

# the wythall directory

february 2024

a community magazine and business directory  
for residents of wythall & hollywood



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**LINT MEADOW, HOLLYWOOD**

A four double bedroomed modern town house in this cul de sac location in Hollywood offering generous family accommodation which must be viewed internally to be appreciated. Briefly comprising; hallway, lounge /diner, conservatory, kitchen, guest cloaks w.c., master bedroom with en-suite, three double bedrooms, family bathroom, integral garage, rear garden, front driveway.

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**HOLLYWOOD LANE, HOLLYWOOD**

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# Love is in the air!

Welcome to the February edition

**Hopefully you had a Valentine's Day full of love, whether it was love from a partner, a family member, a friend, or a pet!**

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



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A close-up photograph of a computer keyboard with a prominent pink key that says "Advertise" in white. A finger is shown pressing the key. The text "ADVERTISE HERE" is overlaid in large, bold, pink letters in the top left corner. In the bottom right corner, contact information is provided: "Contact Zoe Reece on 07557 220585 / zoe@dorridgedirectory.com".

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# community events

## Elvis Tribute Night

**23 March, Shirley**  
**British Legion**

Join in for a sensational night of music and entertainment as they pay tribute to the King of Rock 'n' Roll with Mark Green as Elvis Presley. Get ready to be transported back in time to the era of Elvis. Feel free to come on your own or bring your friends along for a fantastic night of Elvis tribute music! Tickets from [www.tributenightpromotions.co.uk](http://www.tributenightpromotions.co.uk)

## Diamond Nights - Tribute to Neil Diamond

**22 March, The Lake**  
**at Barston**

Don't let them tell you that Neil Diamond doesn't rock! Their longest lasting tribute artist performs "Love

on the Rocks", "Coming to America", "Sweet Caroline", "Crackling Rosie" and "Song Sung Blue". This show will be followed up by a few party songs to get you up dancing. To book tickets call 01675 444890

## Michael Bublé Tribute with Bootleg Bublé

**9 March, Nailcote HALL**

Bootleg Bublé is a captivating tribute artist who channels the timeless charm and smooth crooning of the legendary Michael Bublé. With an uncanny resemblance in voice and style, Bootleg Bublé transports audiences to the golden era of swing and jazz, delivering an unforgettable performance. Tickets from [www.nailcotehall.co.uk](http://www.nailcotehall.co.uk)



## Crufts

**7-10 March, NEC**

Established in 1891, Crufts is the greatest dog show in the world. The show takes place over four days and has been held at the National Exhibition Centre (NEC), Birmingham since 1991. It attracts thousands of dogs with their owners and handlers, displaying their dogs' skills and abilities to adoring crowds. Tickets from [www.thenec.co.uk](http://www.thenec.co.uk)



## The Reggaeators

**13 April, Land Rover**  
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GaryMM-1318, 24 Aug 2023



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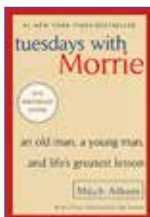
# a good read

By Natasha Donovan

## Tuesdays with Morrie

by Mitch Albom

Tuesdays with Morrie is a memoir that recounts the author's weekly visits to his former sociology professor, Morrie Schwartz, who is in the final stages of ALS, also known as Lou Gehrig's disease. Each Tuesday, they explore one of life's fundamental questions, making this book a patchwork of profound wisdom. Albom's prose is simple yet stirring, capturing Morrie's remarkable outlook on life even as he faces his impending demise. Morrie's insights on love, work, community, family, aging, forgiveness, and, ultimately, death, are both timeless and universally applicable. His teachings emphasize the importance of connection, compassion, and living a life that resonates with one's personal values. But what makes the book truly compelling is the transformation of Albom himself. A successful sports journalist caught in the whirlwind of a career-driven life, Albom's reconnection with Morrie becomes a catalyst for his own introspection and growth. This personal evolution is what lends the book its emotional heft. Tuesdays With Morrie is more than a tribute to a dying man's wisdom; it is an invitation to pause and reflect on our own lives. Its enduring popularity attests to its ability to touch hearts and awaken minds. In a world bustling with noise and haste, Morrie's lessons urge us to embrace simplicity, love, and, ultimately, our humanity.



## Here We Are: Notes for Living on Planet Earth

by Oliver Jeffers

Oliver Jeffers is a Northern Irish artist, illustrator, and writer. Here We Are: Notes for Living on Planet Earth is a masterpiece of children's literature that serves as a gentle yet profound guide to our planet and our place within it. Crafted with Jeffers' signature charm and whimsy, this book is a visual feast that effortlessly blends playful illustrations with earnest, heartfelt advice.



The book is structured as a father's narrative to his newborn son, introducing him to the wonders and peculiarities of the world. From the vastness of the cosmos to the intricate details of the earth's surface, Jeffers' vivid illustrations and accessible text make the complexities of our world comprehensible and captivating to young minds. His portrayal of diverse landscapes, creatures, and people celebrates the richness of life and the value of kindness and understanding.

What makes this book truly special is its underlying message of stewardship and compassion. Jeffers doesn't shy away from acknowledging the fragility of our planet and the responsibility we share to care for it and each other. Yet, he does so with such warmth and optimism that it inspires rather than intimidates.

"Here We Are" is more than just a children's book; it's a tender meditation on humanity and our place in the universe. It's a book that encourages curiosity, respect, and wonder, making it a cherished read not only for children but for parents and educators alike. In its pages lies a universal message: despite our differences and the immensity of the universe, here we are together, and that in itself is something to celebrate.

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# Ouch - How to remove a splinter

Splinters are painful and tricky to remove. I remember my mother digging around in the tender ball of my thumb with a darning needle one evening when I was ten. The splinter on that occasion had lodged itself firmly and resisted all attempts to prise it out while I resisted all attempts to have it prised out! Years later a friend training to be nurse taught me how to remove splinters safely and I pass on the knowledge here. First clean the area with soap and water. Inspect the splinter; use a magnifying glass if you have

one. Look at the angle of entry and how deeply embedded the splinter is. If the splinter protrudes from the skin it can be removed with tweezers. Sterilise the tweezers first using surgical spirit (neat Vodka also works) and if you need a magnifier get someone else to hold it; then grip the splinter gently and pull it out along the same angle it entered the skin.

Small, fine splinters can be trickier, especially if they are more deeply embedded. In this instance cover the affected area with Magnesium Sulphate paste (cheap and available

from all pharmacies) and then bandage it. Leave overnight and in the morning the splinter will have surfaced. If it hasn't, reapply and bandage again. The Magnesium sulphate is anhydrous and draws moisture out of the wound and with it the splinter. Once the end of the splinter pokes out you can use tweezers to remove it completely.

## Remember:

If you use a needle to break the skin prior to applying the paste make sure the needle is sterile. Never try to squeeze a splinter out; you may drive it in further.

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## Mindbenders

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3 o'clock

| r | e | a | d |

answers on page 22

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## Wash Your Mouth Out!

Opinion is a divided even among members of the dental profession about the usefulness of mouthwash.

Gum disease begins with plaque. This is a film of very sticky bacteria on the teeth which, if not removed, causes gum disease. Because it is so sticky plaque can only be removed from teeth with a brush or dental floss. Mouthwash can never replace good brushing. Studies have found that antiseptic mouthwash used twice a day reduce the build-up of plaque and gum disease over a six-month period. Mouthwash makes teeth 'more slippery' so the

sticky plaque finds it difficult to adhere, which in turn means your mouth feels fresher for longer.

Bad breath (halitosis) is caused when excess bacteria emit excess gas. Pockets of bacteria can lurk around fillings, ill-fitting crowns and impacted wisdom teeth. Halitosis requires treatment from a dentist or hygienist, but a mouthwash can help. Mouthwashes can have a high alcohol content, especially when compared to the alcohol content of beer or wine. Some common mouthwashes with alcohol are between 14% and 26.9% alcohol! As some studies have linked alcohol to oral



cancers, many dentists advise these are avoided. Alcohol can also exacerbate bad breath because of its drying properties, and because it is quite harsh.

Finally, most of us don't hold mouthwash in our mouths long enough for it to work. The optimal time is 30-60 seconds. As part of a good dental hygiene routine mouthwashes are helpful but they will never replace the mechanical action of a toothbrush and floss for getting teeth and gums really clean.



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# Beetroot Burger



**Preparation time:** 30 minutes  
**Cooking time:** 40 mins  
**Serves:** 8 Burgers

## Ingredients

1 onion, quartered  
 3 tbsp olive oil, plus extra for brushing  
 2 garlic cloves, crushed  
 200g mushrooms (chestnut are good)  
 250g tofu  
 100g cooked beetroot (about 2-3 beetroot bulbs)  
 1 x 400g can black beans, drained  
 1 tbsp tomato purée  
 2 tbsp vegan mayonnaise  
 1 tbsp miso paste  
 100g oat flour  
 2 tbsp ground flaxseed  
 50g pecans  
 200g cooked brown rice (75g dry rice is approximately 200g cooked)

## Method

Put the onion in a food processor and pulse until it is the texture of cooked rice. Heat 1 tbsp oil in a large frying pan, add the onion and fry for 10 mins until soft and pale golden. Stir in the garlic and fry for another minute. Remove the mixture to a large bowl and set aside. Now put the mushrooms in the food processor and pulse until they are as small as the onions. Heat the remaining oil in the pan, add the mushrooms and fry for 10-15 mins, until any liquid released has evaporated and the mushrooms are tender. Add to the bowl with the onions. Place the tofu, black beans,

**Perfect for those trying to reduce their meat consumption.**

beetroot, miso paste, tomato purée, mayonnaise, flour, and flaxseed into the food processor and blitz until smooth. Add seasoning then mix this with the cooked veg. Pulse the pecans and half the cooked rice in the food processor until finely chopped. Add this mixture and the remaining rice to the veg too.

Using your hands, shape the mixture into little burger-shaped patties about the same size as the buns.

Vegetable burgers are more fragile than meat burger so chill in the fridge for at least 30 mins before cooking. I usually pop them in the freezer rather than the fridge. To cook, heat a frying pan over a medium heat. Brush both sides of the burgers with a little oil. Cook for 5-8 mins on each side, turning once after a crust has formed, until hot through to the centre. Avoid moving or turning them too often, as they may break up. Toast the buns on the open side, then spread each with a little chilli jam, and fill with lettuce leaves, sliced tomatoes, avocado with lime, vegan cheese and mayonnaise as required.

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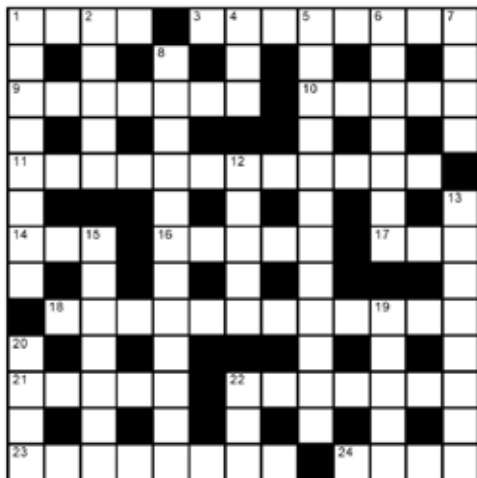
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## crossword



## clues

### Down

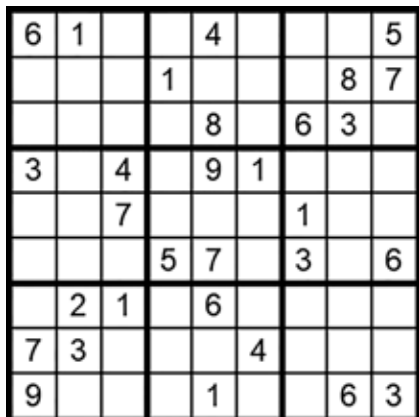
- 1 Sea creature found in rock pools (8)
- 2 British noblemen (5)
- 4 Frozen water (3)

- 5 Eliminates unpleasant room odours (3,9)
- 6 Carnivorous fish (7)
- 7 Make money (4)
- 8 Break, stoppage (12)
- 12 Type of shellfish (5)

- 1 Egyptian canal (4)
- 3 New York City (3,5)
- 9 Put in order (7)
- 10 More infrequent (5)
- 11 State appointed temporary guardian (6-6)
- 14 Cyst, bag (3)
- 16 Recites, announces (5)
- 17 Become older (3)
- 18 How long it takes to react (8,4)
- 21 Plea of being elsewhere (5)
- 22 Tasteful, exquisite (7)
- 23 Embellished (8)
- 24 Curve (4)

- 13 Backslide (8)
- 15 Care about deeply (7)
- 19 Picture (5)
- 20 Predetermined course (4)
- 22 Scrutinise (3)

answer on page 22



## how to play sudoku

### It's simple!

Fill in the grid so that each row, column and 3x3 box, contains the numbers 1 through to 9 with no repetition. You don't need to be a genius. These puzzles use logic alone. Watch out! Sudoku is highly addictive.

answer on page 22



**Mark O'Sullivan**

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### Travel

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First Bus Worcestershire	0345 646 0707

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

### Sudoku Solution

from page 20

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

### Crossword Solution

from page 20

### Solution to Mind benders

1. One thing after another
2. Once upon a time
3. Read between the lines

### mindbenders

from page 17

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