

FEBRUARY 2014

SUCKLEY NEWSLETTER

Learning by way of the wolf.

My week with Shaun Ellis – the man who lived with wolves.



Last November, Louise Cox and her friend Ester (and Ester's 2 dogs) went to Combe Martin in Devon for a week's course on "Understanding Your Dog". The course is held by Shaun Ellis, who has his own 'wolf pack' at his centre in Combe Martin. Louise shares with us some of her learning from the course and how this experience has inspired her to start a new business, offering advice and training to dog owners (and their dogs!).

FREE Newsletter to Suckley Residents

FEBRUARY 2014

Points of contact:

Newsletter Content: Hilary Pitt – 884355

Email: suckleynews@gmail.com

Next Issue: First week in April 2014

Content for newsletter to be submitted 22nd March 2014.

Suckley Post Office: Roger & Barbara Blackburn - 884201.

Shop Open: Mon – Fri 7.00am – 6.00pm, Sat 7.00am – 1.00pm

Post Office Open: Mon – Fri 9.00am – 5.30pm (till 1.00pm Weds)

Sat 9.00am – 12.30pm

Village websites – for up to date information on what is happening in the village as well as a list of businesses and trades: www.suckleypo.co.uk & www.suckley.net or for Parish Council business www.worcestershire.gov.uk/MyParish (select Suckley from alphabetical listing).

Suckley Good Neighbourhood Scheme - 840480

Village Hall: email suckleyvillagehall@yahoo.co.uk, Steve Boughton - 884210

Suckley School: Mr Matthew Mander 884283

Suckley & Alfrick Pre-School: Joanne Hall - 884766

Church: Wardens: Dr Anne M Lewis – 884552

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FREE Newsletter to Suckley Residents



All eyes on me! Louise holding the full attention of a calm and well mannered pack of dogs - all 13 of them!

For the last 13 years I have been passionate about dogs and they have been my life. Having the opportunity to go on the course was one of the best weeks of my life. There were five of us on the course and one lady travelled from Canada to attend.

Shaun has been studying wolves for the past twenty years. Initially studying them from a distance, Shaun wanted to get within the pack to really see how they lived and hunted together. Living with a pack of wolves in the wild in North America for 2½ years he completely understood the workings of the pack. He didn't intend to stay that long and at one point made the decision to come back to civilisation. But as he walked away from his pack, they called him and he couldn't leave them so he turned round and went back for a few more months. Shaun had no human contact over this period of time and learnt how to 'talk wolf'. He worked his way up to a mid-ranking pack member and was part of the pack. He has returned at various times to see his pack.

Shaun's website www.thewolfcentre.co.uk has more information on his work and approach and he has written 2 books "*The Wolf Within*" and "*The Wolf Talk*" which if you love dogs are worth reading. YouTube has clips of Shaun interacting with his wolves and even teaching a puppy how to howl.

At Combe Martin, Shaun has a pack of 7 wolves and 7 hybrids and interacts with them regularly to keep his position in the pack. His training taps into the wild side of the dog and from what he learned with the pack of wolves. Our course was structured as follows:

Day 1 - Rank Structure verses social Position

Within a pack every member has a job to do. The pack member consists of the following:

ALPHA – High Ranking position – Decision Makers. You can have 2 Alphas in a pack, one male and one female.

BETA – High Ranking position – Enforcer.

Their job is to protect the Alphas. These dogs are bold, confident and can be labelled a bully. You can have a male and female in the pack.

TESTERS – Mid to high rank.

This dog will test you and drive you to distraction. They are highly intelligent, hyperactive and don't like change.

NUMBERS – Mid rank.

These dogs are followers, they are very sociable and don't want to be high ranking dogs. They make great family pets and are ideal for a first dog. They need lots of repetition and can be easily led by another dog. You can have lots of these members in a pack.

EARLY WARNERS - These dogs are very nervous and suspicious. They are quite vocal and can suffer from separation anxiety.

THE SPECIALISTS:

THE NANNY –these dogs act like nannies to the Alphas litter and can be left to look after them when the pack goes to hunt.

THE HUNTER-These are the specialists who will bring the prey down.

THE OMEGA – These are the diffusers who will split up fights.

THE LONE WOLF.

Day 2

We were shown different dogs and had to guess what rank they were based on their characteristics and how they were with us. The more dogs we were shown the easier it was to recognise the social position of the dog. When this is identified you can work out what dogs will socialise with this rank and what dogs will fight with it. It was fascinating. When you know the social position of your

dog you can be any other social position that compliments your dog. You don't have to be "Top Dog".

Day 3 -Meeting the wolves

Feeding time for the wolves. While the calf carcasses were being loaded onto the quad bike we heard the wolves howl, the sound was really haunting and makes your hairs stand on end. What majestic animals, watching them prowling waiting for their food. When they look at you, you feel they are looking right into your soul. It was an amazing feeling. Shaun put the food into their enclosure and we watched the social structure of the pack and what position each wolf has. For the next hour we watched the different ranks and, how they respected and interacted with each other. How certain ranks guard food, some will bury it and mark the spot for later while other will try and steal and others stand back and wait until the high ranking wolves have eaten their full. Everything dogs do!

Day 4 - Circles of development plus another trip to see the wolves

1st Circle – dogs 0-12 weeks. This is when the mother make the puppies feel safety and security. Also other dogs should be introduced through scent.

2nd Circle – 12 weeks to 7 months. This is the socialisation stage. Teaching puppies good and positive things, being positive with people and the environment around you.

3rd Circle – 4 –7 months. You are preparing dogs for the 4th Circle, the Porcupine stage.

4th Circle- 7 months to 15 months. The Porcupine Stage At this stage you have to give your dog the odd bad experience that they will learn by. For example introducing them to a dog that might give them a hard time; making jumping up a bad experience; stop chewing by putting a bad taste on what they are chewing so the next time they do it they make the decision not to chew (learning through consequence).

We then had a hands-on approach with different dogs of all social positions and we were taught how to get the best out of the dogs by being different social positions to complement the dogs. What an eye-opener! Later that afternoon we were taken back for another session with the wolves. Shaun went in with his pack and demonstrated his position. He showed with his body language how he respected wolves higher than his rank and how he got respect from the lower ranked Wolves. It was like watching poetry in motion. He showed his underbelly

to the high ranked wolves to show respect and used facial expressions and body language to lower ranked wolves, they respected him and turned away. His interaction with the wolves was a joy to watch and demonstrated how your social position can make the pack work and respect you. I feel really privileged.

With what we had learned during the week it was really easy to read a lot of the silent body language between the wolves. I could identify a lot of similarities with my dogs. What a wonderful world to be a part of.

Day 5 - Overview and a lesson for a member of the course

The morning was spent answering all of our questions and reviewing the coursework.

In the afternoon a lady on the course brought her dog in. Shaun had never met the dog before. At first we had to guess what rank the dog was when it was let lose in the office. We had to ask her questions about his personality and how it reacts to different situations. We decided that he was an ALPHA, which was correct. Then we had to decide what rank the lady was. As we had got to know her over the course we decided she was a "numbers". This was why her dog wasn't taking any notice of her. Over the next hour and a half Shaun showed her how to be an ALPHA and the dog changed the relationship with her before our eyes. Watching her all the time and coming back to her when called instead of coming when he was ready. He stopped pulling on the lead and let her lead him! There was no shouting, reprimanding or bullying involved. It was all done by body movements and changing her demeanour. It was incredible.

During the week Ester and I took her dogs out every morning and lunch time and started to read other dogs as they approached. When you get into the zone of reading other dogs and can guess how they will react or how yours will react to them it opens a whole new world. We were first there every morning and last to



Shaun interacting with his wolf pack

leave at night, we then went back to our cottage and couldn't top talking about the day's events until well after 11 pm.

This is just a snap shot of the course and I am hungry to learn more. We are going back for 2 weeks in March, a week in June and a week in November to study for Level 2 Accredited Instructors course.

For the last 13 years I have been studying pack behaviour, dog psychology and socialisation. I have also puppy walked 5 Guide Dog Puppies. I have 3 dogs and I use them to help other dogs. I now know my pack consists of 1 Alpha and 2 'numbers'. My 'numbers' dogs are great to socialise with other dogs as they don't want to be high ranking. My Alpha is great with puppies and I socialise them for friends at 12 weeks old. Dogs can learn a lot from other dogs and the teaching is good for them at a very young age and lessons can be learned. Puppies need to be socialised with dogs of all ages to be well rounded confident dogs. Because I have an Alpha and 2 numbers I take the social position of beta in my pack. This works really well and we all know what our jobs are!

Over the last few years I have helped a lot of people to understand their dogs, I have socialised too many to mention and also helped a lot of puppies with my dogs. You have to respect dogs for the species they are and not humanise them. If you can understand a bit about the dog world your relationship with your dog will be second to none. Dogs spend their whole lives trying to please us and understanding what we want from them. When we try to please and understand them, the rewards are amazing. I use my dogs to let me know what behavioural issues other dogs may have. I explain to their owners what their body language means which helps them to understand their dogs; plus seeing how my dogs react lets me know if I have to train the owner or the dog! I have received very positive feedback from dog owners who have asked for help in understanding their dog. If you would like advice on your dog's behaviour, then please contact me on 01886 884557 / 07854 174943 or email louise.Cox01@btinternet.com

Having a week with Shaun has been a life changing experience. When I came back from the course I saw my dogs in a completely different light. I have read a lot of books on dog behaviour and different training methods over the years, but spending a week with Shaun Ellis has changed the way I see dogs, approach them and interact with them. Roll on March 9th!

It's never too late for exercise!

Feeling sluggish after the Christmas break? Irené Avis explains why we should get moving to keep healthy.

It's cold, grey and wet and you are too tired to go for a walk or run.... The British Journal of Sports Medicine has studied 3,500 people and has found that age is no barrier to exercise. The research found that those who take up exercise in their 60s are three times more likely to remain healthy over the following eight years than those who don't.

The guidance from the Department of Health is that adults, including those over 65, do 150 minutes of physical activity a week. This doesn't necessarily mean two and a half hours of gym workouts or pounding the lanes of Suckley, it can be gardening, housework, walking ... anything that gets one moving. Think about it, this is only 20 minutes a day!

Here are just a few reasons as to why exercise is beneficial:

- It helps to prevent the risk of heart disease, high blood pressure and diabetes.
- It improves stamina by training your body to become more efficient. Heart rate and breathing levels will return to normal much quicker after exertion as one becomes fitter.
- Exercise strengthens and tones, developing muscles and helping with bone density. Posture and flexibility will improve and the ability to carry out daily tasks will increase.
- Exercise burns calories and will therefore help to maintain a healthy weight or to lose excess pounds.
- It improves quality of life – regular exercisers report feeling generally 'better'. Those who start exercising often report reduced stress levels and improved sleep patterns.

Believe me, exercise can be fun, and the benefits of a regular training programme can be felt within two weeks!

For further information about exercise programmes, contact Irené Avis (Personal Trainer) on 01886 884330 or irene@santeliafitness.co.uk.

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Village Hall News

The Hall hosted the Village Christmas Fair on 7th December. The School had beautifully decorated the Hall and there was a festive hustle and bustle as children queued up to see Father Christmas and adults browsed around the stalls or took advantage of the refreshments on offer. This event is a joint effort between the Church, the School and the Village Hall. A happy start to Christmas festivities. There are still two raffle prizes from the Fair waiting to be claimed at the Village Hall.

The recent "Crazy Cakes and Cookies" evening was very enjoyable with people doing lots of tasting and trying to guess what unusual ingredient had been used in each recipe. Who would believe that cakes made with such diverse ingredients as tomato soup, avocado, butternut squash and mayonnaise, to name but a few, could make such delicious cakes? The Hall committee would like to thank everyone who turned out on such a wet and wild evening.

Survey. This is in the final stages of preparation. We really do want to know what you think about the Hall and what events you would like to see taking place.

Do watch out for further events at the Hall which will be advertised in this Newsletter, The Sphere and notices around the area. To enable us to keep your Hall going, please support us. We now have an email address for the hall: suckleyvillagehall@yahoo.co.uk for anyone who wants to communicate, ask questions, give feedback, make bookings etc.



'Crazy Cakes and Cookies' night held on 28th January.



Seeking information about the Deeds for Suckley School

Parish Councillor, Anne Lewis needs your help with her quest in connection with Suckley School deeds.

A few months ago I bought from Alfrick PO a bright pink facsimile 'The Alfrick, Lulsley and Suckley Parish Magazine'. I would love to know who it is in Alfrick, who has the old parish magazines from 1889 to 1912, because I would like to peruse them in full. With my 'Suckley Parish Councillor hat on' I am seeking evidence that Suckley School has the benefit of a 'Reversionary Clause' in its Deeds. It is pretty certain that both Alfrick and Suckley schools had this, but Suckley seems to have lost its evidence (Alfrick must have had theirs, which is why the 'Alfrick School Educational Trust' exists. The reversionary trust ensures that the LEA cannot just sell the school and benefit from the money raised.). The magazines might just refer to it when the Education Act caused the school to be taken over by the LEA at this time.)

Please contact me on 01886 884552 if you have any information that could help with my research into this matter.



With dogs being the major 'theme' of this newsletter, Ali Capper and her children kindly sent in a picture of their family pets - Bertie and Tibbles. Ali writes "Both waifs and strays that ended up with us 'by accident' but who are now the best of friends, especially in front of the aga!"

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What's on, what's happening in and around Suckley

...

CONCERT IN MEMORY OF IVOR BRAMICH

Saturday 8 February 2014, 7.30pm at Suckley Church
Admission by paper donation to Suckley SPACE and Suckley Bellringers' Fund.

Hear Suckley Church clock's 'Tennyson Chimes' as you've never heard them before, in a new arrangement for handbells and string orchestra written especially for this event. Join Ivor's family, many of his local bellringing friends, pianist Mariela Cingo and Salsa Inglesa - an new professional string orchestra - to hear some of Ivor's favourite music, including a John Williams Trilogy, Pirates of the Caribbean, and music by Beethoven, Debussy, Elgar and Italian composer Ottorino Respighi.

For those who didn't know him, Ivor Bramich lived in Longley Green since the 1960s until he passed away last June. For several decades he wound the church clock, was a key member of Suckley's bellringing team and kept everything working smoothly in the church tower and beyond. Many people also knew him as one of the village's regular postmen, as the man who climbed the scaffolding to repaint the church clockface, and as a kind and caring neighbour.

Further information online at ivor.bramich.org or phone 07771 600 776.

Goodbye and thank you Tilda!

Tilda has been a major part of the Suckley Newsletter since its first issue in October 2010 - time flies! - organising the advertising and contributing to ideas / writing articles / proofreading etc. Now she has moved to pastures new and we wish her all the very best for life in her new home.

The newsletter is to continue but to do so it needs YOU. Would you like to tell your story, write an article, submit a recipe, a photograph or drawing? Everyone has a 'story' to tell so please get in touch at suckleynews@gmail.com or call Hilary on 01886 884355.

Local Services:

Mobile Library Timetable 2013

Fridays only at
Suckley - Cross Keys 11.20 - 11.40
Suckley School - 11.45 - 12.10
Longley Green Post Office 12.20 - 1.00

Dates: 21st February / 14th March.
Enquiries about this service should be made to Malvern Library, Graham Road Malvern. Telephone 01905 822722, or email malvernmobile@worcestershire.gov.uk

South Worcestershire Citizens Advice Bureau: are you interested in becoming a 'Community Champion'?

As part of a county-wide two year project, South Worcestershire CAB is aiming to increase access to advice services within our rural communities. To achieve this we are currently seeking locally based Community Champions.

Are you someone who knows your community well? Would you like to help local people access the information and advice that could help them? Could you attend local events to promote your role? Would you be able to volunteer for at least four hours a week? If so, we would love to hear from you.

You will be given full training and ongoing support, and will be provided with a range of initial information sources on key issues such as welfare benefits, housing, money advice, employment, consumer issues, health and well-being etc.

You will then act as a local point of contact for this information and will actively signpost and refer local people to the CAB and/or other sources of help and advice.

If you would like any further information, or would like to apply to be a Community Champion, we would love to hear from you. Please contact Paula Kingston on 07972 599457, or 01684 567146 (Tuesdays and Thursdays), or email her on paula.kingston@malvern-hills-cab.org.uk

Suckley Church

Services for February and March

Sun February 2nd at 11am All Age (a lively informal service)

Sun February 9th at 6pm Evening Prayer (A quiet contemplative service)

Weds February 12th at 10.00am, a traditional said Communion Service

Sun February 16th We go to Alfrick for their 11am All Age Service

Sun February 23rd at 11am Family Communion

Sun March 2nd at 11am All Age (a lively informal service)

Tues March 4th is Shrove Tuesday. Remember the beginning of Lent with pancakes for tea!

Sun March 9th at 6pm, a said service with prayers for healing (A quiet contemplative service)

Weds March 12th at 10.00am, a traditional said Communion Service

Sun March 16th We go to Alfrick for their 11am All Age Service (a lively informal service)

Sun March 23rd at 11am Family Communion

Sun March 30th at 11am a Family Communion service for Mothering Sunday.

Tuesday April 8th will be the Annual Parish Church Meeting for all the local churches (Leigh, Bransford, Alfrick and Suckley). With Andrew and Alexandra's retirement in April, this will be an opportunity to look back on our church's year with reflection and gratitude.

Don't forget to enjoy Suckley Church's own Facebook Page (www.facebook.com/suckleychurch). You can enjoy the photos even if you don't have a Facebook account.

SPACE news

The architect has been busy, the DAC (Diocese planning committee) has visited a third time and continues to encourage Suckley Church to become 'fit for purpose' and better able to reach out to our school and wider local community. Hopefully the architect's final plans will be on the SPACE board in church when you read this, and also in this year's Spring mailing to all in the village.

Cock-a-Leekie Soup

Cock-a-leekie soup is a Scottish soup dish of leeks and chicken stock, classically thickened with barley, occasionally oats. The original recipe added prunes during cooking, and it is thought the reason for the addition of prunes dates back to times when only boiling fowls were available and prunes were added to increase the nutritional value of the broth.

This recipe from Patrick McDonald follows the original recipe by adding prunes but it is a lighter version without the addition of barley.

Serves 4 people

INGREDIENTS	
15g unsalted butter	1 sprig of thyme
300g of chicken legs	6 prunes, stoned and halved
300g of leeks, well washed	Picked parsley leaves
1 litre of chicken stock	Salt & pepper

METHOD

1. Melt the butter and fry the chicken until browned on all sides.
2. Cut the leeks into 4 lengthways, and then chop these pieces into 2 cm lengths.
3. Reserve the green parts and shred them finely.
4. Add the white pieces of the leeks to the pan and fry for 5 minutes until soft.
5. Add stock and the thyme. Bring to the boil, simmer for 45 minutes.
6. Add the green leek pieces and the prunes. Simmer for another 15 minutes.
7. Remove the chicken, remove the skin and bones and cut the meat into chunks. Add the meat back into to the soup. Season to taste and garnish with the picked parsley leaves.

The tale of two Sadies

Continuing the canine theme in this newsletter issue, Carol Boughton's tells a delightful 'lost and found' tale of a missing dog being returned to a loving home. But there is a twist to this tale...

It was early Christmas morning, but not as early as it might have been had there been excited children in the house. The Christmas tree lights had been switched on and the sound of activity could be heard coming from the kitchen. Suddenly, the telephone rang. "Hello, you don't know me, but did you ever find the little dog you lost?" Having given the caller a negative answer, she proceeded to impart the news that she had found an old poster giving our details as there was a similar dog who had been living rough in a nearby horse stable for the last 10 months. After an absence of 18 months, we were overjoyed to find our Sadie living some miles away and we were able to retrieve her. Our own special Christmas miracle ...

Sadie had joined our family three years earlier. We decided that our lurcher, Pip, should have a companion and it was at this exact time that Sadie was in need of a new home. Pip already knew Sadie so she seemed to be the perfect choice.

This nondescript little dog had been so badly treated in an earlier life having been a puppy farm bitch and once her usefulness was over, shaved naked and dumped. By the time she came to us, she had straggly black fur and endless weeping sores all over her body but she had the prettiest brown eyes and a sweet nature despite the trauma she had suffered. Then followed months of vet visits, courses of steroids and a routine of baths every three days. Her auto immune system had collapsed. However, the day came when the vet announced that Sadie was well enough to visit a groomer and that she would probably feel so much better when she had been tidied up. Having carefully chosen a kindly groomer and one who would be very careful not to damage Sadie's delicate skin any further, work began on transforming this "ugly duckling" into a "beautiful swan". The groomer was amazed to find that Sadie was indeed a "beautiful swan" and declared that she was, in fact, a pedigree blue Bedlington terrier now that her real lilac grey coat had been revealed and the true shape of her ears could be seen. Sadie didn't look back and although her health had to be



Sadie and Pip enjoying home comforts.

carefully monitored, she settled down happily with Pip and was a much loved member of the family.

Then came that fateful July day when she disappeared. Pip, Sadie and I had been enjoying a romp over the Bromyard Downs and were nearing the end of our walk. One minute she was with Pip and the next she had disappeared so completely it was as if she had been spirited away. No amount of searching yielded a clue as to her whereabouts. Everybody from dog walkers, to taxi drivers and all house owners within miles were asked to look out for her. Pip and I would spend hours each day searching and distributing posters as well as following any possible sightings that came our way from kindly people. After several heartbreaking months, we had to admit defeat but we never forgot our little Sadie ...

As soon as Christmas was over, we took Sadie to have a check up and the vets looked as if they had seen a ghost but declared that she had all her scars in the appropriate places. She even had an open sore on her back. Even though there was no sign of her microchip, they declared this was indeed our Sadie.

Holloways

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Life returned to normal and the two canine pals continued to enjoy their walks over the Downs and to snuggle up together for their afternoon nap. If Sadie wanted to be in the same basket as Pip, she just lay down on top of his back. About six months after Sadie returned, it was quite a shock to find she had come into season. It just couldn't possibly be our Sadie as she had been spayed! So, Sadie became Sadie Two. Sadly, we never did know what became of Sadie One but Sadie Two was here to stay.

A couple of years passed and as Pip's health deteriorated, Sadie Two appointed herself his nursemaid, looking after him as he became deaf and blind and tenderly licking clean the hole in his neck through which he had to breathe. She was a great comfort to us when Pip died but, sadly, her own health failed and Sadie Two died six months later.

Thus ends the tale of two Sadies but our love for these feisty little terriers lives on. We now have two young Bedlingtons to share Christmases with us. They never knew Sadie One or Two but they have the same lilac blue colouring, the same sweet nature and, of course, those pretty brown eyes.

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Your pet's health can benefit from Turmeric.

By Pie Pony

Firstly, I am not a Veterinarian. Any advice I offer is my personal opinion gained from reading research studies and articles, looking up jargon laden terms in order to comprehend what the analysis of data means and how that applies to conditions within my own body or the bodies of my family, whether human, furry, hairy, feathered or scaly. Then it is trial and error. I have used turmeric on horses but this article concentrates on our canine friends.

The wonderful golden Asian spice Turmeric, taken from the rhizome of the Curcuma Longa plant is well known for it's healing properties. Turmeric is also known and bought as Haldi and Haridra, cheapest to buy in bulk and available in Natural Health Stores, Asian food stores, many supermarkets and online.

I have personally treated many animals and birds with turmeric with sometimes seemingly miraculous results. I do ensure I take it myself at least twice daily and leave the prescription medicines in the bathroom cabinet. Turmeric as a food spice has no known poor interactions or contra indications with other medicines. Most advisories and warnings apply to supplements, ie capsules and pills, rather than turmeric added to food and drinks.

Turmeric is oil soluble and needs to be combined with good quality cold pressed oils; the three recommended are Coconut, Linseed and Olive Oil. Research indicates that the volatile oil piperine found in freshly ground pepper boosts the bioavailability of turmeric in the body. When adding turmeric to your pet's feed, a starting point might be as little as a ¼ of a teaspoon to 1 rounded teaspoon, with some linseed food oil, or coconut or olive oil and a few, 3 to 5 grinds of black pepper. A fresh beaten egg tempts my dogs, and also the horses, but the horses have their eggs shell as well, smashed into their dinner a few times a week.

Increase the dose.

Start small and build tolerance over a two to three week period with an incremental increase of the dose by ¼ to ½ a teaspoon at a time. When you observe actual pain relief and improvement of movement or reduction of

tumour size, use this as your daily maintenance dose.

A few pointers to be aware of.

Some dogs go through a body detox and if any signs of loose stools, then increase the amount of oil in the feed to help absorption in the small intestine rather than passing into the large intestine. You might wish to step back and reduce the dose by ¼ teaspoon or so and remain at a lower dose for a longer period, build tolerance more slowly, especially if you do notice any symptoms of diarrhoea or nausea.

Dogs' coats may also go through a period of smelling a little like un-neutered tom cat's pee, but the benefits of improved mobility and pain relief vastly outweigh human fussiness. This phase does pass, although the initial health condition and whether already prescribed other medications will contribute to the length of time this takes. Often from 2 weeks to 3 months but lessening during this period. This does not apply to all dogs and odour strength varies with those it happens to. Your dog needs to remain included, fussed and loved as normal, so please do not offend a poorly animal companion by wrinkling your nose. Good manners apply across all species.

Most research is from rodent studies, poor animals, I am grateful to science although very anti vivisection. There are more similarities between humans and the rest of the animal kingdom than differences. Whilst we value our trained health professionals, many pets are uninsured and premiums expensive for those who have had previous conditions treated or are simply elderly. Turmeric can be included in the daily diet to prevent rather than to cure, to help with pain and save money.

As recent report found, Dietary supplementation of young broiler chickens with Capsicum and Turmeric oleoresins increases resistance to necrotic enteritis.

Br J Nutr. September 2013;110(5):840-7.

*Sung Hyen Lee1; Hyun S Lillehoj; Seung I Jang; Erik P Lillehoj; Wongji Min; David M Bravo
Animal Parasitic Diseases Laboratory, Animal and Natural Resources Institute,
Agricultural Research Service-US Department of Agriculture, Building 1043, BARC-East,
Beltsville, MD 20705, USA.*

A Tudor Christmas for Suckley Local History Society members

In early December, two dozen of our members enjoyed an interesting and topical talk on how the Tudors celebrated the twelve days of Christmas by Elizabeth Pimblett of the Hereford County Museum and Worcester Tudor House Museum. The talk illustrated the practices of Tudor times (from 1485 to 1603) and described how some customs have survived in the local Herefordshire and Worcestershire area to this day despite the efforts of the Puritans in Cromwell's time to stamp out the riotous feasting, fun and games of the Tudor Christmas. The Puritans saw many of the celebrations as heathen and idolatrous and indeed some of the "yuletide" celebrations had their roots in pre Christian times and the Roman celebration of Satana.

The Tudor Christmas started on December 25th, following the 40 days of fasting for Advent, it lasted until January 6th. Working was forbidden (except essential work) and the only permitted 'sport' was archery during this festive period. Feasting took place on most of the 12 days starting with a lavish feast on 25th December, In the rich man's house, the centre piece of the table was a boar's head (probably wasn't eaten) but served as a dramatic container for the stuffed goose, duck and pigeon which were inside it. The other ingredients would include honey and raisins which were becoming more popular in this period. The ordinary people were more likely to have had boiled or stewed mutton!

In this period the cooking would probably have been done over an open fire commonly in the middle of the room, the latest technology being a spit roaster supported by 2 fire dogs, powered by a spit boy - the lowest grade of job in the kitchen. The exchange of gifts took place on New Year's day with the community going round knocking on doors and wassailing, being given gifts like ribbons, caps or food.

The Tudor toiling masses often saved their coins in a container made from a type of pottery known as blackware made from a type of clay called 'PYGG'. It had to be broken to open it, which would typically happen at Christmas. Today we would recognise it as a 'Piggybank'.

The ladies wore garments made from locally produced wool and would have been of many layers, the clothes kept them very warm as the speaker could personally testify as she was dressed in Tudor costume. Elizabeth also talked about how the Tudor housewife made use of herbs which they would have grown themselves. These herbs were used not only for flavouring foods and as sweet smelling fragrances but also for medicinal uses and as disinfectants.

However all good things come to an end and on January 6th it was back to the fields of work for a year of toil Elizabeth's enthusiasm for the 'Tudor's' made the evening quite pleasurable and infectious, she joined merrily in the society's festive flavour refreshments. Society members rounded the evening off with mulled wine, mince pies and modern day feasting!

The 2014 programme of Suckley History Society will be announced shortly and will feature an enjoyable mix of local history talks and field trips to houses and places of local history interest. Non members can receive details by calling Andrew Grieve on 01886 884795 or sending an email to andchris2@btinternet.com

Commemorating World War 1 in Suckley

As you can't have missed in the press, August marks the centenary of the start of World War 1. Several activities to mark the event are being planned in the village, but your help and ideas are key to making them happen. These activities are currently proposed:

- Suckley school's children planting poppy seeds, which we hope will be an annual reminder of the sacrifices made by 26 men of this parish in the two World Wars.
- A display of memorabilia at Suckley Village Hall, probably in August. The History Society is collecting material for a display to commemorate the outbreak of WWI. Margaret Davies would be pleased to hear from anyone with family mementoes or memories relating to the Great War. Margaret can be contacted on 01886 884301 or by email at Mimed12@hotmail.co.uk
- Erection of a permanent, visible memorial to all those from Suckley who have lost their lives in war. A simple stone obelisk is suggested, probably placed on the quarry in Longley Green. The aim would be to dedicate this either in August or on Remembrance Sunday, 2014. However, this can only be done with the support of you, the village residents. What are your views on a permanent memorial and the proposed site?

If you'd like to help with these activities (or have better ideas!), please contact Parish Councillors Andrew Grieve (01886 884795), Peter Whatley (suckleypc-pw@live.co.uk) or the Parish Clerk, Diana Taylor (dtaylorsuckley@msn.com).



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Suckley Good Neighbour Scheme

Tel. 01886 840480

This is a voluntary initiative run by local residents who recognize the benefits of such a scheme to the community, and want to help their neighbours enjoy a better quality of life. For example, household repairs such as changing a light bulb, fixing a dripping tap, checking smoke alarms, moving furniture, or hanging a picture could all fall within the scheme where skills are available. If you are able to offer help, or need some assistance, please give us a call.

And all our volunteers are CRB checked, carrying with them a photo-identity card.

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SURGERY NEWS - ISSUE 17
FEBRUARY 2014



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- Provided a range of services to over 4,000 patients
- Dispensed approx 96,000 items of medication
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AND

- Dr Bywater's spaniel 'Sweep' had six puppies! Aaahhh

Nursing Team: Did you know that in the UK there are over million slips, trips and falls each year? In Worcestershire on average more than two thousand people are admitted to hospital every year due to a fall and more than 600 are admitted to hospital with a hip fracture per year. For advice on how to help prevent falls, pick up a leaflet from the waiting room, ask at Reception for more information or visit <http://www.hacw.nhs.uk/our-services/falls-prevention/>

Administration: Issue 3 of our We Are the Young@Knightwick magazine is now available via our website. This is health information especially for 16 – 24 year olds

SPOTLIGHT ON Locum GPs

We are grateful to our Locum GPs who provide an essential service when our regular doctors are unavailable due to sickness, holidays or training courses. Our Locums also provide extra clinics for us during periods of high demand for appointments. They work closely with our three Partners to provide a high level of care to our patients. To ensure as much continuity of care as possible, we try to use Locums from a core group who can be available to us on a regular basis. These are Dr Genevieve Hamilton, Dr Masood Majoka, Dr Chris Jones & Dr Stuart King. We would also like to thank Dr Clare Webster who has recently left us for a permanent post elsewhere.

STAFF CHANGES

Elizabeth Gilbert, Receptionist for 15 years has retired. We wish her well in her future projects.

We welcome Ann Garnett to our Dispensary Team and Deb Arnold who joins us on Reception.

MOBILES

Please let us know any changes to your mobile numbers so we can continue to send you appointment reminders

The full A4 version of this Newsletter is available at the Surgery. It will also be available on our own dedicated website – www.knightwicksurgery.co.uk

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News From Suckley Parish Council Meeting Held on 13th January 2014

County Councillor - County Councillor Paul Tuthill reported that Bromsgrove Railway Station was going to be redeveloped, with a possible link to Worcester Parkway at Norton in the future. This would improve the train services to Birmingham. The County Council were also proposing an improvement to the Southern Link Road and roundabout by the Ketch and then on to the M5 motorway. The County Council had also decided to continue using the waste incinerator at Hartlebury. A Consultation on subsidised Bus Services was also under way. Some of the bus routes cost many thousands of pounds in subsidies (including the routes covering Suckley and Alfrick).

District Councillor - Dist Cllr Anthony Warburton reported to the meeting. He highlighted the difficulties MHDC Planners were facing with developers applying for Planning permission to build, taking advantage of the lack of a South Worcestershire approved Planning Strategy. This was particularly a problem in Leigh Sinton where applications had been put forward to develop in the rural "significant gap" areas between Leigh Sinton and Malvern.

Vas Camera - Speeding Issues - Cllr P Whatley had analysed the speeding data produced by VAS camera over the five weeks leading up to Christmas. This revealed that 1 in 8 cars were speeding i.e. over 35 mph, but the speed was mostly between 35 – 40 mph. Higher incidents of speeding i.e. around 40 mph occurred along the Knightwick Road, mostly between 4.00 pm to 6.30 pm.

Community Group – Defibrillator - Cllr A Lewis reported that she had been looking at the cost of a Defibrillator from the British Heart Foundation. Grants might also be available from BHF. The total cost (including a special box to store it in) was around £2,295. Co Cllr P Tuthill agreed to pay £700 towards this cost from his Parish Council budget, with Suckley PC finding the balance from its own resources/BHF grant.

If you would like to get involved in this scheme and the free training, please contact Cllr Anne Lewis on 01886 884552.

Community Group – First World War Centenary 2014

The Clerk reported that Morrisons were probably going to donate packets of poppy seeds for the commemorative planting scheme (but this has yet to be confirmed). The suggestion was that the Clerk ordered one packet per household plus 80 for Suckley School. Cllrs P Whatley and A Grieve and the Community Group to look into the organisation of planting, possible war memorial/exhibition and display of historic papers/photographs of men from the Parish who had served in the First World War. If you would like to become involved in this project, please contact the Clerk (below) or any member of the Parish Council.

Playing Fields - Cllr P Tuthill agreed to provide £2,000 from his Parish Council budget towards the cost of replacing play equipment and services at the Playing Fields. This would be match funded by Suckley PC Playing Fields Committee. Cllr J Green reported that the pitch had been damaged by someone possibly using a quad bike, and that debris had been left in the car park.

Highways - Cllr P Tuthill suggested a meeting with Cllrs, our Lengthsman and Gerry Brienza from County Council Highways to look at all our current Highways problems and hopefully come up with a plan of action. The Clerk to liaise re dates.

Local Police - Crime figures for Suckley - December 2013 – NIL!

DIANA TAYLOR, Clerk to Suckley Parish Council

9, Lambourne Avenue, Malvern WR14 1NL
Tel: 01684 569430 E-mail: dtaylor@suckley@msn.com

Next Meeting of the Parish Council will be on Monday 10th March 2014 at 7.00 pm in Suckley Village Hall. There is always time at the beginning of the meeting for parishioners to make a short address to the Councillors for discussions in the meeting.