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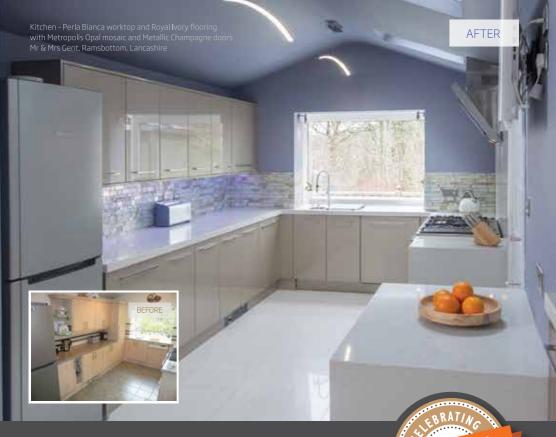
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### October's full of opportunities...

... to have a good time. It doesn't matter that the weather's turned colder, there's always lots of great events going on locally. Check out what local events are coming up on page 6 and see what's going on at the theatre and cinema on page 21.

Make sure you fill your house with treats (or tricks!) in time for Halloween on 31st October and get your sparklers at the ready for Bonfire Night on 5th November.

Until next month...





Zoe Reece Tel: 07557 220585

Email: zoe@dorridgedirectory.com www.knowleanddorridgedirectory.com

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### community events

#### Afternoon Tea at Knowle Village Hall

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The Knowle Village Hall Association invites you to a proper homemade Afternoon Tea. Bring your friends and come and join us - you will be made very welcome. Tickets £8.50 each. Available from KVHA Friday Coffee Morning (10am -noon) at the Hall or call June Williams on 01564 779445 or Carolyn Abbott on 01564 779898. All proceeds will go to the Hall Refurbishment Fund.

#### Haunting Halloween

#### 27 October, 5.30pm; 5.50pm; 6.10pm; 6.30pm; 6.50pm Brueton Park, B91 3HA

Take a scary walk around the park to meet Smelly Nelly the witch and her monstrous friends, enjoy spooky storytelling and mysterious magic, and finish with a creepy craft activity. Wear the most horrifying Halloween outfit for a chance to win a prize in the fancy-dress competition! Bring a torch and warm clothing. Prebooking is essential - book tickets via the Contact Centre on 0121 704 8000 - £3 per adult, £2 per child. Meet by the car park.



## Fan of the Brick Party

#### 29-31 October, from 10am John Lewis, Solihull

Limited spaces! Tickets cost £15 per child and include a gift and a picnic bag. Lego at 10-11am, picnic at 11-11.30am. There will be games, competitions and prizes to be won! Please visit Customer Support on the 1st floor to purchase your ticket.



#### Festive Feast and Outdoor Cinema

#### 16-22 December Mell Square, Solihull

The Festive Feast will be back

for another year! Get your lastminute stocking fillers and a tasty bite to eat for lunch. Also look out for the return of the free Christmas outdoor cinema.



#### 27th Lions Festive Walk

#### 27 December Baddesley Clinton National Trust House

Be sure to fill up your car by inviting all your friends and relatives for a choice of 4 sign-posted routes of between 1.4 & 9.1 miles. Visit knowleanddorridgelions. com/walk for more details & to download the free entry form to complete and bring along on the day. In aid of Solihull Hospital Charity, Clic Sargent and local causes.

#### **KNOWLE LIBRARY**

- Jellybeans held monthly on a Thursday morning for storytime 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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#### The Big Draw - October 1st -31st



ctober is the official month of the worldwide project The Big Draw, which promotes the benefits of drawing for children and adults.

I enjoyed art at school but like many kids I stopped drawing when I realised I'd never be 'good'. Turns out you don't need to be. The beauty of drawing is that you get all the benefits even if you make the average toddler look like Da Vinci.

Drawing develops fine motor skills - Drawing provides immediate visual feedback that changes depending on the type of pencil, pen or crayon used and how its manipulated. This feedback helps to identify the best ways to produce the desired result. Fine motor skills are important for writing and typing in school, but are also great for adults with arthritis or mobility issues.

**Drawing improves hand-eye coordination** - If you're trying to reproduce what you see then you are exercising hand-eye co-ordination. This helps with writing but also in sport!

**Drawing helps you see -** By drawing objects in proximity to each other we learn about

distance, size, perspective, and texture. It makes us really look at the world in ways we may never have done so before.

**Drawing aids concentration -** Studying an object, focussing on form and detail takes time. If we're enjoying that process it aids concentration. This is helpful for both children in school, but also older people, particularly in early stage dementia.

**Drawing improves problem-solving -** How do you connect body parts, convey distance or size, represent emotion or texture? These are all creative problems to be solved.

**Drawing boosts confidence** - If you practice, you improve and feel good, whether you're an adult or a child, that's a confidence boost you can take into other areas of your life.

Drawing is a great activity and beneficial for any age group or ability level. Look out for local activities related to **The Big Draw**.

For more information visit https://thebigdraw.org

By Karen Campbell



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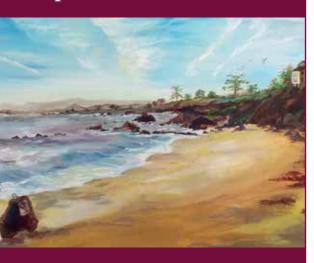
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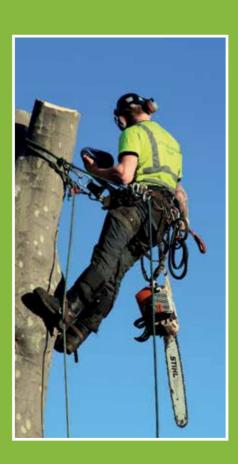




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## COMPETITION



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## on Saturday 16th November 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 auestion:

What did the Telegraph say about Geoff?

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

Closing date for entries is 31st October. 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:

The star of BBC2's Live At The Apollo, The Mash Report and his own forthcoming BBC Radio 4 special, Geoff has had a run of three sell out Edinburgh Festival shows and a much acclaimed tour. He has also been seen as a guest on BBC1's Question Time, Radio 4's The Now Show and supported Katherine Ryan on her UK tour. Geoff appeared in Solihull during 2018 with great success and is delighted to return to this leafy borough!

#### a taster of what's coming up...

#### CINEMA



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#### Official Secrets

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#### Shaun the Sheep: Farmageddon

#### from 13th October

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for alien-powered fun, setting off on a mission to shepherd the intergalactic visitor home before a sinister organisation can capture her... can Shaun avert Farmageddon before it's too late?

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#### THEATRE

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#### The Wizard of Oz by Ballet Theatre UK

#### 30th October

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#### The Scarecrows' Wedding

#### 1st - 2nd November

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#### Seven brides For Seven Brothers

#### 5th-9th November

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## The Screen Time Debate! How much is too much?

or many parents battles over screen time and devices have become a frustrating part of family life. So how much screen time is too much for kids? Well, it's complicated. For some years parents have been advised to limit media consumption, but new research suggests it's the quality not the quantity that matters.

Until quite recently parenting advice centred around the concept of screen time auotas with a Goldilocks-style sweet spot of two or so hours of screens a day, beyond which media use could become harmful. But now the advice is more conflicting. There seems to be a general consensus that under the age of six there should be no more than one hour of "high-quality programming" per day, but for older kids the advice is simply to "place consistent limits on the time spent using media" and to designate some screen-free time as a family. Unfortunately it's not clear whether "consistent limits" means four hours playing a video game on a Sunday every week, or whether three 20-minute sessions on an iPad is preferable to one hour-long session.

What is clear is that for young children one of the most important things is whether parents and kids play, watch or browse together. The nature of screen time matters. Passive TV is potentially more harmful than game-playing, socialising, or using creative apps. Psychologists are likening our media diets to what we put on our plates. It's not just about digital junk-food, it's about the relationship we have with technology and the role it plays in our family life. We need to avoid using screens to distract teens or younger children from uncomfortable



emotions, in the same way we wouldn't encourage the use junk food to soothe them.

Interestingly a recent study of 20,000 parents published by the Oxford Internet Institute and Cardiff University determined that there was no correlation between limiting device use and children's wellbeing. Another study by the University of Michigan on children aged four to 11 similarly found that it was how children use devices, not how much time they spend on them, which is the strongest predictor of emotional or social problems connected with screen addiction.

Although specific screen time limits are out of date, there is evidence that excessive use has negative impacts, affecting sleep, health and mood. Screen time, in and of itself, is not harmful – but reasonable restrictions vary greatly, depending on your child's behaviour and personality. A useful strategy for parents is to ensure that what they're watching, playing and reading is high-quality, age-appropriate and safe – and to join in wherever possible.

Balancing the online and offline world seems to be key, and that may vary greatly from family to family. Research shows that not having access to the digital world has a negative impact on kids too – so it's all about finding the right amount for your family, with an holistic approach.

There's a lot to be said for knowing your child and using your common sense!

**By Louise Addison** 

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#### **The Parents' Evening** Survival Guide

Top five tips for a successful meeting.

Talk to your child - Children are often apprehensive about parents' evenings. Even a quiet, well-behaved child may worry a teacher will complain about them. Ask your child if they have any issues with their lessons or with classmates. Make them understand that the meeting is held for their benefit and that you're on their side.

Prepare – Write down important questions. You have a limited time with teachers. A list of questions prevents you from missing important points in the discussion.

**Discuss any problems** – Share insights about your child in the meeting. Let the teacher know if they are upset about things



like a grandparent being poorly. These insights may help a teacher understand why your child might be acting differently.

Listen to the teacher - They spend hours observing your child. Be aware that your child may behave differently in a school environment. If the teacher points out any negative qualities in your child don't lose your temper. Take the suggestions on board.

**Be on time** – There will be other parents scheduled after you so make sure you are punctual.

By Karen Campbell

#### The Jack O' Lantern Why we carve pumpkins at Halloween

e think of the Halloween pumpkin lantern as an American invention but in fact it was the Irish who took the tradition of carving pumpkins to America, except the original Jack O' Lantern was not a pumpkin because they didn't exist in Ireland. Celtic cultures actually carved turnips on All Hallows' Eve and placed a glowing piece of coal or a candle in them, to ward off evil spirits.

There are many stories behind these turnip lanterns but one of the most popular comes from The Tale of Stinay Jack.

Stingy Jack was a grumpy old drunkard who liked to play malicious tricks on just about everyone including his family, friends and his mother. He was proud of his antics and boasted that he could trick the Devil himself. The Devil heard about Jack and paid him a visit. Jack was as good as his word and tricked the Devil into climbing up an apple tree. Once the Devil was in the tree, Stinay Jack hurriedly placed crosses around the base of its trunk. The Devil couldn't touch the crosses, so he was stuck in the tree. Stingy Jack made the Devil promise him not to take his soul when he died. Reluctantly the Devil agreed, and Stingy Jack removed the crosses, and allowed the Devil to climb back down.

#### Many years later, when Jack died, he found his way to the pearly gates of Heaven.

Saint Peter told him that because he'd been mean and cruel and had led a miserable. worthless life he could not let him enter Heaven. Stingy Jack then went down to Hell. The Devil smiled mischievously and said he was bound by the promise he'd made in the



apple tree and would not allow him to enter Hell. Stingy Jack became really scared. He had nowhere to go and was doomed to wander about forever in the dark Netherworld between heaven and hell. He protested to the Devil that there was no light, so the Devil tossed him a piece of coal from the flames of Hell. Jack always carried a turnip with him because it was one of his favourite foods. He hollowed out the turnip and placed the glowing coal the Devil had given him inside. From that day onward, Stingy Jack roamed the earth without a resting place, lighting his way as he went with his 'Jack O' Lantern'.

On all Hallows' eve. it became the tradition for Irish people to hollow out Turnips, swedes, potatoes and beets. They placed a little light in them to ward off evil spirits and keep Stingy Jack away. These were the original Jack O' Lanterns. In the 1800's waves of Irish people travelled to America in search of better lives. These Irish immigrants quickly discovered that American Pumpkins were bigger and much easier to carve, so they began to use pumpkins for Jack O' Lanterns. Eventually this new trend found its way back across the Atlantic to Ireland and the UK.

By Aoife Brennan



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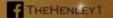
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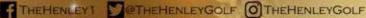
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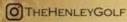
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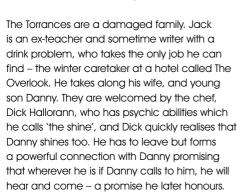
## a good redd reviews By Willow Coby

#### The Shining by Stephen King

Even if you have seen and loved Stanley Kubrick's film, you should read the book. The book is not the film. The book is a deeper (and scarier) experience altogether.

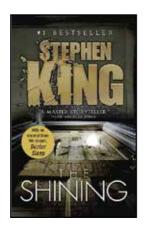
Stephen King is a master storyteller, and in The Shining he

created a classic novel of possession and isolation.



Ostensibly Danny is the main character and the book is about his father's descent into madness, but it is the hotel which dominates the story. Jack appears to become possessed by forces at work there. The tension and claustrophobia build a threatening atmosphere. Prepare to be transported into the long, dark corridors at The Overlook Hotel and know that something dreadful awaits you there.

As the plot develops, we question whether Jack is really possessed or simply an alcoholic losing



his mind, and whether Danny is psychic or whether what he sees is because he's been so damaged by his dysfunctional family. King's skill is to weave together the demons, both real and imagined without drawing any distinct boundaries between the two. As the story builds to its terrifying conclusion you will be on the edge of your seat.

#### By the Light of the Halloween Moon

by Caroline Stutson and Kevin Hawkes

I rarely recommend a book you may have to find second hand, but there are plenty available



from various sources and it is well worth the effort in time for Halloween. Caroline Stutson's infectious graphic story, full of rhythmic repetition and alliteration, simply bounces along. It all begins on the night of a full Halloween moon, when we see a wiggling toe being stalked by a black cat. The cat never reaches the toe, because it is stopped by a witch, and so the scene is set for a succession of scary creatures, including a bungling, bouncy, breezy bat and a grumpy grungy hobgoblin sprite, who are all thwarted in their various attempts to reach the toe. The repetition of key lines makes it a terrific book for reading aloud and encourages younger children to join in, while Kevin Hawkes' scarv-comic illustrations make Bv the Liaht of the Halloween Moon an appealing book for children and adults alike. The ending, where we finally meet the owner of the wigaling toe, is delightful and sure to leave everyone smiling.



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#### **Fireworks**

How fireworks work!

ost of us love watching fireworks, but have you ever thought about how rockets work? It's a fascinating science and if you read on, you'll be able to amaze your friends in the pub after attending your local display.

Fireworks are essentially small missiles designed to explode in a controlled and colourful way. The word 'firework' originates from the Greek word pyrotechnics, which means, 'fire art' or 'fire skill'; and modern rocket designs require both in huge amounts.

#### Rockets mostly consist of five main parts.

The tail or the stick – This protrudes from the bottom and ensures the firework shoots in a straight line, which is important for two reasons: first, so that the rocket doesn't fly off in a random direction, and injure someone; and second, because it aids accuracy and precision when creating complex displays.

Fuse - This is the part that allows the firework to be ignited safely. It allows a time delay before the main part of the firework (the charge) begins to burn. This charge ignites other, smaller fuses that make the interesting, colourful parts of the firework (the effects) explode a little later. In a basic rocket, the main fuse consists of a piece of paper or fabric that you light with a match. In a complex public firework display, fuses are lit by electrical contacts known as wirebridge fuseheads. When the firework technician pushes a button, an electric current flows along a wire into the fusehead, which ignites the main fuse. Electrical ignition has the advantage it can be done at a very safe distance.



Charge - This is actually a fairly crude explosive designed to blast the rocket up into the sky. Some rockets travel at speeds as fast as a fighter jet. The charge is usually made up of tightly packed, coarse explosive gunpowder (known as black powder) and simply sends the firework high into the air, clear of spectators; it's not responsible for the spectacular colours.

Effect - This is the business end of the firework. A single firework may have just one effect, or several, packed into separate compartments which fire off in sequence, ignited by a time-delay fuse. Effects are explosives too, but different from the main charge. Each effect is made up of more loosely packed, finer explosive material, often fashioned into separate 'stars', which make up the small, individual, colourful explosions from a larger firework. The arrangement of patterns and colours depend on how each effect is made and packed.

**Head** - This is the top part of the firework which contains the effect or effects. Sometimes the head has a pointed nosecone to make the firework faster and more aerodynamic and improve the chance of it going in a straight line.

However, you choose to enjoy the fireworks this year remember safety should always be paramount. Follow the firework code.

**By Tracey Anderson** 

# **Tomato Chutney**

If you're wary of making chutneys and jams start with this easy recipe

Makes about 1.5 litres / 23/4 pints Preparation time: 40-50 minutes Cooking time: 50 minutes

### **Ingredients**

1kg ripe tomatoes, peeled and chopped 750g cooking apple, peeled, cored and chopped

375g light muscovado sugar 250g onion, finely chopped 250a raisins

1 green pepper, deseeded and chopped 2 tsp salt

½ tsp ground ginger 350ml cider vinegar

#### Method

Place all the ingredients into a large pan and bring to the boil over a medium heat. Stir occasionally until the sugar has dissolved. Simmer the mixture gently, uncovered, for about 45-50 mins or until everything is tender and thickened. Cool, then transfer the mixture to a sterilised iar and seal.

It was always the sterilising that put me off. I

thought you had to have heaps of special equipment, but actually it's quite easy.

### How to sterilise iars

Wash the jars and the lids in hot soapy water. Rinse but do not dry them. Instead, leave them to stand upside down on a roasting tray with a raised wire stand (to allow air to circulate) while they're still wet.

Place the tray of clean, wet jars and lids into a preheated oven at 160-180°C for about 15 mins.

The trick to jams and chutneys is that the jars and the chutney (or jam) should be hot. Ladle the hot preserve into a heatproof jua to make it easier to transfer the mixture into the hot jars. Be very careful not to touch or get any of the mixture onto the rim of the jars as this could introduce bacteria.

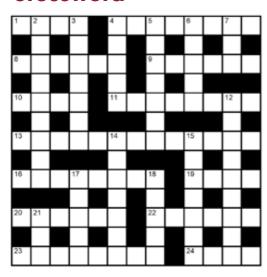
Fill the jars not quite to the top, leave a 1/2cm gap at the top between the preserve and the lid.

While everything is still hot, cover the jars with their lids or top with wax paper and a piece of cellophane secured tightly with an elastic band.

Your chutney should keep for about 6 months in a cool, dark place, though different recipes vary slightly.



# crossword



# clues

#### Across

- 1 Ripped (4)
- 4 Commenced, began (8)
- 8 The Night, painting by Van Gogh (6)
- 9 Gifted, high intellect (6)
- 10 Type of bean (4)
- 11 Worn to shreds (8)
- 13 Autonomously (13)
- 16 Breaking out (8)
- 19 Exhaust, drain (4)
- 20 Decline (6)
- 22 Inception, genesis (6)
- 23 Mimics (8)
- 24 Lady , singer and actor (4)

#### Down

- 2 Expenses (9)
- 3 Commentate (7)
- 4 Home of the Pyramids (5)
- Small-minded, prejudiced
   (7)
- 6 Wash out in clear water (5)
- 7 Flightless bird (3)
- 12 Making bigger (9)
- 14 Obvious (7)
- 15 zero (7)
- 17 Grown-up (5)
- 18 Paint with a shiny finish (5)
- 21 Type of deciduous tree (3)

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

# how to play SUCOKU

# 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 50

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# **Beautiful blueberries**

By Rachael Leverton

love blueberries and they are not only incredibly good for you but also quite simple to grow. They thrive in a sunny border or in a pot on a balcony or patio, so there's no excuse for not harvesting a crop of your own.

In addition, they are a generous plant. All varieties produce pretty white flowers in the spring, followed by delicate green fruits which ripen to deep blue. If that wasn't enough, the foliage then turns pink and peach for Autumn.

Blueberry bushes do require an acid soil to thrive but if you don't have that (I don't!) then use pots of well-drained ericaceous compost. When you need to re-pot, choose a pot just a few inches larger because they fruit better in a snug pot! Ensure it has adequate drainage holes and put some stones or crocks in the bottom and keep it raised so it doesn't become waterlogged. Water with rainwater from your water butt, especially if you live in a hardwater area. Make sure they are watered well while they become established and also while the fruit is ripening. Feeding with tomato food helps too. Poor or erratic watering causes the blueberries to shrivel or split, and no-one likes a shrivelled blueberry!

If you have acid soil you can plant blueberry bushes at any time of year when the ground is soft. Dig a hole twice the size of the root-ball and spread the roots as you refill the hole to the base of the stem. Press the soil down with the heel of your boot.



Blueberries are sun-lovers and will fruit most abundantly in full sun. They are better grown in pairs to allow for cross-pollination. If you can bear it, remove the flower buds in the first year after planting because it encourages strong stem growth better fruiting for the following year. They don't require any pruning for a few years. After that thin overcrowded or unproductive branches in winter after the leaves have fallen. Remember blueberries fruit on branches produced the previous year, so each year remove one or two of the oldest canes to make space for the more productive younger stems.

In the winter move pots to a sheltered area or the shed for protection.

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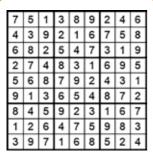
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### **Suduko Solution**

from page 38



#### crossword Solution

from page 38



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# Fishy Fridays...

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The Bell at Tanworth in Arden

Enjoy Autumn with us!

BOOK NOW ON: 01564 742212 or Email: thebell@realcoolbars.com



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