



Caversham Bridge

Worth the wait

by Sue Williams

ON SATURDAY 30 April, the bells of St Peter's, Caversham rang out to announce that, at last, Rachel Williams had just been married to Sam Williams. Like many other couples, they had to postpone their wedding on two previous dates due to Covid-19 restrictions, resulting in a wait of an extra two years for this special day. As Rachel and Sam stepped out into the sunshine, they were greeted by a surprise guard of honour by some of the 5th Caversham (St Peter's) Brownies, where Rachel is a Leader and is better known as 'Otter'.

Having waited so long for their wedding, it was most unfortunate that the Rector, Rev'd Mike Smith, fell ill with Covid-19 only two days beforehand and was unable to conduct the service. Luckily, the Rev'd Derek Spears, a family friend

who was already taking part in the service, was on hand to step in and conduct the ceremony instead. This was particularly appropriate, as it was Derek who had not only married her parents, Sue and Steve Williams 34 years ago, but also baptised Rachel and each of her siblings as babies. Derek will be remembered by many from his ministry at St Peter's some years ago.

Rachel's bridesmaids were her sister, Kathryn Fuller (older Brownies may recall her as 'Dormouse'), and Maddy Millar, a close friend and professional musician, who played the bassoon during the signing of the marriage document. Maddy was accompanied by Ian Westley, the Director of Music at St Peter's. The best man was Jonny Williams, brother of the groom.

This wonderful day truly was a case of third time lucky, and one that will live long in the memories of all who attended. It was definitely well worth the wait!



The Bride and Groom with the Brownies

photo M Eighteen

Summer Is A Comin' In

text and photo by Phil Chatfield



King's Road street party

FOR MANY PEOPLE, this summer will be the first for nearly three years in which we look forward to a more 'normal' holiday period. At the start of June, we celebrated the Queen's Platinum Jubilee, with street parties, shop window displays, flags and bunting. In Hemdean Road, neighbours enjoyed an exhibition on the history of their road with a chance to take tea with the 'Queen' (p5), and a special service was held on Christchurch Meadows on 5 June (p4). One of the Jubilee initiatives is the Queen's Green Canopy, which aims to plant trees across the country. St Andrew's church has made its contribution (p4), and we wonder if you know of any others?

As usual, we have articles from Les Cooper and Louise Hampden which look at our gardens and how to make the most of them (p10). Our public green spaces also feature, with our Community Connections article on Vickie Able, chair of Friends of Caversham Court (p11), and the Meadows Day event at Clayfield

Copse on 2 July (p9). And this month, the Happy Wanderer returns to the natural world, with a look at the Brown Argus butterfly (p7).

Our creative talents are spotlighted by the illustration from Janina Maher of The Last Crumb pub, with its accompanying article from Martin Andrews (p14), and our Creative Caversham report on Michael Norcross and Victoria Baker of Studio 21 (p12).

Events in Ukraine continue to have an impact here. Several individuals and families have now arrived as guests of local residents and there have been fund-raising events, including plant sales (p3) which have been well supported. But this is not the first time Ukrainians have sought refuge here and we tell the story of one of many families who made their homes in Reading and Caversham after the Second World War (p13).

We welcome your contributions to the paper, so please do contact us at editors@cavershambridge.org or leave a message on our answerphone, 0118 328 2754.

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CAVERSHAM BRIDGE AND THE BIG ISSUES

IT IS A privilege to contribute an article to Caversham Bridge. Each month its lively and colourful productions update us on what is happening around us. It is encouraging to see and to learn from the considerable variety of creative skills and interests people in our area have.

When John Bird launched a new concept of magazine for homeless people to sell in order for them to earn money, he cleverly called it 'The Big Issue', linking the issuing of the magazine with the major issues of the day.

So what are the big issues of today?

They include:

- International conflicts
- 100 million displaced people
- Huge numbers living with severe hunger, water shortages and crippling poverty
- Catastrophic climate changes
- Pandemics
- Corrupt governments
- Human rights abuses
- Terrorism, racism and crime
- The possibility of economic collapse

The issues we face are indeed big. They are massive threats



Talking Point – David Jenkins

to the values we seek to live by - justice, peace, freedom and integrity. With so many inducements to despair, where can we find a rational basis for hope? Where can we find the resilience, strength and wisdom we need to address these issues in an

effective way?

As a person of faith, I believe the ultimate antidote to our shared anxiety is to be found in the existence and nature of God. God is committed to what he has created, God encourages and empowers us to co-operate with him and with one another in ways which bring life, compassion and healing. God is the source of human inventiveness and inspires us in tackling life's major challenges.

We need God, and we need each other, if we are to make effective headway in facing and overcoming the really big issues of our day.

What we share in our life together in Caversham goes some way towards effectively building communities where people relate to each other and care for each other. We saw something of this in the street parties and other celebrations that marked the Queen's Platinum Jubilee. We also see it in simple everyday neighbourliness.

The Caversham Bridge itself contributes to this community coherence.

We are conscious of how vital the bridges are which link us to Reading, and of the considerable traffic frustrations if either of them is blocked!

The image of being bridges which allow the free flow of creative activity, information and ideas, bringing people together in understanding and reconciliation may be helpful to reflect and act on.

Revd. David Jenkins is a member of the Methodist Team Ministry.

Local clergy and church services

ANGLICAN

Caversham Thameside and Mapledurham Ministry

St Peter, St Margaret, St John
Rev'd Mike Smith, The Rectory, 20 Church Rd
Caversham RG4 7AD

Tel: 0118 947 9505 rector@ctmparish.org.uk
Rev'd Penny Cuthbert Tel: 07825 331 810
Rev'd Andy Storch Tel: 07365 555 905

Contact: admin@ctmparish.org.uk or 0118 996 8836
Correspondence address: Church House, 59 Church Street,
Caversham RG4 8AX

Current services

St Peter's Church –

1st Sunday of the month:

8:00 BCP Holy Communion

9:30 Service of the Word with junior choir and potential for baptism

2nd and 4th Sundays 9:30

Holy Communion using existing service booklets, with adult and junior choir and Sunday Club

3rd Sunday

9:30 Holy Communion in a new, shorter format with junior choir

18:30 Sung Choral Evensong.

St John's Church Gosbrook Road Sunday services

8:00 Online CTM Youtube channel (stays available to watch anytime)

9:30 1st and 3rd Sunday Holy Communion, 2nd All Age

Worship, 4th Service of the Word

Sunday Club for children on 1st, 3rd and 4th Sundays

St Margaret's Church Mapledurham – 11:15

Wednesday – 09:30 – Zoom morning Prayer –

<https://us02web.zoom.us/j/786384026>

St Andrew

Rev'd Nigel Jones, St Andrew's Vicarage, Harrogate Road.

Tel: 0118 947 2788 www.standrewscaversham.org

Current services

St Andrew's weekly services are Sundays at 8:00 and 10:00.

The 10:00 is also livestreamed on the St Andrew's YouTube channel. Prayer Book Communion at 11.30 on the first

Sunday of each month. More info on the parish website.

www.standrewscaversham.org/services

Wednesday 8pm Compline (in church/vicarage)

St Barnabas Emmer Green

David Howell (Churchwarden)

Email: churchwarden@saintbarnabas.org.uk

Current Services

1st, 2nd, 4th & 5th Sundays of the month at 9:30:

Parish Communion

1st Sunday of the month at 11:30: All Age Service

3rd Sunday of the month at 9:30: Service of the Word

Every Wednesday at 10:30: Midweek Communion

CAVERSHAM PARK CHURCH (LEP)

(United Reformed Church)

Contact: Dr Alison Johnston

Tel: 0118 947 5152 www.cavershamparkchurch.com

Current services

Sunday – 11:00 – Livestreaming on YouTube

Details on their web site at: <https://cpvc.org.uk:5152/livestream>

METHODIST CHURCH IN CAVERSHAM

Rev'd Martin Beukes, 72 Highmoor Rd.

Tel: 0118 947 2223 <https://cavhmc.org.uk>

Rev'd David Jenkins Tel: 0118 327 1592

Current services

Sunday – Caversham Heights Methodist Church, Highmoor Road – 10:30 – (also available on Zoom – email:

martin.beukes@methodist.org.uk for details)

Sunday – Caversham Methodist Church, Gosbrook Road – 10:30

CAVERSHAM BAPTIST CHURCH

Pastor: Colin Baker

Church office Tel: 0118 954 5353

Email: secretary@cavershambaptistchurch.org.uk

Current services

Sunday worship is at 10:30 each week

A link is placed later on Sundays at:

www.cavershambaptistchurch.org.uk

and on YouTube channel

www.youtube.com/user/CavershamBaptist where the

recorded service is shown.

GRACE CHURCH

(formerly Caversham Hill Chapel)

Pastor Keith Saynor

Tel: 0118 947 4529 www.gracechurchcaversham.org.uk

Current services

See their web site for details:

www.gracechurchcaversham.org.uk

RIVERSIDE CHURCH (Reading)

www.riversidechurchreading.co.uk

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Tel: 0118 946 3009 www.ntcreading.org.uk

ROMAN CATHOLIC

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Mgr Patrick Daly, The Presbytery, 2 South View Avenue.

Tel: 0118 947 1787 www.ourladyandstanne.org.uk

Current services

See their web site for services at:

www.ourladyandstanne.org.uk

St Michael Sonning Common

Fr Michael Sharkey, St Michaels, Sonning Common

Tel: 0118 972 3418

At the time of writing, church services are affected by the pandemic restrictions, disrupting normal worship. However, church communities have adapted to the circumstances and are alive and active in new ways.

Our churches are open with some restrictions in place. Most have a range of on-line services, house groups and social meetings, using Zoom and YouTube. For current information, see the websites for each church (on this page) or on the Churches Together in Caversham website: www.cavershamchurch.org

The Caversham Bridge is a community newspaper produced by Caversham Christian News Ltd

Future editions:

Contributions for the August 2022 issue should be submitted by 1 July and for the September 2022 edition by 1 August. These should be e-mailed to:

editors@cavershambridge.org

Dates for advertising copy are 1 July for the August 2022 issue and 1 August for the September 2022 issue. These should be e-mailed to: advertising@cavershambridge.org



Spread the word

OVER THE last two years, our writers and editors have been working hard to make the Caversham Bridge a bright and lively paper, full of local interest. However, there are still many people in our community who have not heard of it. We believe the best way for us to widen our readership is through personal recommendation. If you are enjoying the paper, is there a friend or neighbour who you could talk to about it? We can provide additional sample copies if you feel you can help in this way – just email: editors@cavershambridge.org or leave a message on our answerphone, 0118 328 2754. *the Editors*

Brilliantly Done Caversham! by Tricia Marcouse

MAY WAS the month of plant sales in Caversham. These featured large numbers of sunflowers, the national flower of Ukraine. The two sales in mid-May were raising funds for charity and exceeded all expectations. Phil and Pam Chatfield's annual plant sale for WaterAid this year shared the proceeds with the Red Cross Ukraine appeal. Their four-day sale of plants, with open garden, coffee and cakes, Fairtrade goods, and handicrafts raised more than £2,200. The second sale, in Albert Road, was hosted by Gail and Alan Spence. As a response to the crisis in Ukraine, they decided to hold a 'bring

and buy' plant sale. They opened their garden to the public, ruined their lawn (it rained on the first day of the sale), and worked for well over a month to get it all arranged and promoted throughout the area. A huge thank you to the individuals who grew plants and baked cakes, the businesses which donated raffle prizes, the small army of volunteers, and the people who came to buy during the week, resulting in a total of just over £17,000 for the Ukrainian Appeal. So well done to both couples and all who supported them.

The editor got me out of a jam...

text and photo by Rowena Waddington

WE WERE having friends for afternoon tea, and I decided to make some scones and serve them in the traditional way with clotted cream and strawberry jam on fine china - the 'works'. The tea party was also on the first day of the Plant and Craft Sale last month, as advertised in the Bridge, so I headed there first thing.

I was convinced there would be a good mix of home-made preserves, which there were. But no strawberry jam! However, Phil (one of the Caversham Bridge Editors) saved me a trip to Waitrose, as he dug deep on the preserves shelves in his hideaway and produced a jar of vintage strawberry and tayberry jam. It looked good and anyway I thought it would be an interesting talking point, so I bought it and served it. It was deliciously different! Good ol' Google explained that a tayberry is a cross between a blackberry and a red raspberry and is named after the River Tay in Scotland. It's a cultivated shrub and was patented in 1979.

That's not all I bought to help towards two very needy causes (WaterAid and the Red Cross Ukraine Appeal), I bought a few plants, including a sunflower which I had on good authority could grow to twelve feet high. So, watch this space!



Brighten up your street competition

by the Editors

THERE ARE JUST a few days left to enter our competition to brighten up our neighbourhoods. Can you make a difference and plant up containers to bring interest and excitement to your front garden? You have until 8 July to enter, and judging will take place later in the month.

The entry must be visible from the pavement – both for judging but, more importantly, to bring a smile and pleasure to passers-by. Prizes will include vouchers for Playhatch Garden Centre donated by British Garden Centres.

To enter, register by e-mail to editors@cavershambridge.org including the words Competition Entry in the title, or by letter to Caversham Bridge Planter Competition, Church House, Church Street, Caversham.

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NOODSkin in Church Street, Fourbears Books in Prospect Street, the True Food Community Co-Op in Grove Road, Emmer Green, opposite St Barnabas Church and at the Milestone Café in Caversham Park Village

CELEBRATING SERVICE



Welcome from Andy Storch

Rachel Eden, Mayor of Reading

text and photo by Phil Chatfield

THE SALVATION ARMY provided a rousing accompaniment to a service to mark both the Platinum Jubilee and the Festival of Pentecost (which commemorates the descent of the Holy Spirit upon the Apostles fifty days after the resurrection of Jesus Christ) at Christchurch Meadow on Sunday 5 June. Despite the cool weather, nearly 200 people from Caversham and across

Reading joined the early afternoon service.

The Reverend Andy Storch welcomed those attending, and there were tributes to the Queen for her seventy years of service from Berkshire's Deputy Lord Lieutenant, Richard Anderson and the Mayor of Reading, Councillor Rachel Eden. The service included a selection of familiar hymns, readings from the New Testament, prayers, and an address from the Bishop of Reading, the Right Reverend Olivia Graham. It concluded with a blessing from the Bishop, and a finale from the Salvation Army.

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Planting Sylvia

photo V Cullura

Treebilee

by Rev'd Nigel Jones

MEET SYLVIA - a silver birch planted on Easter Day in St Andrew's Church garden. The tree-planting arose from St Andrew's current desire to be more ecologically minded. It is also part of the Queen's Green Canopy, a UK-wide tree planting initiative created to mark Her Majesty's Platinum Jubilee in 2022 by inviting people to 'Plant a Tree for the Jubilee'. The young tree was kindly donated by Charlotte, who cherishes with gratitude the reply she received from the Queen to a letter she wrote aged ten at a difficult time in her life. The tree was blessed, and we hope it will grow tall and strong!

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Golden Charter Funeral Plans

Smiles at the 3Cs!

by Nigel Smith

THERE WERE smiles all round at St John's Church on 10 May as the Caversham Community Café re-opened for the first time since 2020. 3Cs staff – some new recruits and some old hands – were delighted to welcome many new customers amongst the regulars. On offer were light snacks, a selection of cakes and teas, and the best fair-trade coffee in Lower Caversham.

Initially, the café is open fortnightly, with plans to open weekly (Tuesdays, 9:30-14:00) once enough volunteers have been trained. Join us throughout the summer on 5 and 19 July, 2, 16, and 30 August. Check out our website www.3cscafe.co.uk or twitter @3cscafe for latest information and future opening days.

To volunteer, please email volunteers@3cscafe.co.uk

The 3C's Team

photo R Purkis

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For your bookshelf....



Welcome to 'Fourbears Reviews' where we briefly review a couple of titles chosen from our book shop 'Fourbears Books' in Caversham. My name is Dorian and I've been at Fourbears Books for work experience having a great time getting used to the workplace for the first time. I have picked two titles to review: 'Lord of the Rings - The Fellowship of the Ring' and 'Diary of a Wimpy Kid'.

by Dorian



Wild hair bear

photo A Forbes

STARTING WITH the 'Diary of a Wimpy kid', it's a children's illustrated novel written by Jeff Kinney in 2007. It follows an 11-year-old boy, Greg Heffley, on his first days in middle school where he talks about the difficulty of being a teenager and trying to become popular and liked by others. Greg and his best friend, Rowley, get into comedic and difficult situations. My favourite is the 'Cheese Touch' where Greg and his friends find out about the story of someone touching rotten cheese and becoming disliked by everybody. The books continue with many different titles but the first one is definitely the best in the series so, if your child is a fan of books, this one should be a great pick.

the Ring'. It's a 400-page fantasy novel based around the adventures of Frodo Baggins who is a 'Hobbit' travelling through the lands of Middle Earth. It's a direct sequel to 'The Hobbit' with this title having as its objective the destruction of the 'One ring' which was found in the 'The Hobbit'. A group is formed with all sorts of characters such as 'Gimli' the Dwarf, 'Legolas' the Elf, and 'Gandalf' the Wizard, plus many more. They go through heroic adventures trying to get to Mordor, the final destination in their journey. The book was written by JRR Tolkien, one of the greatest fantasy authors ever, it has been turned into a movie and book trilogy winning many awards including Oscars. For any Fantasy genre fan this is a must read.

The other book I have chosen is the classic 'Lord of the Rings - The Fellowship of

These were my picks for this month's review, good luck and I hope you enjoy your reading.

In the Purple

text and photos by Caroline Gratrix



Royal tea



Jubilee teddies

NEIGHBOURS in Hemdean Road came together on Thursday 2 June to celebrate the Queen's Platinum Jubilee. Catherine Crabb wanted to do something to mark the occasion and to raise money for Cancer Research and an anti-knife crime charity in memory of local lad Olly Stephens. Catherine, who is a keen historian, researched and printed some fascinating old photographs, maps and information about Hemdean Road and Caversham.

Local residents were invited to view the exhibition, while enjoying tea, cake and a chat with Catherine. There was a Children's Corner with wildlife animals to find, and colouring sheets, plus a Jigsaw Puzzle swap for all ages. Catherine was surprised and thrilled to raise £150 for the two charities.

A few doors down Mike and Hester, who are well known for their front garden displays, had set up a 'take a selfie with the Queen' tea party and a marvellous Prince Charles scarecrow, while next door a brand-new Platinum Jubilee Teddy display was set up.



The princely scarecrow

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WHAT'S ON

IF YOU have an event planned, please send details to editors@cavershambridge.org We need to receive these no later than the 10th of the month before the event for inclusion in the printed paper. Later submissions can be included in our online What's On, which is updated regularly. To see what has been added check: cavershambridge.org:5154/local-info/whats-on

Caversham Library opening: 09:00 -17:00 Tuesday and Friday, 13:00 – 17:00 Thursday and 10:00 – 15:00 Saturday

www.reading.gov.uk/leisure/libraries/all-libraries/caversham-library

The Summer Reading Challenge is back at Caversham Library! Claim your certificate and medal by joining and reading 6 books during the school summer holidays. We will also be running craft activities on Thursday afternoons and a Bright Sparks Science Workshop. Don't miss out on the fun – visit your library for more information or look online www.reading.gov.uk/leisure/libraries

Mondays – Caversham Park Bridge Club – at the Milestone Centre, 19:15 for 19:30 start. Phone Lin 9477820 for further information. www.bridgewebs.com/cavershampark

Tuesdays – Babies and Toddlers – 10:00 -11:30 – Gosbrook Road Methodist Church - all welcome

Tuesdays – St John's Baby and Toddler Group – 09:30 -11:00 in term time – Caversham Hall, St John's Road - all welcome.

See www.facebook.com/stjohnscaversham

Tuesdays – Riverate Choir – 19:30 in term time - Caversham Heights Methodist Church, Highmoor Road. Enjoy singing together. For details see <http://riverate.com>

Sundays – Farmer's Market and Artisan Fair 10:00 – 15:00 Caversham precinct www.facebook.com/CAFMarket

Saturday 2 July – Reading Haydn Choir summer concert 'Favourites' – 19:30 Christ Church, Crockhamwell Road, Woodley, RG5 3LA. Familiar works including Haydn's 'Te Deum', Faure's 'Cantique de Jean Racine', some opera choruses and choral arrangements of 20th century popular songs. Check the website www.haydnchoir.org.uk for ticketing details.

Sunday 3 July – Walk at Checkendon 4.5 miles – 10:00 start - Pang Valley Ramblers. One of several walks in their programme. Every Sunday and alternating Wednesdays and Thursdays. See www.pvramblers.org.uk for details and article on page 8.

Wednesday 6 July – Rosehill WI – 14:00 St Barnabas Church Hall. There will be a talk by Marie Rogers about 'Gurka Women'.

Friday 8 July – Bereavement Café – monthly drop-in for the bereaved 14:00 – 15:30, St Barnabas Parish Centre, Emmer Green, RG4 8RA First Friday of the month. All welcome. Contact Gillian Wilson 0118 947 8772 for information.

Saturday 9 July – Artists & Makers Fair – 10:00-16:00 – Caversham Methodist Hall, 272 Gosbrook Road. Local artists and craftspeople display their work for sale. Free entry. Phone Jean 07808 966928 for information. www.cavershamcrafts.co.uk

Wednesday 20 to Saturday 23 July – Open Air Cinema – 19:30 Caversham Court Gardens. See: <https://summerscreens.co.uk/venue/caversham-court-reading> for details and to book.

Thursday 21 July – Caversham WI meeting – 19:30 at Church House (next to Waitrose). Every 3rd Thursday of the month. New members are welcome. Email: cavershamwi@berkshirerwi.co.uk Secretary: Joy Kennedy on 07786 642424

Friday 22 July to Tuesday 2 August – ART Works – 10:00 – 16:00 daily. The Reading Guild of Artists' 91st Annual Exhibition, The Old Fire Station Gallery, Henley on Thames. www.rga-artists.org.uk/exhibitions-events.html

Tuesday 26 July – Centenary Celebration Bowls Match – 14:00 Caversham Bowls Club, Albert Road



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Building our community

Planning update from Caversham and District Residents Association (CADRA), bringing you a summary of planning and transport matters affecting the RG4 area

There is a lot to report as this goes to press. For **Reading Golf Club**, the appeal against refusal of the second application has now been withdrawn. Application 220738 covers conditions for Environmental Management, Habitat Enhancement and Archaeology. An application for the appearance of the housing is expected from Vistry housebuilders and CADRA will meet their team shortly to see further details.

The application for **Caversham Park** has still to be decided but several formal objections have been submitted on heritage grounds, including from Historic England which you can find at www.cadra.org.uk. Following the refusal by South Oxfordshire of a previous application for **Caversham Lakes**, a new application has been submitted (P22/S1691/FUL). This fails to include the various events which are being held in addition to sporting activities and which have implication for traffic and for the nature reserve.

At **205-213 Henley Road**, application 220189 sets out plans for two standalone apartment blocks that will provide 59 retirement living apartments with a mixture of 1 and 2 bedrooms.

Plans for the new **Riverside Academy** (212061) were approved by the Planning Committee. We were pleased to note that concerns over the number of cycle storage places, the response to climate change and the extent of landscaping to the north are to be considered further.

On **St Peters Hill** a 15m monopole with ground-based equipment cabinets has been refused (220587). Application 220638 for a 15m monopole on **Grove Road, Emmer Green** is still being considered. CADRA, local Councillors and residents have raised concerns about the location.

At the **Moorings, Mill Green**, application 220591 applies for a Certificate of Lawfulness for existing use as a commercial boatyard. You can submit evidence or observations as to the length of time a boatyard has operated there.



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Happy Wanderer is distracted by: **The Brown Argus**

WHEN I WAS a student in Leeds, I thought of 'The Argus' as the daily paper of the neighbouring city – 'The Bradford Telegraph and Argus'. This is an interesting title which looks both forwards and back. The electric telegraph must have been relatively new, progressive and modern when the 'Bradford Telegraph' first appeared in 1868. When its rival, the 'Bradford Argus', opened in 1892, its title looked back to Greek mythology. The two titles merged in 1926.

Argus (or Argos) was a primordial giant, with a hundred eyes all over its body, only a few of which slept at any one time. He was vigilant, watchful, and thus a kind of guardian. His nickname, 'Panoptes', implied that he was all-seeing, making 'Argus' an appropriate title for a newspaper. He was the servant of the goddess Hera, tasked with hiding the white heifer, Io, who was also a nymph, from Zeus. Zeus, for his own amorous ends, commanded Hermes, messenger of the Gods, to slay Argus and release Io. When this was done, the goddess Hera transferred the eyes of Argus to the tail-feathers of peacocks and, after that, any creature with markings that looked like eyes could be called an Argus. The name was given to a kind of pheasant, as well as to the Argus butterflies.

'....Argus was a primordial giant...'

It's the Brown Argus butterfly which occurs round Caversham – there are varieties of Brown Argus which occur further north in England, and there's a Scotch Argus, which is not closely related. It belongs to the same family as the blue butterflies, several of which are fairly common around here, but the Argus has no blue scales on the wings at all. What you see here are the undersides of the wings with the eye-spots: the top sides are brown, with white edges and a row of orange rectangles near the edges.

Its caterpillars look like little green slugs with two yellow stripes. They feed on the Common Rockrose and on members of the Geranium family – the Common Storksbill and Dove's-foot Cranesbill in particular. The Rockrose likes poor thin soils on chalk hills, so the Goring Gap, on both sides of the Thames, and all along the Chiltern escarpment are likely areas. The Storksbills and Cranesbills like disturbed

soils and the edges of arable fields away from chalk, so you can find this butterfly in many places. There are two broods a year, the first of which usually produces butterflies which emerge in July, which is when I have usually seen them. The second brood has to hibernate, as caterpillars, and then turn into chrysalids in the spring, which hatch about May.

The butterfly has a peculiar and distinctive habit of shuffling its front and hind wings when it is at rest, a habit I've noticed several times. The insect in the picture, feasting on lavender flowers, was in the churchyard at Dunsden. At the time, I was walking the 'Wilfred Owen Trail', but I have to admit that being able to watch butterflies at close quarters meant as much to me as the story of Wilfred Owen, the First World War poet!



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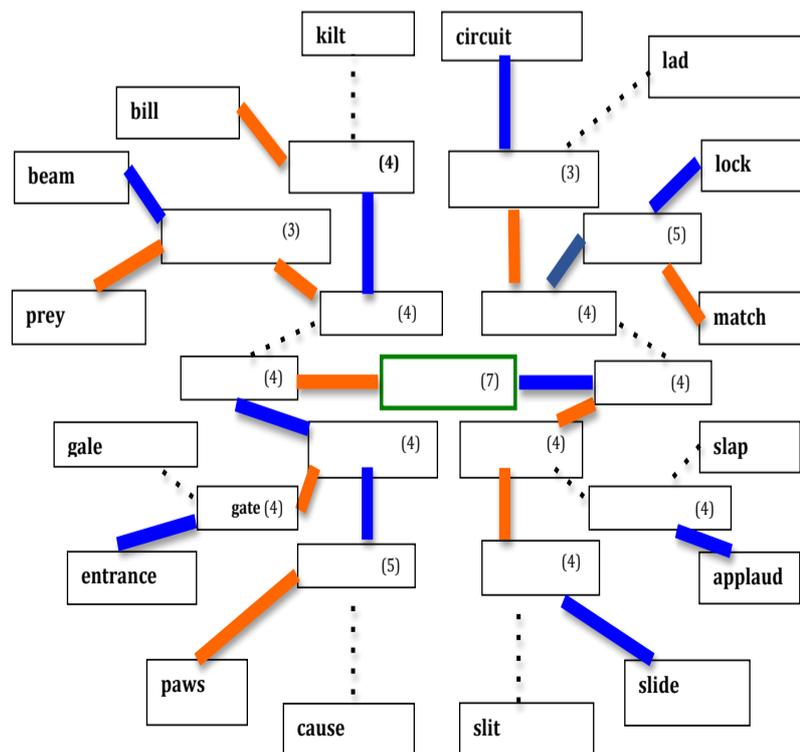
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Puzzle Corner

The Challenge by Rachel

Find the word that has the same meaning as the clue; or rhymes with; or has one letter that is different. For example: *gate* has 4 letters, differs from *gale* by 1 letter and means *entrance*.

Rhyme ———
Letter change
Meaning ———



Answers on page 15

SEASIDE HOLIDAYS WORDSEARCH

Can you find 18 seaside related words here?

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

Bay
Beach
Boat trip
Bucket
Campsite
Caravan
Cliffs
Fishing Net
Fish and Chips

Gulls
Hotel
Ice Cream
Pier
Rock pool
Seal
Sand dunes
Spade
Windbreak

A bit of a ramble

by Michael Howes of Pang Valley Ramblers



photo Pang Valley Ramblers

countryside led by someone who knows the route. It provides company and companionship. The PVR prides itself on being a friendly group and, post-lockdown, our members flocked back to Ramblers walking as soon as they could. Non-members are welcome to try out our walks before joining.

Starting points, times of walks and even advice on what to wear, can be found on our website: www.pvramblers.org.uk. We have a four monthly programme of walks around our beautiful area. Most are on the network of footpaths which criss-cross our countryside, but we also have some urban walks. Recent PVR walks have been from such diverse places as Sulham Woods, Green Park, Reading and Checkendon. There are walks on most Sundays and short morning walks (around 5 miles) on most Wednesdays (with some on Tuesdays or Thursdays). We also have some shorter Saturday walks. We have weekends away, longer holidays, and a varied social programme.

Come and join us on one of our walks - your first walks are entirely free.

RAMBLING is defined in the dictionary as:
a) walking in the countryside for pleasure;
b) lengthy and confused, and c) putting out long shoots and growing over walls or other plants.

I'm writing about the first meaning, whilst trying to avoid the second, to tell you about a local group, the Pang Valley Ramblers (PVR). Despite its name, PVR members walk in a wide area, from south Oxfordshire to north Hampshire, and many of our members live in the Caversham area.

Walking enjoyed a boom during lockdown, when many found walking was not only free, but led them to explore their previously unseen local area. By leaving the car behind and simply 'going for a walk', they discovered roads and footpaths they never knew existed. I found regular walking helped keep me sane during the most difficult times, either walking alone or with a few friends.

However, walking with a group like PVR is more than just a walk in interesting

Centenary Celebration

CAVERSHAM Bowling club celebrated their centenary on 25 May with a match against Bowls England. The club was formed at The Griffin on 30 June 1922, with the first match played at Albert Road in May 1923.

The match against Bowls England involved 24 bowlers from 13 counties against 24 of our club members, and resulted in a win for the home team, with a final score of 107 to 92. We have another celebration match on 26 June at 14:00 against Berkshire County Bowls.

The club welcomes new members, who can find details on our website, www.cavershambowlsclub.org.uk or come to Albert Road Park any Friday evening from 18:00.

by Harry Walmsley, Club



The Centenary Bowls players

photo Caversham Bowls Club

Poets' Corner

LOVE SONG

Morning dawns crisply
In an orange haze
Of burnished sunlight
On the sparkling lawn

Where her warming fingers she does extend.

Flowers yawn on quivering stems
Tickled by the breeze
A tiny bird flies in and out
Chirping his song vibrantly clear
Ringing in the air

And the trees scatter blossoms
As confetti over lovers
Pink and white whispers
More beautiful than the rushing brook
My crystal dreams of you.

Nicola Dominic - Written at age 15

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Saving Energy in the Kitchen

by Tricia Marcouse

THE MYTHICAL 'average' family is supposed to use 25% of their energy in the kitchen. There are savings to be made through changing habits. The big ones are teaching all the members of the household not to fill the kettle just to make one mug of tea, and planning to fill the oven when using it. At the same time, we should avoid unnecessarily heating things we store in the oven. Many of us keep baking sheets and that tray used once a year for the turkey in the bottom of the oven. Here they are heated up regularly and prevent good air flow. Find another storage spot. Similarly, the scale in the kettle reduces heat transfer to the water and needs regular removal. Use lemon juice or citric acid, clear the filter regularly, and don't fill the kettle through the spout so that the solids get washed back in.

More savings can be made through changing cooking methods without buying new equipment. Try using your microwave for the vegetables you

normally boil on the cooker. It is energy efficient, quicker, reduces steam in the kitchen and produces tastier vegetables, although it doesn't provide stock for soup. The key is to cut the veg into equal sized pieces. Although it takes practice to get the timing right for your tastebuds, there are some useful starting tables on the web, such as:

www.wikihow.com/Cook-Vegetables-in-the-Microwave

Refrigeration needs maintenance as well. If it is not built-in, remove dust from the coils at the back of the fridge and ensure there is air flow between the coils and the door. Defrost the fridge regularly, and plan ahead when defrosting food. If it isn't a proprietary 'cook from frozen', then defrost your block of whatever in the fridge and save cooling energy. And remember to let food cool before stuffing it in the freezer in the first place!

Buzz down to Clayfield Copse... by Trish Marcouse of Econet

...FOR MEADOWS DAY on 2 July from 11:00 to 15:00. Come and join us to explore your local meadow and learn more about the ecology and management of your local nature reserve. There's lots to do. Stall holders are selling plants, books, honey, cakes, and beautiful wooden crafts. We have animals to get up close to or peer at down magnifiers; and you can chat to our experts about local activities, the local ecology, and the rewilding project at the site.

Our new wildflower bank at the car park on Caversham Park Road should be full of colour



Brimstone butterfly photo J Oliver

by July (at least in places).

You can walk around the meadow and woodland on your own. We have flower and tree spotter sheets to help you identify what is growing in the area. Or join one of our guided walks leaving on the half hour. There is a shorter one for children at 13:30.

Children's activities are planned throughout the afternoon to explore our meadow and learn more about the interactions between flowers, insects and small mammals. You don't need to be a child to join in!

Bring a picnic if you fancy it, or there's a coffee van and home-made cakes available on site.

Meadows Day, Clayfield Copse, car park on Caversham Park Road, RG4 6AA on Saturday 2 July – 11:00 to 15:00



Buttercup Meadow photo J Oliver

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ODD JOBS *by Les Cooper*



Daisy English Bellis Perennis

ONE OF THE 'joys' of ageing is decision-making, or rather, non-decision-making! I am lousy at making up my mind about anything. It's "Should I do this?", or "Ought I to do that instead?". But this is certainly not good when it comes to gardening. In theory we should have everything planned out but, in reality, our dreams tend to go astray. Besides, I think Mother Nature has got it in for me, because only last week I had planned a day of planting out my Cosmos seedlings and it poured with rain. I suppose we did need the rain.

came to planting them out, I had only about six or seven plants. This year they flowered beautifully and looked wonderful. They are only 18 inches tall, white with purple spotted throats.

I mentioned forget-me-nots, but perhaps we shouldn't bother to sow them so much as move them from where they sowed themselves to somewhere more sensible. The same goes for the cornflowers, which in my garden, make up their own mind where they want to grow.

Worth sowing is Bellis - a little fellow that perhaps gets overlooked, maybe because it is a daisy and daisies are an uninvited guest in most gardens? However, the bellis 'Tasso series' is a double-flowered version that is really charming and pretty.

We should also be planting autumn bulbs like nerines, colchicums and sternbergia. I try hard with my nerines, but I clearly haven't got their cultivation sorted out because they bloom so sporadically.

Don't forget to pinch out tomato side shoots, take cuttings from house plants and train cucumber stems. Other recommendations include taking fuchsia cuttings, thinning out apples, covering brassicas with netting, pegging down strawberry runners, installing a reservoir watering system, sweeping the greenhouse floor, mowing the grass - the list goes on and on forever. Where is Monty when you need him?

Perhaps taking a holiday abroad might be a better idea!

July is a busy month for gardeners, and I think there is more to do than Superman or even Monty Don could manage.

So I guess we will have to be selective. A priority has to be sowing seed. July is a good time to sow biennials: foxgloves, wallflowers, honesty (although quite honestly, I am not sure I like honesty very much), and forget-me-nots. Here I must make a confession. Last year when a packet of digitalis 'Dalmatian White' came into my possession, I turned my nose up and moaned about not really wanting to grow more white foxgloves. So I didn't take much care with sowing and growing them on and when it



Foxglove Dalmatian White

PLANT OF THE MONTH – SUMMER DAISIES

by Louise Hampden

I'VE NEVER had much growing success with late summer daisies like Echinacea, Heleniums or Rudbeckias. I absolutely love the bright reds and oranges of Heleniums, the yellows of Rudbeckia, and the violet purples of Echinacea. It is these plants that take the summer garden into autumn once the abundance of roses has waned. However, lawn daisies grow really well, as do the autumn asters so, this year, I have made an effort to grow a couple of varieties from seed to see if that is the secret of success. Plants are expensive, and it seems very wasteful to keep buying the same plants which ultimately die off in the winter and never return. Only time will tell whether my seed raised plants prove to be hardier.

But whether you grow sunflowers, keep the daisies in the lawn or grow the more flamboyant types, the truth is the humble daisy is not actually a flower and is far from simple. It is one of the more highly evolved of all the flowering plants.

The real flowers of a daisy are in the bit in the middle. It's what is called a 'composite flower' which means it is made up of hundreds of tiny flowers arranged in a floral head, and it is this central head that produces the pollen and nectar. The actual petals, the colours of which we crave, are called ray florets or ligules, and by design act as a stable landing pad for the larger pollinators like butterflies. And land they do. There's nothing lovelier than seeing summer daisies smothered in all manner of insects from hoverflies to different types of bees, and then watching a butterfly land and refuel.

We should all try to add more daisies to our

gardens, as not only do they attract insects but, if you leave the seed heads on through winter, the birds will also benefit.



Echinacea purpurea

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Community Connections



text and photos by Caroline Gratrix

This month we meet Vickie Abel – Chair of Friends of Caversham Court Gardens



Vickie Abel

VICKIE CAME to live in Reading to work for the BBC monitoring service at Caversham Park. It was the summer of 1976 and she has fond memories of cycling up the hill from Reading to work, with the smell of custard creams in the air from the Huntley and Palmer factory, which was to close later that year.

Vickie moved to Caversham in 1983 and has been here ever since. She became involved with Caversham Court Gardens in 2007 when Reading Borough Council put in a Lottery Heritage Bid to refurbish the gardens, and it was suggested that a 'Friends of Caversham Court Gardens' supporters group would be beneficial. It worked!

Caversham Court Gardens is planted to reflect the history of the gardens over the years; there is a formal planting area that reflects the formality of the 17th century, a flamboyant, labour-intensive bed, representing the 19th century, and a white garden, as was fashionable in the 20th century.

Membership of the Friends costs £5 for three years, and tours of the gardens are available. Vickie would love to welcome more members and see them enjoying the gardens. You can visit the Friends of Caversham Court website for more details

<https://home.fccg.org.uk>

The tea kiosk is now open again Wednesday to Sunday. It is run by volunteers from four local charities: The Ways and Means Trust, The Women's Institute, League of Friends, and Sue Ryder Duchess of Kent Hospice. See you there for a cuppa soon!

Vickie, we know how long you have lived in Caversham and how you came to be here, tell us a little more about you...

Where are your favourite places to eat, drink and shop in Caversham?

Geocafé is a must, then Fourbears book shop, and our own local Aladdin's cave, Caversham Homecrafts.

How do you think we can all be eco-friendlier in RG4?

Leave the car at home, shop locally, away with plastic packaging!

Being part of a community reaps a wealth of benefits. How would you strengthen our sense of community in Caversham?

The regular litter picks and care of the planters in Church Street, organised by groups like Caversham Globe, are great ways to contribute to community well-being and meet some great people, too.

If you could bring anything to Caversham, an event, an experience, a shop, what would it be?

I'd really like to have a zero-waste grocery shop in central Caversham. As for a community experience, the Friends of Caversham Court Gardens are hoping to be able to stage the Carols in Caversham Court this Christmas. See you there!



Caversham Court Kiosk

Welcome to the cottage

by Fred Smith

A NEW SHOP selling hand-made natural cosmetics and toiletries has opened in the parade of shops on the Henley Road. Multi award winning Sheabutter Cottage is a family run business which, after months of preparation, has opened its doors at 118 Henley Road.

Owner Akua Wood said, "We are committed to quality and purity. We take pride in sourcing authentic exotic organic fair-trade ingredients directly purchased from farmer co-operatives worldwide which are of the finest quality. We handmake our natural vegan toiletries, and look forward to serving you soon."

Sheabutter Cottage is an ethical business, a charitable foundation founded by Akua in 2004. They work closely with a producer's co-op in Ghana which Akua set up – see JilimaCoop.com.

Find out more about Sheabutter Cottage on their website <https://sheabuttercottage.com>.

The shop is open Tuesday – Friday 10:00 - 17:00, Saturday 10:00 - 15:00



Sheabutter products

photo A Wood

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STEP INSIDE STUDIO 21

Artistic talents abound within a very special space – Elestr Lee meets Michael Norcross and Victoria Baker



AWARD-WINNING AND highly skilled artists and craftspeople have been thrilled to show off their wares during the summer months, both around the UK and right here in Caversham. Among them are Michael Norcross and Victoria Baker of Studio 21, Caversham.

Michael creates distinctive landscapes, whilst Vicky makes a range of hand-finished leather bags and accessories. While their work can be found at a variety of prestigious British venues, they have been opening their studio in Patrick Road, Caversham, since the winter of 2006. In 2008, Vicky initiated and set up Caversham



Open Studios which she ran for 2 years, while both have been part of West Berkshire and North Hampshire Open Studios since 2010.

Vicky, a member of the Worcestershire Guild of Contemporary Crafts, whose members exhibit at the RHS Spring Show at Malvern, is a highly skilled artisan. She began her professional career as a costumier, having trained at the Wimbledon School of Art and spent 15 years creating costumes for film, theatre and dance, including one worn by actor Glenn Close. Vicky then decided to change direction and created a range of textile handbags, using her skills as a costumier. When the type of fabric she preferred became no longer available, she switched to making leather bags and accessories.

"My bags are mostly hand-stitched using a saddle stitch. It is useful to draw on my costumier skills. Initially I attended an intense one-week course in basic traditional leatherworking; later I attended another intensive one-week course in framed handbag construction, which I have never fully employed. Apart from that, I have taught myself. I have created all my own patterns, but it remains the case that you are always learning. Everything I make is to my original design," she explained. The couple love living in Caversham. "We used to live in St John's Street in Reading, but we wanted somewhere quieter, so we moved to Patrick Road."

Michael began his own training at the High Wycombe School of Art, intending to become a furniture designer. However, he switched to fine art and studied for a BA at Cardiff University, where he won the Glaxo Art Award. He showed at the New Contemporaries, where he won Dr Henry Roland's Personal Prize, and subsequently

exhibited at Roland Browse and Delbanco in Cork Street, London. He was one of the founder members of the Association of Artists and Designers in Wales. He then completed an MFA at Reading University, where he subsequently also did a PGCE. His next career move was a bit more surprising....

"So, then I worked on glider repairs!" he revealed. "I was living at Hambleden, where I had a studio at The Hyde while working at Chiltern Sailplanes who used to maintain the British Glider Racing Team. After this, I entered teaching – first part-time, but then full-time in further education as head of department at Strode's College in Egham."

When the daily commute lost its appeal, Michael resigned from this job – and coincidentally Queen Anne's School in Caversham needed a new head of art. "Initially I thought of this as a temporary position to help myself back to full-time painting but, in fact, I was recruited to revitalise and set up the new art department situated in what were the old science labs. By then, I had gained



experience in re-designing old properties, and one of the important things that happened was that I finally had somewhere where I could both use this experience and start painting again."

Now painting full-time after leaving Queen Anne's in 2014, Michael has a wonderful souvenir of his time there - a large canvas painted in oils of a magnificent magnolia tree in full flower. "I originally called the painting *A Privileged View*," (top of 3rd column) he said.

A sample of Vicky's handbags; Michael's paintings frequently depict local scenes, such as *Chazey Woods* (below); his *Winter Shadows: Caversham Court* (right)



"The magnolia tree, which was just outside the new art department, always blossomed during the Easter holidays, when the school was closed. Permitted to use the studios during holiday time, I was one of the very few people fortunate to see it in full bloom."

Michael's paintings capture the essence of familiar local scenes, such as distinctive trees in Caversham Court at different seasons, or Christchurch Meadows



during flooding. He has exhibited nationally and, in 2021, he was a Cambridge Invitational Art Contest and Exhibition Winner for his two paintings: *Winter, The Road to Ashampstead*, and *Winter Shadows, Caversham Court*.

Both Michael and Vicky would love there to be a permanent venue and more local galleries in the area where artists and craftspeople could enjoy greater visibility. However, despite the challenges they face, they remain committed to the power of the creative arts. "It would be good if there was more understanding of what we do," comments Vicky who has always worked freelance. "For example, there seems to be a problem in education where art seems to have been sidelined. Yet there will always be work for those who are highly skilled."



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This has happened before

by Phil Chatfield

THE CONFLICT in Ukraine has resulted in a new wave of refugees in Europe. But this is not the first time people from Ukraine have found safety in Britain and have settled here in Caversham. I met local resident Mick Pollek, whose parents made their home in Reading after the Second World War, to find out more.

The story of Mick's parents reflects the turmoil in Europe at the end of the war. There are similar stories of people from across eastern Europe, including many from Poland. Their story is pieced together from fragments gathered as he grew up, as they never talked directly about what had happened to them.

Both parents came from the Carpathian Mountains in western Ukraine. They were taken from their village by the Nazis as slave labourers and his father was assigned to work on a farm in Austria. Here he was reasonably well treated, although the farmer's wife would not serve his Sunday lunch until he had given her a report of the sermon in the church that morning!

'desperate to escape...'

His mother was sent to Germany to work as a nursery nurse in military camps. As the Allies swept eastwards, displaced people from countries like Ukraine were desperate to escape from the Russians. These 'Displaced Persons' were gathered into camps across Europe. Under the infamous Yalta Agreement, those from eastern Ukraine were due to be repatriated to Russia. Fortunately, Mick's father had evidence of his origins in the western part of the country.

Mick told me, "Like many others at the time, their ambition was to settle in Canada." However, they



Reading's Ukrainian families in the Coronation March past the Town Hall, 1953

ended up in a large transit camp near Bicester and eventually met in a camp at Grazyly Green, just outside Reading. Here they stayed until they found a home in the Newtown area. To start with, his parents had to report to the police weekly, but eventually they were allowed to remain by the Attlee government. Their story is like that of many families who settled in this area. In 1946, Ukrainians here set up the Association of Ukrainians in Great Britain, which still serves their community. See www.augb.co.uk for more details.

Mick was born and grew up in the Newtown area, learning English at school, but growing up with Ukrainian traditions, such as the different Christmas and Easter celebrations of the Ukrainian churches. He is now seconded to work with the Reading Ukrainian Community Centre (www.rucc.uk), and is assisting with a support centre set up by the council on the third floor of Reading Library.

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The Local Scene

by Martin Andrews

The Last Crumb



Drawing by Janina Maher

www.janinamaher.artweb.com

RECENTLY, WHEN I dropped into The Last Crumb at the top of Prospect Street to chat about the pub and its history, my first question was, "How did you decide on the name?" The answer, of course, was that it is a reference to Reading's world fame as a biscuit town, and the many residents of Caversham who worked for Huntley & Palmers. This year we are celebrating 200 years of H&P, and there are many events being organised by Reading Museum and the Museum of English Rural Life. However, those of us who have lived in Caversham for some while will remember the previous name of the pub – the Prince of Wales. Built in the nineteenth century, the Prince of Wales had particular significance as it was the northern terminus of the horse-drawn bus service connecting Caversham to Reading. The area was then known as 'Little End', and a photograph has survived of a pair of horses harnessed to a bus with the driver and conductor on duty, and the publican, the local postman and policeman standing to attention next to the entrance

outside. I can't help but feel for the horses toiling up the hill at the end of their journey across Reading – and trying to keep control on the way downhill. Janina Maher's lively drawing shows The Last Crumb after the pub's refurbishment and re-branding. The premises were taken over a few years ago by the Dodo Pub Company, which was set up by two Oxford businessmen who now own six venues in the area. The ethos behind The Last Crumb was to create a friendly neighbourhood pub tailored to the needs of the local community. Inside the space has been opened up to create an attractive and exciting interior, blending the trendy modern with a vintage feel. Food is at the centre of what's on offer, and a warm welcome is given to young and old, especially to young families. I was amazed to find a series of outside terraces that are suntraps and greatly increase the number of tables available – the perfect place for summer days and evenings. Many events are planned for the summer, so do look at their website.

I recently received a questionnaire from our MP, Matt Rodda, asking the public about the difficulties of crossing the roads at the junction of the Prospect Street, Peppard and Henley Roads – just outside The Last Crumb. I certainly have been confused by the sequence of lights and have taken some risks crossing there!

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Wellbeing *with Ami Roy*

Key nutrients

THERE ARE three nutrients that we need in large quantities: proteins, carbohydrates and fats. Proteins in the body are made up of long chains of chemicals called amino acids.

Amino acids can be divided into two groups: non-essential, which can be made by our bodies, and essential, which can't be made by our bodies and must come from our diets.

Proteins are used to develop, grow and maintain just about every part of our body, and they're hard at work all the time:

- Making up the structure of collagen and elastin, found in skin, nails and hair
- Maintaining, repairing and growing tissue, collagen and bone
- Producing hormones, such as insulin, and enzymes that carry out the chemical reactions in the body's cells
- Making antibodies to protect against viruses
- Transporting oxygen around our bodies in the form of haemoglobin in our blood
- These long chains are constantly being broken down, so our body has to replace them every day.

The recommendation for adults is to eat at least 0.75g of protein per kilogram of bodyweight per day. For a person weighing around 12 stone, that's about 57g/day.

Infants and children, pregnant and breast-feeding women, and people recovering from surgery or injury will need a little more per kilo of bodyweight.

Fish, meat and dairy contain all nine of the essential amino acids. These animal-derived products are known as 'complete proteins'.

Some protein rich foods, like red meat, are very high in saturated fats, so it's advisable not to eat beef, lamb or pork more than twice per week. Try to choose lean meats such as chicken, fish, and low-fat dairy products as primary sources of animal-derived protein.

The list below shows the grams of protein some foods contain per 100g:

- Chicken breast (grilled without skin): 32g
- Beef steak (lean, grilled): 31g
- Salmon (grilled): 24.2g
- Eggs: 12.5g
- Cottage cheese: 12.5g

A few plant protein sources which contain all nine essential amino acids are also known as complete proteins, including soya beans, quinoa, millet, avocado, spirulina and chlorella. However, most plant proteins contain only some essential amino acids, so are known as 'incomplete proteins'.

Plant-based products tend to contain fewer grams of protein per 100g than animal products.

Eating proteins in combinations will ensure we're getting all of the essential amino acids:

- Whole grains (brown rice, quinoa, wholewheat bread) with pulses – wholewheat tortilla with beans, chickpea curry and brown rice, or quinoa salad with puy lentils
- Pulses (beans, peas, lentils) and dairy products (milk, cheese, yoghurt) – baked beans with grated cheese or lentil dhal with natural yoghurt
- Pulses with seeds and nuts – hummus (chickpeas and pine nuts) or mixed bean salad with flax seed oil dressing
- Dairy with whole grains – cheese sandwich with wholemeal bread or porridge with milk

Since our bodies can't store protein, it's best to eat small amounts with every meal or to have a protein-rich snack, to ensure a good supply throughout the day.

Choose movement!

From: Move! By Caroline Williams

ALL THE evidence suggests that adulthood, and especially middle age, is the worst time to stop moving. The 'use it or lose it' nature of body and mind is never truer than in middle age: this is the time of life when the body gets busy gobbling up spare capacity in muscles, bone and brain, and what you don't use will only get harder to replace.

Making time for movement in our lives is not a luxury, nor is it self-indulgent, it's a necessity. It will lift mood, increase focus to get the boring stuff done faster, better and with fewer meltdowns, while relieving stress and reminding you who you are.

Dance and other forms of rhythmic movement plug into a specific aspect of our biology in ways that help us to understand and regulate our emotions, providing a fundamental way to connect both with ourselves and with each other. If that's the case, the vast majority of us are selling ourselves short. Only six per cent of British adults dance for fun!

THE CHALLENGE SOLUTIONS:

(From left to right) kill, lap, ray, catch, slay, trap, stay, **holiday**, trip, wait, clip, gate, clap, pause, slip

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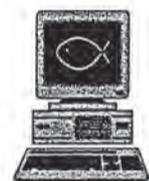
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