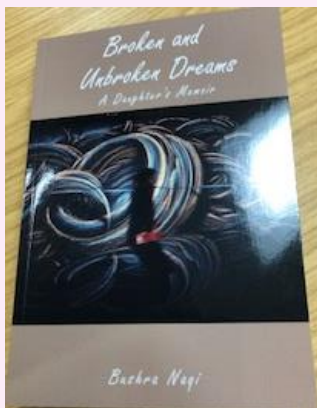

HENSON HERALD

EDITED BY EMMA LOCKLEY

This month Hollie Barnett has joined us as an Intern and her contributions to the business are much appreciated. Hollie has written about Crisis at Christmas and Foodbanks in the penultimate edition before Advent.

Two of our publications have been entered for the Parliamentary Book Awards, namely Broken and Unbroken Dreams by Naqi Bushra and A Stroll Up Cymmer Hill by Rosslyn Morgan. The very best of luck to both authors whose front covers can be seen below:



The date of Careers in the Creative Industries week is 18th-22nd November and two logos are displayed beneath.



Malcolm Henson MPhil (M.D.)

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Crisis at Christmas

Last year, it was reported that there were 300,000 people facing homelessness at Christmas. With homelessness sadly at a record high in England, that figure unfortunately looks set to increase this year.

Christmas is generally thought of as a time for togetherness, but more people than ever will sadly be facing the isolation associated with homelessness and rough sleeping. Established in 1967, Crisis UK are a national charity which aims to bring an end to homelessness. Since its inception, the charity has run an annual Crisis at Christmas appeal which focuses on providing assistance to people facing homelessness during the festive period.

This year, the charity and its volunteers will be offering help and support nationally, as well as providing hotel accommodation for rough sleepers and offering day-centre based services in London for the homeless more generally. It is estimated that the Crisis at Christmas Appeal will help over 6,000 people this Christmas.

For further information regarding the Crisis at Christmas Appeal and details of how to help or donate, please visit: <https://www.crisis.org.uk/crisis-at-christmas/>

Newcastle (Staffs) Foodbank

Did you know that 1 in 5 people referred to food banks in the Trussell Trust's network are in households where someone is working, and that over 90% of the food distributed by foodbanks in The Trussell Trust network is donated by the public?

It is often said that Christmas is a time to eat, drink, and be merry – but dependence on foodbanks has unfortunately never been higher, and it is a sad fact that they will be relied upon by many this Christmas.

The Newcastle-Staffs Foodbank (founded in 2012), is just one of a national network of foodbanks supported by the Trussell Trust which helps those in need. Their services include providing food parcels and a foodbank voucher referral system, along with volunteer-based support.

The charity relies on both monetary and food donations. Their food donation points include the charity's own Warehouse in Newcastle-under-Lyme, their partner churches and community centres in Newcastle-under-Lyme and the surrounding areas, and certain local supermarket branches.

For further details of how you can help or to find your nearest drop-off point, please visit: <https://newcastlestaffs.foodbank.org.uk/>

Hollie Barnett

Heart of the World, Where Are You?

‘Let not your heart be troubled;
Believe in God, and in Me you shall
believe...

I am the way, and the truth, and the
life.’

Jn. 14:1, 6.

HOW THIS BOOK CAME INTO BEING

I started writing this book as a pedagogical diary, but the teaching activity did not take place (sorry for the spoiler), yet I continued writing the diary. This book began to turn into a non-fictional story of a Ukrainian about how life treats a visitor to the UK.

In the Home for Ukraine program, we, Ukrainians, are referred to as guests. Although we are ‘fugitives’, a guest status is not a refugee status. A guest appears only for a short time while a refugee is given shelter for as long as they need it, and provided with the conditions to fully adapt to the local society. Now when I am writing these lines, we do not know whether those of us who would like to stay here permanently will have this opportunity. I would like to stay here, and that is why, maybe, I especially wanted to tell you about myself as one of the Ukrainian guests, so that I could become more understandable, and maybe other Ukrainians could become more understandable, because I am writing not only about myself. I would like the hosts who received the guests to see how difficult the situation is for us, and to think about changing the status of the guests to something different, opening up better prospects for us.

I have noticed that many British people have rather superficial ideas about us, which I do not blame them for. But on several occasions, I felt the pain of being misunderstood. At first, I thought I should either be silent or at least not talk about my attitude to current events. However, as time went on, it turned out that misunderstanding extended beyond my attitude to what was happening in Ukraine, for example, to my fairy tale ‘Queen Bee’, which was published in English translation here in England. I had to write an afterword for those who read the tale, to explain something important to them at their request.

Anyway, I decided to continue writing this book diary, either as an afterword to my past life in Ukraine, or as a preface to my new life in England, or as an interlude after leaving Ukraine and before returning to it, but in any case, primarily for those with whom we Ukrainians will be connected for a short or long time by some common things.

The diary began to turn, as I perceived it, into a non-fictional novel.

The novel is a genre that continues to actively develop, creating more and more new 'kinds' of novels. My novel included many very different things, among them a requiem about a girl from Mariupol – as a story within a story. However, if we proceed from the assumption that I wanted to be understood, then it becomes obvious: I wanted to be judged not only by what I tell about myself, but also by my 'fruits', such as this little novella 'Firuze', or a short story, or a prose poem, or a presentation at a conference in India, or a lecture on Mariupol for the people of Carlisle, or an essay reflecting on what kind of Europe we, who need it, hope for. This is how the book came to have what I called interludes – inserted texts.

I even started creating drawings and engravings for the book.

I'm not saying, 'Here I am! Love me!' I'm saying, 'Here I am! Understand me and us!'; and more than that, I'm saying, 'Understand yourself!'

My novel used to have different titles along with the way I realised its main focus. The title 'The Heart of the World' (to be quite precise: 'The Heart of the World, or Thinking Out Loud') lasted the longest. Towards the end of writing the book, I learned that in addition to the work of Sir Halford John Mackinder, the founder of geopolitics, which I had known for a long time, at least one other book by Hans Urs von Balthasar had the same title.

I got acquainted with the book by a theologian, a Catholic priest, and a cardinal from Switzerland, and I liked his book.

I was flattered to think that I had, unknowingly, continued some important European line of self-identification from external parameters to internal, spiritually essential ones. However, the longer I lived in England and, generally speaking, in Western Europe, the longer the book was written, the more doubt arose in me as to whether I was exactly in the Heart of the World, a hope I harboured, like many refugees from different regions of the world to Europe. That is when the question mark in the title of the book appeared...

I wrote this novel in two languages: more often in Russian, but sometimes in Ukrainian. I would like to see this book someday – bilingual, but I am afraid it will be impossible for a long time, as it is impossible to publish the vast majority of my texts either in Ukraine or in Russia.

In the long run, my book is addressed not only to the British and Europeans but to all people, wherever they live on our planet.

Carlisle,

14 October 2024.

Serge Plotnikov

Midlands Chess Tournaments (2)

The World Junior Championship, 1951

The first World Junior Championship was held in the Midlands in 1951. Competitors had to be under 20 on the 1st January of that year. There were 18 entrants, any country being allowed to send one, and England, as hosts, two. Unfortunately, there were no competitors from the Soviet bloc. A Swiss tournament of eleven rounds was played, the first two rounds in Coventry and the remainder in Birmingham.

Three future stars took part, Bent Larsen (Denmark), the world's No.4 player during the second half of the 1960s, Fridrik Olafsson (Iceland), and Borislav Ivkov (Yugoslavia), the winner. The latter two were at one time among the eight 'Candidates' to play a match for the world championship. It was therefore an amazing feat for Birmingham's Malcolm Barker, aged only 17, to come second. Unfortunately, this very talented player gave up chess soon afterwards. Another England player, Peter Harris, came fifth.

In later years David Rumens (1959), Raymond Keene (1967) and Tony Miles, also from Birmingham, (1973) came second. At this point the championship was changed to an annual event, and Miles became Junior World Champion in 1974. No British player has won since, but Harriet Hunt won the equivalent girls event in 1997.

Here is a game from 1951 in which Larsen defeated Lionel Joyner (Canada):-

White Larsen, Black Joyner.

Opening:- King's Gambit Declined

1. e4 e5 2. f4 Bc5 3. Nf3 d6 4. c3 Bg4 (a) 5. fxe5 dxe5 6. Qa4+ Bd7 7. Qc2 Nc6 8. b4 Bd6 9. Be2 Qe7 10. Na3 a5 11. b5 Nd8 12. Nc4 f6 13. O-O Nh6 14. d4 Nhf7 15. a4 O-O 16. Nxd6 Nxd6 (b) 17. Ba3 Nhf7 (c) 18. c4 exd 19. c5 Qxe4 20. Bd3 Qe3+ 21. Kh1 Nxb5 (d) 22. axb5 c6 23. Bxh7+ Kg8 24. Nh4 Ne5 25. Rae1 Qh6 26. Ng6+ Nxg6 27. Bxg6 Be8 28. Bf5 cxb5 29. c6 b4 30. Bc1 g5 31. c7 Bc6 32. Re7 1-0

(a) This prevents d4, but Black still gets a difficult position.

(b) It was better to take with the pawn.

(c) 17...b6 was needed here, but 18. dxe would still give White a clear advantage.

(d) If 21...Nc8, 22. c6 threatens Bxh7+ and then taking the Rook. So Black is bound to lose a piece.

This game gained one of two special prizes awarded.

The History of the Silver Tray

Ross Morgan was for a period of six years the Town Clerk for Llanrwst Town Council in the Conwy valley of North Wales.

“During the week of the National Eisteddfod 2019, I was visited by a lady from Eugene, Oregon, USA, Nancy Bray, who was shocked to find that the HSBC bank, Llanrwst, no longer existed.

She told me about a silver tray – a family heirloom – which she had brought to Llanrwst in the 1980’s with the family’s wishes that it be displayed in our town. At that time, the Town Council had no permanent premises and the tray had been placed in the safekeeping of the Bank.

Nancy Bray’s story and the additional information which she sent me, set me two challenges –

- What became of the tray after the bank closed in 2017?
- Could I retrieve the tray for display in our new offices on Ancaster Square?

It took nearly two years to secure the release of the tray from the bank and by late 2021 it was finally installed in a secure display case in the Town Council offices.

The recipient of the tray on her wedding day was Jane – the daughter of Jonah and Margaret Evans, proprietors of the Kings Head hotel, Llanrwst. Born in 1861, Jane was orphaned in 1866 when her parents died within a couple of months of one another. Jonah was just 35 years of age and Margaret 28. Jane was taken in by relatives – John Williams – Leather dealer and shoemaker and his wife. Jane’s cousin Griffith Jones (Nancy’s great grandfather) was also living there and assisting in the business.

In 1882, Jane Evans had married Lewis Pugh Price, a Pwllheli man who was a local bank manager. Sadly, the marriage lasted just 8 years. Lewis died in 1890.

Griffith Jones carried on the leather business at Watling Street after John Williams and was married to Elizabeth Alice. They had three children

On 2nd April 1896 Jane and her future (second) husband – Montagu Hounsel Cox – were married at St. Grwst’s church, Llanrwst.

The inscription on the tray states:

“Presented to Mrs. Hounsel Cox by the Llanrwst Parish Choir and other church friends on the occasion of her marriage, 2nd April 1896”

Jane's husband Montagu became head (today's Chief Executive) of the London County Council, an organisation which press reports described as having been developed by Montagu into the "greatest municipal machine in the world." He also held several positions of national importance and was credited with taking on the complexities of the Poor Law, bringing significant changes and improvements in the London area.

Following his retirement Montagu was made a Knight of the realm and he and Lady Jane Cox retired to Llandudno. Sir Montagu served for around 18 months as a member of the Llandudno Town Council but ill health caused him to step down from the role. He passed away in 1936 and Jane a year later.

Following Griffith Jones' death, his widow, Nancy's great grandmother, Elizabeth Alice Jones moved to live with her youngest daughter, Annie, until her death in 1947. Annie married an Edward Mitford of Cheshire. I understand from Nancy that her mother – Annie and Edward's daughter – became a GI bride and moved to America after the 2nd World War.

During September of this year, Nancy visited Llanrwst once again and I was able to take her round to see the homes of her grandparents and great grandparents in the Conwy valley as well as the slate quarries where her great great grandfather worked.

*Ross Morgan
Former Town Clerk
Llanrwst Town Council*

Cock-a-leekie Traybake with Croutons

Preparation Time: 15 minutes

Cooking Time: 35 minutes

Serves 4 people

Ingredients

8 free-range chicken thighs

2 large carrots (chopped)

3 leeks (sliced in halfway lengths)

2 fennel bulbs (sliced into 1cm pieces)

3 clementines or easy peelers (2 cut into slices, 2 juiced)

200ml white wine or chicken stock

2 tbsp wholegrain mustard

5 tbsp olive oil

Bunch fresh thyme

2 large pieces of sourdough (torn)



Photo from [Cock-a-leekie traybake with croutons - delicious. magazine](#)

Method

STEP 1

Heat the oven to 220°C/200°C fan/gas 7. In a large roasting tin, mix the chicken, veg and clementine slices.

STEP 2

Mix the wine or stock with the clementine and lemon juice, mustard and 2 tbsp of the oil, then pour over the chicken. Tuck thyme sprigs under the chicken, season and roast for 35 minutes or until cooked through.

STEP 3

Meanwhile, mix the bread with the remaining oil and the lemon zest and season well. Transfer to a baking tray and cook in the oven for 10-15 minutes, while the chicken is cooking, until crispy and toasted.

STEP 4

Discard the thyme and serve the chicken sprinkled with croutons.

Recipe Tips

Your favourite root vegetables can be used in place of carrots, leeks and fennel – try parsnips or add broccoli florets for the last 15 minutes.

Any leftovers will keep covered and chilled in the fridge for up to 2 days.

Recipe can be found at: [Cock-a-leekie traybake with croutons - delicious. magazine](#)

Leek, Comté and Thyme Quiche

Preparation Time: 30 minutes

Cooking Time: 54-57 minutes

Serves 8

Ingredients

250g plain flour (plus extra to dust)

175g unsalted butter (chilled and cubed)

5 medium eggs

3 leeks (trimmed and washed)

2 tbsp olive oil

8 thyme sprigs (leaves picked)

200ml single cream

75ml whole milk

125g comté cheese (coarsely grated)

50g mature cheddar (coarsely grated)



Photo from [Leek, comté and thyme quiche - delicious. magazine](#)

Method

STEP 1

Put the flour and 150g of the butter in a food processor and pulse until the mix resembles breadcrumbs (you can also do this with your fingers in a large mixing bowl). Crack in one of the eggs, add 2 tbsp cold water, then pulse or mix until it forms a ball of dough. Transfer to a floured surface, bring together, then roll out into a large circle, around 27cm in diameter and 0.5cm thick. Transfer to the tart tin and gently press it into the edges. Cut off any excess and prick the case all over with a fork. Put the pastry case in the fridge to firm up for 30 minutes.

STEP 2

While the pastry is chilling, finely slice the leeks and put in a large frying pan with the remaining 25g butter and the olive oil. Add the thyme leaves, season well and cook over a low-medium heat for 20-25 minutes, stirring frequently, until soft and sticky. Add a splash of water while cooking if the leeks are catching. Leave to cool.

STEP 3

When ready to bake the tart, heat the oven to 180°C fan/gas 6. Fill the lined tart tin with baking paper and baking beans (or uncooked rice). Bake for 12 minutes, then remove the paper and beans/rice and bake for 12-15 minutes more until lightly golden. Meanwhile, in a mixing bowl, whisk the single cream, milk and remaining eggs with a good pinch of salt and pepper until smooth. Stir in the grated cheeses and cooled leeks.

STEP 4

When the case is ready, put it on a baking sheet to make it easier to manoeuvre. Pour in the cheese filling. At this point you can freeze the quiche or bake for 30 minutes until just set. Remove from the oven and leave to cool in the tin, then either freeze or remove and serve.

Recipe Tip

You will need a 23cm round tart tin.

There are two ways to freeze a quiche. You can either freeze it uncooked in the tin – the blind baked case filled with the leek and cheese mixture – or cooked. For uncooked, freeze until the filling is solid, then wrap tightly, making sure there are no air pockets. Put in a large freezer bag and freeze for up to 1 month. Bake from frozen as in the recipe, but add an additional 15-20 minutes to the cooking time. To freeze the cooked quiche, follow the same process as above (in or out of the tin), but reheat it in a 180°C fan/gas 6 oven for 20-25 minutes until warmed through.

Recipe can be found at: [Leek, comté and thyme quiche - delicious. magazine](#)

Sausages with Creamy Kale Gratin

Preparation Time: 15 minutes

Cooking Time: 25-30 minutes

Serves 4

Ingredients

400g kale (thick stalks removed, leaves chopped)

45g unsalted butter

45g plain flour

800ml skimmed milk

2-3 tsp Dijon mustard

80g lighter mature cheddar cheese (finely grated)

Pinch freshly grated

nutmeg

75g panko breadcrumbs

1 tbsp olive oil

8 free-range reduced fat sausages



Photo from [Sausages with creamy kale gratin recipe | delicious. magazine](#)

Method

STEP 1

Heat the oven to 190°C/170°C fan/gas 5. Put the kale in a large bowl and pour over boiling water from the kettle. Leave for 3 minutes, then drain in a colander and run under cold water. Set aside.

STEP 2

Melt the butter in a medium saucepan, then add the flour, mixing well with a wooden spoon to form a thick paste. Gradually add half the milk until fully incorporated, mixing well after each addition, then add the rest of the milk and cook for 5-10 minutes, stirring, until thickened and smooth.

STEP 3

Add the mustard, 60g of the cheese, the nutmeg, and the kale, season with salt and pepper and stir well, then pour into the baking dish. Mix the breadcrumbs with the oil and the rest of the cheese, scatter over the gratin, then bake for 25-30 minutes.

STEP 4

At the same time, bake the sausages in a roasting tin, turning halfway, then serve the sausages and gratin together.

Recipe Tip

You will need a 1.5 litre baking dish.

Swap kale for broccoli or cauliflower (boil for 4 minutes in step 1). We've reduced the amount of cheese here and added richness using a white sauce rather than cream. Choose reduced-fat sausages, which have a higher percentage of meat.

Prepare the gratin (don't bake it) up to 24 hours ahead. Cover and chill, then bake as in step 3. You can freeze the unbaked gratin in its dish for up to a month. Bake from frozen, adding an extra 20 minutes to the cooking time.

Recipe can be found at: [Sausages with creamy kale gratin recipe | delicious. magazine](#)



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Malcolm Henson M.D.



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