallflowers, Brompton Stocks, Forget-Me-Nots and Sweet Williams. Allow the first frosts to blacken off Dahlia foliage before lifting and drying the tubers ready for winter storage. Treating the tubers with sulphur dust before storage helps to prevent rotting. If you have light soil consider leaving the tubers in the soil over winter, perhaps with a protective mulch of garden compost or bark over the root area. Gladioli corms should be lifted, dried and stored in a frost-free place until spring. Clean up dead foliage from the centres of Pampas Grass clumps, but wear strong gloves to avoid being cut by the razor sharp leaves. Lift and divide large clumps of early flowering perennials. Late flowers can be left until spring. Mow lawns less frequently and treat them with an

autumn lawn fertiliser. Lawns also benefit from a good wire raking to clear "thatch" and spiking with a hollow tined aerator. Hardwood cuttings can be taken from now onwards but the sooner the better. Tidy up pond plants, removing the foliage from water lilies before they decompose in the water. Feed your fish less often as they begin to slow down for the winter. Remember to use a wheatgerm based food as these are much easier for the fish to digest. Prune blackcurrants, blackberries and hybrid berries e.g. loganberries, tayberries. Watering and ventilation need careful attention in greenhouses in order to avoid fungal diseases. Sow winter lettuce under cloches and frames. Plant lily bulbs in pots in a cold greenhouse to get early flowers. Sow sweet peas in pots in a cold frame. Protect against damage by mice. Pick apples and pears. Remember to remove any mummified fruits as these harbour brown rot disease. As houseplants



slow down for the winter they will require less watering and feeding. If you wish to move any deciduous shrubs do the job now. Lift the plants with a good rootball intact and re-plant firmly.

Late in the Month

Tall deciduous shrubs – e.g. roses, Lavatera and Buddleia can be cut back by one third in order to prevent wind rock. Dead foliage on any herbaceous plants can be removed between now and next Spring. Sow broad bean Aquadulce Claudia in mild areas to crop next June. Plant Paperwhite Narcissi now for flowering in mid-December. Keep the planted containers in a light warm place.

Keeping track of finances

Carol Draper

Keeping track of finances I started receiving pocket money when I was thirteen. More accurately, I earned it as my sister and I were paid for cleaning the house each week. Each room had a price of 25p so the more rooms we cleaned the more we earned. Within about 15 minutes of receiving my first pocket money, my mother appeared with a bookkeeping notepad and told me that if I was earning money I needed to keep a record of exactly what I had received and what I had spent it on so I would know what I had left. I was then told to check the figure I had written down matched with what I had in my purse. If it didn't, I had done something wrong or had missed something out. Sometime later I started receiving a clothing allowance. While my parents paid for school uniform, I was responsible for buying all other clothes. If I wanted something to wear, I had to work out if I could afford it and if I couldn't I had to save up for it. While it may all sound a bit extreme, it was a brilliant lesson in managing money and budgeting for larger items. I was seventeen when I opened



my first bank account, and I remember the excitement of writing my first cheque – this was a long time ago! Just as I had done with my pocket money, I continued to keep a meticulous record of my income and expenditure and to reconcile my monthly bank statements. By recording what money I had and how it was spent, I could budget for expenses I knew were coming and cut back when I needed to. It allowed me to stay in control. Recording your income and monitoring what you spend it on can be a real revelation. Once you see exactly where your money is going you will be able to work out if there is anything that can change to help manage and improve your cashflow. There are plenty of income and expenditure apps online so have a look and see what you can do.

"The government has no money of its own.
It's all your money"

Margaret Thatcher



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Not an easy subject

Angela Johns

I'm coming to the end of my counselling training now. It seems so long ago since I started in the Summer of 2021 but, of course, in that curious way that the Universe works, no time at all too! Although it has been hard work fitting it in around all my other activities and responsibilities, it has never been a chore. And it has been fascinating and enlightening. In the words of an alt-rock hero, "Life is a lesson, you learn it when you're through". The best teachers are my clients, so he's right - I'll never stop learning. I've been doing my practice hours at the West Mercia Rape & Sexual Abuse Support Centre (WMRSASC), at their Worcester office. With extra training and continued support from them I've successfully completed my placement and continue to work for them. It's a much in-demand organisation who support women, children and men through the fallout of their experience, offering counselling and advocacy services. In line with their ethos to empower, they have an education arm too that works in the community, including schools. Sexual violence is not an easy subject. In society we don't chat about it, the reality too awkward to face, the details difficult to hear and where euphemisms are over-used. And what other crime has the victim somehow to blame? Women and girls are regularly made to take responsibility for being a victim of violence. In fact, this train of thought is so prevalent in society that many keep it a secret, often for years and years. Is it any wonder that it takes so much courage to let go of the shame people feel about being a victim and become a survivor instead? It's not their shame to have. Wonderful work is done at WMRSASC (and all other



support centres around the country) and it is a positive place to spend part of my week. You will soon see and hear more of WMRSASC as they kick off their new campaign, 'Now Look At Me', which focusses on the successes and achievements of the people that use the services and how far they have come. Instead of telling you the stats and figures that will horrify you, the campaign will tell you of the life-saving, life-changing, life-enhancing difference they have made to people, and, with their education programmes, the same differences that can and will be made for our futures. It's never too late to ask for help. Many of our clients have held onto their experiences for a long time before bravely referring themselves to the service. To make a donation or seek help and information see WMRSASC.org.uk, or for more immediacy see RapeCrisis.org.uk.

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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Old habits die hard

Karen Harris

It comes as no surprise to people that in order to enact change, habits of a lifetime have to change. Addictive habits such as alcohol, smoking, drugs and under/over eating, take a particular mindset that the onset of a health issue, or setback, sometimes has to happen, to make that extra effort to tackle the problem; and it's getting to the root cause (as always) to bring about that change in behaviour. The body is the same. Changing patterns of movement - often subconscious - that are detrimental to the body after years of doing the same thing, day after day, are not easy. The movement needs to made conscious; you need to realise you are doing it, and that's done by showing the body either the correct way of doing whatever it is (which should feel better), or relating pain and discomfort to 'it'. Being in pain and wanting to be out of pain is just the incentive you need! We are talking about things you do every single day without thinking. Sitting with your legs crossed, always sitting in the way, in the same spot on the sofa leaning on the arm, walking the dog with your right arm forward, looking down at your phone/tablet on your lap...there are loads! Here's a story, and you would think I should know better! (I look after other people and just 'deal' with myself when I need to, it's a therapist thing - just ask all the other therapists that come for alignment!) For the last 11 years, every weekday I get in my car and put my quite



heavy equipment bag on the passenger seat. I get out the car, put my right leg out, twist behind me to pull the bag over my shoulder, twist my left leg and push off that hip to stand. EVERY day, twice a day! Well! One side of my pelvis locked backwards a couple of months back, and combined with working (while still locked) with extra hard resistance bands, my S.I. Joint (the triangular bit at the bottom of the spine) decided to tighten everything to stop me moving and damaging myself even more! It was only when I did the aforementioned car/bag movement and my glutes (bum muscles) decided to let me know they weren't happy (the pain/movement association I mentioned above) that I suddenly realised that this particular habit had been slowly encouraging the left side of my pelvis to rotate backwards under force. Thankfully, with a combination of assistance from the other wonderful body workers in Pershore (thank you Carlo, Rowena, Emily), rest, and my own therapy, it didn't last too long. My kit bag now goes in my boot! What I am trying to say is are you perpetuating any issues you may have with habits/practices that have become so ingrained you aren't aware they aren't in your best interests? Have a think....

How do others see us?

Emily Papirnik

In today's world, many of us find ourselves worrying about how others perceive us. The constant pressure to fit in with peers, communities and environments can push us to change aspects of our identity. In fact, some may find that they alter themselves so much in an attempt to belong, that they lose sight of who they truly are.

Adapting to our environment
This phenomenon is particularly common in personal and professional environments. Some people shift their personality or behaviour to manage work situations with more ease or efficiency, becoming someone else just to survive in a particular role. At home, it is not uncommon for individuals to prioritise others' needs over their own, playing the caretaker or peacemaker to ensure harmony. While these adaptations may serve short-term goals, they can lead to a deeper sense of disconnection from our true selves over time.

The chameleon effect
We all do it - change our behaviour, the way we present ourselves, or even our physical appearance to blend in. This can reach a point where the question arises: 'Who am I really?' Many of us encounter this realisation when a significant life transition occurs. It could be a young adult leaving school or a parent experiencing an empty nest after their children move out. During these shifts, individuals may feel lost, struggling to remember what they actually enjoy, or how they prefer to spend their time. In these moments it's common for people to revert to familiar past activities, not because they genuinely enjoy them, but



because they were once shared with someone else. *A scary yet liberating moment*
Such realisations can be scary. It's the moment you acknowledge that you have neglected your own needs, wants and even passions. You may find yourself asking 'What do I enjoy doing?' - especially when no one else's preferences or needs are involved. It's not just a frightening moment - it's a freeing one. This time of self-discovery offers an opportunity to explore new avenues of joy and curiosity, unencumbered by outside expectations. The important question then becomes: 'What gives you joy?'

Rediscovering Joy
This was the question I posed to one of my clients recently. At first, they had no answer. The began reflecting on activities from their past by quickly realised they didn't truly enjoy many of those things. This discovery marked the beginning of an exciting journey for them, a process of investigation and anticipation, looking forward to new possibilities. Rather than feeling sad about the time lost, this is a moment to be curious. What will you uncover when you look within? Ask others what they enjoy, experiment with new hobbies or pastimes and allow yourself the freedom to grow into your own happiness. Rediscover what makes you *you*, and start living for yourself once again.

"it just makes so much sense"

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Healthy Heart Tip: Know your numbers



When was the last time you had your blood pressure checked? Around one in three people in the UK have high blood pressure, and around six million people are unaware that they have it. High blood pressure, also known as hypertension, often doesn't have any symptoms meaning that you wouldn't know you had it unless you got it checked by a health professional or checked it yourself.

Several different factors affect your blood pressure, including physical activity, diet and genetics. Following a healthy or unhealthy lifestyle can impact your blood pressure readings. Everyone should aim for their blood pressure to be within a healthy range throughout the day especially at resting. Here we give more information on blood pressure and the risks of hypertension.

What is blood pressure?

Blood pressure is the pressure of blood on the walls of your arteries as your heart pumps blood around your body. Systolic blood pressure is the first (or top) reading that you get on the BP monitor and the higher number of the two. This is the maximum reading recorded when your heart contracts. Diastolic blood pressure is the second (or bottom) reading that's on the monitor. This is the minimum recorded reading when your heart relaxes prior to the next contraction.

Blood pressure readings

Blood pressure is measured in millimeters of mercury (mm/Hg) and is written in a form of systolic over diastolic. A healthy blood pressure range is a reading below the healthy range is classed as having low

blood pressure, and a reading from 121-140 systolic or 81-90 mm/Hg diastolic is within a raised range.

If your blood pressure is above this, then you have high blood pressure and need to visit your GP. High readings range from 141-160 systolic or 91-100 mm/Hg diastolic, with very high readings being anything above 160 or above 100 mm/Hg.

Risks of hypertension

Having high blood pressure increases your risk of having a stroke or heart attack. Uncontrolled high blood pressure damages the walls of your blood vessels, which results in plaque build-up and can lead to coronary heart disease or strokes. It also damages the heart muscle due to it needing to work over-time, which can lead to heart failure.

Reducing your blood pressure

Physical activity and exercise are one of the best ways to strengthen your heart and reduce your blood pressure. Aim to carry out at least 150 minutes of physical activity each week.

Dietary factors such as consuming high amounts of salt and sugar increase your blood pressure and can influence weight gain. An easy way to reduce your blood pressure readings is by reducing your consumption of these by opting for low salt and sugar versions of foods, making sure you're reading the food labels on packaging. Consuming too much alcohol and smoking can increase your blood pressure too, so reducing these and stopping where possible will help your heart massively.

A view from the middle



Following my first column last month, I thought I should now introduce myself to you all. I am a youngish professional, living in Pershore, with a penchant for cricket, the law and politics. I like to cling to the label of 'young' although, having dined with two of my fellow columnists - Romy and Gregory - before joining this publication, I realise that I am more than old enough to be their parent.

This was a startling revelation and, as I hurtle further towards middle-age, I am more determined than ever to make the most of things while I can. It is funny how one's health sharpens into focus as the passage of time wears on and it is often accompanied by a plethora of medical advice (sometimes contradictory). Earlier in the year, I suffered a skin cancer scare and was advised to wear sunscreen, cover up, and avoid the sun during the hottest parts of the day. Some months later, I have a Vitamin D deficiency caused

by lack of exposure to the sun. Talk about the law of unintended consequences! So I have resolved to practice sun exposure and sun avoidance both in moderation and spend as much time outside as is reasonable. We are extremely lucky to live in a part of the world where the great outdoors is right on our doorstep (provided we are in good enough health to enjoy it). Whether it is the views and vigour climbing up Bredon Hill, a tramp through Tiddesley Woods, or a wander around the wetlands, autumn gives a great opportunity to experience the wonder and beauty of our natural world. I hope that you all get a chance to enjoy the changing seasons and the benefits of fresh air and exercise.



'A Shropshire Lad'

Author: John Hayward

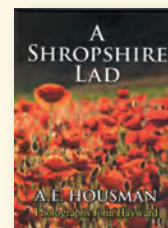
This is the first photographically illustrated edition of 'The Shropshire Lad', timed to coincide with the 50th Anniversary of the A E Housman Society, recently launched by the BBC television presenter, Nick Owen. Photographer John Hayward follows the different locations mentioned in the poem with stunning,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

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Romy's Uni Life

Romy Kemp

Liverpool University

Uni is Approaching

The university year is approaching rather quickly, and with less than a month until it begins for 2024/2025 students, both current and new, are readying themselves for the new academic year.

Being back home for summer has been lovely but also a big change from the independence of university. You become so used to freedom in your own dorm that you somewhat forget the rules and regulations of home. You do eventually get back into routine, but it does take time.

I hope all GCSE and A-Level students got the results that they wanted and if not there are always other options and roads to follow. These results don't define you as a person or what you can achieve, moreover grade boundaries vary every year. As long as you've tried your hardest and have considered one subject or job that may interest you, there will be something out there for you to enjoy!

A few things that I would recommend taking to university. A doorstep is a must! I've seen a few people disagree with having a doorstep, however it's one of the easiest ways to communicate and bond with your flatmates. It is best to try and make good friendships with your flatmates as they are the people you will be living with for a year, and you will most likely spend a significant amount of time with them. My flatmates were the ones who I explored the university with during Freshers' Week both during the day as well as at night. We went on nights out but also has wonderful nights in playing cards and watching films.

Storage boxes, bags and racks! Racks are so helpful for coats and bags. You may already have a hanging rack in your dorm room but it might be useful to buy a few to go on the back of your door. I have a great number of bags and coats so I found it useful. You could



also hang towels or dressing gowns on them. Storage boxes can be useful for shoes as well as clothes. I kept quite a lot of extras under my bed, such as scent diffusers, spare shampoos and cotton pads, etc.

Don't forget shopping bags! Bags for life are stronger than usual carrier bags so make it easier to carry groceries. Hoisting a week's load of food shopping by yourself will become rather tedious (and uncomfortable).

Kitchen appliances are important but you don't necessarily need everything! All of your flatmates will have slightly different pieces of kitchenware, so if you forget a cheese grater for example it's likely that one of your flatmates will have it. It can also be a nice way to connect with them by sharing resources and vice versa.

Vacuum-pack bags are helpful for moving in and out of accommodation because it can be tricky to gather all of your belongings and fit them into the boot of a car.

The friends you make in the early months aren't likely to stay as close mates. The first group of people you meet on your course won't necessarily be the people you get on with the best. Don't shut anyone off straight away though. Just try and be friendly, positive and outgoing! A lot of students will give you their socials in the first few weeks, so make sure to memorise faces and names but also remember that you may forget a few or not even chat to them. It isn't as overwhelming or complicated as you'd think it'd be to make friends.

Evie's Teenage Focus

Evie Aubin



After months and months of hard work, I finally have my A-level results. I know that I've rambled on about my A-levels for the past few months, and so you will all probably be relieved to know that this will be one of the last (possibly the last) time that I ever talk about it. I don't think I will ever forget the morning I got my results. I somehow managed to come to the conclusion that if I left later, I wouldn't have to open them. I can promise you now that is not true. Despite this, once I had made my way through my procrastination, my mum and I left for my old school to get this one, small envelope that would change my life forever... I stepped into the building preparing myself for the worst, I saw old teachers and friends getting their results and made my way to my own. I picked up my envelope and found a quiet corner of the room to open it up in. My mum cautiously glancing over my shoulder as I slowly tear away the seal. And I am happy to tell you (drum roll please) ... I got into my first-choice university! The experience wasn't as cathartic as I hoped it would be, but I'm still pleased to say that I got where I wanted to go and the work that I had put in the past two years paid off. I spent the day with my family, ending up at the Ivy in Cheltenham to celebrate. And since then I have been savouring every day with my family and friends until I go off to university. To start off, I went to, can you

guess? Another concert. I know, I know. I feel at this point if I am not talking about A-levels I'm talking about another concert I am going off to. This time it was to see one of my favourite artists, Noah Kahan. We went to the Utilita arena in Birmingham. We first planned on getting the train there and back. However, around a week before hand, we found out that the only train back would get us home around 5 in the morning...which we weren't doing. I ended up driving the two of us there, despite the fact I had never driven to Birmingham without someone telling me where to go. Yet, I got us there in perfect time. Kahan's vibes are typically more melancholy, or to put it more simply just straight up depressing. However, I have found there is something incredibly comforting about going to a concert with a friend just to end up crying your eyes out with thousands of other people around you. This concert was one of the best I've ever been to, and certainly won't forget! Next time, I'll be writing to you will be from university, so fingers crossed for that. But for now, toodles!

"What we learn with pleasure,
we never forget."

Alfred Mercier

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Gregory's World! Gregory Sidaway Exeter College, Oxford

Notes from small islands

Entering the highlands is like coming up for air. They're probably my favourite place in Britain – with the exception of the Lego store in Manchester. For the first time ever, I would be driving through them. As August shivered to a close, Mum and I embarked on a road trip through Scotland, to the Orkney Islands. Over Easter, I finally passed my driving test – third time lucky! So, I could also help share the driving duties.

It was my first time driving to another country. As the M6 became the less catchy A74M, we passed Scotland's two border signs: the 'Welcome to Scotland' one, and – my favourite – the 'YELLOW WEATHER WARNING' one. The road was also soon obstructed by the unfortunate wreck of a caravan, which had been slammed onto its side by strong winds. So we were definitely heading the right way. I like to imagine a Visit Scotland employee with a clipboard organising the scene: 'Okay, Mister, make yourself at home on that hill over there ... Can somebody spray that hill? It shouldn't be wet, just damp ... Rain, I want you to intermittently flick the cars – just splatter the windscreens to raise the driver's blood pressure, then hold fire ... Sun, I'll call you when you're needed.' Joking aside, I found the drive very peaceful, following dual-carriageways as they wound

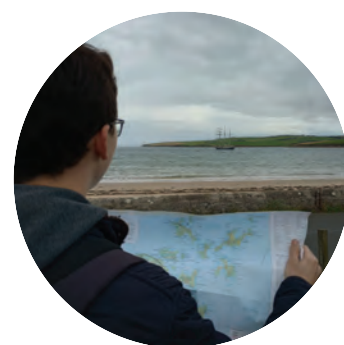
between heather-hardened hills, over glassy streams, through a stoic land bristling with pines. As we turned onto narrower roads, though, I noticed two nearby cars, crumpled in ditches, strung with police tape, and heeded their warning. Much of the countryside drive consisted of; straight road, death-defying bend, straight, bend, p-p-p-pothole, straight again. I barely got to fourth gear and probably elicited scowls from the locals, who blew past and zoomed round the bends like this was Mario Kart. There's also a downside of driving on holiday. Mum would point out a breath taking, see-it-once site like a chapel / ruin / plastic cow in someone's garden. I'd glance over. "Where?"

"Oh. Too late. Missed it."

Our first stop was Bridgend of Lintrathen, Angus, about 280 miles from Orkney. My ears pricked when our host, Gareth, recommended the 'best fish and chip shop in Scotland': the Alyth Traditional Fish Bar. It offered sides ranging from red, white and black puddings, to Haggis fritter rolls and deep-fried pizza. Regrettably, it was a Bank Holiday. The shop was shut. I could only wonder what battered brilliance went on inside that place – but I hope, one day, to stumble upon Alyth again and finally discover what we missed. Instead, the local Co-op introduced me to the

Scottish delicacies of the macaroni pie and the Selkirk Bannock. (A hefty bread, basically a combination of a fruit cake, a tea cake and a shot-put ball). We found a fish and chip shop when we arrived in Lairg, Sutherland, about sixty miles from Orkney. I opted for an authentic 'Haggis supper'. I felt compelled to try one of the nation's deep-fried death sausages. Long and brown and lying on my chips, it certainly tasted better than it looked – although I would prescribe fruit for dessert.

After a photo at John O'Groats, I achieved another first by driving onto the ferry, bound for St. Margaret's Hope on the island of South Ronaldsy. It's linked with Burray, Glims Holm, Lamb Holm and the Orkney Mainland by causeways called the 'Churchill Barriers', designed to keep German U-boats out during the Second World War, and to allow us to reach our accommodation in Kirkwall in 2024. Kirkwall is Orkney's largest town and I was seriously impressed; part of me expected a lonely place, but it was fully kitted out with an airport, a flashy hospital and two Lego shops! To discover a relatively overlooked place, its five thousand-year-old Neolithic settlement at Skara Brae, its standing stones at the Ring of Brodgar, its Italian POW Chapel on Lamb Holm,



was a privilege. One of our best experiences came in Helgi's bar, when we bumped into a woman on holiday from her home in Shetland. She told us about the strong community between Orkney and Shetland, how they hosted hockey, golf and football games together, and shared the instinct to never be too far from the sea (like I can't be too far from a coffee machine).

If you're in Ibiza and rain is dripping from your face and your feet feel like they're squelching inside water balloons, you have every right to be irritated. But Scotland – particularly Orkney – has a rugged, windswept (sometimes wet) charm and I can't recommend it enough. As we headed home and I took one last look at the islands from Dunnet Head, mainland Britain's northernmost point, I remembered a phrase repeated on place-name signs all over Scotland: 'Haste ye back!'

Aye, I hope I do.

Financial and Investment scams—how to protect yourself

citizens
advice

Every year Consumer agencies run a national Scams Awareness Campaign. This year's campaign will run between 21 and 27 October 2024 and focuses on supporting consumers with finance and investment scams. Financial Scams can be difficult to spot. Fraudsters can be convincing and knowledgeable, with websites and materials that look identical to the real thing. Fraudsters often promise tempting rewards, such as high returns on an investment. They might claim that you've been specially chosen for an investment opportunity, and it should be kept a secret. So how can you protect yourself? Here's some simple tips ... Is it unexpected? Scammers often call out of the blue. They

may also try to contact you via email, text, post, social media, or even in person. Remember to treat all unexpected calls, emails and text messages with caution. Don't assume they're genuine, even if the person knows some basic information about you. Hang up on calls and ignore messages if you feel pressured to act quickly. A genuine bank or business won't mind waiting if you want time to think ... Scammers might offer you a bonus or discount or other incentives if you act quickly. If you are considering making an investment - check the firm is authorised. Almost all financial services firms in the UK must be authorized or registered by the Financial

Conduct Authority (FCA). To find out if a firm or individual is authorized, you can check their Financial Services Register: <https://register.fca.org.uk/s/> but always use the website address above to visit the FS Register. Never click on links in emails or on company websites. It could be part of the scam. Check that the firm reference number (FRN) and contact details you've been given match the details on the FS Register. Don't give out your bank account or credit card details. Never give access to your device by downloading software or an app from a source you don't trust. Scammers may be able to take control of your device and access your bank account.

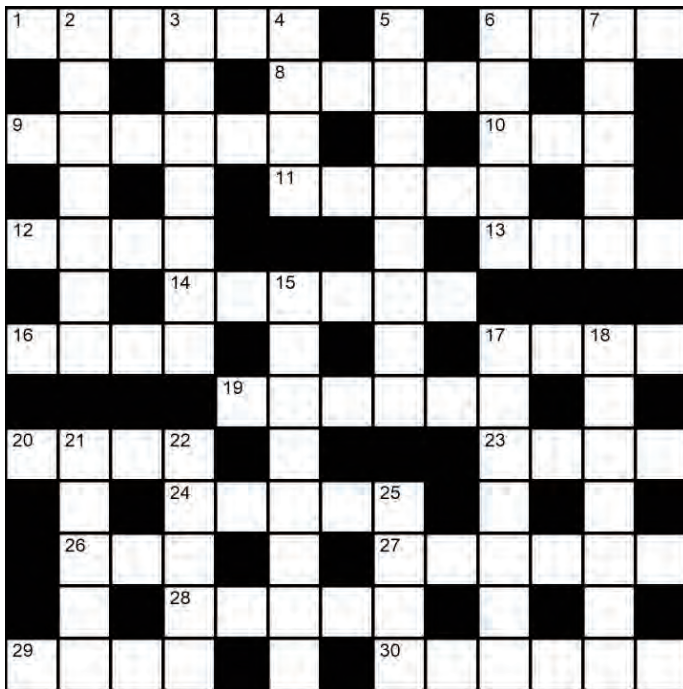
What to do if you have been scammed?

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For further information and advice, please contact your local Citizens Advice South Worcestershire office on 01684 563611 or visit www.citizensadvice.org.uk

Coffee Break

Crossword



Across

- 1 Had a notion (6)
 6 Evils (4)
 8 Director Welles (5)
 9 Buys (6)
 10 Hill dweller (3)
 11 Sprite-like (5)
 12 Luke's twin sister in "Star Wars" (4)
 13 Need different Paradise? (4)
 14 Passenger ships (6)
 16 Boot sale caveat (2,2)
 17 Organisation whose aims are out of this world (1,1,1,1)
 19 Used by the Grim Reaper and Father Time (6)
 20 Beliefs accepted by a group (4)
 23 Soup thickener (4)
 24 It may be a grand player (5)
 26 Chinese life force (3)
 27 Vitamin B3 (6)
 28 Crude (5)
 29 Employs (4)
 30 Bizarre cases (1-5)

Down

- 2 State (7)
 3 Poolside wear (7)
 4 Prescribed amount (4)
 5 Invite trouble (3,3,2)
 6 Asinine (5)
 7 Petrol measure (5)
 15 Can Enoch dance when hell freezes over? (2,6)
 17 Far right description (3-4)
 18 Conjecture (7)
 21 Darned things (5)
 22 Barbecue accessories (5)
 25 Cameo gemstone (4)

Sudoku

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

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

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

		5			8			4
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	9				1			3
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4			8			6		

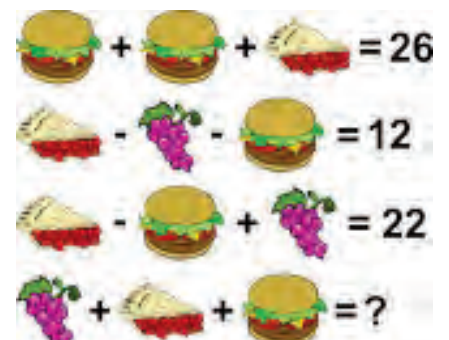
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E	A	Q	C	P	L	Q	A	R	O	C
V	X	U	A	Z	I	G	E	H	W	K
I	T	I	P	E	V	O	R	P	P	A
R	S	C	S	O	D	C	P	M	Y	O
H	M	K	P	M	N	A	L	E	K	S
T	N	E	M	O	S	A	A	T	B	H
D	R	U	G	I	X	R	P	S	F	C
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G	T	G	E	Y	D	S	Q	S	T	E
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QUICK
 REACH
 REEL
 RYE
 SAG
 SAP
 SLIM
 SOAK
 SPACE
 SYSTEM
 TAX
 THRIVE
 TLC
 TYPOLOGY
 VILE
 WOE
 YEARLY

Brainteaser



Find the solution on next page

Poets' Corner

A Shropshire Lad

XXXIV The New Mistress

"Oh, sick I am to see you, will you never let me be?

You may be good for something, but you are not good for me.

Oh, go where you are wanted, for you are not wanted here."

And that was all the farewell when I parted from my dear.

"I will go where I am wanted, to a lady born and bred

Who will dress me free for nothing in a uniform of red;

She will not be sick to see me if I only keep it clean:

I will go where I am wanted for a soldier of the Queen."

"I will go where I am wanted, for the sergeant does not mind;

He may be sick to see me but he treats me very kind:

He gives me beer and breakfast and a ribbon for my cap,

And I never knew a sweetheart spend her money on a chap."

"I will go where I am wanted, where there's room for one or two,

And the men are none too many for the work there is to do;

Where the standing line wears thinner and the dropping dead lie thick;

And the enemies of England they shall see me and be sick."

A. E. Housman 1859-1936

Fun Quiz!

- 1) Which British band, known for hits like "Yellow" and "Fix You", released the album "A Rush of Blood to the Head"?
- 2) Which comedian starred in the 2009 film "Bruno" and is known for his satirical characters such as Ali G and Borat?
- 3) Which British fantasy writer penned the "His Dark Materials" trilogy, including the novel "Northern Lights"?
- 4) The British series "Downton Abbey" is set during which historical period?
- 5) Which British actor portrayed Professor Charles Xavier in the "X-Men" film series starting from "X-Men: First Class"?
- 6) In which British city would you find the art gallery known as "The Tate Modern"?
- 7) Who is the British author of the "Alex Rider" series, a collection of young adult spy novels?
- 8) The iconic British fashion designer known for her punk-inspired designs and close association with the Sex Pistols is?
- 9) The British TV drama "Call the Midwife" is set in which London neighbourhood?
- 10) Which British actor starred in "A Single Man" and "The King's Speech"?
- 11) What is the collective noun for grass?
- 12) How many degrees do the angles of a quadrilateral add up to?
- 13) What colour is alabaster?
- 14) What paper size is the next biggest after A7?
- 15) Who crossed the Atlantic on his raft RA II in 1970?
- 16) Which beer 'refreshes the parts other beers cannot reach' according to the advert?
- 17) What are jockeys not allowed to have on their face?
- 18) Which nursery rhyme ends with the line 'What a good boy am I'?
- 19) In what field was Terence Donovan famous?
- 20) Cartoonist Reg Smythe created which cartoon character which has featured in the Daily Mirror?

Answers: 1) Cold Play; 2) Sacha Baron Cohen; 3) Philip Pullman; 4) 1912 to the early 1920s; 5) James McAvoy; 6) London; 7) Anthony Horowitz; 8) Vivienne Westwood; 9) Poplar; 10) Colin Firth; 11) Tugh; 12) 360; 13) White; 14) A6; 15) Thor Heyerdahl; 16) Heineken; 17) A beard; 18) Little Jack Horner; 19) Photography; 20) Andy Capp.

September Answers



October Brain teaser solution: 28

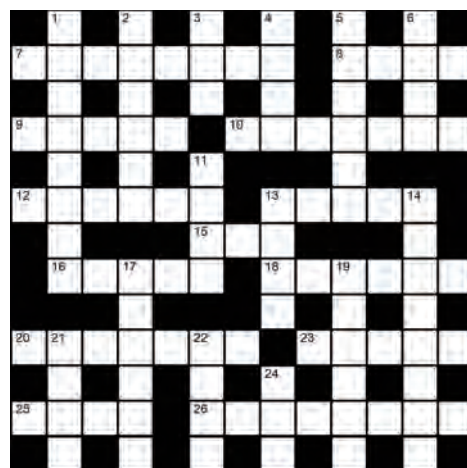
Anagram Crossword

Across

- 7 Ratchets (8)
- 8 Moan (4)
- 9 Alone (5)
- 10 Thirsts (1-6)
- 12 Skater (6)
- 13 Usage (5)
- 15 R D A (3)
- 16 Caged (5)
- 18 Tea set (6)
- 20 An ulcer (7)
- 23 Cruel (5)
- 25 Lego (4)
- 26 Resounds (8)

Down

- 1 Pinochet (8)
- 2 All set (6)
- 3 Elm (3)
- 4 Pass (4)
- 5 Inuits (2,4)
- 6 Hats (4)
- 11 Ewer (4)
- 13 Dane (4)
- 14 Stir Asti (8)
- 17 No meld (6)
- 19 Turing (6)
- 21 Sang (4)
- 22 Dais (4)
- 24 Gum (3)



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November Issue - 21st October 2024

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Hot Peppers

Whilst we didn't have a meeting in August, we did however, have a trip arranged in mid August. Twenty-two of our members enjoyed a coach trip to Buckingham Palace - followed by a picnic in Hyde Park, we were also lucky enough to arrive in time to see the changing of the guards which, was an added bonus. As always the committee have been working behind the scenes, we have managed to replace our WI caravan which we have used for storage and the Blues Festival and for several years. We have now managed to obtain a container which was delivered at the end of August. Everything is labelled in boxes to make it easier for everyone. So many thanks to Leaza, Shirley, Jane, Gemma and Karen for all their help in boxing up and transferring everything over from the caravan to the container.

Our next meeting will be Thursday 24th October 7.30pm Upton Memorial Hall



St Mary's Church, Ripple

After an enjoyable and successful Heritage week-end in mid-September, October opens with a Harvest Festival on the first Sunday of the month followed by the Harvest Supper in the Railway Inn, Ripple on the next day. On Sunday 13th October the annual Sealed Knot Society Founders Day Service takes place in the church, and the theme this year will be 'History in action'. Various members of the Society will give a short discourse on different aspects of the 17th century English Civil War and the role the Society has played in the re-enactment of that conflict, and the distinguished historian,

Professor Ronald Hutton, will conclude with an assessment of the legacy of the Civil War. After the Service in the church, there will be a short ceremony in the Cremation area of the churchyard round the memorial stone marking the burial of the ashes of Joan Young, the wife of the founder of the Society, Brigadier Peter Young, who retired to live in the parish of Ripple. He and his wife were regular members of the St Mary's congregation. A recently updated Welcome leaflet giving details about the church is now available inside the church.

Roger Gillard

The following events will take place in the Parish in November

Sunday 10th November

Remembrance Day Service

in St Mary's Church at 10.45am

followed by a short service round the

War Memorial opposite the Blue Bell in Ryall at 12 noon

Saturday 16th November

Christmas Fair (10-12 noon) in

Ripple Parish Hall

Saturday 23rd November

Concert by Upton Church Choir in

St Mary's Church at 7.30pm

Queenhill WI



Every two years, our WI presents a Craft and Produce Show that celebrates the skills of its members. This was the year!

Vegetables, cakes, plants, flower arrangements, craft items, art, calligraphy and photographs all had examples we could admire. The hall looked very attractive and a fitting place for cups and awards to be presented for the best scores in several categories. Special mention must be made of Anne Spears who was the overall winner for her excellent entries. The usual meeting followed

and we were so pleased to hear from Jane Foley, one of our members, about her recent visit to China to see her son. It was those personal impressions and experiences that fascinated us so much better than tourists' and advertising reviews. A delicious tea, a raffle and the usual friendly conversations completed an enjoyable meeting.

Our next meeting will be on Thursday 10th October at 2.30pm when Jennifer Rigby will talk about Shakespeare's Women. We look forward to it.

Spot & Shop - September Winners

- 1) M Pawson
- 2) Mrs Yvonne Burraston
- 3) Shirley Turner
- 4) Clare Dickerson

Last month's answer: Geoffrey A Potter

SPOT & SHOP!

COMPETITION TIME!

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

NEW PRIZES!

This month's prizes!

1st - £50 cash

2nd - £25 cash

Donated by Hughes & Company

3rd £20 Food Voucher

at The Queen Elizabeth, Elmley

4th £10 Voucher

at Revells Farm Shop, Defford

5th £10 Voucher

at Craftpyro, Bakers Arcade, Pershore

6th Reg Moule Gardening Book

7th Pat's Pantry -

Jar of home-made marmalade/jam

**This month's anagram
ALVA PRESENTER
SCREENWRITING**

Complete and return this form or email:
news@hughes.company for your chance to win!

Upton Times closing date: 28th October 2024

Answer:

Name:

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The Church of the Good Shepherd, Hook Common

Our Victorian Day was a great success, with plenty of people visiting the local history exhibition, and many more enjoying the Victorian entertainment in the evening. I would like to thank all those who contributed material to the exhibition, which seemed to arouse a great deal of interest. I would also like to thank all the musicians and singers who took part in the entertainment, and Mary Weatherill for

organising it. We are so lucky to have talented people who are willing to give their time on these occasions. The quality of the performances never ceases to amaze me! A special vote of thanks is owing to the 'Portaloo Gang' who did sterling work moving it from the church room site to a venue nearer the church, in time for the Victorian Day!

Kate Chester-Lamb



Church Services

Sunday 6th October

11:00 Church of the Good Shepherd, Hook - *Holy Communion*

Sunday 13th October

09:30 Upton Parish Church - *Holy Communion*

11:00 St Mary's, Ripple - *Sealed Knot Service*

11:00 St Nicholas, Earls Croome - *Harvest Festival*

Sunday 20th October

09:30 Church of the Good Shepherd, Hook - *Morning Worship*

18:00 Upton Parish Church - *Choral Evensong*

Sunday 27th October

09:30 Upton Parish Church - *Morning Worship*

11:00 St Nicholas, Earls Croome - *Morning Worship*

11:00 St Mary's, Ripple - *Holy Communion*

Sunday 3rd November

11:00 Church of the Good Shepherd, Hook - *Holy Communion*

15:00 St Mary's, Ripple - *Service for the faithful departed*

Sunday 10th November (Remembrance Sunday)

10:00 St Nicholas, Earls Croome - *Remembrance*

10:45 Upton Parish Church - *Remembrance*

10:50 St Mary's, Ripple - *Remembrance*

12:30 St Mary's, Ripple War Memorial - *Remembrance*

Christmas Craft Fair

St Denys Church

Saturday 9th November

10am-4pm

If you are interested in booking a table for £10.00 each, please contact:

Jane on 07917 821608 email: janehall962@yahoo.co.uk



ORGAN RECITAL

We welcome you to **UPTON PARISH CHURCH** for an organ recital by **John Wilderspin** on **Wednesday 23rd October** at **12.30pm**

A light lunch will follow.

There is no charge but donations are welcome.



Church Services and Online Worshipping Opportunities for Your Church in the Old Hills Malvern Churches

OCTOBER 2024

Sunday 6th October

The Nineteenth Sunday After Trinity

9.30am Living Communion at GUARLFORD

11.00am Living Communion at POWICK

Sunday 13th October

The Twentieth Sunday After Trinity

9.30am Living Communion at CALLOW END

11.00am Living Communion at MADRESFIELD

Sunday 20th October

The Twenty-First Sunday After Trinity

8.00am BCP Holy Communion at POWICK

9.30am BCP Holy Communion at GUARLFORD

11.00am Morning Praise at POWICK

Sunday 27th October

Last Sunday After Trinity

Bible Sunday

9.30am Living Communion at CALLOW END

11.00am Living Communion at MADRESFIELD

Midweek Communion at The Orchard Room in Colletts Green
Thursdays 10th & 24th October from 10.30-11.30am



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Severn Stoke & Croome D'abitot News

Happenings in Severn Stoke and Environs

St. Denys' Church, Severn Stoke

Repairs to the church have been completed apart from more difficult repairs, which may require specialist work.

We are still hopeful that we shall receive offers of help from volunteers to be included in the Emergency Plan prior to and following a flood in the church. It appears that apart from maintenance of the site, no further progress will be made on the proposed construction of the Flood Bund this year and it is feared that once again the church, pub and surrounding area will be inundated this winter.

Please will you consider being a Volunteer for this vital work, to preserve our historic church building and all that it represents to countless families

present and past.

Please initially contact John Henderson on 01905 371218 and leave a message or by email:

johnboydhenderson@hotmail.com

Advance Notice:

We are looking forward to another **Fair in St Denys' Church** Saturday, 9th November, between 10.00 a.m. and 4.00 p.m. Please make a note in your Diaries. Delicious refreshments and lovely crafted items to buy for Christmas Stockings! Please do not forget the **Remembrance Sunday Service** in church at 10.45 a.m. on Sunday, 10th November.

Friends of St. Denys, Severn Stoke

Raising funds to modernise the church!



The Severn Stoke and Kinnersley 100 Club Draw winners of £30.00 for August

was Fred Simmonds of St Peter's and for September, Beryl Johnson of Lower Wick.

New President for WPO

The Worcester Philharmonic Orchestra is proud to announce John Bradbury as its new President. John has enjoyed a meteoric career. He remains the youngest violinist ever appointed as leader of a BBC orchestra (aged 23), and has since led the CBSO, the BBC Concert Orchestra, the Brighton Philharmonic and was the Founder Leader of the Royal Philharmonic Pops Orchestra under the baton of Henry Mancini.

In addition to guest leading for all the major London Symphony Orchestras, John's busy freelance schedule has encompassed a great deal of commercial studio work including leading for all the James Bond movie sound tracks starring Pierce Brosnan. For further info. about John's career see:

www.worcesterphilharmonic.co.uk

Having retired to Malvern, John loves to continue playing his violin. He modestly attends

the WPO rehearsals and concerts as 'one of the team', and gives enormous support to the violin section. We appreciate this generosity and are honoured and delighted he has agreed to become our president.

WPO's next concert is on 9th November in Pershore Abbey.

Details on the website:

www.worcesterphilharmonic.co.uk



National Trust volunteer still loves role at 91

A 91-year-old man who has worked and volunteered for more than seven decades at a National Trust property has said he still loves his role there. Malcolm Walford has been at Croome in Worcestershire since 24 August 1953 and even has a burial plot reserved in the churchyard. "I shall be here as the ghost of Croome," he laughed, when asked if he would ever leave. Mr Walford said he was over the moon to receive a letter on behalf of the King last year, thanking him for his 71 years of service.

The letter said King Charles was heartened by Mr Walford's appreciation for the natural landscape and heritage of Croome. "So he's a friend of mine [now], a good friend of mine," he joked. Mr Walford ended up working at Croome

after his father told him and his brother, who were all living in Wolverhampton, that they needed to hand their notices in as they were moving to Worcestershire to be close to their grandmother.

He then got a job at RAF Defford, which closed in 1953.

"The rest is history," the 91-year-old said, despite admitting he "couldn't hack it" on his first day. He started work there as a stonemason's labourer, with jobs including sweeping snow off the Croome Church, cleaning out wells, digging out septic tanks, roofing and lorry driving. "You could be doing any job under the sun," he said.

Mr Walford said he never would have thought he would still be volunteering at Croome at 91 and still wants to be there next year. "They look after me,



the girls in the canteen, the staff in the offices, the court, the reception," he said. "They've started calling me Grandad Croome now and its

lovely. I didn't think I'd reach this age, but both my parents reached 92, so if I could reach 92 next year at Croome, that's going to be a kingpin in my life."



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**Sunday October 13th at 5pm
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to include choral music by **TALLIS,
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played by **SIMON DINSDALE**
Musical Director **JOHN HOLLOWAY**

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.....(In an emergency always call 999)
CrimeStoppers 0800 555 111
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Upton Surgery 01684 592696
Upton Tourist Information 01684 594200
Upton Town Council 01684 592273

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- Planning Dept 01684 862221
- Pot Holes 01905 765765

COMING UP

**FORTHCOMING MUSICAL EVENTS IN
UPTON PARISH CHURCH**

EVENSONG 6.30pm Sunday September 15th
Led by Rev Julie-Ann Watson

EVENSONG 6.30pm Sunday October 20th
Led by Rev Canon Greville Cross

ORGAN RECITAL
12.30pm Wednesday October 23rd
Organist John Wilderspin

EVENSONG 6.30pm Sunday November 17th
Led by Rev Canon Greville Cross

CAROLS BY CANDLELIGHT
7pm Wednesday December 18th

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Rural Reels Films

Upton upon Severn Memorial Hall
Doors open at 7.00pm Film starts at 7.30pm
Tickets on the door £5.00

Saturday 21st September - The Miracle Club Cert 12A
Starring Laura Linney, Maggie Smith and Kathy Bates
Female friendship in late 1960's working class Dublin when the Catholic Church reigned supreme. A bus trip to Lourdes becomes more than a pilgrimage as each of the women look for answers to very different questions.

Saturday 19th October - A Haunting in Venice Cert 12A
Starring Kenneth Branagh and Michelle Yeoh. In post-World War II Venice, Poirot, now retired and living in his own exile, reluctantly attends a seance. But when one of the guests is murdered, it is up to the former detective to once again to uncover the killer.

*For films at the Memorial Hall, Upton upon Severn,
please enter post code WR8 0HA
to see film screening information.*

Rotary News

The past two months have been enlightening. With the help of Facebook, we have been promoting Rotary membership and the need to help those with reading difficulties. Our message is simple – join us to help others help themselves.

The National Literacy Trust reports that “in England, 16.4% of adults or 7.1 million people, can be described as having very poor literacy skills. Challenges with all aspects of literacy can affect your confidence and self-esteem as well as making it difficult to get the jobs you want and navigate everyday life.” It’s difficult to imagine how anyone with reading difficulties can cope with today’s multitude of online forms and the absence of face-to-face communications. We are very happy to remind readers of our excellent library in Pershore, practical one-to-one learning with Read Easy Evesham and Pershore, the opportunity to explore and get lost in the myriad of exciting reads at Coach House Books, the friendly reading groups that meet at Number 8 Arts Centre and, of course, our purveyor of all local news and stories – the Pershore

Times. Allied to our support for improvements with literacy is making schools, parents and students aware of Rotary’s annual Young Writers and Youth Speaks competitions. The Young Writers competition aims to encourage young people to be creative, use their writing skills and write with imagination and creativity. There are Junior, Intermediate and Senior age groups. Entries, based on a set theme, can be fiction or non-fiction in prose or poem style. The Youth Speaks competition offers the experience of speaking as a team member on a public platform, a requirement to formulate ideas on topical subjects and to present these to an audience in a limited time, displaying high standards of expression, presentation and appearance. Experienced adjudicators then provide impartial feedback and performance assessments. For more details email us at secretary@pershorerotary.club Recently, we were invited to join Felice and Fiorinda at Feli’s Bar and Restaurant, enjoying the company of youngsters from the Malvern Cube Project. These young



people were learning great cookery skills from Felice, mastering dishes they could take home and prepare for their families. Malvern’s Cube’s Youth Manager, Jo Hine, and Feli’s are to be congratulated for inspiring and encouraging these young people and providing them with essential life skills.

With the annual Tree of Remembrance Appeal going live soon, expect to see collections outside Asda and the Co-op in December with festive music and, hopefully, carol singing too. Make a note to come along and get into the festive spirit.

Notices, with details of how to

donate in memory of a loved one, will appear in the Pershore Times and local parish newsletters. This year, we are supporting St Richard’s Hospice, Acorns Children’s Hospice and the Midlands Air Ambulance. Online donations can be made at: www.pershoretreeofremembrance.com

If you would like to work with us, we would love to hear from you. Follow us on Facebook, check out our website www.pershorerotary.club or email us at secretary@pershorerotary.club.

Richard Lees

Race Night

in aid of Joe Leach’s Testimonial 2024

A race night is being held in Worcester as part of long-serving Worcestershire bowler Joe Leach’s testimonial year. The event which takes place in the Graeme Hick Pavilion at The County Ground on Saturday 19th October, 7.30pm start. The night is a fantastic way to celebrate the career of a

true club legend who has been forced to retire due to injury. Without the risk of losing your shirt!

Entry is £30 per person including:

- A pie & chips supper.
- A horse in one of the races.
- You get to name your horse.
- Tote betting on the racing.
- A great prize if your horse wins its race.

For tickets or further information then please contact Mark on 07506 747619 or email at ma004g2691@gmail.com



Tuesday 15th October at 2pm
“Space Weather”

Professor Richard Horne, head of Space Weather at the British Antarctic Survey, will talk about his subject: changes in the near-Earth space environment that disrupt modern technology and endanger human health.

Tuesday 19th November at 2pm
“Dead in the Water”

Local canal and river crime writer Andy Griffie talking about the crime fiction genre and the creative writing process

All welcome, no need to book

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For more details, contact Sally Whyte, Speaker Coordinator on: u3apershoresally@gmail.com
www.u3asites.org.uk/pershore/home



A fun evening of
poetry and music

with John Bradshaw & Chris Hall

Saturday 5th October
7.30 pm
Earls Croome Village Hall

Tickets £10
including ploughman’s supper &
pudding, BYO drinks
(info/tickets from 01386 751196)

Raising funds for Earls Croome Church





A view from the Boundary

As I write this England are playing the last 50 over game against the Aussies. England 202 for 3 and 309 all out, need I say more. Great knock by Duckett 107 and by Harry Brook 72. I fear that No. 3 for Will Jacks seems not to work. The ECB seems to view the 50 over game as an "add on" It is a difficult and technical format and England have not had practice or even played in that format for their Clubs. What are we doing playing Cricket a day before the 1st of October. Worcestershire have avoided the drop as I said in my last piece and the weather did help. The T20 was a disaster but in the 50 over game they did better. Golf, the Lord Taverners charity match held at the Vale

went very well and the course was in very good condition. The food was excellent save for the roast beef that was, I expect cooked the day before, sliced and reheated, it was truly dead, a pity as it was probably good meat until someone cooked it. Neal Radford ex England, Worcestershire and Transvaal has organised this for some 18 years and made over £300,000 for the Taverners that do marvellous things for the under privileged. At another golf event at a private course in Saleway over 12 holes the winner was urology consultant Terry Chen. At the dinner afterwards (roast beef but properly cooked) money was raised, this year it was also the Lord Taverners

who received the donations. The silly season has nearly finished. Starmer has clearly put his foot in it (both of them) and one Labour party member has resigned. Winter fuel tax gone; I expect the £325,000 starting point on inheritance tax will go. I find this an abhorrent tax it is generally tax on tax at 40% and now VAT on Private schools will tip the balance for many. There is a shortage of schools where will everyone go? Wes Streeting has said the NHS is broken, it is not just disorganised and badly managed. Streeting before being an MP did not have a proper job being a councillor and president of the National union of students and a director of ACAS. These are

observations. The Hughes Magazine group, and excellent it is, maintains a non-political stance, but would welcome debate via "Letters to the Editor" Back to Cricket, we have lost on Duckworth Lewis and therefore the series. Until next time, and do write in.

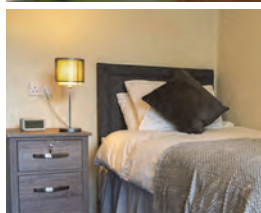


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