

# Newsletter for King's Thorn, The Birches & Aconbury

newsletter for the villages of King's Thorn, Little Birch, Much Birch & Aconbury September 2013. First published 1977



## Diary Dates

### September

4th Much Birch Parish Council  
7th Gardening Club Open Show  
8th Dog Show  
10th Whist Drive LBVH  
11th Little Birch Parish Council  
14th Book Exchange  
17th Much Birch WI  
20th Pantomime script reading  
21st Live Music 'Le Freak'  
25th Gardening Club  
26th Flicks in the Sticks MBCH  
26th History Talk  
27th Village Market MBCH  
27th Pantomime auditions  
28th LB Parish Plan intro.LBVH  
29th History Walk

### October

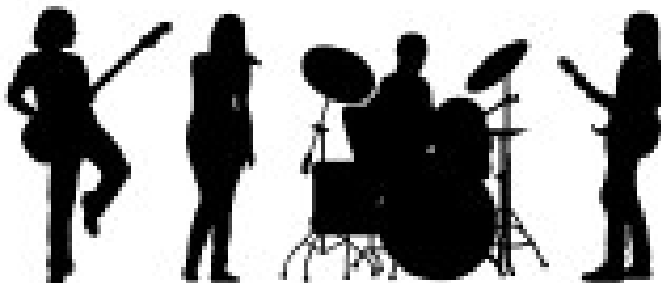
3rd Much Birch Parish Council  
4th WI Quiz  
11th Charity Concert Cathedral  
5th Flu Clinic Much MB Surgery  
13th Harvest Festival MB Church  
19th Flu Clinic Much MB Surgery  
30th Gardening Club

**Want to get involved  
in the Pantomime in  
2014?  
See page 6**

**Kitten found  
in King's Thorn. Further  
details ring 01981 541097**

Little Birch Village Hall

An Evening of 60's & 70's Music



Live Entertainment with local Party Band

## Le Freak

Dance if you want to

**Saturday September 21st.  
7.30-12.00 p.m.  
Light Supper and Bar  
Tickets £6**

**For tickets call:  
Jackie 01981 541027  
Robyn 01981 540264  
Sue 01981 540682**

Little Birch Village Hall

## Companion Dog Show

(held under Kennel Club rules)

Sunday September 8th 2013

Venue: Field behind Village Hall  
(entrance opposite Castle Nibole farm)  
In Village Hall if wet

Entries from 1 p.m.  
Judging from 2 p.m.  
Enquiries to:  
Robyn 01981 540264



### October Newsletter

Please send copy for the July Newsletter to  
birchesnews@gmail.com or written contributions  
to John Bryant at Bramley Bungalow, Aconbury  
Close by 18th. September

## 'Allo 'Allo

Congratulations are due to all who made the production of the farce 'Allo 'Allo at Little Birch Village Hall in July so successful. Several people said that it was the best theatrical production there has ever been in the hall, praise indeed for a venue that first opened 60 years ago! All three performances were sold out. The hall was arranged as a French café.

To those who were not able to attend, just imagine Dave Williams playing the part of an amorous Italian army officer, disguised as Hitler, standing on a soap box telling a joke about the Hunchback of Notre Dame! That is how farcical and funny it was.

All the cast were outstanding but especial mention needs to be made of the part played by Tim Betts as the café owner René Artois. He was on the hot stage for most of the time and was very convincing. The part of German SS officer Herr Flick was ably played by Conor Clarke-McGrath who, at barely 16 years old, helped to portray fictional events based on the time more than 50 years before he was born.

The cast included veterans of past Little Birch pantomimes as well as several very talented newcomers. The excellent stage design (by the artistic Bob Chance), set construction, props and costumes, lighting, sound and make up all combined to inspire performances that will be talked about for a long time to come.

Most of all, thanks are due to Director Jane Bolam, for her hard work and dedication during the many weeks from auditions, to rehearsals and then to the really outstanding performances. Little Birch Village Hall is fortunate to have such an experienced and inspirational leader of the drama group.

### Community Website AconburyAndThe Birches.org.uk

The Website announced in the July Newsletter is now up and running. Space has been provided for the Little and Much Birch Parish Councils and Aconbury Parish Meeting as well as for several clubs and societies. More than 20 people have

registered and the site has already had more than 150 unique visitors.

Registered contributors are being encouraged to insert information directly into the site and manage their own sections. It will be possible to make comments and ask questions in some sections, for example, in responding to the reports from our Herefordshire Councillor.

For those who have not tried it yet please go to the Website and register. It will potentially provide you with more up to date information than the Newsletter and enable more people to participate in community affairs.

### Little Birch Community Led Plan

The plan, also called a Parish Plan, has now been printed and will be distributed in September. Watch out on notice boards and the Community Website for the date when parishioners can collect copies at the Village Hall. There will be a presentation, display of photographs and free refreshments including pork rolls.

### Local News.

It was a pleasant surprise to hear that **Lesley and Andy Lowe** were not moving to Peterchurch after all. Instead they have moved into 'Hillcrest', literally a 'stones throw' down the Barrack Hill. This is good news as they are both actively involved with so many local organisations. It is good to welcome **Claire and Dr Alistair Miller** and their dog Dot who have come to live at 'Chevin' and we hope that they will soon settle into their new home and be happy in this community.

It is good to hear that **Lydia (nee Garlick) and John Hughes and sons, Arthur and Jacob**, are about to move into 'Amberdale', Tump Lane and we trust that they will be very happy in their new home.

At the end of August, it will be sad to say 'Farewell' to Mrs. **Peggy Lyke**, who it seems has been a permanent fixture in Hollybush Lane for almost 50 years. She has been a very active member of the community serving on the committees of Much Birch Church, the Flower Club, the WI and many other organisations. She has overcome mobility problems in the last 10 years by sheer determination but she now feels that it is time to move into 'sheltered accommodation' and we wish

her every blessing in her move. She will be sorely missed by many, many friends.

It is good to see **John Wilden** enjoying his walks again after another major operation. Sadly, Mrs. **Jean Wylor-Owen** has not been able to return home and is currently being cared for in 'Newstead Nursing Home' and we send our best wishes to Jean and Maldwyn.

It is also very sad to record the death of **Fred Holman** of Much Birch as a result of an accident in his garden. Fred was taken to QEH, Birmingham and was treated there for 8 weeks. He died there some 2 weeks ago and a private cremation took place on the 13th. August and will be followed by a Service of Thanksgiving at 3.30pm. on Sat Oct 5th. in Much Birch Church. We send our sincere sympathies to Anne and all the family. It is with great regret that the death of **John Ballantyne** of Wrigglebrook Lane has just been announced. We send our deepest sympathies to Val and the family. A further tribute will be made next month. The funeral will take place at at Hereford crematorium on 28th August at 12.45 p.m.

Congratulations to **Bekki Cameron**, who was invited by BBC Hereford and Worcester to perform on their Introducing Stage at The Nozstock Music Festival 27/28th July. Bekki sang four of her own songs from her album Dancing Underwater. She was also interviewed on how she started writing her lyrics and music, and on her other passion scuba diving, which inspired the title of her first album. On the Andrew Marston show the following Saturday Bekki was the profiled artist. September 6/7th Bekki will be at The Railway Inn, Dinmore for the Beer and Music Festival, where she will be performing at, and hosting the music side of the event.

Little Birch PCC would like to say a sincere 'Thank you' to all involved in the Church Fete held on July 13th by kind invitation at the Old Rectory. It was a perfect day weatherwise and many folk came to give the Church their support. The net profit was £1720, which will considerably reduce the current deficit but more needs to be done. Everyone can help by signing up to a regular monthly giving by Direct Debit, which is totally confidential as only the Treasurer, John Caton, will know of the promises made. Other ways of Helping are by saving your spent 'printer cartridges' and by making any 'Online' purchases through the 'Giving Machine' website, who will make a donation to the

Church. Please contact **John Caton** on 540267 or **James Gould** on 540676, for further details. Finally, the PCC would like to thank all those who transported tables and chairs, for the lone of gazebos and setting up, those who made donations and gifts, those who manned the various stalls, **Donna Palfreyman** for organising the Childrens Races and to those who were kept extremely busy in providing refreshments all afternoon.

### Parish Field - update

You will have noticed the wildflowers on Parish Field and hopefully agree that they greatly enhance the area. Most of the colour is due to annuals so some will seed but other biennials and perennials will come up next year.

There is now a mown grass area beside the seat and a path around the field. Now that the grass is getting established, please feel free to wander around on the grass but not amongst the flowers so that we can all enjoy them.

We are very grateful to Alan and Roisin Burge for caring for the area and to Alan for planning the sowing. Both the Burges and Terry Rogers have kindly mowed the grass.

In the autumn, when the flowers have died down and the seeds shed the whole area will be strimmed. Then a small fence, like the one at the bus shelter, will be put up across the front leaving an opening for people to walk onto the field.

Some work may be done on the overhanging trees to allow more light to the rather bare areas which may have to be re-seeded, possibly with a shade-loving mix.

Please enjoy the field and the view from the seat which catches the evening sun!

Alison Clarke

### King's Thorn and Little Birch Gardening Club

The Open Show organised by the Gardening Club takes place on SAT. 7th. Sept.in Little Birch Village Hall Everyone is invited to enter and there are no fees.

9.00am Hall opens to exhibitors.

10.45am last entries accepted.

11am Hall closes for Judging.

2pm. Hall opens to the public.

Presentation of Cups and Shields starts at 3.45pm. followed by the Draw and Auction of

Produce.

Schedules are available at the Surgery, Axe and Cleaver and Pengethley Nurseries. The following Committee Members will also be pleased to supply schedules:

Rev. John Wilson 01432 840559,  
Gillian Clouder 540080,  
Janet Gwinnett 540651,  
Iris Lloyd 540068,  
Sue Waldron 540472,  
Derek Scrivens 540374,  
Mike Leigh 540698,  
Steve Holder 540879  
John Bryant 540316.

A children's workshop will take place on Friday, September 6th. at 4.30pm in the Hall to help younger folk prepare gardens on a plate and vegetable monsters. Please contact Janet Gwinnett on 540651 for further information.

### **Monthly Meetings at Little Birch Hall at 7.30pm.:-**

Sep. 25th. **David Cropp**. 'Defensive Gardening at a Time of Climate Change'.

Oct. 30th. **Tony Titchen** 'Flowers of the Mediterranean'.

### **Flu Clinics**

Saturday 5 and 19 October 8:30 - 11:30 at Much Birch Community Hall.

Please collect your flu invitation letters from the surgery reception from Monday 23rd September. Anyone from the age of 6 months can get the flu vaccination. If you are in one of the following groups then you are entitled to a free flu vaccination as you are at greater risk of developing complications from flu, even if you are fit and healthy now:-

People aged 65 years and over

All those aged 6 months or older with the following conditions:

Chest problems, including certain asthmatics on steroid inhalers or steroid tablets and those with chronic bronchitis or emphysema (COPD); chronic heart disease; diabetes; chronic kidney disease; chronic liver disease; chronic neurological disease; People who are immunosuppressed, have no spleen or whose

spleen does not work properly; Pregnant women. In addition the flu vaccination is also free to those in contact with people who may be at risk of developing serious complications from flu; people living in long stay residential care homes; carers; healthcare professionals.

### **Shingles**

There is a new national shingles immunisation programme for people aged 70 to 79 which has been introduced by the Department of Health from September to help protect those most at risk from shingles. We will shortly be inviting those eligible to attend for vaccination. Please note that from September 2013 the vaccine will only be offered to those aged 70 and 79. Other age groups will be introduced in the future to ensure that all people aged 70 - 79 are offered vaccination.

### **Police Briefing Thursday 15th August 2013 South Herefordshire & Golden Valley**

#### **Clehonger**

Overnight on Sunday 11th/Monday 12th August, a roof mounted spotlight was stolen from a Landrover defender parked outside a property in Gilmore Road. This is the third time this has happened Incident ref 40-s-120813

#### **Dorstone**

An Ifor Williams twin axle trailer with a high tailgate was stolen between 5.30pm on Saturday 10th and 5pm on Monday 12th August. The trailer had been locked in a yard but the gates to the yard had been left open. Incident ref 292-s-140813

#### **Grafton**

An electric fencing unit and a tractor battery were stolen from a field between 8.30am and 6.30pm on Sunday 11th August Incident ref 190-n-110813

**DV\*3NZG** - a white Renault kango (which has been listed in the briefing previously) called at a farm in Wormbridge around 3pm on Monday 12th August; when challenged the two males stated they were looking at one of the vans in the yard. They were in their 30's or 40's, one large and one small and had Welsh accents. This vehicle is of interest to us so please let us know if you see it and do not have any dealings with the occupants!

**NV5\*TBV** - a white Ford transit van seen at 9.30am near Peterchurch with two males on board asking for scrap. Please report any sightings.

### **Scams**

An e-mail claiming to be from TESCO stating you have won either £1000 or £500 and asking for card details. The member of public who told us about this was lucky that his security system caught it. This was reported to TESCO who confirmed it was a scam. The website is very convincing and links onto the correct TESCO departments so it could fool quite a few people if they don't have a good security system on their computer.

This one is from colleagues at Leominster, I have had similar reports from farmers looking to buy tractors.

Recently a resident advertised the sale of their car on an online car selling website. Shortly after advertising the car, the resident was contacted by an interested buyer who offered the resident more than the asking price. The buyer proceeded to contact the resident via email, informing the resident that the funds for the vehicle, which in this case totalled £3900.00, had been transferred through PAY PAL but that the funds would be held and not credited to the residents account straight away.

The buyer went on to explain that the resident would need to send £450 to a third party or 'Pick up' agents office to cover the fees of the pick up and delivery of the vehicle to the buyer and admin charges. Until this transaction occurred then the funds for the vehicle would not be released into the residents PAY PAL account.

The buyer left details of the third party, who resides in Belgium, for the resident to transfer the money. The emails received were not genuine and the resident knowing that he was being scammed did not complete the transaction of £450 or give any personal details. Two further emails from the buyer have been received requesting the funds are transferred but these have been ignored.

### **How to Report Fraud**

Action Fraud is the UK's national fraud reporting centre and the place for you to report fraud and scams, or to get advice if you're not sure what to do.

If you've been a victim of fraud, you can report it to

Action Fraud via the internet using the secure online fraud reporting tool. You'll be given a crime reference number and your case will be referred on to the relevant police force that will investigate the incident.

Alternatively, you can report fraud by speaking directly to Action Fraud's specialist fraud advisers by phoning 0300 123 2040. They will also be able to give you help and advice about fraud.

The Action Fraud line is open:

Monday to Friday between 8am to 8pm

Saturday between 9am to 5pm

Sunday between 9am to 5pm. Text phone users can dial 0300 123 2050. If you wish to make a report but want to remain anonymous then you will need to call the Action Fraud contact centre on 0300 123 2040. Note that we cannot offer anonymity if you use the online fraud reporting tool.

## **Little Birch Village Hall Committee**

### **Community Book Exchange/Lending Library**

The next meeting for the "Book Exchange" will be on Saturday 14 September at Little Birch Village Hall.

All members of the community are invited to join us for this enjoyable monthly event which offers not only a wide range of books and DVDs (to suit all ages and interests,) but also an opportunity to meet others and exchange recommendations for "a good read".

We had a good attendance last month and the welcoming atmosphere and refreshments are much appreciated

There is a charge of £1 per adult towards the cost of the hire of hall and refreshments. We look forward to seeing you on 14 September

### **Whist Drive**

Our next Whist Drive is on Tuesday 10 September at Little Birch Village Hall. We shall start at 7.30.p.m. The entrance fee is £2.00.

We are always on the 'look out' for new members including those who are new to Whist and others who may not have played for some time. A warm welcome, good company and enjoyment of an evening of Whist may be just what you need!

Excellent prizes and refreshments will be available.

### **Annual Dog Show**

Sunday 8 September

#### **Oh Yes It Is Pantomime time!**

We Need you, So Please.....come along and get involved

Initial meeting to discuss forthcoming Pantomime and script reading through

Friday 20 September 7:30 pm  
Little Birch Village Hall

Auditions will be held

Friday 27 September  
6.30pm for Children  
7.30pm for Adults

For Further details ring Jane on 07541347931  
(Performances planned for 7th, 8th, 9th February 2014)

### **Much Birch 100 Club Draw**

The August draw took place on 13th July 2013 in Much Birch Community Hall. The winners were:

1. No 66 – Mr & Mrs C.V. Thomas, King's Thorn
2. No 86 – Mrs.P. Rogers, Little Birch

The next draw will take place 8th September 2013 at 10.30 am in Much Birch Community Hall.

John Jones  
Chairman

### **Thanks to Much Birch Church Supporters**

A very successful day was had selling books, bric a brac, homemade cakes, strawberries and cream and other refreshments under the Market House in Ross-on-Wye on Wednesday, 31st July 2013. The Fundraising Committee would like to thank all those people from the parish and outside of it who helped to man the stalls as well as very kindly donating items for sale and for the refreshments. We are also very grateful to Mary Sinclair Powell who was Town Crier for the day and encouraged people to visit us and to Steve Turner who

entertained us all royally with his music. It was a very pleasant and enjoyable day and we have received a number of compliments since on the welcoming and friendly atmosphere of the whole event. We raised a very welcome £570 towards the much needed funds to maintain Much Birch Church. Thank you all so much.

### **Clean up Day at Much Birch Church**

The PCC have decided to hold a 'Clean up the Churchyard Day' on Saturday, 28th September 2013 from 10am until 12.30pm and are hoping that members of the community will come along to help as 'many hands make light work'. The aim is to tidy it up before autumn and winter sets in so that the churchyard looks as good as it can during those following months. It would help too if people could bring their own shears, secateurs, hoes etc to enable the work to be done quicker. Refreshment drinks will be provided.

### **Harvest Festival**

A Harvest Festival Service will be held at Much Birch Church on 13th October 2013 at 11am. This will be followed by a 'Bring and Share' Lunch in Much Birch Community Hall afterwards. All are welcome.

### **Little Birch – History of a settlement**

A must for anyone who lives in the area! **Adrian Harvey** will give a talk in Little Birch Village Hall on Thursday September 26th at 7.30. He will explore the changing pattern of settlement in the Little Birch area from 500BC to the present day. This talk draws on material from the parish history published by Little Birch and King's Thorn History Group in 2006 but also incorporates illustration and the results of research which have become available since then.

Entrance to the talk will be £3.00 to include light refreshments.

On Sunday September 29th Adrian will lead a circular walk around the area visiting some of the sites mentioned in his talk. Meet at the Village Hall at 2.15 then return for tea cakes and biscuits (small charge for this). Distance and exact route to be decided. Walk will, of course, be weather permitting.

## **Friends of the Castl Inn Birches and beyond**

As you probably know, The Castle Inn is now registered as a Community Asset and it is up for sale as a pub with Sidney Phillips. You almost certainly know that it is currently closed.

The Friends of the Castle is a group who would dearly like to see The Castle re-open in common with a large number of you reading this. Little Birch Parish Plan showed how much you all value it as part of the community.

This could be a golden opportunity to re-open the pub and create a centre of community activity if it would be possible to purchase it.

The Friends of the Castle have been looking into this possibility and received advice from many sources including Herefordshire Council and the Plunkett Foundation. We are advised that the first most important step is the creation of a business plan.

This is where you come in!!

We need someone who,

- likes working with numbers
- has some knowledge of business
- has some knowledge of the pub trade

This would be an opportunity for someone to help the community get its pub back.

A business plan would indicate whether the pub could be viable. If this proved to be the case, further action could be taken if a meeting with the community showed overwhelming support for purchase at the right price.

Please get in touch - 540791

## **Refresher Day for Older Drivers**

'Most drivers over 60 are reasonably satisfied with their competence behind the wheel' says an expert on older drivers: 'Except when they hear that death and serious injury is more likely in this age group, if you have a crash'. Following the very successful workshops in Leominster, Hereford and Ross, the final refresher day this year for Older Drivers will be held in Ledbury on Friday 20 September on behalf of Herefordshire Advanced Motorists.

If you have problems with roundabouts or understanding the Highway Code, then this is the course for you.

As well as a slowing of reaction times, ageing also causes a loss of peripheral vision, with the size of our visual field decreasing by approximately one to three degrees per decade of life. By the time you reach your 70s or 80s, you may have lost peripheral vision by as much as 20 to 30 degrees. As you get older you may rely more on your car for the basics of living - like food shopping - especially in the many rural districts of Herefordshire.

The course will impart useful strategies and tailor advice to individual drivers. Each participant will also have the opportunity to be accompanied in their own car by a qualified advanced driver and given friendly help and advice on their performance.

The day runs from 10am to 4pm and begins with a talk and concluding with opportunity to ask questions and seek advice from experts.

Cost is £12, but places are limited. Anyone interested in reserving a place or for more information should call Mary Bevan on 01874 712267 or apply online at [marybevan@dsl.pipex.com](mailto:marybevan@dsl.pipex.com)

Herefordshire Advanced Motorists also hold four courses per year in Much Birch Community Hall. Each course consists of 3 evening presentation sessions as well as drives, in your own car, with one of our trained Observers. The next course begins on Tuesday, 27th August at 7pm with subsequent meetings on 3rd September and 10th September.

The following course dates are October 29th, November 5th and November 12th.

Booking is essential.

If you would like to find out more, or to book a place, please contact Mary Bevan as above.

## **Much Birch WI**

Much Birch WI hold meetings on the third Tuesday of each month, at 7.30pm in Much Birch Community Hall.

On September 17th Kath Watts will be speaking about 'Getting the most from your driving'.

Visitors and potential new members are always welcome.

A date for the diary.

On Friday, October 4th the ladies of Much Birch WI will be hosting their Annual Quiz, for local organisations, in the Community Hall, beginning at 7.30pm.

If your Club/Organisation has not been notified, and you would like to participate with a team of four, please phone Caroline Powell, 01981 540422 or Gillian Clouder, 01981 540080 as soon as possible.

### **Much Birch Village Market**

MBVM takes place on the 4th Friday of the month (except December, when it is the 3rd Friday), in Much Birch Community Hall, between 2.30pm and 4.30pm

The September market takes place on 27th.

Stalls will include;

The Squeaky Pig, award winning suppliers of locally reared rare breed pork, sausage, including Gluten free (to order) and bacon. Moor Meals, award winning, local suppliers of Dexter beef, ready meals and pies. Llandinabo Farm shop, Castle Cheese, and Mr.G's chutney and preserves and a vegetable stall.

There is a Fair Trade stand and craft stands.

Refreshments and 'take home cakes', the proceeds of which go to MacMillan Cancer Support, are supplied by Chris and Peter.

As far as I know at this time, all the usual suppliers will be with us.

Please support our producers who bring local food almost 'to our door'.

If you would like to have a stall, or to find out more about the market, please contact Mark on 01432 278026

### **Cathedral Perpetual Trust**

#### **Tuesday 3 September**

Lunchtime organ concert. Given by Amalie Fisher, Hereford. Projection from the organ loft onto a large screen in the nave. Recitals weekly, other than 16 July. Come and enjoy lunch at the same time in the cloister café. Retiring collection. 1.15-2 pm

#### **Tuesday 10 September**

Lunchtime organ concert

Given by Laurence Lyndon-Jones, Coventry Cathedral. Projection from the organ loft onto a large screen in the nave. Recitals weekly, other than 16 July. Come and enjoy lunch at the same time in the cloister café. Retiring collection. 1.15-2 pm

#### **Friday 13 September**

Night of the Churches. Seven city centre churches in Hereford, including the cathedral, will

be opening their doors for the whole evening. The cathedral programme will include Choral Evensong (5.30 pm), a candlelit tour of the shrines (7-9 pm), meditative organ music (8-10 pm) and compline (11 pm).

#### **Saturday 14 & Sunday 15 September**

Festival of Churches weekend. Churches and cathedrals in Herefordshire, Shropshire and Worcestershire celebrating a programme of special events. [www.festivalofchurches.co.uk](http://www.festivalofchurches.co.uk)

#### **Tuesday 17 September**

Lunchtime organ concert Given by Shaun Ward, St Laurence's Church, Ludlow. Projection from the organ loft onto a large screen in the nave. Recitals weekly, other than 16 July. Come and enjoy lunch at the same time in the cloister café. Retiring collection.

1.15-2 pm

#### **Wednesday 18 September**

BBC Radio 3 Choral Evensong. The Cathedral Choir will broadcast Evensong live on BBC Radio 3. If attending the service, please be seated by 3.45 pm. The service is repeated on Radio 3 on the following Sunday (22 September) and is available for up to ten days on the BBC iplayer. Service / broadcast 4 pm.

#### **Sunday 22 September**

Foundation Visit to St Weonards Church. The Cathedral Choir will sing Choral Evensong at St Weonards. 5 pm

#### **Tuesday 24 September**

Lunchtime organ concert. Given by Peter Dyke, Hereford Cathedral, featuring audience requests. Projection from the organ loft onto a large screen in the nave. Recitals weekly, other than 16 July. Come and enjoy lunch at the same time in the cloister café. Retiring collection. 1.15-2 pm

### **Much Birch Services**

1st September 6.30pm Evensong

8th September 9.15am Family communion

15th September 10.30am Benefice Service at Little Birch

22nd September 9.15am Morning Worship

29th September 9.15am Common Worship

Everyone Warmly Welcome



### **And finally**

#### **The food that causes most grief**

A doctor at a health conference said "The material we put in our mouths is killing us. Red meat is awful. Soft drinks corrode our stomach linings. Chinese food is loaded with MSGs. High fat diets can be destructive and none of us realise what long term harm is caused by germs in drinking water. But there is one thing that is most dangerous of all and we all have, or will eat it. Can anyone here tell me what food it is that causes most grief and suffering years after eating it?"

After several seconds of silence, a 70 year old man sitting in the front row raised his hand and softly said "wedding cake".