

THE BE WELL

BUGLE

The best local health and wellbeing magazine



TRANSPORTS OF DELIGHT

*the "Classic Car" as a vehicle
for Wellbeing*



OWZAT?

A day in the life of a local
cricket umpire

LOCAL LAD WHO 'DID HIS BIT'

Continue the journey of our
Tunics for Goalposts series

HOME RECIPES

Try Vicky's delicious
treacle tart!

WELCOME TO THE BE WELL BUGLE



Hello, Everybody, and welcome to our new magazine, The Be Well Bugle. Yes, it does look a lot like the old newsletter and it does have a similar style but the significant difference is that The Bugle – with more content which is more driven by YOU the reader - is how we want to do things in the future.

And talking of the future, what does the next six months look like for Be Well? With lockdown easing for many of us – but not for everyone and not, necessarily, permanently – we hope we can get back to doing a little bit of what we do well; which is bringing older people together in social groups to take part in everything from Curling to Quizzing. But that won't be easy and it can't be a one-size-fits-all approach.

At the Community Allotment we are already allowing volunteers to "access the therapeutic benefits of horticulture". Mind you, with three different plots to look after up there and a great deal of fresh air and space it's that bit easier to put safe work practices in place.

Elsewhere?

We shall be starting Walking Football outdoors, sensibly socially distanced and risk assessed up to its armpits – early in September.

We are working with the borough council's Walking for Health programme to bring back some walks as soon as we can.

And we are talking to our Reuniting the Generations partners to explore whether we can link up nurseries and older people's residential settings in some way which keeps the youngsters and the not-so-youngsters absolutely safe.

But.

Any activity which involves bringing people together indoors is far more challenging and, while we really want to share a cup of tea and a natter with you all, we need a few more tumblers to drop into place before we can make that happen.

The good news for readers of The Bugle, people who have been part of our contact project and people who will be involved in our new letter-writing initiative we remain 100% committed to our "offline offer" – the things we are doing for people still living under lockdown who do not use computers and the like. We believe that keeping in contact – however you do it – is absolutely fundamental to your wellbeing and we want to open up as many channels as we can for you to do that.

Starting with a really simple thing. I am offering a prize for finding the Be Well Butterfly. She's around here somewhere and, if you spot her, on one of these pages then follow the simple instructions below you will be in with chance of winning "The Chair's Allsorts". Oh yes. Me and Bertie Bassett have teamed up and first person out of the hat from among the correct entries will be sent a LARGE packet of his very best liquorice treats. I may enter myself! Happy searching!

Mick



INSIDE

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Bob Dearnaley:
Local lad who 'did his bit'.



The "Classic Car" as a
vehicle for Wellbeing



Delicious treacle tart

Editor: Malcolm Bradford
Design & Layout: Matthew Cox
Printed By: Peartree Print

CHAIR'S ALLSORTS



To enter the draw for the Chair's Allsorts, either email Malcolm at malcolm.bradford@bewellglossop.co.uk or ring Izzie (our latest volunteer recruit) on 07710267850. You should include your name, a contact number, and the location of the butterfly – in other words, which article is she resting on?



OWZAT? A DAY IN THE LIFE OF A LOCAL CRICKET UMPIRE

As cricket makes a Covid-delayed start to the 2020 season, lifelong sportsman Keith Clegg gives an insight into his – surprisingly long – day as an umpire.



First let me say that normally on a match day two umpires are appointed to each game but, due to shortness of bodies, you sometimes find you are on your own. This account is based on just me being present, but if another umpire were present the duties would be shared.

Weather permitting matches start at 1.00pm, but I arrive at least an hour before, and do a wicket and pitch inspection including a walk round the boundary. This is followed by a chat with the two captains and a quick word with the game's scorers, one from each club and then, 20 minutes prior to the start time, I join the captains as they toss for choice of innings and present their signed team sheet.

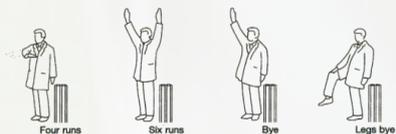
Five minutes before play is due to start, I walk out, check the wicket alignment, and place the bails on the stumps. Normally I would then take up my position either at the bowler's end or behind the receiving batter at square leg, but with only one umpire I have to stand at the bowler's end for every over while one of the batting side is acting as square leg umpire. After a final check on the number of players on the field of play, I shout "Play" and the match begins.

Each innings is of 45 overs unless of course the batting side are all out prior to 45 overs being bowled, and it's the responsibility of the umpire to ensure that only 45 overs are bowled and that each bowler bowls no more than his allotted overs. At the end of the innings a 25-minute tea break is taken and, during the break, the umpire must check the scorecards of both scorers to ensure they agree.

The tea break is followed by the other team batting.

A match will normally end between 7.00pm and 8.00pm, and, at the end of the match, the umpire again checks that scorecards are correct. But your day doesn't end there. Before you leave you have to ensure the match cards are correctly completed, then when you are home, you have your match report to complete including any problems you encountered be they disciplinary or any other concerns.

Believe me, it is no easy task standing for seven hours in the blazing sun focusing on every ball and stroke while making decisions that could turn a match. At times you have to be firm with players, but there are times when you can relax and share a laugh and a joke and that's why I do it. Being part of a great game, an essential part, long past my playing days is a joy and it helps keep me active and socialising, as I always come across someone I have played against – or with – over the years.



BOB DEARNALEY: LOCAL LAD WHO 'DID HIS BIT'

In Part 2 of our series of articles about our Tunics for Goalposts research project Curator Allen Battersby tells us about the only local lad in the picture



We were disappointed when we first researched the 1914-15 Glossop FC team photograph and discovered that only one of them was actually a Glossop lad. Robert Harold Dearnaley, known as Bob, is pictured standing at the far left and will not have been overtaken by his journey to the North Road ground (now the home to Glossop Cricket Club) as he lived just over the road.

His elder brother, Irvine, was also in the squad, one of the many Glossop FC players who played cricket in the summer and soccer in the winter months. Indeed, Irvine was a far better cricketer than a footballer, playing for Glossop CC and Derbyshire, making his debut against the West Indies in 1900. Cricket was clearly his first sporting love as he was active in the North Road club throughout his life. As part of our project we had a long and informative conversation with two of the club's current committee men who knew Irvine as a venerated and stern President. Just whippersnappers at the time, they tried not to cross him.



CENSUS OF ENGLAND AND WALES, 1911.									
Before writing on this Schedule please read the Examples and the Instructions given on the other side of the paper, as well as the headings of the Columns. The entries should be written in Ink.									
The contents of the Schedule will be treated as confidential. Strict care will be taken that no information is disclosed with respect to individual persons. The returns are not to be used for proof of age, in connection with Old Age Pensions, or for any other purpose than the preparation of Statistical Tables.									
NAME AND SURNAME	RELATIONSHIP TO HEAD OF FAMILY	SEX	DATE OF BIRTH	PARTICULARS as to MARRIAGE	PROFESSION or OCCUPATION of former and of present	RETIREFACE of BIRTH	EDUCATION	RELIGION	REMARKS
1. Robert Harold Dearnaley	Son	M	73	Married 1896	Labourer	England			Employed at Glossop Works
2. Sarah Dearnaley	Wife	F	67	Married 1896	None	England			Employed at Glossop Works
3. Anne Dearnaley	Daughter	F	34	Single	None	England			Employed at Glossop Works
4. Joseph Harold Dearnaley	Son	M	26	Single	Professional Cartographer	England			Employed at Glossop Works
5. Robert Harold Dearnaley	Son	M	24	Single	Professional Cartographer	England			Employed at Glossop Works
6. Edith Annie Dearnaley	Daughter	F	16	Single	None	England			Employed at Glossop Works

Despite being academically gifted Robert made his living painting and building while Irvine was a shopkeeper. An entry in the 1932 Kelly's Trade Directory suggests Irvine's was a successful decorating shop located at 49 High Street West.

Bob played as an amateur from May 1906, turning professional in 1914. He made his first team home debut against Leeds City on 5 February 1910 and amassed 55 Football League and two FA Cup appearances.

When war came, Bob did not join up to fight but worked in the munitions industry – itself a dangerous and vital part of the war effort. Despite playing football for the works team Bob did not reappear in senior football after the Great War. He married Margaret Warhurst in Sheffield in 1916 and had two children, Victor and Margaret Louisa. He worked as a labourer in a brass foundry in Sheffield and died there in October 1951.

TRANSPORTS OF DELIGHT

THE "CLASSIC CAR" AS A VEHICLE FOR WELLBEING

When we learned that regular Be Well Quiz hopeful, Geoff Featherston, was a classic car enthusiast we wondered where he garaged his 1912 De Dion Bouton DM. His short reply was followed by a slightly longer explanation and the promise to write a piece on why he is a member of the Glossop Vehicle Enthusiasts Club (GVEC)

A lot of people misunderstand car clubs; they think they have to own a classic or vintage vehicle to belong. Not at GVEC you don't, you don't even have to own a car! The ethos of the club is getting like-minded people together for social events and outings and we're happy to see you, whatever make, type or age of vehicle you drive or get excited about.



Formed by a group of local enthusiasts who had an interest in vehicles of all ages and types, GVEC has members whose enthusiasms range from motor bikes to vintage cars to commercial transport. For as little as £20 per person, or £25 per couple, per year, you can become a member of one of the most progressive car clubs in the north of England. In fact, in 2019, GVEC was named one of the top 10 car clubs in the UK.

In common with many other activities, from Archery to Zen Buddhism, the language of car enthusiasm can sometimes benefit from a little explanation. So, when is an older car also a classic car? For insurance purposes a classic car can be any car that is older than 15 years. These are often known as "modern classics". However, to be tax exempt, a classic car must be at least 40 years old.



However, whether your interest is in vehicles from a particular era or you just wonder if there are like-minded people around who might welcome a natter with you about pretty much anything mechanical with wheels - think traction engine to vintage Rolls Royce and anything in between – then GVEC is for you. And you don't need a classic car (or quite frankly a car) to get involved, meet people, and join in lots of activities. The most inclusive vehicle enthusiasts' club "in the wo-o-o-rld" is on your doorstep.

GVEC organises two classic car shows in Manor Park each year. We also organise weekends away, evening dinner drives, luncheon drives, party drives (such as Halloween), Santa drives, Remembrance drives, fancy-dress drives and, annually a drive to various destinations in Europe. And on top of all that, we have three members' meetings per year, an annual BBQ and – this will surprise you - a Fish & Chip Drive. All of our meetings are great social events so, if meeting friends old and new is what raises your wellbeing and you like cars - we may be just the group for you.

If you would like more information, check out our web page: www.gvec.club. Our Facebook, WhatsApp, Instagram, or YouTube posts offer further information, or you can send an e-mail to gveclub@yahoo.com



LANGAN'S TREACLE TART

BY VICKY MURPHY

"PERFECT FOR
PARTIES AND
CELEBRATIONS"

Pastry:

- 250g plain flour
- ½ tsp fine salt
- 140g unsalted butter
- 3 tbsp icing sugar
- 2 medium egg yolks
- 2-3tbsp cold water

Filling:

- 400g golden syrup
- 1 ball of stem ginger in syrup finely chopped plus 50g of the syrup
- 1 zested lemon
- 2 medium eggs
- 100g fresh fine white breadcrumbs

1. Sieve the flour and salt into a large bowl. Add the butter and rub together to a fine breadcrumb-like texture. Stir in the icing sugar, then quickly add the egg yolks and 2 tbsp water, mix to combine. Form into a ball and wrap and chill for 30 minutes. Roll out to the thickness of a pound coin and line a 22cm tart tin with the pastry, leaving an overhang. Return to the fridge for 20 mins.

2. Heat the oven to 200C and put a baking tray into the oven to heat up. Line the pastry case with baking paper and baking beans, then put in the oven on the baking tray and bake for 15 minutes. Remove the paper and bake for a further 10 minutes or until the pastry is golden brown. Leave the pastry to cool before trimming off the overhanging edges with a knife.

3. Lower the oven temperature to 160C. Combine the golden syrup, ginger, ginger syrup, lemon, eggs and breadcrumbs in a bowl, whisk everything together until combined. Carefully pour the filling into the pastry case and put in the lower part of the oven to bake for 35-40 minutes or until the filling is just set. Remove from the oven and leave to cool down before serving.



"SIMPLY DELICIOUS
SERVED WITH ICE CREAM"

OUR TEAM SPOTLIGHT IS ON NICK RIDER



Name: Nick Rider

Job Title: Chief Operating Officer

What does that actually mean? I'm responsible for the operations of the business – planning what we're going to do, managing getting it done and agreeing the way ahead with the board of directors.

Describe your job in three words: Loads To Do!

How did you come to be involved with Be Well? I worked with Mick, the Chair, when I was in London about 20 years ago, came "Up North" to work, met up with him again and the rest is history.

Best thing about being part of Be Well: Such a positive environment – supportive with a great community mission.

Worst thing about being part of Be Well: Too much to do and never QUITE enough time in which to do it.

Who, in reality or fiction, would you most like to swap places with for the day? Jonathan Agnew, BBC Cricket correspondent. He's got a great job!



SPOTLIGHT

What did you want to grow up to be when you were a kid? My Mum always told me that, when I was really little, I wanted to drive one of the tankers that unblocks the public drains. We called it being "A Gubbins Lorry Driver".

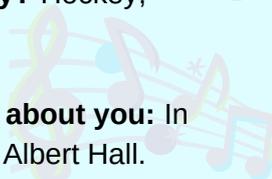
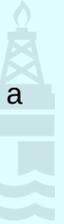
What did you do? Worked for an oil company on a North Sea oil platform, at the Sports Council in London, and then for the national governing body for Squash in Manchester.

Last book you read? The Mirror and the Light by Hilary Mantel. The terrific story of Thomas Cromwell, Henry VIII's "enforcer".

Favourite film? LA Confidential – great 1990's homage to film noir and based on James Elroy's book.

Favourite form of physical activity? Hockey, always has been.

Tell us something we don't know about you: In 1977 I played the cello in the Royal Albert Hall.



TAKE A BREAK

GENERAL KNOWLEDGE

1. What is Elton John's heroic middle name?
2. The name of which board game translated means "sparrow"?
3. Ackees, sapotas and soursops are all examples of what?
4. What was the last black and white film to win the Oscar for Best Picture?
5. The name for which form of transport stems from the Latin "for all"?

Answers from last edition Shakespeare or the Bible?
 B. (Job 5:7) B. (Song of Solomon 2:5)
 S. (Hamlet A1 S3) B. (James 4:14)
 B. (Psalms 30:5) S. (Othello A2 S3)

BRAIN TEASER SUDOKU

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

ALL ANSWERS AND SOLUTIONS IN OUR NEXT EDITION

NOBODY INN



A woman walks into a pub and says "I just spent £1000 for a rented limousine and found out it doesn't come with a driver. I can't believe I've spent all that money and have nothing to chauffeur it."

ASK DAVE

Glossop Community Allotment Planting Manager, Dave Sudworth, answers your gardening queries and offers hints and tips.

Question

I grew Tulips and Daffodils in a pot. They have now almost died down. What should I do with the bulbs?

Answer

Now is the perfect time to lift these bulbs and get them ready for storage over the winter. Gently empty the pot and clean all the compost off the bulbs. Examine them carefully for any damage. Only store perfect bulbs as damaged bulbs may rot and spread fungus to other bulbs. A dusting of an anti-fungal powder helps keep the bulbs in good condition but is not essential. Dry the bulbs for a few days in your greenhouse or shed. Package the bulbs up in paper bags (never plastic bags as the bulbs will sweat and may rot in plastic). Don't forget to write on the bags what you have stored in them. They can now be safely stored over winter. But make sure they are stored where mice cannot get to them.

If all this seems too much of a "faff", simply dig a hole in your flower bed and dump the whole contents of the pot in it, the right way up and an inch or so deeper than the pot. Then put some new compost on top. You will have a new display next year and it should be a nice show.

We have been harvesting garlic and shallots from the allotment over the last few days. Lift them on a dry day and brush as much soil off them as possible. Then lay them in a single layer in the greenhouse to completely dry off. We then rub the first layer of skin off the garlic. The skin should come off easily when its dry enough. This makes the garlic bulbs shiny and white. We then gather three or four bulbs together, cut off the roots, tie them tightly with string and hang them in the shed to dry completely.

Shallots need to be dried the same way and the skins rubbed off and roots cut off. Examine them closely and any that are damaged or soft should be used at once. The perfect shallots should be dried and then stored. We use mesh bags to hang them so we cut off the necks of the shallots, but you can plait the necks together and then hang them up. Any small bulblets that are too small to use can be stored in paper bags and planted next year.

In the space now available we are planting dwarf French beans, radish, lettuce, beetroot, turnips and Chinese greens.

On our Dinting Lane plot our volunteers have been planting lettuce in modules and placing them in the cold frame to grow. As any small spots become available in the beds, we plop one in.

Quiet Corner

"Hope" is the thing with feathers.

"Hope" is the thing with feathers -
That perches in the soul -
And sings the tune without the words -
And never stops - at all -

And sweetest - in the Gale - is heard -
And sore must be the storm -
That could abash the little Bird
That kept so many warm -

I've heard it in the chilliest land -
And on the strangest Sea -
Yet - never - in Extremity,
It asked a crumb - of me.

Emily Dickinson was an American poet who lived from 1830 to 1886. Famously reclusive she is regarded as a key figure in the development of American poetry, challenging existing definitions of poetry and the poet's work. One of her most famous poems, "Hope is the thing with feathers" metaphorically describes hope as a bird that rests in the soul, sings continuously and never demands anything even in the direst circumstances.

