



Caversham Bridge

A MOMENT OF CHANGE



by *The Editors*



Queen Elizabeth II in 2006

photo J Brown

IT SEEMS HARD to believe we were celebrating the Queen's Platinum Jubilee only a few months ago. Even now, Jubilee bunting is still up in some local streets. By the time this paper is published, the Queen's funeral will be over. With so much media coverage of the funeral and of her life, we are left to reflect for ourselves on what her passing means to each of us. Most people have known no other monarch and she has been a constant part of our lives. For some,

her passing has been a reminder of their own losses over the years as well.

Most of our local churches and the library had books of condolence. Churches were open for prayers, quiet reflection, and the lighting of candles of remembrance. Those with bells tolled them at midday on Friday 9 September. A service of Commemoration was held at St Peter's Church Caversham on Sunday 11.

For those who wished to lay flowers, the Queen Victoria statue by the Town

Hall in Reading became a focal point. Some businesses had special window displays.

The ascension of King Charles III to the throne was proclaimed across the country, with Proclamations read at the Town Hall for Berkshire and an hour later for the Borough of Reading at Reading Minster. The last time a Proclamation was read in Caversham was in 1910, before the change of council boundaries (see photo below). The Proclamation of King George V (the Queen's grandfather) was read in front of the Police Station in Church Street which was demolished many years ago.

'The Queen is dead, long live the King' seems such a bare statement, but it marks a new beginning for the Royal Family and for the nation.



The Proclamation of King George V, 1910

photo Reading Library

A time for reflection

by Phil Chatfield

OUR PAPER leads with national news which will have affected us all in some way (above).

This month, Happy Wanderer investigates an all but forgotten local company, which supplied fittings for several famous buildings, including Windsor Castle (p7). We welcome the return of our regular *First Impressions Matter* contributions for job seekers (p14) after a break.

The changing seasons are reflected in several items this

month. Our Ecotip looks at water butts and leaf mould (p9) and on the same page we have timely advice on chimney maintenance. True Food Co-op have provided a recipe which makes use of abundant autumn fruit (p8) while Louise Hampden looks forward to the spring with her *Plant of the Month* article on Tulips (p10). We also report on a change at the New Testament Church of God, with the arrival of a new pastor, Dr Garrick Wilson. This follows the retirement of Headley Gayle reported in our August edition. We have a profile of Garrick this month as he prepares for his induction service on 24 September (p4).

We have several articles reflecting our local creative

talent. The subject of our Creative Caversham this month is local poet Robin Thomas (p12). The Local Scene drawing this month looks at a group of shops on Prospect Street (p13). This is one of 28 of Janina's drawings included in her book, 'A Stroll Through Caversham', launched on 30 September at Fourbears Books. We also report on new books by two local authors, and a competition for young writers (p5 and p14) as well as a new art exhibition featuring local artist Nina O'Connell (p11).

As ever, we welcome your comments and contributions. Email us at editors@cavershambridge.org or leave a message on our answerphone, 0118 328 2754.

INSIDE

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ON 18 OCTOBER each year, the Church remembers St Luke, writer of the third Gospel. St Paul names Luke as a physician, so he is known as the patron saint of medics and surgeons.

We have all thought quite a bit about those working in the medical profession over the years of the Covid pandemic. In the early days we stood on our doorsteps to clap NHS workers, in a symbolic show of appreciation for them. Hospital staff whom I know continue to be exhausted as the pressures on our healthcare system continue to rise. The lull between crisis points in the NHS seems to have vanished, and we have got used to people's stories of waiting too long for ambulances, or having surgery cancelled.

And of course the pressures on our health system are not the only ones we face. We are all noticing the pressure on our finances as inflation reduces our spending power, and the price of energy, food and other commodities continues to rise. Higher prices and lower incomes mean that we all struggle. Politicians struggle to find a way out of this.

Alongside the cost of living crisis, we are subject to world political pressures involving Russia and China, and this summer we have witnessed another



Talking Point – by Mike Smith

implication of climate change as we faced soaring temperatures. So we are not short of significant challenges to our very way of life!

So what does the Church of Jesus Christ have to say about these challenges? All too often we are silent. A recent gathering of the bishops of the worldwide Anglican family in Canterbury tried

to discuss many of them, particularly the need for reconciliation in the world, the environmental crisis, the scientific and ethical revolution we face and how faiths can work together to confront them. Yet it was one two-hour debate on human sexuality that captured the media headlines. The other (and in my view more important) issues were hardly noticed.

Our churches, locally as well as nationally and internationally, need to step up our message to a world in pain about the issues of our time. Our faith has much to say about how we treat one another with dignity, how we support the poorest and most vulnerable in society, and how we approach all aspects of life with an ethical and moral code. Yet we often find ourselves speaking only to ourselves.

People in our nation are hungry for values that challenge how they live their lives. We have good news to offer, not just about a personal faith in Jesus but also how that affects how we live every moment of our lives. Might we churches in Caversham find a way of speaking more publicly about how our faith can confront the issues we are facing?

*Mike is the Rector, Caversham Thameside and
Mapledurham Parish*

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/live-stream>

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

NEW TESTAMENT CHURCH OF GOD

Rev'd Dr Garrick Wilson

Tel: 0118 946 3009

ROMAN CATHOLIC

Our Lady and St Anne

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

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 November 2022 issue should be

submitted by 1 October and for the December 2022

edition by 1 November. These should be e-mailed to:

editors@cavershambridge.org

Dates for advertising copy are 1 October for the

November 2022 issue and 1 November for the

December 2022 issue. These should be e-mailed to:

advertising@cavershambridge.org

HOUSE OF CARDS...AND MUCH MORE!

words and photo by Ruth Wright

BOOTS AND Superdrug in Caversham have a new neighbour! House of Cards, formerly on the corner of the precinct, has taken up residence in what was for many years a Quality Seconds clothing shop. The shop opened at its new site on Wednesday 17 August with the same friendly staff and an extended range of cards and gifts.

One shopper commented, "What a diverse selection of gifts and greeting



cards. I'd been into town in the morning to find a small token gift to send to Jamaica. I wanted something for a male relative that said 'Britain', and ended up buying a tankard-shaped mug with a robin (Britain's national bird). Later that day, passing the new House of Cards, I thought I'd pop in and have a look around. I found just the thing - a fine china mug with images of British wartime aeroplanes. It was less than half the price, and it was boxed. Perfect! Needless to say, I'll be returning the robin mug."

THE BIG SLEEP OUT

BY BECKY MEDHURST-JONES

LAUNCHPAD, Reading's homelessness prevention charity, will be holding its Big Sleep Out at Reading Abbey Ruins this year, after holding it online for the last two years. The event will take place on Saturday 8 October to mark World Homeless Day.

Vicki Lewis, Fundraising Manager at Launchpad, said, "Our services at Launchpad are a lifeline to over 1,100 local people every year and over the next few months, we know there are going to be many more people who find themselves on the brink of homelessness and in desperate need of our support. We would love people to join #TeamLaunchpad for the Big Sleep Out and help us raise £40,000 to fund this vital work and ensure people avoid homelessness. By sleeping out, we can ensure others in Reading don't have to."

The event begins with an evening of entertainment at

St Laurence Church – hosted by Launchpad patrons Matt Allwright and Danyl Johnson – which will include live music, a prize raffle, a hot meal, and talks from Launchpad staff

and clients. Then all participants head over to the Reading Abbey Ruins to bed down for the night until the next morning.

Registration for the Big Sleep Out is £20 per person and Launchpad are asking each participant to fundraise a minimum of £250. The charity has created a Big Sleep Out Guide – see

<https://launchpadreading.org.uk/big-sleep-out-at-reading-abbey-ruins-guide> – to help participants fundraise and spread

the word about their challenge, and they'll also receive lots of support and resources from Launchpad's fundraising team. For more information and to book your ticket, visit:

launchpadreading.org.uk/bigsleepout



Lit up to sleep out

photo Launchpad

Do you have a heart for art?

painting and words by Jean Jackson

IF SO, perhaps the Ted Burnell Community Art Centre, which meets in Church House in Caversham would be of interest. We are a group of largely 'mature' amateur artists who meet on a weekly basis to spend time honing our skills. There is no formal teaching involved, but existing members are always happy to help and advise. We also have regular demonstrations by established artists in a variety of mediums.

Our sessions are organised into three terms throughout the year and run from 10:00-12:00 or 14:00-16:00 each Monday.

If you are interested in hearing more about our activities please contact Jean Jackson, Secretary, on: gj@grahamjackson.f2s.com or call 0118 9476221.



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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, the Milestone Café in Caversham Park Village and now from Sheabutter Cottage, 118 Henley Road.



A NEW PASTOR

by The Editors

We recently reported on the retirement of Headley Gayle from his post at the New Testament Church of God (NTCG) in Caversham. His replacement is Revd Dr Garrick Wilson. The Church provided background information about Garrick, which is summarised below.

REVD DR GARRICK Wilson was recently appointed as Senior Pastor of NTCG Reading branch. NTCG is one of the largest Pentecostal church organisations in the UK, with over 130 branches and a following of more than 30,000 individuals, representing a diversity of cultures. Previously, Garrick was an Associate Pastor at Chrisma Christian Centre, a community church in southeast London. He serves the church in numerous areas, including education, the training of Christian leaders and building cross-denominational partnerships.

Garrick is an advocate for justice and civic responsibility, and supports causes to empower marginalised people. He currently advises the Department of Health and Social Care, the UK Health Security Agency, and several charitable organisations on strategies to promote health resilience in local communities. He appears regularly on radio, podcasts, webinars, and various television programmes, addressing health, education, and economic disparities in society. He is the director of BUILD, a mentoring initiative for young men, which equips them with the skills and confidence to

realise their goals and to embrace a purpose-driven life. He received the Outstanding Emerging Leader Award at the 2022 Ministers Appreciation Ball – an award voted for by influential church leaders across the UK.

Garrick is also an academic and medical scientist; he currently leads the convergence science training strategy at Imperial College London, The Institute of Cancer Research and The Royal Marsden Hospital. His work brings together biological, chemical, engineering, and physical sciences to develop new approaches to prevent, detect and treat cancers. Additionally, he is an honorary vascular scientist at the National Heart and Lung Institute, with interests in the causes of strokes and heart defects. He trained as a molecular virologist at the World Health Organisation and is an expert in viral transmission and treatment.

Garrick is passionate about highlighting the positive impact the church can have on society. He loves people and he is humbled by the opportunity to serve them. He also loves good food, good music and travelling.

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The Fisherman Returns

THE PEOPLE of St Andrew's Church are delighted to announce the reopening of our community café, The Fisherman! Once again, Thursday is Fisherman Day, serving high quality teas, Italian-style coffees, home-made cakes, soft drinks, ice creams and more. Open every Thursday 14:30-17:30 in St Andrew's Church Hall, Albert Road. We look forward to welcoming friends old and new.

Living with Loss

by Gillian Wilson

A SIGNIFICANT LOSS in anyone's life causes grief and disorientation. Inevitably it takes time both to accept and gradually find a way to live with it.

A major loss can occur for many reasons, including the death of someone you love or someone you have been caring for moving into a care home. The sudden absence can be traumatic, leaving a gaping hole in everyday life which can be difficult to fill.

Other types of loss may arise from the death of a much-loved pet, a major health deterioration, or anything which has a significant impact on daily life. Change affects our feeling of security and has an impact on our sense of self.

Sharing the experience of loss with others who are living with something similar can help reduce feelings of isolation.

The monthly Living with Loss Group does not provide counselling. But it does offer the opportunity to talk about what has happened with a group of people who are completely non-judgmental and understand how overwhelming feelings of loss can be. Explaining the emotional and practical ways in which the loss has affected you can help to lessen the loneliness. The process is about beginning slowly to explore your own ways of learning to live with the loss.

The Living with Loss Group meets on the third Friday of each month (14:00 – 15:30) in St Barnabas Parish Centre, 20 St Barnabas Road, Emmer Green, RG4 8LA.

Please join us. You will receive a very warm welcome.

The Bereavement Café is a drop-in for bereaved people to meet with others in a similar position. It takes place on the first Friday of each month in St Barnabas Parish Centre, 14:00 – 15:30. All welcome.

If you require any further information about either group, please contact Gillian on 0118 9478772.

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For your bookshelf...



Welcome to 'Fourbears Reviews', where we briefly review a couple of titles chosen from our shop 'Fourbears Books' on Prospect Street, Caversham.

by Alex and Luka



The Bear is spellbound

photo A Forbes

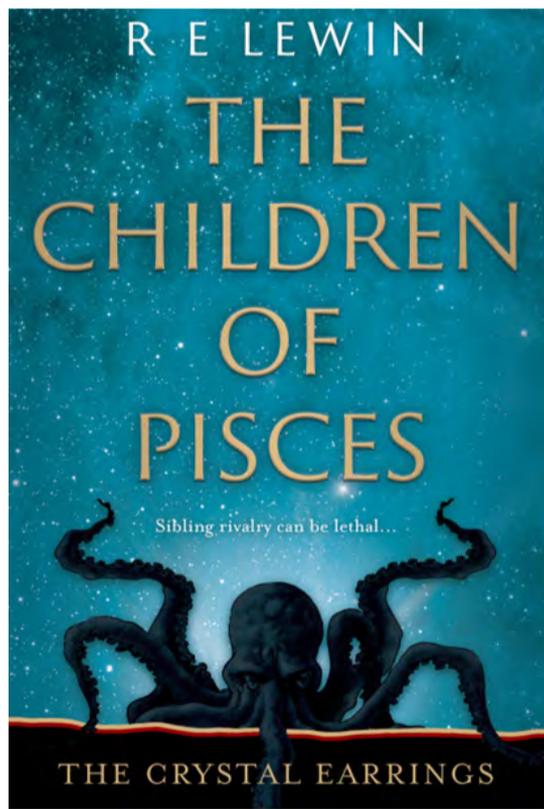
THIS MONTH WE have a guest writer who will discuss his favourite Stephen King book. But first I want to introduce you to the 'Diary of an Accidental Witch' by Perdita and Honor Cargill. It follows Bea Black, who has just moved to a village called Little Spellshire, where her Dad has accidentally enrolled Bea in a school for witches. Bea has to learn lots of new magical things while trying to keep it a secret from her Dad. It's the perfect spell of magic and mischief, filled with fun and mayhem, and is great for little witches (and wizards) aged 7+. This is the first of a series of books, with two others currently available, and we have loved all of them.

For our second book this month, I've asked one of our work experience chaps for a few words.

My name is Luka Rusic and I've been at Fourbears Books for work experience. I chose

to write about 'The Green Mile' by Stephen King. The book follows Paul, who recounts his experiences as a prison guard in the 1930s. His experience focuses mainly on a gentle giant, John Coffey, who committed a horrible crime. This book shines a light on the justice system of the time, and the attitudes towards black people. The book is filled with emotional scenes, interesting characters and exciting moments of action. King's fluid writing style keeps the story going at a good pace and isn't anything like some of his horror stories. The book is excellent from start to finish, filled with joy and sadness, shock and excitement.

We are expecting a Fourbears Baby in October, so please bear with us if opening hours are reduced for a couple of weeks. Do come in and see some of the brilliant books which will make perfect gifts for December time. Happy reading whatever you pick up and hope to see you in the shop soon.



Write without fear

by Phil Chatfield

TO MARK the publication of the second book of her 'Children of Pisces' series for young adults, South Oxfordshire author Rachael Lewin has organised a competition for young writers. The book, 'The Crystal Earrings', will be published on 28 November and follows on from the first in the series, 'The Two Pendants', published earlier this year.

The competition is open to writers between 9 and 16 years old and can be on any theme. Entries should be of between 1000 and 1500 words and sent to Rachael by email at info@rachaelruthholistic.co.uk along with the name and

age of the writer and a contact phone number. The deadline is Friday 11 November, with winners announced on 18 November.

First prize is a hardback copy of her new book, 'The Children of Pisces – The Crystal Earrings' and a £20 book voucher. Second and third prizes also include the book and a book voucher for £15 and £10 respectively.

The results will be shared on social media. For more information and chapter previews, visit her website at www.rachaelruthholistic.co.uk/my-writing.

Both books will be available from Fourbears Books in Caversham.

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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 - 19:00 Thursday and 10:00 - 15:00 Saturday

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

Geo Café - Artists against homelessness, an ongoing and changing exhibition of art by local artists at Geo Café, Prospect Street. For each sale, the artist makes a donation to Launchpad Reading. Open every day except Tuesdays (when the café is closed).

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 - *Rivarate Choir* - 19:30 in term time - Caversham Heights Methodist Church, Highmoor Road. Enjoy singing together. For details see <http://rivarate.com>

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

www.facebook.com/CAFMarket

Thursday 1 September to 5 October - *Exhibition of work by Reading artist Sally Castle* - Caversham Picture Framers, 7 Church Road, RG4 7AA See: <https://cavershampictureframer.co.uk>

Wednesday 5 October - *A talk on 'The history of Huntley and Palmers' by Margaret Simons* - 20:00 at Caversham Heights Methodist Church Hall, Highmoor Road. The Caversham Heights Society www.cavershamheights.org

Wednesday 5 October - *Rosehill WI* - 14:00 at St Barnabas Church Hall. Harvest Lunch, followed by a talk from our WI Advisor

Friday 7 October - *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 8 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. www.artistsandmakersfairs.co.uk

Sunday 9 October - *Walk from Pangbourne along the Thames to Sulham Woods and back* - 10:30 start from Village Hall - Pang Valley Ramblers. One of several walks on Sat, Sun and Weds in their programme. For details see: www.pvramblers.org.uk

Wednesday 19 October - *A presentation on quilts by Jill Davis* - 14:45 at Caversham Heights Methodist Church Hall, Highmoor Road. Caversham Heights Townswomen's Guild. Visitors and new members are welcome. Contact Mrs Margaret Miles on 01491 681223 for further details

Wednesday 19 October - *A talk on Gertrude Jekyll and William Robinson: two celebrated gardeners* by Richard Bisgrove, garden historian - 19:40 at Caversham Baptist Church opposite the Waitrose archway. Caversham

Horticultural Society. Admission charge £3 for non-members
Wednesday 19 October - *A talk on Coaches and Coachhorns* by Colin Pawson - 20:00 at Caversham Heights Methodist Church Hall, Highmoor Road. The Caversham Heights Society www.cavershamheights.org

Thursday 20 October - *Caversham WI meeting* - 19:30 at Church House (next to Waitrose). Every 3rd Thursday of the month. New members are welcome. Email: cavershamwi@berkshirewi.co.uk Secretary: Joy Kennedy on 07786 642424

Saturday 22 October to Tuesday 1 November - *Autumn Festival of Music and Art* - Presented by Concerts in Caversham. For details of performers and ticket prices, see www.concertsincaversham.co.uk. The festival includes concerts at St Andrew's Church, RG4 7PL on **Saturday 22 and 29 October** at 19:30 and **Sunday 23 and 30 October** at 18:00 and the Festival Finale on **Tuesday 1 November** at 19:30 at Queen Anne's School, RG4 6DX

Saturday 29th to Sunday 30th October - *Caversham Halloween Trail at Caversham Court* - Look out for creepy displays - Daylight hours. Friends of Caversham Court - Tea kiosk open.



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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

INFORMAL DISCUSSIONS with Beechcroft, suggest that revised plans may come forward later this year for new building within the grounds of Caversham Park. We hope for further public exhibitions. Proposed demolition of 14B Wolsey Road has highlighted the importance of the main building. In the 1920s, this was the premises of Herbert Engineering who assembled the very successful HE cars, which were the subject of an exhibition at Caversham Court Gardens. The premises were then taken over by Thornycroft, who manufactured marine engines, including those for the WWII landing craft manufactured by Elliot's - also in Lower Caversham.

While we wait for a decision on Caversham Lakes, concern is growing over traffic safety following another accident on Henley Road. The most recent application for a high monopole and 3 associated cabinets is on Chiltern Road. Application 221279 shows an 18 metre telecom pole.

Applications for final details are coming in, including plans for the new frontage on the NatWest building and construction methods for both 3 and 58 Prospect Street (221084 and 221265). Six information boards explaining the hydropower plant are planned for View Island (220844).

Detailed application to meet the conditions for Reading Golf Club continue. A slightly revised Construction Method Statement is now shown (220958) but at mid-September this had not yet been approved. Understandably, residents of Kidmore End Road are very concerned at the implications.

Planning and Licensing are separate processes. For Winter Wonderland, there is a planning application for use of the land at Hills Meadow (221171) and a License hearing due late September. Following the latest Reading Festival, local groups will attend a review meeting early November and would welcome comments. For CADRA, please email: info@cadra.org.uk

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MY RESEARCH into Ryder's was prompted by an e-mail request, out of the blue, for information about a prestigious Caversham carpentry and joinery firm of this name. I thought that the enquirer was thinking of Samuel Elliott and Sons, who were in the same line of business, and who are still well remembered. When I asked some of the older denizens of the pub I frequent, only one of them, who had worked as a carpenter, remembered them, and the rest thought I was talking about Elliott's. And I could find no mention of Ryder's in Alan Beardmore's history of Elliott's.

There was nothing else for it – I'd have to spend some time in the online British Newspaper Archive. Reading has been lucky here – the archive contains the scanned pages

of the town's local papers from 1723 to around 2000. Surely if the firm had existed, I would find something here, and what I found surprised me.

I found that William Harry Ryder from Hungerford married in 1903 and came to Caversham to work for Elliott's, so there was, as I had suspected, an Elliott connection. He left the firm in 1920 to join Edwin John Sheppard and William Taylor in a partnership called Sheppard, Ryder and Taylor. Much of their work was house-building on Caversham Heights. In 1925 they



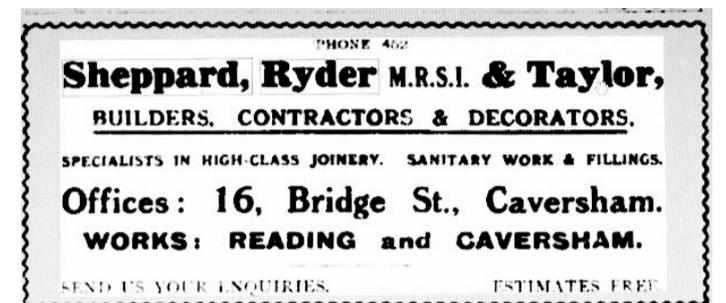
advertised that they were building 40 detached houses in Buxton Avenue, which was described as "the last new road in Caversham Heights". Since there now seem to be 56 houses in the Avenue, they must have built most of it. The office was at 16 Bridge Street, but the works was on the other side of the bridge, in Randolph Road. They called it the Addison Works. The Letters "M.R.S.I" after William Ryder's name in the advertisement indicate his membership of the Royal Sanitary Institute.

In 1933, the partnership was dissolved, and Mr Ryder set up his own carpentry firm, W H Ryder and Son, still using the Addison Works. He lived at a house called Highfield, 49 Conisboro Avenue. When he died in 1952, the son, Leslie Ryder continued the business. Among the employees, he was nicknamed "Ridd". In 1967, Ryder's

employed 60, and their works had a floor area of 10,000 square feet.

The contracts they completed took them to Blackburn Cathedral, Theale Church, the Memorial Chapel at the Sandhurst Military Academy, Windsor Castle, the Ritz Hotel in London, and in Reading, Caversham Road Fire Station, and the Dunedin Hospital. These are just the kind of contracts that Elliott's would have tendered for.

As often happens, it's fairly easy to find out when firms were founded, but virtually impossible to find out exactly



when and why a firm closed down. Was it adverse trading conditions, managerial incompetence, a buy-out and asset-stripping – or did the owners of the firm just wish to close down, sell up, and call it a day?

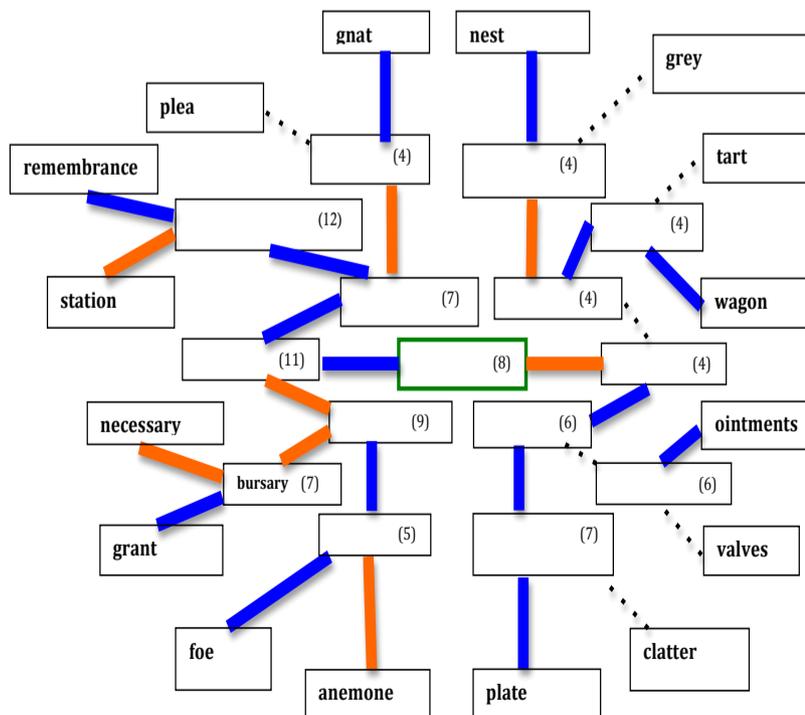
The end of the firm came about in the 1990s. Their last advertisements for staff appeared in 1992, and in 1996, an advertisement appeared for the sale of the Addison Works. And all this had happened almost under my nose. How had I missed this rather remarkable company?!

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: *bursary* has 7 letters, rhymes with *necessary* and means *grant*.

Rhyme ———
Letter change
Meaning ———



Answers on page 15

WINTER WARMERS

Can you find 19 warm clothing items here?

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A P L A E P A L S G O E O T
N E U X P T S T E E A F C C
I R O E D A J O A E R O H O
E H G D G I R N M A C R C A
H A A J B E O K C C O E N T
A T C A H R A S A O O A E F
T R E C A R E F F U P A R F
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- Duffel Coat
- Epsom Coat
- Fleece
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Rainbows 35th Birthday Celebrations!

by Kathleen Moore

RAINBOWS ARE the youngest section of Girlguiding - for girls up to seven years old, and this year they celebrated their 35th birthday. Rainbows learn by doing – they get their hands dirty, do sports, arts and crafts and play games. Being a Rainbow is all about having the space to try new things. Through taking part in a range of different activities with girls their own age, Rainbows develop self-confidence and make lots of new friends.

Rainbows aged between five and seven from the four units in Caversham and Emmer Green held a District Birthday Party at Reading Society of Model Engineers (RSME), the miniature railway at Prospect Park, on a sunny Sunday afternoon in July.

The girls and volunteers had a brilliant time, enjoying as many rides as they liked, and spotting the 'wild' animals hidden in the 'forest' as they went around on the trains, and having a break with snacks, drinks and cake in the shade. It was lovely to bring together over 30 Rainbows from the District, to have a wonderful afternoon, trying something new and making new friendships along the way.



Rainbows and volunteers at the celebration

Girlguiding is run solely by our amazing volunteers, without whom such special events wouldn't be possible. As adult leaders we also have fun, make new friends, challenge ourselves, and try new activities along the way with the girls. But most importantly, we see a shy five-year-old start Rainbows and watch them leaving to go to Brownies at seven with the confidence to have a go at new activities and try their best, whatever the outcome!

If you have ever thought of volunteering with Girlguiding, then Caversham District would love to hear

from you. We have huge waiting lists for all sections of Girlguiding in Caversham - Rainbows, Brownies, Guides and Rangers, so we need more volunteers to help support the existing units or even support opening new units; there is a wide range of flexible roles available. If you are interested, then please register via the website to learn more about our organisation.

www.girlguiding.org.uk/get-involved/become-a-volunteer/register-your-interest

AN AUTUMN TREAT CAKE AND CRUMBLE

WE ASKED the True Food Co-op if they could provide our readers with an occasional 'Seasonal Recipe'. Their first celebrates the bounty of delicious UK-grown fruit, with a comforting cake or a scrumptious crumble. This recipe combines both classics, and can easily be adapted to include other fruit such as plums, blackberries, raspberries or pears.

Apple crumble cake
Serves 12

For the crumble topping

100g plain flour
70g cold butter, cut into small pieces
75g demerara or light brown sugar

For the cake

100g caster sugar
100g unsalted butter, at room temperature, plus extra for greasing

2 large free-range, organic eggs
100g plain flour
1½ tsp baking powder
4 dessert (eating) apples
1 unwaxed lemon, finely grated zest and juice
½ tsp ground cinnamon

Method

1. Preheat the oven to 180/160°C Fan / Gas 4. Grease the sides of a 20cm/8in square tin and line the base with baking paper.
2. To make the crumble topping, rub the flour and butter together with the tips of your fingers until the mixture resembles breadcrumbs (you could use a food processor). Stir in the sugar. Put in the fridge until needed.
3. To make the cake, beat the sugar and butter together until light. Beat in the eggs one at a time, adding half the flour after you've beaten in the first egg, then stir in the rest of the flour and baking powder.
4. Peel the apples, cut into quarters, cut out the core and cut each quarter into four long slices. Mix with the lemon zest, juice and cinnamon.
5. Spoon the cake mixture into the prepared tin. Place the apples

on top and cover with the crumble topping. Bake for 40 minutes, or until a skewer inserted into the centre comes out clean. Leave to cool in the tin for 10 minutes, turn out onto a wire rack. Then turn it over onto another wire rack so it's crumble side up.

6. Serve at room temperature or warm with cream.

For an extra helping of wellbeing, make the cake using organic ingredients, which can be bought at True Food Co-op in Emmer Green.



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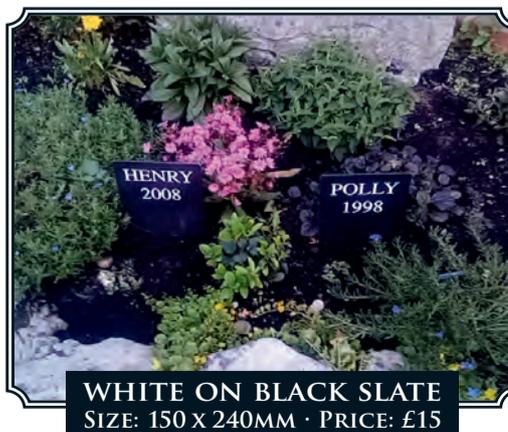
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Autumn preparations for gardeners

by Trish Marcouse

THIS YEAR nearly half of Europe has suffered drought conditions, and this kind of drizzle-free summer is predicted to be the new normal. We can expect new reservoirs and desalination plants to be built and a programme of pipe replacement to reduce leakage, all of which will increase the price of water. This puts new water butts at the top of the Christmas present list. Water butts can be added to any downpipe on the house, or to garden sheds and garages. A simple plastic connector kit, costing less than £10, can link butts together to increase water storage.

These are very useful for keeping the garden alive, but much more important is improving the water-holding capacity of the soil by increasing its organic content. Mulching in the spring with garden compost or leaf mould is one method, or you could run a bokashi system for your food waste. In other words, DON'T throw all your garden and food waste into the council recycling collection - think about using it in your

own garden. There's a wealth of information and suggestions online; try

<https://readingcan.org.uk/food-for-your-soil-making-the-most-of-it>

Autumn is the time for leaf mould, the simplest of all organic mulches to make. Just collect up the leaves, put them into a chicken wire or wooden cage, or a plastic bag with finger holes in the base, and forget about it for 12 months or so. Even simpler still is to sweep up the leaves on your paths, and rake some off the lawn, and spread them onto the flower beds. Worms will take the leaves down into the soil over the winter and save you all the work.

If your road has street trees, then gather extra supplies from the pavement, and keep an eye out for neighbours who are diligently sweeping up the leaves and preparing to empty them into the green waste bin: offer to help them!



A CLEAN SWEEP FOR SAFETY

by John Lyons of Fireplace Magic



As winter approaches, we asked John from Fireplace Magic, on Prospect Street, for advice on chimney maintenance

AT A TIME when we are looking for ways to reduce our energy bills and find alternative ways to heat our homes, it is so easy just to move the ornaments away from the front of the fireplace and start burning fuel



A modern stove photo Fireplace Magic

that the moisture content is less than 20%. Well-stored wood takes up to two years to season, but if you are buying wood in bulk, you can check the quality of the wood with a simple moisture meter, available from fireplace shops, or most hardware shops, for around £25.

When starting to use your fireplace, you may find that it begins to smoke at first until it warms the chimney. There are ways to combat this: simply open a window slightly until the fire becomes established. Alternatively, you could install a vent which will feed the fire and prevent it from taking the oxygen from the room. When smoke does enter the room, it brings with it carbon monoxide (CO) which is known as the silent killer. Carbon monoxide detectors cost around £30 and will last up to 10 years. A small price to pay!

Use your fireplace this year if you want or need to, but remember to be safe.

in a fireplace that hasn't been used for years.

There are over 7,000 chimney fires in the UK every year, but most of these are preventable with regular maintenance and sweeping. A fireplace or stove using a wood fuel should be swept at least twice a year. This removes any soot deposits and reduces the chance of a fire.

When burning wood, you should always check

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A BLOOMING TALK

by Les Cooper



ONE OF the many downsides of the Covid-19 lockdown has been the abandonment of garden society talks. Such a pity, but hopefully this autumn we will see a revival.

Over the years I have sat through many talks. Some, such as those by worthies like Rosie Hardy, Carol Klein and Tom Hart-Dyke, have been excellent and informative. Very occasionally they have been awful. Mind you, as we all know, your mood can make a difference to your judgment, as does the subject. A talk on lawns would be my absolute nightmare!

Once upon a time I used to deliver talks on delphiniums, but no longer. Whether my lectures were any good, I know not. One or two of my orations appeared to go down well and some didn't. I tried to keep them a little bit amusing and, if it was one of my good evenings, there were chuckles from the audience. But at times I watched as someone in the front row fell into a deep sleep and wondered if I had an audience of zombies.

My final talk was in Pinner, London. Although the meeting was in the evening, Eunice and I decided in a moment of madness to visit IKEA in Wembley first. We set off on a dreary November afternoon and the journey started smoothly enough until, as we neared Wembley, we were stopped by the police.

There was a bomb scare. Before we could think, we were diverted along a different route and in seconds were completely



Glorious Delphiniums

lost. Motoring along unfamiliar roads as dusk drew in, we found ourselves eventually in a large shopping centre car park at Brent Cross, where we asked for directions.

Exhausted, we somehow arrived on time, but sadly, things got worse. As requested, a screen had been provided, but it was high on the wall. This meant our slide projector needed to point upwards at a steep angle. As a result, when my talk began and I pressed the button, the slide would sometimes freeze, refusing to move on. Worse came when I reached the main part of the talk. Here, for some unknown reason, the sequence on growing delphiniums from seed was in reverse order. Almost lost for words, I had to explain to the audience, 'This is a delphinium flower' and then proceed slowly backwards until eventually I revealed, 'Yes, here is the packet of delphinium seeds that had started things off'. Unbelievably, the tiny audience enjoyed their evening, but probably for all the wrong reasons.

I was later asked to do a talk in Golder's Green. I hastily replied, 'Not blooming likely, thank you'!



Delphiniums at Wisley

both photos E Cooper



Plant of the Month – Tulips

text and photos Louise Hampden

OCTOBER, FOR me, is the month I say farewell to summer and prepare for winter and then spring. A recent trip to the garden centre revealed racks of bulbs, with bright covers attached to small bags full of promise. Bulbs are a wonder of the horticultural world. Slice one in half and you will see layers of what will become leaves and, within the centre of this little time capsule, the flower. I sometimes call them the pot noodle of gardening: add water and they are good to go.

I love the glamour of tulips and autumn is the perfect time to start planting. People often think if they don't get their bulbs planted by the end of October it is too late. This is not the case at all. In fact, tulips can be planted throughout the winter. Several of my horticultural colleagues have planted theirs as late as January and the bulbs have bloomed perfectly well.

Many gardeners love the flowers, but hate the aftermath of the leaves once the glory has gone. I

tend to agree. It is good practice to allow leaves to die down naturally, as they absorb energy to feed the bulb for the following year's flowers. So I generally plant tulips in pots. This means you don't have months of staring at scrappy leaves, as the tulips can be removed with ease, once flowering has finished, to die down naturally in a hidden corner of the garden.



Tulips in pots

I plant them deep and cram them in, sometimes one layer above the next, and top them off with foliage plants or ferns for winter interest. During the winter, I like to imagine these showstoppers rumbling away under the surface making roots. Once they poke their first leaves out of the top in early spring, it's a waiting game for the flower head to appear, colour up and burst into bloom.

There are exquisite species of tulips which flower in early Spring. They are often shorter and are well suited to rockeries, gravel gardens or shallow pots. I have several kinds I leave in the ground, and which multiply well. My current favourite is Tulip Little Beauty. An absolute stunner of cerise pink with a violet and purple middle. I spotted a few packets at the garden centre and will be planting more this Autumn.

Look at the flowering time on the packet, as tulips can flower in March, like the early Dutch varieties, and can be as late as May. If you choose well, you could have at least three months of colour from these amazing bulbs.



Tulip 'Little Beauty'

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Community Connections



by Caroline Gratrix

This month we meet Charlotte Peacock, reflexologist



CHARLOTTE WORKED as a Chartered Surveyor in London until she moved to Caversham to start a family some 15 years ago. More recently, she retrained

as a reflexologist, after experiencing first-hand the benefits of this complementary therapy whilst receiving chemotherapy for breast cancer. From something extremely challenging, Peacock Reflexology was born. Charlotte now runs her own reflexology business from a beautiful setting in Caversham. Now armed with an endless set of qualifications, Charlotte has expanded her experience and can work in private, corporate or educational settings.

Reflexology is a non-intrusive complementary therapy which stimulates the body's own natural healing potential through the application of specific holds and pressures to the feet.

When Charlotte isn't being a reflexologist, she enjoys spending time with family and friends, walking her two Spanish Water Dogs, and playing any available sport.

Let's find out a little more about Charlotte:

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

Caversham is well stocked with amazing coffee shops that fulfil all my skinny flat white and cinnamon bun needs. And happily, they're spread out in all the locations as I find myself waiting for piano lessons to finish,

school buses to arrive, and dog walks to end.

My first choice to eat in Caversham is Vegivores. I love the fact I can eat mountains of food and leave feeling like it was a healthy treat.

For shopping, as I am not a natural chef, I am grateful for the variety at The Caversham Butchers, which helps to inspire mealtime options. Two other places I regularly seek out are Terry's, for the gorgeous St Eval products, and Nood Stores for their array of beautiful succulents.

What are your favourite things about Caversham, RG4?

My two favourite things about Caversham are the community spirit, and the fact that the town centre and the deepest countryside are equidistant from my front door.

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

I think a wellbeing centre bringing together complementary therapies to work alongside the NHS, and which can be accessed easily by everyone, would be great for our community.

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

A co-working hub. I think the breadth of talent in Caversham is amazing, and working collaboratively is often inspirational.

To contact Charlotte, you can find her on instagram @peacock_reflexology and her website is www.peacockreflexology.co.uk.

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Earth's Dreaming

CAVERSHAM ARTIST Nina O'Connell and her friend Karen Tomalin are busy preparing for their first art exhibition in several years. Like many other artists, they continued to work through the Covid-19 lockdowns, but could not exhibit their work. The exhibition, entitled Earth's Dreaming, is at the Old Fire Station Gallery in Henley's Market Place and will open on Thursday October 27, running until Tuesday November 1. Nina and Karen will be showing a colourful selection of paintings, batiks, prints, textile hangings and stitched artwork. For more details, see their advertisement on this page.

For details of Nina's work see www.ninaoconnellart.com

Find out more about Karen's work at www.karenscontemporarytextiles.co.uk



Nina (left) and Karen photo E Lee

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AS PART OF our advertising feature last month, we included an advert for the True Food Co-op in Emmer Green. Unfortunately, it was a reprint of one from last year, with the wrong opening times! So, with our apologies, we have a corrected advert this month. With their extensive refill range, and the addition of organic alcoholic drinks, why not visit Reading's only organic supermarket, here on our doorstep?

See their autumn recipe on page 8

The Editors



Earth's Dreaming

Nina O'Connell & Karen Tomalin

Exhibition of textiles,
batik and paint.

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Henley

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to
Tuesday 1st November
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FORGING A NEW CAREER AS A POET



A long career in engineering didn't stop Robin Thomas dreaming of the day he could make his mark with a pen instead, as he explains to Elestr Lee

Coming Back After Du Fu

They will not come back.

When they do, they will bring nothing
in porcelain bowls or stacked
in threes or tied with ribbons
in bundles like twigs, to fill our urn
Just as well - it is already overflowing
like a lake teeming with absent fish.

DURING A LONG and successful career as a project director for the engineering giant Foster Wheeler, long-time Caversham resident Robin Thomas took up a slightly surprising new interest – by becoming a poet.

His passion for writing poetry was



Robin's latest volume (right), *The Weather on the Moon*, will be launched at Fourbears Bookshop Caversham, on November 6

fired when he decided to enroll part-time at the Polytechnic of North London for a degree in English. "Some of my tutors were interested in writing, and that's where it began," recalls Robin. Family and career pressures kept the idea on the back burner. "But I kept thinking, it's what I'd like to do when I retire." Subsequently he took an MA in poetry writing from Kingston University and, since retiring, he has kept that promise to himself. So far, four books of his poetry have been published, with a fifth on the way this October.

Creating a poem isn't a matter of looking out of the window and being instantly inspired. As Robin explains, it

is a craft, which he works hard to shape and perfect – "A bit like being a sculptor. You get a basic idea, but then you have to keep chipping away, sometimes bashing it with a hammer, until it's right!"

"I make myself write some poetry for at least half an hour a day," he explains. "I like the discipline. Sometimes I sit there and nothing comes, so I then go off and do something else, but if I get an idea, I might sit there and carry on working at it for hours. I try and do this every day, no matter what I'm doing – for example if I'm on a train, I can work, or even if I am away on holiday."

Anything can provide inspiration: a newspaper item, a picture, some music, or a memory of people such as his parents or wife, Mary. As he has gained experience as a writer, he has grown in confidence in his craft. "When I am compiling a book of poetry, I gather the poems up, in agreement with the publisher, so for example there may be a group of poems on similar subjects together, or else there will be an idea which keeps recurring."

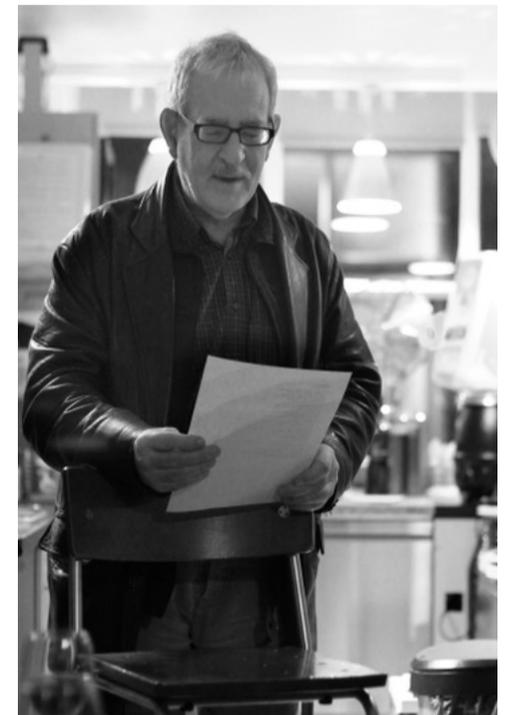
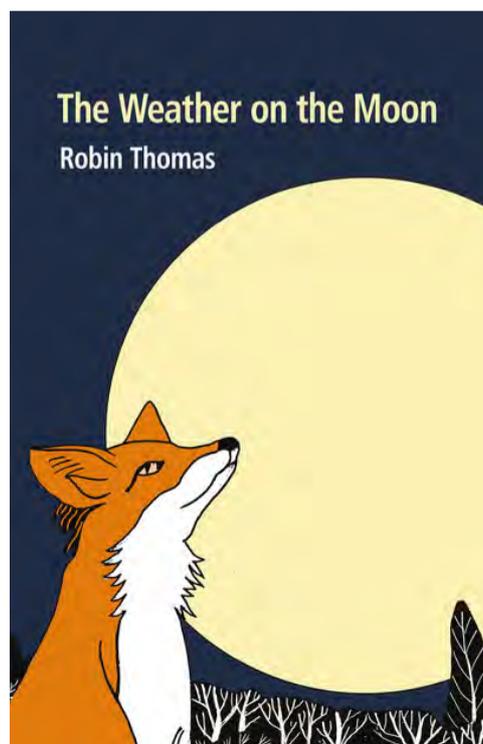
In 2021, *Cafferty's Truck* was published. "I found I had enough poems based around my character Cafferty to make a book, and the poems themselves create a story," Robin says. The book's cover was designed by Robin's wife, artist Mary Phelan. Sadly, it was to be the only book on which they collaborated as Mary died last October.

Robin has kept busy, belonging to two poetry workshops. "You take along a poem, and everyone

thinks about it and discusses your work. During lockdown you would send your poem to another member to prepare comments in advance, and they would read your poem and talk about it at the Zoom workshop. It was particularly nice to hear it being read by someone else." He is also enthusiastic about the Poet's Café held at Reading's South Street, which hosts guest poets as well as offering an open mic for anyone keen to share their work.

"Poetry writing is a bit of a niche interest. People are slightly frightened of it – sometimes with good reason! These days, some poetry can be difficult to understand. It's not like in the 19th century, when a poet such as Tennyson was extremely popular," he says.

As well as writing poetry, Robin has had a 'flash-fiction novella' published this year – *Margot and the Strange Objects* – which, for the uninitiated, is a series of very short short stories (some only a page long) which, read together, end up making a bigger story. But it is his latest book of poetry, *The Weather on the Moon*, which Robin is currently excited about. "I feel I am more experienced. As you put in more time, you get better at it," he says. Seeing his poetry published has clearly been the result of years of painstaking dedication: "I have developed a target of completing three poems a month. This makes me think what I should do with my half hour each day. Once I have completed my three, this gives me time to continue with revising other poems I have previously started."



Poetry lovers have the opportunity to hear Robin reading his work in Caversham

Robin has now become a mentor to other poets for Cinnamon Press. "I mentored one poet last year, and another this year. You feel a sense of responsibility – you worry there is a danger you could let them down!"

Robin is delighted to meet other poetry enthusiasts. "Looking back to 25 years ago, I didn't know anyone else who liked poetry. But over the years this has changed, and I have met fellow poets and poetry lovers. It certainly isn't something you do for money. But when you get a book published, you feel very pleased."

Find out more:

The Weather on the Moon Two Rivers Press, to be published on 21 October.
Margot and the Strange Objects Ad Hoc Press

Cafferty's Truck Dempsey & Windle

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Monthly poets' cafe at South Street:

www.poetscafeareading.co.uk

All welcome!

The Local Scene

by Martin Andrews

Prospect Street - Short Circuit, Geo Café and the Oxfam Shop



Drawing by Janina Maher

www.janinamaher.artweb.com

HIGH STREETS inevitably develop and change according to shifts in public tastes and demands – tattoo parlours, nail salons and barber shops have replaced tobacconists, newsagents and confectioners. Changes in technology have also had an effect, and new businesses are created to help us deal with the problems we experience with complex devices, such as computers and mobile phones. Short Circuit is one such company who took over the shop at number 8 Prospect Street in 2020. Tablet and laptop repairs, data recovery, and virus removal are all services they offer, introducing a new vocabulary which we are having to become familiar with. Next door, at number 10, is the Geo Café. On the ground floor is a much-loved meeting place, with a warm and friendly welcome, whilst upstairs is a bakery (RG Bread) producing wonderfully fresh products. Both businesses are owned by Keti and Zeti Maglakelidze, who hail from Georgia, bringing many of their homeland recipes and traditions with them. They started a Georgian street food business in 2014 and opened the Café in Prospect Street in 2018. With the invasion of Ukraine in 2022, Keti and Zeti have been finding ways to raise funds to give support – including selling special meals and giving wall space to artists to sell work, with a percentage donated to the cause. They have become great supporters of the local community in Caversham. Number 12 is the Oxfam shop. Downstairs is an ever-changing range of household goods and clothes, while

upstairs is a well-stocked bookshop. It has been open for many years and is staffed by loyal volunteers who have helped to make it a very successful branch of the charity shop. A hundred years ago it was a newsagents and tobacconists, and number 8 was a confectioner. Number 10 was a 'greengrocer and fruiterer', which ironically is exactly what the Geo Café became during the years of Covid-19 lockdowns. There is even a suggestion that at one time number 10 was a bank, complete with a safe in the cellar.

Janina's book 'A stroll through Caversham', containing 28 of her drawings of Caversham buildings, is available from 30 September 2022. For more details see <https://janinamaher.artweb.com/book-of-caversham> or visit Fourbears Books.

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First Impressions Matter

Online job boards by Laura Harmsworth



MY LAST COUPLE of articles focused on LinkedIn as a fantastic place to build your network and find suitable roles to apply for. As a student, I remember trawling through the classified section of newspapers looking for jobs, circling the ones that took my fancy, and then giving them a call or printing off my CV to hand-deliver or post.

Traditional print ads still exist and can be a good place to look, as can trade journals and magazines. As an aside, if you work, or would like to work, in a specific industry, I recommend signing up to the relevant industry journals. They will keep you abreast of current news and trends which will help you to decide if you'd like a role in the industry and will also prove useful at interview.

Online job boards are another useful tool – you can use them to search for relevant skills when writing your CV, see what is available in the area you're interested in, and upload your CV to the ones you like the look of. Examples include:

- Guardian Jobs -
- Indeed (largest global jobsite)

- Monster (another large global jobsite)
- Totaljobs (another large jobsite)
- CVW Jobs (IT)
- WorkInStartups and AngelList (startup jobs)
- Ladders (managers)
- Flexjobs (remote roles)
- Scouted (college graduates)
- Snagajob (hourly workers)
- Adzuna (aggregates roles from various sources)
- Glassdoor (to check out employers)

There are risks with anything online. Get Safe Online has some tips here:

www.getsafeonline.org/personal/articles/job-searching

And my final tip: you'll possibly see a lot of roles you're interested in by looking online, but don't forget the golden rule of CV writing – tailor your CV to each role.

Next time, I'll be looking at the role of career coaches in your job search.

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

Email Laura at contact@cavershamcvwriting.co.uk

With this in mind

by Fred Smith

KNOWING OUR interest in local writers, Alex Forbes at Fourbears Books provided us with an introduction to long-term Caversham resident Paul Kelly. Earlier this year, Paul published his first novel called *The Man on the Rubber Balloon or Optimism*, an action/adventure book set in London, Boston and South America.

The book was written to encourage young people (many of whom struggle with the pressures of modern life), and all profits from sales of the book are going to Young Minds, the UK's leading mental health charity.

Described by Paul as 'One man's journey to discover himself amidst the beauty, excitement and violence of South America', the book follows the exploits of Max Hansell. Cheated and dumped by his dishonest employer, he escapes recession-hit London to trek to the source of the Amazon River. Although determined to start life afresh, disaster follows, and before long he finds himself in the world of drug cartels, cocaine labs, corruption and torture deep in the Bolivian rainforest.

Meanwhile, his unknown American cousin, a Drugs Enforcement Administration agent, is posted to Bolivia. Although confident the War on Drugs is about to be won, the cards are stacked against him and, bit-by-bit, he is sucked into a web of corruption

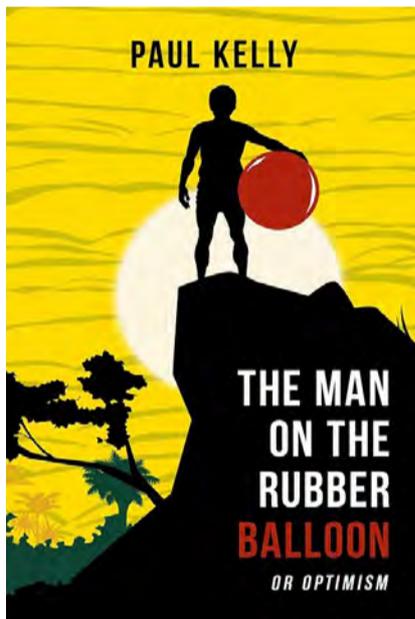
and treachery. When a bold initiative is launched to wipe out the cocaine trade, the cartel strikes back and he is trapped in a world of psychopathic narcos, vengeance and torture, deep in the impenetrable rainforest.

Fate has it that the lives of the two distant cousins cross, but can Max discover the secret of life and save his distant cousin?

The Man on the Rubber Balloon or Optimism by Paul Kelly is available from Fourbears Books in Caversham, as well as other retailers. You can download a pdf of chapter one at <https://dl.bookfunnel.com/7iyvgqz9nc>

See Paul's website at www.paulkellyauthor.com to learn more about Paul, his writing, and his influences.

For more on the work of Young Minds, see www.youngminds.org.uk.



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Wellbeing *with Ami Roy*

In praise of good cholesterol

WE WOULD BE forgiven for thinking that all cholesterol is bad for our health, but there is enough evidence now to show that levels of 'good' cholesterol in the body are beneficial to us.

The good cholesterol in question is known as high-density lipoprotein, or HDL. This does the job of carrying away bad cholesterol from our cells and back to the liver, where the harmful cholesterol is broken down and disposed of as waste. A build-up of bad cholesterol is the leading cause of the thickening of arteries, leading to cardiovascular disease. HDL acts like a pump for removing the build up.

HDL cholesterol also acts as a maintenance crew for the inner walls (endothelium) of blood vessels. Damage to the inner walls is the first step in the process of atherosclerosis, which causes heart attacks and strokes. HDL scrubs the wall clean and keeps it healthy.

HDL cholesterol levels greater than 60 milligrams per deciliter (mg/dL) are high. That's good.

HDL cholesterol levels less than 40 mg/dL are low. That's not so good.

Cardiovascular disease can be a result of inflammation, in addition

to high blood pressure, diabetes, genetics etc. HDL cholesterol is known to have anti-inflammatory properties, and there are numerous ways we can increase our levels of this good cholesterol.

Exercise plays a key role - aerobic exercise in particular. Swimming, jogging, playing a sport, all of these have benefits.

Quitting smoking is known to help the body. Smoking actively removes the good HDL from the bloodstream, so giving up smoking has huge benefits as far as HDL goes.

Studies highlight the consumption of oily fish such as sardines, mackerel, salmon, trout, etc. twice a week, preferably cooked in a light oil and not deep fried, as beneficial to levels of HDL.

Eating a rainbow of vegetables, and varying vegetable content over the course of weekly meals, also goes a long way in promoting higher HDL levels.

It might seem like it is so simple to increase HDL, but we must bear in mind that heart disease is still the number one cause for concern in modern societies, and we can help the NHS by regulating our own inner HDL cleanser to help prevent heart trouble.



'Enjoy yourself' – advice from Elsie Pearman

Now 106 years old, Elsie still lives in her own bungalow. She was born in Sunderland, where she spent the first 24 years of her life, starting work with the Post Office Telephone Service in Newcastle. She had always been interested in nursing and, at the start of the Second World War, joined the Civil Nursing Reserve, working at the Royal Sunderland Infirmary to relieve staff at weekends and evenings. A move to Harrogate, to work in the Post Office Telephones' Accounting Department saw her helping in the local hospital as part of the Red Cross. Eventually she decided to volunteer to serve with the Army, only to find herself posted to the Royal Navy hospital at Barrow Gurney in Bristol!

She loved the work, although they did have bombs to worry about! She met her husband there in 1944, and they were married on 9 May 1945, the day after VE-Day. They had a son in 1946, and her husband returned to work on the Great Western Railway once he left the Navy. In the 1960s they moved to Caversham, Elsie's home for the next 45 years.

When asked the secret to long life, Elsie said

'I can't give an answer to that, because only God knows why I'm allowed to live on earth this long.' She went on, 'I have done everything in moderation. I have never smoked and I have drunk very little, I'm not teetotal but moderation is key. I also like to keep busy; I was always volunteering my time at the church to help tidy and wash up.'

Her advice to younger people is not to be too straight-laced, but still to be sensible, and not to burn the midnight oil. 'But, most of all, enjoy yourself!'

The article is available in full on our website: <https://cavershambridge.org:5154/archives/category/in-the-news>



Elsie (left) and friend in uniform

REGULAR READER Anne Brincombe recently sent us a newsletter article from Leeds about long-time Caversham resident, Elsie Pearman. Anne thought it might be of interest to anyone who remembers Elsie. Although happy in Caversham, 16 years ago, at the age of 90, Elsie moved to Leeds to be closer to her son. This is an extract from the article, written by Hattie Easton for a local charity supporting older people in Leeds.

THE CHALLENGE SOLUTIONS:

flea, drey, commemoration, cart, jubilee, dray, anniversary, **birthday**, tray, adversary, salver, bursary, salves, enemy, platter

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CIRCULATION DELIVERIES: Email: circulation@cavershambridge.org

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