
HENSON HERALD

EDITED BY EMMA LOCKLEY

In January Amanda Colclough joined us on work experience for four weeks. She is a graduate in Media from Goldsmiths College, London University, and is currently working in Hospitality at the Courtyard Hotel on campus. If you can sell one product the business theory is you can sell another product like books. She is keen to learn about publishing and will come to Westminster with me on the 6th February to attend the Publishing Association event.

Duodecimo are very enthusiastic to hold a concert at St James' later in 2024, and raise more money for humanitarian aid to Ukraine, so please watch this space.

Headteacher Charlotte Rowley's latest children's book *Poet Me* is due for publication this month. The author is an educationalist and teaches children in Stoke-on-Trent, and her sister Laura has beautifully illustrated this book of poems which will inspire many young readers.

Malcolm Henson MPhil (M.D.)

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John Bale Obituary

My father, John Bale, who has died aged 83, was a pioneer in the study of geography and sport. From the 1970s, he published many articles and books.

In *Sport and Place* (1982), he explored the reasons why place had become the main means of identifying, and identifying with, sports teams. He showed the extent to which sport affects and is affected by the physical environment in features such as pitches and stadiums.

John's work increasingly questions sport's ability to be a force for good. *Imagined Olympians* (2002) showed how Belgian colonists exploited the local Rwandan "jumping" tradition by turning it into a competitive sport. *Running Cultures* (2004) explored athletics as transgression, escape and resistance. In *Anti-Sport Sentiments in Literature* (2007), he revelled in accounts of slowness and losers, to interrogate the idea of competition as a noble pursuit.

John was born in Cardiff, the elder son of Richard, a fitter at Cardiff's docks, and Alice (nee Laidlaw), a dressmaker, and educated at Howardian high school, where he was, by his own account, a reluctant pupil. Nonetheless, a teacher, Frank Baber, ignited a love of geography.

After performing better than expected in his A-levels, John went first to teacher training college. Later, he took a BSc in economics on the University of London's external programme, followed by an MPhil in geography, on the subject of industrial estates, at the London School of Economics.

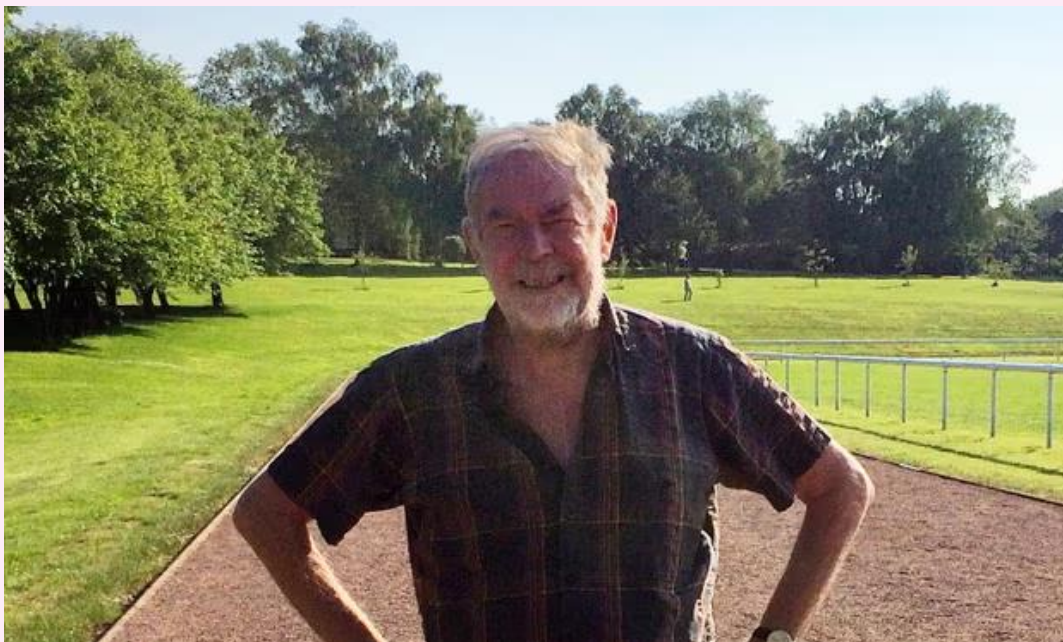
Running was his passion, and by 16 he had become a dedicated athlete. He worked in Cardiff's Tremorfa steelworks to pay to hire a van so he and his running mates could drive to Rome to watch the 1960 Olympics. He met Ruth Fellerman at a party at the Court School of Dancing in Harrow, north-west London, in 1961 and they married five years later.

After working for several years as a teacher at Townfield secondary modern, Hayes (1960–1967), and the Nobel grammar school, Stevenage (1967–1972), John moved into teaching in higher education – first, from 1972, as a lecturer in education at Avery Hill (now the University of Greenwich) and then, from 1979, as a lecturer in geographical education at Keele University. His career and intellectual development flourished there. He became professor of sports geography in 1998, and later held visiting professorships at Aarhus University in Denmark and the University of Queensland in Australia. He retired from Keele in 2005.

Following a diagnosis of dementia, John published an eloquent memoir called *A Life in Sport* (2013).

Ruth survives him, as do his sons, Roderick and I.

Anthony Bale



Book Launch

Henson Editorial Services & North Staffordshire Press is staging a book launch at 2pm on the 9th February in the Atrium of the Denise Coates Building Business School and admission is free. Several of our authors will be presenting their work, including Helen Plotnikova, David Jacques OBE, as well as Muriel M. Bradbury (poetry). It will provide an excellent opportunity to network and question the local authors, as well as providing an insight into the publishing industry. The Coffee Shop will be open and it should be a very social occasion.

We look forward to seeing you there.

Writers for Disability shortlisted for a Totally Stoked Award



The VAST organization has shortlisted Writers for Disability for a Totally Stoked Award. The evening is being held at the Britannia Stadium Stoke City FC on 23rd January at 5.45pm. I am hopeful that members of the group will be there and enjoy the evening as a reward for their hard work in 2023.

A photo of Will and his very creative artwork (to the left).



For fun
White to play and make in two
moves.
Can you do it?

Pork and Cider Casserole

Prep time: 30 minutes

Cooking Time: 1 hour 10 minutes

Serves 6 people

Ingredients

3 tsp vegetable oil
1kg skinless boneless pork shoulder, cut into bite size pieces
2 Echalion shallots, finely sliced
75g smoked pancetta, diced
2 Braeburn apples, cored and each cut into 8 wedges
2 garlic cloves, crushed
2 tsp plain flour
2 tsp Dijon mustard
500ml cider
200ml chicken stock
100ml crème fraiche
150g kale, shredded, woody stems discarded
Large handful of tarragon, leaves picked and roughly chopped

Method

STEP 1

Preheat oven to 180C/160C fan/Gas Mark 4. Heat 2 tsp of oil in a large casserole dish (that has a lid) over a medium-high heat. Add the pork in batches, and brown all over. Remove each batch to a plate with a slotted spoon; set aside.

STEP 2

Reduce the heat to medium and add the remaining 1 tsp of oil to the casserole. Add the shallots, pancetta and apple wedges and cook for 10 minutes, until the apples are tender. Add the garlic and cook for 1 minute.

STEP 3

Add the flour, stirring so everything is coated. Stir in the mustard, cider, stock and some seasoning. Increase the heat to high and bring to the boil, then return the pork (and any juices from the plate) to the casserole, cover with the lid and transfer to the oven. Cook for 30 minutes, until the pork is cooked through and the sauce thickened.

STEP 4

Uncover, stir in the crème fraiche and check the seasoning. Add the kale, stir and return to the oven, uncovered, for 5 minutes until the kale has wilted. Sprinkle over the chopped tarragon and serve with mash if you like.

Recipe can be found at: [Pork and Cider Casserole \(goodhousekeeping.com\)](https://www.goodhousekeeping.com/recipes/pork-and-cider-casserole/)

Spaghetti with Sprout Pesto

Prep time: 20 minutes

Cooking time: 15 minutes

Serves 4

Ingredients

375g spaghetti
50g mixed nuts (almonds, pecans, hazelnuts or walnuts)
250g cooked Brussels sprouts
Large handful of basil (about 25g)
3 garlic cloves (crushed)
40g parmesan (grated, plus extra to serve)
Finely grated zest and juice of half a lemon
125ml olive oil
40g fresh white breadcrumbs
1 small red chilli (deseeded and finely chopped)



Photo from [Spaghetti with Sprout Pesto \(goodhousekeeping.com\)](https://www.goodhousekeeping.com)

Method

STEP 1

Cook the pasta in a large pan of boiling salted water according to the pack instructions.

STEP 2

Meanwhile heat a frying pan over a medium heat and toast the nuts until fragrant and turning golden. Empty into a food processor (reserve pan) and leave to cool before pulsing to finely chop. Remove 1½ tsp nuts and set aside (leaving the remaining nuts in the processor).

STEP 3

Add the sprouts, basil (stalks and all), garlic, cheese, lemon zest and juice to the nuts in the processor. Pulse until fairly smooth. With the motor running, slowly pour in 100ml of oil until amalgamated. Check the seasoning.

STEP 4

Heat the remaining 25ml of oil in the empty frying pan over a medium heat and fry the breadcrumbs, chilli and plenty of seasoning until golden and crisp. Remove from the heat and stir through the reserved nuts.

STEP 5

Drain the pasta, reserving 175ml of the starchy cooking water. Return the pasta to the pan over a low heat and toss through the pesto and reserved cooking water. Cool, stirring, to warm through. Divide between 4 bowls and top with the crumb mixture and extra cheese if you like.

Recipe Tip:

Make the pesto a day ahead and store in an airtight container in the fridge. Complete the recipe to serve, adding a little extra cooking water along with the pesto if needed.

Recipe can be found at: [Spaghetti with Sprout Pesto \(goodhousekeeping.com\)](https://www.goodhousekeeping.com/recipes/pasta/Spaghetti-with-Sprout-Pesto/)

Roast Beetroot, Hazelnuts and Goat's Cheese

Prep time: 30 minutes

Cooking time: 45-50 minutes

Serves 4

Ingredients

1kg raw beetroot, trimmed, peeled and cut into fat wedges
2 tbsp olive oil (for roasting)
70g whole fresh herb leaves (coriander, mint and basil)
2 tbsp pomegranate molasses
2-3 tbsp extra-virgin olive oil
Chilli flakes to sprinkle (optional)
150g fresh goat's cheese
50g blanched hazelnuts (toasted on a baking tray in a medium oven until golden, then roughly chopped)



Photo from [Roast beetroot, hazelnuts and goat's cheese recipe | delicious. magazine](https://deliciousmagazine.co.uk/recipes/roast-beetroot-hazelnuts-and-goats-cheese-recipe/) (deliciousmagazine.co.uk)

Method

STEP 1

Heat the oven to 200C/180C Fan/Gas Mark 6. Toss the beetroot wedges with the 2 tbsp of oil in a roasting tin, season, then spread out. Roast for 45-50 minutes, turning occasionally until soft and slightly blackened.

STEP 2

When the beetroot is ready, put the watercress in a large mixing bowl and toss with the herbs. Drizzle over 1 tbsp of the molasses, and 1-2 tbsp of the extra-virgin olive oil, then scatter with chilli flakes, if using. Toss in the warm beetroot wedges, then season and divide among 4 shallow bowls or plates. Crumble over the goat's cheese, scatter over the chopped hazelnuts, then drizzle with the remaining molasses and extra-virgin olive oil. Add a final scattering of chili flakes, if you like, then serve.

Recipe Tip:

Roast the beetroot 24 hours in advance, then cool, cover and chill. Bring back to room temperature and warm gently in the oven before assembling the salad.

Recipe can be found at: [Roast beetroot, hazelnuts and goat's cheese recipe | delicious. magazine](https://deliciousmagazine.co.uk/recipes/roast-beetroot-hazelnuts-and-goats-cheese-recipe/) (deliciousmagazine.co.uk)



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Malcolm Henson M.D.



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