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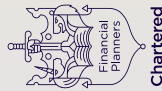
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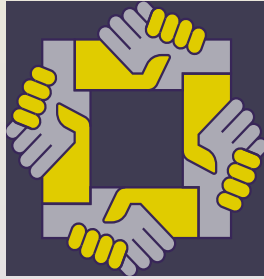
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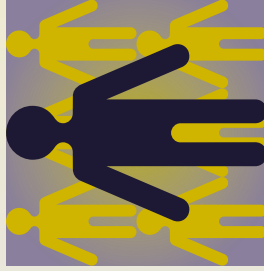
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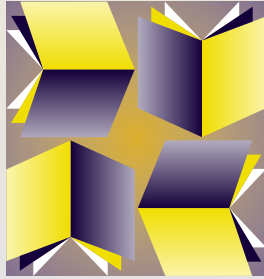
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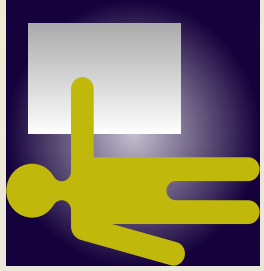
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KITCHEN & BATHROOM MAKEOVERS

Feeling active?

Welcome to the February edition...

If you're feeling active, why not start preparing yourself for the 37th Knowle Fun Run which will take place on May 17th – see page 6 for more details. But if you just want to put your feet up, see what's coming up at the cinema and Core Theatre in Solihull (page 32) over the next few weeks.

Whether you're running, or relaxing, enjoy your leisure time, however you spend it!

PS if you like a bargain – check out page 16 for £100 off your next fire and fireplace at Woodglow & Broughton Fireplaces in Solihull



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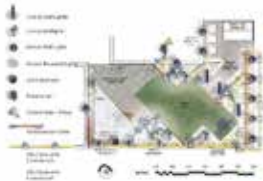
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community events

Den Building

19 February, 10.30-11.30am

**The Parkridge Centre,
Bructon Park, B91 3HW**

Join Warwickshire Wildlife Trust to find out how to survive outside this winter by making a den in the woods. Suitable for children aged 5+. Entrance costs £4 per child. For more information email enquiries@wkwf.org.uk or to book tickets go to www.warwickshirewildlifetrust.org.uk/events.

Colour Me Beautiful Session

28th February, 12 noon – 2.30pm

**Fountains Care Home,
1355 Stratford Road,**

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Join us for a free make-up colour session with "See That Girl" Consultant Jane Perrins where you'll learn what your perfect colours are to

compliment your skin tone. If you would like to enhance your image with personally colour-matched make-up then come along and try the make-up and benefit from Jane's expert advice. Refreshments available. Book a place to avoid disappointment - 0121 514 7526.

Farmer's Market

6 March, 9am – 5pm

High Street and Mill Lane, Solihull

Support our local farmers by visiting this popular market, which offers a tempting range of local produce sourced from within a 30 mile radius of Solihull, on the first Friday of every month. For more information visit www.sketts.co.uk.

SPRING SING! A Decade Of Song

25th April, 7.30pm

**The Core Theatre,
Touchwood, Solihull**

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.

Popular community choir Sing! Bentley Heath perform their greatest hits from their first decade of concerts, including hits from Abba, Elton John, the Three Degrees and Billy Joel. The concert will raise funds for 2 charities – the Macular Society and the Alzheimer's Society. Sponsored by MWS Financial Advisers Ltd. Tickets in advance £9.50 from The Core Box Office - 0121 704 6962 / www.thecoretheatresolihull.co.uk.



Knowle Fun Run

17th May

Entries are now open the 37th Knowle Fun Run. Now with a choice of 5k or 10k runners have no excuse not to get fit for Solihull's longest running Fun Run. Join the great community atmosphere on traffic-free streets and help raise funds for Solihull Hospital Charity and CLIC Sargent with half of all proceeds being retained for local causes; or run for your own cause. Enter online at www.knowlefunrun.org.uk.



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

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Sun 22nd	MOTHERS DAY AFTERNOON TEA PARTY with STACEY LYNN	£25.00
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APRIL

Sat 4th	THE ULTIMATE 80'S PARTY with ADDICTED TO 80's	£35.00
Sat 18th	MOTOWN MAGIC PARTY with MR D SMOOVE	£32.50
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Fri 1st	GEORGE BENSON - STEVIE WONDER PARTY with NAT AUGUSTIN	£35.00
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JUNE

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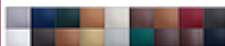
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Travel after Brexit

Travel after 31st January 2020

Following the sanction of the Withdrawal Agreement, the UK departed the EU on 31st January 2020. We are now in what is known as the 'implementation period' lasting until at least 31st December 2020. During this time, everything remains the same and you can continue your travels without any changes taking place.

Your travel arrangements

Up until 31st December 2020, your travel arrangements will remain the same. This means everything from flights and cruises, to coach and train journeys from the UK to the EU will continue to operate as normal. In regard to ferries and cruise ships, the majority of the rules under which they operate are not based on EU rules but are actually international. You don't currently need an additional licence to drive in the EU.

The finer details

These essentials are as important as they were pre-Brexit; your passport still needs the required validity for each destination you are travelling to. If you are unsure how much validity you need, you can check this out on the government website .

It is important that whenever and wherever you travel, that you have valid travel insurance in place which can cover your specific needs including any medical conditions or activities you plan to do. The best way to protect your holiday is to book a package – it is then the travel provider's responsibility to make sure your holiday is provided. You can read more on the importance of booking a protected holiday on our blog.

The European Health Insurance Card allows any EU citizen to access medical care when they are travelling to another EU country. UK registered EHICs will still be valid throughout 2020. We

always recommend having appropriate travel insurance in place whether you have an EHIC card or not, as there are limitations to an EHIC.

If you are looking to drive abroad in the EU, you can still do so with your full UK driving licence, you don't currently need an additional licence to drive in the EU. This will not change following 31st January 2020.

An International Driving Permit will not be required, and you do not need a GB sticker or Green Card for car insurance.

For your data roaming, under EU rules, the cost of making calls, sending messages or using the internet on your phone in the EU is the same in the UK and will continue after 31st January 2020.

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The Language of Love

By Clare Becker

I love you. Three little words which can be responsible for so much happiness.

So which language is the best in which to express your devotion?

French - Je t'aime - It has associations with Paris, the city of love and all it has to offer: the food, the wine, the Eiffel Tower. How could your paramour not be swept off their feet?

Spanish - Te amo - I once dated a guy from Madrid. When he said, "Te amo," I almost melted, though his sexy accent and the fact we were on a yacht enjoying a Mediterranean

sunset may have had much to do with it!

Russian - Я тебя люблю (Ya tebya liubliu) - Say it in a Russian accent and it sounds wonderfully seductive. You'll feel like a spy from a James Bond movie!

German - Ich liebe Dich - My husband is a gorgeous German yet my silly sense of humour makes me giggle when I hear this. But laughter is good in a relationship!

Or how about Dothraki? To declare your love Game of Thrones style, simply breathe, "Anha zhlak yera norethaan."



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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:

What did BBC Radio 2 Radio Presenter Chris Evans say about Si?

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

Closing date for entries is 1st March. 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.

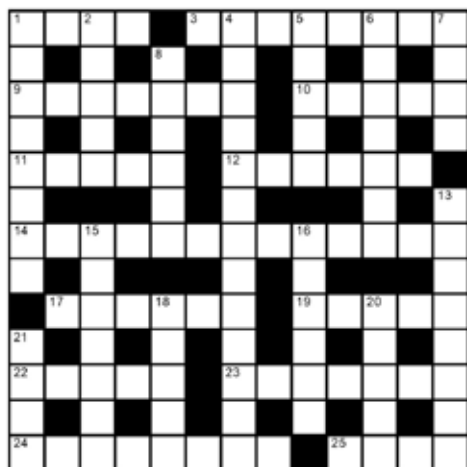
About the show:

Prepare to party when the Vintage King SI CRANSTOUN and his band make a welcome appearance with their blend of Doo Wop, Soul and Rocking Rhythm & Blues.

The amazing TWISTIN' THE NIGHT AWAY show is a highly charged, toe-tapping journey, driven by retro dance rhythms and spearheaded by Si Cranstoun's dynamic stage presence and a voice which echo's that of Jackie Wilson and Sam Cooke and the great black American singers of old.

Hit song after hit song from Swing, Rock n Roll, Rhythm & Blues, Soul and Ska makes this a night you will not want to miss and you will be blown away by the pure quality of this wonderful showman.

crossword



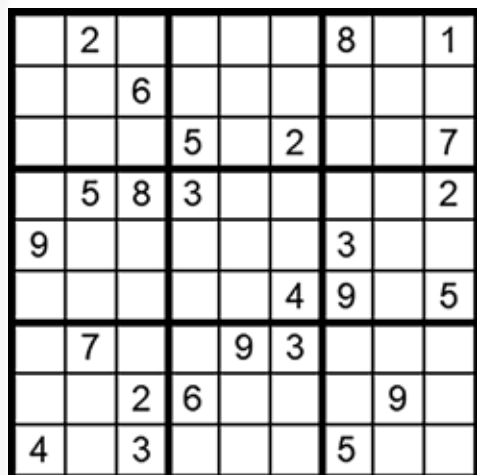
clues

Across

- 1 Accomplishment (4)
- 3 Infrequent (8)
- 9 Reasonable, coherent (7)
- 10 Children's comic (5)
- 11 Conference (5)
- 12 Revere, venerate (6)
- 14 Bureaucrat (13)
- 17 Sausage (coll) (6)
- 19 American actress and activist
Ms. _____ Sarandon (5)
- 22 Avoid, dodge (5)
- 23 Definitely, absolutely (2,5)
- 24 Unlit, gloom (8)
- 25 Aftermath (4)

Down

- 1 Misfire, flop (4,4)
- 2 Fury, acrimony (5)
- 4 Engineered,
conspired (6,7)
- 5 Cyborg (5)
- 6 Most expensive (7)
- 7 Chicken pen (4)
- 8 Shrewdness,
intelligence (6)
- 13 Dark-haired (8)
- 15 Wander, ramble (7)
- 16 Dwell, settle (6)
- 18 Deduce (5)
- 20 Steam bath (5)
- 21 Short for Charles (4)



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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Teen Talk

Tips for successful communication with your teenager

"YOU'RE RUINING MY LIFE!" <SLAM>

Anyone with a teen has been there. But how do you respond? In kind by yelling back? Or by ignoring? Or is there a different way? We have some suggestions.

Aim to understand - Why is why your daughter is texting her friend when she's supposed to be studying for her maths test? Why does your son have cigarettes in his blazer pocket? You may not comprehend, but remember they live in their reality and you live in yours. Perhaps your daughter is anxious about an argument with her friend and needs to make up before she can concentrate on her maths revision. Perhaps your son wants to fit in with his friends. Aim for understanding. Try an approach like, 'I understand how hard it is when you feel you don't fit in. I also know that smoking increases your chance of contracting lung cancer or other diseases when you're still quite young. It's my job as a parent to keep you healthy and safe so let's sit down and talk about this.'

It's important not to say, 'I understand...BUT...' the 'but' puts teens on guard. Aim for a conciliatory tone every time and they will be more inclined to listen... not always, but more often.

Don't take it personally - Mostly teens don't set out to annoy you, but emotions on both sides quickly escalate, and emotions are the enemy when trying to communicate effectively. Teenagers are adults with training wheels and probably require more and better parenting than toddlers. Being angry at a teen for being them is futile. They may be making a poor choice, but the truth is, they might not yet have



the skill set to make a better one. Our job is to help guide them to better choices so they can, in turn, develop better problem-solving skills. I repeat to myself, 'This is the job of parenting, what's the best approach here?' If I catch myself quickly, it works. But it's not easy and if I don't catch myself in time then emotions spill over and we all end up shouting! But like any other skill, it gets easier with practice.

Ask questions but make them honest, not loaded

- "Why can't you be more responsible / get up on time / pick your clothes up?" These are loaded questions which your teen can't answer. Instead try, "You know you have problems getting up in the morning? Can you think of any solutions?" If they can't think of one offer a couple of your own and ask which they prefer. As parents our goal is to help our teen think critically. What might be the consequences of a particular action? How would they feel if that happened? This approach helps them feel empowered and gives a greater chance of a successful resolution. Finally...

Don't Do or say Anything Until You're Both Calm

- You don't have to respond to your teen when you and they are upset. You can choose to say nothing and take a few more minutes. When emotions have evened out, sit down and talk with them. Sometimes they will still want to fight. Stay firm and calm. Repeat in your head "I'm not being drawn in." This self-talk does help and over time should calm the situation down. Staying calm isn't easy. We all get pulled back into a fight occasionally. But deep down they love you, and sometimes they just need to hear that you love them too, no matter what.

By Sarah Davey

Perfect crispy sticky Chinese Chicken Wings

This scrumptious supper dish is inspired by last month's Chinese New Year festival

Preparation: 15 mins

Cooking time: 30 mins + 50mins

Serves 4-6

Ingredients

- 1.5 kg chicken wings
- 2 level tbsp baking POWDER
- $\frac{3}{4}$ tsp table salt
- $\frac{1}{2}$ tsp pepper
- 3 spring onions, chopped
- Sticky Chinese Sauce
- 1 tsp vegetable oil
- pinch of salt and pepper
- 1 thumb-sized piece of ginger peeled and finely chopped
- 1 tbsp sweet chilli sauce
- 2 tbsp honey
- 4 tbsp dark brown sugar
- 5 tbsp dark soy sauce
- 1 tsp lemon grass paste (you can buy this in tubes)
- 2 cloves garlic peeled and minced
- 1 tbsp sesame seeds (lightly toasted)

Method

Preheat the oven to 120C / 100C Fan Gas $\frac{1}{2}$. Place a rack on a large baking tray. Cut each wing at the joint so you have a mini wing and a drumette. Dry these with kitchen roll (they mustn't be too damp, then place in a large bowl and add the baking powder, salt and pepper. Mix to combine. Remove the chicken and place in a single layer on the rack, skin side up. Discard the remaining coating mixture. Place the chicken on the lower shelf of the oven for 30 minutes to dry.

After 30 minutes, turn the oven up to 220C / 200 Fan / Gas 6, rotate the tray and place on the middle shelf in the oven for 45-50 minutes until the wings are golden and crispy. Remove from the oven to cool slightly. Place all of the sauce ingredients into a saucepan, stir and bring to the boil. Allow to simmer for 5-10 minutes until the sauce reduces and thickens slightly. Turn off the heat.

Place the cooked wing pieces in a large bowl and carefully pour over the warm sticky sauce. Mix to combine, then serve topped with chopped spring onions and some toasted sesame seeds.



Preparation time: 15 mins

Cooking time: 30 mins + 50mins

Makes: 4-6

a taster of what's coming up...

CINEMA



Greedy

from 21st February

Greedy tells the story of self-made British billionaire Sir Richard McCreadie, whose retail empire is in crisis after a damaging public inquiry. To save his reputation, he decides to bounce back with a highly publicised and extravagant party celebrating his 60th birthday on the Greek island of Mykonos.

The Call of the Wild

from 21st February

Adapted from the beloved literary classic, this tells the story of Buck, a big-hearted dog whose domestic life is turned upside down when he is uprooted from California and transplanted to the exotic wilds of the Alaskan Yukon during the Gold Rush of the 1890s.



Onward

from 6th March

Set in a suburban fantasy world, Disney Pixar's 'Onward' introduces two teenage elf brothers who embark on an extraordinary quest to discover if there is still a little magic left out there.



To book please visit www.cineworld.co.uk

THEATRE

The Core Theatre, Solihull



MAMA Presents an Evening of Genesis Music

22nd February
Mama faithfully reproduce the sights and sounds of a high octave, contemporary Genesis rock concert with fantastic musicianship from acclaimed musicians. Mama will take you on a journey from Genesis' early Peter Gabriel years, through the Phil Collins' era of the 70's and 80's and right up to their final studio album, 'We Can't Dance'.

Don't Panic!

5th March

The nation's only tribute to the long running hit comedy television series, Dad's Army. Ideal for all audiences regardless of whether you are familiar with the

iconic TV show or not, this light-hearted, laugh-along, sing-along comedy show is a sure-fire hit with audiences young and old.



Annie

10th – 14th March

Annie is a Broadway musical that has seen numerous productions in many countries, as well as national tours and won the Tony Award for Best Musical. The musical's songs 'Tomorrow' and 'It's a Hard Knock Life' are among its most popular musical numbers. Knowle Musical Society are looking forward to bringing this classic show to Solihull's Core Theatre.



To book please visit www.thecoretheatresolihull.co.uk



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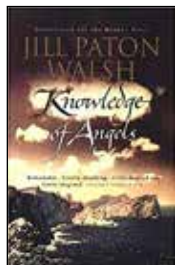
20% OFF ALL NEW BOOKINGS MADE BEFORE THE END OF MARCH 2020

a good read

reviews By Kath Bennet

Knowledge of Angels

by Jill Paton Walsh

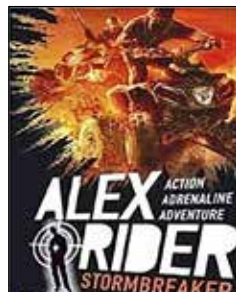


Jill Paton Walsh is an extraordinarily versatile writer. Many will know her for her numerous works for children, and more recently for her work continuing the legacy of Dorothy L Sayers' Peter Wimsey novels. In addition to this, she has written a number of intriguing and thought-provoking novels for adults, and 'Knowledge of Angels' is an excellent example of these two characteristics. The story is set on a Mediterranean island in the fifteenth century, described in almost cinematic detail in the opening pages, as Paton Walsh invites us to contemplate the nature of fiction and storytelling. To this closed community come two strangers – one from the outside, a castaway found by local fishermen, and one from within, a girl seemingly raised by wolves in the forests of the island. One is as eloquent as the other is savage, but their fates become irretrievably tied together as their stories progress. At the heart of the book lie a number of questions of belief. Palinor, the castaway, professes to have no religion, which poses a challenge to the authority of the Inquisition on the island. Amara, the wolf child, seems unredeemably animal in her behaviour, but begins to grow under the care of the nuns of Sant Clara, raising the issue of nature and nurture. Both of their stories are also about love, and self-knowledge, and what is and is not possible. Yet the book is written in such a way, that these weighty questions are explored at the same time as creating a page-turning thoroughly engrossing story, in which the reader is drawn in turn into the lives of Amara and Palinor. Disturbing, sensitive and deeply affecting, this is a book that will keep you thinking for a very long time.

Stormbreaker

by Anthony Horowitz

The first novel in Horowitz's phenomenally successful Alex Rider series, this is a must for fans of action, adventure and James Bond style one liners. Alex Rider is a seemingly ordinary 14-year-old boy. However, when his uncle is killed in a car accident, his



world begins to unravel. An orphan, Alex finds that without the protection of his guardian he is in the hands of his uncle's employers – and they are not a bank, but MI6! Horowitz keeps the reader moving quickly from action sequence to action sequence, with a liberal amount of humour and contemporary references along the way. The structure is familiar to Bond fans, and once you have suspended your disbelief at the idea of a teenage spy, it all becomes gripping and plausible. In particular, the gadgets Alex uses and the villainous Herod Sayle will appeal to teenage readers – while the intriguingly sinister character of Yassen Gregorovitch is introduced here, ready to be developed further through the rest of the series. Ideal for fans of ripping yarns and reluctant readers alike, you will find that one chapter is never enough, as Horowitz is the master of the cliff-hanger ending. A 12-year-old of my acquaintance told me recently that this book is 'even better than the film' – if you know any 12-year-olds, then you will know that I need not say any more than that!

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Council

Solihull Council 0121 704 6000

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Kate Wild

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kawild@solihull.gov.uk

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.

local police contact for Solihull

Solihull police station

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16 Not Just Travel 07565 534 524



Suduko Solution

from page 27



Crossword Solution

from page 27



1. Shakespeare in Love
2. Notting Hill
3. Four Weddings and Funeral

Games Without Frontiers

The future is online gaming

Almost everyone plays computer games. On phones, tablets, computers and consoles the current generation tap away for hours on end. But all this comes at a cost. New games always push consoles and computers to their limits so you end up in a never-ending process of upgrading your hardware just so you can keep up with the latest titles. There are four versions of the PlayStation, endless Xboxes and a vast array of different Nintendo boxes all slowly going out of date, and eventually disappearing into the attic to gather dust.

But what if you never had to buy another console again? What if all you needed was any device that could connect to the Internet with enough power to play a YouTube video?

Well that's the vision for Google's latest cloud gaming service, Google Stadia.

"Cloud gaming?" I hear you ask. Come closer my friend. Basically, you use any internet-capable device to connect to the gaming service - phone, tablet, laptop, etc. This becomes your screen for viewing and your gamepad for controlling the game. The actual game runs on the gaming service computers in a datacentre in the cloud. Your device streams a video of the game which you control using your local game controller or other input device. There's no longer any need for you to own a high-end gaming PC. All that expense is taken care of by Google Stadia.

This is not a new idea. OnLive launched a cloud-based service about 10 years ago offering essentially the same deal. They had a



good range of games and the whole system worked extremely well... if you had a reliably fast broadband connection! At the time people found that delays between pressing buttons and the game responding made the system unplayable much of the time. **OnLive eventually petered out after a few years.**

But the concept was sound and now Google has brought its technical power to the problem. Along with far superior household broadband connections, Google's extensive range of datacentres throughout around the world can provide up to 4K game play with almost zero lag on the controllers.

The service costs a monthly subscription fee for access to the game servers on top of which you'll need to buy your games. These games can then be played on any of your compatible devices, or you can buy one of Google's custom controllers that will connect wirelessly to your TV to turn it into a games centre. A 'free' service should also be launching in the first half of this year which will probably offer a range of slightly older titles for anyone to play - note that this will be free games, not free subscription, which you'll still need to pay!

New game titles are being added all the time so check out the Stadia website for the current library.

If the kids are pestering for a computer upgrade because the latest FIFA is glitching out, this service might be just what you need.

By Robert Grant



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