

Love Wirral



The Monthly Business
& Community Magazine

October 2012
Issue 08

Your **FREE** magazine delivered monthly across Wirral
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WILLASTON

Christmas Party Menu

*We would love you to join us for your Christmas party this year.
Book a table in either the Conservatory or The Restaurant, from 2 to 20 guests.
The Restaurant can also be booked exclusively for up to 50 guests.*

2 Courses £15.95

3 Courses £19.95

To Start...

Home made root vegetable soup (v)

Flavored with cumin & honey, brown bloomer

Crayfish terrine

Served with dressed leaves and tomato & lime salsa

Grilled flat mushroom (v)

*Glazed with pesto dressing with goats cheese,
slice of ciabatta*

Heath Farm chicken liver parfait

With stewed spiced carrot chutney & toast

For The Main...

Traditional roast turkey with all the trimmings

*Red cabbage, root vegetable puree, sprouts,
roasties & corn fritter*

Crispy pan-fried pork belly

*Served with potato mash, cannellini beans
in a tomato & chorizo sauce*

Poached salmon fillet

*Served on minted pea & new potato crush
with shrimp, dill & spiced tomato hollandaise*

Roasted red pepper, spinach &

Cheshire cheese potato gnocchi (v)

Finished with a rocket, apple & grape salad

To Finish...

Traditional Christmas pudding

Served with cranberry compote & rum sauce

Warm apple & cinnamon flan

Served with Mrs Douson's Lancashire ice cream

Cheese platter

Blackstick blue, Mrs Appleby's Cheshire & Delamere golden brie

Served with port & apple chutney and water biscuits

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Dear Friends,

We started this magazine in a recession, committing ourselves to promoting local businesses and providing interesting information for the reader.

We have had great feedback from the community and advertisers about our value for money adverts and free editorials offered. Our advertising rates have been kept low, affordable and zero rated on tax.

We are pleased to say that from our independent reviews and informal feedback our advertisers have found 'Love Wirral' a great benefit to them.

Our thanks go out to all that advertised with us and those who have helped with distribution and their support.

Best Wishes

Maxine

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Circulation of this FREE magazine will be distributed to all Wirral from South Wirral Whitby to West Kirby & Birkenhead areas covering all businesses, doctors, opticians, hospitals, fast-food outlets, one-stop shops, dentists, police stations, estate agents, clinics & health centres, libraries, solicitors, builders merchants, public houses, hotels & homes.

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A. NO. You will be awake and aware. You will leave feeling refreshed, relaxed and finally in **CONTROL**.

Q. What is hypnosis?

A. Hypnosis is simply physical relaxation coupled with Beta conscious activity. When these two occur hypnosis automatically happens.



Q. Can anyone be hypnotized?

A. YES. Everyone is hypnotizable.



Q. How does hypnosis work?

A. For behaviour modification hypnosis simply allows the conscious mind and the subconscious mind to **AGREE**.



Q. How much can I expect to lose?

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Q. What is your guarantee?

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FAST FLOW

Q: A reader asks: Can you give me some tips on how to paint running water that looks realistic.

A: Capturing running water is perhaps the most difficult element in the landscape to paint, so you are not on your own in that respect.

In the painting shown of Hartsop Beck the water is fast flowing between the rocks both large and small. In this painting I have used masking fluid to preserve the white of the paper representing white water.

The masking fluid was painted on using an old brush and when completely dry, cobalt blue washes were painted over the whole area of the water.

The paint must be completely dry before removing the masking with a finger to restore the white of the paper to represent white water.

An alternative way would be to paint in the white water over the blue underpainting using white gouache or acrylic paint.

If you would like to paint like Keith see his website (www.keithfenwick.co.uk) for the materials used, details of his painting holidays in the Lake District (£285 for 3 days tuition accommodation and B/B) also his books 'Rivers and Streams' and DVD's.



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ESTIMATE

In memory of a local Wirral Gent, who touched so many lives.

Bev Hughes

May 1929 - September 2012

His Early Years -
Reminiscences by George Hughes

A 'Diamond Man' of Many Facets!



Bev was born 21st May 1929 in Kirkdale, Liverpool, the third son of Joe and Edith with two elder brothers, Joe and Jim and later a younger sister Jessie, a brother George and sister Edna.

He was educated at Saint Athanasius C of E School in Kirkdale. Joe, Jim and Bev all passed the 11-plus for Alsop's Grammar school but due to family commitments and then war time they were unable to attend but all gained apprenticeships.

Bev's apprenticeship was with the engineering department of the Mersey Tunnel Queensway as a fitter. He also attended Walton Technical College where he gained his Ordinary National Certificate.

Called up for National Service at 18, he joined Royal Navy Fleet Air Arm serving at HMS Blackcap and HMS Ringtail as an engine fitter then after promotion he was made the Cos' Writer which opened up a completely new field. He served 8 months over the normal 2 years due to hospitalisation after cadging a flight in a Mosquito used for towing drones for aerial shooting practice. Clearly this was not in the line of duty but a bit of a jaunt! The undercarriage collapsed on landing. Bev had broken both legs and had other complications which effectively finished his football career, as a Junior with Everton.

On discharge from the FAA, it was arranged that Bev could finish his apprenticeship at Lithgow's ship builders at Port Glasgow in Scotland.

Finishing his apprenticeship, he joined the Merchant Navy with the T & J Brocklebank Shipping Company as a marine engineer rising to the rank of Senior 2nd Engineer. It was on a visit to Head Office in Cunard Building he met Rita (she was in accounts and after that Bev had to watch his seagoing bar bills) and they sailed together on a short trip on the company's ship Maidan.

Rita was also a hostess at Atlantic House, the Apostleship of the Sea - overseen by Farther Firth who ran a Very Strict Ship. Even after Bev and Rita were engaged, Bev had to ask his permission each time for him to be able to take her home.

Bev and Rita were married in 1956 and he decided to come ashore and they set up home in Aintree Lane. Karen was born in 1958, followed by Ian 1961. Bev joined Chas. Howsons, Ship Repairers but had a serious accident when a chain-block bracket broke when removing a ships prop. Shaft, killing two fitters and leaving Bev's hand mangled. It took months of recuperation and his iron will to recover and he wore out the arms of his chair exercising his fingers!

He had a brief spell with British American Tobacco designing cigarette and pipe tobacco manufacturing machines but left to rejoin Howsons. Just as well as BAT closed their factory shortly afterwards.

After a great deal of soul searching, Bev and Rita decided to head off to a new life in Australia and to a job at Holdens Motor Company in Adelaide. Instead, he joined Adelaide University on secondment to NASA developing pressure and vacuum release modules for Space Flight

at the Rocket research Facility at Woomera where he also worked on the ill-fated Blue Streak Missile. His experience there proved invaluable later on when he moved on to undersea exploration.

He was head hunted by Professor Raddock who wanted to form a Faculty of Oceanography at Flinders University and when Bev asked how many were in the department he was told; "Just the two of us!". Their grant was £2,500 for one year. Their first job was a feasibility study for Shell to see if larger tankers could navigate a narrow entrance to an oil refinery over submerged rocks at different states of the tide and weather.

Shell gave Bev the use of a 30,000 ton tanker and crew to sail in and out for 6 weeks to prove it could be done.

This opened up the narrows to shipping between Queencliff and Sorrento Points into Port Phillip Bay and allow access to the refinery at Corio/Geelong, Victoria.

The University received £180,000 for the work and Bev even sweet talked Shell into donating to the faculty every piece of test equipment and instrumentation that Shell had supplied for the tests.

Bev served on ships under the flag of at least nine different nations including an American Navy vessel involved in a joint Antarctic expedition and later on Britain's own Research Vessel 'Discovery'.



Research Vessel 'Discovery'

Coast "Bugged" By Tide Gauge



A gauge sent to the University's Horace Lamb Centre for Oceanographic Research by the University of California to predict South Australian tides and aid scientists in their study of world tides.

Above Mr B. Hughes checks the gauge at Flinders University.

OCEAN CANYON DISCOVERY



Bev Hughes (far left) studying a chart of the WA coast at Flinders University.

The chart covers the area in which they discovered the world's deepest known canyon off the coast.



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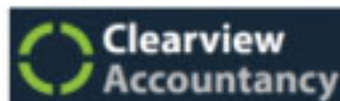
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Since opening their doors in June this year **Kruger Gibbons** have established themselves as a leading auction House within Wirral and Merseyside.

Through their weekly sales, which are held each Monday, they have auctioned in excess of 4500 items, including: Coins, Stamps, Jewellery, Watches, Silver and Gold, Antique Furniture, Clocks and Collectable Items. In addition to these special lots, they also offer Modern household goods, including Furniture, White Goods, TV's, Glassware, China, Dinner Services, Garden Furniture and many more interesting items.

As part of their continued expansion, **Kruger Gibbons** now offer a Probate Service. This special service is aimed at Solicitors, Executors and Trustees, where a discreet, sympathetic and swift response may be crucial. Along with a professional probate valuation, they are also able to organise a complete house clearance service if required, including both the sale of all assets and disposal of unwanted and unsalable items.

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Remember – AUCTIONS ARE FUN

20 PUB WALKS AROUND WIRRAL

WALK



The Travellers Rest Inn, Storeton Hill.



Map produced by kind permission of Derek Young, "Pictures from the Past".

Raby Mere - Poulton - Brackenwood Golf Course - Storeton Hill - Storeton Village - Brimstage - Raby Mere.

(7 miles)

Most of this walk is along country lanes. Starting at Raby Mere a Wirral landmark of beauty. From Raby Mere you walk down Poulton Hall Road until you reach a small bridge crossing a brook. Not far ahead, on the left is another bridge with a road which heads towards Thornton, this isn't the route you want. Carry straight on up through a winding road along Poulton Hall Road as it winds up to the right, once you have reached Poulton Royd Drive you turn left and enter a residential area. You need to carry straight on a few 100 yards and after you pass Harbourne Drive, enter a lane on the left. You will soon pass Claremont Farm and reach the end of the lane. Here turn right until you reach Brimstage Road. Now head across the road and enter a recreation ground. Go forward slightly bearing right until you reach a step-stile. You will now enter Brackenwood Golf Course. Walk diagonally right to reach a stone foot bridge, then go forward across the golf course, with the trees to your left you will reach a stile, at the side of a field gate. After the gate the way is left for a few yards then turn right, into Mount Road. Follow this road for 1 mile to reach The Travellers Rest Inn, at Storeton Hill. Have a rest inside with some tasty food on offer.

Up until 1907 for over 100 years there was a hard white stone quarried at Storeton and have since been filled in. Birkenhead Town Hall is a fine example of this stone. On leaving The Travellers Rest you will cross the main road and enter the lane opposite, Rest Hill Road. Walk down the road for about 200 yards until you see a gap in the wall, if you look at the road here you will see sticking out of the tarmac part of the lines of the Storeton Quarry Tramway.

Continue along the lane and in about 10 minutes you will climb the hill into Storeton. Once in the village, look left for a signpost. Your path is a few yards to the left of this, a wide farm track which leads you past farm buildings, which later becomes a cart track.

If the weather is clear you can view Wales from here. Once at the end of the track you will arrive at a bachelor gate which allows you into a field. Go straight across, towards the motorway. Go over a stile to reach a path which runs parallel to the M53 motorway for 200 yards and then cross 2 step-stiles to reach Brimstage Lane. Here the way is to your right, to pass under a tunnel under the motorway. Soon you will pass a WW11 gun emplacement and arrive at Brimstage. Once arrived at Brimstage you will see a tower which dates back to 1398 and all that remains of the original Brimstage Hall - notice the slit windows for the archers. Turn left into Brimstage Road and after a few yards, look right for a signpost. This oints you over some steps and a stile into a field. Go straight across to reach another stile and the next field. Now go forward over a further 3 fields, keeping close to the hedge. The path across the next field ends at a bachelor gate. Go through, then cross a private road to reach another field. Carry on the same course across the field through a gate. Now turn right along a byway which leads you past farm buildings to Thornton Common Road. The way is now left. Go forward to the crossroads and straight across. Stay on the lane for a while until you go over the M53. The lane then leads you down to the stone bridge. Here you turn right and head up the hill back to Raby Mere.

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Muscle tissue makes up around 40 percent of each individual's body weight. More than 500 muscles are required to work together in order for the body to function and the limbs to move. The brain is required to send certain signals in order for each individual muscle to contract. The muscles are attached to the bones by stretchy tissues called tendons. When the muscles contract, they become shorter and pull on the tendons, which in turn pull on the bones, causing the limbs to move. An example of this is when performing a bicep curl. As you raise the weight the bicep's role is to pull the forearm toward the shoulder, hence moving the limb at the elbow. The bicep is attached at the upper arm and the forearm for this action to be possible.

There are three different types of muscle:

Skeletal Muscles - These are attached to the bones in order to create movement. You can locate the places where the muscles are attached to bones by tendons if you feel around your wrist or back of the knee.

Smooth Muscles - These are involuntary, which means we have no control over their movements and are usually unaware of the work they are doing. They are found in the internal organs such as the blood vessels, stomach, arteries and digestive system. They work continuously, providing a vital role in supporting the body. Our body would be unable to cope if we had to consciously think to make them work.

Cardiac Muscles - These are also involuntary and are found only in the heart. They contract automatically in order to keep the blood circulating and moving oxygen round the body. The more strain it is put under the harder it has to work. This can be a good process if caused through exercise. The heart can be put under constant pressure through poor health though which can have detrimental effects.

The skeletal muscles are the ones we train in order to acquire strength and definition. They require ever changing stimulation through weight, movement and timing. The cardiac muscles movements can also be strengthened through cardio exercise (running and cycling)

If you are looking for help and guidance with exercise, diet and nutrition then contact Jodie at **Vitruvian Fitness** (07725888819) or visit

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UPCOMING DATES & EVENTS IN WIRRAL OCTOBER

1st - 5th The third **Wirral Golf Classic** takes place.

It is a 72 hole Stableford competition for club golfers and will be held on the four beautiful golf courses on England's Golf Coast - Caldy, Heswall, Wallasey and the magnificent Royal Liverpool Golf Club, host to the Open 2006 and 2014. www.wirralgolfclassic.co.uk for details.

4th Tudor and Stewart Wirral
at Wirral Archives Workshop - info tel: **0151 606 2929**

5th (in aid of Hospice of the Good Shepherd)
Abba Tribute Night - Whitby Sports and Social Club.
7.30pm. Tickets £8.50. Contact Phil on 01244 851 811

6th Craft and hobby fair at Heswall Hall.
A large collection of fabulous local arts and crafts at Heswall Hall, £1 Entrance. For further info call Hayley on **0151 343 0778** or email: hayley@wirralhospice.org

7th Pillbox Vintage at Woodcote House Hotel.
The fairs offer a mix of stalls selling men and womens vintage/retro clothing, recustomised vintage/retro fashions, jewellery, accessories, homeware/collectables and retro inspired cakes and bakes.
For further info tel. **07976 905173**

7th Pillbox Vintage at Woodcote House Hotel.
The fairs offer a mix of stalls selling men and womens vintage/retro clothing, recustomised vintage/retro fashions, jewellery, accessories, homeware/collectables and retro inspired cakes and bakes.

13th - Entertainment at Upton British Legion
(in aid of Hospice of the Good Shepherd) contact Phil on **01244 851 811**

20th Comedy night at Wallasey British Legion
(St John's Hospice) - 7.30pm.
Top Liverpool Comedian "Hal Nolan" and Top Vocalist "Derek Jones" for tickets (£7)
Call **0151 343 0778** (in aid of St John's Hospice)

26th at 8pm - The Halloween Party at The Knockaloe,
Bromborough in aid of St John's Hospice for further info call Hayley tel: **0151 343 0778**
Fancy Dress, Disco, Raffle, Spooky Cocktails
Limited Tickets Available, **£5.00**

26th - Venue: The Heswall Royal British Legion - Wirral Jazz Friends
Ticket Price: **£8.50** available from Clive Edwards
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Long standing supporters of Claire House, Wirral Jazz Friends hold their next fabulous evening event in support of Claire House. Music to titillate your eardrums include Bunter's Imperials, including Temperance Seven stalwarts, plenty of fun and singing, will entertain you at this jazz evening in support of Claire House, together with The Brownfield/Byrne Hot Four, one of the best young bands in the land. It should be another great night!

DID YOU KNOW?

1. Humans are born with 300 bones in their body, however when a person reaches adulthood they only have 206 bones. This occurs because many of them join together to make a single bone
2. Most lipstick contains fish scales.
3. The shortest war in history was between Zanzibar and England in 1896. Zanzibar surrendered after 38 minutes.
4. The words "abstemious," and "facetious" both have all the five vowels in them in order .
5. The youngest pope was 11 years old.
6. The word "diamond" comes from the Greek word "adamas," which means "unconquerable."
7. The Sears Tower consists of nine framed tubes, which connects nine skyscrapers as one building.
8. A 27 year old heir to a sausage empire was handed a ticket for 116,000 pounds for driving at 80 km/hr in a 40 km/hr zone. This is because the speeding tickets in Finland are based on how much money a person makes.
9. The average human eats 6-8 spiders in their lifetime at night whilst sleeping.
10. The term "The Big Apple" was coined by touring jazz musicians of the 1930s who used the slang expression "apple" for any town or city. Therefore, to play New York City is to play the big time - The Big Apple.
11. Squids move through the ocean using a jet of water forced out of the body by a siphon.
12. The household wrench was invented by boxing heavyweight champion Jack Johnson in 1922. (U.S.patent#1,413,121). He became the first Black world heavyweight champion on December 26 1908 by defeating Tommy Burns in the 14th round.
13. Feb 1865 and Feb 1999 are the only months in recorded history not to have a full moon.
14. The puma and the leopard are the highest jumping mammals. They are able to reach a height of 16.5'.
15. The clown fish has the ability to change its sex. If a breeding female dies, the male fish will change its sex and mate with another male.
16. There are no ants in Iceland, Antarctica and Greenland.
17. Each king in a deck of playing cards represents a great king from history. Spades - King David; Clubs - Alexander the Great; Hearts -Charlemagne;and Diamonds - Julius Caesar.
18. An owl has three eyelids.





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It originates from horse-drawn wagons. In America and continental Europe, teams of 6-12 horses would be used to pull huge wagon loads. The horses would be arranged in pairs and the driver would sit on the left horse on the back row. This way he could whip the horses (holding the whip in his right hand). When a cart came the other way, he would pass on the right hand side. This way he could make sure the carts didn't scrape.

Here in the United Kingdom which was small in size compared to America, monster sized carts were never needed. Instead, the driver would sit on the cart. He would also sit on the right hand side, so he could whip the horses without hitting the cart with the whip.



Why do you get migraine headaches?

Answer:

It used to be thought that when you get a migraine attack, the blood vessels in your head expand, causing unbearable pain in the head. This was called the Vascular Theory. We now know through recent research that Migraine is a genetic neurological disease that may or may not involve a vascular component.

Many people don't know why they get migraines, but there can be many triggers which make it more likely for an attack to begin.

Some triggers are:

1. Smoking/Smoke
2. Foods such as cheese, chocolate, coconut, processed meats, etc.
3. Lack of exercise
4. Changing sleeping patterns
5. Skipping meals
6. Weather
7. Hormonal fluctuations



Why don't Whales get the bends?



Answer:

All divers know the dangers of diving in deep waters and decompression. Therefore, whales have adapted to collapse their thoracic cavity, lungs and alveolar sacs to overcome the tremendous pressures beneath the sea. All whales have weak rib cages so when they dive the thoracic cavity collapses to allow no air in. After collapse there is still just enough air in the alveolar sac, with nitrogen present, which is where the gas exchanges. This is important in mammals as this allows the alveolar sac to collapse and the storage of air is allowed in the bronchioles. This is important as nitrogen is no longer present at the gas exchange and cannot be absorbed into the body, thus causing the bends.

Why do bats sleep upside down?

Answer:

This is because they cannot grip with their 'hands' so they use their feet instead, also their feet would not be able to support the weight if they stood on them. Therefore, they launch into flight from the hanging position.

Questions & Answers

Which are the fastest animals on earth?

FASTEST BIRDS

Peregrine Falcon	200mph
Spine-tailed Swift	106mph
Frigate Bird	95mph
Spur-winged Goose	88mph
Red-breasted Merganser	80mph

FASTEST FISH

Sailfish	68mph
Marlin	50mph
Wahoo	48mph
Tunny	46mph
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FASTEST LAND INSECTS

Tiger Beetle	5.6mph
Cockroach	3.4mph

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Spiny-tailed Iguana



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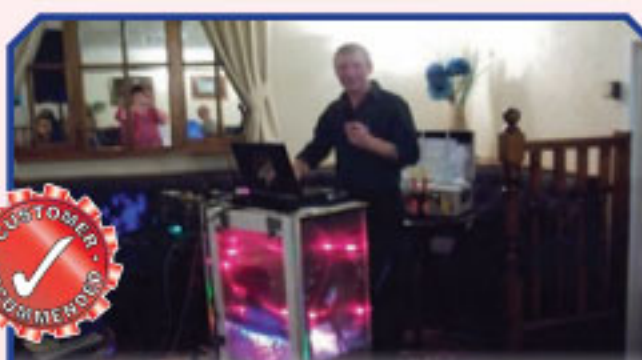
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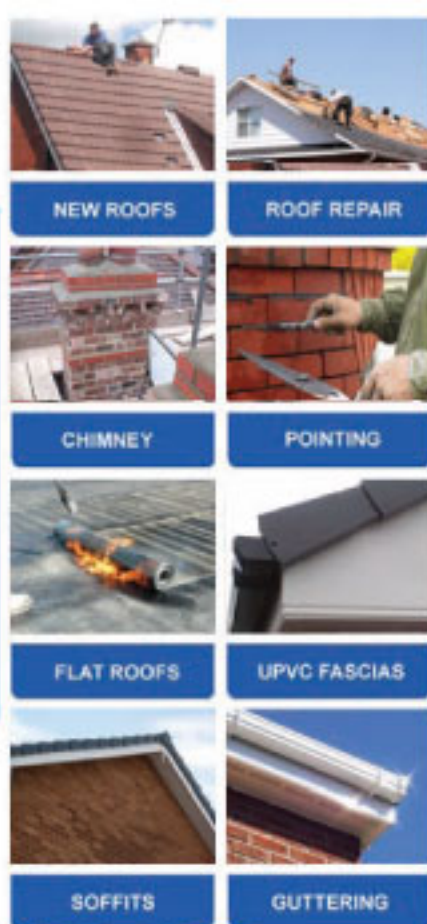
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Wirral Hospice St John's provides specialist palliative care and support for patients with severe and progressive illness.

We work in conjunction with the Wirral Hospital and Community Specialist Palliative Care teams to provide an integrated service for patients whilst extending care and support to those close to them.

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.

ABOUT THE HOSPICE LOTTERY

You are in a Win-Win situation when you join the hospice lottery, with all the profits donated back to your hospice and the total **£2500** weekly prize money is paid out and **£500** rollover up to **£10,000**

HOW DOES OUR LOTTERY WORK?

Each entry costs £1 per week £4.34 per month.

You can have as many entries as you like. When you join you'll receive a unique membership number for each entry you have. Your number will be entered into Friday's draw as long as your payment is in credit.

The promoter is the Wirral Hospice St John's. Licensed by the Gambling Commission. If you would like information about responsible gambling, including how to gamble safely please visit: www.gambleaware.co.uk
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CONTACT
The Lottery Office,
Wirral Hospice St John's, Mount Road,
Higher Bebington,
Wirral CH63 6JE
0151 334 0348
info@wirralhospice.org
www.wirralhospice.org

All winners are notified directly and results are published on the Hospice website - www.wirralhospice.org and The Wirral Globe.

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Advertisers remember the deadline to let us know that you require to advertise in the next edition is 16th of October please!

Please pass this magazine on to someone else to read - Thank you!

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Friday 26th October
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