
HENSON HERALD

EDITED BY EMMA LOCKLEY

On Tuesday 6th February we went to Westminster to attend the Parliamentary Book Awards which was a real treat. Both Daniel and Miranda (see first photo below) came along and Tom Henson provided a motivational talk at Hansel Henson's in Bloomsbury. The train left Stoke at 11am and we returned to Stoke at 11pm approximately. Margaret Hodge MP gave a speech saying when elected they would make sure Amazon paid their taxes, town centre shopping areas would be revived and libraries would be restored to their former glory – no mean feat!

On Friday 9th February North Staffordshire Press staged a Book Launch in the Business School at Keele and four authors presented their books. Peggy Bareh from Africa described her experiences and establishment of a business to empower women through work (see second photo below).



I am pleased to announce I have been co-opted to Staffordshire Chamber of Commerce Council for another three years and will meet the Stoke-on-Trent City Council on 23rd February to discuss cooperate business strategy.

Malcolm Henson MPhil (M.D.)

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The Spy Who Couldn't Fool Me

Camp Peary, CIA training facility, 1989

At the CIA training camp, the word *communist* is on everyone's lips, as rumours spread, that a spy infiltrated the camp, and Sgt Singer is convinced that he has found him. So he assembled all the candidates into the cafeteria to let the interviews commence.

"So, we have a reason to believe that one of you isn't who he says he is.

Mike Chad! Come with me!"

After 5 minutes, Sgt Singer finally decided to join Mike who was waiting patiently to be interrogated.

"So Mike, where are you from?" Sgt Singer asked, although he already had an idea of the answer.

"Hawthorne, California!" Mike responded, as soon as the words left the Sgt's mouth.

"Nice, great weather you have up there. Have you been there long?" The Sgt asked in response.

"Um, no, 2 years," Mike replied not thinking his answer through well enough.

"Interesting. What about before then?"

"Hawthorne, California!" Mike persisted.

"So not Novosibirsk, Siberia, then?" The Sgt slyly asked.

"Oh, no, no," Mike responded, coupled with a laugh of nervousness and his signature – shifty eyes.

"Definitely not. How do you like the weather up there? Is it too much for your Siberian skin to handle?"

"Oh, you wouldn't believe – I mean, no, it's great, perfect for surfing, beer and some Kino – I mean, Beach Boys!" Mike could barely say in response tripping over his words.

"Oh, so you like surfing, then?" The Sgt asked knowing that he has Mike where he wants him.

"Yeah, yeah, I love it."

"Nice, which other sports do you like? Hockey?"

"Not really, but football – YES! Or as you people – I mean, we people call it – soccer," Mike responded, as his composure started to fail him.

“Haha, an understandable mistake, don’t worry. Which team do you support?” The Sgt went on asking.

“FC Tom Tomsk, I’m premier of the fan club,” Mike responded with a great sense of pride.

“Oh, really? A bit of a long journey from Hawthorne, California, but no need to worry – you’re doing well,” the Sgt falsely reassured him.

“We’re almost done here, just a couple more questions, and then you are free to go,” said the Sgt, and that gave Mike a feeling of relief. “Will you be staying with your family once the training is over?”

“Oh, yes. I miss my mother’s vareniki,” Mike responded with such enthusiasm, as he was clearly homesick.

“It sounds lovely. Does she still live where you left her?”

“Yes.”

“And where is that?” The Sgt cleverly followed up with.

“Novosib – I mean, Hawthorne, California!”

“Are you sure?”

“Yes, just a slip of the tongue.”

“Okay, final question then. We’re planning a special meal for all the candidates on the final day of training. What would you like?”

And not without a single breath, Mike responded, “Oh, borscht! Yeah, I’d like some borscht! Then mashed potatoes with a chicken cutlet and pickled cucumbers, then blini with apple jam and some kompot to wash it down!”

“Remind me of where you’re from again?” Sgt Singer replied with disbelief.

Daniel Goodyear

Totally Stoked

BET365 STOKE CITY STADIUM 23rd JANUARY 6pm

The Totally Stoked Awards ceremony is a celebration of the local Voluntary, Community, and Social Enterprise (VCSE) sector in Stoke-on Trent and North Staffordshire. Together with local partners and sponsors, VAST is presenting awards to a number of charities, voluntary organisations, community groups, and social enterprises in recognition of their commitment and dedication to people in our local communities.



Here's Malcolm holding a Totally Stoked certificate.

London Book Fair 12th–14th March

North Staffordshire Press will be exhibiting again at Olympia in 2024. We are sharing a stand with The Publisher's Association and look forward to meeting visitors and discussing their publishing needs. Several freelancers will be assisting while we are at Olympia, including Daniel Goodyear, a former trainee from London.

We look forward to seeing you there!

Peggy Bareh

Peggy is an inspirational speaker, published author, and a domestic abuse practitioner.

Having lost all hope after a lifetime of abuse, Peggy suffered terribly from zero confidence, paralyzing fear of rejection, and depression.

Peggy built up the courage to embark on a recovery and self-discovery journey in her life. She learned how to turn her Pain into Gain, creating a unique recovery toolkit called I AM THRIVING NOW, which unlocks the greatness of every life that it touches.

Peggy has inspired and transformed hundreds of lives already and is on a mission to empower a million purpose-driven women and men to thrive.

Website - www.arisethriveacademy.co.uk

Books – I’m Thriving Now

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<https://www.linkedin.com/in/peggybareh/>

Lords Debate on Arts’ Contribution to the Economy and Society

On Thursday, Labour Peer and host of BBC Radio 4’s *In Our Time* Lord Bragg tabled a debate on the contribution of the arts to the economy and society. Baroness Rebuck (Lab), co-chair of the Publishing APPG outlined how some of the top-grossing global film franchises of all time are as a result of books by British writers. Lord Berkeley (Crossbench) pointed to the lack of books in school libraries in certain areas of the country, particularly in areas of deprivation. Other contributors to the debate included Lord Vaizey (Con). Responding for the government, Arts Minister Lord Parkinson noted Peers’ mention of the importance of libraries and pointed to the government’s recently-published libraries review.

Bubble and Squeak

Prep time: less than 30 minutes

Cooking Time: 10 to 30 minutes

Serves 2 people

Ingredients

1 tsp oil (plus extra for frying)

25g/10z butter

1 small onion (thinly sliced)

225-250g/8-9oz leftover vegetables, such as kale, spinach, chard, Brussels sprouts, cabbage, leeks

300g/10½oz leftover cooked potatoes

Small handful chopped fresh herbs, such as thyme, rosemary or parsley (optional)

2 free-range eggs

Salt and freshly ground black pepper

Method

STEP 1

Heat the teaspoon of oil and the butter in a non-stick pan. Fry the onion until slightly softened, then add the vegetables and potatoes. Season well with salt and pepper and add the herbs, if using.

STEP 2

Break the potatoes and vegetables up and fry undisturbed for 2-3 minutes to allow a golden-brown crust to form on the bottom of the veg, then turn them over and leave to brown on the other side – keep doing this for about 15 minutes.

STEP 3

Use a potato masher to press the mixture into the pan to create a big potato cake, then slide out or upturn the pan onto a serving plate. Cover and keep warm, while you fry the eggs.

STEP 4

In the same pan, heat a little more oil. Break in the eggs and fry to your liking. Slice the bubble and squeak into wedges and top with the fried eggs to serve.

Recipe Tips:

- This is delicious with some chilli sauce
- If using dried herbs, you will only need 2 teaspoons

Recipe can be found at: [Bubble and squeak recipe - BBC Food](#)

Super Leek and Potato Soup

Cooking time: 40 minutes

Serves 4

Ingredients

400g leeks
Olive oil
400g potatoes
1.5 litres vegetable or chicken stock
320g kale
15g/½ a bunch of fresh mint
15g/½ a bunch of fresh flat-leaf parsley
40g parmesan cheese
25g whole almonds
1 tablespoon white wine vinegar
Extra virgin olive oil
4 small slices of wholemeal bread (35g each)



Photo from [Super leek & potato soup recipe | Jamie Oliver](#)

Method

STEP 1

Trim and wash 400g of leeks, then slice and place in a large casserole pan on a medium heat with 1 tablespoon of olive oil.

STEP 2

Sweat for 10 minutes, stirring regularly, while you wash and finely slice 400g of potatoes (leaving the skin on for extra nutritional benefit), then stir into the pan.

STEP 3

Pour in 1.5 litres of vegetable or chicken stock and boil for 15 minutes. Pick through 320g of kale, discarding any tough stalks, and add to the pan for the last 5 minutes, pushing it down and covering with a lid.

STEP 4

Meanwhile, pick the leaves from ½ a bunch of fresh mint, then finely chop on a large board with the top leafy half of ½ a bunch of fresh flat-leaf parsley. Finely grate over 40g of Parmesan, add 25g of whole almonds, 1 tablespoon each of white vinegar and extra virgin olive oil, then finely chop and mix together. Toast 4 slices of wholemeal bread, then divide up the herby mixture of top.

STEP 5

In batches, carefully pour the contents of the pan into a blender. Put the lid on securely, cover with a tea towel and, holding it in place, blitz until super-smooth.

STEP 6

Taste the soup and season to perfection. Divide between your bowls and serve with those lovely loaded toasts on the side.

Recipe can be found at: [Super leek & potato soup recipe | Jamie Oliver](#)

Parsnip and Pancetta Tagliatelle

Cooking time: 25 minutes

Serves 4

Ingredients

8 slices pancetta or dry-cured smoked streaky bacon
1 handful fresh rosemary, thyme or summer savory (leaves picked)
1 good knob butter
2 cloves garlic (peeled and finely sliced)
2 parsnips (peeled and finely sliced)
455g dried tagliatelle
1 good handful Parmesan cheese (grated)
Sea salt
Freshly ground black pepper
1 tablespoon olive oil



Photo from [Parsnip & Pancetta Tagliatelle | Pasta Recipes | Jamie Oliver Recipes](#)

Method

STEP 1

In a large, non-stick frying pan, fry your pancetta and herbs in the olive oil for 2 minutes, then add the garlic and parsnips. Cook for a further 3 minutes on a medium heat, until the pancetta is slightly golden and the parsnips have softened nicely. Cook your tagliatelle in salted boiling water according to packet instructions, then drain, reserving a little of the cooking water. Mix the pasta with the parsnips and pancetta and stir in the butter and the Parmesan, adding a little of the cooking water to loosen the mixture and make it creamy and shiny. Season to taste.

Recipe can be found at: [Parsnip & Pancetta Tagliatelle | Pasta Recipes | Jamie Oliver Recipes](#)



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Malcolm Henson M.D.



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