

the shirley index

a community magazine and business directory
for residents of shirley

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Love is in the air!

Welcome to the February edition

If you're looking to spoil your loved one for Valentine's Day then why not treat them to a night out, rather than buying yet another box of chocolates?!

Whether you fancy soul music, a classic musical, or a fun tribute act, there's something for everyone – just check out page 6 to see what's happening in the local area. But if you prefer dogs to humans then head up to Crufts instead for a little bit of puppy love!

And if Valentine's Day will just pass you by, why not show your home some love instead? There's a wide range of local businesses and tradespeople in here who can help you improve your home, whether you need doors, driveways, or decorating...

Zoe

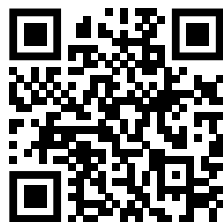
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community events



Aladdin

18-26 February, Hatton Country World

Panto isn't just for Christmas! Join in the fun at February Half Term and go on an adventure with Aladdin and his friends to find the lamp and impress the princess. Tickets available at www.adventure.hattonworld.com

Soul & Motown Live Tribute

24 February, The Village Hotel Solihull

Sing along to your favourite Motown and Soul tracks. Tickets are £30 and include a 2-course meal. You can book your tickets at www.ivvy.co.uk/event/49WPZ3/

The King & I

28 February - 4 March, Alexandra Theatre Birmingham

The King and I is the greatest age of musicals - with one of the finest scores ever written including Whistle a Happy Tune and Shall We Dance. Tickets can be bought at www.atgtickets.com

Crufts

9-12 March, NEC

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witness fantastic displays and competitions and browse hundreds of shops full of products for both you and your canine companion. Tickets from www.thenec.co.uk/whats-on/crufts/



Bootleg Bee Gees

25 March, Knowle British Legion

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What's on at the Land Rover Sports & Social Club



18TH MARCH:: SI CRANSTOUN

Si is a fabulous throwback to the old swing blues shouters of the 1940's & 1950's. People have compared him to many old greats like Jackie Wilson & Wynonie Harris but 'Si' remains his own man with his own distinct voice and repertoire. **Tickets £15.**

31ST MARCH:: ULTIMATE 40 REGGAE BAND

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& skin infections



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health



Sleeping problems



Urine infections
(cystitis)



Micro-suction Ear Wax Removal



Joint Injections for pain e.g. arthritis



Aesthetics Clinic - Anti-wrinkle
injections & Dermal filler treatments



The Food of Love

The way to a man's heart is through his stomach right? So I decided to cook up some culinary love magic for my boyfriend this Valentine's day, but what to choose?

He loves Japanese food so I consulted my Japanese food-loving friend Yui. She informed me that in Japan the puffer fish is considered to be a great delicacy and an aphrodisiac, but the kicker is that it contains a poisonous gland so deadly it must be removed before eating! One mistake by the carefully trained chef and the food of love can become quite literally, a matter of life or death!

I thought a safer seafood option might be



the oyster. A favourite with the Romans some oysters are able to change sex repeatedly and so are said to give you the ability to experience the male and female sides of love. Yui cheerfully imparted the 'fun fact'

that at least 12000 people a year in the UK develop food poisoning after consuming oysters, which kind of put me off a bit.

In the end I settled on making chocolate mousse. Dark chocolate contains both a relaxing sedative that lowers inhibitions plus a stimulant to perk you up. My boyfriend is a chocoholic so I'm backing a winner and better still Yui didn't point out any pitfalls...because I didn't tell her what I was making!

Happy Valentine's Day.

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Join Ballet Theatre UK with their passionate portrayal of one of the world's greatest love stories. Returning by popular demand, this theatrical production tells the tragic tale of star-crossed lovers with astonishing grace and heart-breaking intimacy. These tickets are for Saturday 15th April at 7.30pm at The Core Theatre Solihull.



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How to enter

For your chance to win, email zoe@dorridgedirectory.com with the subject line Facial or Romeo & Juliet or 80 Sounds (or all!) and you will be added to our database to receive our monthly e-newsletter about offers and events in Solihull. The winners will be notified by email after the closing date of 1 March 2023. There is no cash value nor exchange for these prizes. *This complimentary facial will be valid for use until 30th June 2023.

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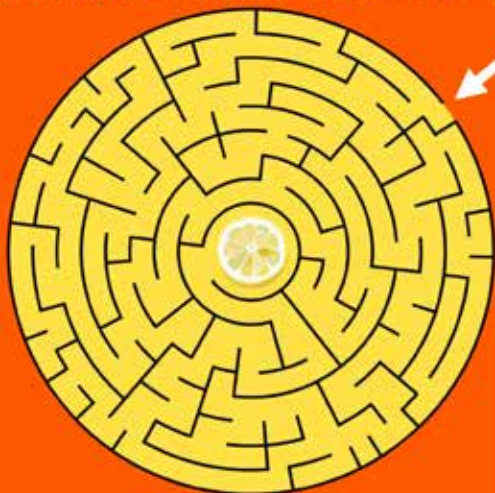


Kids' Page



Pancake Day!

Can you help Jamal get to the centre of the maze so he has lemon for his pancakes?



The largest pancake ever made was created in the UK in Rochdale, in 1994. It was 15 metres wide and weighed three tonnes.

You would need strong arms to flip that one!

Can you find all the ingredients for perfect pancakes in our letter grid?

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

eggs

Flour

Frying pan

Honey

Lemon

Milk

pancakes

Salt

Sugar

What do you call a person who can't flip a pancake?

A Flip-Flop!



Maze Solution

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

Word Grid Solution

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a good read

By Natasha Donovan

The Midwife of Auschwitz by Anna Stuart

Ana Kaminski is a midwife who is taken to Auschwitz with her young friend Ester Pasternak. As they pass through the iron gates and reach the front of the processing line, Ana steps forward and quietly declares her profession, saying Ester is her assistant. Their arms are tattooed, and they're ordered to the maternity hut. There Ana vows to do everything she can to save the lives of mothers and their infants.

But she soon learns that the SS snatch the blond-haired babies from their mothers to place with German families. In spite of her horror Ana realises that for these children there is at least the hope of survival. With rumours of the war ending Ana and Ester begin to secretly tattoo the newborns with their mother's numbers, praying one day they might be reunited.

The novel is fiction, but it's based on a true story and many of the characters are based on real people at Birkenau (the largest camp in the Auschwitz complex). Ana is a Catholic, Ester is Jewish and Ana was the midwife who delivered her. Ana's family were part of the Resistance helping Jewish people escape the Nazi enforced Ghetto until Ana was arrested along with two of her sons. Her husband and other son were not home at the time, so Ana does not know what happened to them at the time she arrives in Auschwitz. She and Ester cling to their friendship and each other through the horror and evil around them. When Liberation comes will they find a way to get home together? And what awaits them there?

The voice of women is often absent from history, even quite recent history. Anna Stuart's sensitive, beautiful novel showcases one woman's incredible story which is a tribute to those who suffered at the hands of the Nazis.



The Girl of Ink and Stars by Kiran Millwood Hargrave

Isabella Riosse (Isa) is a teen trapped on the island of Joya, a land full of myths; forbidden to travel further than the forest that flanks her village by the Governor, and all the while dreaming of the faraway lands her cartographer father once mapped.

When a string of unsettling events and the disappearance of her closest friend Lupa make it necessary to journey beyond the forest in search of answers, Isa joins a team of explorers on an adventure that will test her map-making skills and her courage.

As she follows her map, her heart and an ancient myth, Isa discovers the true purpose of her quest: to save the island itself.

The story is a fantasy set in a parallel magical world. The author draws on mythology and folklore and blends these with themes of friendship, adventure and courage. As a bonus the text is enhanced with beautiful illustrations and maps.

The Girl of Ink and Stars is officially a children's novel but I suspect there are many adults who will also enjoy this richly drawn world and its characters.





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(Chris Mundell)

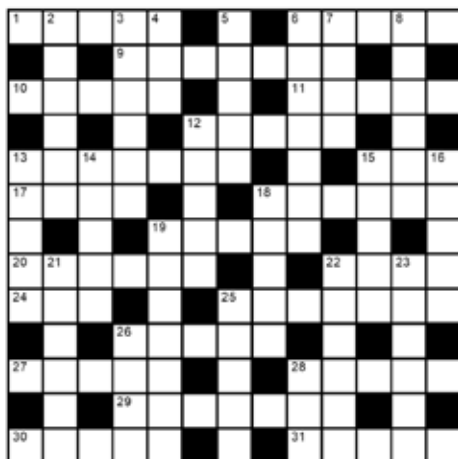


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crossword



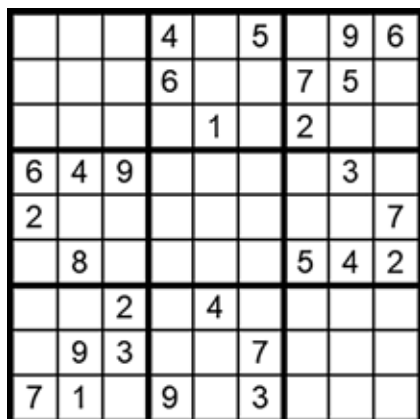
Down

- 2 Oaty chocolate biscuit (6)
3 Clothes, garments (6)
4 Could be pork, apple or steak! (3)
5 Loathes (5)
6 Alike (7)
7 Could be citric, hydrochloric or sulphuric! (4)
8 Deadly (6)
12 _____ Wogan, radio presenter (5)
13 Adult female (5)
14 Journey, itinerary (5)
15 Hedgehog, hero of a video game (5)
16 Destructive insects or small animals (5)

clues

- 1 Inexpensive (5)
6 Attached to a mast (5)
9 Ill-fated ship (7)
10 Subside, wane (5)
11 Merriment (5)
12 Luke warm (5)
13 Anxieties (7)
15 Weaken, drain (3)
17 Reed instrument (4)
18 Coax, wheedle (6)
19 Earlier (5)
20 Blood vessel (6)
22 Thin fog (4)
24 Formerly known as (3)
25 Infers (7)
26 Volatile, liquid (5)
27 Style of car (5)
28 Pontoon (5)
29 Display (7)
30 French hat (5)
31 Liquifies (5)
18 Mask, disguise (5)
19 Ploy, ruse (7)
21 Far away (6)
22 Change, alter (6)
23 Group of seven things (6)
25 Beelzebub (5)
26 Blunt-ended sword used for fencing (4)
28 Outer edge (3)

answer on page 22



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.

answer on page 22

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answers on page 22



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Why Bra-rchitecture is Worth Paying For

I was 12 when I had my first bra fitting. The condescending assistant whipped out her tape measure, pronounced I was a '36C', adding, 'That's large,' produced two orthopaedic-looking white bras, decided they were a 'good enough fit' and that was that. She never told me that my breasts would change, with every growth spurt, with monthly hormones, with the contraceptive pill, during pregnancy and childbirth...no, my bra size was set in stone at age 12 and 25 years later I was still wearing a 36C. I suffered from upper back pain and often had deep red marks on my shoulders but it was only when I visited a specialist bra shop in my thirties looking for a sports bra that a wonderful fitting assistant advised me I was wearing the wrong size. My back size needed to go down to a 30 and my cup size up to an F! The moment I donned the pretty bra she'd selected my shoulder pain all but disappeared. I also visibly shed at least half a stone in the mirror and marvelled at my new slim waist. She advised me on bra care, bra lifespan and how to recheck my size every six-12 months. I left a good deal poorer because as I learned, a good, well-fitting, supportive bra involves a lot of sophisticated engineering and workmanship and thus costs considerably more than I was used to paying.

Breasts, especially full breasts, are heavy, and we are taught to carry a heavy item by holding it close to our body, because it puts less pressure on our back. A bra should do that for your breasts. This is why the band is the most important part, because it provides 80% of the support. As the cup size increases the band needs to be wider,

and the straps thicker, to redistribute the weight across your

torso. If the band is too thin, it will fold and dig into your sides, while the shoulders will take too much of the weight, causing those deep red marks.

Once we have a well-fitted band, we can look at the cup. A cup formed from one solid piece of material will stretch gradually, no matter how well made. The exception to this is heat moulded lace, which some manufacturers are beginning to use because it fits well without stretching. Most cups though are seamed. They provide support via a side panel placed in such a way that it doesn't stretch plus and a bottom panel (sometimes two panels) that provide support to the underside of the breast. The decorative top panel may or may not have some stretch to it. In addition many possess an inner sling for extra support.

All brands differ slightly, and some might suit your breast shape better than others. For example, my narrow rib cage and shoulders mean I prefer a bra where the cups are situated close together and the straps are also close set at the back. I find Fantasie full cup bras fit me best, my best friend prefers the shape Panache bras give her, and her daughter is fan of Freya balconettes, with wider set straps.

Hopefully, you now understand how much design and engineering go into a well-constructed bra, to produce lift, shape and support, as well as something beautiful to look at.



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Crossword Solution
from page 17



Sudoku Solution
from page 17



Solution to Mind benders

1. Swim under water
2. Back in five minutes
3. Leave no stone unturned

mindbenders
from page 18

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