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Nov 2023

# YourMag

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**Boost Your Immune System**

**The Story of Thanksgiving**

**The Enduring Relevance  
of the War Poets**

**In Praise of the Omelette**

**Tales From the Gym  
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## Editor's Note

I was scrolling through Instagram the other day and a post from Jeff Brazier popped up. He is a TV personality-turned-life coach and he was listing five things he was grateful for that day. I have long been aware of the benefits of developing an attitude of gratitude, so that morning as my husband and I went on

our daily walk with the dog, we each named five things we were feeling grateful for. It was simple stuff like a good night's sleep or dry weather or the views across the fields, but it made us more aware of the blessings in our lives.

This month's article on Thanksgiving has also reminded me of the importance of giving thanks. If it isn't something you've tried, I really encourage you to give it a go. It can increase feelings of positivity and contentment.

Another celebrity popped up on Instagram. This time it was actor Nigel Harman (currently appearing in *Strictly Come Dancing*) who practises daily meditation. In his posts he guides you through breathing exercises that are designed to help clear and calm your mind and make you more mindful of the present. Controlled and deep breathing helps me fall asleep and calm me down when feeling anxious. It also helps my 7 year old grandson when he's feeling angry or upset. Give it a go if you haven't already!

Wishing you a calm and grateful month! Until next time...

Debbie Singh-Bhatti

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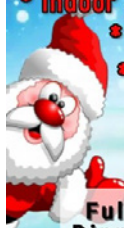
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# Boost Your Immune System

It's time to bolster your natural immunity to this season's bugs and viruses. Here are our top tips.

**Get outside** – Fresh air makes us feel better and exposure to sunlight boosts vitamin D levels. Research suggests this helps prevent chronic illness, improves bone health, and can even ease depression.

When you're home, open a window or two and let the air circulate. Rebreathing the same stale air can increase our chances of getting sick and leave us feeling lethargic.

**Have an early night** - Studies show that people who are sleep deprived are more likely to get ill after being exposed to a virus. The science says that sleep is important for our systems to 'remember' how to fight off infections.

**Reduce stress** – Stressed bodies are in fight-or-flight mode. This part of our nervous system was designed to help us escape from predators. Unfortunately, it also suppresses the immune response, leaving us more prone to illness and infection. Rest, practising mindfulness and taking



time out for ourselves will improve our mental health and decrease stress levels, allowing our immune system to recover.

**Eat well** – Healthy food can help improve our sleep hygiene, our concentration and our energy levels. Citrus fruits are packed full of vitamin C, as are red peppers; ginger and turmeric are anti-inflammatory; nuts and seeds contain vitamin E; garlic is an

effective antiviral agent; dark berries are packed full of anti-oxidants; shellfish are a good source of zinc, and carrots and sweet potatoes are high in beta-carotene.

**Exercise** - Physical activity doesn't just boost the immune system - it moderates it. Regular exercise helps prevent the immune response from becoming overactive. It also lowers cholesterol, blood pressure, the risk of heart disease and helps us sleep better.

These five tips should have you bouncing through November and into the festive season.

**Sarah Davey**



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lead to more happy customers is true and we work hard to make that happen for every installation we carry out!

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# The Story Behind Thanksgiving

Every year, on the fourth Thursday of November, Americans gather with friends and family to indulge in a turkey feast. Thanksgiving is one of the most iconic and cherished American holidays. But how did it come to exist?

The celebration can be traced back to 1620 when a group of English settlers, known as the Pilgrims, arrived on the shores of present-day Massachusetts aboard the Mayflower. Fleeing religious persecution from the Church of England, they sought to start a life in the New World. But their first winter in America was brutal and nearly half of the 102 settlers died.

The romanticised history goes that Pilgrims encountered an English-speaking Native American named Squanto. He and members of the Wampanoag tribe taught the settlers how to fish, cultivate corn, and extract maple from trees. With these skills, the settlers were able to sustain themselves, and in the autumn of 1621 they experienced a bountiful harvest. To express their gratitude, the Pilgrims organized a three-day festivity and invited the Wampanoag tribe, including their leader, Chief Massasoit. The feast included dishes made from the harvested crops, though the meat was probably deer rather than turkey.

In reality, much bloodshed took place both before and after that first feast, and it was Massasoit who negotiated a peace treaty between the settlers and the Wampanoag tribe. This lasted for a decade, but tensions began to simmer again as 25,000 more European colonizers arrived, claiming rights to land, and bringing with them diseases which decimated the native population. Mistrust between the two groups grew and the Native Americans were perceived as the enemy, with horrifying consequences.

Although the 1621 feast is recognized as the first Thanksgiving, the practice of celebrating the harvest was sporadic and varied in nature: some were religious, others more like parties. By the 19th century Thanksgiving began to resemble the modern national holiday. Sarah Josepha Hale, the author of the nursery rhyme "Mary Had a Little Lamb," played a pivotal role. She embarked on a 20-year campaign to establish Thanksgiving as a national holiday, lobbying politicians, presidents, and other influential figures.

In 1863, in the midst of the Civil War, President Abraham Lincoln declared the last Thursday of November as a National Day of Thanksgiving. He hoped the holiday would help unify a nation torn apart by conflict.

Over the years, the traditions and meanings behind Thanksgiving have evolved and diversified. Today, Thanksgiving is a time for reflection, gratitude, and spending time with loved ones (although it's important to acknowledge that mistreatment of Native Americans still goes on). It's also a time for parades, football, and Black Friday sales. Yet despite its transformation over the centuries, the core values of 'giving thanks' remain unchanged and it remains a significant part of American culture.

Kate McCarthy





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# The Enduring Relevance of War Poets

War poets, as a collective, have been instrumental in capturing the essence of conflict, the human costs of warfare, and the profound emotional experiences of soldiers and civilians alike. These poets, primarily from World War I and II, painted vivid pictures of the battlefield, the trenches, and the emotional toll of war, creating lasting impressions that would shape our understanding of conflict for generations.

During World War I, poets like Wilfred Owen, Siegfried Sassoon, and Rupert Brooke detailed the grim realities of life on the front lines. Unlike the romanticized versions of war often portrayed in the media, these poets presented war for what it was: bloody, brutal, and often senseless. Owen's *Dulce et Decorum est* is a poignant example, decrying the false glory of dying for one's country and highlighting the horrors faced by soldiers. Sassoon, on the other hand, critiqued the military establishment and the war's futility, creating an enduring legacy of anti-war literature.

The significance of war poetry, especially from the early 20th century, lies in its capacity to humanize statistics. Millions perished during the World Wars, but numbers alone cannot communicate the suffering of individuals, nor the grieving of families left behind. The war poets gave voice to this pain, ensuring that the personal experiences of those affected by conflict would not be forgotten. Their works serve as a stark reminder of the costs of war, urging caution and diplomacy over aggression and conflict.

While World War I poets are perhaps the most renowned, poets from subsequent conflicts have continued the tradition. World War II poets, including Keith Douglas and Alun Lewis, grappled with the vast scale of the conflict and

the devastation wrought by the atom bomb and concentration camps.

Today, the legacy of war poetry is more relevant than ever. As the world grapples with new forms of conflict, including cyber warfare, drone strikes, and ideological battles, the need for voices to humanize and critique these events remains important.

Brian Turner, who served in Iraq, tackles issues of PTSD, the civilian cost in modern warfare, and the mental turmoil soldiers experience when reintegrating into civilian life. Turner's *Here, Bullet* is a raw, visceral look into the Iraq war, encapsulating the tension and unpredictability that modern soldiers face. Poets like Dunya Mikhail, an Iraqi expatriate, write of the effects of war on the homeland, and bridge the gap between soldier and civilian experiences.

Today, warfare and its aftermath can be relayed around the world instantly. Poetry offers a space for reflection, allowing readers to consider the personal experiences behind the headlines. Through evocative imagery and emotional depth, war poetry humanizes the dehumanized, reminding us of the shared humanity that binds us, even in times of conflict.

War poets hold a mirror to society, forcing us to confront the realities of conflict and the profound impact it has on individuals and communities. Their works serve as both a cautionary tale and a call to compassion, urging current and future generations to seek paths of peace and understanding. As global conflicts continue to evolve, the voices of war poets remain an essential tool in making sense of the chaos.

Brian Allen



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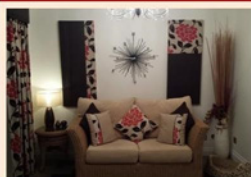
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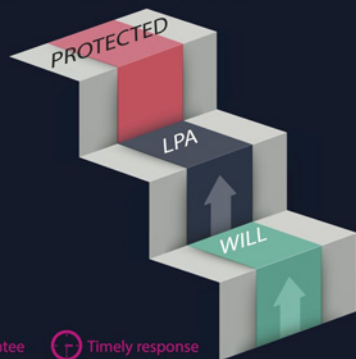
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# In Praise of the Omelette

Eggs are always a satisfying and easy lunch choice, and the omelette is the King of the egg dishes.

Eggs are packed with essential nutrients. They're a natural source of high-quality proteins, essential amino acids, and crucial vitamins like B12 and D. Additionally, the yolk contains choline, an essential nutrient that supports brain health. By munching a lunchtime omelette, you're nourishing your body with vital nutrients to keep you energized throughout the afternoon.

The beauty of the omelette is its adaptability. Whether you crave a simple cheese and herb mix or an exotic blend of veggies, meats, and spices, the omelette can be customized to suit every palate. This means them.

In this fast-paced world, spending hours in the kitchen at lunchtime isn't feasible. Omelettes are quick to prepare and cook. All you need is a hot



pan, a few ingredients, and a delicious meal can be yours in mere minutes.

Regardless of your dietary preferences or restrictions (unless you're allergic to eggs in which case I am deeply sorry for writing this article!) there is an omelette for you. From low-carb and keto to vegetarian or low calorie, the omelette can be tailored to align with your needs.

And omelettes are easy on the wallet. Eggs are affordable, and the fillings don't require large quantities. This means you can enjoy a gourmet-standard meal without a high-end price tag.

With their combination of nutrition, versatility, convenience, and affordability, omelettes are a standout choice for lunch. So, the next time you're pondering over what to eat for your mid-day meal, consider the humble yet delicious omelette.

Louise Addison

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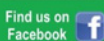


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# Benjamin Huntsman

If you visit Kelham Island Museum in Sheffield, you can see a longcase or grandfather clock from the 1740s which was the first manufactured object in the world to contain crucible cast steel. It was made by clockmaker and steelmaker Benjamin Huntsman (1704 – 1776). Huntsman's work was crucial to the development of the steel industry in South Yorkshire and his influence spread worldwide.

Huntsman was from a Quaker family of religious dissenters and became a clock, lock and toolmaker in Doncaster. He was always looking to improve the quality of his clock mechanisms to help make them more robust and accurate. He was also (according to Encyclopaedia Britannica) sometimes asked to carry out experimental eye surgery, presumably due to his expertise with precision instruments!

Huntsman used coke as opposed to coal or charcoal to attain the high temperature required to melt blister steel and dissolve iron. This process created steel of a much more consistent quality than previously. The use of fluxes (purifying agents) also enabled impurities to be skimmed off. As Huntsman's steel was so pure it also needed less reheating and hammering by a blacksmith, which had previously been required to achieve a similar end. Indeed, it also meant that Huntsman's steel could be cast (that is where the liquid steel is poured into a mould which is then broken away or ejected after the cast object has cooled into shape).

Huntsman's crucible steel commenced the drive towards the mass production of good quality steel and was a key to the unlocking of Britain's potential as the first industrial nation. It is not surprising that our region became famed for it, especially in terms of cutlery, machines and tools.

Like many successful innovators Huntsman was less good at 'the paperwork' and failed to patent the invention of his process. His secret was copied by Samuel Walker (1742-1793), whose family-owned Walker Ironworks famously produced cannons, some of which still sit outside the old Rotherham Town Hall. How the Walkers made the discovery remains a mystery.

Huntsman's operations moved to Attercliffe in 1770 and he died in 1776. You can still visit his grave in Hilltop Cemetery by Attercliffe Chapel. He was succeeded in business by his son William.

It is important to keep knowledge and understanding of our local history and industrial heritage alive. Clifton Park Museum and the various Sheffield Museums fulfil that function very ably. Why not visit with the children or grandchildren during the next school holidays?

**David Coldrick, Home Instead Rotherham**  
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## Jacuzzi Confessions

**Tales From The Gym**  
By Fiona Lau



One of the joys of going to the gym is meeting friends either in the classes (as I occasionally and reluctantly flog around the machines) or when I go for a swim. The added attraction at the pool is the Jacuzzi. In my more honest moments I do admit that the main aim of subscribing to the gym is to decadently wallow in the hot bubbling waters and let the Jacuzzi soothe and work its magic on my shocked and ageing muscles. It's also a great vantage point to observe my fellow swimmers...

One day I was idly lolling in the Jacuzzi, wishing only for a drink and some chocolates on the side whilst gazing at the swimmers. There are the ones who are clearly part fish gliding effortlessly up and down the fast lane; the average "I must do my 10 lengths" swimmers such as myself; and "are they actually moving?" semi-floaters. As I looked out I spotted my friend's husband Les swimming up and down at a sensible speed. I was delighted - someone to chat to over a relaxing drink whilst eating the recovery banana in the café afterwards. I smiled and waved to him; he smiled and waved back.

It was only afterwards in the changing rooms (always a good place for contemplation) that I wondered, "Was that really Les?" I quickly texted my friend who laughed uproariously at the thought of said husband ever darkening the doors of a gym; apparently he has never ever done any exercise that does not involve a golf ball! I had waved, smiled and given the glad eye to a perfect stranger! One who even now was probably thinking he was well in with the charming lady in the Jacuzzi...

Luckily, over years of professional mentoring and judging, my carefully cultivated blank face has reached absolute perfection, and the poor man who thought he had found a new friend now became convinced that he was sadly mistaken and a trip to Spec Savers was in order. Meanwhile I resolved that in future (lesson learned) I should ALWAYS wear my contact lenses when in the swimming pool!

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## Choose Your Hard

I've had a difficult month. I don't really want to go into details. Nothing bad has happened. Life is good, but my motivation, focus and desire has waned. I'm just fed up with this journey which seems to be going on forever. And I'm missing having a support group to cheer me on. I've briefly considered rejoining a slimming class, but have some reservations about doing that so for now I'm going to stick it out.

One of my daughters is on a health and fitness drive so we've decided to cheer each other on. She sent me something yesterday that she'd seen on Tik Tok which has helped ground me and get real again. I'm trying not to feel sorry for myself, but instead act like a grown up and accept that life can be hard and full of challenges and to just get on with meeting them.

I'm going to share the quote here. Maybe it will help someone else who is struggling with the hardness of it all.

### Vital Statistics

Height: 5ft 6ins

Starting weight: 18st 3lbs

Weight now: 12st 11 lbs

**Weight Lost: 5st 6 lbs**

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**Resisting the binge is hard**

**Making progress is hard**  
**Not making progress is hard**

**Losing weight is hard**  
**Not losing weight is hard**

**Regret is hard**  
**Discipline is hard**

**Working on self confidence is hard**  
**Not feeling confident is hard**

**It's all hard**  
**CHOOSE YOUR HARD**

So the hard I'm choosing is to carry on tracking calories, doing exercise, and being grateful for whatever losses come my way.

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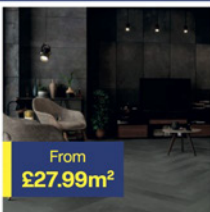
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Trees have graced our planet for over 370 million years, offering a range of benefits that render them indispensable to life as we know it. National Tree Week (25<sup>th</sup> November-3<sup>rd</sup> December) celebrates the many reasons why trees are the champions of the natural world and why we should all plant a tree today.

Every school student learns that trees play a pivotal role in the process of carbon dioxide reduction. Through photosynthesis they absorb carbon dioxide and release oxygen, a vital element for most organisms on Earth. A mature leafy tree can produce as much oxygen in a season as 10 people inhale in a year. By cleansing the air, trees essentially act as the lungs of our planet.

Trees are formidable warriors in the battle against climate change. By absorbing and storing carbon dioxide, they mitigate the greenhouse effect, helping to cool our warming planet. Forests worldwide store more than 296 gigatons of carbon, acting as crucial carbon sinks.

Forests, rich with trees of all kinds, are hotspots of biodiversity. They provide habitat, food, and protection to countless species, from the tallest giraffes nibbling on treetop leaves in Africa, to the smallest beetles burrowing in the bark of rainforest

trees. Without trees, many of these habitats would be lost, leading to massive declines in biodiversity.

Trees play an essential role in maintaining the health and integrity of our soil. Their root systems anchor the soil, preventing erosion, particularly in areas susceptible to landslides or during heavy rainfall. Furthermore, fallen leaves decompose and enrich the soil with nutrients, promoting a healthy ground ecosystem.

Trees significantly influence the water cycle. They absorb rainfall and produce water vapour through transpiration, which is then released into the atmosphere. This process not only aids in cloud formation but also ensures that water is recycled back into our environment through rain, maintaining a balanced ecosystem.

In urban environments, trees act as natural air conditioners. Their shade cools down streets and cities, reducing the need for air conditioning in nearby buildings and lowering energy costs. Moreover, trees absorb and block sunlight, reducing the heat island effect common in urban areas.

Recent studies have highlighted the health benefits associated with trees. Proximity to green spaces with trees, has been linked to reduced stress, lower depression rates, and increased physical activity. Furthermore, trees filter out pollutants, providing cleaner air and reducing the rates of respiratory illnesses.

The multifaceted roles trees play in sustaining life on Earth means that we should be protecting them and planting more. In a rapidly changing world they are the stewards of our world and it is our duty to recognize their value, protect them, and ensure they continue to thrive for generations to come.

**Rachael Leverton**

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**Prep:** 20 mins  
**Cook:** 40 mins  
**Serves:** 8

### Ingredients

85g butter, plus 1 tbsp extra for tin  
85g golden caster sugar, plus extra for tin  
85g gluten-free dark chocolate, broken into pieces  
1 tbsp brandy  
3 eggs, separated  
85g hazelnuts or almonds, toasted and ground in a food processor  
4 very ripe pears peeled, halved, and cored  
icing sugar, for dusting

### Method

Grease the sides of a 25cm loose-bottomed cake tin and line the base with baking parchment. Sprinkle in 2 tbsp caster sugar and swirl it around to coat the base and sides, then tip out any excess.

Preheat the oven to 180°C/fan 160°C/gas 4. Melt the chocolate and butter in a bowl over a pan of hot water, remove from the heat, stir in the brandy and leave to cool.



Whisk the egg yolks with the caster sugar in a large bowl until pale and thick; then fold into the cooled chocolate along with the ground hazelnuts or almonds.

In a separate bowl, with a clean whisk, beat the egg whites until they reach a soft peak (don't over beat). Stir a spoonful into the chocolate mix, then

carefully fold in the rest.

Spoon the mixture into the prepared tin. Level it off, then arrange the pears over the mixture, cut side down. Bake for about 40 mins until the pears are soft and the cake is cooked all the way through. Leave to cool in the tin for five minutes before releasing, then place on a rack to cool completely.

Dust with icing sugar and serve with crème fraîche.



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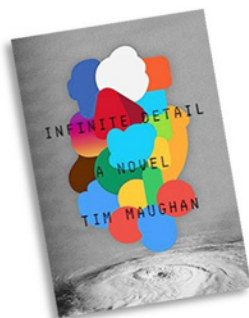
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## Infinite Detail by Tim Maughan

Maughan's debut novel is a mesmerizing and thought-provoking exploration of a future world shattered by the sudden collapse of the Internet.

Set in a near-future dystopia, Maughan skilfully navigates the intricacies of a society that has lost its digital connectivity and the profound impact it has on both individuals and the collective consciousness.

The novel weaves together two narrative threads: one set in the days leading up to the 'Zero Day' event, when the Internet vanishes, and the other in the aftermath, where society grapples with the consequences. Maughan's prose is both evocative and insightful, capturing the tension and unease of a world

suddenly thrust into chaos. Through a cast of compelling characters, he explores how our reliance on technology shapes our identities, relationships, and perceptions.

Maughan's vision of a post-Internet world is hauntingly vivid, painting a picture of a society in disarray, where once-thriving cities become desolate and communities fragment. As characters navigate this new reality, the author delves into themes of power, surveillance, and the blurred lines between the virtual and the real. The novel's exploration of the human condition amidst technological collapse is deeply resonant, inviting readers to contemplate their own relationship with the digital realm.

It's a cautionary tale; a portrait of the fragility of our current status quo, and it is as thought-provoking as it is terrifying; you won't ever take your Wi-Fi for granted again.

**Tash Donovan**

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## IBIS - Arts and Crafts

The group has been working extremely hard over the last few weeks, creating a multitude of items in readiness for our Christmas Fair. We look forward to welcoming people from Anston and surrounding areas to see what skills we have achieved during 2023, all taught by our talented members.

The Christmas Fair will be held on Wednesday, 22 November 2023 and we will be open from 11 – 2.30. Handmade crafts will be available to purchase, along with cards, books, bric-a-brac and so much more. We will also be running activities including silk painting and Encaustic Art. Entry is free.

For more information please contact Sue Sayles 01909 564891 or [roysayles123@btinternet.com](mailto:roysayles123@btinternet.com)

## Hearts and Minds

"Learn, Laugh and Live" is the u3a strapline. With almost 40 groups to choose from, there are plenty of things to learn, and within each group are companions with whom to share ideas, news and laughter.

Recently, social get-togethers were introduced at 4 to 6 week intervals. In November, there is a visit from South Yorkshire Ambulance service, when members will learn how to operate a defibrillator, and give cardiopulmonary resuscitation. Later in the month Fiona Wilson of the Samaritans will talk about the organisation and its work.

A clear link has been established between the heart and mind. Messages pass between them in both directions, which explains why emotions are felt in our hearts as well as our minds. Health experts suggest that taking up a new hobby, exercising, and joining a group, are ways to combat depression/heartache and improve physical health. Joining the u3a fills this prescription beautifully.

Visit [u3asites.org.uk/rotherham](http://u3asites.org.uk/rotherham) or 01709 379379.

## Aston Footpath Walkers Association

The group has recently celebrated its fiftieth anniversary. From humble beginnings membership currently stands at over 40. Membership is open to all - not only from Aston. Walks range from 5 to 10 miles. Walking is great for physical and mental wellbeing. For information contact Mel Partridge 07731 773832.

## Swallownest FC Fixture List November 2023

4th - Armthorpe Welfare (H) 3pm  
11th - Horbury Town (A) 3pm  
18th - Selby Town (A) 3pm  
25th - City Cross Town (H) 3pm  
Home games to be played at Swallownest Miners Welfare, Rotherham Road S26 4UR



## Focus Disabled and Older People

Focus Disabled and Older People was founded by the late Tony Hill and myself in 2004. When I became disabled I became aware of challenges facing disabled people, such as kerbs that were not dropped, and I decided to campaign so that the voice and needs of disabled and older people could be heard.

Since our formation, numbers have grown from 22 to 191 members throughout the borough and beyond. Starting this month with information from members we are going to issue a gold star award to individuals or organisations who have in some way helped make life easier for people with mobility challenges. Our award for November 2023 goes to the customers and staff of Paul Stanley Barbers on Park Street, Swallownest. They came to the rescue of Mavis Thomas who got stuck due to vehicles parked on the pavement and no kerb dropping. Customers came out of the shop and physically moved her mobility scooter around so that she could get back down the road and away.

**Derek Yeardley**

**To have YOUR say, email [debbie@yourmag.net](mailto:debbie@yourmag.net)!**

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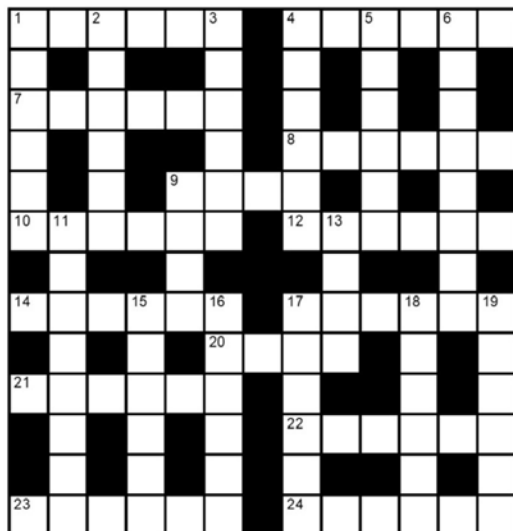
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## Crossword



### Across

- 1 chaos, uproar (6)
- 4 congratulations, adoration (6)
- 7 clippers (6)
- 8 fashionable, stylish (6)
- 9 administer, distribute (4)
- 10 small flat metal ring (6)
- 12 stippled (6)
- 14 acclaimed, recognised (6)
- 17 alcove (6)
- 20 at that time (4)
- 21 type of straw hat (6)
- 22 request, summon (6)
- 23 seat for riding (6)
- 24 as night falls (6)

### Down

- 1 allot, grant (6)
- 2 anticipates with horror (6)
- 3 assemble, collect (6)
- 4 heaved, puffed (6)
- 5 hopeless and downtrodden (6)
- 6 without pips or kernels (8)
- 9 bill of fare (4)
- 11 semi-aquatic snake (8)
- 13 harbinger, portent (4)
- 15 offer a higher price (6)
- 16 band (6)
- 17 careless (6)
- 18 begrudges, yearns (6)
- 19 mute (6)

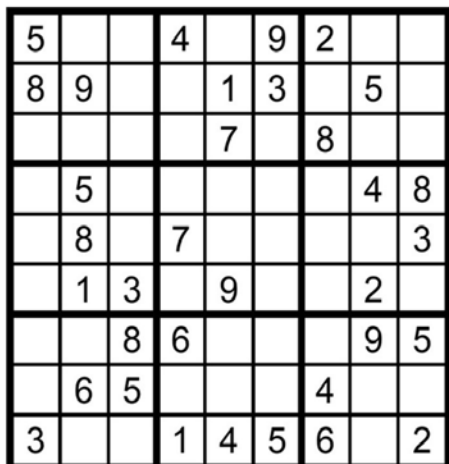
## Word Search

Can you find all the weird and wonderful Australian wildlife hidden in the grid?

## Sudoku

### How to play Sudoku

It's simple! Fill in the grid so that each row, column and 3 x 3 box contains the numbers 1 through 9 with no repetition. These puzzles use logic alone. Watch out! Sudoku is highly addictive!



Solutions on Page 38

ANTECHINUS	KANGAROO	QUOKKA
BLOBFISH	KOALA	RAKALI
BOX JELLYFISH	KOOKABURRA	RIVER TURTLE
CASSOWARY	LYREBIRD	STONEFISH
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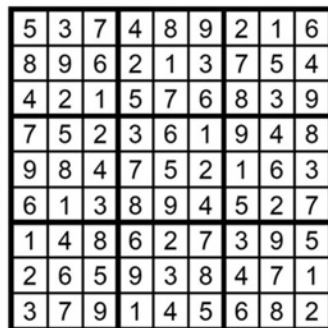
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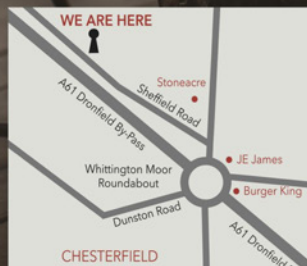


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