

Caversham Bridge

No 680

www.cavershambridge.org

October 2021

WHERE HISTORY AND ART MEET



Mute Swan on the Thames

photo La Toya Atkinson

by Phil Chatfield

OCTOBER IS Black History Month, and local minister Headley Gayle reflects on this in our Talking Point this month (p2) and will host a zoom meeting for Churches

Together in Caversham (*What's On*, p5).

Caring for others and our environment links a number of articles this month, including the work undertaken by Warren and District Residents Association (p9) to salvage discarded materials at the Reading Festival which both reduces waste and puts the unwanted materials, including food, clothing and camping equipment, to good use. This year one of the beneficiaries was a collection of clothes organised at the Weller Centre for Afghan refugees (p9).

Festival goers kept local cafés and shops busy over the August Bank Holiday. Local churches welcomed the visitors with refreshments and clean toilets (p3).

Two of our articles feature swans: in Creative Caversham, Elestr Lee talks to artist Nicola Duncan whose paintings

often include these birds (p12), and new contributor, LaToya Atkinson, reflects on the beauty and grace of swans on the Thames (p8). Art and history come together with the latest drawing by Janina Maher of the Caversham Methodist Church on Gosbrook Road (p13), and the accompanying historic background from Martin Andrews.

Regular features this month include book reviews by Alex Forbes (p6), Happy Wanderer writing about the horn of plenty (p7), and Ami Roy's Wellbeing item on our gut flora (p15). Local people are the focus of both Community Connections and A Crafty Cuppa (p11). Sadly, we also include two obituaries, for Lesley Boardley of Emmer Green, who campaigned to tackle loneliness in our community (p4), and Syd (or Sid) Bickle, a carpenter who continued working locally into his 90s (p13). Longer versions of their obituaries are on our website at: cavershambridge.org:5154/archives/category/local-people/obituaries

The Caversham Bridge is your local paper, serving the community in Caversham and the surrounding area, so do contact us with your news, suggestions and comments at: editors@cavershambridge.org

Pavilion To Be Proud Of

by Elisa del Gado-Miles, chair of WADRA

THE HEIGHTS School re-opened at its permanent home in Mapledurham on 6 September. With the construction work completed, users and supporters of Mapledurham Playing Fields (MPF) will soon be able to celebrate the refurbishment and re-opening of its Pavilion. At one point, the demolition of the Pavilion to make space for additional parking had been proposed. The Warren and District Residents Association (WADRA) has worked hard to ensure the future of this valuable community asset.

To do this, WADRA funded structural refurbishment in late 2018. The building had been closed in 2015 as a result of long standing damage affecting its structural soundness. We funded this work with over £50k we had raised since 2011. The Pavilion was briefly re-opened for use after this but closed again for the completion of the work.

The final refurbishment was funded by a portion of the monies paid by the Education and Skills Funding Agency to secure the land lease for The Heights School at MPF. Unfortunately, the Council's design made no provision for a working kitchen. WADRA and our supporters again stepped in to make a commercial kitchen available for users. With funding from WADRA and Caversham Trents Football Club, and



The refurbished pavilion

photo WADRA

equipment donated by our members and Shaun Tanner of STL Associates, a fully functioning commercial kitchen is now available at the Pavilion.

In addition to the kitchen, the Pavilion has a hall, two meeting rooms, numerous toilets, and changing rooms for football, as well as being the home of the Mapledurham Lawn Tennis Club. We are delighted we have been able to work with our generous sponsors, volunteers, and supporters to save this valuable community facility. We hope to host a 'Re-opening Event' in October. If you are interested in hiring the Pavilion please contact Reading.play@reading.gov.uk

INSIDE

Creative Caversham featuring Nicola Duncan – p12



Caversham Methodist Church – p13



Trust in Trusts David Robinson – p14



My Hope for Continued Harmony

1 CORINTHIANS 13, verses 12-13 “For now we see in a mirror dimly, but then face to face. Now I know in part; then I shall know fully, even as I have been fully known. So now faith, hope, and love abide, these three; but the greatest of these is love”.

I had hoped to be an HGV driver, a hope which has expired because at my age no company will insure me.

Black History Month inspired me to search history for notable Black Individuals who have impacted our world. Dr Martin Luther King stands out as a civil rights champion. In the summer of 1963, he gave an iconic speech. *“I have a dream today. I have a dream that one day, down in Alabama, with its vicious racists, with its governor having his lips dripping with the words of interposition and nullification; one day right there in Alabama, little black boys and black girls will be able to join hands with little white boys and white girls as sisters and brothers”*. The ‘I Have a Dream’ speech immediately took its place amongst the greatest in American history.

His dream is realized in black boys and girls joining hands with white boys and girls, in marriage, relationships, jobs and with a black President of the USA.

The 1989 film Driving Miss Daisy starred Jessica Tandy as Miss Daisy and Morgan Freeman as her black chauffeur, Hoke Colburn. The film explores the reality of racism against black people, which affects Hoke personally. In 1955, my uncle visited us in Jamaica from America, with his Irish American wife and their two sons. He told us she could not sit beside him in their car but had to sit in the



Talking Point – by Headley Gale

back seat. He would then be perceived as her chauffeur.

In 2006 I visited Dr King’s Home and Church in Atlanta, Georgia, a National Historic Site. Given my understanding of racial discrimination in that part of America, I was profoundly surprised to see the tour guide was a white American, yes believe me, King’s dream has been in part realized.

My Hope is for harmony, in a world where faith, hope and love, by all people across the whole spectrum of society can be integrated as St Paul states:

Galatians 3, verse 28, “There is neither Jew nor Greek, there is neither bond nor free, there is neither male nor female: for ye are

all one in Christ Jesus”. This verse does not deny God-given racial, social, and sexual distinctions, but it affirms these do not imply spiritual inequality before God.

Countless Blacks and Coloured people are contributing to our safety, health, transport, working in technology, the medical profession and much more. We live in a multicoloured world, each one helping another, no restriction, no discrimination because of gender or race, that’s the ideal. However, in a real-world where anomalies exist, let’s be the voice of hope for this generation and the next.

The death of George Floyd, recorded on mobile phones, horrified the world. It triggered a global movement, bringing together people of all colours and races in peaceful protest for justice, freedom and equality and to end the disparity in criminal justice against blacks and people of colour. The church must speak out against all forms of injustice, whatever goes against the word of God.

Jude, verse 3, “Beloved, although I was very eager to write to you about our common salvation, I found it necessary to write appealing to you to contend for the faith that was once for all delivered to the saints. Faith the Word of God.”

1 Corinthians 13, verse 13, “So now faith, hope, and love abide, these three; but the greatest of these is love”.

We still sing the words of hope and assurance of My hope is built by Edward Mote and my declaration is, whatever the trials and storms, we will cling to the rock that is our Saviour Jesus Christ.

My hope for continued Harmony is alive.

Headley Gayle is Senior Pastor at the New Testament Church of God in Caversham

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

Parish Office

Church House, 59 Church Street, Caversham RG4 8AX
Tuesday and Friday 9.30 to 14.00
Tel: 0118 947 1703 e-mail secretary@ctmparish.org.uk

Current services

Services will be held on Sundays at:

St Peter’s Church – 9:30

St John’s Church – 9:30

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
Tuesday 8pm Compline (in church only)

St Barnabas Emmer Green

Vicar: Rev’d Derek Chandler 20 St. Barnabas Road, Emmer Green, RG4 8RA.
Tel: 947 8239. Email: vicar@saintbarnabas.org.uk
Website: www.saintbarnabas.org.uk
Curate: Rev’d Dr Leonard Onugha
Tel: Parish Office 9476310.
Email: curate.emmergreen@icloud.com

Current services

All services listed below open to the general public and in accordance with safety guidelines. Sunday 9.30am also accessible live via Zoom and then uploaded to Youtube,

please contact the vicar for details:

Sunday 8.00am - Traditional Communion (BCP)
Sundays 9.30am - 1st Sunday: All Age Service.
2nd,4th, 5th Sundays: Parish Communion.
3rd Sunday: Service of the Word
Wednesday 10.00am - Communion (Common Worship)

CAVERSHAM PARK CHURCH (LEP)

(United Reformed Church, Methodist and Baptist)
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 – 10.30 – Zoom service
E-mail the Minister for details
martin.beukes@methodist.org.uk

CAVERSHAM BAPTIST CHURCH

Pastor: Colin Baker
Church office Tel: 0118 954 5353
Email: secretary@cavershambaptistchurch.org.uk

Current services

A link is placed on their website each week at:
www.cavershambaptistchurch.org.uk
and on their YouTube channel
www.youtube.com/user/CavershamBaptist
Live broadcast starts at 10.30am each Sunday

GRACE CHURCH (formerly Caversham Hill Chapel)

Pastor Keith Saynor
Tel: 0118 9474529 www.gracechurchcaversham.org.uk

Current services

See their web site for details:
www.gracechurchcaversham.org.uk

RIVERSIDE CHURCH (Reading)

www.riversidechurchreading.co.uk

NEW TESTAMENT CHURCH OF GOD

Rev’d H R Gayle
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.

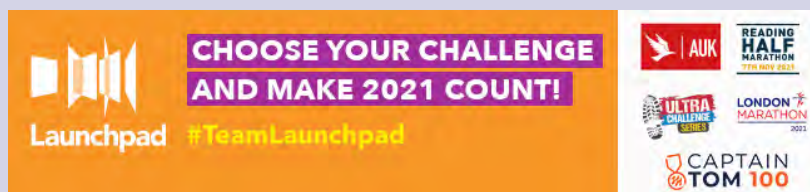
Some churches are open in a limited way at present. Most have a range of on-line services, house groups and social meetings, using web based systems like YouTube and Zoom. For current information, see individual web sites for each church on this page or on the Churches Together in Caversham website: www.cavershamchurch.org.

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

Future editions:

Contributions for the November 2021 issue should be submitted by 11 October and for the December edition by 8 November. These should be e-mailed to:
editors@cavershambridge.org

Dates for advertising copy are 5 October for the November issue and 26 October for the December issue. These should be e-mailed to advertising@cavershambridge.org



Sleep out to help out

by Becky Medhurst-Jones

JOIN #TEAMLUNCHPAD over the weekend of World Homeless Day (9-10 October 2021) and swap your comfortable bed for a sleeping bag in your garden. With friends, family and pets help Launchpad raise £60,000 to provide support for those affected by pandemic-related homelessness in Reading.

The Big Sleep Out at home will support Launchpad's drop-in service, which provides free housing and homelessness support and information. This has seen a sharp rise in the number of people in COVID-related crisis – many of whom never imagined they would need to reach out for help. Some are on the brink of homelessness

because furlough is ending or they have been made redundant. Others have been asked to leave their homes since the eviction ban was lifted, and some people's tenancies are at risk because they have battled serious mental health issues or addiction over the last 18 months.

By taking part, you will enable Launchpad to continue their vital work with individuals, couples and families in Reading feeling the devastating impact of the pandemic, and ensure they remain housed.

The Big Sleep Out at home doesn't aim to replicate homelessness. But you will gain an insight

into some of the things people experience when rough sleeping night after night, such as the cold, an uncomfortable bed and limited sleep. On the night, you can enjoy a packed programme live streamed via Facebook from 18:00, hosted by Launchpad's patron and TV presenter Matt Allwright and BBC Radio's Michelle 'Babs' Jordan.

Tune in for an interactive cooking challenge, instructions on how to make a crisp packet ground sheet, messages from Launchpad clients, and live

music. Don't forget to join the conversation on social media where you can connect with other Big Sleep Out at home participants – and, despite taking part virtually, you will feel part of the #TeamLaunchpad community!

Registration for the Big Sleep Out is £20 per participant. For a group of four or more at one location, a group

registration fee is £50. Participants are asked to raise £250 to help reach the £60,000 target. Launchpad have created a Big Sleep Out at home guide on their website to help you fundraise and plan for the event!

You'll also receive lots of support and resources from the charity's fundraising team once you've signed up. Each participant will be given a Big Sleep Out at home event pack with lots of goodies to use on the night, including Launchpad merchandise to wear, refreshments and something to keep you warm!

Find out more and sign up by visiting launchpadreading.org.uk/bigsleepout



'The Big Sleep out'

photo Launchpad

The Heart of the Matter

LAST YEAR the Board of the Caversham Bridge chose to support the Weller Centre in the installation of a defibrillator at their site in Amersham Road. Lockdown caused delays to the work, but the device was finally inaugurated on 11 September by a member of our



Cutting the ribbon!

photo L Samuel

Board, Janet Offord with the Mayor of Reading, Councillor David Stevens.

Coincidentally, a regular reader and National Trust volunteer recently wrote to us about defibrillators at National Trust properties. The Trust reported 13 actual or possible cardiac arrests on its properties in 2018. A resolution has been submitted for its AGM on 30 October requesting at least one defibrillator be placed at all its properties open at a charge with more than 40,000 visitors per year (about 300 sites). This members' resolution is on the Trust's website along with its response (<https://nt.global.ssl.fastly.net/documents/agm-2021-booklet.pdf>). If you are a member of the Trust, do read the resolution, respond and use your vote.

Welcome breaks

TWO LOCAL churches did their best to make Festival goers welcome over the August Bank Holiday. A team of volunteers at Caversham Baptist Church in South Street provided breakfasts in their car park. They also made their toilets available, with extra cleaning to reduce Covid transmission risks.

St Peter's Church was on the return route from some of the camping sites, so they also had volunteers providing drinks and toilets on the Monday morning.

Both articles F Smith

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The annual subscription including delivery is £5.00. Alternatively copies of this paper can be purchased from: Caversham Emporium and Fourbears Books and at the True Food Community Co-Op in Grove Road, opposite St Barnabas church.

ART IN THE GARDEN

Photos and article
by Anna Clark

ON FRIDAY 20 August a group of 20 people, including a number of local families, gathered together in the community garden at St John's Church for a special garden celebration.

Local artist, Julie Simmonds, led the group in experimenting with mark making and texture in oil and water pastel to create some wonderfully expressive paintings and drawings of the foliage and flowers around us.

A number of the children who attended are part of the Gosbrook Garden Growers Group who meet regularly with Sandra Gough to help tend to the plants and produce in the garden. They do a fantastic job, and it was great to see them spending time appreciating the beauty of what they have grown by engaging in this afternoon of art.

Take a look at the pictures and see what we created! Special thanks goes to Julie and all those who made it a brilliant afternoon.

If you have a child who might be interested in attending garden sessions at St John's, then do get in touch with Sandra at:

sandrag@risc.org.uk or pop along to a Gosbrook Garden Growers session (Fridays at 16:00).



Painting amongst the flowers (above) Samples of the artwork (below)



Remembering Lesley Boardley 1945-2021

LESLEY BOARDLEY was born in Malvern on 14 April 1945 to John and Brenda Hooper. After taking A-levels, she was offered a place at Nottingham University to study Social Administration, spending 6 months as an au pair in Germany before starting the course. Lesley met her future husband Peter at Nottingham, where she was beginning to show her organizational skills as a Fresher's Week Organizer.

After a brief spell as a Researcher with the Ministry of Health, she began a PGCE at Cavendish College in London. On completion of the course in 1968, Lesley and Peter married and moved to Pinner, where she taught in a primary school. Then they moved to North Harrow, where they regularly attended the Methodist Church.

In 1975, Peter's company, Foster Wheeler, moved to Reading. On their first day in Reading, the local Methodist Minister visited, resulting in them becoming regular attendees at Caversham Heights Methodist Church.

Lesley was a stay-at-home mum until 1978, when she started work as Volunteer Co-ordinator at Battle Hospital. In 1984 she moved to Age Concern, organising visitors for the housebound. From 1986-9 she ran Pre-retirement and Women Returners courses for the Workers' Educational Association. She combined her skills in her final job, running the Adult Education Centre at Chiltern Edge School.

Only 5 years later, she developed ME and had to retire from the job she loved. Once recovered, she took on several voluntary roles. She became a Board member for the Chiltern Centre for Disabled Children in Henley, but most of her roles were within the Church. In the early days she had been the Sunday School Leader. This experience, and her teaching background, suited her for working with REinspired, helping schools to deliver their religious curriculum. She played a key part in the Churches Together in Caversham (CTC) Holiday Club. She was also involved in a 3-year CTC programme which led to the creation of 'Caversham Champions to end Loneliness' and inspired the 'Random acts of Kindness' campaign.

In her spare time, Lesley was a talented choral singer and, for over 40 years, was a member of Reading Bach Choir.

She was kind, caring and compassionate, and loved by many. As one contributor to her memory wrote, "She made me laugh so often, she was unconventionally straight forward (yes, we clashed too), she was lovely, and engaged and funny, and committed in everything she did."

The world has lost a bit of its glamour, its brilliance, and its glow, but all who knew her will remember her fondly.



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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

October is Black History Month

This year, Black History Month aims to recognise the achievements and contributions Black people make to the UK every day – from the Black people working on the Covid-19 frontline in our hospitals, care homes, schools, supermarkets and warehouses, to the children and young people leading the fight for equality in the classroom, to the household names using their platforms to push for change.

www.blackhistorymonth.org.uk/black-history-month-2021

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

Sundays – *Farmer's Market and Artisan Fair* 10:00-15:00 Caversham precinct

www.facebook.com/CAFMarket

Tuesdays – *Riverate Choir* – 19:00 Caversham Heights Methodist Church, Highmoor Road. Enjoy singing together. For details see <http://riverate.com>

Friday 1 October – *Bereavement Café* – monthly drop-in for the bereaved 14.00-15.30 St Barnabas Parish Centre, Emmer Green, RG4 8RA. Every first Friday of the month. All welcome. Contact Gillian Wilson 0118 9478772 for information.

Saturday 2 October – *Harvest Eco Fest* 14:00-16:00 at St Andrew's Church, Albert Road, RG4 7PL

Monday 4 October – *Caversham Park Bridge Club* at the Milestone Centre, 19:15 for 19:30 start. Phone Lin 9477820 for further information.

www.bridgewebs.com/cavershampark

Wednesday 6 October – *Rosehill WI* – 14:00 St Barnabas Village Hall, Emmer Green.

Thursday 7 October – *Caversham Inner Wheel* – 10:30 Milestone Centre, Caversham Park Village. Fred McCrindle OBE will speak about Dementia and Alzheimer's. For details, contact Anne Long, email longsoflyegrove@yahoo.co.uk

Saturday 9 October – *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.

Thursday 14 – Sunday 17 October – *Fair Trade Marquee Sale* – 10:00-16:00 Thurs-Sat, 12:00-16:00 Sun. 97 South View Avenue – Traidcraft and other fair-trade crafts and goods from around the world. For details see:

www.facebook.com/cavershamfairtrade or ring 07986 905784

Tuesday 19 October – *Captured by God's vision for a multi-cultural church* – 19.00 Churches Together in Caversham for Black History Month. Rev David Edwards, Zoom meeting, details at www.cavershambridge.org:5154/archives/3496

Advance notice: Caversham Traders Association have agreed to hold a pre-Christmas late night shopping evening on Friday 3 December. Details to follow. Check their web site: www.choosecaversham.co.uk

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

PLANNING ISSUES in Caversham have been quieter this month. The application for 60 retirement units, adjacent to the new nursing home on Henley Road has been withdrawn. The three major planning applications north of the station, are still unresolved. The application on the SSE site was refused and the appeal will be held late October. Issues include the route through to the station, the height and shadowing on the river, living conditions adjacent to major electrical equipment and the loss of a locally listed building. The other two applications are still under consideration and CADRA remains concerned about the relationship between the three schemes.

In South Oxfordshire, a new joint Local Plan for South Oxfordshire District Council and the Vale of the White Horse is under development, including a call for new sites. A decision on the Caversham Lakes application is expected soon.

Recent national changes included new Permitted Development rights to create new residential units without planning permission. In common with many other authorities, RBC is seeking to introduce restrictions under Article 4, effective in 12 months. This would restrict certain Permitted Development rights in specified areas, including the town centre and local centres and require a full planning application.

The next CADRA open meeting will be on

Wednesday 10 November at 19.30pm on Zoom. Phil Coker and Anthony Simpson will address the practical issues of when best to change to an electric car. Registration details at:

www.cadra.org.uk.

Party Time

by Pam Chatfield

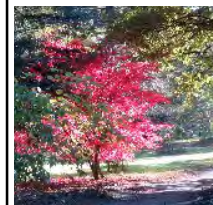
AT THE START of the first lockdown, as with many streets, a Whats App group was set up to connect the residents of South View Avenue. With the easing of restrictions, a small team came together to organise a street party. St Anne's Church car park was kindly made available, simplifying organisation. So, on 5 September many of the families in the road brought folding chairs and refreshments and spent the afternoon getting to know one another better.

Games were organised to entertain children, and resident Martin Andrews set up a display on the history of the avenue, with maps, photos and historic records. There was a good turnout and those who came enjoyed sharing their stories of the area and spending time together. So much so, next year's event is already being planned!

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For your bookshelf....



Ring if you dare

Welcome to 'Fourbears Reviews' where we briefly review a couple of titles chosen from our bookshop 'Fourbears Books' on Prospect Street. We've started having a few more events in the shop so keep an eye out for authors visiting if that interests you.

by Alex Forbes

THIS MONTH the first book has been a bestseller in the shop. We've sold more copies of this book than any other since we opened last December. It's a dark thriller, similar in tone to Stephen King's 'The Shining' and to the film 'Rosemary's Baby'. The plot is about an apartment building, which could be in any city in any country. A new tenant is arriving and, as they ring the doorbell, one of the current residents is dragging a dead body out of sight. Every time someone dies, a new resident will ring the doorbell 60 seconds later. What is happening to all the people? Why do they die? And what does the building's elderly, routine-driven owner, Mrs May, have to do with it? Short, sharp chapters. Plus, every time we sell a Will Carver book we ring a bell! A perfect gift or read for anyone that likes the darker plots. We can also get

dedicated signed copies if requested.

The Children's book is Julia and the Shark by Kiran Millwood Hargrave which was previously Indie Children's Book of the Month. For readers aged 9+ it tells the story of Julia who has moved to a remote island with her parents to live in a lighthouse for the summer. Julia's mum is attempting to track the elusive Greenland Shark. A captivating, powerful and luminous story from a bestselling, award-winning author, which examines the relationship between Julia, her family, the friends she meets, and the Shark itself. I consumed this book in a couple of sittings as I enjoyed the writing and the story so much. It's released in a very classy hardback containing stunning illustrations.

Happy reading and contact us if you have any book needs. Our subscription service is becoming quite popular and is a perfect Christmas present!

Oh no! A different bear!

photo A Forbes



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Happy Wanderer looks into The Horn of Plenty

IN THE spring of 2018 I was on a botanical tour in the mountains of Crete. I happened to find myself near Mount Ida, where the god Zeus was supposed to have been hidden in a cave.

Then, a few days ago, I was in Bristol showing my young nephew Brunel's ship, 'Great Britain', and there, among the carved decorations at the stern, I noticed a horn of plenty.

The connection between the cave and the horn of plenty involves a bit of Greek mythology. The infant Zeus had to be kept hidden in a cave to prevent him from being found and eaten by his father, Cronos. In one version of the story, Zeus is fed goat's milk by a nymph called Amalthea; in other versions it is the goat which is called Amalthea, and which feeds the young child itself. One day, in boisterous play, the child accidentally breaks off one of the goat's horns. Mortified, Zeus arranges for the horn to be constantly full of whatever the goat desires. (Surely, this cannot have been much more than vegetation and water, but we must remember that this is mythology!) The goat had fed the god, and

now the god will feed the goat for the rest of its days.

Time goes by, the goat presumably dies, and Heracles (or Hercules), son of Zeus, inherits the horn. In order to win the heart of Deianira, daughter of King Aeneus, he must fight and defeat a river god. This god proves to be a shape-shifter, and turns himself into a serpent, and then a bull. It is as a bull that

...a symbol of prosperity...

Heracles gets the better of him, by breaking off one of his horns. The defeated god returns to his river. In some versions of the story, Heracles feels guilty about breaking off the horn and, as a peace offering, gives the horn of plenty to the river god, but in others he retains it and keeps it constantly filled with good things to celebrate his wedding to Deianira.

As a symbol of prosperity, the horn of plenty has been used as an emblem in many places – flags, coats of arms, and, as we have seen, ships.

Its name has been given to a fungus which appears in beech woods near Caversham at this time of year. The last time I saw it was at Exlade Street, near the Highwayman Inn.



Craterellus cornucopioides - horn of plenty photo Happy Wanderer

Its trumpet shape is unmistakable, and it often grows in groups. The spores are shed from the outer surface, which is usually lighter in colour than the inside. It is good to eat, though its dark colouring makes it look unappetising. The French call it the 'trumpet of the dead', but nevertheless, it has been used in French restaurants to lead diners into thinking they were eating a dish flavoured with small pieces of truffle, when the flavouring was really the horn of plenty. Though not as highly prized as truffles, an Internet search shows that a kilo of dried horn of plenty currently sells for over £115.

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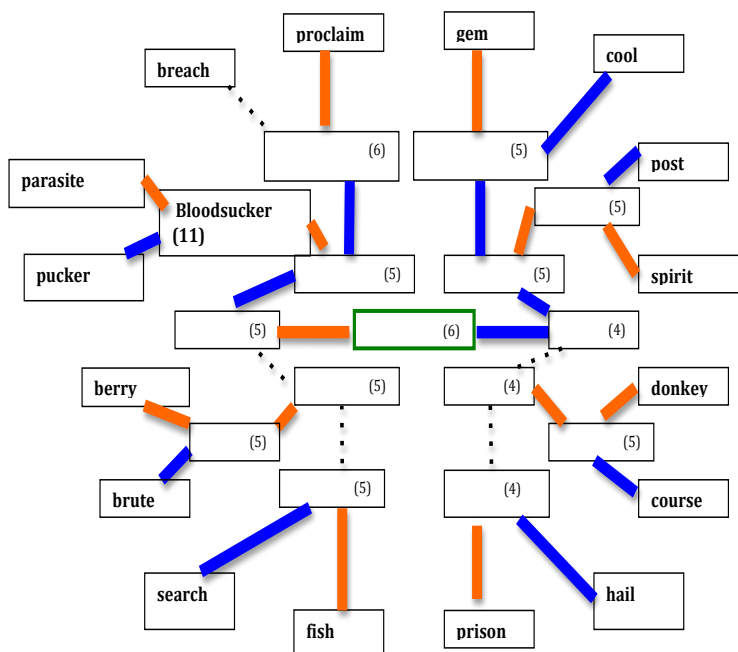
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Puzzle Corner

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: *bloodsucker* has 11 letters, rhymes with *pucker* and means *parasite*.

Rhyme ———
Letter change
Meaning ———



WORD SEARCH

Can you find the 17 creatures featured in William Cecil's Wildlife articles?

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H O G T F Y S A E I G A L S
O R B N E E W G Y G R G F L
N D O I L R R U J E U P F O
E A S E N E F L A O B I A W
Y S Y I G E A L M N M E Y W
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Answers on page 15

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Swan upmanship

by LaToya Atkinson



THERE IS NOTHING more relaxing than a walk along the river enjoying the sights and sounds of the Thames. So much to enjoy. Rumbling boat engines, children playing, couples sitting on the benches, dogs barking, the cries of the gulls. But my eyes are constantly drawn to the majestic swans.

The most common species found along the river is the Mute Swan, white in colour, its distinctive orange beak bordered with black. These swans are one of the largest flying birds and can reach a height of one and a half metres when standing, I find them beautiful, elegant, and graceful in their movements, especially in the water. I could spend hours watching them splash around having a bath to ensure they look their best. Hearing their powerful 3.1 metre wings, making a pulsating, humming noise as they fly overhead makes me turn my head to catch their precise, controlled landing using their large, webbed feet as their braking system.

Swans tend to mate for life, rarely changing partners. They generally share 'household' duties, and both male and female swans construct the one-metre-wide nests. These are found on the edges of shallow water made from surrounding vegetation, and are often used more than once. They lay 3 to 8 eggs, with both parents being responsible for incubation. At this time the Mute Swans become very protective of their nest. They fluff up their feathers to make themselves appear larger and make a hissing sound. This defence mechanism aims to warn off anyone or anything coming too close to their pride and joy. Looking at the swans and how they care for and protect one another fills me with great admiration and respect, as they too seem to understand the importance of family.

Mute Swans feed both in and out of the water, and their diet consists mostly of algae, water plants, small fish, worms and sometimes even grains, such as wheat, from farmland they pass on their travels. These beautiful birds, along with the geese and ducks along the river, are quite accustomed to a more modern diet of food given by locals. They seem more than happy to be fed, making for a fun family outing for you and your loved ones!

Note: The RSPB advise grain, such as wheat, and vegetable matter, especially lettuce and potatoes, can be fed to swans. Food should be thrown into the water to avoid encouraging the birds onto the bank.

See www.rspb.org.uk/birds-and-wildlife/wildlife-guides/bird-a-z/mute-swan/feeding

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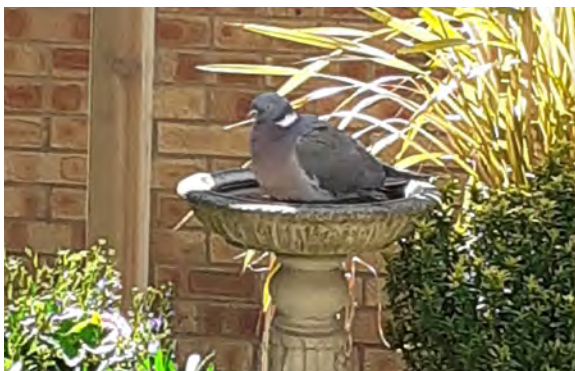
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Article and photos by Ruth Wright

IT WAS during April when my pigeon 'friend', who I decided to call Clint, first appeared. Every day he came to our patio garden and sat at the same spot on the pergola looking, I thought, menacingly into the kitchen (like Clint Eastwood in the iconic bridge scene in the film Dirty Harry). I knew it was him because of his distinctive white wing markings.

Initially, when I put out bread, he'd fly away as I opened the kitchen door but came back as quick as you like. Soon he'd be waiting on the patio and would eat in front of me, but only me - with anyone else, he'd fly away. I felt quite smug. He'd drink and bathe in the bird baths and made the garden his own. But he kept leaving his 'calling cards', which annoyed my other half, as he had to hose down the patio. He once left a 'calling card' on the patio table! This affair carried on for over two months but, deep down, I knew it had to end.

We often left the garage door into the garden open. One day my other half went into the garage and heard a loud thump near the window. He was puzzled, as he could see nothing to account for it. A little later, he went in again. Another loud thump. He suspected it was Clint, but couldn't find him amongst the garden chairs, bicycles etc. He opened both garage doors fully so he could escape.

For a while there was no sign of Clint. I thought if he had flown into the garage window and knocked himself out, he might have lost his memory and forgotten his past antics. Then one day he was in his usual spot on the pergola. This was my cue to ignore him, in the hope he'd got the message he wasn't going to be fed anymore, or maybe he would think it was the wrong garden. Reluctantly, despite feeling pleased he was OK, I turned the proverbial blind eye.

HE WAS NO BIRD-BRAIN

I shouldn't have started this relationship

Days passed with no sign of Clint. We thought we'd seen the last of him. However, like his namesake in Pale Rider, he turned up again out of the blue! We were out when my son spotted him standing by the kitchen door. We had all decided not to feed him, so having been ignored again, Clint flew off, leaving his 'calling card' on the door mat!

Out came the garden hose and we haven't seen him since.



Clint on the pergola with the menacing look!



In the bag....

A REGULAR reader contacted the Council when she found she was running low on the green, biodegradable bags supplied for use with food waste caddies. The following is their reply, which is likely to be useful for many of us.

'The liners delivered with your food waste caddy should last approximately six months. If you run out, you

can collect them from a leisure centre or library. Please check our sport and leisure section for opening times (www.reading.gov.uk/leisure/sport/swimming-sport-leisure-centres). Face masks must be worn when entering the buildings, and please ensure you use hand sanitisers. The liners will be in a box by the entrance to the sites. We ask that you take one roll per household.

You can also line your indoor food waste caddy with newspapers, biodegradable bags, or plastic bags such as bread bags. You can also use caddy or pedal bin liners purchased from shops and supermarkets. Please do not use black bin bags.'

Phil Chatfield



Weller's Wardrobe Welcome

THE WELLER CENTRE acted to help welcome Afghan refugees arriving in the UK by collecting clothes and footwear. In just a few days, more than a tonne of clothes, footwear and other items, including those from WADRA salvaged from the Reading Festival (this page), was donated. Reading Borough Council has offered to accommodate up to 10 families.

Photo and text
Hazel Bingham,
Weller Centre.



The Festival Salvage Team

by Elisa del Galdo-Miles

TEN YEARS ago, the Warren and District Residents Association (WADRA) started working with the Reading Festival organisers to ensure the safety and security of the area, and to salvage as much as possible from the items left behind on the site.

Many volunteers, old and young, have helped with our efforts over the years. After a two-year break, we were again able to take advantage of the discarded items at the Festival site. Due to COVID we had fewer volunteers this year, yet were able to collect a considerable amount of camping equipment, toiletries, clothes, and food. As in previous years, many of the salvaged items were donated to local charities. Food, toiletries and towels went to the CIRDIC¹ Centre. We also have made a new connection with Sadaka² and provided food and toiletries for the people they support. The clothes and shoes we recovered



Loading the van photo WADRA

(about seven bin bags) went to the Weller Centre for the Afghan refugees.

Storage was provided by Andy Smith and Mammoth Storage.

This is much appreciated, as without it we would not be able to recycle these discarded items to support those in need. We also thank George and Kevin Rapon of Rabbit Vehicle Hire for being one of our longest running supporters for salvaging.

We use the Festival salvaging as an opportunity to fundraise by selling camping equipment. We will be doing this when the Mapledurham Playing Fields Pavilion re-opens, hopefully in October.

Every year WADRA work with Festival Republic to supply participants and supervisors for their Green Team. For this work, our volunteers receive a free weekend ticket. We also work with people who just want to help with salvaging on the Monday and Tuesday after the Festival. If you are interested in participating in 2022, please contact WADRA on info@wadra.org.

1. CIRDIC – Churches in Reading Drop in Centre www.cirdic.org.uk
2. Sadaka – www.facebook.com/SadakaGives

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OCTOBER DOINGS?



by Les Cooper

I DO HOPE that, because it is October, you are not thinking of going into hibernation for a few months. Come on, if we want to have that perfect garden in 2022 then we need to keep our sleeves

rolled up and to toil away. But what should we be doing?

When I began writing these articles, I was pretty confident about my gardening knowledge. What an idiot I was, because now I realise my field of knowledge can be quite narrow. In reality, I should have known after the very first article, when someone asked me a question about the care of houseplants. I hadn't the nerve

to tell them I would probably find it hard to name just one houseplant, let alone have any knowledge about growing them.

Anyway, being slightly unsure what exactly we should be doing in October, I thought I had better check what the Royal Horticultural Society recommend, only to discover I should possibly be doing much more than I usually do. Here is their list:

1. *Divide large rhubarb crowns:* Good, I do this some years.
2. *Cut back perennials:* OK, but I don't over-exert myself, because I like to leave some seed heads for the birds.
3. *Divide perennials:* Here I am rather wary because, for example, it is fatal to divide Heleniums in autumn. They can be divided, but it has to be in the spring.

4. *Plant spring cabbage:* That is for the keen vegetable growers.
5. *Harvest apples and pears:* It won't take long, although it might take longer if I had an orchard!
6. *Prune climbing roses:* I will leave that to my wife who grows the roses.
7. *Finish collecting seed:* I'm afraid I rarely do this; especially these days when you can buy so many different kinds of seed.
8. *Mow lawns:* I only have grass paths so it won't take long.
9. *Renovate old lawns.* Pass on that one, too.
10. *Take cuttings of dogwood, willows and blackcurrants:* Yes, I will be taking dogwood cuttings because I have a couple already and I realise I need a decent sized group of bushes if I want to make a good, practical display.
11. *Plant up baskets with pansies, cyclamen, polyanthus and violas:* Good idea.

Oh dear. It doesn't look as though I will be that busy after all.



Violas for winter colour

photo E Cooper



Young Amelie's artful way to raise funds

by Jean Harper

DID YOU take up a new hobby during lockdown? Like many, Amelie Turnbull chose to pick up a paintbrush and try her hand at painting watercolours. Her hobby soon became a passion and, for most of us, enjoyment of such a pastime would be enough. But not for Amelie. She decided to use her creative skills to help others. She is just seven years old.

Amelie has an older brother, George, with complex needs as he suffers from holoprosencephaly, a rare brain abnormality. His condition means it is not easy for the family to get out and about. Consequently, Amelie, who attends The Heights Primary School, spent much of the summer at home, practising her skills, with amazing results.

With mum Davina's help, Amelie decided to create greetings cards from her watercolour pictures, printing them on 100% recycled paper with matching envelopes and biodegradable packaging. They started selling the cards to raise money for the two local charities who support George and the family. The first, the Music Club in South Oxfordshire, provided on-line music lessons during lockdown when their monthly meetups had to stop. It also holds a popular, on-line Friday night disco, where the children choose a song to dance to, complete with disco lights. The second



Examples of Amelie's cards

is Camp Mohawk in Wargrave, where the family can enjoy time together with George in a safe woodland environment.



The feedback from Amelie's customers has been wonderful, so she and her mum have set up a company, Little Amelie Art, to sell the cards. Half of the profits will be shared between the charities.

Amelie's cards are on sale in local Caversham shops such as Nood Stores, as well as at the monthly Artists and Makers Fair in the Methodist Church Hall on Gosbrook Road. You can also order direct by emailing littleamelieart@gmail.com



A Crafty Cuppa – with Jenni Sinclair

by Ruth Martin

YOU ONLY need to know the name of Jenni's business to understand how important the environment is to her. Making simple swaps on everyday purchases is her mantra. "Being eco-friendly can be overwhelming," Jenni explained over a cuppa, "but by making minor adjustments to everyday purchases you can slowly make more change and make a difference." What better place to start she thought, than a bar of soap?

Jenni uses the traditional cold-pressed soap making method, dating back thousands of years. However, making soaps the natural way is also the slow way. It takes 4 weeks from making a batch to the soap being cured and ready to use, so patience is key! She prides herself on creating totally natural soaps that are sustainably made, vegan and smell amazing too! But that's not all, "Everyone compliments me on my bubbles," Jenni proudly tells me, explaining the addition of coconut oil creates a good lather! And with

her focus on sustainability, I loved hearing about the soap bags Jenni has created. "You just pop in a whole soap or scraps from 'almost' finished bars - there's no need to waste a scrap of soap, you just use the bag like a loofah."

Jenni recently moved to Caversham from West Reading and is looking forward to more space to make and store her soaps. Renovating the garage to a studio is top of the to-do

...as bubbly as her soap....

list, finally freeing up the kitchen table! "I'm loving getting to know Caversham and becoming part of the community," Jenni told me. "Being a maker gives me lots of opportunities to get to know people in the area and I'm really enjoying that."

Jenni's background as a scientist has helped in her continual experimentation to create new products. After adding lip and beard balm to her range, she now has a shampoo bar in development, which her customers are clamouring for and which I'm sure will be a big hit. Meeting Jenni over a coffee at Caversham's Collective Café (where her soaps are sold), was a joy, and I can vouch for the fact



Jenni Sinclair

photo Joe Butler

that she is just as bubbly and lovely as her soap!

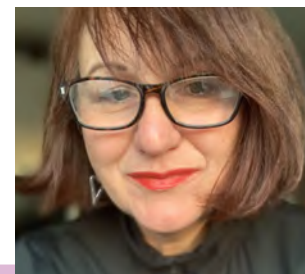
Find Jenni on Instagram [@thesustainableway](https://www.instagram.com/thesustainableway). You can buy her sustainable goodies from Etsy (TheSustainableWay) as well as at various local markets and makers' collectives.



Community Connections

by Caroline Gratrix

This month, we learn
something about local
resident Charles Burns



Charles in his studio

photo C Gratrix

I MET CHARLES recently at local community art hub, Creative Spaces, in Marsack Street when he was guest speaker for the 'hold the floor' ten minute session. The shortness of the slot was not a problem for Charles as he can cut a perfect silhouette in under a minute.

It was after leaving art college that Charles discovered a fascination for cutting silhouettes

and so began a 30-year career in honing his craft. He's cut the silhouettes of countless celebrities including The Queen, Prince Philip, President Clinton and Nelson Mandela. His work sees him attending events all over the country and he says of it, "My life is my work and my work is my life, it's who I am."

A member of the Caversham Arts Trail, Charles opens his studio to the public every year. You'll find way more than his impressive art too, an enormous perfectly square cut hedge, a plaited Wisteria and plenty of outdoor art to delight. He has an impressive archive of his

20,000+ silhouette cuttings, is the author of a book called Mastering Silhouettes and has a movie on Amazon Prime called Silhouette Secrets.

Let's find out a little more about this likeable and talented member of our community, over to you Charles. ...

Tell us a bit about you.

How long have you lived in Caversham?

I've lived in Emmer Green for 30 years. My wife and I moved out of East London in 1991 with a toddler and a new-born baby in tow. London was no longer fun with a young family! We chose Reading as it seemed an easy place to get out of (sorry, Reading). My work as an artist was beginning to take me to events all over the country and I needed a base with good travel connections.

Emmer Green best coffee shop?

It's hard to beat The Bite Cafe in Emmer Green. The sign

outside gives a clue to who they are: 'Skinny people are easier to kidnap. Stay safe. Eat more here!'

Where to shop in Emmer Green?

The Hardware Store on Milestone Way, Emmer Green. Largely because the owner always refers to me as 'young man'.

If you could bring anything to Emmer Green what would it be?

More art.

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One of Charles' many works

photo C Gratrix

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Watery reflections from our riverside

Living close to the Thames has provided a regular theme for artist, **Nicola Duncan**. She talks to **Elestr Lee** about her work which frequently features the beauty of Caversham's swans

WHILE SOME artists are perpetually seeking new sources of inspiration, others prefer to return to a favourite subject, allowing them endlessly to re-imagine and revisit the source of their inspiration. Nicola Duncan moved to Caversham 25 years ago, and has long lived close to the Thames. She remains fascinated by the reflection from the sky on to the river, and with the vast array of river birds – but especially the swans.

"I love painting the Caversham swans, they have real personality, as well as being visually striking. I'm also inspired by local landscapes, for example, the bluebell woods at Mapledurham," she says. Nicola's works are mostly Caversham-inspired, but she also loves to visit Devon, Cornwall and Pembrokeshire. "I love the light, I love the sea – and I love the ever-changing British weather!"

Originally from Nottinghamshire, she studied graphics and illustration at de Montfort University, Leicester, then completed her teacher training when she subsequently

moved to Reading. "I've taught at Gillotts School, Henley, for many years," she says. "I'm always pleased when students continue to develop art as a career." However, art teaching has had its challenges during the pandemic with students having to photograph their work to show their teachers online. "While I have missed seeing people in person, in many ways, lockdown has made you reach out more online. I've taken the opportunity to put together a new website to make my own art more accessible."

When not teaching art, Nicola works in her studio which nestles in the garden where she lives close to Caversham's centre. Lockdown offered the chance to experiment with different media. "I've decided to focus on my watercolours recently. I've been inspired by one of my favourite artists, Paul Talbot-Greaves," she says. Paul is based in Yorkshire – but during lockdown, he created an online watercolour course, and Nicola was delighted to find out more about his approach to capturing the landscape.



Nicola in her studio (above) *River Reflections* (below left) *Naomi and Bobby on the beach* (centre) and *Seven Swans* (below right) all photos: N Duncan



"I'm excited to be working in watercolours again after a long period of working in oils. It's a very different medium, with its own techniques and creative possibilities."

Nicola loves being part of the local art community. "I have taken part in the Caversham Arts Trail many times," she says. "As well as original paintings, I sell a lot of my cards and prints of my paintings – they make great presents!" Nicola's work has also been exhibited at the Reading Contemporary Art Fair at Rivermead in previous years, in Windsor, as well as at the Wallingford Gallery.

Last Christmas, she was pleased to be asked by Lesley Banks of Whittington's Tea Barge to paint her daughter and dog as a surprise gift. "I wanted to capture them in a natural moment on a beach – which was challenging, but great fun!" she recalls.

She is now looking forward to further commissions, as well as opportunities for herself and fellow artists to start showing their work again. In the meantime, she is busy building up a whole new body of work in watercolour, taking inspiration from the local landscape and, of course, the Thames.

A selection of Nicola's work can be seen on her website: www.nicoladuncan.com



JANINA MAHER'S delightful drawing this month is of Caversham Methodist Church on the corner of Ardler Road and Gosbrook Road.

Living in South View Avenue, I pass the church almost every day and am always impressed by the activities that are being held there. Recently I popped in to the old school hall next to the church to chat to Janina, who was one of the exhibitors at the monthly 'Artist & Makers Fair'. Walking round the exterior of the church, I could not help appreciating the unusual architecture and decorative design in contrasting brick and stonework. On the wall facing Gosbrook Road there are three foundation stones bearing the names of local dignitaries and also the date, 1898, and I wondered about the history of the building.

Eunice and Les Cooper, members of the congregation (Eunice and Les have lived in Caversham all their lives), kindly gave me some answers. On 18 August 1881, the Methodists of Caversham laid a foundation stone for a new chapel on a plot of land across the road from the present church on what was then known as Gosbrook Lane. It was a humble corrugated iron building, but it held about 180 people and even had a small timber spire and a gas lamp to light the entrance. In 1891 the Wesleyan School Chapel, that is now the church hall, replaced it and, in 1898, work began on the church. The church and hall are now joined by an



Drawing by Janina Maher

www.janinamaher.artweb.com

impressive modern entrance and foyer.

An early photograph of the church shows that originally the brick tower was crowned with a handsome tall spire. Sadly, by 1958, the spire had become unsafe and had to be demolished. Another photograph, dated 1911, shows a

gathering of Methodist ladies and some of their babies and children – known as 'Wesleyan Women's Own' – everyone is in their Sunday best wearing a range of magnificent large hats adorned with flowers, feathers and ribbons.

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Sid's Story

Sydney Bickle 1930 - 2021

JAMES SYDNEY GEORGE BICKLE, known as both Sid and Syd, was born in Nymett Rowland, North Devon to George and Cecilia on 28 August 1930. Sid was one of six children. With no school in their village, they had a daily walk to the next village for school, about a 6-mile round trip.

Sid was called up for National Service in 1949 in the Army, where he saw active service in Africa. He never spoke about this.

Whilst living in Reading, Sid met a young Phyllis Coles from Caversham, at a dance hall. He liked her so much he followed her home to Prospect Street. They were married at the Parish Church in Caversham on 16 May 1959 and settled in Cromwell Road, Sid's home for the rest of his life.

Sid began his working life as a carpenter and later he undertook general maintenance work. Having worked initially on building sites, he became self-employed in 1970.

He was a dedicated and loving husband to Phyllis. In 1961 their first son Paul came along, followed by Stephen in 1964.

In April 1998 Phyllis suffered a heart attack and passed away. Although Sid missed Phyllis very much, he got on with his life. He never retired, just carried on... his hobby was his work...

his profession was his hobby for him they were the same. In his 80s he made a 'trolley' to transport his tools for local jobs!

Sid's favourite place was his shed, where he always had something to keep him occupied. He enjoyed his garden and kept it looking good.

Sid made many friends and acquaintances in Caversham over the years. He had good friends, some going back 40 years, including Jim Plunkett, Mick Goddard and Peter Compton, who he kept in touch with.

He was fit and healthy most of his life. Keeping active and occupied certainly worked for him. It was only in the last three months that Sid was unwell. He was diagnosed with cancer. Typically, his response to the news was "I've had a great life, I'm not afraid to die". He passed away only five days later.

A quiet, hardworking, family orientated man, a wonderful husband to Phyllis... and great Dad and Grandad. He will be missed by his family, friends and everyone who knew and loved him.



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by **David Robinson**

David Robinson is Director of Templar Estate Planning – a specialist Will writing and Estate Planning provider based in the heart of Caversham within Church House.

TRUST IN TRUSTS

YOU MIGHT think Trusts are for the rich and people with complex estates. Think again. Trusts are used by people like you and me every day to protect families and inheritances.

Trusts have been around since the 12th Century and have been recorded as used by Knights to ensure their lands were looked after when they went off to battle – hence our business name! In recent times, home ownership triggered their use for normal people who, for the first time, had a valuable asset to protect and hand down through their families. With home values at an all-time high, a Trust is a good strategy to pass these assets on.

There are many reasons to set up Trusts:

- To protect – Trusts can protect your loved ones who may not be old enough or have the capacity to manage their inheritance.
- Minimise threats – Trusts can minimise threats against your estate such as bankruptcy, divorce, remarriage and maybe even from more unscrupulous members of an extended family!
- Tax mitigation – Trusts can be used legally to mitigate Inheritance Tax and/or Income Tax implications for your beneficiaries on your death.

- To stop conflict – Your trust can minimise conflict between family members after you have gone. Trusts can be very specific and binding on how your estate is divided up. Indeed, each beneficiary can have their own separate Trust to reduce potential conflict further.
- Privacy – For most of us, a Will at some stage will become a public document. A Trust can add a layer, allowing your wishes and your beneficiaries to remain confidential.

A professional Estate Planner or a solicitor should listen to your overall requirements for your Will or general Estate Planning and, if necessary, produce a plan that includes specific trusts for your needs.

You will need to think about:

- Who you will appoint as trustees to manage the trust. Normally we recommend two, which can include someone you know, but we also suggest you have a professional trustee as well.
- Beneficiaries of your estate via the Trust.
- Specific instructions for Trustees on managing your estate and how beneficiaries will benefit.

As with all Estate Planning, our advice is to prepare sooner rather than later to ensure it is completed before it is too late. Choose a provider you are comfortable with, one who will take the time to answer your questions and will be transparent about costs associated with having a Trust – both for its formation and ongoing - as these can vary greatly. Most importantly – get it done!



First Impressions Matter

Meet the robots

by **Laura Harmsworth**

*It is estimated that around 80% of large companies use ATS
ATS quickly eliminates 75% of applicants*



SOUNDS A BIT scary doesn't it, and what is ATS anyway? Applicant Tracking Software (ATS) scans your CV for key words that match the job requirements, prior to it being shortlisted for a recruiter to read.

You can have the best experience, the most amazing achievements, and be the perfect person for the job - but your CV will not reach a recruiter if it's not readable by ATS or doesn't score highly in matching the job role. Not all software is the same and it's constantly changing but, if you follow these guidelines, your CV has a good chance of beating the bots:

- Use keywords from the job description/advert
- Use standard job titles
- Have black text on a white background
- Choose a font that is sans serif/web-safe e.g., Arial, Tahoma, Georgia, Lucinda, Calibri
- Use standard circle bullets
- Avoid tables, graphics, colour, headshots, and logos
- Don't submit a PDF unless explicitly stated
- Use long-form as well as acronyms

Once your CV has passed through the ATS, it will be read by a human. These points will make your CV easier to read:

- Limit the use of bold, italics, underlining or large type
- Ensure consistent use of bullet points, full stops, heading styles
- Keep the layout simple with good use of section headings
- Have plenty of white space, use the 'normal' margin settings
- Keep your CV to two pages, unless reducing means you lose critical content; last month's article on tailoring your CV will help to keep your CV succinct and relevant

ATS needn't strike fear in your heart, but it's something to be aware of.

Next month I'll talk about spelling and grammar (sounds boring but is essential!).

You can follow Laura on:

www.facebook.com/CavershamCVWriting

or on LinkedIn, where she posts tips and articles:

www.linkedin.com/in/lauraharmsworth

Her website is: www.cavershamcvwriting.co.uk

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Back together again

OUR LOCAL clubs, associations and other groups are slowly returning to a more normal

pattern of meetings. Last month we had an update from the Women's Institute. In September, the Inner Wheel Club of Caversham held their first 'in person' meeting, after 18 months of Zoom meetings.

The Inner Wheel is an international women's organisation founded in Manchester in 1924. It aims to create friendship, service and understanding. It has clubs in over 100 countries, with over 100,000 members.

It is customary for the President of the local club

to select a charity to support for the year. Katy Armitage, the current President at the Caversham Club, has chosen the Ways and Means Trust. Frances Woolaway from the Charity attended the September meeting to provide information on its work.

The Club next meets at the Milestone Centre, Caversham Park Village at 10:30 on the 7 October, when Fred McCrindle OBE will speak about Dementia and Alzheimer's. For details, contact Anne Long, email longsoflyegrove@yahoo.co.uk See the Inner Wheel website for more information at www.innerwheel.co.uk

Based on Information provided by Anne Long

Join the 'Welcome to Reading' team

by Steve Hendry

A NEW volunteer-led scheme to welcome visitors to Reading is up and running at Reading Station. But we still need volunteers to join the team! Organised by Reading UK, a team of local volunteers is providing an information service to visitors arriving by train, playing their part in Reading's economic recovery by providing a warm welcome, local information and directions.

Reading UK is looking for people who want to share their pride in Reading, its history and culture and its modern economy, by giving three hours a week to help run the information stand. Volunteers will

have a good knowledge of Reading, its geography and what it has to offer to tourists and other visitors..

Terry Dixon, Welcome Ambassador volunteer said, "From helping people on the station with all manner of requests and giving a good first impression of Reading to providing directions and ideas of things to do in Reading, volunteering as a welcome ambassador is rewarding and fulfils an important function of promoting our friendly town to people visiting or just passing through."

The team have been operating three mornings a week. More volunteers would allow Reading UK to expand the service. The 'Welcome



Ambassadors photo 'Welcome to Reading'

to Reading' Ambassadors are based inside Reading Station near the main ticket barriers at a mobile tourist information stand. Volunteers receive full training and a uniform and will work with a team of other volunteers. If you can volunteer for three hours, one day a week and are interested in joining the team, contact:

rva.org.uk/volop/become-a-welcome-to-reading-ambassador



Are we being 'bugged'?

WE ARE NOT alone in our bodies. Living inside every person are trillions of micro-organisms – bacteria, viruses, fungi, and other life forms collectively known as the microbiome. In a healthy person, these 'bugs' co-exist peacefully throughout the body, with the largest numbers found in the small and large intestines.

The gut microbiome affects the body from birth and throughout life by controlling the digestion of food, the immune system, central nervous system and other bodily processes.

Without gut flora, our bodies would be unable to utilize some of the carbohydrates we eat because some types of gut flora have enzymes that human cells lack for breaking down certain polysaccharides. Gut flora also synthesize vitamins and are a source of Vitamins K and B12, which are not produced by the body in high amounts.

Several diseases are now thought to be influenced by processes in the gut microbiome. These include cancer and auto-immune disorders such as multiple sclerosis and autism spectrum disorder. The gut microbiome also strongly interacts with certain drugs, including some mental health therapeutics, and influences their effects.

Scientists are still in the early stages of understanding the microbiome's broad role in health, and the extent of problems that can occur from an interruption in the normal interactions between the microbiome and its host.

We can influence our gut microbiome by eating a diverse range of foods, especially foods like wholegrain, legumes and fruits. All of these contain a lot of fibre. Fermented foods have been shown to increase the diversity of gut bacteria. Limiting our intake of sugar and sugar substitutes can contribute to a healthier gut. The jury is still out on probiotics, but research is pointing to their benefit for children and seniors, and for all of us when recovering from illness.

And remember the gut instinct which told you dark chocolate was always good for you? Well, your gut was one hundred percent right.

THE CHALLENGE ANSWERS:

(From left to right) preach, jewel, bloodsucker, ghost, leech, ghoul, teach, **school**, fool, peach, foal, fruit, horse, perch, goal

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