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a community magazine and business directory
for residents of shirley

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- Aged 18+ (for insurance purposes)
- Live locally

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Autumn is approaching...

Welcome to the September edition

It's a busy month with kids going back to school, and individuals getting ready for university. The roads are going to be busier, the mornings and evenings are going to get darker, but there's still lots to look forward to.

We can start thinking ahead, planning Halloween treats, bonfire parties and event starting to think about Christmas plans. There's also lots of interesting and fun things going on locally – whether you fancy being inspired by Grand Designs Live or want to jive the night away with the UK's best jive and swing band in Solihull – just check out page 6 for more details.

Zoe

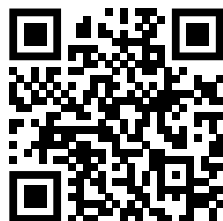
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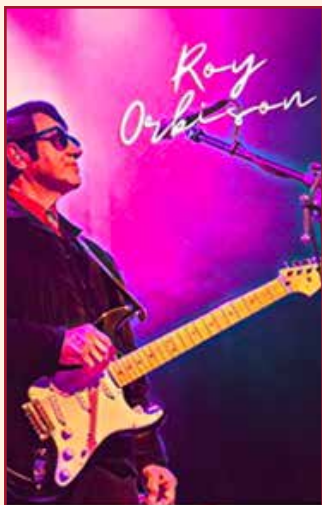


community events

Grand Designs Live

5-9 October, NEC

Based on Channel 4's Grand Designs, the live exhibition is the best place to find ideas, advice and products to make your home project a success. For tickets please visit www.thenec.co.uk/whats-on/grand-designs-live.



The Roy Orbison Story 2022

30 September - 1 October, Core Theatre Solihull

Barry Steele and a fabulous cast of musicians and singers will take you on a musical journey from The Black and White Night right through to the Traveling Wilburys and beyond - with so much more in between. Tickets from the Box Office: 0121 704 6962



BEE Gees Tribute Night

5 November, Shirley British Legion

The Bootleg Bee Gees will have you up on your feet and dancing in no time as they perform hit after hit to perfection. The quality of this act is so close you will imagine it's the real thing! Tickets from www.ticketsource.co.uk

The Jive Aces

22 October, Land Rover Sports & Social Club

Renowned worldwide for their high-energy spectacular showmanship, their viral video "Bring Me Sunshine" and for being the first live band to reach the final rounds of "Britain's Got Talent", The Jive Aces have firmly established themselves as the UK's No.1 Jive & Swing band. Tickets from www.landroversc.co.uk



Disney On Ice presents Dream Big

26 - 27 November; 30 November - 4 December, Resorts World Arena

Miguel aspires to be a musician and journeys through the Land of the Dead; Moana and Maui bravely restore the stolen heart of Te Fiti; Anna and Elsa save their kingdom; and the Disney Princesses inspire with stories of strength, determination and kindness. Share every magical moment at Disney On Ice! Tickets from www.resortsworldarena.co.uk





The Solihull Sports and Social Club (Municipal Club)
Brick Kiln Lane (off Widney Lane)
Solihull B91 3LE

Solihull Sports & Social Club
Fireworks Display
Gates open at 7pm
Fireworks start at 9pm
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Friday 4th November
Solihull Sport & Social Club – Brick Kiln Lane, B91 3LE

Watch this space for when tickets go on sale

£8 Adults (single ticket) Non Member (Members £6)
£6 Children (single ticket 12 and below) Non Members (Members £3)
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Saturday 17th December
7:30 til Late
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Heads Up!

The latest in vehicle technology

Busier roads mean we need to use more of our concentration to monitor the traffic around us. Tightly enforced speed regulations mean we also need to watch our dashboard dials to keep on the right side of the law. Unfortunately, this means we have to take our eyes off the road frequently to read the gauges. Add in a sat nav and a lot of our mental bandwidth could be diverted at any one time.

Enter the Heads-Up display. These have been around for while and are fitted as standard on some premium cars. But third-party units are widely available and easy to install.

A Heads-Up display is a small transparent unit which is mounted on top of the dashboard, in front of the driver. It displays information exactly where you need it –

directly in the line of sight. Drivers get all the important information such as speed, warning signals and indicator arrows for navigation without having to looking down to the instrument cluster or the secondary display, hence the name.

There are a few types of Heads-Up display. Some project on to your windscreen, and these can be harder to see in some lighting conditions. Some have a semi reflective sheet of glass that's designed to reflect the display whilst allowing you to see through it, very much like in fighter aircraft.

Most Heads Up units plug in to the OBD port in your car to get their information, and some models can connect to your phone and Satnav which allows them to provide even more features in your line of vision.

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Laser eye surgery gone wrong?

If you have concerns over your laser vision correction surgery, our specialist team could help.

Fletchers Medical Negligence offers legal support for people who have suffered the consequences of a medical mistake, process failures or from dishonest medical support. Those in this position generally wish to seek justice, have their circumstances investigated, and secure the rightful compensation that is owed to them.

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medical negligence

We are aware that some laser eye surgery patients under the care of an ophthalmic surgeon, Mr Prashant Jindal, may have experienced poor care, during their consultations.

The Medical Practitioners Tribunal Service is currently investigating Mr Jindal's practices in relation to:

- his consenting process including the discussions of risks and benefits of procedures;
- the accuracy of his recording of those discussions;
- who went on to provide the treatment and whether this was Mr Jindal

If you have been under the private care of Mr Jindal and you feel you may have been affected, our legal experts will guide you through the process and investigate your experience on your behalf.

Pruning Power

Pruning is a word which can instil fear into the heart of a novice gardener.

often get asked when to do it; how to do it, and how extensive it should be?

Rarely do I get asked WHY do we do it?

While a shrub won't die if it isn't pruned, it might grow too large for the space, or become straggly, or produce poor quality flowers. So, gardeners prune in order to enhance a plant's performance; to encourage it to produce better foliage, flowers, or fruit. Pruning forces a plant into 'growth mode' as it tries to replace what it has lost.

When should we prune?

There are two main pruning seasons: autumn and spring. Shrubs that flower in the winter, spring and early summer generally produce their flowers on old wood, which is any stem that grew the previous year. These shrubs need to be pruned in the autumn.

Shrubs that flower in mid-summer or autumn tend to produce their flowers on this season's growth, which means on stems that were produced this year. These shrubs should be left until spring before pruning.

There's no magic or mystery involved: we're working with the natural inclination of the plant. If the foliage and flowers are produced on new wood, then it makes sense to encourage the plant to produce as much of this as possible. It also makes sense to prune in the spring because any new growth in the autumn would be vulnerable to frost.

Many autumn-pruned plants benefit from 'the rule of three.' My grandfather taught me this and it means that each year, in the autumn, after the shrub has flowered, you prune out one third of the oldest shoots. This encourages new growth the following spring while still allowing the shrub to flower on the old wood. Treated this way, the



shrub will be completely rejuvenated every three years but will flower every year.

Pruning is best approached with a clear purpose. What is your aim? If a reshape is in order and you're only partially shortening a stem, always prune to an outward facing bud which encourages a nice, open shape. As I've already mentioned, pruned plants will do a lot of growing, which means they'll expend a lot of energy, hence all pruned plants need a good feed in the spring, before the growing season gets underway.

Finally, if you do get it completely wrong, don't panic. Generally, the worst that happens is that the plant looks a bit naff for one season then bounces back the following year. That's the good thing about plants: they just keep on growing.

So, treat your glass of Chardonnay with extra respect as you raise it in a toast to and say 'Cheers!'

Prune in spring

Buddleia, perovskia, dogwood, caryopteris, lavender, roses, fuchsias

Prune in autumn

Cotinus, forsythia, winter jasmine, philadelphus, spiraea, weigela, deutzia

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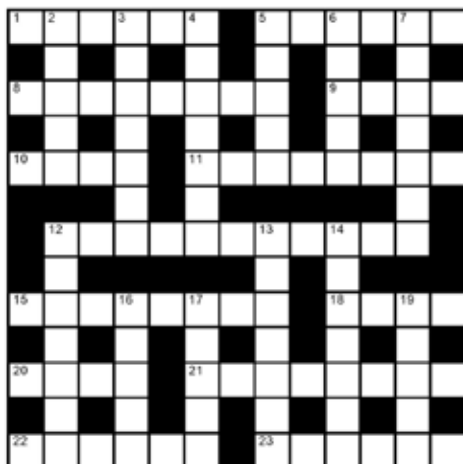
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clues



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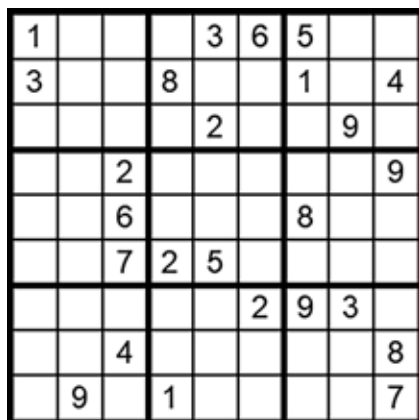
- 2 Communication device (5)
3 Examiner of accounts (7)
4 Actions producing responses (7)
5 $\frac{\text{distance}}{\text{time}}$ (5)

- 6 The Pied _____ of Hamlin (5)
7 Exact copy (7)
12 Coastal town (7)
13 On the way (2,5)
14 Hiker, leisure walker (7)

- 16 Frenzied (5)
17 Contraction of Edward (5)
19 Squeezed and twisted to remove water (5)

- 1 Pointed tipped weapons (6)
5 Terrific, wonderful (6)
8 Source of wealth or valuable information (4,4)
9 Resides at the Vatican Palace (4)
10 Undiluted (4)
11 Support from beneath (8)
12 Roadside facility for travellers (7,4)
15 Device to measure energy usage (3,5)
18 Weak cry (4)
20 Soft feathers (4)
21 Bend over with laughter (6,2)
22 Tacky, gummy (6)
23 Make furious (6)

answer on page 26



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 26

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Moist Orange Cake

Preparation time: 30 mins

Cooking time: 50-60 mins plus cooling time

Serves: 8

Ingredients

3 eggs

250g caster sugar

275g plain flour

2 ½ tsp baking powder

100g butter, softened

100g plain Greek yogurt or sour cream.

1 large orange, about washed and cut into pieces with the rind, but remove the seeds

1 tsp vanilla extract

Glaze

Juice of one large orange

100g caster sugar

IMPORTANT:

Food processor or blender required

Method

Preheat oven to 175°C

Prepare an 8 inch / 21cm springform pan by spraying the sides with sunflower oil or butter and lining the base with greaseproof paper.

Place the sugar and eggs in a large bowl and beat with a mixer until light and fluffy and increased in volume. Sift the baking powder and flour together then add to the mixture in the bowl a little at a time along with the



softened butter. Continue to mix until completely blended, then stir in the yogurt or sour cream. In a food processor or blender, process the whole orange until it is almost pureed.

Add this blended orange to the cake mixture along with the vanilla extract and stir until evenly combined, then pour the batter into the prepared tin. Bake for 50-60 minutes depending on your oven. The cake is ready when

a skewer inserted into the centre comes out clean. Allow to cool for about 15 minutes, then remove the side of the springform pan. Make the orange glaze

Prepare the glaze by heating the sugar and the orange juice in a saucepan, and allow to simmer for a few minutes, until the liquid has a syrupy consistency. Skewer the top of the a few times, then spoon and brush over the top of the cake and allow to cool completely before cutting.



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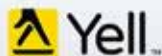
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Stand Up for Fun

Try stand up paddleboarding this summer

I fell in love with Stand Up Paddleboarding (or SUP) last summer when the local marina offered SUP lessons. Before the end of the first lesson, I was hooked. SUP involves standing on a board while using a paddle to manoeuvre your way through the water. It's a super-fun way to explore local waterways and get some fresh air and exercise.

SUP is not difficult. We learned the basics in a day. There are more challenging forms of SUP, like SUP surfing and long-distance SUP touring, but recreational paddleboarding is pretty easy.

Paddle boards come in a range of different shapes, lengths, widths, and sizes. The most common paddle board size is about 3.3m long and between 75cm-90cm wide. They are much bigger than your average surfboard! Beginners are best to look for an All-Around board...which is built for all water types, balancing speed, stability, and tracking.

Inflatable paddle boards (or iSUPs) can be stored in a small space and easily transported then inflated when you're ready to use them. Inflatable SUPs also float higher in the water, which is ideal for activities like SUP yoga (a real thing), and they are very durable

Hard SUPs are made of an EPS foam core wrapped in materials like epoxy, fibreglass, wood, carbon fibre, or plastic. They tend to be slightly faster than inflatable SUPs, so perform better for SUP surfing. But they are harder to store and transport because they're so big.

Walk into the water to knee-deep, set the board on to the water's surface. Place your

paddle across your board, climb on and kneel on the board. Practice paddling on your knees until you feel comfortable. Move one foot at a time and place your feet in the place where your knees have been resting. Slowly rise from a squat, with your heels flat, and slide your hands onto your paddle.

EXTRA EQUIPMENT

SUP Paddle - about 20-25cm taller than you are.

Paddle Leash - so your paddle can't float away if you drop it or fall in.

SUP Leash - so your board can't float away if you fall in!

PFD (Personal Flotation Device) - Safety first

Flashlight and Safety Whistle - If you plan to paddle in the dark.

Shoes - neoprene shoes will keep your feet warm in cooler weather and won't damage the board. I prefer bare feet.

Dry Bag - take a towel and a phone at the minimum.

Engage your core for stability. As soon as you stand up, make your first stroke with your paddle. This will help you build momentum and in turn, remain steadier. Stand with

your feet parallel, hip-width apart, toes facing forward, and knees slightly bent. Wider boards are easier for a beginner to balance on.

It's possible to teach yourself the basics but it's more fun to take a class with other beginners. There

will almost certainly be one near you this summer. So, join the craze and get paddling. Don't forget the sunscreen.



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COMPETITION

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For your chance to win these tickets, email zoe@dorridgedirectory.com with the subject line **The Seagull** and you will be added to our database to receive our monthly e-newsletter about offers and events in Solihull.

**Closing date for entries is
10th October 2022.**

The winner will be 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.

Enjoy the Encore screening of the National Theatre Live production of *The Seagull* on the big screen at The Core Theatre Solihull. A young woman is desperate for fame and a way out. A young man is pining after the woman of his dreams. A successful writer longs for a sense of achievement. An actress wants to fight the changing of the times. In an isolated home in the countryside, dreams lie in tatters, hopes are dashed, and hearts broken. With nowhere left to turn, the only option is to turn on each other. Please note, this is a screening, not a live production.

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By Natasha Donovan

Perfume: The Story of a Murderer by Patrick Süskind, translated by John E. Woods.



Although *Perfume* is a book from the archives (1985) which was made into a film in 2006, I only discovered it recently. It won a Fantasy award when it was published yet I can't really call it Fantasy. And although set firmly in the past it's not Historical Fiction either. In spite of the explicit subtitle, it isn't Horror, nor is it a Murder Mystery. It's one of those wonderful books which defies a genre. Jean-Baptiste Grenouille is the story of a peculiar boy who becomes a dangerous yet interesting man. He is born without any body odour. As his wet nurse states, "Babies always have a smell, some stink, but underneath it, there's always a warm, cuddly smell that even a cold, heartless, child-hating woman such as I can appreciate." But Grenouille lacks any kind of scent, which marks him out as different. Paradoxically his own sense of smell is perfect, the olfactory equivalent of the perfect pitch possessed by some musicians. He becomes obsessed with scent, particularly the aromas of Paris, and his dark curiosity about perfume is central to the plot. Grenouille knows he is not normal, and his obsession for the pursuit of a perfect fragrance leads him to commit his first murder, for the love of a young woman's particular scent. Süskind perfectly dissociates Grenouille from the abhorrent acts he performs. On the one hand he never stops telling the reader directly how awful Grenouille is but at the same time, through Grenouille's actions, the reader can't help but become attached to this unusual protagonist. Grenouille is driven, constantly working towards his goal, then right at the peak of the story Süskind changes gear with jarring, dramatic effect, as the tale heads into a frenzied denouement. I feel this is a novel readers will love it or hate. You will definitely not remain indifferent.

The Smell of Other People's Houses by Bonnie-Sue Hitchcock

In keeping with the theme of smell this month, this is a beautiful Young Adult novel.

It's actually a collection of deftly interwoven stories. The lives of teenagers in a small town are simply told, in sparing language with concise description, and highlight how the weighty issues of the world are experienced and processed every day by ordinary children.



There are dark undercurrents flowing through the backstories, yet the overriding message is of hope, friendship, and community. Hitchcock's descriptions of the Alaskan landscape are exquisite, and her handling of cultural and background issues sensitive. This is an emotional, yet never sentimental novel which observes how young people are shaped by the events happening around them.

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

Sudoku Solution
from page 17

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

Crossword Solution
from page 17

All aspects of arboriculture work undertaken.

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