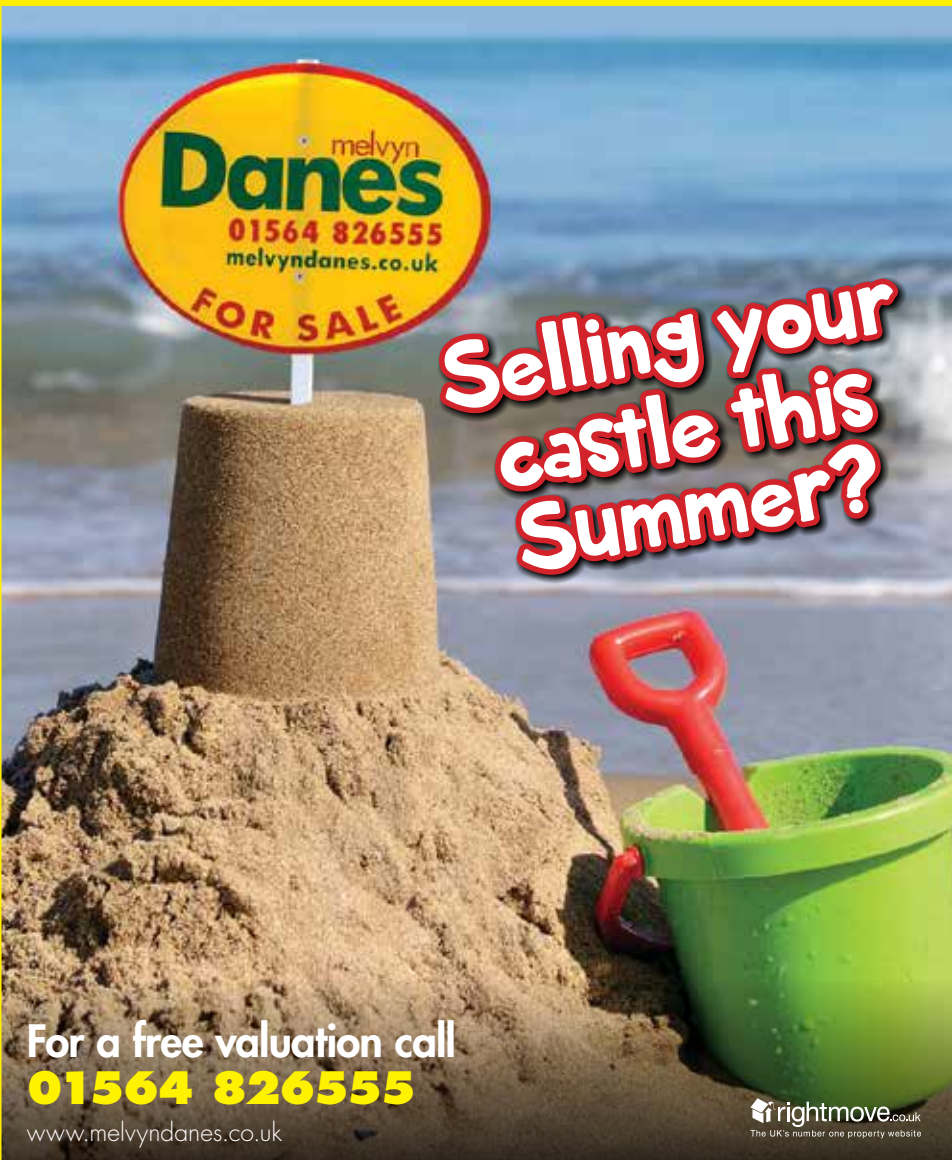


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august 2022

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Holidays!

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 - from folk festivals and beer festivals to popular tribute acts and hit artists.

Check out the local event guide on page 6 to see what takes your fancy. You'll also find details of the 'A Place in the Sun Live' event in case moving abroad or having a second home in the sun is on your mind. Whether you're staying locally or exploring Europe or further afield, this Summer, have a great month and make the most of the weather and the Summer holidays, while they last!

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community events

Moseley Folk & Arts Festival

2 September, Moseley Park

A mix of traditional, contemporary and downright experimental folk and acoustic music, showcasing unsigned acts right next to well established international artists. This family-friendly event features activities for all ages. Tickets from www.skiddle.com

Calendar Girls The Musical

8 - 11 September, Core Theatre Solihull

Calendar Girls the Musical, written by Gary Barlow and Tim Firth, is the award-winning musical based on the 2003 film Calendar girls which was based on a true story. Tickets from the Box Office: 0121 704 6962

A Place in the Sun Live

23 - 25 September, NEC

There will be a huge array of overseas property agents with thousands of properties to help you make your dream of owning abroad come true. The show also features a range of service companies who can provide expert advice on legal, tax, healthcare, financial, currency transfer and relocation matters. Tickets available at www.thenec.co.uk

Shirley Beer Festival

23-24 September, Shirley British Legion

30+ Cask ales and ciders with live music. 12.00 noon to 11.00 pm both days. Entrance £10 includes souvenir glass, tasting notes and £5 worth of beer tokens.

Comedy Night

10 September, Knowle Royal British Legion.

Featuring some fantastic talent with headline act Danny Deegan. Danny is a comedian, writer and actor who has become a regular at most of the major comedy clubs in the UK since he began performing in 2003. Visit ticketsource.co.uk for tickets.

Lada Gaga Tribute Night

8 October, Knowle British Legion



Charlotte Hopley has gained recognition for being the Best International 'Lady Gaga Tribute' around the world. This is an outstandingly memorable tribute show. Whether you're 'a little monster' fan, or just enjoy her music, you will be thoroughly entertained by the theatrical show. Tickets from www.ticketsource.co.uk

Free Radio Hits Live

12 November, Resorts World Arena

Free Radio Hits Live will be back in 2022 for another epic show featuring some of the biggest hits artist - all in one incredible night! Tickets from www.resortsworldarena.co.uk



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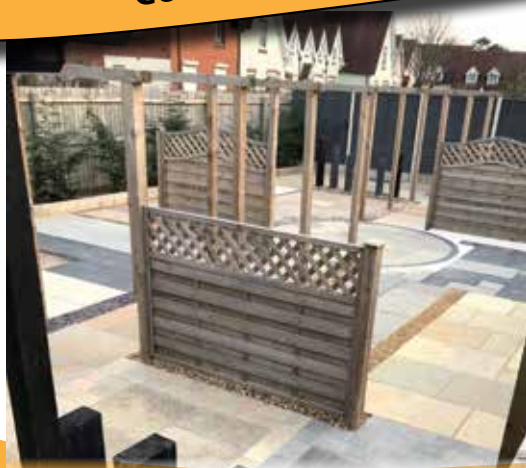
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Stand Up for Fun

Try stand up paddleboarding this summer

I fell in love with Stand Up Paddleboarding (or SUP) last summer when the local marina offered SUP lessons. Before the end of the first lesson, I was hooked. SUP involves standing on a board while using a paddle to manoeuvre your way through the water. It's a super-fun way to explore local waterways and get some fresh air and exercise.

SUP is not difficult. We learned the basics in a day. There are more challenging forms of SUP, like SUP surfing and long-distance SUP touring, but recreational paddleboarding is pretty easy.

Paddle boards come in a range of different shapes, lengths, widths, and sizes. The most common paddle board size is about 3.3m long and between 75cm-90cm wide. They are much bigger than your average surfboard! Beginners are best to look for an All-Around board...which is built for all water types, balancing speed, stability, and tracking.

Inflatable paddle boards (or iSUPs) can be stored in a small space and easily transported then inflated when you're ready to use them. Inflatable SUPs also float higher in the water, which is ideal for activities like SUP yoga (a real thing), and they are very durable

Hard SUPs are made of an EPS foam core wrapped in materials like epoxy, fibreglass, wood, carbon fibre, or plastic. They tend to be slightly faster than inflatable SUPs, so perform better for SUP surfing. But they are harder to store and transport because they're so big.

Walk into the water to knee-deep, set the board on to the water's surface. Place your

paddle across your board, climb on and kneel on the board. Practice paddling on your knees until you feel comfortable. Move one foot at a time and place your feet in the place where your knees have been resting. Slowly rise from a squat, with your heels flat, and slide your hands onto your paddle.

EXTRA EQUIPMENT

SUP Paddle - about 20-25cm taller than you are.

Paddle Leash - so your paddle can't float away if you drop it or fall in.

SUP Leash - so your board can't float away if you fall in!

PFD (Personal Flotation Device) - Safety first

Flashlight and Safety Whistle - If you plan to paddle in the dark.

Shoes - neoprene shoes will keep your feet warm in cooler weather and won't damage the board. I prefer bare feet.

Dry Bag - take a towel and a phone at the minimum.

Engage your core for stability. As soon as you stand up, make your first stroke with your paddle. This will help you build momentum and in turn, remain steadier. Stand with

your feet parallel, hip-width apart, toes facing forward, and knees slightly bent. Wider boards are easier for a beginner to balance on.

It's possible to teach yourself the basics but it's more fun to take a class with other beginners. There

will almost certainly be one near you this summer. So, join the craze and get paddling. Don't forget the sunscreen.





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During a single day, an average person loses around 2 - 4 litres of water through: urination 50%; sweating 34% and breathing 14% and this needs to be replenished. Most of us do not drink enough water... which includes tea, coffee, and squash.

Water flushes toxins from our body, cushions and lubricates our joints and carries oxygen and nutrients into our cells. Water also helps regulate our body temperature and assists digestion.

With insufficient water our bodies start to dehydrate. Symptoms of mild dehydration include:

- Reduced alertness
- Reduced concentration
- Slower reaction times
- Tiredness
- Headaches
- Feelings of nausea
- Low blood pressure
- Constipation
- Dry skin

Dehydration even makes it harder to lose weight. Without enough water our bodies can't metabolise the fat stored in cells as effectively, so the fat remains in the body. And water is also a natural appetite suppressant so drinking plenty of water keeps us feeling full and less likely to eat.

So as the title says, water works!

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answers on page 32



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The winner will be 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.

Enjoy the Encore screening of the National Theatre Live production of Jack Absolute Flies Again on the big screen at The Core Theatre Solihull. A rollicking new comedy by Richard Bean (*One Man, Two Guvnors*) and Oliver Chris (*Twelfth Night*) this features a cast including Caroline Quentin and Kelvin Fletcher. It's July 1940. After an aerial dog fight, Pilot Officer Jack Absolute flies home to win the heart of his old flame, Lydia Languish. Back on British soil, Jack's advances soon turn to anarchy when the young heiress demands to be loved on her own, very particular, terms.

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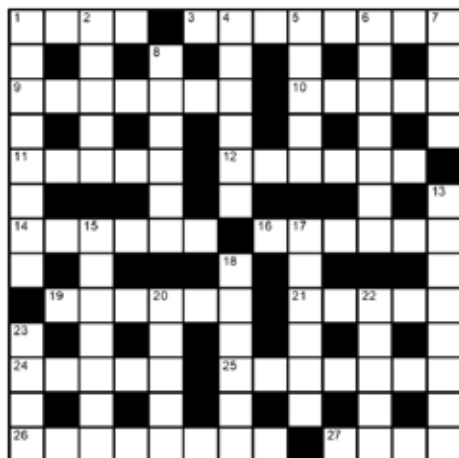
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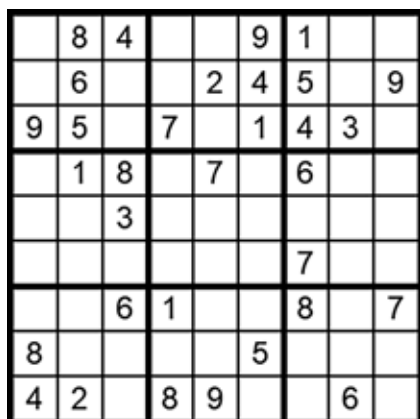
clues

- 1 Daring (4)
- 3 Three babies born together (8)
- 9 In the wrong (2,5)
- 10 Fibbing, falsifying (5)
- 11 Inuit canoe (5)
- 12 40th president of the United States (6)
- 14 North American wild dog (6)
- 16 Male parent (6)
- 19 Champagne (slang) (6)
- 21 Distant suns (5)
- 24 Large bird of prey (5)
- 25 Spear-like whaling weapon (7)
- 26 Male singing voice (8)
- 27 Couple (4)

Down

- 1 Invisible winter driving hazard (5,3)
- 2 Elevated (5)
- 4 Come back (6)
- 5 Lively dance (5)
- 6 Inscription on gravestone (7)
- 7 Pungent herb (4)
- 8 Pail (6)
- 13 Captive (8)
- 15 More juvenile (7)
- 17 Ridiculous (6)
- 18 Large snake (6)
- 20 Baa, sheep noise (5)
- 22 Fragrance (5)
- 23 Edge of the pavement (4)

answer on page 32



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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.

answer on page 32

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International Cat Day!

Monday August 8th is the twentieth International Cat Day! This day of feline celebration began in 2002 and surprisingly predates all the kitten pics of Facebook (2005) and Instagram (2010). In honour of the occasion I have unearthed some cool cat-facts!

- Cats are believed to have been domesticated in ancient Egypt.
- Cats sleep for two-thirds of their lives. They usually spend 13-16 hours of the day asleep. This sounds like bliss to me!
- An adult cat's 'miaow' is more likely to be used to communicate with humans rather than another cat.
- Cats use their whiskers as sensors to find out how wide a space is – and whether they can fit through it.
- A cat's heart beats two to three times faster than a human heart.
- A cat's tongue has rows of hooked scales that act like a comb so it can groom its fur.
- Cats can only sweat through their paws
- A group of cats is called a clowder.
- A cat has the ability to jump up to six times its length.
- Cats can detect higher frequencies of sound than dogs or humans.
- Cats have powerful, tightly controlled muscles and fast reflexes that allow them to move quickly – they skilled at stalking, running, jumping, and climbing.
- Cats can see at one-sixth the light level required for human vision
- Domestic cats purr at a frequency of 20 to 30 vibrations per second.





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Crossword Solution

from page 28



Sudoku Solution

from page 28

Solution to Mind benders
1. Travel overseas
2. Heat wave
3. Surf's up

mindbenders
from page 17

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Utilities

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Gas leak	0800 111 9999
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Travel

National Rail Enquiries	03457 48 49 50
First Bus Worcestershire	0345 646 0707

a good read

By Natasha Donovan

The Heart's Invisible Furies

by John Boyne

Let me start by saying that this is long book, but in the deft hands of Boyne it is neither weighty nor stodgy. It's a book about the life of a fictional man, Cyril Avery, and it begins before he's even born, with his pregnant mother cast out of her strict catholic family and fleeing from her hometown.



Cyril is adopted but struggles to find his place in a loveless family. He is gay, and illegitimate, born in Ireland at the wrong time. This story weaves his major life events with world events such as the AIDS crisis, 9/11, and the ongoing prejudice towards gay men. We follow Cyril from Dublin to Amsterdam to New York and back to Ireland. Throughout his journey the reader is privy to his inner and outer struggles which serve to heighten the confusion, anger and shame that define his existence. But this is not some handwringing doom saga. Boyne brings a wicked playfulness to Cyril's self-deprecating wit, which commands both affection and empathy. Throughout the book various new characters appear at intervals, and their stories intersect and intertwine with Cyril's via a series of coincidences which on the surface might appear contrived, but when the reader reflects on the characters in their own life and the coincidences that brought them together, suddenly make sense. From the opening 'hook' to the closing paragraph you'll be rooting for Cyril, and you'll laugh and cry along the way. In the touching afterword, Boyne admits that although Cyril and his life are fictional there are many of the author's own lived experiences included in the plot. The book is all the richer for it.

Fiona's Luck

by Teresa Bateman

Illustrated by Kelly Murphy

The leprechaun king is not happy with the Big Folk who have recently arrived in his land. He feels they are soaking up too much luck. So, he exhorts the other leprechauns to gather up all the luck they can find and lock it away in a big oak chest

under his control. The Big Folk begin to suffer hardship after hardship until a clever girl named Fiona sets out to pit her wits against him. This picture book, aimed at ages 2-5, is a charming story with a clever twist. Kelly Murphy's artwork is enchanting, her use of colour and light masterfully evokes the Irish landscape, and magic lurks on every page. This will quickly become a bedtime favourite.





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