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# HENSON HERALD

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**EDITED BY EMMA LOCKLEY**

We are pleased to write that in October after the Summer School with Ukraine a contract has been agreed between North Staffordshire Press and Allied Teachers in Kyiv to edit their work.

North Staffordshire Press has also been shortlisted for a Breaking the Mould award in the Denise Coates Business School at Keele University on 19<sup>th</sup> October, which promises to be a good affair.

By the time of going to Press a concert in aid of St James' Church, Clayton, and Ukraine Red Cross will have taken place and I am extremely grateful to all who gave their time voluntarily to take part, including the Futurista Sisters, Joan, Lyn et al., plus the intrepid Gary Marsh in charge of audio. *If music be the food of love play on!!!*

The skills of our freelancers really impresses me, and freelancers and authors are captured on a photo at a September book launch in the New Vic Theatre (see photo on page 3).

There is a meeting for all freelancers at the Courtyard Hotel, Keele, 11am on 21<sup>st</sup> October.

**Malcolm Henson MPhil (M.D.)**

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## Handy Hints for Writers

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A cliché is a word, phrase or – particularly in writing – idea that has been overstressed to the point that it has lost its original meaning and becomes tired and predictable.

Everyone knows that a phrase like “The writing on the wall” or “Go the extra mile” is a cliché but plots, characters, dialogue and settings can also be clichéd and each use of cliché detracts from the effectiveness of your writing.

Never Date a Writer: Or you’ll be in a triangular relationship: them, you and their writing. However important you are to them their writing always comes first. If you ask them to choose between you and their work in progress you might not get the answer you want.

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## Chess

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“How do you become a grandmaster?”

“You must climb the mountain, and defeat the opponent at the top.”

Black to play.

Wall-Raczek, Northumbria Masters 2023.

Black’s next move brought the game to a swift close.

What did he play?



The first person to correctly answer this question (by emailing us at [enquiries@hensoneditorial.com](mailto:enquiries@hensoneditorial.com)) will receive a bar of Cadbury’s chocolate.

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# Rugby World Cup

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Twenty of the best nations in 15-man rugby will battle it out to lift the Webb Ellis Cup in France from 8<sup>th</sup> September to 28<sup>th</sup> October. Good luck to Borthwick and his men! Bonne chance.



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# Book Launch

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North Staffordshire Press held a book launch on 23<sup>rd</sup> September at the New Vic Theatre, and below is a photo of some of the authors and freelancers who attended the event.



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## Short Story – Rostyslav Zatserkovnyi

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The war in Ukraine had been going on for too long. The people were tired of living in fear, of hearing the sound of drones and cluster bombs, of seeing their wheat fields burned by the scorching weather and the enemy fire. They longed for peace, for a normal life, for a future.

But they did not give up hope. They knew they were not alone. They had allies and friends who supported them, who sent them aid and supplies, who prayed for them. They had brave soldiers who fought for their freedom and dignity, who risked their lives every day, who sometimes became prisoners of war but never lost their faith.

One of those soldiers was Yuri. He was a medic in the Ukrainian army, and his job was to save lives. He had seen too much blood and pain, too many wounds and scars, too many deaths and losses. But he never stopped caring, never stopped helping, never stopped healing.

He was on a mission to deliver medical supplies to a village near the front line, when his convoy was ambushed by the enemy. He managed to escape from his vehicle, but he was wounded in the leg and could not run far. He hid behind a tree, hoping that someone would find him and rescue him.

He looked up at the sky and saw a cumulonimbus cloud forming above him. He knew it meant rain was coming soon. He hoped it would wash away some of the dirt and dust from the war-torn land. He hoped it would bring some relief and comfort to the suffering people.

He also saw a holy trinity symbol painted on the trunk of the tree. It was a sign of faith and hope for many Ukrainians. It reminded him of his family, his friends, and his country. He felt a surge of strength and courage in his heart.

He took out his phone and tried to call for help. He was not sure if anyone would hear him or answer him, but he tried anyway. He said his name, his location, his situation. He said he needed help. He said he was not afraid.

He waited for a response, but there was only silence. He wondered if anyone was listening, if anyone cared, if anyone would come.

Then he heard a voice. It was not from his phone, but from above him. It was a friendly voice, a familiar voice, a voice he had not heard in a long time.

“Yuri! Yuri! Is that you?”

He looked up and saw a helicopter flying over him. It had a red cross symbol on its side. It was a medical evacuation helicopter, flown by brave volunteers helping the victims of the war.

He recognized the voice as that of his old friend Ivan, who had joined the medical corps as a volunteer after the war started. He had not seen him in years, but he had never forgotten him.

“Ivan! Ivan! Yes, it’s me! I’m here! I’m here!”

He waved his arms and shouted as loud as he could. He felt a surge of joy and relief in his chest.

The helicopter landed near him and Ivan jumped out. He ran towards Yuri and hugged him tightly.

“Yuri! I can’t believe it’s you! I’ve been looking for you for so long! Are you okay?”

“I’m fine, Ivan. I’m fine. Thanks to you.”

They helped Yuri get into the helicopter and gave him first aid. They told him they were taking him to a safe place, to a sanctuary where he could rest and recover.

Yuri could not believe his fortune. He felt tears of gratitude and happiness in his eyes.

He thanked Ivan for saving his life and his brother’s life.

He thanked God for answering his prayers.

He thanked Ukraine for giving him hope.

This story is based on real events that happened during the war in Ukraine. The war has caused immense suffering and damage to the civilian population, but also inspired acts of courage and solidarity among the people. Volunteer medics have been providing aid to those affected by the conflict since 2014, helping thousands of wounded soldiers and civilians.

The war is not over yet, but there is hope for victory and peace. You can help and support Ukraine by donating to locally run charities, spreading awareness about the situation, or contacting your local representatives to urge them to take action.

Ukraine needs your help. Ukraine deserves your help. Ukraine thanks you for your help.



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# Spicy Pumpkin Soup

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Serves 4

Prep time: 35 minutes

Cooking time: 1 hour

## Ingredients

1 pumpkin (1.5-2kg – save the seeds, toast them in a dry pan to serve)  
1 tsp garam masala  
2 tsp ground coriander  
2 tsp ground cumin  
½-1 tsp chilli flakes (or powder) plus a pinch  
3 tbsp olive oil  
1 onion (finely chopped)  
Ginger (peeled and chopped)  
2 garlic cloves (finely chopped)  
900ml vegetable stock  
100ml double cream or crème fraiche, plus extra to serve



Photo from [Spicy pumpkin soup recipe | BBC Good Food](#)

## Method

### STEP 1

Heat the oven to 180C/160C Fan/Gas Mark 4. Cut the pumpkin in half and remove the seeds with a spoon (see tip below). Cut into wedges or chucks (keep the skin on) and tip into a bowl. Put the garam masala, and 1 tsp each of the coriander and cumin into a small bowl and mix with 2 tbsp of the oil and season. Drizzle over the pumpkin and toss well to coat in the spiced oil. Transfer to a baking tray, spread out evenly and roast for 40-45mins, turning halfway through cooking, until the pumpkin is very soft when pierced with a fork. Leave to cool on the tray for a few minutes.

### STEP 2

Heat the remaining 1 tbsp olive oil in a large saucepan and fry the onion with a pinch of salt for 10 mins until soft. Add the ginger, garlic and remaining spices and chilli flakes, and fry for a few more minutes until fragrant. Pour in the stock and bring to a gentle simmer.

**STEP 3**

When the pumpkin is cool enough to touch, use a spoon to scoop the soft flesh from the skins. Add the soft pumpkin to the stock pan, discarding the skins. Remove from the heat and blitz the soup with a hand blender until creamy and smooth. Season to taste, adding extra chilli or garam masala if you like. Put back over a low heat and stir in the cream. Bring to a gentle simmer, then serve in bowls with a drizzle more cream and a pinch of chilli to serve. Top with toasted pumpkin seeds if you like.

**Recipe Tip:**

Wash the seeds well and remove any strings and flesh. Dry and toss in oil and any spices you like. Transfer to a baking tray and toast in a hot oven for 10-15 mins until golden and crisp. Use to scatter over the soup, or salads. They will keep for a week in an airtight container.

Recipe can be found at: [Spicy pumpkin soup recipe | BBC Good Food](#)

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# Rhubarb and Apple Crumble

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Prep time: 15 minutes

Cooking time: 45 minutes

Serves 4-6

## Ingredients

450g rhubarb, cut into 3cm slices  
350g apples, peeled and cut into 3cm chunks  
1 vanilla pod, split open OR  
1 tsp vanilla paste or extract  
120g golden caster sugar  
Ice cream or custard to serve

## For the topping

200g plain flour  
1 tsp ground ginger (optional)  
100g cold salted butter, chopped  
70g light soft brown sugar



Photo from [Rhubarb & apple crumble recipe | BBC Good Food](#)

## Method

### STEP 1

Heat the oven to 200C/180C Fan/Gas Mark 6. Toss the rhubarb, apples, vanilla and sugar together in an ovenproof dish and roast for 10 mins.

### STEP 2

Mix the flour and ginger, if using, together in a large bowl. Rub in the butter with your fingertips to create a chunky breadcrumb textured mixture. Stir through the sugar. Sprinkle the crumble topping onto the fruit and cook for a further 30-35 mins or until the topping is lightly golden brown. Serve with ice cream or custard.

Recipe can be found at: [Rhubarb & apple crumble recipe | BBC Good Food](#)





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*Malcolm Henson M.D.*



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