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happy fathers day!

Welcome to the June issue of The Knowle & Dorridge Directory.

There's loads happening in June and July – from Fathers' Day on Sunday 18th June to Wimbledon which runs from 3rd to 16th July. If you're not going to Wimbledon you could head to Hogarths in Dorridge and have one of their special Wimbledon afternoon teas (see page 17).

Coming up in July there's also a family fun day for Wythall Animal Rescue, a continental street market in Solihull and the Heart of England bike ride which starts at Packwood House. More details on these events can be found on page 17.

We'd all just better cross our fingers and hope the weather holds for all these lovely local events.

Have a good month!

Zoe Reece

Tel: 07557 220585

Email: zoe@dorridgedirectory.com

www.knowleanddorridgedirectory.com



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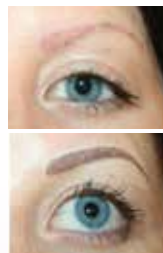
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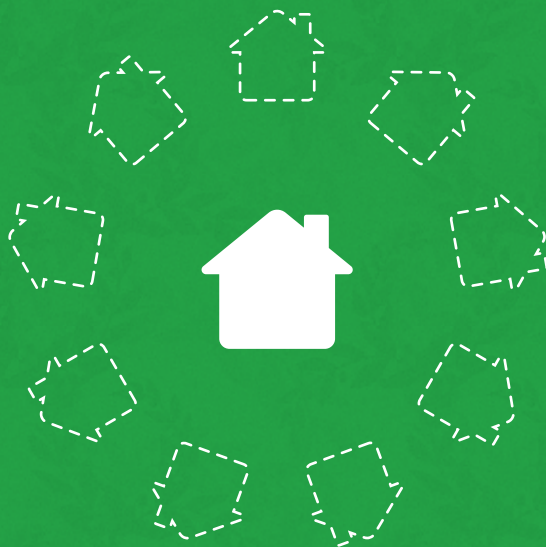
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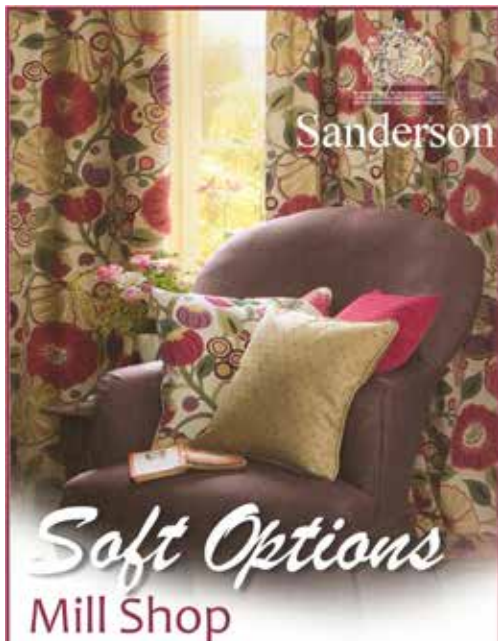
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run safely in summer

Dress appropriately

Loose-fitting clothes help take advantage of any breeze. Investigate techno fabrics which allow sweat to pass through them and evaporate, keeping your core temperature lower. Use sunglasses and waterproof sunscreen. A visor to protect your face is a good idea but not a tight-fitting hat because the head is where we lose the most heat.

Choose the right time

Avoid midday and 3pm when the sun is at its strongest. If you're training in a city air

quality is best in the morning, and try to choose a route which provides a lot of shade.

Keep hydrated - Hydrate well about two hours before a run, even if you don't feel thirsty. For shorter runs of less than 45 minutes, drink water throughout. For longer runs use drinks which help maintain electrolyte levels.

Start slower, stop sooner

Start your run a bit slower than usual. Know when to stop, because heat-induced illness is serious. Signs to watch for are headaches,

confusion, loss of muscle control, hot and cold flushes, clammy skin and an upset stomach. If you experience any of these, seek shade, a drink and transport home.

Use waterways

If possible try to choose a route that passes near water because it's usually cooler and breezier which will help keep your core temperature down. You can make use of rivers, streams, a lake or the sea. If you can finish your run with a brief swim it's a great way to cool down quickly.



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the world's best dad

At a social gathering recently someone mentioned Fathers' Day and immediately there was a chorus of, 'Made up day!' and 'Invented by greeting card companies!' That seemed to be the general consensus, but I got to wondering whether Fathers' Day really was just the product of a boardroom meeting at Hallmark, so I set out to investigate.

There is evidence that a Babylonian boy named Elmesu, carved some sort of greeting on a clay tablet 4000 years ago wishing his father health and long life, but I don't think we can say Fathers' Day started there - mostly because that's pretty much it for the evidence until about 100 years ago.

The most common theory about modern Fathers' Day is that it originated in the US, and with one particular lady, a Mrs. Sonora Louise Smart Dodd. She felt that just as we dedicate a special day to mothers, so we should do the same for fathers. It meant a lot to her, because she and her siblings were raised in a loving manner by her own father after her mother died in childbirth.

So she began a campaign, and the first Fathers' Day was held on June 19th (her father's birthday) in 1910. It grew in popularity and in 1966, President Lyndon Johnson signed a proclamation declaring that the third Sunday in June would be Fathers' Day.

Now the waters become murky. How did Fathers' Day make the leap across the Atlantic? No-one seems to know, but it's likely that - in the manner of other American traditions - it



gradually seeped into the British consciousness. Greetings cards manufacturers definitely played their part though. Never ones to miss a trick, they began producing cards and we bought them. It seems that in the UK, Fathers' Day really took off in the 1970s but, unlike in the US, it's never been declared an 'official' day.

Still, as traditions go it's a nice one. The role of dads has changed a lot in a generation. Most now take on a substantial amount of child care and are much more hands-on than their own dads were. Research shows that dads who are involved in day-to-day childcare are key figures in helping their children develop good self-esteem and self-confidence. Their rough-play helps children learn a sense of control and independence. Crucially, dads who get involved when their children are young, are much more likely to stay involved and in touch if their marriage breaks down.

Dads are important, so let yours know how much you love him this Fathers' Day.

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wimbledon fortnight

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Every year about 27,000 kilos of strawberries, 7,000 litres of cream, 60,000 pints of Pimms and 14,000 bottles of Champagne are consumed by spectators during Wimbledon.

Wimbledon fortnight may be as British as summer rain but it originated across the English Channel. It derives from a French handball game called jeu de paume, or 'game of the palm' which was played in the 12th century in French Monasteries. Even the name derives from the French expression 'tenez-vous prêt, which means 'get ready' and was called by the player about the serve the ball. The game was first recorded in English as 'tenetz', by the poet John Gower in 1399.

The game was very popular with French royalty and it was they who introduced it to the rest of Europe. In 1414 Henry V received a gift of tennis balls from the future king of France, Charles VII. Henry then initiated the tradition of aristocratic play in Britain.

Early players hit the balls with their

bare hands but soon large gloves were preferred, and by the early 16th century short-handled racquets had appeared.

The first world tennis championships were held in the mid 18th century and was recognisably the game we know today, played in an enclosed court. The rules were different though as the ball was allowed to bounce off a wall.

Two inventions transformed the game: the first was the invention of the rubber ball, which could bounce on grass, and the second was the lawnmower and roller, which allowed a smooth outdoor surface to be created. By the mid 19th century tennis was being played regularly on grass, and at the same time more powerful racquets with longer handles were produced.

The first lawn tennis club was founded in 1872 in Leamington, Warwickshire. In 1875 J. M. Heathcote asked his wife to cover a ball in flannel to make it easier to hit on wet grass. His idea was a success and quickly caught on.

Lawn tennis became increasingly popular and the management of The All-England Croquet Club, at Wimbledon in London, was persuaded to set aside one of their lawns for the game. In 1877 it changed its name to the All-England Croquet and Lawn Tennis Club and organised the first Wimbledon Tennis Championships. There were 22 entrants, all men and the winner was Spencer Gore. A separate women's championship ran for the first time in 1884 and was won by Maud Watson.



community events

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If you use electronic devices like a mobile phone, mp3 player, or laptop that are capable of sending a wireless signal, then you may want a hearing aid that is wireless compatible.

If cosmetic appearance is important, let your audiologist know. They can help narrow the choices to what will best suit both your hearing needs and aesthetics.

Consider your dexterity. If you have arthritis, you may find it difficult to insert and remove smaller hearing aids. Larger ones are easier to handle.

Although some hearing aids are available on the NHS, top of the range hearing aids can be very expensive. Most private health care plans don't cover them either, so your budget may be a factor in your decision.



Kids Page

Can you find the only sad face?



Did you know smiles are contagious? Scientists have proved that when you smile at someone the muscles of their face automatically twitch into a smile right back!

8	1	6

Add it up!

Can you place all the numbers from 1-9 into the grid so that every column up and down, side to side and diagonal adds up the same number? The first three numbers have been inserted for you.

Silly Jokes

What goes up and down but does not move?
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What did one loo say to the other?
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Number 15

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So what exactly is 4K TV and is it worth upgrading? 4K, or Ultra HD, gives you about four times the resolution of a normal HD TV. This means the picture will be sharper and show much more detail, especially when viewed on

larger screen sizes of more than 40 inches. The latest sets will include HDR (High Dynamic Range) making the colour depth far richer and more lifelike than anything before. When these two features are added together the result is a truly wonderful viewing experience.

The catch is that to get the full benefit your DVD player, media player, or anything else you plug into your TV must also use 4K. And of course you'll need to upgrade your

movies to the new spec too. So this cost should be factored into any decision you make.

Is it worth it? Well, when I saw a 4K movie playing on a large 4K screen it did look amazing. In fact so amazing that I invested in a 58 inch 4K TV and a disc player. 'Invest' is the right word to use as 4K will gradually become the new norm, just as HD and Blu-ray did a few years ago.



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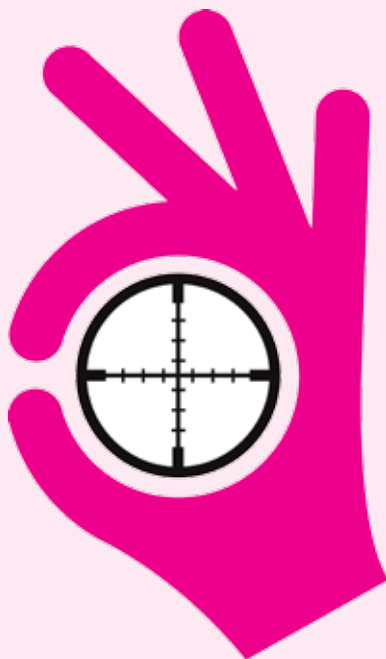
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a good read

reviews By Willow Coby

Blackberry Wine

by Joanne Harris

Now that the summer is upon us what better excuse do we need than to escape to the hot summers of the 1970s and a gentler pace of life in both Yorkshire and the South of France? Published just one year after her hit novel *Chocolat* this split-time novel will transport you to the magic of the countryside and the simple pleasure a bottle of wine.



Londoner Jay is a writer who published his greatest work - 'Jackapple Joe' - 10 years ago, but has since struggled to replicate this success. Travelling between the present and the summers of Jay's childhood we learn of the unlikely friendship he struck up with an old man called Jackapple Joe. From him Jay learns about the magic of nature and the secrets of home-made wine. In the present Jay returns to Yorkshire hoping to find some sense of meaning and inspiration. Instead he finds only some old bottles of Joe's special brew.

The wine has more of an effect on him than he bargained for and under the ruse of working on his next novel Jay buys a house in the French village of Lansquenet-sous-Tannes (the setting for *Chocolat*). In reality, he is escaping his city life and his girlfriend, and his sense of failure.

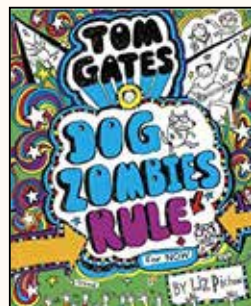
As the wine works its magic Joe finds his inspiration. But is it the wine, or is it the ghost of an old friend? Magic can be found in many unlikely places: the magic of nature; the magic of friendship; and the magic of belief in ourselves.

Tom Gates: Dogzombies

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by Liz Pichon

The eleventh instalment in this hugely popular series will not disappoint fans. Tom is once more trying to cope with life at school, his annoying sister, Della, and plotting to make his band, Dogzombies, the best band in the world ever.



Tom and his friends decide that if their band is going to be successful they need to do more than play at an old people's home. So they set about trying to make it big by doing what all bands do: writing new songs and producing a music video. This doesn't prove to be as easy as they had thought as they struggle to find lyrics that rhyme. It also turns out that music videos take a lot of planning and are made harder when an animal runs off with your dad's phone during filming!

An enticing mixture of text and cartoons this book is a nice easy read, despite being over 200 pages long. Aimed at 9-12 year olds it certainly isn't the most challenging book as far as vocabulary is concerned and there are many readers of the series that are younger. However, if you have a reluctant reader – especially a boy – this is an excellent choice.

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In fact The Colours carry upon them all the battle honours of a Regiment and as such have major significance for each and every soldier serving in that Regiment. In olden days they were hung outside the Battalion or Regimental headquarters after a good day's battle, so The Colours identified their headquarters. They were carried into battle so that in the fog of war, if a soldier was lost, he knew to search for the colours to locate the rest of his Regiment. Hence each day The Colours were trooped in front of the soldiers to make sure that they would always recognise them.

In London, the Foot Guards used to do this as part of their daily Guard Mounting on Horse Guards and the modern Trooping the Colour parade is along similar lines.

The Grenadier Guards first



began to mark The Sovereign's Official Birthday under the reign of Charles II in 1748. When George III became King in 1760, it was ordered that parades should mark the King's Birthday. With only a few breaks, most notably for the two World Wars, The trooping of the Colours has been an annual event since.

The impressive ceremony is now held on the occasion of our own Queen's Official Birthday. The precise date varies but it takes place in June. It is carried out by her personal troops, the Household Division, on Horse Guards Parade, with the Queen herself attending and taking the salute.

The Queen used to ride her own horse, side saddle, wearing the uniform of the regiment whose colour was being trooped. Since

1987, she has attended in a carriage. Regiments take their turn for this honour in rotation depending on their operational commitments.

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the humble viola

Violas are a smaller-flowered version of a pansy but are a more reliable perennial.

They come in an amazingly wide range of colours and flower patterns and are incredibly easy to propagate.

To make more viola plants simply cut off 7-8cm (3 inches) of the shoot tips at any time of year. Remove the lower leaves and root them into sandy compost. When they take, re-pot the little plantlets into 7.5cm (3 inch) pots of multi-purpose compost until they become established. They can then be planted

out in the garden. The whole process only takes a few weeks.

Violas are happy in sun, or dappled shade and prefer soil that doesn't become too dry, so in fact they are the perfect plant for most British gardens and will provide masses of colour at ankle-height.

They are so easy to grow that you can go to any garden centre and pick your favourite colour combination. Whether you say vee-oh-la or vy-oh-la this lovely little flower will add music to your garden display!



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Grown-Up Milk Shakes

Summer shakes are not just for the kids



Marvellous Mocha

Preparation time: 10 minutes

Cooking time: 0 mins

Serves: 2

Ingredients:

120ml/ 4fl oz milk
1 tsp instant espresso powder
4 tbsp good quality chocolate syrup
6 tbsp caramel sauce, plus more for garnish if required
300g / 11 oz good quality vanilla ice cream
4 tbsp Coffee liqueur (optional)
Fresh whipped cream
Chocolate-covered espresso beans to garnish

Method

Combine milk espresso powder, chocolate syrup, caramel and liqueur (if using) into a blender and mix. Add ice cream and blend until smooth. Garnish with whipped cream and espresso beans (and caramel sauce if desired).



Magical Mint

Preparation time: 10 minutes

Cooking time: 0 mins

Serves: 2

Ingredients:

150ml / 5 fl oz milk
2 tbsp peppermint syrup OR
2 tbsp mint liqueur
400g / 14 oz peppermint ice cream
Sprigs of fresh mint to garnish

Method

Pour the milk and peppermint syrup into a food processor or blender and use a slow setting to combine them. Add the peppermint ice cream and blend until smooth. Pour the mixture into tall glasses and decorate with sprigs of fresh mint. It's really that simple! It also works brilliantly with mint and choc chip ice cream. Grate dark chocolate curls over the top before serving.



WIN 2 tickets

to see The Little Mix Experience

Friday 28th July

The Core Theatre, Solihull (formerly Solihull Arts Complex)

For your chance to win these tickets, worth £28, visit the Core Theatre website page for this event - www.thecoretheatresolihull.co.uk - to find the answer to this question:

Name two of the songs that will feature in this show.

Email your answer to: thecoretheatre@solihull.gov.uk put 'Little Mix Comp' as the subject line

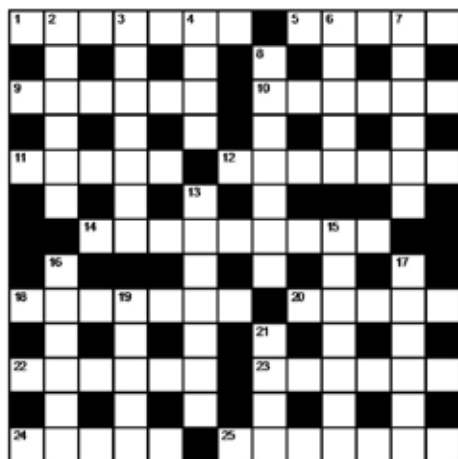
Closing date for entries is 30th June and the winner will be drawn at random and notified by email after this date.

About the Show:

If you're a fan of one of X Factor's finest exports you're sure to L.O.V.E. The Little Mix Experience! Four hugely talented girls pay tribute to one of the UK's finest Girl-Bands. With breath-taking dance moves, replica costumes and some of the finest vocals in the UK, this is a high-energy show from beginning to end, packed with all of Little Mix's greatest hits and suitable for all ages!

They look like Little Mix, they sound like Little Mix, they are "The Little Mix Experience".

crossword



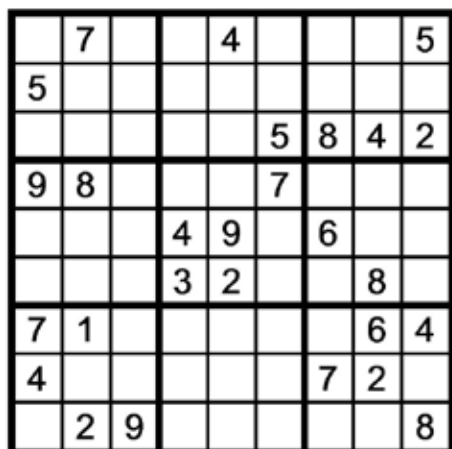
clues

Across

- 1 Boast, swank around (4,3)
- 5 Label, trade name (5)
- 9 Divine, holy (6)
- 10 Visit, turn up (6)
- 11 Academy award (5)
- 12 Steer, pilot (7)
- 14 Trembling (9)
- 18 Fake, fabrication (7)
- 20 Pasture, turf (5)
- 22 Spear, puncture (6)
- 23 Voucher, token (6)
- 24 _____ Streeep, film star. (5)
- 25 Retaliate, reciprocate (3,4)

Down

- 2 Throaty, gravelly (6)
- 3 Angry, on the _____ (7)
- 4 Diminish, dissolve (4)
- 6 Spinning part of a machine (5)
- 7 6 x15 (6)
- 8 Area to leave your vehicle (3,4)
- 13 Style of throwing (7)
- 15 Nourish, care for (7)
- 16 Edible mollusc (6)
- 17 On land, not at sea (6)
- 19 Awkward, ungainly (5)
- 21 4840 square yards! (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 60

Accountants

49 Angel Accounting 0121 251 2285

Architects

9 Progression 01564 730191

Bathrooms

20 EH Smith 0121 713 7100
37 OT Bathrooms 0121 707 8612

Blinds & Curtains

11 Soft Options 01564 783399
11 Tudor Rose Curtains 0121 445 2072
25 Grange Blinds 01564 702036

Builders

10 Parkfield Building Service 0121 241 2959

Car Services

1 Easylease 0121 693 0573
39 Johnsons Cars 01564 454081

Care Services

62 Bright Dawn Home Care 01564 784598
46 Lady Katherine Housing 01564 772850

Carpets

27 Don Mander 01564 700 200

Central Heating / Gas Services / Boilers

22 All Aspects 0121 243 3977

Childcare

2 Hampton Nursery 01564 772211
12 The Courtyard Nursery School 07512 107116
13 Hampton in Arden Pre-School 07527 006386

Cleaning Services

15 LAP Mobile Jet Washing 01564 776659
40 Classic Carpet Cleaning 0121 682 7450
40 Arden Chimney Sweeps 07974 087549
41 Dorridge & Knowle Domestic Cleaning Services 07809 567264

41 Village Domestic Cleaning 07854 071892
42 Bright & Beautiful 07702 820613
42 Merry Maids 0121 340 3150

Computer Services

15 Byte Support 0790 151 2544

Conservatory Roofing

23 LMD 0121 285 4242

Drives

21 Central Driveways 0121 702 1456
29 Dimension Landscape & Driveways 0121 733 1463

Estate Agents

64 Primus 01564 777314

Events

5 Summer Fest
63 Solihull Jazz Festival

Fascias & Gutters

28 Proline 0800 956 1315

Fireplaces

35 Woodglow 0121 707 2306

Garden Centres / Services

29 Dimension Landscape & Driveways 0121 733 1463
54 Garden Rose 0121 605 1137
55 Ideal Lawn Solutions 0121 537 1234
55 Hampton Gardening 01675 446174
56 Oakland Group 0700 598 2828

Graphic Design

44 Hotlobster Design Ltd 07527 190368

Health & Beauty & Wellbeing

6 sk:n 0330 037 2545
7 Central England Pilates 07762 311074
7 Equanimity CBT 0844 693 1282
7 Advanced Aesthetic Services 07935 397347

Insurance

48 Edwards Insurance 01564 730900

Interior Design

26 Knowle Interiors 01564 772544

Kitchens

20 EH Smith 0121 713 7100
26 Cucina Kitchens 01564 783007
36 Reflections 01564 774505

Meat

45 A P Meats 01789 400115

Memorials

48 Yardley Memorials 0121 706 2473

Painter & Decorator

24 Bill Boyce 0121 744 0040

Plastering

28 Spot On Plastering 01564 200250

Plumbing

3 Knowle Domestic Appliance Repairs 01564 730183
22 All Aspects 0121 243 3977
25 Stephen Smith & Son 01564 200119
34 Cullen Plumbing & Tiling 07896 862916

Property / Land

8 Damson Homes 0121 709 0539

Roofing

24 C Stevens Roofing 0121 733 1276

Solicitors

51 Wallace Robinson Morgan Solicitors 0121 705 7571
52 Sydney Mitchell 0121 746 3300
53 Probate Solicitors 01564 758055

Windows & Doors

11 Windowfix 0121 704 1339
30/31 Mainstream 01564 320013
32 David Cannon 0121 772 5557

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

Sudoku Solution

from page 59

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

Crossword Solution

from page 59

useful numbers

Health

NHS non-emergency	111
Dorridge Surgery	01564 776262
Knowle Surgery	0121 796 2777
Solihull Hospital	0121 424 2000
Spire Parkway Hospital	0845 850 1451

Council

Solihull Council	0121 704 6000
------------------	---------------

Utilities

Electricity power cut	0800 6783 105
Gas leak	0800 111 9999
Severn Trent Water	024 7771 5000
Severn Trent Water (emergencies)	0800 783 4444

Travel

National Rail Enquiries	03457 48 49 50
Network West Midlands (buses)	0345 303 6760

LOCAL COUNCILLORS

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Ian Courts

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Ken Meeson

Tel: 01564 777772
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KNOWLE

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Jeff Potts

Tel: 01564 774804
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Alan Rebeiro

Tel: 01564 200047
 arebeiro@solihull.gov.uk

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6PM - RED LIPS - MELL SQUARE STAGE | 7.30PM - CYRIL ET LEILA DUCLOS - CHIMICHANGA
8PM - SHEILA WATERFORD DUO - CAFE ROUGE

SATURDAY

12PM - THE CATFISH KINGS - MELL SQUARE STAGE | 2PM - RICKY COOL AND THE IN CROWD - MELL SQUARE STAGE
1PM - THE BOPERATOR BOOGIE BAND - JOHN LEWIS | 4PM - PEPPER AND THE JELLIES - MELL SQUARE STAGE
5PM - THE BOPERATOR BOOGIE BAND - SLUG AND LETTUCE | 6PM - FRASER & THE ALIBIS - THE BEECH HOUSE

SUNDAY

10.30AM - ROB FORBES DUO - THE BEECH HOUSE | 12PM - THE BUSQUITOS - MELL SQUARE STAGE
12.30PM - SUZY WOODS TRIO - THE RAMADA | 1PM - THE WHISKEY BROTHERS - ROYAL BRITISH LEGION
2PM - THE AUTHENTIC FUNCTION BAND - MELL SQUARE STAGE | 4PM - THE EMMA JONSON BAND - MELL SQUARE STAGE
4PM - THE WHISKEY BROTHERS - FLAVE | 6PM - THE GREY GOOSE BLUES BAND - O'NIELL'S
6PM - ROY FORBES TRIO - MISSOULA | 6PM - FLORENCE JOELLE - COAST TO COAST
6.30PM - LEE JONES TRIO - THE WHITE SWAN | 7PM - SUZIE WOODS TRIO - WALKABOUT

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