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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 39 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!

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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, Brueeton 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.



KNOWLE LIBRARY

- **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

KNOWLE & DORRIDGE ROUND TABLE

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Sunday 8th September
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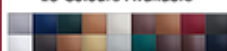
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A Better Work-Life Balance

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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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?

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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.

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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.

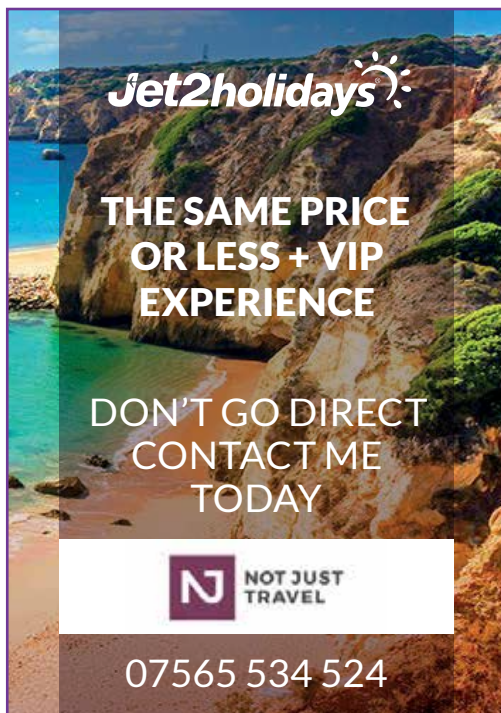
Cruises make life feel easier

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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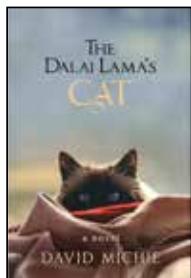
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a good read

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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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

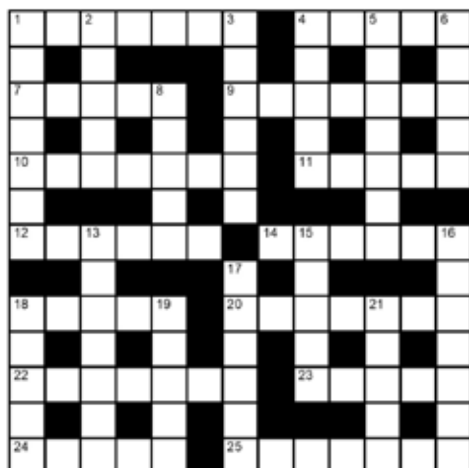
500 ml tomato juice
Juice of 1 lemon
1 tsp fresh horseradish (more if you like it hot)
Splash of Worcestershire sauce
Celery salt
White pepper
tabasco sauce

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.



crossword



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)

clues

Across

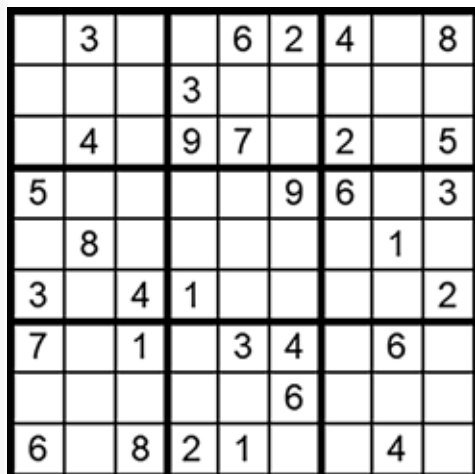
- 1 Nightclub act (7)
- 4 Creepy (5)
- 7 Detection system (5)
- 9 Principled (7)
- 10 Paralysis, apathy (7)
- 11 Monarch (5)
- 12 Tyrant (6)
- 14 Chaplain (6)
- 18 Plenty (5)
- 20 Scrawny, wasted (7)
- 22 Pouch worn with a kilt (7)
- 23 Five shillings (5)
- 24 Access (5)
- 25 Spiny anteater (7)

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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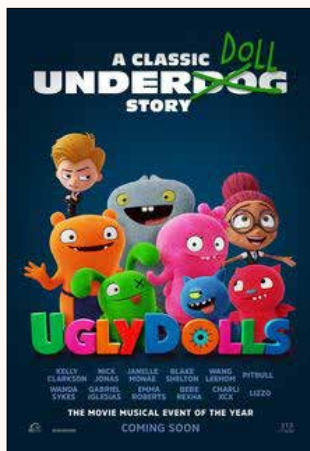
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a taster of what's coming up...

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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



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from 23rd August

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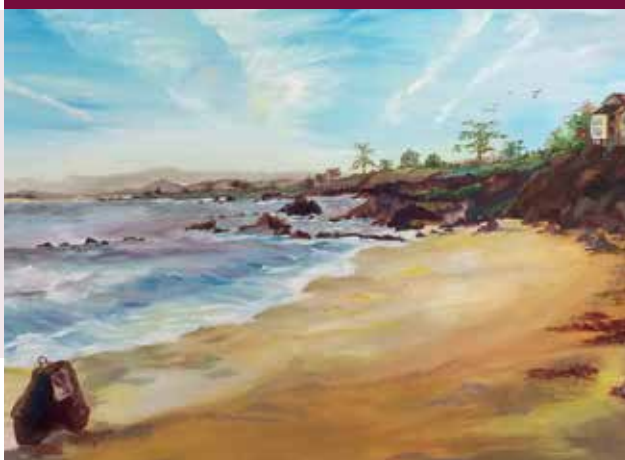
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Recycle your wastewater

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!

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Sudoku Solution
from page 34

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| E | N | T | R | | | E | C | H | I | D | N |

crossword Solution
from page 34



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The Long Lasting Garden Fence

Your Wooden Fence



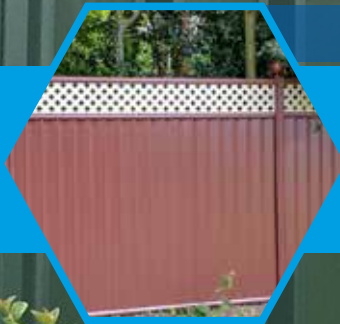
Prone to warping and rotting
Requires regular maintenance
Susceptible to strong winds



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



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