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The Monthly Business & Community Magazine



June 2012
Issue 04

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Dear Friends,

A very big **THANK YOU** to everyone who advertised in last months edition of 'Love Wirral' the monthly business and community magazine.

Also a big thankyou to all that distributed the magazine Harry (Harryoke), Dawn, Thomas & Jo.

If you have a business that needs a boost in advertising and sales, then email or contact one of our sales team.

If you run a business then why not enter our **"WIN A FREE ADVERT"** by simply emailing us your business details and we will choose one winner for the next edition of Love Wirral - Good Luck!

Best Wishes

Maxine

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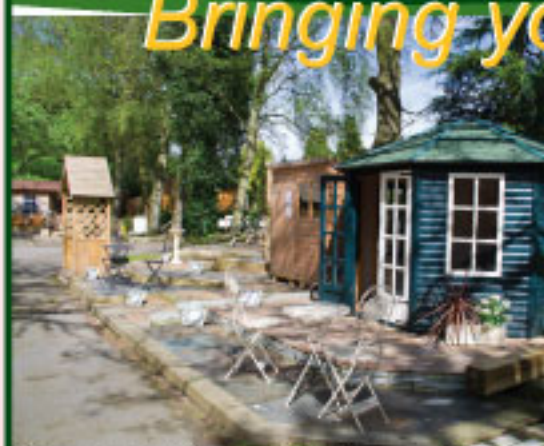


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TORPEDO TED

Wirral Pensioner who survived the sinking of The Laconia



On 12 September 1942 at 20:10, The Cunard Liner Laconia was 130 miles north-northeast of Ascension Island, when she was hit on the starboard side by a torpedo fired by U-156.

Ted Johnson, 88, who grew up as a butcher's son was a teenage butcher serving aboard the Cunard liner, RMS Laconia, when it took part in one of wars most touching naval incidents.

The U-156 had been tracking the Laconia all day and as it was an old ship it bellowed out smoke from its funnels giving their location away to the U-boat.

Ted recalls that they did not have a chance that day and the ship was torpedoed. Men were running everywhere as the ship started to sink and was listing. Ted was terrified as he couldn't swim. He remembers crew shouting for him to jump - so he did. Ted jumped onto the lifeboat ropes and lowered himself to a lifeboat, he doesn't remember how far but just remembers that it was a long way to the cold waters.

There was a lot of confusion and noise from all around as the Laconia took around an hour to finally disappear from sight.

The Germans had witnessed what they had done, the Liverpool-bound troopship,

carrying 2,725 people, including women and children and 1,793 Italian prisoners-of-war. The German U-boat commander, Werner Hartenstein, had condemned civilians and his own allies to a watery grave and risked his own vessel, as well as going against his German chain of command, trying to rescue them. Nevertheless, Admiral Dönitz, the German commander of submarine operations immediately ordered two other U-boats to divert to the scene. U-156 remained on the surface at the scene for the next two and a half days.

Ted recalls that he thought the Germans were going to machine gun them at first as they swam in the water, but instead Hartenstein called on other subs to mount a rescue mission which would become part of history and televised by Alan Bleasdales two part drama - "The Sinking of the Laconia".

Ted said that back then serving on the Laconia was like living in Liverpool as all the stokers were from Liverpool.

Ted was taken to a PoW camp in North Africa, and later escaped to an American-held Casablanca. He stayed with the American Embassy for 4-5 weeks.



German U-boat commander, Werner Hartenstein above deck.

He returned to sea aboard Laconia's sister ship, the RMS Franconia, but not before meeting his future wife Eileen, (seen in top photo) on New Year's Eve, 1942.

Ted has many various stories when interviewed to tell most are very funny and well worthy of a book.



Left: Ted, Survivors & crew on deck of U-156 . Above: Cunard Liner Laconia.

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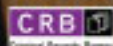
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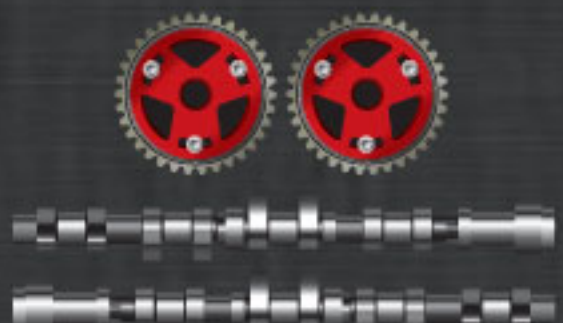


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Keith lives on the Wirral - he has published 10 Art books on landscape painting made over 30 DVD's, presented several TV series and demonstrated for major art companies.

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Q: A reader has asked I would like to be able to paint snow on trees with watercolours. I don't know how to do it can you help me please.

A: There are three basic techniques you can use, **1.** Paint your trees and foliage - brushes loaded with white gouache or acrylic paint; stipple to create the snow effect, **2.** If your trees are large it is possible to paint the trees leaving white paper uncovered to represent snow. **3.** In the painting shown - **HEADING FOR A FALL;** I have used a piece of tissue crumpled to almost a point, dipped in a making fluid. To achieve the effect of snow I have stippled with the tissue and flicked it downwards at the end of each stipple to create the ragged look representing hanging snow. When the masking was dry, the tree structure was painted using a Payne's Gray/cerulean blue/sap green mix. When completely dry, the masking was removed using a putty erasure, creating the desired effect.

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Return Football Match between
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Prizes to be presented by ex- Everton and Tranmere
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Puzzle Page Suduko Solution

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

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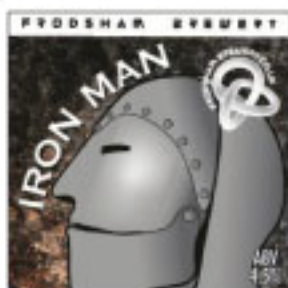
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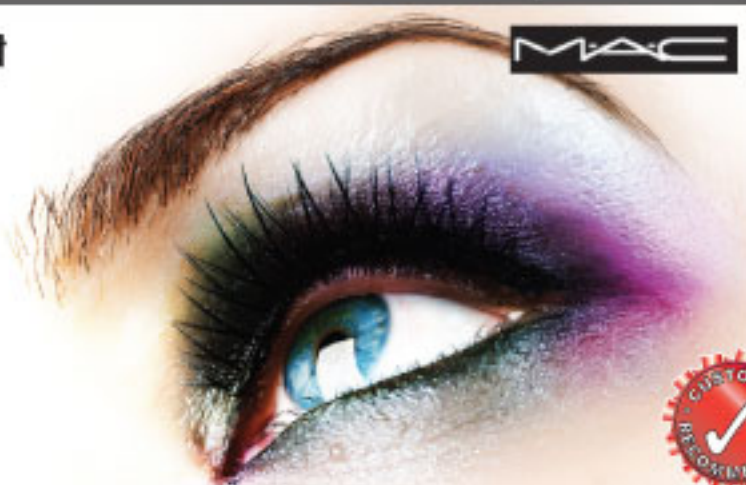


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2012

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JUNE

1, 2 & 3 June

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3 June

Big Jubilee Lunch On The Green in Meols
The Community of Meols are holding a Big Jubilee Lunch to celebrate the Queen's 60th On Sunday 3rd June 2012 from 2pm - 5.30pm The Event is Free.

9 June

Sing for Carers

This is our first concert and we are delighted to announce that Handbags of Harmonies will be performing on the night.

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9 - 10 June

Wirral Kite Festival

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10 June

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13 June

Red Rocks to West Kirby

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www.wirralwildlife.co.uk

16 June

Geological Trail of Thurstaston

Come along and join in on some geological guided walks and family fun activities

For more details call Kathryn Riddington.

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DID YOU KNOW?

BIRKENHEAD

The largest town on the Wirral peninsular is Birkenhead, a town which grew up around the Benedictine, Birkenhead Priory built in 1150.

The town's industries first centred around the priory and the River Mersey and since then has been home to an established pottery industry - the Della Robbia pottery - and large areas of docklands and shipbuilding industries.

It is unclear as to where the town get's its name from, one theory is that it comes from the peninsula's longest river, the River Birket, which flows from the town of West Kirby and makes it's way eastwards towards the town of Birkenhead, where it drains into the river Mersey at the site of the West Float Docks.

Another theory is that the name comes from the town's Benedictine Priory which was known as Birchen Priory. Birchen means birch forest, which that area of the peninsula was covered by during those days.

The town we know today is in part the brainchild of Scots shipbuilder and local entrepreneur John Laird who became both Birkenhead's first mayor and the town's first member of parliament.

Laird was elemental in the building of dockside cottages, the town's St James' church, the Borough Hospital and the Laird School of Art.

As the first mayor of the town Laird was instrumental in improving policing in the town and for implementing the town's market place - originally held in Market Street near Hamilton Square - street cleaning and street lighting. He was also instrumental in creating several public areas for recreation and the arts.

Laird was owner of the largest ship yard in the area and contributed to the income, welfare and health of 80% of the town's inhabitants.

Laird became Birkenhead's first member of parliament in 1861 and remained the local Conservative member until his death in 1874.

Laird, his wife Elisabeth and their three sons William, John and Henry all lived at 63 Hamilton Square.

Laird died after a riding accident on October 29th 1874 and is buried in the grounds of Birkenhead Priory.

A statue erected in Laird's honour was unveiled in the town on the 30th of October 1877 with the unveiling ceremony witnessed by over two thousand of the town's inhabitants.

John Laird is remembered today by way of Birkenhead's Laird Street, Laird Close, Lairdside Technical Park, the Laird Memorial Statue that now stands on Hamilton Square and Liverpool's Laird Place.

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What is it?

When your blood pressure is taken it's measuring how hard your blood pushes against your arteries and veins as it moves around your body. Your blood pressure may rise and fall slightly throughout the day and the night. But when it stays up, it's called high blood pressure or Hypertension.

Symptoms and Complications

If you have high blood pressure you probably won't feel ill. One of the most dangerous aspects of hypertension is that you may not know that you have it. Nearly one-third of people who have hypertension don't know it. There are signs of extremely high blood pressure to look out for.

Complications

Having high blood pressure can increase your risk of having a heart attack or a stroke. It can also lead to kidney disease, diabetes and heart failure.

Causes and Treatment

Stress, smoking, alcohol, poor diet, weight and a sedentary lifestyle are common causes for high blood pressure. Treating it can take a multi-pronged approach including changes to diet, medication, and exercise.

Diet- A diet low in salt and fat and high in fruits and vegetables can significantly lower blood pressure. Fruit and veg are packed with essential vitamins, minerals, antioxidants and fibre that can help reduce the risk of heart disease. Diets using non-hydrogenated unsaturated fats as the predominant form of dietary fat, whole grains as the main form of carbohydrates, an abundance of fruits and vegetables, and adequate omega-3 fatty acids can offer significant protection against Coronary Heart Disease. Changes in your diet should also include having low-fat dairy products.

Exercise- If you lead a very inactive lifestyle then introduce a moderate level of exercise, gradually into your daily routine. Regular aerobic activity such as brisk walking on most days of the week can lower blood pressure. Regularity of exercise is as important as intensity. The intensity should be increased as you become more active. Incorporating interval training will help give you an all round level of fitness. Mixing up cardio exercise and free weights will not only keep it interesting but help build muscle which speeds up the metabolism. Attending a gym can give you access to a variety of cardio equipment which can be used for shorter 5-10 min intervals at higher intensities. This will strengthen the heart and improve the vascular system.

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Patients are referred to Wirral Hospice St John's by their family doctor or hospital specialist.

The Hospice service is available to all, FREE of charge.

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CONTACT

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Tuesday & Wednesday	Closed
Sunday	10.00 - 4.00

EASTHAM JUBILEE FUN DAY & FAYRE



Eastham Jubilee Fun Day

Tuesday 5th June

12 noon - 4pm

Come and join in the fun – learn some circus skills, Punch and Judy, Toss the Caber, Throw a Welly and Dance around the Maypole! Classic cars and military vehicles on display as well as other displays.

Jubilee Fun Day Show

Why not enter our Jubilee Themed Fun Day competitions? We have a number of exciting competitions that you can get enter!

1. Best and most originally decorated hat
2. Children's fancy dress competition
3. Best and most originally dressed pet
4. Best decorated Jubilee cake
5. Most original pot plant arrangement
6. Best Jubilee themed vase of flowers
7. Children's A4 sized Jubilee picture or painting

Please see the reverse of this flyer for the rules that apply.

All entries to be submitted by 1pm. Judging will begin at 2pm, the Jubilee Parade taking place at 2:30pm and prizes being awarded at 3:15pm. Go on Have a go!

Come and dance round the Maypole at 12:30pm and 1:30pm!

**It's all happening at Anselmians RUFC, Eastham
Village Road, CH62 0BJ.**

Eastham Jubilee Fayre

Monday 4th June 2012

11am - 5pm

Come along and join us - there will be many different stalls, classic cars and military vehicles on display and lots more. There will be performances from local groups and something to interest everyone.

We still have stall spaces available if you would like to raise money for your local concern – contact us if you would like more information.

Eastham Jubilee Fun Day

Tuesday 5th June

12 noon - 4pm

Come and join in the fun – learn some circus skills, Punch and Judy, Toss the Caber, Throw a Welly and Dance around the Maypole! Classic cars and military vehicles on display as well as other displays. All part of the National Jubilee Big Lunch event so come and take part! There will be fancy dress competitions and other fun groups to enter for all ages!

**It's all happening at Anselmians RUFC, Eastham
Village Road, CH62 0BJ.**

Come and join the fun and celebrate the Jubilee!

For more details email us at easthamjubileefayre@gmail.com

Sudoku puzzle

How to play:

The numbers 1 through 9 will appear once only in each row, column, and 3x3 zone. There are 9 such zones in each sudoku grid.

There is only one correct solution to each sudoku. **Good luck!**
Solution can be found on P.26

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

Small Crossword Puzzle

1	2	3	4		5	6	7	8
9					10			
11								
12					13			
14	15		16		17		18	19
20								
21					22			
23					24			

Across

- Tallies
- Dry riverbed
- Whirl
- Freudian stage
- Prompt
- Not alive
- Bend
- Shoestring
- The Caribbean and Adriatic, for example
- Painkiller
- Camp beds
- City in Peru
- Leg joint
- Not first

Down

- Dry
- A territorial subdivision of Greece
- Draw the boundaries
- Sleigh
- Ragamuffin
- Absence of the sense of pain
- Romantic encounter
- Holly
- Deficiency
- Auth. unknown
- Alternatively
- Peddle
- Objectives
- Leave in a hurry

MENU PAGE

MEXICAN MENU

Celebrate Cinco de Mayo with this easy, traditional Mexican dish.
(Serves 6 people)



Ingredients:

- 1 1/2 pounds ground beef
- 2 large onions (chopped)
- 1 jalapeno (chopped)
- 1/4 cup water
- 1 ounce taco seasoning
- 1 cup plain yogurt
- 11 oz condensed chicken soup (canned)
- 2 cups mozzarella (shredded)
- 6 corn tortillas

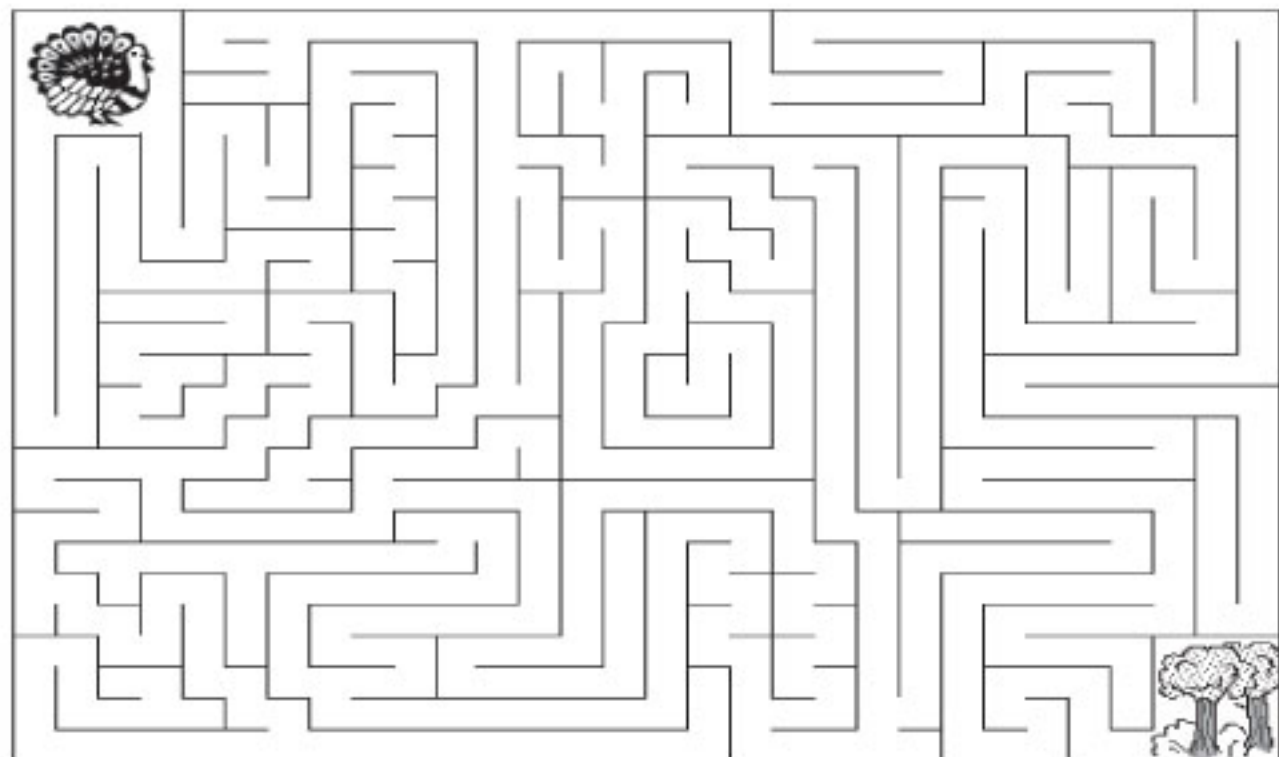
Instructions:

Heat oven to 350 F (175 C).
Cook beef, onion and pepper over medium high in a large pan, until beef is brown and cooked. Add in the water and seasoning, reduce heat and let simmer until liquid is gone. Combine the yogurt, soup, and cheese in another bowl, set aside. On the tortillas, place even amounts of the meat mixture. Then, layer with the yogurt mixture and roll to close. Place filled tortillas in a baking dish, top with remaining yogurt mixture. Bake for about half an hour.

KIDZ PAGE



Colour me!



Help the turkey escape into the woods. Chosen by Jaxx Carter aged 9

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