



Odds and Ends from Keepers Cottage

Summer 2024



Welcome to odds and ends from Keepers Cottage, a collection of useful tips on living well, interesting collections of poems and prose from various sources and of course little clips of gamekeeping life, past and present.



Introduction

Summer has taken on a different feel this year, with prolonged rain and intermittent sunshine and warmer temperatures. However, there is always an upside, its been beneficial for gardening with fewer water restrictions and crops. Seasons move on and as we approach the 12th August it is a patchy picture as is for partridge; the Spring was not kind to broods at a critical period. Ticks and worm counts are high in some areas too. We work with what we have though and do what we can. Certainly, restrictions in vermin control will have its effect and we hold our breath for a smooth transition to grouse licensing in Scotland. There are many positive projects in game, education and conservation and our young people leaving college are well equipped to adapt every technology available to assist in the job on the ground.

The Gamekeepers' Welfare Trust has moved forward with the health checks around the country, helping to keep everyone aware of the importance of health and think about the little things which can help us all. Dr Michael Mosely was a trail blazer with "Just one thing" and we can all relate to this whatever our age or stage of career or health status.

We have a new member of our team who we are delighted to welcome. Our Housing and Welfare Officer, Gillian is available for anyone who needs help in benefits or housing related enquiries and is introduced in this issue with her tips for budgeting and household saving. Gillian has a young family and has experienced moving around as many keeping families do with all the challenges that can bring. She understands, and that gives her a head start.

Our "Check in with a Mate" campaign moves on, and we have a few afternoon teas around the country too, all designed to bring people together, an opportunity for a chat and a change which is as good as rest isn't it.

Take care everyone, and as the summer reaches its lazy stage, we hope you have had opportunity to just enjoy the day; whatever it brings, a rose in bloom, a view, a fresh breeze or just the warmth of the sun at your back.

Best wishes

Helen (GWT)

WAR DOGS REMEMBERED

www.wardogsremembered.org.uk

Gander

Gander was a Newfoundland dog who was posthumously awarded the Dickin Medal - often referred to as 'The Victoria Cross for Animals' - in 2000 for his deeds in World War II. It was the first such award in over 50 years.



Gander, initially a family pet named Pal was given to The Royal Rifles of Canada, a regiment of the Canadian Army stationed at Gander International Airport. The soldiers quickly renamed him Gander and "promoted" him to sergeant. When the unit was shipped to Hong Kong in the fall of 1941, Gander went along. The Battle of Hong Kong began on December 8, 1941, the day after the attack on Pearl Harbor. Gander helped fight the Japanese invaders on three occasions. The last time, Gander picked up a thrown Japanese hand grenade and rushed with it toward the enemy, dying in the ensuing explosion, but saving the lives of several wounded Canadian soldiers.

AGED BETWEEN 40 TO 73? YOU'VE GOT UNTIL 5 APRIL 2025 TO BUY BACK ANY MISSING NATIONAL INSURANCE YEARS FROM 2006 TO 2016!

In order to get the **FULL** new State Pension entitlement (currently £221.20 per week), you will require at least **35 QUALIFYING** National Insurance years.

To get some of the new State Pension you need at least **10 QUALIFYING** National Insurance years.

You **WILL NOT** get any State Pension if you have **LESS THAN 10 QUALIFYING** National Insurance years when you reach State Pension age.

Its worth checking if you have any gaps in your National Insurance record that will be preventing you from receiving **FULL** state pension.

If you have gaps in your National Insurance because of missing years, you may be able to make voluntary National Insurance payments in order to make up the short fall which could improve your state pension significantly.

IMPORTANT INFORMATION

Do not buy missing years if you're due a full state pension. If you are forecasted to get or are already getting the full state pension even if you've missing years, making the voluntary top ups will not improve your pension.

It is **VITAL** that you speak with the Department of Working Pensions before you make any top ups to make sure that it is right for you! Once you have logged on to see if your National Insurance Contributions and State Pension Forecast contact the dedicated teams below to make sure you receive the correct information and advice.

Not yet at state pension age, contact the Future Pension Centre 0800 731 0175.

If you are already state pension age, contact the Pension Service on 0800 731 0469.

REMEMBERTIME IS RUNNING OUT TO BUY BACK MISSING YEARS FROM 2006 TO 2016 SO DO NOT DELAY... COULD YOU LIVE ON LESS THAN £221.20 PER WEEK??

Check your National Insurance record



GOV.UK

[GOV.UK \(www.gov.uk\)](http://www.gov.uk)

You can get your State Pension on 11 November 2028

Your forecast is £185.15 a week, £805.07 a month, £9,660.86 a year

Carrot Cake

Adam & Joanne Inspired Taste



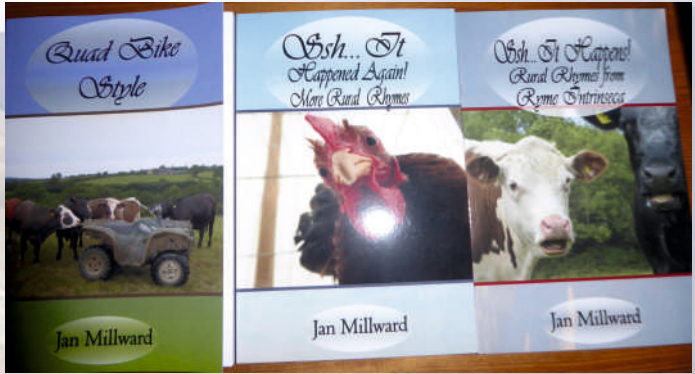
- **Flour:** I use all-purpose flour, but this recipe works with spelt flour or your favourite gluten-free flour blend for a gluten-free carrot cake.
- **Baking soda:** Helps our cake rise. We don't add baking powder (this cake recipe does not need it). Check that your baking soda has not been open for longer than 6 months (it loses its potency after that).
- **Sugar:** Makes carrot cake moist and delicious. I love a combination of white and brown sugar. If you only want to use one, choose brown sugar since it has the necessary acid to react with the baking soda.
- **Oil:** The secret to keeping our carrot cake so deliciously moist. I've used avocado oil, safflower oil, and vegetable oil with great results. Melted coconut oil works, too, but the baked cake will have a light coconut flavour.
- **Salt, cinnamon, and vanilla extract:** Make our cake taste amazing, resulting in a lightly spiced cake.
- **Eggs:** This cake calls for 4 eggs, which add flavour, moisture, and give the cake structure.
- **Carrots:** Three cups of freshly grated carrots make this the best carrot cake! If you're making the carrot cake and start to second-guess the number of carrots called for in our recipe, don't. You need all three cups. It is a carrot cake, after all.

If you have a couple of bowls and can stir ingredients together, you can make this easy cake! You'll start by whisking the dry ingredients in one bowl and do the same with the wet ingredients in another. Fold the dry ingredients into the wet, add your carrots, nuts, and raisins, and you are done. It's that easy!

To bake the carrot cake, divide the batter between two baking pans, and slide them into a 350°F oven. Bake the layers until they rise in the pans and are a bit bouncy when you lightly touch them. (I use one or two fingers and lightly push. If you leave a dent in the cake, it needs more time

Bits of straw.

Whatever they may tell you
We really can't ignore,
How always in the harvest
Our bras fill up with straw.
Men don't have this problem
They seldom understand
The problems that are waiting
For girls who farm the land.
Loading up the trailers,
Stacking up the bales
Little bits of barley
Are heading south in trails.
They get inside elastic
And underneath the straps,
in sweaty little pockets
the cups fill up like traps.
it really is unpleasant
those stalks they scratch and itch,
on straw filled days of harvest
life can become a bitch.
And sometimes we'll go fishing
For those handfuls of damp straw,
However well we do this
There's always room for more.



And when the day is over
And those boobies are unleashed
Another pile of pieces
Are sure to be released.
Fair dos to all you ladies
With boobies all hot and sweaty,
With dust and awns or silage
Stuck down there like confetti.
On long hot days of harvest
the struggle it is real,
When bras come off at night time
Like a sweaty bit of peel.
And then in the long cold winter
Little bits still find a way
Past coats and scarves and jumpers
We'll find strands of straw and hay

Jan Millward©

So, Do You Remember These Ones?



- 1: **Because I said so.**
- 2: Wait and see.
- 3: **Ask your father.**
- 4: No pudding unless you finish your dinner.
- 5: **If someone asked you to jump off a cliff, would you?**
- 6: I've told you a thousand times.
- 7: **Say pardon, not 'what'.**
- 8: What did your last slave die of?
- 9: **You will have someone's eye out with that.**
- 10: It'll end in tears.
- 11: **I want, never gets.**
- 12: Close the door – you weren't born in a barn.
- 13: **Don't sit too close to the telly – you will get square eyes.**
- 14: There is no such word as 'can't'.
- 15: **Who is 'she'? The cat's mother?**
- 16: Carrots make you see in the dark.
- 17: **Take your coat off or you won't feel the benefit when you go outside.**
- 18: Don't make that face. If the wind changes, you'll stay like it.
- 19: **Do as I say, not as I do.**
- 20: Back in my day.

A few more sayings from Primary School Children as told by Gervase Phin

'Nana, your face needs ironing!'

'The nativity play's off, Miss - the Virgin Mary's got nits'

'When you're dead, Grandpa, can I have your watch?'

'When I was little, I thought that God was like Captain Birdseye
without the fishfingers'



What is Blood Pressure.



When your heart beats it pumps blood into your arteries. Blood Pressure is the force of your blood pushing on the walls of your arteries. Blood pressure is recorded with 2 numbers. The systolic pressure (higher number) is the force at which your heart pumps blood around your body. The diastolic pressure (lower number) the pressure when your heart rests between beats and blood is pushed around the heart.

High blood pressure (hypertension) is considered to be from 140/90mmHg or more if your reading was taken at a pharmacy, GP surgery or clinic (or an average of 135/85mmHg if it was taken at home). (NHS.UK)

If your blood pressure is too high, it puts strain on your blood vessels, heart, brain, kidneys and eyes. Persistent high blood pressure can increase the risk of heart failure, heart disease, strokes, heart attacks, peripheral arterial disease, aortic aneurysms, kidney disease, vascular dementia. High blood pressure does not usually have any symptoms, the only way to find out if you have it is to get your blood pressure checked. (NHS.UK)

You can ask to have your blood pressure checked, this can be done at GP surgery, pharmacies, in some work places, at a health event, you can also test your blood pressure at home using a home testing kit.

There are some life style changes we can do to help achieve a healthier blood pressure.

- **Reduce the amount of salt in your diet to less than 6g a day.**
- **Eat healthy, low-fat, balanced diet- including plenty of fresh fruit and vegetables.**
- **Getting more exercise.**
- **Cut down on alcohol.**
- **Lose weight if you are overweight.**
- **Drink less caffeine – found in tea, coffee, cola**
- **Stop smoking**

If you have any concerns regarding your blood pressure, contact your GP for further advice. Some people may need to take medication to lower their blood pressure, this would be under the guidance of a doctor.

For further information visit NHS .UK and British Heart Foundation websites.



One of the earliest photographs of a gamekeeper apprehending a poacher

For a look at gamekeeper's stories you could do no better than look at Historical Tales written for us by David S D Jones who is the leading historical expert on gamekeeping history.

Just £9.00 from our website.

GAMEKEEPER HISTORICAL TALES

GAMEKEEPERS WELFARE TRUST

"Being there for gamekeepers, stalkers and ghillies"

Helpline: 0300 1233 088

David S.D. Jones

Micks Diary Summer 24



The summer moves on in a mist of rain showers but at last some glimmers of sunshine with a stop start harvest. Round here the Great Yorkshire Show augers the beginning of Spring Barley and of course this stirs up moving fox presence with a fair few late nights as a consequence.

Pheasants look well both in wild broods which are particularly good in 2nd year fodder beet and the bought in poults – well, so far so good!

Maize Game Crops stuttered but seem to be recovering now; various types of game crops are such a vital tool both for shelter and planning shoot drives these days. Son, George has worked incredibly hard this year to make them a success preparing a good seed bed, muck spreading and sowing.

A young Oystercatcher fell prey to a goshawk earlier on last month and the Red Kites are becoming more plentiful by the day. An arresting sight but with too many around they are in danger of becoming a real menace to Red listed species as witnessed in the Spring taking a young Curlew. Whilst travelling over the moor top a while ago a Merlin hunted down the wall sides like a mini “Top Gun” – the moors are alive with so many different species near here and it is pleasing to see the Ospreys back nearby too. Local efforts to help the curlew are working in patches but needs to be sustained, which is difficult for farmers when the weather is so unpredictable.

The River Ure has Salmon and Brown Trout present but insect life is limited with pollution being the main problem. This of course is an issue around the Country and desperately needs addressing with urgent measures.

There are no particular surprises in the many bird boxes George has erected in recent years but a good percentage of habitation. Every little helps as they say.

Shoot days booked, pheasants in the pens– 24/25 season on its way!



Helpline: 0300 1233 088

don't bE
too BuSy fILLiNg
OtHeR pEOPLe'S CuPs
tHaT You foRgEt
tO FiLL YOuR OwN



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