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Joyous June!

Hopefully it will be a joyous month for you all! As usual, there's a lot of great events happening in the area, but not everyone knows what's going on so check out page 6 where you'll find details of a Jazz Festival, Solihull's very own Summer Fest, an antiques fair, a 60s & 70s party night and a cosy cuppa & chat event to help you meet more local people.

There's also some great musical and comedy events coming up at the Core Theatre in Solihull as well as some fabulous new films at Cineworld – see page 30 for more information.

It's great to support local organisations – and have some fun in the process – so I hope you get out and about and take part in some of these great events. Until next month,



Zoe Reece

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Fri 11th	THE ULTIMATE 80'S PARTY with BRINGING ON BACK THE 80's	£37.50
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Sat 26th	THE ELO BEATLES BEYOND PARTY with ELO BEATLES BEYOND	£35.00

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Sat 9th	THE 'BEE GEES' SATURDAY NIGHT FEVER PARTY with STAYIN' ALIVE	£37.50
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Sat 23rd	SOUL AND MOTOWN SHOW with NAT AUGUSTIN	£35.00
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60's & 70's Party Night

29th June

West Warwickshire Sports Complex, Olton

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National Motorcycle Museum Antiques & Collectors Fair

Coventry Road, Bickenhill, Solihull B92 0EJ

14th July 9am – 3.30pm

Set inside the luxurious and iconic Motorcycle Museum, this is a fantastic day out and the ideal opportunity for you to find something perfect to complement your home, collection or wardrobe! Free parking and on-site café. Entry £3, Concessions £2 (Children Free). www.swfairs.co.uk

Solihull Sort Of Jazz Festival

19-21 July

The much-loved Solihull 'Sort Of' Jazz Festival is back! Enjoy a great selection of bands on the main stage in Mell Square,

and tingle your taste buds with a selection of foods from around the world at the accompanying Continental Street Food Market. Visit www.solihullbid.co.uk for more details.



Solihull Summer Fest

27th – 28th July

Tudor Grange Park

This 2-day festival in the heart of Solihull returns for the 4th year running and features a diverse mix of music genres. Each day runs from 12 midday until 10.30pm with live music, street food vendors, bars, entertainment and an exclusive VIP area.

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- **Jellybeans** – held monthly on a Thursday morning for story-time and rhymes for the under 5's 10.45am -11.30am
- **Monday Story Times** - Weekly story time and rhymes for toddlers and pre-school children 10.30am-11.00am
- **Under – fives** Rhyme Times at 2pm every Friday
- **Knowle Knit and Natter Group** – held monthly on a Tuesday 10.30am -11.30am
- **The Reading Café** – Monthly on a Friday morning 10.30am -11.30am
- **Self-Running Family History Group** – Monthly on a Tuesday 2.15pm -4.00pm
- **Reader's Circles** – Knowle Readers Circle meets monthly on a Friday 2.15pm
- **Knowle Library Self Running Readers Circle** monthly meeting Tuesday 11.00am -12pm
- **Poetry Group** - Monthly on a Tuesday 11.00am -12.00pm
- **Scrabble Club** - Adult Scrabble Club Fortnightly – Thursday 2.00pm

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Music on the Move

What are the best headphones for running?

Research has shown what most of us instinctively knew - that listening to the right type and tempo of music while you run keeps you 'in the zone' for longer.

So what factors are important when choosing headphones for running?

Water resistance – If you run outside this is obviously important, but many of us forget that sweat is water and if you're running, indoors or out you will sweat, and eventually this will kill your headphones.

Fit – There are headphones which wrap tightly around your head, or over and around your ears. But the best types of running headphones are probably true wireless, or lightweight Bluetooth. They are 'in-ear' designs with tips that fit into the ear and additional, curved, tapered 'hooks' that sit under the crater of cartilage just above the earhole, known as the anti-helix. When you're running little things like a cable rubbing the back of your neck can feel irritating. Also, although the battery life can be irritatingly short with true wireless headphones if you use them as your main set, it's more than long enough for even the most enthusiastic runner.

Wireless and 'true wireless' headphones are different. 'True wireless' headphones completely lack a cable or connector between the earpieces. Wireless headphones are



still connected in some way, either over the head or round the back of the neck, even if they no longer need to be connected to a phone jack.

Sound quality – This is possibly the least important feature for sports use. Mostly runners want to feel the beat and be motivated by their pumped-up playlist, while blocking out external noise. Sports headphones are not about being able to pick out the subtle nuances in a Chopin piano concerto. They need to be reasonable sound quality and be able to cope with a bit of bass.

Ambient Sound – Some headphones are designed to let in ambient sound with good reason: situational awareness is important if you run on your own and you want to be aware of traffic or of someone approaching you. This feature is less important if you prefer to run in a gym and want to block out the world.

Running is such a great activity, and the right **music will add to the experience**, so pick up some headphones today and in the words of the classic from Spencer Davis Group which features on my own playlist...Keep on Running.

By Tom Hancock

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Cyber Bullying – Not just for teens!

By Tracey Anderson

Frequent tragic news items about cyber-bullying in teenagers might lead us to think that such behaviour is limited to this age group. But it has become as much of a problem for adults, and as adults can be adept at hiding their online identity – and far more malicious and sophisticated in the way they operate, it can be devastating for the victims

If you are a victim of cyber bullying...

Don't retaliate - If you do react you will almost certainly escalate the behaviour, and have your response turned against you.

Record everything - Keep evidence of pictures, texts, emails, tweets and status updates that the person has sent or posted about you, or screenshots if it's comments on a forum.

Talk to your employer - If the person harassing you is a co-worker, or if the bullying is occurring on a work-related forum, your employer needs to know, and you will need evidence.

Contact the police - If threats of physical harm are made, or you feel that the bully is dangerous, make a police report. The more evidence you have, the easier it will be for them to act.

Talk about it - Speak with trusted friends about what you are going through. Many victims feel ashamed, but shame tends to disappear if you share your concerns.

Report Abuse - Every reputable website has a 'Report' feature built in. Use it.

Cut ties - Remove toxic people from your social media circle.

BLOCK - Use the block feature on forums and phones to block the cyber bully at source.

Play Tourist at Home

Have you ever walked around your own area as if you were a tourist? You'd be surprised how much there is to see and how little you probably know about the place you live.

We get so bogged down in daily routines that we don't pay attention to what's in front of our eyes. Here are some great reasons to explore your own area this summer.

A fresh pair of eyes - Take roads and corners you've never taken before. Get lost in streets you've never been to and see things you never realized were there. You'll see your area in a new light.

A history lesson - You've driven or walked by that building, church, or statue thousands of times, but do you know the name of it or the story behind it? Take time to learn about the



history and secrets of where you live!

Meet new people - Engage in a conversation with a complete stranger while exploring your own town. Coffee shops are good places because the atmosphere is relaxed. Older people often enjoy a chat and may have a wealth of knowledge about the area.

A new perspective - Find the highest building or vantage point and see if you can get a bird's eye view of your area.

A teacher of mine once said, '**Keep exploring. Keep learning. Stay curious, and you won't go far wrong.**'

By Sarah Davey

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So, you want to be a... VET

By James Campbell

Veterinary medicine is a highly competitive field. Every year there are hundreds of applicants for each available place. It is probably one of the most over-subscribed courses in the country.

You will need excellent A-levels. Most people have chemistry, biology and either physics or maths at Grade A or B. Some universities will accept other subjects if they are impressed with the candidate. Many veterinary schools expect candidates to take a BMAT (Biomedical Admissions Test) in order to get into vet school.

Be prepared not to get in at the first attempt. You can re-apply and make use of the year to gain experience. Whether it is a first attempt or a retry you need to stand out from your competition. Try to gain experience



working in a vet practice, on farms assisting with lambing or calving, in dog kennels or at local zoos and animal rescue centres.

Ask lots of questions, observe operations, write up interesting experiences as case studies – in these you can explain what you learned and submit them with your application to show you are motivated and enthusiastic.

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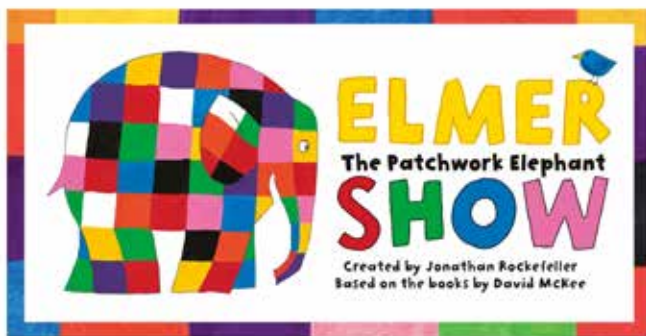
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Safe and Sound

Don't forget to protect your property while you're away

The summer holidays are just around the corner. We put a lot of effort into planning our perfect summer break, but we often don't put as much effort into making sure our home is safe while we're away.

Most burglars are opportunists, who target empty homes. 60% gain entrance through rear or side windows and doors so make securing these a priority.

Fences and hedges are the first line of defence - the Metropolitan Police recommend **'hostile plants'** that are spiky, prickly or very dense. Don't let them grow too high though, your home should be visible from the street and to your neighbours, so they don't become a hiding place for intruders. Protect the entrance to your property too with a gate or consider covering pathways with gravel as the sound of footsteps on gravel is often enough to put them off entering.

Motion-activated lighting and well-lit paths and driveways are also a good deterrent. Outside security lighting is

cheap to set up, and low energy light bulbs keep running costs down. A burglar alarm will protect your property and may also lower your insurance premiums.

While you're away, some extra precautions will help protect your possessions. Keep valuables out of sight. **Don't close curtains in the daytime** though, as this announces that your house is empty. Invest in timer switches to turn lights and the radio on and off. Cancel any milk or newspaper deliveries.

Inform a couple of trusted neighbours that you will be away. Ask them to keep an eye on your property and offer to do the same for them while they are away. Little tasks like moving the post away from the door, and drawing your curtains in the evening will make it look as though someone is in. They could even park a car on your drive if you are taking yours away.

Join your Neighbourhood Watch Scheme, or if there isn't a local scheme, set one up. Neighbourhood Watch has an excellent track record of deterring opportunistic thieves.

By Sarah Davey

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There are sprawling mangroves home to about 60 species of birds, The Wasit Wetland Centre also has its own flock of Flamingos.

This amazing place can be explored with a fully guided kayak nature tour. The clear still waters where you can see all the way to the bottom and look between the tangled roots for fish.

Unlike Dubai, Ajman is a relaxed and tranquil, but if you're looking for the hustle and bustle of downtown Dubai it's only 30 minutes away.

Ajman has a surprising number of activities and cultural experiences for all the family from Rashidiya Park, Ajman Museum, desert adventures to Al Zorah Natural Reserve.

There are a number of companies which can provide a wide range of things to do and see.

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Mindbenders

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Searching

↑

↓

Searching

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**LONG
DUE**

Answers on pg 46

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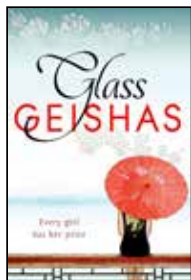
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a good read

reviews By Willow Coby

Glass Geishas

by Susanna Quinn



Susanna Quinn's novel, *Glass Geishas*, is a thriller set in modern day Tokyo – specifically in the notorious Roppongi district, where everything has a price. As the novel opens, Steph, the principal character, is just arriving in Japan with the specific aim of making as much money as possible as quickly as possible. However, her friend Annabel seems to have vanished – and her other friend Julia does not seem to recognise her, let alone welcome her. Something is clearly wrong. Having found Annabel's abandoned diary, Steph sets out to find out what has happened to her friend and quickly becomes involved in the hostess trade. As the novel moves on, Steph's own quest is intercut with two other storylines. The first, a set of emails from Chastity, an established hostess, shows the harsh reality of the life that Steph is moving into. The second, the memoirs of Mamasan, owner of one of Roppongi's oldest clubs, explores how the trade has developed and changed over time. By the end of the novel, these strands are drawn together into a twisting conclusion which will keep you gripped. Quinn has clearly drawn on some of the recent writing about Japan and the significance of the geisha. However, her portrait is far from romanticised, and whilst her hostesses are certainly as elegant and glamorous as the traditional geisha and maiko, Steph's world revolves around alcohol, sex and money – a fragile combination which puts her in significant danger. If the novel has a fault, it is in the slow reveal of Annabel's diary – it is hard to believe that Steph, curious as she is, would not read the whole book at once. However, this is a minor point, and by

stringing this out, Quinn is able to keep us guessing at what has happened to Steph's friend – and what will happen to Steph herself – making us turn the pages rapidly as the end approaches. I picked this book up in a used-book shop while on holiday. It appears to be out of print at the moment but there are cheap second hand versions available and I recommend you look one out.

Don't Let the Pigeon Drive the Bus

by Mo Willems



What do small children like best in a picture book? If anyone knows, it is Mo Willems, who spent several years as a scriptwriter for 'Sesame Street'. And here, what he has hit on is that little word beloved of toddlers – 'NO!' The premise of the book is simple – and summed up neatly in the title. The reader needs to stop the pigeon driving the bus while the bus driver is away for a few minutes. However, this is a very determined pigeon. On every page he comes up with a good reason why he could, should and must drive that bus. Reading this book aloud is a delight. As you read the pigeon's increasingly desperate attempts to get behind the wheel, your audience can say – or shout – 'No!' at each page, usually accompanied by a great deal of giggling. And parents will recognise the toddler's range of tactics – from pleading, to sulking, to promises to 'be your best friend' – all of which are summarily rejected. With simple drawings and a thoroughly endearing main character, this is ideal to read to pre-school children of any age. The pigeon makes several reappearances in Willems' other books – 'Don't Let The Pigeon Stay Up Late' is probably the next one you will want to seek out, and it is just as much fun. Really.

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a taster of what's coming up...

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When Your Job is a Pain

By Louise Addison



How to minimise work-induced injury

Whether we work at a desk or in manual job, we can often develop pain or injury relating to our work. Two of the most common are neck and lower back pain.

Back pain is the UK's leading cause of long-term sickness and is responsible for over 15 million sick days per year. Many aches and niggles can be related to repetitive strain, caused by doing a task over and over, or from prolonged and incorrect posture.

If you're regularly in a position which is not good for your body, **it can start to wear down and cause injury**. But simple changes like obtaining a new chair or setting up your workstation correctly can have a positive impact.

There are also exercises that we can do throughout the day to help increase mobility and prevent injury. These exercises concentrate on ensuring a strong mobile thoracic spine,

which promotes good posture while minimising the chance of injury.

Shoulder rolls are excellent - roll one at a time forward and then backward, then both together.

Spinal rotation is also good - lift your arms in front of you to shoulder height, bent at the elbows, fingertips almost touching, then twist gently to the right and left several times, trying to turn a little further each time without straining. Try some pectoral stretches by placing your hands behind your head and lacing your fingers together. Draw both elbows back to open the shoulders and ribcage and hold for 15 seconds. **Try doing these exercises three or four times per day.**

To optimise your workplace, flexible sit/stand desks are becoming more popular – the work surface can be raised or lowered so the user can alternate between sitting and standing – this is better for spine health as the body's position is varied.

Pork and Pineapple Kebabs

A nice take on sweet 'n' sour pork, suitable for the barbecue

Preparation time: 20 mins

Cooking time: 10-15 mins

Serves: 4

Ingredients

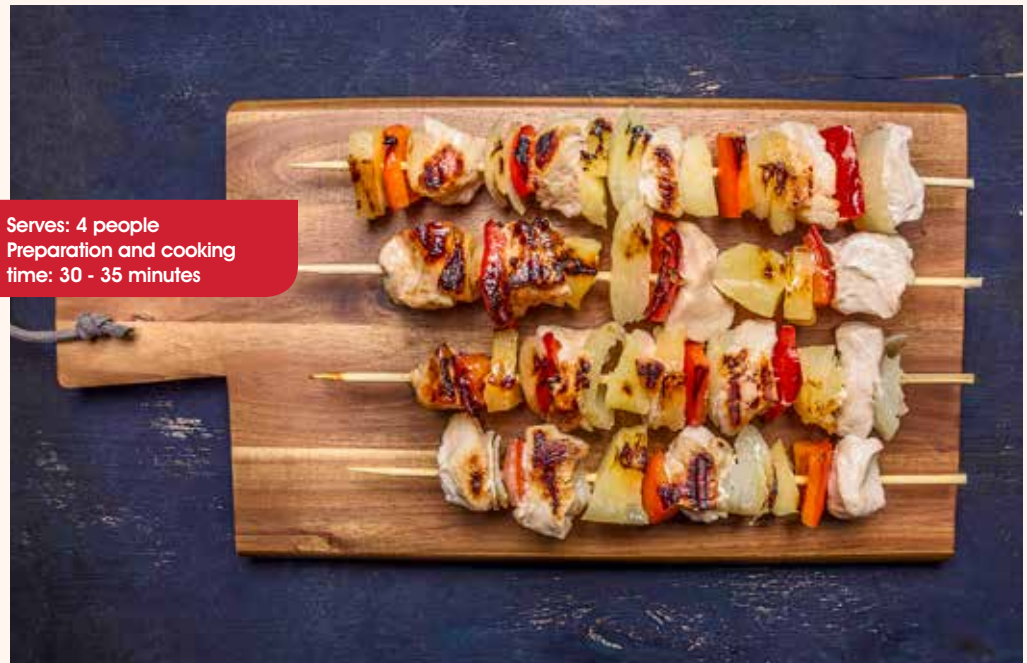
400g Pork fillet
4 tbsp Light muscovado sugar
60ml Cider vinegar
1 tsp Asian fish sauce
½ Small pineapple, peeled, cored and cut into chunks (or use ready prepped fresh pineapple, drained well)
1 Pepper (any colour), deseeded and cut into squares
Spanish onion, chopped into chunks
Small bunch coriander, chopped (optional)
To serve - Boiled rice or pitta pockets

Method

Cut the pork into cubes. Heat the sugar and vinegar in a pan over a low heat until the sugar melts. Add the fish sauce and cool. Tip in the pork and mix well so that all the cubes are covered in sauce.

Heat the barbecue, or a griddle pan or grill. Thread the pork and pineapple onto skewers, alternating pieces with the pepper and Spanish onion. You can use whatever onions you have but Spanish are more delicate in flavour and sweeten nicely when grilled.

Barbecue or griddle the skewers for 3-4 mins each side (you may need to cook them for longer if griddling). Serve with rice or slide into pitta pockets



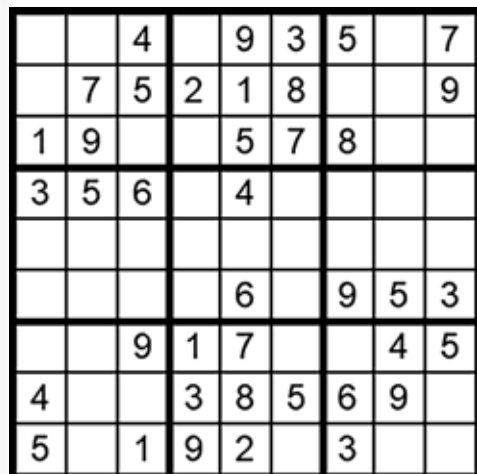
Serves: 4 people
Preparation and cooking
time: 30 - 35 minutes

word search

Can you find all of the weird-but-real words hidden in the grid?



Abibliophobia
 Absquatulate
 Bibble
 Bloviate
 Borborygm
 Brouhaha
 Bumfuzzle
 Collywobbles
 Comeuppance
 Erinaceous
 Gardyloo
 Gubbins
 Lollygag
 Nudiustertian
 Pauciloquent
 Quire
 Ratoon
 Sialoquent
 Wabbit
 Xertz
 Yarborough



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 46

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Sitting sustainably

By Rachael Leverton

One of the great pleasures in life has to be sitting outside on a summer evening, glass of wine in hand, gazing in reverie at your precious plot. But what are you sitting on? Is your furniture environmentally friendly? What about that lovely decking, or your garden shed?

As gardeners we have a responsibility which extends far beyond our boundary.

Trees are vital to the planet. They convert carbon dioxide into oxygen and act as environmental filters, offsetting the effects of pollution. They also provide a habitat for birds and animals.

Like many gardeners I take a keen interest in environmental matters so it came as a shock when I read recently that that every year our tiny island imports more unsustainably produced wood than anywhere else in the world!

A good proportion of this wood is used to make garden buildings, furniture, fencing and decking.

I was thrilled, therefore, to read about the Forest Stewardship Council (FSC) and their certification programme for sustainable produced and sourced wood?

The FSC was founded in 1993, in response to public concern about deforestation.

The council devised a wood-labelling scheme which allows a product to be traced right back down the supply chain from the consumer to its source.



Any product bearing the FSC logo is guaranteed to be from forests which are carefully managed to conserve biodiversity and support local communities.

Unfortunately not all garden suppliers stock products which are FSC approved. So we need to demand that they do.

The world's forests are in decline. Some tropical hardwoods are already on the verge of extinction, and temperate forests in the northern hemisphere are also suffering because of unregulated tree-felling.

As a gardener and lover of our environment I feel more comfortable knowing that I'm not contributing to the destruction of our planet. If you're replacing your garden furniture this year, ask to see the FSC certified label.

Happy gardening.

Q. Is it possible to be environmentally friendly when buying PVC furniture?

A. Yes it is. Many companies are now producing furniture made from recycled PVCs.

You're no longer limited to the standard flimsy offerings either. It's now possible to find sturdy benches and picnic tables. Of course, the advantage of PVC is that it's completely weatherproof; maintenance-free, and won't rot, corrode or splinter!

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

Sudoku Solution
from page 34

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

Word Search Solution
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ColourFence Solihull

The Long Lasting Garden Fence

Your Wooden Fence



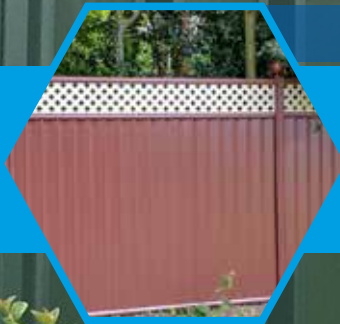
Prone to warping and rotting
Requires regular maintenance
Susceptible to strong winds



A ColourFence



No warp, rot or rust for 25 years*
Virtually no maintenance required
Proven to resist winds of up to 130mph



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* full terms & conditions on website or on request



SOLIHULL

SUMMER FEST

2019

27TH - 28TH JULY 2019

TUDOR GRANGE PARK

SATURDAY 27TH JULY 2019

LEVEL 42

THE
VAMPS

ARTIST
ANNOUNCEMENT
COMING SOON

Sugar Hill
Gang

Ms DYNAMITE
BLONDE

DJ SET

— SUPPORTED BY MITCHELL BRUNINGS JK^{AS} ROBBIE —

SUNDAY 28TH JULY 2019

THE HUMAN

LEAGUE

THE PROCLAIMERS

GO WEST

BAD MANNERS

SUPPORTED BY
TRIBUTE ARTISTS

MERCURY
— QUEEN TRIBUTE —

GARRY PEASE AS

Rod Stewart

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