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MAGAZINE



FEBRUARY 2019
Issue 84

Monthly Business & Community magazine delivered across Wirral



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Forshaw/Murray – Bebington

We are very happy with all the work and the high standard that was attained.

O'Mally - Meols

“Scott and the team certainly gave us best in class service whilst they worked on our extension, kitchen and bathrooms. They kept us informed all the way and worked around our diaries to deliver the programme on time. We highly recommend them to anyone.

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Elliott Build & Glaze Ltd is a trading name of S R Elliott Build & Glaze Ltd.



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Cover photograph
The Boathouse, Birkenhead Park



Dear Friends,
Welcome to our 7th Birthday Edition!

We are celebrating our 7th birthday this month... I can tell you that it has come around so quickly!

We regularly receive lovely feedback from you by email, telephone and in person when we are out and about delivering!

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Best Wishes

Maxine



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A Huge Thank You

Wirral Lions Club would like to express their heartfelt thanks to the residents of Wirral who, through their kind generosity, enabled the Club to raise a fantastic £7900 with their Christmas Float during December. The money raised will be used to support local charitable good causes and Lion's charities Internationally. Special thanks must also be given to ALDI, Bromborough and TESCO, Heswall for allowing collections to be made at their premises, to the Friends of Wirral Lions Club and to the boys of the 6th Form at Wirral Grammar School for their invaluable help and support.

On behalf of Lion President Alan Murray, thank you once again and a Happy New Year to all. If you are Interested in becoming a Lion and helping in your local community then please contact me, Dave, on 0151 648 9157.

David Forshaw - (Secretary, Wirral Lions Club)



2019 sees Clatterbridge Hospitals League of Friends celebrates its Sapphire Anniversary 65 years supporting both staff & patients on Clatterbridge Health Park.

Clatterbridge Hospitals League of Friends was founded on 1st February 1954. The first President the Rt. Hon. The Viscount Leverhulme K.G, T.D. tirelessly led the AGM for 46 years until his death in 2000. Former chairman Ken Arnold is the current President Clatterbridge Hospitals League of Friends volunteer committee meet on a monthly basis to discuss fundraising & grant requests called Pinks. Over the years donations by the League have changed from providing a face cloth & tooth brush or mending sheets, to medical equipment & the building of a chapel, children's play area & Sensory Garden.

Clatterbridge Hospitals League of Friends have pledged £65,000 to be spent either as one large project or several smaller projects on the Clatterbridge site. Fundraising includes a Ukuleleathon on April 12th at the Lyceum Port Sunlight, a Raffle of 65 prizes to be drawn Friday 31 January 2020, limited edition commemorative Champagne Flutes, Carboot/ Attic Sale & Supermarket bucket collections.

If you would like to support the League in any of these events or would be interested in becoming a volunteer please contact the Secretary with your details 0151 327 4879 clatterbridgefriends@gmail.com

The objectives of the League :-

1. By personal service to provide a link between Clatterbridge Hospitals & the public they serve.
2. To foster the interest of the public, in the patients and in the work of Clatterbridge Hospitals.
3. To provide funds for the provision of amenities and other services which are either best provided by voluntary effort or for which public funds are not available.



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David Clyne, October 2017

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DO YOU KNOW?

1. Apollo astronauts trained in Iceland because it was felt that the terrain would most resemble the surface of the moon.
2. Cocaine can be purchased for about US\$5 per gram in Colombia while in the U.S. it sells for at least US\$100.
3. The highest race horse speed ever recorded was 43.97 mph (70.76 km/h).
4. The smallest horse in the world is just 17 inches (43 cm) tall and weighs 57 lb (26 kg).
5. On Twitter 350,000 Tweets are sent every minute.
6. "Friendstalker" was one of the early names considered for Twitter.



7. There's high-speed Internet on the way up to Mount Everest.
8. The Ancient Rome civilization began on the Italian Peninsula as early as the 8th century BC.
9. The tower where Big Ben is located is officially known as "Elizabeth Tower." It was completed in 1859.
10. In August, 2015, Big Ben's Clock was discovered to be running 6 seconds fast, and coins were removed from its pendulum to correct the error.
11. During WW2, the lights of Big Ben were dimmed so that German bombers could not use it for reference.
12. Cenosilicaphobia is the fear of an empty beer glass.
13. The strongest beer in the world has a 67.5% alcohol content.
14. The "new car smell" is composed of over 50 volatile organic compounds.
15. It would take less than 6 months to get to the Moon by car at 60mph (95km/h).
16. Hitler, while in prison, wrote to a Mercedes dealership begging for a car loan.
17. 92% of all new sold cars in Brazil use ethanol as fuel, which is produced from sugar cane.
18. 75% of cars that Rolls-Royce has ever produced are still on the road today.



19. Volkswagen owns Bentley, Bugatti, Lamborghini, Audi, Ducati and Porsche.
20. Apple is the world's largest IT company by revenue and total assets, and the world's second-largest mobile phone manufacturer.
21. Apple headquarters' employees earn an average of US\$125,000 a year.
22. New Brain Connections Are Created Every Time You Form a Memory.



23. Headless cockroaches are capable of living for weeks. They die from starvation.
24. The name "Argentina" comes from the Latin word for silver, argentum. The original European settlers believed the country was full of silver.
25. Within three days of death, the enzymes that once digested your dinner begin to eat you.
26. Elvis Presley was just 22 years old when he paid US\$102,500 for Graceland, the Memphis mansion that served as his home base for two decades.
27. More people died in Auschwitz than the British and American losses of WW2 combined.
28. The U.S. purchased Alaska from Russia for just US\$7.2 million in 1867.
29. A cat has been the mayor of Talkeetna, Alaska for 15 years.
30. In Alaska, there's a pizza place that delivers the pizza by plane.



31. Some women can have a genetic mutation which causes them to see millions of more colors.
31. Every August 13th is celebrated "Left-Handers Day" since 1996.
32. Right-handed people tend to chew food on the right side while left-handed tend to chew on the left side.
33. More than 2,500 left-handed people are killed every year by using equipment meant for right-handed people.



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Celebrating 40 years of counting garden birds in Cheshire



RSPB Big Garden Birdwatch is 40!

- Over 8 million hours have been spent watching garden birds since the Birdwatch began in 1979 with more than 130 million birds counted.
- To mark the event, the RSPB is asking participants in Cheshire 'How will you #BigGardenBirdWatch?' and to share their stories of how they take part.

The RSPB is eagerly anticipating who will be top of the pecking order for a very special anniversary of its' world famous Big Garden Birdwatch in January.

Just one hour every year, for the last 40 years, has made the RSPB's Big Garden Birdwatch the largest garden wildlife citizen science project. During that time, hundreds of thousands of people, including those across Cheshire, have volunteered their time providing the RSPB with over 8 million hours of monitoring garden birds.

To mark the event, the RSPB is encouraging participants in the county to share their Big Garden Birdwatch stories on social media. 'How will you #BigGardenBirdWatch?' will showcase some of the best examples of how people take part, from building their own birdwatching den, baking birdseed cakes and dressing up as Batman to see Robin.

This year's Big Garden Birdwatch takes place on 26, 27 and 28 January 2019. The public is asked to spend just one hour watching and recording the birds in their garden or local green space, then send their results to the RSPB. Close to half-a-million people join in the Birdwatch every year, with 9700 people across Cheshire taking part in 2018.

To help prepare for Big Garden Birdwatch 2019, there are events on offer across Cheshire this January - from discovering how to attract more wildlife into your garden to gaining tips on how to identify the creatures that live on

your doorstep:

'Get Ready for the Big Garden Birdwatch' will be held at RSPB Burton Mere Wetlands nature reserve near Neston on Sunday 20 January. Drop-in from 1-3pm to make bird feeders, and the knowledgeable team will also be on hand to assist with garden bird identification to help you prepare for the birdwatch. Cost £2 per feeder, normal entry fees apply to non-members visiting the reserve (RSPB members free), no booking needed.

A 'Big Garden Birdwatch quiz trail' will also be taking place at Burton Mere Wetlands throughout the month. Families are encouraged to take part in this self-led activity to discover more about garden birds and how to take part in the Birdwatch. Cost £1 per quiz sheet, normal entry fees apply to non-members visiting the reserve (RSPB members free), no booking needed. More details for both can be found at rspb.org.uk/burtonmerewetlands

Over the last 40 years, 130 million birds have been counted giving the RSPB an astonishing amount of insight into how our wildlife is faring.

For four decades, Big Garden Birdwatch has highlighted the winners and losers in the garden bird world. It was first to alert the RSPB to the decline in song thrush numbers. The song thrush was a firm fixture in the top 10 in 1979. By 2009, its numbers were less than half those recorded in 1979, plummeting to 20th in the rankings.

"Reaching 40 years is a huge achievement and shows just how passionate people across the UK are about their wildlife. The survey started as a winter activity for our youth members. It's now the largest garden wildlife survey in the world and appeals to both children and adults because it's an enjoyable, easy, inclusive activity that anyone can do, and a great opportunity to connect with nature."





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NASSAU

Hidden among a group of islands poised between the Atlantic and Caribbean—and only a few hundred miles from the United States' southern coast of Florida—Nassau Paradise Island has sheltered everyone from pirates and freed slaves to blockade runners, rum smugglers and runaway lovers over the centuries. And although times are peaceful now, they still cherish a tradition of people making their own rules under sunny skies.



Musical traditions here reflect both the impact of history on the islands and a homegrown, distinctively national character. All through the islands of The Bahamas, music is woven deeply into the fabric of daily life—so much so that one of the nicknames given to our archipelago is “the Islands of Song”.

COZUMEL

One of the top diving destinations in the world for its bright storybook coral reefs, the island of Cozumel is also home to a variety of natural beaches. Choose a beach with soft white sand for relaxing, or snorkel off a rockier vista. A destination for both adventure and romance, Cozumel has a year-round Caribbean climate, untrammelled jungle and abundant nightlife.



COZUMEL

The most common method of transportation to the island is by boat. There is a ferry service that connects Cozumel to Playa del Carmen for pedestrians, and a ferry out of Calica.

The ferry connecting to Playa del Carmen runs quite frequently, there are three ferries on duty. If you fly into Cancun, take either an airport-shuttle to Playa del Carmen, or a bus from the airport to Cancun City, and then a taxi to Playa.

From Playa del Carmen you can take the ferry to Cozumel. Once in Cozumel, there are lots of places within walking-distance, or you can take a cab, rent a car, or even a scooter.

Wear really comfortable clothing (beachwear), shoes (flip-flops!), plus sunscreen and repellent.

For all travelers, divers, and snorkelers, please do not touch the marine life or pick them up. Let's work together to preserve this beautiful place.

Organize your day and take care in the sun while you are at the beach to avoid heat stroke; always carry water and a hat or cap with you.

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Subaru BRZ 2.0i SE Lux



Dynamic, sophisticated and thrilling, that's what I think of the new updated BRZ.

With its low centre of gravity, rear-wheel drive and taut chassis all helping it deliver exceptional on-road handling. This is what being a motoring journalist is all about - and why I love the BRZ so much. So, what's new for 2018. Well, the BRZ now boasts an upgraded infotainment system, with 7" multi-function display, satellite navigation, DAB radio and Apple CarPlay™ and Android Auto™ – all as standard.

Power and Efficiency:

Fitted with a 2.0-litre horizontally-opposed (Boxer), four-cylinder, four-stroke (DOHC 16V) petrol engine with 200PS @ 7000rpm and 205Nm of torque. 0-62mph is around 7.6sec, fuel consumption is a decent 32.8 mpg combined and a top speed of around 140mph.

For all those tech nerds, out there - the engine's pistons are placed 180 degrees apart allowing a lower, flatter engine profile. This gives the powerplant - and therefore the whole car - a lower centre of gravity. This more balanced weight distribution gives the BRZ exceptional handling, poise and more importantly control.

Boxer engines have taken some stick in the past, but, they fascinate me and the Boxer engine in the BRZ is pretty cool, thanks to key features such as the

engine's square bore and stroke (86mm x 86mm), which all helps achieve a balance between mechanical efficiency, environmental performance, speed and power.

The engine is also fitted with an intelligent port injection system, which selects the appropriate fuel injection rate to provide greater fuel efficiency and lower emissions - all wonderful stuff then!

On the road:

Nimble, frisky and if I am being honest, a little minx – and that's just to get you started. Take the nimble little BRZ out on the road and you will feel how well it grips as I said early on in this review. Again, all thanks to the BRZ being fitted with a Torsen limited-slip rear differential for improved traction, allowing the more enthusiastic driver to make the most of the car's rear-wheel-drive layout.

Also, using a rear-wheel-drive sports car drivetrain allows the engine to sit further back in the BRZ chassis, which helps provide a perfect balance for precise control and grip during high-speed cornering. The BRZ is also fitted with a quick-ratio steering system – tuned to react instantly to every input, which makes it feel like a proper racer.

Of course, to get the best out of a sports car you need to have a front-engined, rear-wheel drive layout – and the BRZ has this by the bucket load.

For 2018, there have been some changes, and although very small – they all make a big difference. Sometimes when you have the perfect balance between man and machine, it's not worth trying to perfect it more when you got it right first time around.

Design and Technology:

Some of the additional standard equipment on the BRZ includes; Subaru Boxer engine (2.0 litre petrol), Rear-Wheel Drive, Track Mode function, Torsen® Limited Slip Differential, LED headlights, Keyless Entry & Push Button Start System, 7" multi-function colour touchscreen with Apple CarPlay™ and Android Auto™ and Satellite navigation.

To sum up: What can I say – the BRZ is a great drive and perfect for someone who wants a nimble little sports car.

Price: £27,025 (from)



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Gardening in February



What to do in the garden in February

Everyone knows gardening is seasonal, but the variations in our weather, and range across the UK means the rules about what to do when in the garden are not hard and fast rules. Gardening advice has to be moderated by the weather. No two Springs are ever the same and the weather can make a big difference.

February is a pruning month, although it is always best done in a mild spell. What to do in the garden in February depends where in the country you are gardening. If you garden in the south of England or have a garden which is sheltered, more can be done earlier, but northern gardeners, especially those with exposed plots, may need to leave tasks to late February or Early March. All gardening calendars are just a guide it depends on the weather.

Pruning in February

February is pruning month for two tricky climbers: **Clematis and Wisteria.**

Getting Wisteria to flower is more reliable if it is pruned correctly. How to make Wisteria flower is one of the most frequently asked questions.

Before pruning a clematis, it is first necessary to work out to which pruning group the Clematis belongs and then check out how to prune it.

If it's characterised by large flowers in the mid summer, it needs only a light prune. If it flowers bloom from mid to late summer, it's a harder prune. The words "pruning" and "Clematis" are scary but here is how to make it easy. Do not prune the early flowering Clematis at all, which are those which flower between February and May, they are varieties such as Clematis Montana, Alpina, Armandii.



These types of Clematis, because they flower shortly after this time of the year which is early in the growing year, if you were to prune now you would cut off the branches carrying the flower buds. They only need pruning if they get out of control. These images left show the axil buds which you need to identify whether you are pruning either group.

What to sow in February

To germinate seeds early in the year a warm, benign environment is needed. Very few gardeners can afford the luxury of a heated greenhouse which means bringing seed trays into the house, not ideal, or using a heated propagator mat and site the seed trays in a porch or unheated conservatory. Seeds will need to be placed into a sealed propagator to create a warm atmosphere which will not dry out, and once germinated, removed and kept frost free. Light levels are very low in February so seeding is not easy and plants need to be turned regularly to keep even growth.

The benefits of seeding in February is if it goes well, the plants will mature earlier. Sowing in March and April is easier because of the extra light and warmth.

Suitable for seeding in February: Aubergines, Beetroot, chillies, courgettes and cucumbers, french beans, lettuce and rocket and tomatoes. Flower seeds, many of the popular garden plants such as Ageratum, Antirrhinum, Calendula, Cornflower, French Marigolds, Nigella, Rudbeckia, Salvia, Scabious and Zinnia.

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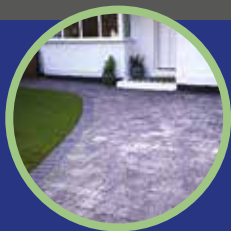
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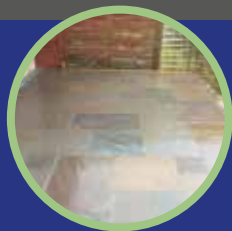


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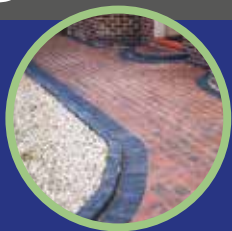
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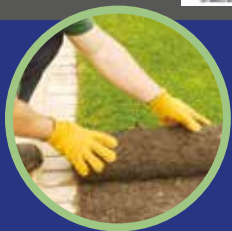
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Duke and Duchess of Sussex open citizens' supermarket at Pyramids Shopping Centre on 14th January 2019

Henry Moran, 6, presents a teddy to Prince Harry.

Photo credit: Mandy Jones Photography



The Pyramids Shopping Centre welcomed the arrival of Their Royal Highnesses, The Duke and Duchess of Sussex who officially opened the Number 7 subsidised café and supermarket, which has been set up in partnership with local MP Frank Field's charitable organisation, Feeding Birkenhead.

As part of their first visit to Merseyside as a couple, Prince Harry and Meghan were at Pyramids from 11.40am until 12.20pm to meet with the shopping centre's director, Derek Millar, Frank Field and the team at Number 7.

The collaboration between Pyramids and Feeding Birkenhead to bring a membership-based, non-profit food shop and café to help local people at risk of hunger has been five years in the making. The initiative is part of the wider Feeding Britain network, which aims to eliminate hunger in the UK.

Birkenhead-based shipbuilder, Cammell Laird began refurbishing the 903m sq. unit at 7 Princes Pavement completely free of charge in spring 2018. The café opened its doors in November and has been extremely well

received by the community. The supermarket completed just before Christmas and has been enjoying a successful few weeks.

"Working with Frank Field on this pioneering service is one of the most important projects I've been involved with in my career," said Derek Millar, Centre Director at Pyramids Shopping Centre. "What Feeding Birkenhead, Cammell Laird, Pyramids and all the other stakeholders and individuals have contributed in terms of time, funding, supplies, support - the list goes on - is something we are all immensely proud of.

"We are honoured to have had this phenomenal opportunity to welcome the Duke and Duchess of Sussex to Pyramids Shopping Centre and to share our story with them is truly amazing," said Derek. "The Royal Visit to the Wirral alone is wonderful for the region but to have the spotlight on Number 7 has provided an unprecedented platform for us all to show a huge audience what we're doing to help regenerate Birkenhead.

"We are grateful beyond words that Harry and Meghan

have recognised our efforts and commitment to helping change the lives of vulnerable people,” Derek added. “Their backing will certainly encourage other leaders around the UK to see how they too can bring something similar to their communities.”

Frank Field commented: “I am absolutely thrilled that the Duke and Duchess of Sussex graciously accepted my invitation to visit Birkenhead. Number 7 aims to be at the cutting edge of fighting poverty in the town and it will be a moment to treasure – for our customers, staff, volunteers, and supporters – to have the royal couple officially launch the project.

“Likewise, Her Royal Highness will issue the first of Feeding Birkenhead’s baby boxes so that a young mum can be as proud in taking her baby to appointments as other mums who are more fortunately placed,” said Frank.

Number 7 focuses on the provision of good quality surplus food for people in Birkenhead who have difficulty paying the bills. Membership for the citizens’ supermarket will be by referral from one of Feeding Birkenhead’s partners, such as housing and healthcare organisations and are for six months initially, with the option to extend if further support is needed. Access to the café and community support services are available to all.

Prince Harry and Meghan were at Pyramids Shopping Centre for the official opening of its subsidised café and supermarket, Number 7.

Suppliers including Kellogg’s and Brake have been keeping the shelves stocked. Additional services will see local charities and community groups providing a range of supportive services including welfare rights, debt advice, help looking for work, as well as budgeting support and cooking workshops.

For further information on how to volunteer at Number 7, donate or help with fundraising, please visit www.feedingbritain.org. Any businesses wishing to contribute to funding, food or other skills or supplies, can also get in touch via the Feeding Britain website or via Twitter at [@Feeding_Britain](https://twitter.com/Feeding_Britain).

More news, events and offers can be found on the Pyramids Shopping Centre website at www.pyramidsbirkenhead.com, on Facebook at www.facebook.com/pyramidsshoppingcentre and Twitter at www.twitter.com/PyramidsSC.

Derek Millar, centre director, left, and Birkenhead MP Frank Field have spent the last five years on the Number 7 project.



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Wednesday

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Slow Flow - Cecilia
7.30 - 8.30 pm

Thursday

Lion's Zen (Kids) - Jade
4.15 - 5.00 pm
Vinyasa Flow - Jade
6.00 - 7.00 pm
Yin Yoga - Jade
7.30 - 8.30 pm

Friday

Yoga for All - Jade
10.00 - 11.00 am
Kundalini Calm & Revive - Tara
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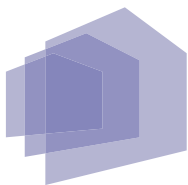
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Local volunteer appeals for support with British Heart Foundation fundraising group in Wirral

Jenni Bowden is calling on the people in the area to help beat heart break forever by joining a new fundraising group in support of the British Heart Foundation.

Around 44,000 people across Wirral are fighting a daily battle with heart and circulatory disease. Each year these devastating conditions claim the lives of more than 1000 people in Wirral alone.

Fundraising groups are the face of the BHF in their local communities. From running fundraising events, to supporting schools and local businesses, organising collections or running marathons, they are a fantastic way to support the charities vital work.

Three years ago Jenni's dad, Phil sadly died of a sudden heart attack. Following her tragic experience Jenni joined the BHF.

Jenni says; "my dad was so fit and healthy, so when he had a heart attack it was a massive shock for us all. It was then I decided to join the BHF as a volunteer. I want to raise funds and awareness so that other people don't have to go through the same life shattering experience that my family did. It would be great to get new members on board in Wirral, we organise events and hold collections and have fun. I have even started running marathons which is something I never thought I would do. And we do all this while raising funds for such important lifesaving research" Being part of the Group is a way to meet new people, make great friends, get involved in your local community, all whilst helping to fund pioneering research into better understanding and treating heart and circulatory disease and most importantly, having FUN!

Hayley Gough, Fundraising Manager in Wirral for the BHF said "Wirral is such a wonderful community and we are so excited to expand the local group and start up new ones. Heart and circulatory disease is Merseyside's biggest killer. I think everyone knows somebody who has been impacted by heart and circulatory disease which is why our fundraising groups are so important. Without them, we wouldn't be able to carry on funding our lifesaving research"

For more information about joining the group call Hayley Gough on **07768 980 727** or email goughh@bhf.org.uk



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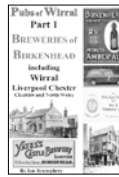
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web site: <http://www.yesterdayswirral.co.uk>



Above:

These were the steps leading down to the beach at the south end of **Parkgate** - Mostyn House School is the tall building with the flag pole in the background, pictured on The Parade. The message on the back of the postcard, which was sent in August 1915, said "We've 2,000 soldiers camping in the field (Park Fields) by the station."



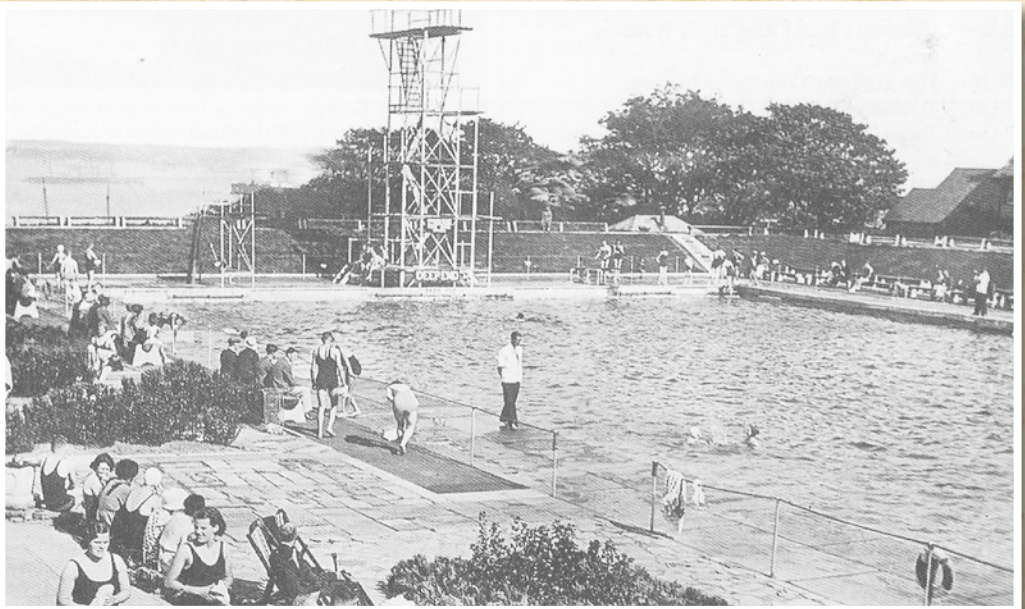
Above:

The shops on the left in **Lower Heswall** village were from the left: L.E Drew, fruiterer and florist; Brierley, stationer and tobacconist; Heswall Post Office with a sign for public telephone above the entrance and Lloyds Bank in what was formerly Smallwood's Bakery. The Lydiate was to the right of the vehicle in the distance.



Above:

West Kirby Marine Lake is pictured in 1930. In February 1931 the local council borrowed £2,450 for construction of baths in West Kirby Lake and the bathing facilities improved. However aschem to build a wall separating the baths from the lake was turned down in 1935 on the grounds of cost.



Above: **New Ferry baths** were built on the Bebington Council's river frontage to the Merseybank Estate at a cost of £12,000 and opened in July 1932. During the first two months there were 80,000 visitors, bathers and non-bathers. Described as one of the most up to date swimming baths in the country. The baths were sold in the 1970's and a housing development now stands on the site.

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Bacon-Apple Red Cabbage Soup

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In large saucepan or Dutch oven over medium heat, cook bacon 2-3 minutes, or until cooked through and crisp. Remove bacon from skillet; reserve. Drain drippings; return 1 tablespoon to pan; discard remaining drippings.

Add onion to pan. Cook about 2 minutes, until tender, stirring frequently. Add garlic; cook and stir about 30 seconds. Add red cabbage and liquid from jar, broth and chopped apple. Stir in cinnamon, allspice and cloves. Bring to boil. Reduce heat and simmer, covered, 10 minutes. Add water, 1/2 cup at a time, if soup is too thick. Add bacon to pan. Continue simmering about 3-5 minutes, until apples are tender and soup reaches desired consistency.

Spoon into bowl. Garnish with apples, yogurt and crumbled bacon, if desired.

Bacon-Apple Red Cabbage Soup

Prep time: 15 mins, Cook time: 20 mins, Servings: 4

- 2 slices thick-cut bacon, chopped
- 1 medium red onion, chopped (about 1/2 cup)
- 1 clove garlic, minced
- 1 jar (16 ounces) Sweet & Sour Red Cabbage, not drained
- 2 cups low-sodium, fat-free chicken or vegetable broth
- 1 medium apple, chopped (about 1 cup), plus additional for garnish (optional)
- 1/4 teaspoon ground cinnamon (optional)
- 1/8 teaspoon ground allspice (optional)
- 1/8 teaspoon ground cloves (optional)
- plain yogurt or sour cream (optional)
- crumbled cooked bacon (optional)

German Potato Salad Soup

Prep time: 15 mins, Cook time: 15 mins, Servings: 4

- 1 cup chopped onion
- 1 cup chopped red bell pepper
- 1 tablespoon olive oil
- 2 cans (15 ounces each) READ German Potato Salad, chopped
- 1 bottle (12 ounces) light beer
- 3/4 cup reduced-sodium, fat-free chicken broth
- 6 ounces (1 cup) diced ham, smoked turkey or sliced smoked sausage (optional)
- 1/2 teaspoon salt (optional)
- 1/4 teaspoon pepper
- 1 tablespoon chopped parsley
- rye croutons (optional)
- crumbled bacon (optional)

In Dutch oven or 3-quart saucepan over medium heat, cook onion and bell pepper in oil until onion starts to brown, 5-7 minutes, stirring occasionally.

Add potato salad, beer, broth and meat, if desired, and stir to combine. Bring to boil, reduce



German Potato Salad Soup

heat and simmer, uncovered, 10 minutes, stirring occasionally. Add salt, if desired, pepper and parsley.

Serve topped with rye croutons and bacon, if desired.



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Maggie's Monday Mornings for Men

maggie's
People with cancer need places like these

Maggie's Merseyside at Clatterbridge, the cancer charity which provides free practical, emotional and social support for people living with cancer is opening up their Men's Cancer Support group to more visitors and men affected by cancer.

Located next to Clatterbridge Cancer Centre Maggie's is a warm and welcoming place, with qualified professionals on hand to offer an evidence-based core programme of support that has been shown to improve physical and emotional wellbeing.

The Men's Cancer support group facilitated by a psychologist is an opportunity for men to talk to other who have been diagnosed with cancer. The group offers a safe place to express emotions they may not want to share with family and friends. The group is held the first Monday of each month 9:30 – 11:00am but as of **February 2019** the time will change to 3:00pm – 4:30pm.

George Renshaw of Wirral has been attending the group since the beginning of 2018. He said 'As I wasn't getting any younger my wife suggested I should go for a routine health examination, as I hadn't felt unwell I wasn't worried when I went along for the appointment. But they quickly found something and biopsies were taken. I was later diagnosed with Prostate Cancer. It came as a total shock as I felt fit and well. My daughter-in-law is a cancer specialist and she accompanied me to appointments for moral support. I soon became in such a state and rather stressed that she recognised I needed further support, therefore she introduced me to Maggie's. I initially just dropped in and I was surprised at the readily available support. I then began attending the Men's Cancer Support Group which opened up a whole new world of friendship and welcomed support which I didn't know existed. It became like a social club for me.

The group helped to remove my anxiety that came with the diagnosis and what's really special is that I no longer feel like I have cancer when I come to Maggie's and I look forward to coming. I have now gone on to join the walking group at Maggie's and have also benefited from their 'Living Prostate Cancer Course' which has helped with nutrition, exercise and

to develop coping mechanisms. I will continue to visit Maggie's as they've been so good and I enjoy meeting and talking to people who understand what I'm going through and to share experiences. Maggie's is just a lovely place to be when you require advice, support and friendship.

Gemma Hollington, Psychologist at Maggie's Merseyside expressed 'The group aims to provide a safe supportive safe for men to talk about their thoughts and feelings regarding life following a cancer diagnosis, and the challenges involved in managing different treatments. The group is open to men of all ages, and with any type of cancer. One of the key aims is to normalise the experience of difficult thoughts and feelings, alongside strengths and achievements. By sharing their experiences and ways of coping, men are able to support each other through the process of adjustment. There can also be a lot of laughter and light-heartedness, and previous group members have reported looking forward to the group and the social support it provides. Therefore we are welcoming more men to join the group and seek the support we offer'. Maggie's Merseyside relies solely on the support and generosity of people and voluntary donations, you can help us to make sure that Maggie's support is available to everyone who needs it across Wirral, Merseyside, Cheshire and North Wales this year, next year and in the years to come.

For more information about the Men's Cancer Support Group please contact the centre on **0151 334 4301** or email clatterbridge@maggiescentres.org

For further information about Maggie's Merseyside please go to www.maggiescentres.org/our-centres/maggies-merseyside/

Follow Maggie's Merseyside on Facebook for the latest news and stories <https://www.facebook.com/maggiesclatterbridge/>

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2018

So the club has weathered many ups and downs, including the loss of members in WW2 but in the millennium year the club began to encourage ladies to join, which they did and are now hugely respected for the commitment they have made to the success of the Club and Rotary's aims.

MINIBUS APPEAL

A major project to commemorate the Club's 90th year was raising funds for a replacement minibus for Shaftesbury Youth Club – a Club supported by

Rotarians for many years. The target of £12K has almost been reached and work is in hand to obtain a suitable vehicle.

FEEDING SUPPORT FOR THOSE IN NEED



Birkenhead Rotary Club President Bob Hall is pictured far right at the Neo Community Cafe viewing the newly installed commercial oven funded by the Club and supported by a Rotary Foundation District Grant. Neo provides many community based services in an area of need in Birkenhead but meals are offered freely to those in most need. Also in hand is a vacuum packing machine to enable many more good quality meals to be provided with a longer shelf life, which will help with increased demand.

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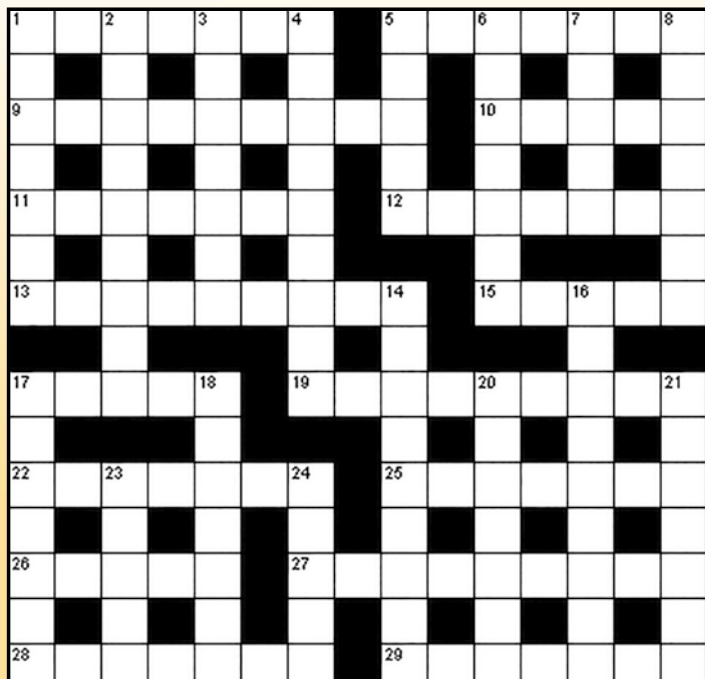
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PUZZLE CORNER



Quick Crossword Puzzle

Down

- 1 Emotionally excited (7)
- 2 Virtuoso (9)
- 3 Fickle (7)
- 4 Bony frames (9)
- 5 Thorny flowers (5)
- 6 Improper behavior (7)
- 7 Insect stage (5)
- 8 Trudged (7)
- 14 Not real (9)
- 16 Blimps (9)
- 17 A tropical cereal grass (7)
- 18 Hangs (7)
- 20 Dirty the air (7)
- 21 Rats (7)
- 23 Adored (5)
- 24 Greasy (5)

Across

- | | | |
|--------------------------|--------------------------------------|----------------------------|
| 1 Without direction (7) | 13 Deserters (9) | 25 A pike (7) |
| 5 Wanders (7) | 15 Slept (5) | 26 A squalid shack (5) |
| 9 Eyewitnesses (9) | 17 A dish of greens and tomatoes (5) | 27 Trespass (9) |
| 10 Pinfish (5) | 19 Small wading bird (9) | 28 Propriety of manner (7) |
| 11 Enclose (7) | 22 Judgments (7) | 29 Folds (7) |
| 12 "The whole _____" (7) | | |

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: **Hard**.

Solutions can be found on our website:
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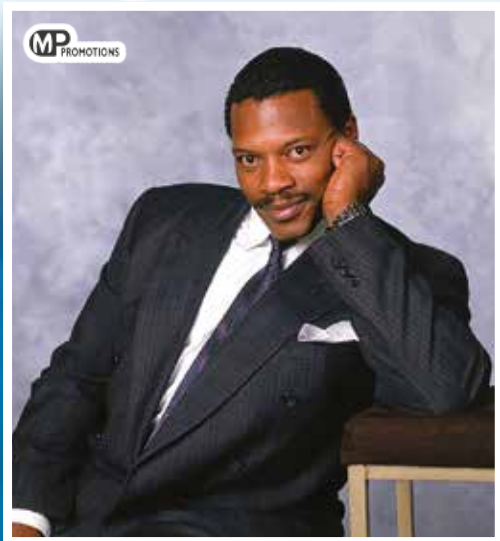


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10:00am - 12:00pm

West Kirby Beach

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Sunday 3rd February 2019

Tennis for Free in Birkenhead Park
10:00am - 12:00pm

Tennis courts, Cavendish Rd, Birkenhead CH41 8AX, UK

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Monday 4th February 2019

Cycle Hub at Birkenhead Park

Visitor Centre, Birkenhead Park, Park Dr, Birkenhead CH41 4HY,

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This is a free event.

This event may not take place on bank holidays.

Monday 4th February 2019

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St Barnabas Scout Hall, Bromborough, CH62 7AA. Next to Barclay's Bank.

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Wednesday 6th February 2019

Bridge Players Wanted

Thingwall Recreation Club, Sparks Lane, CH61 7NE.

Wanted. Bridge players. We play Duplicate Bridge, Wednesday evenings, starting at 7.30pm. Friendly atmosphere, all abilities welcome. Contact Alan Peter 0151 201 1786



Friday 8th February 2019

Knit & Natter - West Kirby Library

A chance to improve your knitting skills and enjoy good company. All skill levels welcome. Free. Contact Laura Pringle 0151 929 7730

Friday 22nd February 2019

Whitney - Queen of the Night

**Marine Promenade, New Brighton, Wirral, CH45 2JS
Box Office: 0151 666 0000**



Saturday 23rd February 2019

3D Art: Make a blossom bowl

Williamson Art Gallery & Museum, Slaty Rd, Birkenhead, CH43 4UE

Join the team from 3D Primo at the Williamson Art Gallery to create your own decorated bowl using 3D pens. Come and discover the possibilities in arts and crafts for this exciting new technology.

All materials are provided and you get to take home your finished work. This workshop costs £35 per person.



Tuesday 26th February 2019

Pedal Away ride
10:00am - 12:00pm

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PRAISE FOR A WIRRAL CARE HOME WITH A 'GOLDEN HEART'



Sandra Clarke, activities co-ordinator at The Hazelwell, receiving the Golden Hearts in the Community award from YMCA Wirral Chief Executive Nigel Hughes.

A Wirral care home has been awarded the Golden Hearts in the Community award by YMCA Wirral for only the 25th time since the youth charity introduced the accolade 73 years ago.

The Hazelwell, a residential, nursing, palliative and respite care home in Heswall, which opened in the summer of 2016, has supported the organisation for the past two years. It has helped provide the YMCA Wirral with much-needed clothing parcels, such as hats, scarfs, gloves and other items to help people, without a home or shelter, deal with the cold temperatures in winter.

The care home has regularly raised money for the charity, including recently hosting a Christmas family day for residents and their families, staff and members of the community, with proceeds from a festive raffle donated to the YMCA Wirral night shelter at Birkenhead.

The YMCA Wirral was founded in 1874 and its mission is focused on helping young people to overcome homelessness and making sure that they feel like they belong and thrive in their local communities. The charity introduced the Golden Hearts in the Community award in 1946. Its first recipients were the Air Raid Patrol (ARP) who rescued residents from bombed-out houses -

who were subsequently left homeless - during the blitz in the Second World War around Royal Albert Dock.

The Hazelwell becomes the 25th receiver of the Golden Hearts in the Community award which is decided by an independent panel.

The organisation's chief executive Nigel Hughes said: "The Golden Hearts in the Community award is recognition that the staff and residents at The Hazelwell are a very special group of people in the Wirral community. It is not something which is awarded very often and only for an outstanding deed or gesture so it really is well-deserved.

"No other care home in the Wirral has ever helped the YMCA Wirral. The Hazelwell contacted us not long after it opened and have supported us ever since. The staff and residents are fully behind doing all they can for us. You would think that when a person goes into residential care that they would be more concerned about their own lives so it's extremely heart-warming for residents of The Hazelwell to think about trying to help others."

The Hazelwell care home manager Kathryn McGuinness said: "It's a huge honour for us to be given this award by the YMCA for only the 25th time in its long history.

"We are extremely pleased to have been able to support the YMCA Wirral in any way that we can. They are a fantastic charity who do fantastic work in our local community, which our residents recognise and are appreciative of.

"I'm sure that our residents and staff will continue to support the YMCA Wirral in achieving their mission. We look forward to working with Nigel and the charity for years to come."

For more information about the packages on offer at The Hazelwell contact Kathryn McGuinness on 0151 342 9654, email info@thehazelwell.com or visit www.thehazelwell.com



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