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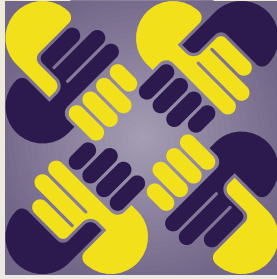
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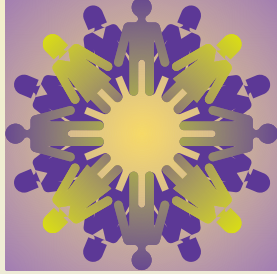
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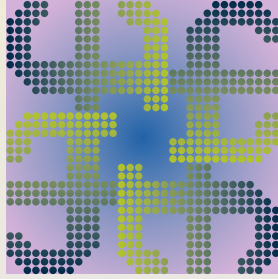
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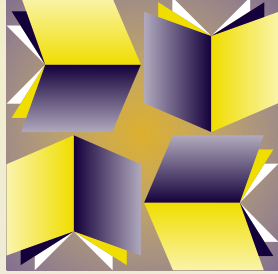
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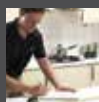
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Welcome to the **August** edition

For those of you that aren't jetting off overseas this Summer, there's lots of great things happening locally – including Touchwood's urban beach, pirate parties, a street circus, den building and much more. Check out the local event guide on page 6 and also have a look at page 32 to see what shows are coming up at the Core Theatre.

Have a great month and make the most of the weather and the Summer holidays, while they last!

Zoe

Zoe Reece

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www.solihullindex.com



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community events

Youth Bus

20th August

Dorridge Park car park and the event circle at Tudor Grange Park, 7.15-8.45pm

Meet the Youth Services outreach workers and join in with games, learn about relationship building and how to link up with other things of interest.

Den Building

21st August, 10.30-11.30am

The Parkridge Centre, Brue-ton Park

Join Warwickshire Wildlife Trust to discover how to make your very own shelter in the woods. Suitable for children aged 5+. £3.50 per child. To book tickets: www.warwickshirewildlifetrust.org.uk/events



Testament's Bookclubs – The Handmaid's Tale

27th August 5.45pm

Waterstones, Solihull High Street

Join Waterstones Solihull for the first of two bookclubs to celebrate the release of The Testaments by Margaret Atwood. In this first one they will be discussing the original novel The Handmaid's Tale - to gear up for the big release! As events can change or be cancelled please check with the shop before travelling.

Pirate Party

27-29 August,

10-11am

John Lewis, Solihull



Storytime and pirate guest appearance at John Lewis Solihull! Tickets cost £15 per child and include a

gift and picnic bag. Limited spaces. Please visit Customer Support on the 1st floor to purchase your ticket.

An Evening of Song

7th September 7.30pm

Knowle Village Hall

The Knowle Village Hall Association is proud to present the well-known Canoldir Male Choir, musical director James Llewelyn Jones, with guests "The J Sisters". The choir has been together for many years, singing at venues all over the country and winning countless medals. Tickets £12 – call 01564 778163 / 779898. This is a Hall refurbishment fundraising event.

Solihull Street Circus

14th September, 11am – 4pm

Mell Square, Solihull

The Circus includes some of the world's best street performers including circus acts, acrobats, escapologists and artists who regularly appear at Covent Garden, Glastonbury Festival, Edinburgh Festival and major events around the world. This is a Hall refurbishment fundraising event.



THE CORE LIBRARY

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- **Councillor's Surgery** - these are face-to-face meetings held by councillors for local people to raise issues in their area. First and last Saturday of the month, 10.00am-12.00pm
- **Rhyme Time** - Wednesdays 10.15am to 10.30am, term-time only. A short interactive session for 0-2s that includes finger and action rhymes and songs. Come along and meet up with other parents/carers and discover what the library can offer your child.
- **Meet and Play** - Fridays 10.15am to 11.15am, age 0 - 2 years (term time only). Our new Meet and

Play session offers the chance for young families to meet up, relax, chat, play, sing or make music together! The session is for families, led by families. Toys and musical instruments are provided. For more information contact 0121 704 6965.

- **Homework Club** - Tuesdays 3.45pm to 5.15pm, term time only
- **Silent Reading Cafe** - Held once a month on Thursday evenings, this is a chance to unwind and read in a cosy, informal environment without distractions. It begins with an hour of silent reading from 6pm with a chance to chat (if you want) between 7pm and 7.45pm.

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A Better **Work-Life Balance**

By Sarah Davey

Is your life a balancing act? Does your smart phone extend your working day? Do you feel that you never have time just for you? You're not alone. In the current economic climate, many people feel anxious that their jobs are less secure. Companies are taking on fewer staff and those that remain often feel responsible for picking up the slack.

But even if you have very little choice over the hours you work, **you can concentrate on the areas you can control.**

Schedule downtime – It could be a date night or a family day out. Make it top priority. You'll feel much better for some time spent with those you love.

Outsource – Weekends and evenings can easily be taken up with chores. If you can afford it, employ a cleaner, or a gardener, or someone to do the ironing. If you can't then insist the rest of the family help out. Use the time saved to do something you really love.

Get up earlier – Set your alarm for just half an hour or an hour earlier each day. Use that time to exercise or get household chores done, freeing up time in the evening.

Make tiny changes – You don't have to quit your job and move to a beach hut. Just 15 minutes sitting in the park at lunch time reading a book or listening to music can increase your sense of well-being.

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DREAM DOORS - NEW LIFE FOR OLD KITCHENS

What a year it's been for **DREAM DOORS** Solihull. The UK's number one kitchen makeover company opened its doors on Stratford Road Shirley a year ago. Owned and operated by Graham Phipps and his expert team **DREAM DOORS** have transformed hundreds of kitchens across Solihull and the surrounding areas.

Owner Graham commented

"We've had a great year since opening on the Stratford Road. Our customers are keen on less disruption and in most cases less cost when we do a kitchen makeover"

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The Dating Game

By Tracey Anderson

Many of us have watched the drama of Love Island recently. We tend to think of blind dates, speed dating and computer dating as modern phenomena, but it seems humans have always dabbled with the dating game.

When the Greek goddess of love, Aphrodite, arranged a meeting between Paris and the lovely – but – married Helen, **she may have been responsible for the first 'blind date'**, and as it resulted in the Trojan War, it probably doesn't count as a terribly successful one!

The world's first proper 'marriage bureau' was founded by Henry Robinson in London's Threadneedle Street in 1650, and in July 1695 the very first 'would like to meet' advertisement was published in the somewhat drily titled magazine, Collection for the Improvement of Husbandry and Trade. The advert read:

"A Gentleman, about 30 Years of Age that

says he has a Very Good Estate, would willingly Match Himself to some young Gentlewoman that has a fortune of £3000 or thereabouts. And he will make Settlement to Content." **Be still my beating heart!**

The first couple to be matched by computer were the Americans, Shirley Sanders and Robert Kardell in 1958. They were then introduced on a TV show called People Are Funny. They were married in Hollywood in the October of that year and their honeymoon was paid for by the show's sponsors.

Today there are more Than 7,500 dating sites across the world. **Match.com is the biggest online dating site** with 23.5 million users worldwide! And last year eHarmony was responsible was responsible for 4% of marriages in the US!

I wonder what the future will have in store for the dating game...





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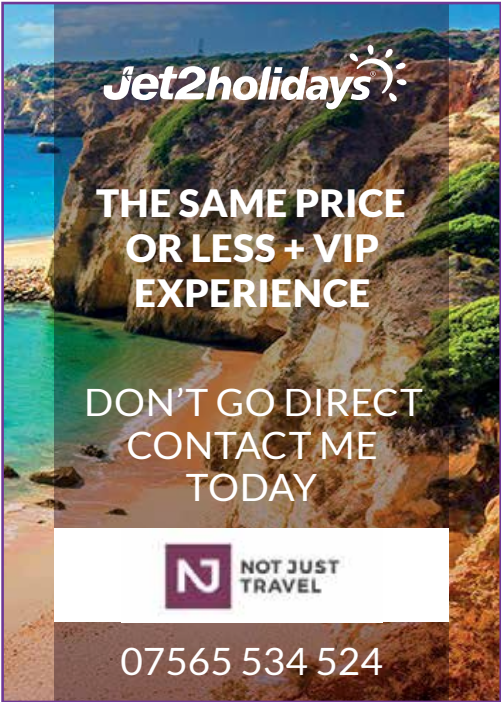
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Cruises are no longer the reserve of the retired or super-wealthy. In the past few years, we've seen cruises soar in popularity – and the statistics are certainly impressive.

According to the Cruise Lines International Association (CLIA), there's been a 20.5% increase in the number of people taking cruises from 2011-2016. In 2017 alone, around 25.8 million people enjoyed a cruise – a spike in demand that's seen dozens of new ships and routes setting sail in 2018. So why has cruising become such a favourite for holidaymakers? What can cruises offer that your standard hotel trip can't?

The cruise ship is the destination

If you've never experienced a cruise ship before, prepare to be astonished. These aren't boats; they're ships that cost hundreds of millions of pounds to build – more like a floating town than a sailing vessel. Wherever the route of your cruise takes you, you'll find the ship itself is an incredible place to spend your holiday. From fine dining restaurants, cafes and bars to theatres, cinemas, kids' clubs, sports and swimming pools, you'll

never be short of things to do while you're at sea.

There's a cruise for everyone

Cruises also offer a lot of opportunity to tailor your own cruise experience. Whether you want an adult-only break or a lively time with your entire family, you'll find exactly what you need. Even once you've chosen a cruise, you're likely to find a choice of entertainment options, classes and activities to take part in. There's an amazing selection of accommodation options too from inside cabins to luxurious suites.

Why settle for just one incredible location?

Choosing where you want to go on your next holiday can be difficult. With a cruise, you can take in a whole range of stunning destinations. Stops and shore excursions are made at some of the most beautiful and fascinating places on the planet, so when it comes to unforgettable experiences one after the other, a cruise is unbeatable.

You could explore the coast of North America, visit the historic landmarks of Europe, or gaze at

the ancient temples and spectacular cities of the east. Some cruises take trips along iconic rivers and fjords, whilst others voyage to pacific islands for a taste of paradise. The possibilities are almost endless.

Cruises make life feel easier

A cruise has this magical ability to make you feel like you're being cared for, attended to, and guided from place to place. There's no need to plan your own trips or fuss around with complicated connections. The right cruise provider takes care of it all.

It even starts before you leave. There are cruises for every holiday length, from short breaks to those that last several months. You can usually choose from different boarding and connection options, with or without flights depending on your preferences



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Make Exercise a Real HIIT

Add some variety to your fitness regime

When we think of the gym we usually picture ourselves jogging on a treadmill, or pounding a cross-trainer, non-stop for 45 minutes. Some people love it, and get a real buzz from a session, but if you're like me you'll count every single second as you wait for the torture to stop. What if you could get more health benefits by doing just half the exercise? When I heard this was a possibility at the gym I attend I couldn't sign-up fast enough.

Enter HIIT, High Intensity Interval Training (pronounced 'hit').

HIIT involves short periods, 30 seconds or so, of high intensity exercise followed by equally short rest periods which you repeat for around 20 to 30 minutes. The idea is to work as hard as you possibly can during each work session, then catch your breath, then repeat. At the end of the whole work out you should be totally exhausted.

At this point you might be thinking that the 45-minute gentle jog isn't sounding so bad after all, **but HIIT has a number of real advantages.**

Each work period can be a different exercise. **Some can be cardio; some can be strength exercises.** This keeps the workout interesting (good if like me you are easily bored) and also gives you the twin benefits of improving fitness and building muscle.

High intensity exercise burns more calories and more fat. Because you are working flat out your body needs to expend a lot more



energy. It can't keep pace with your needs by simply burning easily accessible temporary carbohydrate stores, so it has to start burning fat. It also needs a lot more oxygen which is why you get out of breath. But this raises your body's metabolism to a much higher level than simply jogging. So, when you finish exercise your body stays in this high-energy state for much longer burning even more calories.

Your whole body has to work a lot harder to keep up with the exercise, especially your heart. In fact HIIT strengthens your whole cardiovascular system. It's also very good at reducing insulin resistance (one of the precursors to type II diabetes) which makes it much easier for your body to regulate your blood sugar, as well as helping to high blood pressure, the risk of heart disease, cancer, obesity and more.

HIIT is easily tailored to any fitness level. If you pop to your local gym, you'll usually find beginner, intermediate and advanced level sessions. But if the gym really isn't your thing, it's easy to do a HIIT work out at home. There are lots of apps and videos to help you out.

Spending just 20 minutes, three times a week on HIIT will kick your health drive into top gear, so why not give High Intensity Interval Training a try?

By Mark O'Keefe

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The Big Apple - A brief history of cider

Apple trees have been cultivated since around the 5th century AD and cider, or something similar, seems to have been around for almost as long, although sometimes it was known as 'apple wine.'

It was brought to Britain by the Normans in around 1100 AD and was originally a drink for the poor. Ale was made from grain which could mean going without bread, so cider was a good alternative. People drank it instead of water because sanitation was so poor, **and water was often not safe to drink.**

The first settlers in America planted lots of apple trees so they could make cider. They crushed the apples in a trough, until a **genius named John Worlidge** produced the first apple-mill in 1676.



In the 1800s The Temperance movement killed off the cider industry. Fired up by ministers and politicians, many farmers destroyed their **'demon orchards,'** sparing only the trees used for sweet non-alcoholic juice. During the Prohibition years, American cider **production fell by 76%.**

Today the best English cider is cask-conditioned; dry and fruity, with low carbonation. Normandy cider is sweeter and more effervescent. Both drinks are perfect chilled, served on a warm summer evening, with friends. **Cheers!**

By Sarah Davey

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Mocktail Hour

**No alcohol allowed? No problem.
Enjoy a mocktail instead.**

People don't drink alcohol for many reasons: pregnancy, medication, religious reasons, designated driver status...or because they just don't drink alcohol (like me!).

It used to bug me at social gatherings when people asked me what I wanted to drink, reeling off a whole list of possibilities: gin and tonic, vodka and orange, rum and coke, and I'd say, **'Do you have anything non-alcoholic?'** and the choice would be tonic without the gin, orange without the vodka or coke without the rum!

I became adept at creating my own non-alcoholic drinks which felt 'special'. Along the way I discovered that lots of my friends drink alcohol at parties because of the lack of alternatives! People who do drink alcohol would LOVE to have a non-alcoholic option too, and recently the mocktail (mock cocktail) has been gaining popularity.

Here's how to turn **any cocktail into a delicious mocktail** and delight your non-alcohol-drinking friends.

The key element in most good mocktails is something sparkly. This elevates the drink and makes it feel more special than glass of juice. Any cocktail recipe which uses club soda, tonic water, ginger ale, or ginger beer will probably translate to a good mocktail. Some non-sparkly drinks translate well too. These tend to be the spicy ones like Bloody Marys, where you don't miss the alcoholic component.

Flavour is everything. Mocktails should be special, so try something different.



Start with the syrups. Buy good quality ones (Bottle Green cordials work brilliantly and come in a range of amazing flavours - I love Rhubarb and Ginger) or make your own, it's simple. Combine one-part sugar (white or brown), honey or agave syrup, and one-part water with fresh fruit, herbs, or spices to add flavour. Simmer over medium heat until the mixture is completely liquid. Strain, cool and use to flavour your mocktails.

Try infusing your drinks with fresh fruit and herbs. A bunch of mint or basil, or a sprig of lavender or rosemary takes a mocktail to the next level, as does fruit. Layer on more flavour with the garnish. Dip the rims of glasses in flavoured salts or sugars, and use citrus slices, pineapple, olives or other fresh ingredients to add flavour and fragrance to your drink to make it a sensory experience. Cocktail umbrellas and decorative sparklers won't add flavour, but they do make any drink look more celebratory.

Don't forget the ice. Lots of ice. You can buy bags of it for a party if making it ahead of time is too much hassle.

Does every cocktail translate to a mocktail?

Well no...drinks with only two ingredients don't really work, because as previously stated, a rum and coke without the rum is just coke right? And I find the sweet ones can be a bit cloying for me and taste too **'desserty'** but if you have a sweet tooth knock yourself out. **My youngest loves a virgin pinacolada.** And talking of children, making mocktails is a great summer holiday project the whole family can all enjoy! **Have fun.**

By Kelly Taylor

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Post-Modern Pac-Man

By Mark O'Keefe

Retro gaming brought bang up to date

We often look back on our childhood toys with fond memories. For many of us those "toys" will include some sort of computer game. You might have owned a Nintendo Wii, a Sony PlayStation, a Nintendo Game Boy, a Sega console or one of the early computers such as a ZX Spectrum or BBC micro.

Wouldn't it be great if we could relive some of those glory days without having to find a 30-year-old computer which still works? Well you can! Retro gaming has come to your rescue.

Retro gaming uses emulators to play your old games – these special programs allow your modern computer or games console to "pretend" to be a vintage games machine. You use the real programmes and play them in the emulator to get an exact copy of the gaming experience. You can also buy retro controllers for almost all the old systems.

Finding games is very easy and usually free. Many enthusiasts have built websites featuring libraries of the old software and **downloads are free.**

Modern games machines are also catching on to **retro gaming**. You can buy emulators for most modern games consoles which allow you to play games from the old systems. These aren't free but are usually a simple download from the relevant app store.

You'll also find new consoles and handheld gaming devices dedicated to playing arcade classics and console games. Some companies are even producing copies of the original hardware that look like the old machines but with more reliable, **modern electronics inside.**

So, if you're after a taste of nostalgia, check out one of the systems below or have a look online for your ultimate system.

RetroPie is a complete retro gaming system that uses a Raspberry Pi computer that plugs into your TV. There are complete kits available which will get you set up for well under £100.

LaunchBox is a free emulator for your computer or laptop. It includes emulators for almost any system you can remember. Just add a controller of your choice for the full retro gaming experience.

The Nintendo Switch has an app that lets you play all the Nintendo Entertainment System (NES) games. Just visit their online shop.



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COMPETITION



WIN 2 TICKETS

**to see The Hound of the Baskervilles – The Hit Farce
on Saturday 12th October at 2.30pm or 7.30pm
The Core Theatre, Solihull (formerly Solihull Arts Complex)**

For your chance to win these tickets, visit the Core Theatre website page for this event - www.thecoretheatresolihull.co.uk - to find the answer to this question:

How long does the show last?

Email your answer to: thecoretheatre@solihull.gov.uk – and please put 'Hound' as the subject line.

Closing date for entries is 20th September. The winner will be drawn at random and notified by email after this date.

Please note there is no cash value nor exchange for this prize so please don't enter if you cannot attend the date shown above.

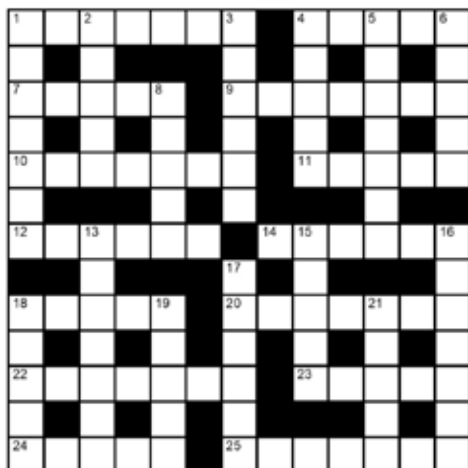
About the show:

This production is a comedy farce that follows Sherlock Holmes and his incomparable sidekick Dr. Jane Watson on their journey from the streets of London to the Devonshire Moors as they attempt to solve the mystery of...The Hound of the Baskervilles!

Arthur Conan Doyle's classic mystery, The Hound of the Baskervilles is brilliantly brought to life on stage in this acclaimed production. This inventive and hilarious comedy mystery features 2 fearless actors playing every role in this fast-paced farce.

This production includes sexual references and innuendo so is aimed at ages 16+.

crossword



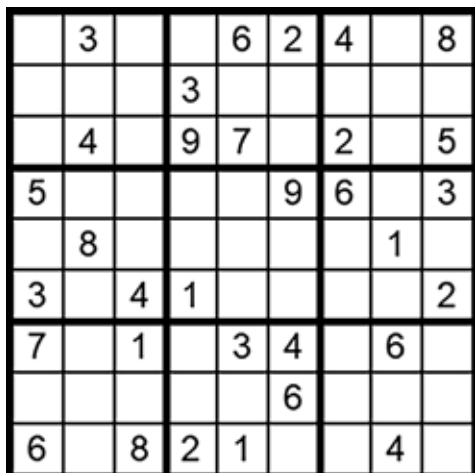
clues

Across

- 1 Nightclub act (7)
- 4 Creepy (5)
- 7 Detection system (5)
- 9 Principled (7)
- 10 Paralysis, apathy (7)
- 11 Monarch (5)
- 12 Tyrant (6)
- 14 Chaplain (6)
- 18 Plenty (5)
- 20 Scrawny, wasted (7)
- 22 Pouch worn with a kilt (7)
- 23 Five shillings (5)
- 24 Access (5)
- 25 Spiny anteater (7)

Down

- 1 Transported (7)
- 2 Insignia (5)
- 3 Tropical bird (6)
- 4 Mistake (5)
- 5 Uniform (7)
- 6 Go inside (5)
- 8 Proportion (5)
- 13 Assistance (7)
- 15 Reason (5)
- 16 Ornamental musical passage (7)
- 17 Likelihood (6)
- 18 Passageway (5)
- 19 Ahead of time (5)
- 21 Shun (5)



how to play sudoku

It's simple!

Fill in the grid so that each row, column and 3x3 box, contains the numbers 1 through to 9 with no repetition. You don't need to be a genius. These puzzles use logic alone. Watch out! Sudoku is highly addictive.

answers on page 36



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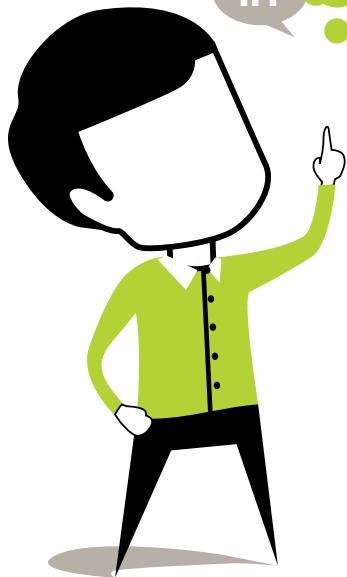
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International Left Handers Day

By Kate Hammond

August 13th is International Left-handers' Day. As a leftie myself I'm always intrigued by the slew of articles that appear at this time of year with titles like, 'Seven Facts You Never Knew About Left-Handers!' The 'facts' are nearly always about how creative we are versus how clumsy we are, and one of the 'facts' which nearly always features in these lists is that those of us who are left-handed will die on average nine years earlier than our right-handed counterparts. **Yikes! But is it actually true? Has anyone really checked this out?**

I did a little research and discovered that this '**fact**' is based on two articles written by psychologists - one published in the 80s and one in the 90s. The articles were published in respected scientific journals, which gave them some gravitas. **But why are lefties dying up to a decade earlier than everyone else?** Are we slipping while using right-handed scissors and knives then bleeding out on the way to A&E? It seems pretty unlikely. Some 10-11% of the population are left-handed. If this were the case the streets would surely be awash with blood! Someone would have noticed, and '**handedness**' would be the largest single predictor of life-expectancy!

According to modern psychologists, who re-examined these studies, **the previous researchers had made a small error**. The original studies were carried out in Southern California, where lists are published of everyone who has died. The researchers used the lists to contact the relatives of 2000 of the deceased to ask whether they had been left or right-handed. Clearly data protection was less of an issue in the late 20th Century! They found the oft-quoted figure that the left-handers died on average nine years earlier than their right-handed neighbours. But crucially the

original researchers **ONLY** looked at the age at death, not when they died. Left handers are actually more common now than previously... or at least it appears we are. In fact, from the 1800s until the 1950s many **left-handers were forced to live as right-handers, by teachers, or parents, or simply by the fact that most machinery in factories was designed for right-handers to use**. Certainly, I can remember even as a child of the 70s being forced to write with my right hand by certain less enlightened staff at my village primary school. So, it's probable that some of the dead people on those Californian lists may have been born left-handed but spent most of their lives living as right-handers, and their families would have described them as such when the researchers called. Because of this historical discrimination many of those on the lists who were '**out**' as left handers at least at the time the research was published would have been on average younger than right-handers and this would have skewed the results.

So fellow lefties, the idea that we will die nine years earlier than the righties is a myth. PHEW!

It's true we may appear a little clumsier than right-handers but that is probably due to living in a world not designed for us. It does not affect our mortality...though I might just leave carving the Sunday joint to my right-handed husband!



Totally Tropical Tea-zinger

A refreshing iced tea-based mocktail full of tropical flavour, with added zing from the ginger beer and fresh-squeezed orange juice.

Serves 1 but will scale up

Ingredients

Tropical fruit tea bag (use your favourite, Peach is lovely, or Mango and lychee...or mix them up a bit), brewed in 90ml water, then brought to room temperature and chilled. Splash of fruit syrup – something with tropical overtones.

60ml good quality ginger beer (try Fever Tree) 30ml fresh-squeezed orange juice. orange wedges and cocktail umbrella for garnish. You can scale up the ingredients but don't scrimp on the teabags. You need all the flavour.

Instructions

Put plenty of crushed ice into a tall glass. Pour over the syrup; add the tea, ginger beer, Stir gently to combine. Garnish with an orange wedge, lychees on a cocktail stick, and cocktail umbrellas.

Le-Ki-Pi

Serves 2

Ingredients

1 kiwi
3 pineapple cubes (tinned is fine. Remove them from the can and freeze them to use as required!)
Honey to taste
Good quality lemonade (Fever tree is excellent) or lemon sparkling water.
Mint to garnish

Instructions

Peel and slice the kiwi and place into a small food processor or blender. Warm the honey very slightly until runny. Add the pineapple chunks and honey to the kiwi.

Pulse blend to make a thin, well-blended puree. Place crushed ice in a tumbler, and fill $\frac{3}{4}$ full with the lemonade or lemon sparkling water. Divide the puree and pour in each glass. Stir gently and garnish with mint and slice of kiwi.

The Perfect Virgin Bloody Mary

Savory and spicy. The perfect pre-dinner mocktail.

Serves 2

Ingredients

500 ml tomato juice
Juice of 1 lemon
1 tsp fresh horseradish (more if you like it hot)
Splash of Worcestershire sauce
Celery salt
White pepper
tabasco sauce

Instructions

Place plenty of crushed ice in a large glass jug. Mix the tomato juice and lemon juice and pour it straight over the ice. Add the horseradish, 3 shakes of Worcestershire sauce and Tabasco to taste. Then add a pinch of celery salt and white pepper. Stir until the outside of the jug feels cold, then strain the cocktail into 2 tall glasses. Top up with fresh ice, and garnish with a celery stick and olives or a lemon slice.



a faster of what's coming up...

CINEMA



Ugly Dolls

from 16th August

In the town of Uglyville, the free-spirited Moxy and her UglyDolls friends confront what it means to be different, struggle with their desire to be loved, and ultimately discover that you don't have to be perfect to be amazing because who you truly are is what matters most.

Downton Abbey

from 13th September

The television series Downton Abbey followed the lives of the Crawley family and the servants who worked for them at the turn of the 20th century in an Edwardian English country home. It was the most nominated non-US television show in the history of the Emmys and earned a Guinness



World Record for the highest critically rated TV show.

Angel Has Fallen

from 23rd August

When there is an assassination attempt on the U.S. President, his trusted Secret Service Agent is wrongfully taken into custody. After escaping, he becomes a man on the run and must evade his own agency and outsmart the FBI in order to find the real threat to the President.



To book please visit www.cineworld.co.uk

THEATRE

The Core Theatre, Solihull
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Morgan & West: More Magic for Kids

30 August

This show sees our favourite magic duo amazing everyone and anyone of almost any age (5+) and any level of maturity (or should we say, immaturity?). The result is a marvellous show that is loved by both adults and children alike and will keep you laughing, and applauding from beginning to end!



The ELO Experience

6th & 7th September

The ELO Experience are the world's foremost tribute to The Electric Light Orchestra. With a sensational string section, a stunning light show and large screen projection to further enhance the experience!

The Manfreds

12 September

The Manfreds, with original front man, Paul Jones, will be performing many of their hits, including 'Do Wah Diddy Diddy', one of the most popular and instantly recognisable songs of the '60's, and still the biggest audience pleaser at their concerts.



To book please visit www.thecoretheatresolihull.co.uk

Kids' Page

ARRHHH Me Hearties! Can ye Find all the pirate Words in our puzzle grid?



Island
Jolly Roger
Map
parrot
pirate
plank
sea
ship
treasure



Cabin Boy CONUNDRUM!

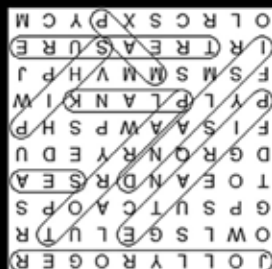
Jack the cabin boy and Pirate Blackheart are heading back to their ship when they are captured by the King's guards who demand to know where Blackheart's treasure is hidden. They are taken to separate cells for questioning. Blackheart tells the guards, 'Jack is my son. If ye let him go free I'll tell ye where the treasure is.' The guards agree. Pirate Blackheart leads them to the treasure and the guards set Jack free. As he is leaving he turns and says to the guards, 'You do know Blackheart isn't my father don't you?!' Jack is telling the truth and Blackheart didn't lie. How can this be?

Q: What happened when Bluebeard fell overboard in the Red Sea?
A: He got marooned.



Blackheart didn't lie. Blackheart was Jack's mother! There were a few famous female pirates like Anne Bonny and Mary Read who sailed the seas around the Bahamas in the 17th century.

Cabin boy conundrum solution



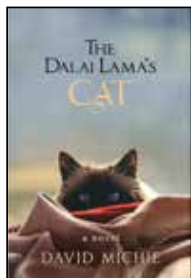
Pirate word grid solution

a good read

reviews By Willow Coby

The Dalai Lama's Cat

by David Michie



Cats are odd creatures. Like dogs they accompany us through our lives but unlike dogs they tend to remain distant members of our households. They observe us, looking on in a slightly aloof, condescending manner, always ready to remind us that we don't actually own them. Imagine what their view of our lives and our daily discussions would be. Imagine they give us their views on life.

In this novel David Michie does exactly that. What if the Dalai Lama's cat wandered freely in and out of the rooms in his home? What would he hear within the walls of the house as the Dalai Lama entertains famous people and spiritual seekers from across the world?

This delightful novel (which has spawned a trilogy) is a short read but is one that will stay with you. It is narrated by HHC (His Holiness' Cat) and tells his life story from being a tiny kitten rescued from the streets of New Delhi, whisked away to His Holiness' retreat in the Himalayas. He learns a lot from his new owner and sees life in a different way as a result. Described by some as a brief introduction to Buddhist philosophy, no matter what faith you are – or even if you have no faith – you will find words of wisdom in this meditative novel.

Harry Potter and the Prisoner of Azkaban

by J K Rowling



Well, what can we say about the Harry Potter series that has not already been said? These seven books are now inspiring a second generation of young readers, and this one, the third in the series, is regarded by many as one of the best. Why review it now? Well, 2019 marks the 20th anniversary of its publication. Yes, that's right – it really has been that long!

So what makes this book so many people's favourite (and mine too)? Harry and his friends are now in the equivalent of Year 9 and have hit the hormonal teenage years. New characters such as Sirius Black and Remus Lupin are introduced and we learn more about the family Harry lost as a baby. Together Harry and his friends try to save Buckbeak the Hippogriff from execution, and use Hermione's time turner to go back in time to right some wrongs as the story builds to an exciting climax.

More than anything this is a book about enduring family love as Harry discovers the godfather he never knew about, and learns that he is capable of so much more than he ever thought he was.

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Councillor surgeries these are face-to-face meetings held by councillors for local people to raise issues in their area. Held at The Core Library, Solihull on the first and last Saturday of the month, 10am – 12 noon.

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

Sudoku Solution

from page 27

C	A	B	A	R	E	T	E	E	R	I	E
A	A			O	P	R	E			N	
R	A	D	A	R		U	P	R	I	G	H
R		G	A		C	O		U		E	
I	N	E	R	T	I	A		R		U	L
E				I	N				A		
D	E	S	P	O	T		C	L	E	R	I
	U					C	O			A	
A	M	P	L	E		H	A	G	G	A	R
I	P		A		A	I		V		E	
S	P	O	R	R	A	N		C	R	O	W
L	R		L		C			I		Z	
E	N	T	R				E	C	H	I	D

Crossword Solution

from page 27

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Recycle your wastewater

By Rachael Leverton

I like to consider myself an eco-gardener. I use few pesticides and I recycle, upcycle and repurpose whenever I can. Like many people I own and use several water butts, which are a fantastic way to utilise all the lovely free rainwater nature provides. Over the past few years I've been reading and researching about other sources of water too. I'm talking about grey water. **But what is grey water and how can gardeners make use of it?**

Grey water, for those not in the know, is any kind of household wastewater apart from toilet water, which is considered 'black water', and which should definitely not be recycled by the average gardener.

You can reclaim water from your washing machine or dishwasher, but this can prove costly and time consuming. The best advice for us **amateur eco-gardeners is 'keep it simple'**, especially in the first instance. Basically, this means water from the kitchen sink, the bath or shower, or paddling pool.

Getting grey water to the garden is not difficult. In the case of washing-up water, simply use a removable plastic bowl in the sink which can be carried out. For baths and paddling pools ask at your garden centre or local DIY store for a water siphon hand pump. All you have to do is prime the siphon with a couple of squeezes then let the water run out into your temporary storage container. Once you have the grey water you need to clean it before using it in the garden.



This involves filtering it into a large watering can through a piece of fleece or muslin to remove any debris and obvious residue. The water should then be left to cool. It needs to be used within 24 hours to prevent bacterial build-up. Now that many of us are on water meters recycling our water makes both good environmental and sound economic sense too.

Top Tips

Keep it simple - It is possible to buy special kits to convert all your home's grey water for garden-usage, but these can prove expensive. You're more likely to try something that's cheap and easy. If you really get into water-recycling though, then go for it!

Think natural - Switch to environmentally friendly cleaning and beauty products. These are biodegradable and won't harm your plants.

Don't forget the shower - Put the plug in when you shower, and you can save the water for the garden.

Safety-first - All grey water will contain some bacteria. Use it within 24 hours but don't use it for edible plants or for pots and containers, only on decorative border plants.

Think laterally - You don't have to restrict grey-water to garden usage. Use it to clean the car too!

OAKLAND



GROUP

Service Quality Value

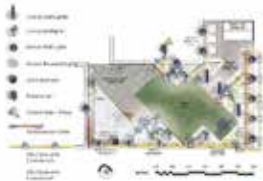
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