

# LOVE Wirral

The Monthly Business  
& Community Magazine



December 2012  
Issue 10

Your **FREE** magazine delivered monthly across Wirral  
**USE OUR ADVERTISERS TO KEEP WIRRAL BUSINESSES MOVING!**

*Merry  
Christmas!*

*from all at*  
**LOVE Wirral  
Magazine**



**www.love-wirral.com**



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# POLLARDS INN

WILLASTON

## CHRISTMAS PARTIES

*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

## NEW YEARS EVE

Pollards Inn will be open for everyone on NYE till 1am. Join us in the bar for drinks, merriment and dancing from 7pm, our DJ will play all your favourite songs (and maybe a few requests) and will count down to midnight!

A festive buffet will be served from the Restaurant for £15 from 7pm till 8.30pm, please reserve your tables prior to the night.

Please note: there is no charge for entry on NYE and we will be serving our normal menu from midday till 4pm in the conservatory.

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Our Christmas & New Years Eve brochure is downloadable from the website right now.

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Dear Friends,  
**Countdown to Christmas**

**Where has this year gone?**

I'm sure you'll all agree it's been a very quick year and you are all looking forward to the festive break.

We would like to wish you all a **Merry Christmas and a very Happy and Prosperous New Year in 2013.**

Let us know what upcoming events are taking place in your community and we will print it in the magazine.

Our January 2013 magazine of Love Wirral will be printed earlier this month as all printers close down until the New Year therefore we ask all our advertisers to be prepared and to contact us to advertise before the 15th of December.

Best Wishes

*Maxine*

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MAGAZINES!**

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- £25 for a 1/8 of a page
- £40 for a 1/4 of a page
- £80 for a 1/2 of a page
- £120 for a 3/4 of a page
- £160 for a full page
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- £200 for Inside Back Cover
- £190 for 1 Centre Page
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**OPTIONS**

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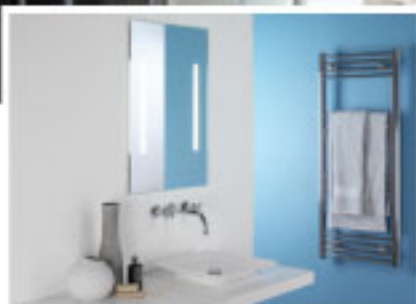
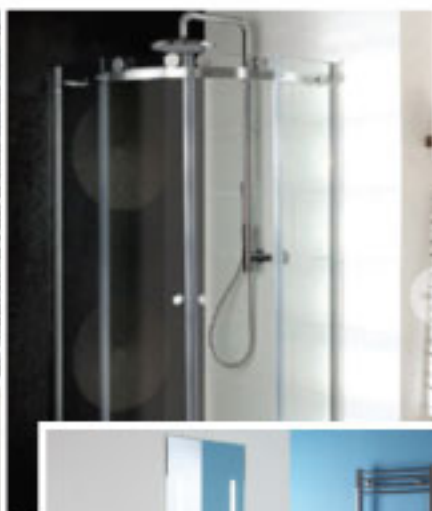
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**Q. What is hypnosis?**

**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**.

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**Q. What is your guarantee?**

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## PAINTING SNOW COVERED MOUNTAINS

**Q:** A reader asks: I enjoy watching snow covered mountain scenery on the television and would love to be able to paint such scenes, unfortunately they look so complex I wouldn't know where to begin. Can you please advise me?

**A:** The painting illustrated will appear frightening to the less experienced. Think of painting the mountain structure as putting together a jigsaw, piece by piece. It is important to produce the drawing as accurate as possible. Note the distribution of snow, the mountain structure, the colours and shadows. It is important to learn to see not

make do with a cursory glance.

My next stage was to apply masking fluid to preserve the white of the paper to represent snow.

Once the masking fluid is completely dry, apply pale washes of raw sienna/burnt umber to the whole of the mountain, over the masking. Let the washes dry fully then remove the masking fluid by rubbing with a finger to reveal the white of the paper representing a snow covered mountain. Finally some shadows were painted in to give form to the mountain range.

*If you would like to paint like Keith Call him on 0151 327 1601, email: [fenwickart@sky.com](mailto:fenwickart@sky.com) or see his website [www.keithfenwick.co.uk](http://www.keithfenwick.co.uk) for the materials used, details of his painting holidays in the Lake District (£295 for 3 days tuition accommodation and B/B) also his books 'Rivers and Streams' and DVD's.*





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- **HAVE YOU HAD AN ACCIDENT AT WORK?**
- **HAVE YOU BEEN INJURED?**

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Your employer has a legal duty to provide employees with a safe place of work. They are also responsible for providing safe and adequate equipment to work with, competent fellow employees and are responsible for providing you with adequate training and supervision. In addition there are Health and Safety Laws and Regulations in place your employer must comply with to ensure a safe working environment.

We understand, having had an accident, that your life may have been turned upside down. You may have taken time off work, which lead to financial struggles. The effects of

your injuries may have placed an unnecessary strain on your relationships with family and friends. We will fight on your behalf to ensure you are fully compensated for your injuries and related financial losses.



We understand that you may be apprehensive about making a claim against your employer. However your employer is required to have insurance in place to cover any claims for compensation or damages made by their employees who suffer an injury at work. If your claim is successful, it is the insurers who will pay the compensation, not your employer.

We have acted in numerous cases, covering a wide variety of accidents and injuries. As well as dealing

with all types of accidents at work, we are also highly experienced in dealing with other types of non-work related accidents. You may have slipped in a shop, tripped in a pothole, been injured by an animal, been involved in a motor vehicle accident or been injured from using a defective or faulty product.

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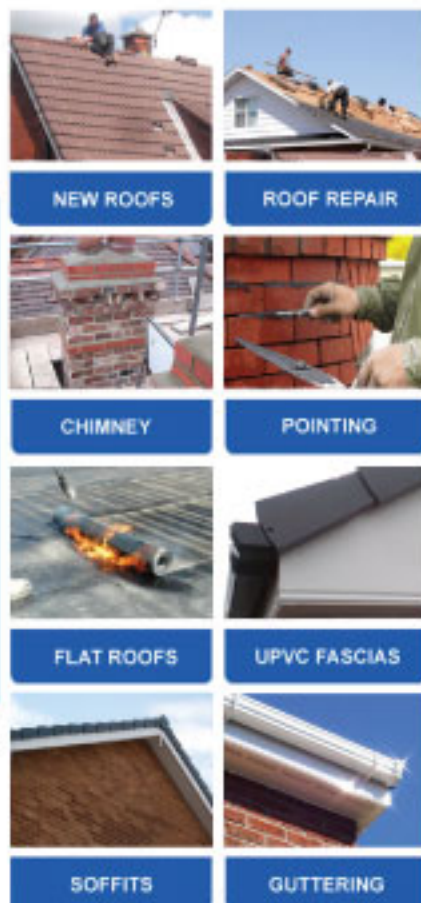
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# 20 PUB WALKS AROUND WIRRAL

WALK



Red Lion Inn, Parkgate



Red Lion Inn  
circa 1920

## Thornton Hough - Manior Wood - Wood Lane - Parkgate - The Wirral Way - Neston - Cherry Wood - Raby - Thornton Hough (9 miles)

In the early years of the last century, Thornton Hough, was just another Wirral village with a handful of decaying and insanitary farm-labourers' cottages. Its transformation into a model estate village was the work of two landlords. Joseph Hirst, a Yorkshire textile manufacturer, built the parish church, the vicarage and the first school and William Hesketh Lever, of "Sunlight" soap fame, rebuilt the rest of the village in a pleasant half-timbered style. Lever built, too, a new Congregational Church.

Begin the walk by going forward into the short road almost opposite the Seven Stars Inn. This road leads you into Manor Road and, after following this pleasant rural road for ten minutes or so, you reach a signpost on the left. Here you turn left, through an opening, to join a grassy path. Not far ahead, this track bears to the left and, after passing under two ornamental bridges, leads along the side of Manor Wood. At the end of this path, continue forward over a one-step stile to reach a well-trodden path which winds its way through a plantation for about half a mile. In the field which follows, bear leftwards along the edge of the field, with the railway on your right, and shortly arrive at a stile which brings you to the A540. The way is now left for a few yards, and then cross the dual carriageway to a bachelor gate, to the right of Garden House Nurseries. Go forward across two styles very close together and, shortly after, a bridge over the railway. Keep forward to reach a two-bar stile and continue across the next field with the hedge on your right, to arrive at stone steps which bring you out into Boathouse Lane. Here you turn left and, after passing Leighton Road, you reach Wood Lane, where your direction is now to the left. Five minutes' walk along this quiet lane brings you to the entrance, on the right, to a footpath. This path leads up to a wooden footbridge and, after passing under this, keep forward until you arrive at Parkgate's sea-front. Now turn left and shortly reach the Red Lion Inn.

The Red Lion, a handsome black and white pub, has remained unchanged since it was first recorded in 1822, and is the oldest of Parkgate's surviving pubs. Inside there are two lounges, a bar and a small snug. It has several Victorian, cast-iron, Britannia tables, lots of copper and brass and an



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

interesting picture collection also serving food.

To resume the walk, turn left as you leave the Red Lion, walk to the end of the seafront and then left, into Station Road. Not far ahead, on the right of the road, enter the access path to the Wirral Way and go forward, with the Dee on your right. The way passes through a built up residential area. When you reach the remains of the demolished bridge, leave the Way and turn left, along Bridge Street, for about 100 yards. Cross the road and turn right, into Station Road. Follow this road under a railway bridge and then continue forward to reach Mellock Lane. Here you go straight across, to rejoin the Wirral Way.

For the next half-mile, the sandstone sides of an impressive cutting through solid rock tower above you. When you reach Lees Lane bridge, a handsome structure of Cheshire sandstone, pass under the bridge and then turn left into Lees Lane. This lane soon brings you to the Chester High Road. Here you turn left, walk about a hundred yards, cross the road, and climb the steps in a wall to enter a field. With a wall on your left, cross the field to reach a stone step-stile leading down to Quarry Road. Now the way is to the right. Not too far ahead, on the left of the road, you will pass by a stone water tower and, shortly after, where the lane makes a right turn, you will see a lane leading off to the left. Here there are two routes open. Do not enter the lane, but look left for a bachelor gate; this is your way. Go through the gate and along a fieldpath which keeps close to the hedge on your right. This path soon brings you to a stile into Cherry Wood.

For the next half-mile you will follow a winding, but well defined track which takes you to the far end of the wood. Here you pass between two stone pillars of an old gateway to reach a grassy byway. Follow this to the right and then to the left and soon arrive at Raby. Keep forward, to pass the old Wheatsheaf Inn and reach Raby Mere Road. Your way is now left for a few yards and then right into Raby Road. A short walk along this lane brings you back to the start.

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# Save money on your energy bills

There's no escaping the fact that energy bills are set to rocket again this next year.

This means that many people will be looking at ways to save money on their household costs, and making their homes more efficient. One way to do this is Using Smartcoat on your home. As specialists in damp proofing your home, **Astra Property Care Ltd** has introduced a new and innovative product to its existing range of services that not only makes your home more eco-friendly but can also help you to save money in the long term by reducing your heating costs.

Smartcoat is a deeply penetrating water-repellent cream that can be applied to most forms of masonry.

Using Smartcoat improves the thermal resistance of masonry by keeping it dry, therefore reducing heat lost and making your own more energy efficient - so much so that you could achieve an energy saving up to 29%.

Graham Harris, who set up Astra Property Care 20 years ago, said: when Masonry gets wet it loses its installation properties - much in the same way that wet clothes make you feel cold.

"By creating a deep water-repellent area on the masonry surface, Smartcoat ensures that masonry remains dry throughout the year - maximising its thermal resistance. This reduces heat loss through the walls and saves energy."

Smartcoat prevents rain penetration into masonry materials by lining their pores rather than blocking them, allowing the masonry to continue to breathe naturally.

It also maintains the thermal properties of cavity wall insulation by ensuring that it remains dry, and unlike waterproof paints or waterproof coatings it retains the natural finish of the masonry -

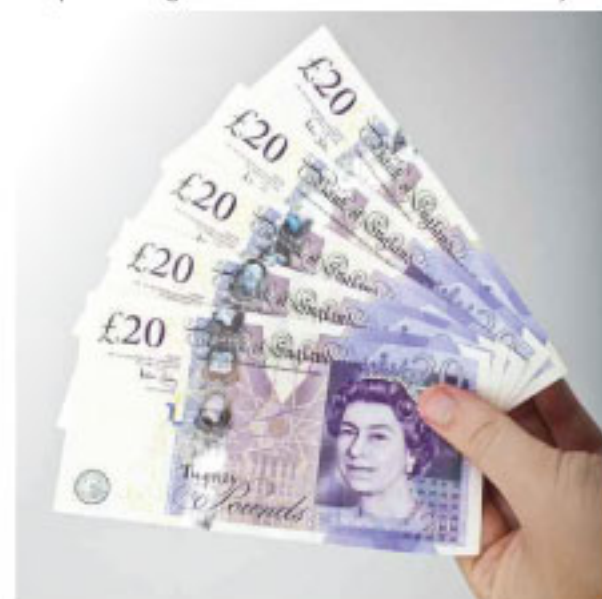


so it is particularly suited for application to brickwork or stone.

Graham added: "Smartcoat is applied to masonry in a single coat by means of a brush, roller or spray. Once applied, it penetrates deeply into the masonry before curing to form a colourless, breathable, water-repellent barrier. This one application generally only takes a day for us to apply, but its effects last between 20 and 30 years, and it comes with an industry standard 20 year guarantee."

"It is eco-friendly, will help to reduce your carbon footprint and helps to reduce damp and condensation to your home - so there are obvious health benefits." Astra Property Care is a family-run building company specialising in damp proof and timber work that has established an excellent reputation over its 20 year history. Graham, who was initially a joiner by trade, started the damp proofing side of the business and trained under the Property Care Association. He is a Certified Surveyor in Remedial Treatment (CSRT) and a Certificated Surveyor in Structural Waterproofing (CSSW).

The firm is also a member of Wirral Trading Standards' trader scheme, the Federation of Master Builders and carries the Masterbond warranty - all of which are government endorsements.



■ Astra Property Care Ltd guarantees to beat any genuine like-for-like quotes. To find out more, call up on 0845 833 8077 or 0151 327 4871 or visit the website at [www.astra-property-care.com](http://www.astra-property-care.com).



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**Reds Salon, Heswall** - Coupon & Vouchers available. advert page **35**

**Kruger Gibbons Auctioneers, Birkenhead** - paintings, crockery, glassware, furniture, clocks, china and collectables - advert page **14**

**Beauty Gift Vouchers - Skin First**, - advert page **22**

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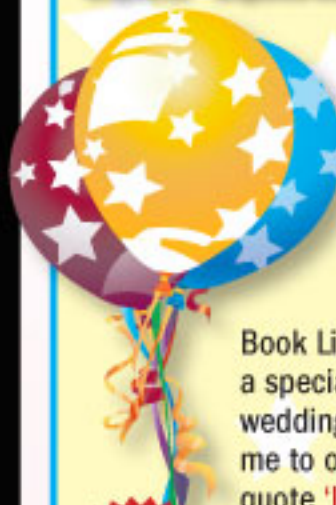
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# 2012

## UPCOMING DATES & EVENTS IN WIRRAL

### NOVEMBER

30th Louise Irvine | PR Ambassador | Neston 2161  
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#### Northern Lights Charity.

We are selling second hand books, cd's and home made Xmas cards in the foyer. We will also be doing colouring competitions and Guess the name of the Teddy. We will be selling "Make a wish" Xmas baubles to go on our tree in the foyer. We will be sampling mince pies, port and soups. We will also be dressing up in our Xmas outfits that day. The Scout post service will also be in the foyer on that day.

### DECEMBER

Sat & Sun 1st & 2nd  
Port Sunlight Food Festival from 10.00am

Sat 1st Hoylake Christmas Craft and Gift Fayre at  
Hoylake Community Centre

Sun 2nd RSPB Burton Mere - SKYDANCERS AT  
PARKGATE - 12 noon until dusk

Price: Free - Look for the RSPB Love Nature marquee along the main promenade at Parkgate where friendly staff and volunteers will be with telescopes and binoculars plus family activities, free information and more. [www.rspb.org.uk/](http://www.rspb.org.uk/)

Sat 8th - New Ferry Farmers Market - New Ferry Village Hall, Grove Street, New Ferry, CH62 5AX

#### Santa's on the Run

9th December 2012 Time: 10:00 AM - 1:00 PM

Claire House is holding its annual 'Santa on the Run' event again this year, the fun run is to take place in Birkenhead Park during December with a 5k route.

13th Dec - 6th Jan - Peter Pan at Floral Pavilion

15th, 16th, 22nd & 23rd The Church Farm Santa Experience - Take a tractor ride to the enchanted forest and meet Rudolph, Frosty the Snowman and Santa himself. Don't forget to check it out. [www.churchfarm.org.uk](http://www.churchfarm.org.uk)

22nd West Kirby Farmers Market at St Andrew's Church Hall, Graham Road, West Kirby, CH48 5DE

#### Gladstone Theatre Productions for December:

7th to 15th - Port Sunlight Players present - King Arthur and the Knights of the Round Table

17th & 18th - Birkenhead Operatic Society Trust present - Fanfare for Christmas

20th to 22nd - Barbara Johnston Stage School present - Christmas Crackers 2012

27th - The Houghton Weavers at Christmas

28th - John Keith presents -The Bill Shankly Story

#### Fort Perch Rock, New Brighton Events for December:

16th Dec - The Merseybeat Story 1pm to 4-30pm - for further details tel 07976282120

21st Dec - Tales around the Fire, A Dickensian Christmas! For further details see [www.talesaroundthefire.co.uk](http://www.talesaroundthefire.co.uk)





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# ARCHER'S . . .

## JERSEY ICE CREAM

# Exquisite



Award winning Jersey Ice Cream is adding another dimension to the Wirral food and drink scene in the build up to Christmas. Having opened in October - Heswall, Archer's Exquisite Jersey Ice Cream offers a range of delicious flavours to cater for any an ice cream lover.

Already established in The North East, this is the first franchise to open on Merseyside.

Nicholas Blair, Co-Director of the newly opened Parlour, said: "Having begun research into the Archer's franchise way back in 2010, we've been on the most fantastic journey in making our dream a reality."

"Within our first few weeks of opening, the feedback and compliments have been overwhelming. Despite the change of season, the Parlour is buzzing with people of every age group sampling our delicious ice cream."

Archer's has won a number of awards in recent years including Taste **North East 2009 and Guild of Fine Foods Gold** for their Christmas Pudding Ice Cream, which has proven a real hit long after the festivities are over.

Archer's is well known throughout the North East of England and has already established itself for more than its delicious freshly made ice cream -

Heswall will also be serving Archer's own-blend Coffees - Speciality Teas - Italian Hot Chocolate - Ice Cream Sodas - Milkshakes and other tempting treats, always with a warm welcome in an atmosphere that would not be out of place in Milan or Naples.

In addition, Archer's was recently chosen as the sole supplier of ice cream to the renowned North Yorkshire-based tea rooms, Bettys.

With a small batch production at each site, Archer's can manufacture a significant quantity of Ice Cream to stock the parlours as well as supplying local restaurants and hotels while maintaining the highest quality.

The family run Heswall Parlour, can seat up to 70 customers inside and out, and in addition to the warm welcome and our fresh award winning ice cream, Archer's have a range special family treats - such as Waffles and Ice Cream or traditional sundaes like Knickerbocker Glory and Banana Split on the menu.

Our take away tubs and our unique made to order Ice Cream Cakes are ideal for any special occasion or celebration

Using only Jersey Milk and the finest ingredients, we produce a range of over 40 ice cream flavours. The whole team at Archer's, are looking forward to a busy future making our exquisite Jersey Ice Cream for you to enjoy!

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great  
taste  
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*Christmas Pudding Ice Cream Cake*



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## Christmas Treats & Cakes make these holiday treats!

### FUDGE - THE GOOD KIND!

In a heavy 2-quart sauce pan, mix together the following:

- 2-1/4 cups granulated sugar
- 3/4 cup evaporated milk
- 16 large marshmallows or 1 cup marshmallow cream
- 1/4 cup margarine
- 1/4 teaspoon salt

Cook, stirring constantly (as it may scorch) over medium heat and bring to a boil (mixture will be bubbling all over the top). Boil for 5 minutes longer, stirring constantly and then remove from heat.

Stir into this until completely melted - 1 cup semi-sweet chocolate bits, 1 cup of chopped pecan or walnut nut meats, and 1 teaspoon of vanilla. Spread into a buttered 8 x 8 inch square pan, cool, and cut into squares.

Like a sophisticated version of a chocolate log, this cake is flavoured with brandy and filled with a mixture of fresh cream and chestnut puree.

## Chocolate Chestnut Yule log

Preparation Time: 20 minutes  
Baking Time: 09 minutes



#### Chocolate Chestnut Yule Log Ingredients

- 100 grams Golden Icing Sugar (Billington's)
- 4 Free Range Eggs (Happy Eggs)
- 75 grams Plain White Flour (Allinson Nature Friendly)
- 25 grams Cocoa Powder

#### Additional Ingredients

- 2 tbsp Brandy, for the Filling
- 150 ml Double Cream Filling
- 100 grams Chestnut Puree, for the filling
- 75 grams Golden Caster Sugar
- 4 tbsp Water Buttercream
- 2 Free Range Eggs
- 100 grams Butter Buttercream
- 50 grams chocolate melted, for the Buttercream

Preheat the oven to 210°C/fan 190°C/Gas Mark 7. Brush a 22.5 x 32.5cm/ 9 x 13 inch Swiss roll tin with a little oil and line with greaseproof paper. Cut a second piece of greaseproof paper a little larger than the tin and sprinkle with 2 tsp of the caster sugar. Set aside.

Place the sugar and eggs in a large bowl and whisk until very pale and light, using an electric hand beater if possible, until the beaters leave a trail on the surface.

Sift together the flour and cocoa powder and gently fold into the egg mixture using a metal spoon. Pour into the prepared tin, tilting it so that it covers the whole surface. Bake for 7-9 minutes until firm yet springy to the touch. Turn out the cooked sponge on to the sugar paper. Peel away the lining paper and trim the edges. Cover with a damp tea towel and cool completely

When cooled, sprinkle the sponge with the brandy. Whip the cream until thick and stir in the chestnut puree. Spread over the sponge and roll up from one long edge

For the chocolate butter cream, place the sugar and water into a small pan and heat gently until the sugar dissolves. Boil rapidly until syrupy. Whisk the egg yolks together in bowl and continue whisking whilst adding the sugar syrup in a steady stream. Whisk until the mixture becomes thick, pale and cool, leaving a trail on the surface. Beat the butter in a separate bowl and gradually beat in the egg mixture until thick and fluffy. Stir in the melted chocolate, method tip Slice a 7.5cm/3 inch piece from the Swiss roll. Use a little butter cream to attach this piece to the side of the log, to represent a branch. Cover the log with the rest of the butter cream and use a skewer for fork to make a bark pattern.

Decorate with holly or a few small decorations

#### Tips:

Make the log 2-3 days before Christmas and keep refrigerated.





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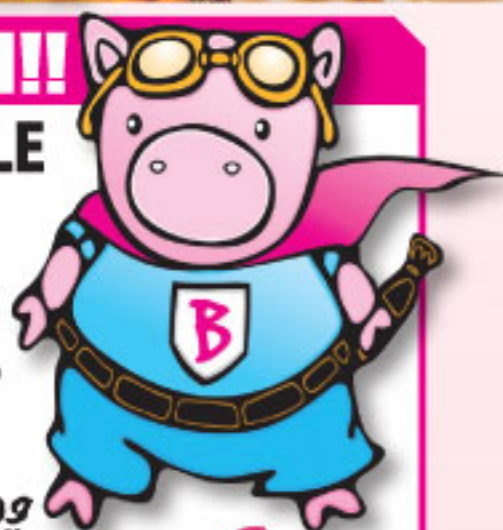
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# DID YOU KNOW?



1. The typical lead pencil can draw a line that is thirty five miles long.
2. It takes the Hubble telescope about 97 minutes to complete an orbit of the Earth. On average, the Hubble uses the equivalent amount of energy as 30 household light bulbs to complete an orbit.
3. The Planters Peanut Company mascot, Mr. Peanut, was created during a contest for schoolchildren in 1916.
4. In 1810, Peter Durand invented the tin can for preserving food.
5. There is a restaurant in Stockholm that only offers all-garlic products. They even have a garlic cheesecake.
6. Serving ice cream on cherry pie was once illegal in Kansas.
7. One gallon of pure maple syrup weighs 11 pounds.
8. The hydra, which is related to the jellyfish, can grow its body back in a couple of days if it is cut in half.
9. In 1631, two London bible printers accidentally left the word "not" out of the seventh commandment, which then read, "Thou shalt commit adultery." This legendary book is now known as the "Wicked Bible."
10. The wheelbarrow was invented by the Chinese.
11. The smallest man ever was Gul Mohammed (1957-1997) of India, who measured 1 foot, 10 inches.
12. Pepsi got its name from the ingredient pepsin, which is said to aid in digestion, however, it is not known.
13. The concept of Boxing Day, which is on December 26th, was to give boxes of food and clothing to the poor. It is now viewed in some countries as a time to get merchandise from stores at reduced prices.
14. It would take twenty new mid-size cars to generate the same amount of pollution that a mid-size 1960's car did.
15. The world's first underground was the London Underground in 1863. It has 275 stations and 253 miles of track.
16. One of the most dangerous insect in the world is the common housefly. They carry and transmit more diseases than any other animal in the world.
17. Apples are part of the rose family.
18. A leech has 32 brains.
19. Leonardo Da Vinci invented the scissors.
20. Toronto was the first city in the world with a computerized traffic signal system.
21. Humpback whales are capable of living up to 95 years.
22. A headache and inflammatory pain can be reduced by eating 20 tart cherries.
23. A headache and inflammatory pain can be reduced by eating 20 tart cherries.
24. The Bank of America was originally called the Bank of Italy until the founder, Amedeo Giannini, changed the name in 1930.
25. To make one raindrop of water, it takes approximately a million cloud droplets.
26. The smallest bone in the human body is the stapes bone which is located in the ear.
27. The word vaccine comes from the Latin word "vacca," which means cow. This name was chosen because the first vaccination was derived from cowpox which was given to a boy.
28. The largest spider ever was the Megarachne which had a diameter of 50 cm. The fossil was found in Argentina.
29. The liquid inside young coconuts can be used as substitute for blood plasma.
30. The airplane Buddy Holly died in was the "American Pie." (Thus the name of the Don McLean song.)
31. The sex of a baby crocodile is determined by the temperature in the nest and how deeply the eggs are buried.
32. Walter Hunt patented the safety pin in 1849. He later sold the patent rights for only \$400.
33. Humphrey Bogart was related to Princess Diana.
34. In 1902, the coat hanger was invented Albert Parkhouse who was frustrated at the lack of hooks available to hang up his coat at work. His company thought it was a good idea and patented the invention and unfortunately, Parkhouse never received any money for his idea.
35. The sun shrinks five feet every hour.
36. An egg shell can have up to 17,000 tiny pores on its surface.
37. The sun shrinks five feet every hour
38. Most of Santa's reindeer have male-sounding names, such as Blitzer, Comet, and Cupid. However, male reindeers shed their antlers around Christmas, so the reindeer pulling Santa's sleigh are likely not male, but female or castrati.
39. The Germans made the first artificial Christmas trees out of dyed goose feathers.
40. According to the Guinness world records, the tallest Christmas tree ever cut was a 221-foot Douglas fir that was displayed in 1950 at the Northgate Shopping Center in Seattle, Washington.
41. The world's largest Christmas stocking measured 106 feet and 9 inches long and 49 feet and 1 inch wide. It weighed as much as five reindeer and held almost 1,000 presents. It was made by the Children's Society in London on December 14, 2007.

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# COMMUNITY NEWS

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## Christmas Fare



## Heswall

This is our Second **Christmas Fare** that we are organising in the Centre. Our Christmas Fair is on **Saturday 8th December** from **11am to 2pm**. We aim to use this event to raise the funds we need to run and support the extra activities we provide. We are again aiming to further raise the profile of Heswall

Centre in our local community; therefore the invitation to join us is open to everyone.

We will be having all the usual stalls including a **Tom bola, Bottle stall, White Elephant, raffles and Crafts**. This year we are organising big big big Father Christmas Grotto with ponies and Snow Queen and Father Christmas. It should be a fabulous event.

**Zeb Wenski** | Support Worker Level 3  
Heswall Centre | Wirral Council  
Department of Adult Social Services  
**Tel: 0151 342 6402**  
[zbyszekwenski@wirral.gov.uk](mailto:zbyszekwenski@wirral.gov.uk)

## A Christmas Carol Concert

**Christmas Carol Concert** at Christ Church, Oxtou. "Birkenhead Choral Society 'Carols at Christ Church' with Pupils from Christ Church CofE Primary School and Wirral Schools Brass Band. A traditional celebration of Christmas in music and readings. **Saturday December 15th** at 7.30 Bessborough Road, Birkenhead CH43 5RW  
Tickets £7/£6 Available from **Linghams, Heswall; Tapleys, Bebington; The Green Shop, Oxtou Village** or at the door. Under 19's Free.  
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**Collette Byrne**

Chair - Birkenhead Choral Society

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# Cholesterol



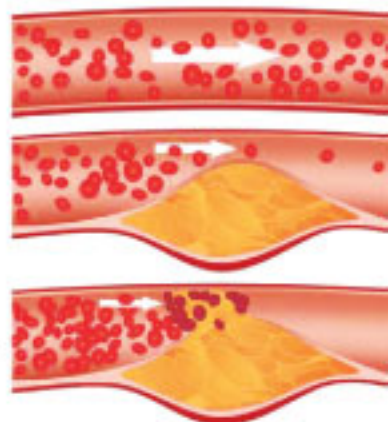
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Cholesterol is a type of fat that is produced by the body, essential for good health. However high levels of cholesterol can increase the risk of heart disease and strokes. Abnormal levels are generally brought about by an unhealthy diet and inactive lifestyle, but can run in the family. A change of diet and exercise can lower cholesterol levels but if this is ineffective then medication may be prescribed as a last resort.

LDL cholesterol (low-density-lipoprotein) collects in the walls of blood vessels, causing blockages in the arteries by hardening and narrowing them. This can be tested for so actions can be taken to reduce the risks.

An LDL of less than 3.0 millimoles per litre (mmol/l) of blood is optimal for those not at high risk of heart disease.



For people at high risk of heart disease, or with known heart disease, LDL less than 2.0 mmol/l is advised.

An LDL cholesterol-lowering diet is low in saturated fat. Avoiding processed foods and eating plenty of fruit and vegetables may further lower LDL levels.

Regular aerobic exercise lowers LDL cholesterol even further, and increases HDL ("good cholesterol") too.

HDL cholesterol (high-density-lipoproteins) are essential in keeping the blood vessels clean. They collect bad cholesterol and make them less harmful by transporting them to the liver and reprocessing them.

HDL cholesterol 1.2 mmol/L or more are desired

In general people with high HDL are at lower risk of heart disease. People with low HDL are at higher risk.

If your HDL is low, you can take several tacks to boost your HDL level and reduce your heart disease risk:

- ❖ Aerobic exercise for 30 to 60 minutes on most days of the week can help pump up HDL.
- ❖ Walking alone is not enough.
- ❖ Tobacco smoke lowers HDL, and stopping can increase HDL levels.
- ❖ Reduce alcohol consumption levels if this is an issue.
- ❖ Besides improving HDL levels, avoiding obesity reduces risk of heart disease and many other health conditions.

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

[www.vitruvianfitness.co.uk](http://www.vitruvianfitness.co.uk)

**Zone Fitness**



For more info on training or anything else feel free to call

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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.

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### CONTACT

The Lottery Office,  
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# Welcome to the Lawnsience Late Autumn Newsletter.

Clocks have gone back, nights are drawing in, some might think there's not much work to be done on lawns, but that simply is not true. The lawn you have next Spring will be determined by how you look after it over Winter, so in this newsletter I will be providing tips on:

- **Seasonal pests and diseases**
- **Winter work**
- **Preparation for next Spring**

## Pests and diseases

Every year thousands of lawns in the UK are needlessly destroyed by your lawns worst enemy, the Leatherjacket. These ferocious little "eating machines" literally devour your lawn's root system, causing your lawn to die within a few days.

The larvae of the crane fly leatherjackets, or daddy longlegs, are injected into lawns by their mothers during late Autumn. As they start to grow they need a food source and your lawn's root system provides the perfect meal.



From December to late March we regularly receive calls from homeowners who have become prey to these "lawn eaters". By the time the problem has been discovered it's too late and the only solution is to either re-turf the lawn or provide extensive repairs which can run into hundreds of pounds.

However, there is a simple and cost effective solution, Lawnsience can apply an insecticide to your lawn which will kill off any leatherjackets which are living in your lawn. Now is the perfect time for this treatment, if you would like a quote please send me an email or give me a call, contact details are at the end of the newsletter.

Late Autumn/Winter is generally the time of year when your lawn changes the least. However, you still need to be vigilant and monitor the health of your lawn carefully. One of the most common problems that can occur in your lawn over the Winter months, when day light hours are reduced, is the fungal disease Fusarium patch (Microdochium Nivale). The disease

normally appears as patches of yellow-brownish grass or a white or pinkish mould, similar to cobwebs or cotton wool. Fusarium can develop overnight in a lawn if the conditions are right, it is particularly prevalent through late Autumn and Winter. Fusarium thrives in conditions where there is a morning mist or dew and daylight hours are reduced. It is more likely to occur when the weather is milder and night time temperatures are higher than average for Autumn or Winter.

If you are concerned that your lawn has a Fusarium infection I'd be happy to check it out for you, please send me an email or give me a call, contact details at the end of newsletter.

Worms are great for soil, they improve its condition, help recycle nutrients by eating dead plant material and they also improve soil structure, drainage and aeration as they endlessly tunnel within the soil. But they don't half make a mess of your lawn when they surface and leave casts on the lawn which then smear and cause the grass underneath to die, creating perfect sites for weed germination in Spring. You can minimise casting by a treatment which reduces the number of worms coming to the lawns surface. If you would like further information and costs, please send me an email or give me a call, contact details at the end of the newsletter.

## Winter work



It's also not too late to have your lawn aerated. Aeration is probably the most effective single treatment you can apply to a lawn to perk it up and help it recover from periods of stress. The aeration process consists of driving thousands of holes into the lawns' surface. These holes help air, water and nutrients penetrate into the root zone which in turn builds up the root structure over the winter period, a time when a lot of repair work happens to the plants root structure. This period of recuperation helps create a revitalised lawn for the coming Spring.

There are two types of aeration, solid

core and hollow core. Solid core aeration just creates holes in the lawn, whilst hollow core creates holes by removing "plugs" of soil. Generally solid core is fine for most lawns, but if the lawn is "compacted" hollow core is more suitable. If you're not sure if your lawn is compacted, don't worry I have the tools to test your lawn. If you want a quote for aeration please send me an email or give me a call, contact details at the end of the newsletter.

Now is the time to start planning your lawn mower maintenance before you put it away in the shed and forget about it until Spring. When you have it serviced insist that the blades are sharpened and rebalanced...and check that the blades have been sharpened when you get it back as quite often this is forgotten! If you decide to service it yourself make sure you change the spark plug and sharpen and rebalance the blade or replaced it completely.

## Preparation for next spring

If you want to make sure your lawn starts next spring looking nice and tidy now is a good time to trim those edges to give it the professional look. At the same time why not add mulch to your borders which, as well as improving its appearance, will also prevent sudden changes in soil temperature helping prevent tender premature plant growth during winter warm spells. Such growth is killed easily in early spring by the return of cold winter temperatures.

Leaf removal is also a priority at this time. Leaving leaves on a lawns surface causes damage due to the grass being deprived of much needed light so the quicker you can remove them the better.

If you need help with Edging, border mulching or leaf removal please send me an email or give me a call, contact details at the end of the newsletter.

Finally, I like to grow my business by recruiting similar customers to you, so if you know of any friends, relatives or neighbours who might benefit from my services please forward them a copy of this email or provide me with their contact details and I will contact them and provide a Free consultation. Remember for every customer you refer, who commences a program of treatments, I will apply your next fertilisation and weed control treatment FREE, up to the value of £35.00.

Regards **lawnsience**  
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THE HIGHER BEBLETON  
LEGION

## BEBINGTON ROYAL BRITISH LEGION

### ☆☆☆ DECEMBERS ENTERTAINMENT ☆☆☆

- with Top Rated artists & disco.

- ☆ 1st Dec Male Duo - "Close Down"
- ☆ 8th Dec Male Vocal Entertainer - "Terry Dean"
- ☆ 15th Dec Female Vocal Entertainer - "Joanne Bernadette"
- ☆ 22nd Dec Personality Vocal - "Derek Jones"
- ☆ 29th Dec Personality Female Vocal - "Catherine Vandome"

Saturdays include BINGO with a

**£100 JACKPOT**

£2 entry for non members "All Welcome!"

**ALL VISITORS WELCOME**

Application forms are available from the bar.

**BOOKINGS BEING TAKEN FOR PRIVATE PARTIES!**

Competitive rates for room hire!

Please enquire for further details on 0151 608 2270

Opening Hours:

Mon to Thursday 1pm – 11pm, Friday 1pm – 11pm (11:30pm for functions),

Sat 11am – 11:30pm, Sun 12 Noon – 11pm

[www.higherbebleton.talktalk.net](http://www.higherbebleton.talktalk.net)



# LIVERPOOL Santa Dash 12

## 5K Fun Run

**Sunday 2nd 5k Santa Dash 9.30am start.**

Entry £20, includes santa suit and commemorative medal for all finishers. There are even bigger plans ahead for this event in 2012 with an anticipated tilt at the Guinness World Record for the Largest Santa Gathering – currently standing at an astonishing 13,000 participants!!!!

It is an uplifting sight and a great event for everyone. It sets the scene for Christmas.

To join this fantastic event or for details call Hayley on 0151 343 0778 or email [hayley@wirralhospice.org](mailto:hayley@wirralhospice.org)





BAR

at

**KNOCKALOE HALL**

**DONT MISS THE NEXT KNOCKALOE FIREWORK EXTRAVAGANZA**  
**NEW YEARS EVE**



**KNOCKALOE HALL**

For all enquiries please contact

E [reservations@knockaloe.co.uk](mailto:reservations@knockaloe.co.uk) | T 0151 328 5690 | F 0151 327 4601 | W [theocclub.co.uk](http://theocclub.co.uk)

28 BRIDLE ROAD BROMBOROUGH WIRRAL CH62 6AR

# PUZZLE PAGE

## 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!**

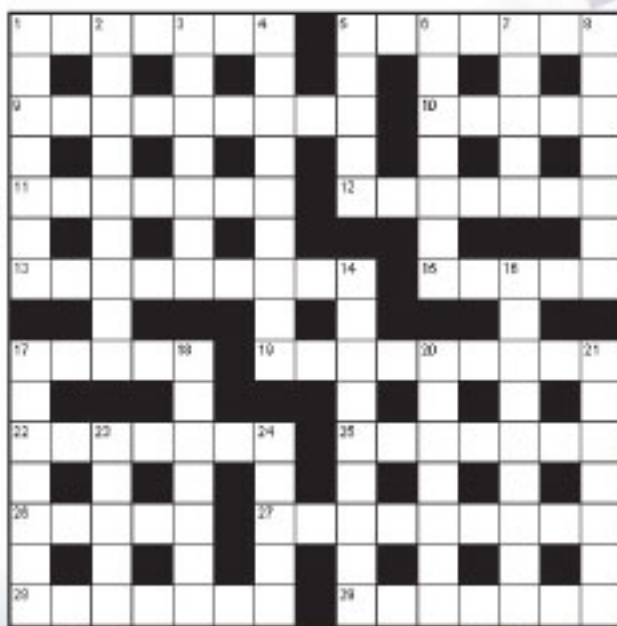
Difficulty level: **easy.**

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

## Crossword Puzzle

### Across

- The least possible (7)
- Tedium (7)
- Truce (9)
- Scuba enthusiast (5)
- Small squirrel-like rodents (7)
- Severe or far-reaching (7)
- Moving up quickly (9)
- A piece of armor to protect thighs (5)
- Placed in folders (5)
- Decorated (food) (9)
- Flapping (7)
- Enjoy to excess (7)
- Exhilarate (5)
- Acquit (9)
- Goddess of vengeance (7)
- What a private does to an officer (7)



### Down

- Move in a sinuous manner (7)
- Dealing with numbers (9)
- Monumental (7)
- Lingering (9)
- Baked dough (5)
- Glowing (7)
- Piece of turf (5)
- An amazing occurrence (7)
- Fortresses (9)
- Ancient commentator of classics (9)
- One less than 16 (7)
- Acts undecidedly (7)
- Inner spirit (7)
- Intensifies (7)
- Render harmless (5)
- Bobbins (5)

## Puzzle Solutions

Cover the bottom of this page.



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

# Index of Advertisers

*Don't forget to use our advertisers and say that you have seen their advert in LOVE WIRRAL magazine.*

*Advertisers remember the deadline to let us know that you require to advertise in the next edition is 10th of December!*

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

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# CRYSTAL CLEAR

WIRRAL LTD.

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MISTED UNITS



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WINDOW  
HANDLES



HINGES

ADJUSTMENTS

CALL:

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FOR FREE  
ESTIMATE



BAR

at

KNOCKALOE HALL



### *Christmas Fayre Menu*

2 Course meal £9.95  
3 Course meal £11.95  
Children eat half price!

### *Christmas Day Menu*

£45.95 per adult  
£20.00 per child  
(£20.00 deposit per person on booking)

**BOOK NOW TO AVOID DISAPPOINTMENT!**

## *Christmas Party Nights*

*This Christmas you must gather your friends, family or colleagues and book one of our fabulous party nights. Starting from just £15.00 per head see our website for more details. Dates: Friday 7th, Saturday 15th or Friday 21st.*

*2012*



### **ADULTS CHRISTMAS PARTY**

Whether you want a fun packed evening of entertainment and laughter with friend, family or work colleagues this is the perfect night to start your Christmas off!!

Date: Saturday 1st December

Time: 7:30pm arrival /

8pm sit down meal / midnight bar

Price: £35.95 per head

Includes: Arrival drink/3 course meal/DJ/ & Elvis tribute act.



### *New Years Eve*

**Saturday 31st December**

Time: 7:30pm

Price: **£12.00** entry and a hot buffet

Includes: DJ's in the front and the back, fireworks at midnight, 1am bar.



## **KNOCKALOE HALL**

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