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The Monthly Business & Community Magazine

January 2016
Issue 47

Your Local magazine with heart delivered monthly across Wirral

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HAPPY NEW YEAR TO ALL OUR READERS

WIRRAL FOOD GUIDE
Page 32

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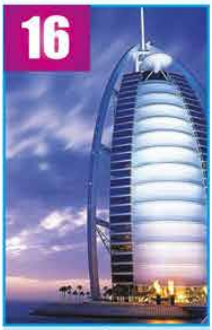
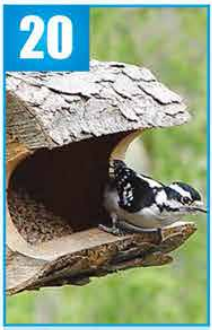
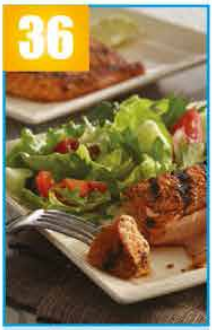


Holiday Destinations - Dubai



Create Your Own Nature Garden

3 Steps To Kick Off A Year Of Good Health



Swap Salt For Herbs & Spices

Questions And Answers

Love Wirral

The Magazine of Choice for Businesses in Wirral.

Happy New Year in 2016

to all our advertisers & readers

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Cover photograph Moorings Heswall by Rue Photography (advert page 18) Tel: 07940 407107

Dear Friends, January sees us welcome in 2016!

There's often a sense of optimism that accompanies a New Year, new beginnings and encouragement to a fresh start.

Winter months can leave us feeling cold and despondent, the house needs decorating and brightening up, we need more space!

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Whatever your plans for the New Year, we wish you every success with them and look forward to seeing you next month.

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Best Wishes

Maxine

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Advertising Rates on page 58

Our advertising rates can be found on our website @ **www.love-wirral.com**

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

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ROVER WATCH

Tranmere's turbulent season continued with another frustrating run of inconsistency through November. Rovers picked up just one point from three away games, and needed a last gasp penalty to secure their only home win of the month. Accordingly, the Superwhites have slumped to mid-table obscurity in the fifth tier, as pressure mounts on the serial under-performers.

As the month began, Gary Brabin had two whole weeks to work with his side on the training field, as Tranmere prepared to play Lincoln City for the third time in twenty-one days. Therefore, this felt like a pivotal game for Rovers, a crossroads that would go a long way to informing of their true talents. Many fans were frustrated, then, that Tranmere didn't seem to have a clear tactical plan despite familiarity with the opposition, and that Rovers failed to score against Lincoln in 270 minutes of play. By contrast, Whitehawk of the division below put five past The Imps in one FA Cup game!

In a scrappy affair at wintry Sincil Bank, Tranmere plugged away, but were unable to create any meaningful chances. It was a familiar story, and things got even worse when Luke Waterfall, a centreback who was released by Rovers in 2009, headed home the only goal of a frustrating game. James Norwood missed Tranmere's best chance in the second half, as Brabin's men fell to a third straight defeat and a fifth in seven games. Rovers failed to score in their fourth consecutive match, as fans' patience began to wane.

There was an air of desperation around Prenton Park for the visit of Guiseley on 21st November. Quite frankly, Tranmere need to secure immediate promotion back to the Football League, from a financial standpoint. Lurking in the National League for multiple seasons will simply not suffice for a club of this magnitude. Accordingly, the Guiseley game also like a must-win, one final chance for Rovers to kickstart some momentum heading into Christmas.

For vast smashes, this was another disappointing game that was difficult to watch. A crowd of 4,352 was on edge, and Tranmere looked fragmented from the very beginning, failing to accommodate strikers Gary Taylor-Fletcher, Andy Mangan and James Norwood in a fluid lineup. Guiseley took a shock lead on twenty-four minutes, when they were quicker in transition and stronger in midfield. A cross was turned away by the Tranmere defence, but the ball fell to Danny Boshell, who hit a flush volley beyond Scott Davies and into the net, as the nightmare continued.

On the very brink of crisis, Norwood responded by rising highest to head home from a corner shortly before half-time, then inspired Rovers to a much-improved performance in the second period. Tranmere created an abundance of chances, but in their position, chances aren't enough. Rovers need goals, wins, points on the board. And, for the longest period, it looked as though they would be held by the Yorkshire minnows.

Yet, in the third minute of stoppage time, and with anxiety mounting, Taylor-Fletcher put Norwood in down the left channel with a fabulous ball. James got to it before the on-rushing goalkeeper, and managed to knock it to the side, only to be hauled down for a last-ditch penalty. The striker picked himself up and promptly dispatched the kick under immense pressure, averting further embarrassment and securing three points for Tranmere.

Any hope that the late win would inspire a momentous run to promotion was swiftly dashed three days later, as Rovers suffered their most humiliating defeat in decades, away to part-time Woking, who were without a home win in six tries, but who ruthlessly pummelled Tranmere.

The Superwhites actually started with a flurry, but Steve Jennings missed a terrific opportunity and Norwood had a goal disallowed for offside. Then, on twenty-seven minutes, the floodgates opened. Dan Holman headed Woking into the lead, before a goalkeeping howler allowed John Goddard to double the deficit shortly before half-time. After the break, Rovers crumbled even further. On fifty-five minutes, Holman wanted the ball more than Lois Maynard and Steve McNulty, shrugging the former off and slotting calmly beyond Davies as the latter failed to track back in time. When Joe Quigley scored a fourth for Woking with seventeen minutes remaining, Tranmere's disgraceful performance was complete. A late wonder goal from Norwood was scant consolation, as Woking ran out 4-1 winners on a dark night in Rovers' history.

Things didn't really get any better away to Boreham Wood four days later. Against another relatively unknown club residing fifth-bottom of the league, Tranmere fans expected nothing less than a victory. Indeed, 327 Rovers supporters made the 400-mile round-trip, contributing to the sparse attendance of 640. Once again, Tranmere had more fans than the home team, which shows the scale of their opponents in this league. However, the fact that Rovers are barely troubling these teams, let alone hurting them, is deeply saddening and indicative of deficiencies in tactics and preparation.

In a really poor game against Boreham Wood, Tranmere struggled to make any impression, and once again failed to score. Fortunately, the home side were equally poor, and the game ended in a dull draw. For Rovers, such results are simply unacceptable, but fast becoming the norm.

The Christmas period also got off to a disastrous start, when Braintree Town emerged victorious at Prenton Park on 5th December. Tranmere received the best possible start when Adam Mekki's third minute cross flew into the net, but the visitors replied almost immediately with a fine volleyed finish by Daniel Sparkes. The game lacked rhythm, but Braintree caught Rovers sleeping at a quickly-taken free-kick, with two simple passes and a neat finish putting the Essex side ahead and sparking a backlash from Tranmere fans.

Rovers never mustered any serious momentum, and failed to even put a dint in the Braintree backline. By contrast, the part-time visitors, coached by a school PE teacher, were well-drilled and played some very tidy football. They eventually ran out deserved winners, and received a generous ovation from the disgruntled Tranmere fans on full-time. Meanwhile, chants of "Your not fit to wear the shirt" rained down on the home team, who failed to win for the tenth time in twelve games, slipping to twelfth in the table, a whopping sixteen points adrift of the automatic promotion place.

Thus, Tranmere once again find themselves in a predicament. As has been the case for three years now, Rovers' form is woeful, their squad lacking in focus and preparation. Gary Brabin has been outthought on too many occasions, while the exciting style of play he promised is simply non-existent. As Christmas approaches, Tranmere look to have reached another dead end. Perhaps even more change is required before the club will stop sinking.

Article written and photos supplied by Ryan Ferguson for Love Wirral - http://ryanfergusonsportswriter.blogspot.co.uk/

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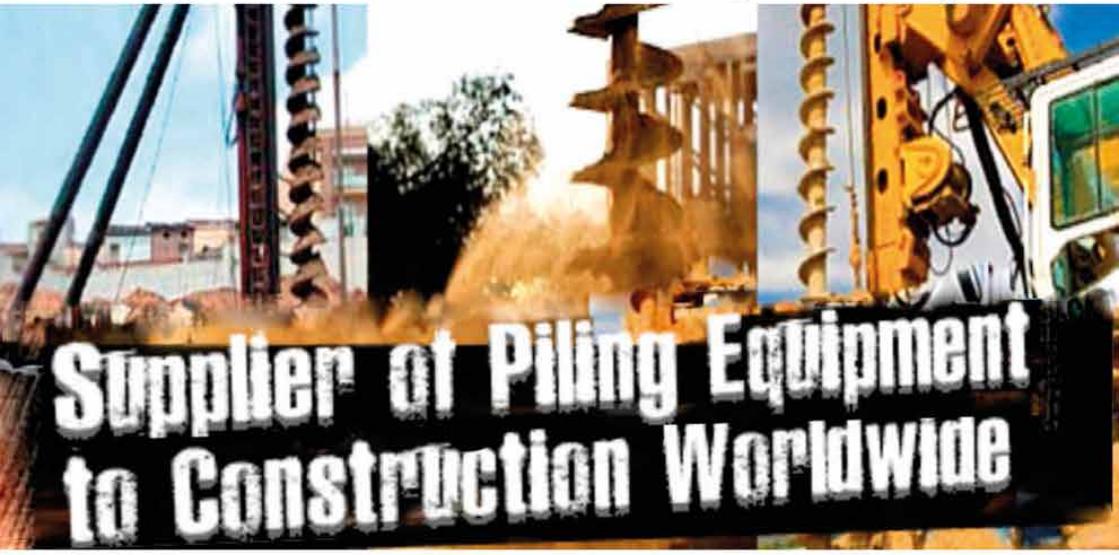

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DID YOU KNOW?

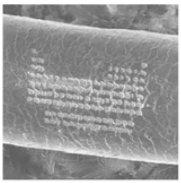
1. Thomas Edison's last breath is contained in a test tube in Michigan.
2. A member of the French Foreign Legion wounded while defending France can immediately apply for French citizenship as he is "French by spilled blood".
3. The creator of peanut M&Ms was allergic to peanuts.

4. 13 people have the first name "Donut" in the U.S.
5. Iceland has more books published and read per person than anywhere else in the world.
6. Warren Buffett made 99% of his wealth after he turned 50.
7. Wherever you are in the state of Florida, you're never more than 60 miles from the nearest body of salt water.
8. 37% of New Yorkers were born in another country.
9. The world's longest bike stretches to 117 feet, 5 inches, which is almost as long as half a New York City block.

10. Benjamin Franklin made 8 voyages across the Atlantic Ocean and was the first to map the Gulf Stream.
11. The U.S. uses less water now than it did in 1970.
12. George Washington was a ginger.
13. Bob Marley could have halted the spred of his cancer but refused to have his toe amputated for religious reasons.
14. A second is called a second because it is the second division of the hour by 60, the first being a minute.

15. Dolphins and whales give birth with the tail first instead of the head.
16. Sean Connery wore a toupee in all of the James Bond movies because he started balding at age 21.

17. "Under Pressure" was written by David Bowie and Queen during a 24-hour wine and cocaine marathon.
18. There are no bridges over the Amazon River.
19. The piano Freddie Mercury plays in Bohemian Rhapsody is the same exact piano Paul McCartney plays in Hey Jude.
20. Hawaii is the only U.S. state with a majority Asian American population, at 58%.



21. When Benjamin Franklin invented his own harmonica, it became so popular in Europe that Mozart and Beethoven composed music for it.
22. The world's smallest periodic table was carved on a strand of hair.
23. The largest passenger plane, as of 2015, has seats for 615 people.
24. Elephants rarely get cancer because they have 40 copies of genes that code for the tumor suppressor protein p53—humans have two.
25. Some volcano eruptions are capable of creating powerful electrical charges that can lead to bolts of lightning as large as two miles long.
26. The "x" in "x-ray" indicates an unknown quantity, much like it does in mathematics.
27. In 1781, Benjamin Franklin attended a concert in which he narrowly escaped death when the opera house caught fire and burned.
28. The world's deadliest recorded earthquake occurred in 1556 in China, killing an estimated 830,000 people.
29. You have about 70,000 thoughts a day.
30. Magellanic penguins always return to same mate after solo journeys totalling 200,000 miles.
31. The world's oldest yacht club is the Royal Cork Yacht Club which opened in Ireland in 1720.
32. The number of H2O molecules in 10 drops of water are equal to the number of all the stars in the universe.

33. The company that owned the WTC had scheduled a meeting for 9/11/2001 on Tower 1 to discuss what to do in the event of a terrorist attack, but rescheduled the night before because someone couldn't attend.
34. In 2013, two physicist managed to "tie" water into knots.
35. 90% of all wine produced in the world is meant to be consumed within a year or two from when it's made - an older wine is not always better.
36. There's a nightclub inside a prison in Venezuela.
37. After 3 months in the womb, a fetus already has a preference for which hand it uses the most.

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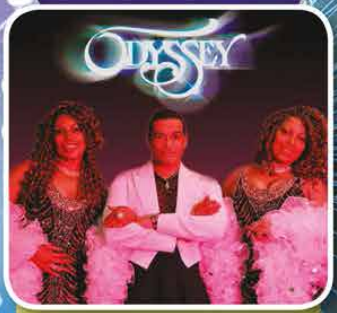

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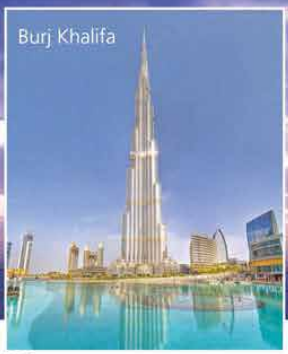
Burj Khalifa

Burj Al Arab

Whether you're looking for an escape, inspiration or exploration, Dubai is a unique holiday destination that delivers out-of-this-world experiences.

Look up at the world's tallest building, ski down snowy mountains in the desert, skydive above a manmade island or swim with sharks in a shopping mall. Dubai is where you can marvel at sparkling gold at old-world souks, taste the sea breeze on a traditional dhow cruise and whoosh down a 27-metre-high water slide, all in a single day.
Simply put, some of the world's supreme cultural, adventure and shopping experiences await, as do great meals, great entertainment and great fun. Discover the city that makes it all possible.

The historic Al Fahidi District (formerly known as Bastakiya) defines the eastern portion of Dubai Creek and is one of Dubai's most engaging neighbourhoods (and a proposed UNESCO World Heritage Site). Established in the 19th century by well-to-do textile and pearl traders, its labyrinth of lanes is lined with merchants' coral-clad houses, art galleries, cafés and quirky shops.

Al Fahidi has been fully restored and is the place to see traditional tall wind towers, also known as barjeel, constructed to funnel cool air into houses even in the hottest months. Wander the neighbourhood at your leisure, or join a 90-minute heritage tour.

No visit to Dubai is complete without a visit to the top of the world's tallest building. Even the journey upwards will entertain and educate you as you watch a multimedia presentation chronicling Dubai's exotic history and the development of the Burj Khalifa.
After ascending 450 metres to the At the Top observation deck in a high-speed lift, you'll be greeted by breathtaking, unobstructed 360-degree views of the city, desert and ocean. You can also walk the floor-to-ceiling glass-walled perimeter or step outside onto the open-air terrace, where special digitally powered telescopes provide virtual time travel with real-time views of the past and the future.

Burj Al Arab - The hotel's distinctive sail-shaped silhouette has made it an iconic symbol of modern Dubai. Often voted the world's most luxurious hotel, the Burj Al Arab is one of the region's most famous tourist landmarks. Built on a triangular man-made island, the billowing sail-like structure rises 321 metres above the sea and the hotel's atrium lobby is the tallest in the world.

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UPCOMING DATES & EVENTS IN JANUARY 2016

3rd - 12pm to 4pm - **Leasowe Lighthouse Open Day** - For full details of open days and events visit **www.leasowelighthouse.co.uk**

7th to 9th - **Gladstone Theatre, Port Sunlight** - Hoylake and West Kirby Theatre Group present **'Peter Pan' Pantomime'** www.gladstonetheatre.org for further details

7th to 10th - **Floral Pavilion, New Brighton - 'Jack and the Beanstalk'** Pantomime - see www.floralpavilion.com for further details

9th - **Wirral Farmers Market** - New Ferry Hall, New Ferry

15th - **Gladstone Theatre, Port Sunlight** - The Mersey Beatles play their final performance of their acclaimed movies and magic tribute show . See www.gladstonetheatre.org for further details

16th - **West Kirby Farmers Market** - St Andrews Church, West Kirby

29th - 7.30pm - **Floral Pavilion - All Star Wrestling** - call 0151-666-0000 to book

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Once upon a time the 'wildlife garden' was something that got tucked away at the bottom of the garden. The fear was that it would look a bit scruffy and spoil the general outlook – and besides, the rest of the garden was needed for other activities such as growing vegetables and displaying prized dahlias.

The good news is, times have moved on and today gardeners have realised that wildlife-friendly features can be incorporated everywhere. With just a little bit of thought, your garden can be good for you and for the planet. Some of the best gardens for nature are some of the most beautiful. So why not create your own nature trail?

Small garden changes can bring stunning visitors.

HABITATS Bird boxes, bug hotels and hoggy homes should be positioned in a safe, sheltered place away from daily human activity.

1 GREEN UP YOUR PATIO

Hard landscaping seldom offers much wildlife interest, bar a bit of lichen on the paving slabs or algae on the decking! To give your nature trail a better start, findaway to incorporate a container of pollinator-friendly wildflowers, or perhaps a bee brick, bug hotel or stookof short garden canes or hollow stems to encourage lacewings and ladybirds tohibernate.

That climber growing up the house-wall is the ideal place for robins tonest each year, and perhaps adding a nestbox will encourage sparrows to move in?

2 PLANT NECTAR-RICH BLOOMS

Flowerbeds are usually full of spring bulbs and summer flowers. In nature, this is like an open ungrazed habitat, bathed in sunlight, where flowers grow tall.

The obvious visitors are bees and hoverflies; if we're lucky, we'll see some butterflies, too. Stop, stoop and look hard – you'll see that all that foliage provides cover and homes for many other insects, spiders and other creepy crawlies too.

Butterflies and bees will really be boosted if you choose only those plants that are stuffedwithnectar and pollen. Too many cultivated plants have lost all their goodness, so avoid double flowers (whose stamens have been bred into extrapetals) and your borders will soon be buzzing.

3 BUILD A POND

A garden pond might not have the wild swans and geese of the great wetlands and marshes but, wherever there is water, life will come. For many of us the highlight will be frogs and newts. If you're really lucky you'll attract toads. But evenwatching the skimming of pondskaters across the surface or the antics under the surface of water-boatmen is entertainment enough.

Even an ornamental pond will still attract colourful dragonflies and damselflies, and birdswill visit to drink and bathe.

The larger your pond, the more wildlife it's likely to support. Ponds that have shallow margins and plenty of submerged native pondweed and emergent plants will be much better than steep-sided, plant-free ponds. The water weed and some pond snails will help keep the water clear.

4 CREATE LEAFY COVER

Climbing plants such as honeysuckle, clematis and evergreen ivy are ideal for turning bare fences into wildlife-rich habitat. Not only do they offer plenty of shelter for nesting birds and insects, but the flowers will offer nectar and pollen, and berries in late summer.

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3 Steps to Kick Off a Year of Good Health

A fresh beginning with a new year is the perfect time for a health assessment to ensure you are ready to take on a full and active year ahead. Even if you're feeling great, it's a smart practice to take time to identify potential problems before they become more serious health concerns.

Early detection of ailments, such as cardiovascular disease, can significantly impact an individual's ability to cope with the disease, allowing you to make adjustments such as changes in diet and lifestyle, or when necessary, drug therapies and other medical treatments. Delaying detection of this serious disease until its more advanced stages can have dire consequences.

With these three steps, you can get a better picture of your cardiovascular health and identify silent, hidden risk factors (like plaque in your arteries) that you may not even know are there.

1. Get your blood pressure checked.

Blood pressure measures how much force a person's blood is putting on the artery walls as the heart pumps. High blood pressure, or hypertension, occurs when your heart has to work extra hard to pump blood throughout the body. High blood pressure often happens when arteries lose their elasticity through hardening caused by cholesterol, plaque or scarring. Many people do not experience symptoms of high blood pressure, so it's important to have your blood pressure checked periodically. Screening for high blood pressure involves placing a pressure cuff around your upper arm to monitor both diastolic and systolic blood pressure. A normal systolic reading is between 90 and 119, and a normal diastolic reading is 60-79.

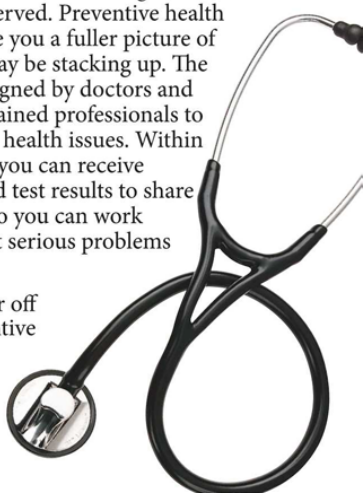
2. Get your cholesterol checked.

A simple finger-stick screening measures total cholesterol as well as three different kinds of lipids in your blood (HDL, LDL and triglycerides), which are important in determining your heart health. Low-density lipoprotein, or LDL, is known as the "bad" cholesterol and can build up in the walls of the arteries that feed the heart and brain. Along with other substances, it can form plaque - a thick, hard deposit that can clog those arteries. High-density lipoprotein, or HDL, is known as "good" cholesterol because it carries LDL away from the arteries and back to the liver, where it's passed from the body. A high HDL level helps prevent heart disease, while a low HDL level increases the risk of heart attack and stroke. Triglycerides are the most common type of fat. Like cholesterol, they circulate in blood but are stored in the body for extra energy. A high triglyceride level combined with a low HDL or high LDL can speed up the process of plaque formation in the arteries.

3. Learn about other risk factors for cardiovascular disease.

Many people in the early stages of cardiovascular disease are asymptomatic, meaning they have no symptoms to indicate their health is at risk. Some common risk factors include age (55 and older), family history, tobacco use and high blood-pressure, other factors, such as high cholesterol, aren't as easily observed. Preventive health screenings can give you a fuller picture of how risk factors may be stacking up. The screenings are designed by doctors and administered by trained professionals to help detect hidden health issues. Within a couple of weeks, you can receive easy-to-understand test results to share with your doctor so you can work together to prevent serious problems before they start.

To starting the year off right with a preventive health screening, visit your local doctors surgery.



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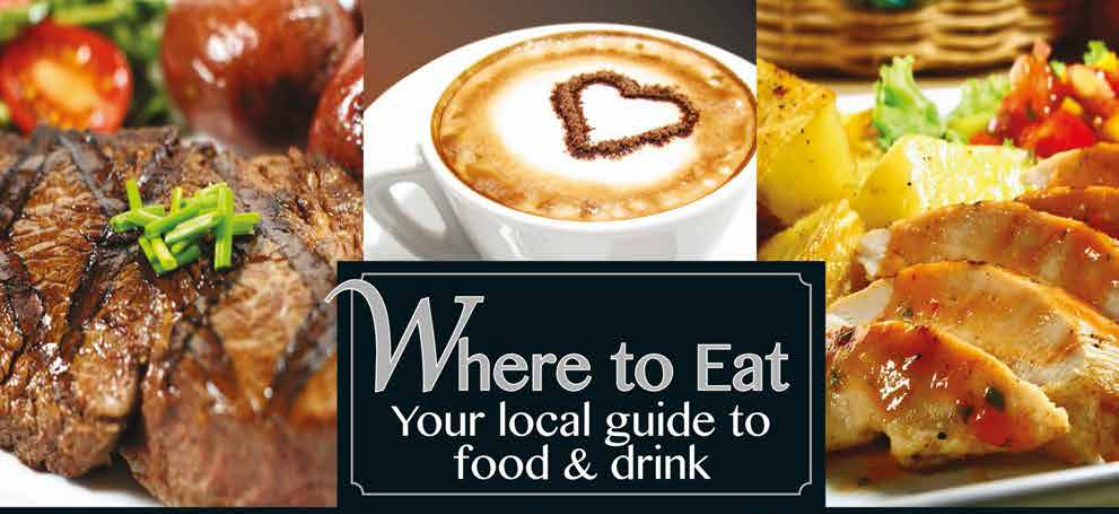

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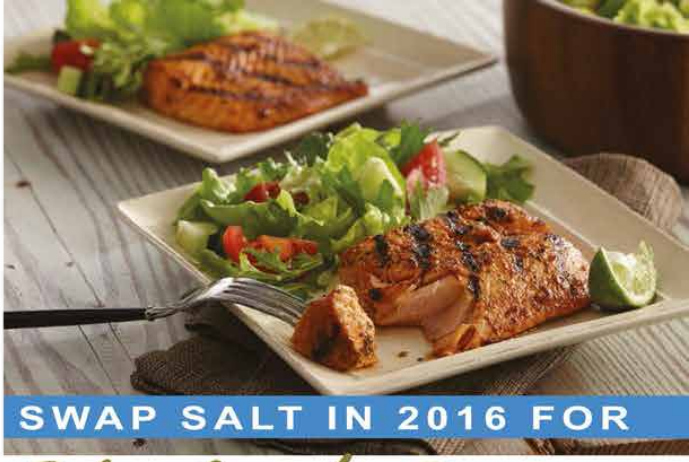

SWAP SALT IN 2016 FOR Herbs & Spices

Making a New Year's resolution? Don't forget salt. Most people consume about a 1,000 milligrams of sodium over the amount recommended by nutrition and health experts. New research shows cooking with spices and herbs could help you ditch the salt shaker and meet sodium recommendations.

Keeping a resolution to cut salt from your diet is easy. Use simple spice swaps to create tasty, low-sodium meals. From seasoning eggs with basil instead of salt to adding spices and herbs to no-salt tomato sauce, try these easy tips and recipes to make low-sodium meals full of flavour:

- Try making Citrus Herbed Chicken with Asparagus, Fiesta Citrus Salmon. These dishes don't call for any salt. Instead, they swap in basil, garlic powder and oregano.

Fiesta Citrus Salmon

Prep time: 5 minutes
Cook time: 15 minutes
Serves: 4

- **1/4 cup orange juice**
- **2 tablespoons olive oil**
- **2 tablespoons Salt-Free Fiesta Citrus Seasoning, divided**
- **2 tablespoons packed brown sugar, divided**
- **1 pound salmon fillets**

In small bowl, mix juice, oil and 1 tablespoon each seasoning and sugar. Place salmon in large re-sealable plastic bag or glass dish. Add marinade; turn to coat well. Refrigerate 30 minutes, or longer for extra flavour.

In another small bowl, mix remaining seasoning and sugar. Remove salmon from marinade. Discard any remaining marinade. Rub salmon evenly with seasoning mixture.

Citrus Herbed Chicken with Asparagus

Prep time: 10 minutes
Cook time: 20 minutes
Serves: 4

- **1/4 cup flour**
- **2 tablespoons grated Parmesan cheese**
- **1/2 teaspoon Garlic Powder**
- **1/4 teaspoon Black Pepper, coarse ground**
- **1 pound thin-sliced boneless skinless chicken breasts**
- **1 tablespoon oil**
- **1 1/2 cups chicken stock**
- **1 teaspoon Basil Leaves**
- **1 teaspoon Oregano Leaves**
- **1 pound asparagus, trimmed and cut into 1-inch pieces**
- **2 tablespoons lemon juice**

In shallow dish, mix flour, Parmesan cheese, garlic powder and pepper. Reserve 2 tablespoons. Moisten chicken lightly with water. Coat evenly with remaining flour mixture.

In large nonstick skillet, heat oil on medium heat. Add 1/2 of the chicken pieces; cook 3 minutes per side, or until golden brown. Repeat with remaining chicken, adding additional oil, if necessary. Remove chicken from skillet; keep warm.

In medium bowl, mix stock, basil, oregano and reserved flour mixture until well blended. Add to skillet along with asparagus. Bring to boil. Reduce heat to low; simmer 3-5 minutes, or until sauce is slightly thickened, stirring frequently. Stir in lemon juice. Return chicken to skillet; cook 2 minutes, or until heated through.

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FRI 8th	KARAOKE
FRI 15th	BLUE INDIGO
SUN 17th	TEQUILA
FRI 22nd	RIGSBY'S CAT
FRI 29th	KARAOKE
SUN 31st	KARAOKE

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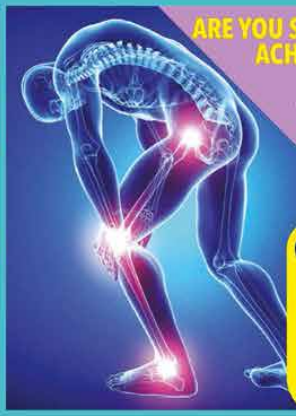

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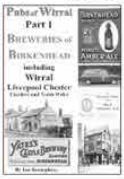

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Above: 1929. ***Bromborough*** *Village looking along Allport Lane. Shops included: No.12 Walter Tweedle - fried fish, No.10 E & B Albisons - newsagents, Irwins on the end and a delivery vehicles parked outside Mrs Lily Southwood - greengrocer.*

Right:
Bromborough
Village with two men sitting on a bench under the lampost on the right - above them is a Crosville timetable as this was the picking up and dropping off point for their bus service. The half-timbered building is the Church Institute and Hallam's radio shop occupied the old converted barn from Tellett's Farm.

Above: 1949 The sea wall on The Parade at Parkgate is almost hidden from view by the high tide, with the seats at the Donkey stand under water.

*Left: The stores was a grocers shop owned by Bernard Steel in Mill Lane, **Ness**. Most of the adverts in the window are for cigarettes. 1937.*

Right: This view shows how popular Thurstaston Hill (Red Rocks) was in the 1930's with ramblers and a meeting place for sporty cars and motorbikes.

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AGE 8-15 6:30pm - 7:30pm
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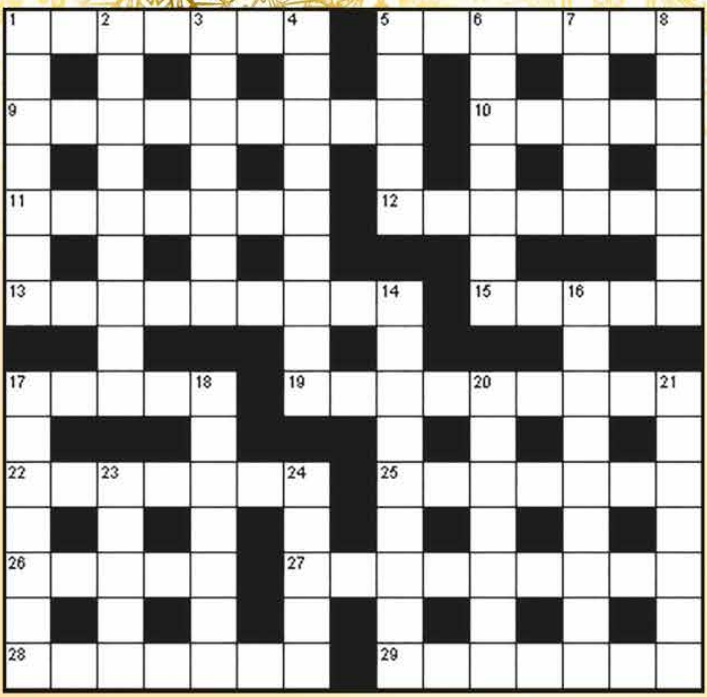
PUZZLE CORNER



Down

1. Sickness (7)
2. Pragmatic (9)
3. Better (7)
4. Very short biscuit dough (9)
5. Pincer (5)
6. Deny (7)
7. Wood fasteners (5)
8. Loses validity (7)
14. Child (9)
16. A capsule filled with water-soluble dye (9)
17. Dear (7)
18. Perturb (7)
20. Skill (7)
21. Convent (7)
23. Poisonous (5)
24. Groin (5)

Across

1. Instill (7)
5. Poetic rhythm (7)
9. Highly offensive (9)
10. Supply sparingly (5)
11. Dead (7)
12. Consultant (7)
13. Writing table (9)
15. Rubs (5)
17. Accumulated (5)
19. Instruction (9)
22. Sidelong (7)
25. Gleam (7)
26. Temptress (5)
27. Elaborate (9)
28. Duke's wife (7)
29. Royal HOUSE (7)

9 LETTER CUBE PUZZLE

RTCLYIEEB

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Service before self

HUGE THANK YOU FOR SUPPORT

Birkenhead Rotarians Maxine and Hugh are pictured raising funds over the festive period, thanks to Sainsbury's Upton and Prenton. The Tesco Bidston store also welcomed Rotarians as they promoted their fundraising Christmas Concert. Father Christmas and his sleigh, assisted by Rotarians, also made a special visit to Mersey Park Primary School for their Christmas Fair. The Club wishes to thank everyone who supported its fundraising activities over the festive period, enabling it to continue its charitable donations.

WINNERS OF YOUNG PHOTOGRAPHER SEE BELOW

CAREERS EVENT

A number of Birkenhead Rotarians and colleagues, pictured, took part in an Aspirational Careers Workshop at Woodchurch High School for Year 11 pupils, the second year an event of this kind has been held. Tim Shelton from the school commented; "This event has given our pupils a glimpse of the wider world helping them to see the steps they need to take to make their dreams come true." Birkenhead Rotary Club members have developed considerable links with Woodchurch High School, supporting the School Farm, the setting up of a School Interact Club and much more. The School has become involved in various Rotary Youth competitions and this year welcomed the national president of Rotary Mr. Peter Davey.

SPEAKERS CORNER

Birkenhead Rotary Club is fortunate to not only welcome interesting speakers to its weekly meetings, featuring a huge variety of subjects but Rotarians also hear of the exploits of their own members. This can range from their job talks to hobbies or even special holiday trips, accompanied by some stunning images.
Next year's meetings will again feature speakers from all walks of life, including playwright Sally Wainwright – writer of the BBC's Happy Valley and the Club's own Hon. Rotarian the Rt. Hon. Frank Field MP.

WALKING IN THE RAIN !

The Club continues to present organised walks. The most recent one featured a start in New Brighton in torrential rain. After 30 minutes the weather brightened up, so some brisk walking helped attendees to dry out a bit. A lovely lunch followed.

"OUR WORLD IS BEAUTIFUL"

Details of our winning entries can be viewed at **www.gillianvicary.wix.com/competition**

1st Place Winners for each category will be entered into Rotary District Young Photographers Competition which takes place next year.

Kind regards. Rotarian Gillian Vicary
CHAIR OF YOUTH ACTIVITIES

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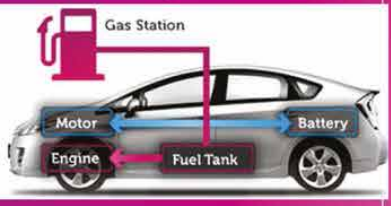
Questions & Answers

"Are hybrid cars really environmentally friendly?"



Answer:

It depends on how they are used. They're great for city drivers, when a hybrid can rely almost fully on it's electric motor, which is quiet, doesn't create any emmissions, will turn off completely when the car is stationary and, crucially, gives superb fuel economy.

Get driving your car on the open road and the hybrid will have to fall back on its petrol engine, because the electric motor simply doesn't have the power to drive the car at higher speeds, nor the energy to run for long distances. In such cases, the hybrid car will act just like a comparable conventional petrol driven car, and offer the same emmissions and similar fuel economy.

"How can bees fly if they are too heavy?"

Answer:

The idea that bees should not be able to fly has been around since the early 30's when scientists tried to calculate the bees body mass against its wing size and the amount of lift needed to generate flying. High spped technology today allows scientist to see that the bee's ability to fly comes from a very complex way they flap their wings. The bees wings do not flap up and down, but the root of the wings move forward and backwards which generate the tips of the wings to move in an oval movement. As the wings move at such high speeds this creates air currents which are then strong enough to lift the bees body weight.

"How thick is my skin?"

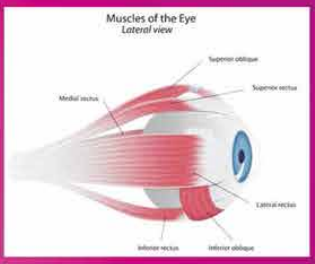
Answer:

Your skin is very thin. It is only 2 millimetres thick. On top is a layer of tough, dead cells called the epidermis. These cells gradually rub off. New cells grow underneath to replace them. Underneath is another layer called the dermis. This contains areas that give the sense of touch.

"What is the most active muscle in your body"

Answer:

The most active muscles in your body are your eye muscles. They contract about 100,000 times a day. Much of this movement takes place whilst you are asleep and dreaming as they flicker under your closed eyelids.



"Who was the tallest & shorterst men in the world"

Answer:

The tallest recorded man in the world was Robert Wadlow. He was born in 1918 and died aged only 22, measuring 272cm (8ft 11.1in). He hadn't reached his full height when he died and doctors believe he could have grown to 274cm (9ft).

The shortest ever recorded man in the world is Gel Mohammed of New Dheli, India. He was measured in 1990 and was only 75cm (22.5 in) tall.

Which are the tallest structures on earth?

BUILDINGS

Burj Khalifa-Dubai	***2,723*** *ft*
Abraj Al Bait-Arabia	***1,972*** *ft*
Canton Tower-China	***1,969*** *ft*
CN Tower-Canada	***1,814*** *ft*
Ostankino Tower	***1,770*** *ft*

OBSERVATION DECKS

Canton Tower	***1,601*** *ft*
Shanghai World Financial Centre	***1,555*** *ft*
CN Tower-Canada	***1,465*** *ft*
Willis Tower-Chicago	***1,353*** *ft*
Empire State Building	***1,211*** *ft*
Eiffel Tower-Paris	***902*** *ft*

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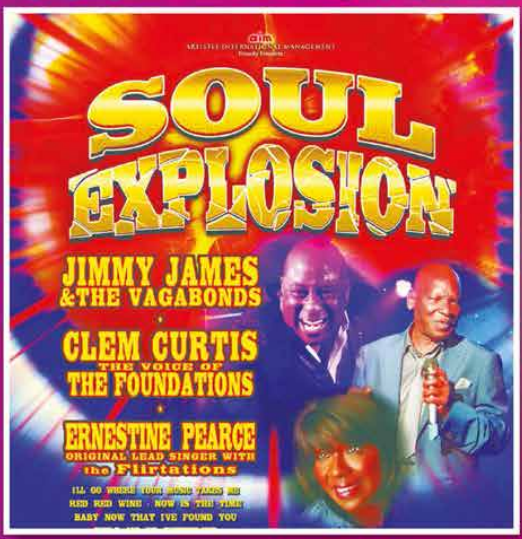
80'S MANIA SHOW comes to SOUTHPORT

"It's like LIVE AID mixed with Top of the Pops and the sexy dance troupe, Legs 'n' Co (TOTP Dancers)" - Mike Read

"It was party time at the Alex for 80's Mania. Many dressed in 80s fashion. Hit songs from the heroes of the 80s had the audience up on their feet and dancing in the aisles from the first song!" - Birmingham Express and Star

SOUTHPORT – Theatre on Friday 29th January 2016!

SOUL EXPLOSION



starring

Jimmy James & The Vagabonds with Clem Curtis (of The Foundations) and Ernestine Pearce (lead singer of The Flirtations) comes to SOUTHPORT – Theatre on

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Tickets - £22.50 advance

ELLESMERE PORT TREFOIL GUILD

Tuesday, 26 January 2016
7.15pm for 7.30pm start
Whitby United Reformed Church
Chester Road, Whitby, CH65 6RY

This month's meeting will be the Games Evening with raffle and bring & buy sale
Further details:
Irene, Chair, Ellesmere Port Trefoil Guild.
Tel: 0151-355-5479
Visitors always welcome.

Neston based charity Little Actors Theatre is bringing back its adult Tap class. From Tuesday 12th January 2016 the class will take place at the Neston Community and Youth Centre at 10.30am. The cost is £5 per class with a concessionary rate of £2.50. Professional actor Natasha Symms will again teach the class.

The class is aimed at beginners/intermediate and is a social way to keep fit. Tap helps with cardio health as well as helping memory skills.

Contact Little Actors for details on 0151 336 4302
or mail@littleactorstheatre.com
or www.littleactorstheatre.com

Accountant advises North West estate agents on sale to PLC

A Cheshire accountant played a key role in the sale of a leading North West estate agents to PLC Countrywide.

Phillip Bates & Co worked closely with Clive Watkin Partnership to put in place the deal which saw the UK's largest estate agent and property services group take control of the 23-year old estate agents.

Clive Watkin Partnership grew from a single office in Heswall in 1992 to nine residential sales offices, seven lettings and management offices and a land and new homes department covering Wirral, Liverpool and Sefton. The firm employs more than 90 people.

Phil Bates, Principal of Neston-based Phillip Bates & Co, advised the firm on the sale, along with Sue Russell, a Partner with law firm Hill Dickinson who provided legal advice.

Phil, who has acted for Clive Watkin Partnership for over 15 years, said: "Selling a business can be a stressful and demanding time, not least when a company is being acquired by a PLC.

"We worked closely with the firm, guiding them through the preparation for sale, all negotiations and ensuring the deal worked for all of the partners. We also provided the specialist tax planning advice that is essential in any transaction.

"Perhaps the biggest single achievement was the speed with which the contractual side of the deal was completed – this took only a matter of weeks once the sale was agreed in principle."

Ian Mellor, of Clive Watkin Partnership who led the sale on behalf of the firm, said: "Until earlier this year, we had no plans to sell the business but after we were approached we recognised that this was the logical next step for the firm.

"The speed and efficiency with which the sale was completed is a tribute to the skill and professionalism of our chosen advisers, Phillip Bates & Co and Hill Dickinson."

South Wirral High School student trains with U15 Wales Basketball Team

South Wirral High School year 10 student, Luke Spilsbury, is a sporting inspiration having just achieved an offer to train in the National Wales U15 Basketball team. His basketball achievements are outstanding, with a career set to develop into his adult life. However, challenging financial circumstances mean his dream of a sporting career could be over before it even begins.

The cost of traveling to South Wales two weekends a month in addition to international tour costs is placing an enormous financial strain on Luke's proud family who are desperate to help him succeed.

South Wirral Headteacher, Mrs. McCormack, alongside sporting champ, Luke Spilsbury.

Luke's interest in the sport began as a year 6 student at Millfields CE Primary School when the Cheshire Phoenix Basketball team took the children to a game at Northgate Arena, Chester. His natural talent and skill were spotted early on when he began training at South Wirral High School. Other clubs and coaches became aware that this young boy was different.

"When the Jets (Cheshire Phoenix) took us to the basketball game, I was hooked. I knew then that I wanted to play, and luckily, I'm quite good at it! My family and school have been supportive and encouraging." Luke Spilsbury

Luke and Head of Mayer House, Mr M Lawless.

Soon Luke was in high demand, playing for various teams in the Wirral and surrounding areas including Community Basketball League, Bridgewater Black and English Basketball League. In 2013, Luke earned the title 'Best Free Throw Winner', along with countless other medals and trophies such as the 1st place at the Junior (age 8-13) Streetball Tournament, July 2014. Luke was also selected to represent North Wales in a tournament in South Wales where his talents were noticed.

"I'm delighted that Luke has the opportunity to excel at a national level in his chosen sport. He is following the greatest tradition of Welsh Sporting success." Mrs. C McCormack, Headteacher South Wirral High School is pledging to investigate ways to secure funding for Luke so he can continue to pursue his dream career. Luke's Head of House (Mayer), Mr Lawless said:

"We take great pride in Luke's achievements, particularly considering the rich history of basketball at South Wirral stretching back to the late 1980s when the school were national champions!"

Luke Spilsbury in action on court.

If you would like to sponsor Luke Spilsbury or have information that could help, please email Miss Max Willis - willism@southwirral.wirral.sch.uk - Every little helps!

PLEASE SUPPORT LOCAL CHARITIES

This page is dedicated **FREE** to all registered Charities who wish to advertise.

SET YOURSELF A HEALTHY HEART CHALLENGE IN 2016

Yes it's January and yes that's right, it's the time of year we all feel under pressure to make a new start, lose weight and do something new with our lives. With life being so hectic nowadays it's not always easy to commit to your new year's health resolutions. One way to ensure you stay committed is to sign up for an event with Heart Research UK. This will give you a set date to aim to, people will sponsor you so you can't let them or yourself down by quitting and after all that, you will have gained a new experience in life, improved your health and probably made some great friends along the way.

Heart Research UK have a whole host of exciting challenges for you to take on in 2016 such as the iconic Great North Run, the London Bupa 10k, Silverstone Half Marathon, the Yorkshire Three Peaks and the Subway 5k series. Not to mention adrenalin packed skydives or intrepid global challenges such as trekking the mighty Great Wall of China or cycling from London to Paris.

Even if leaving your home town to do a challenge seems too much effort and cost, Heart Research UK have even thought of something to suit you too. The My Run, My Way challenge is aimed at people who want to create their own run. Take on your own 5k, 10k, half or full marathon and do it your way. Choose a date, time, route, distance and people to run with and apply for your FREE pack to get started – easy. There is also the Swim the Channel challenge where you have three months to swim the distance of the channel, but don't worry, it's in the comfort of your local swimming pool.

So if you want to set yourself that all important Healthy Heart Challenge just contact Heart Research UK to sign up for an event and you will receive your FREE fundraising pack along with a set of Lifestyle leaflets to help and advise you on how to keep your heart healthy.

Heart disease is still the UK's single biggest killer and can strike any of us at any time. Knowing that 80% of this disease is preventable is very important. You can make changes right now to help change the future of your heart health and fitness plays a huge part in this change.

Don't put it off, make the change and sign up today at www.heartresearch.org.uk/events, call 0113 2347474 or email community@heartresearch.org.uk.

Ben Nevis climb

China trek

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PLEASE SUPPORT LOCAL CHARITIES

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Cardio myopathy support group for Cheshire and Merseyside

Find out more about the heart condition cardiomyopathy and meet others affected by it

Monday 25 January 7-9pm
Outpatients Dept, Liverpool Heart and Chest Hospital, Thomas Drive, Liverpool, L14 3PE.
Dr Chris Hale from Have a Heart charity and hospital consultant Dr Thomas Giles on how they live with cardiomyopathy

For more information, contact Julie Rees 07949 241026, email julierees65@aol.com or Sarah Dennis at Cardiomyopathy UK 01494 791224, email sarah.dennis@cardiomyopathy.org

Cardiomyopathy UK
the heart muscle charity

www.cardiomyopathy.org
info@cardiomyopathy.org
0800 0181 024

Cardiomyopathy UK is the operating name of the Cardiomyopathy Association, a registered charity no. 803262. Registered Office: Unit 10 Chiltern Court, Asheridge Road, Chesham, Bucks HP5 2PX

Peter Kay's Dance For Life

www.justgiving.com/teams/danceforlife

For the first time ever the award winning comedian Peter Kay will be hosting a series of ambitious fundraising 'dance-a-thon parties' with all of the profits going to Cancer Research UK.

The three-hour dance-a-thons will each take place across seven Saturday nights at seven different arenas across the UK. Liverpool being one of them. Each of the venues will be spectacularly transformed to accommodate enormous dance floors, which will feature state of the art sound and lights as DJ PK takes to the turntables for what promises to be a joyous and unforgettable fundraising experience.

Peter said of the events "I can't think of a more enjoyable way to raise money for such an important charity than by people simply dancing to some of the best music of the last four decades and as a result changing lives. I do hope people will support it"

Simon Ledsham, director of trading and volunteer fundraising at Cancer Research UK, said: "We are thrilled that Peter is holding these dance-a-thons for the charity. We rely on the donations of supporters to fund vital research to help us beat cancer sooner, so it's brilliant to have his support and we hope the public all get their dancing shoes on and join him."

Tickets are £25 each and can be bought individually or in groups of any number. Fancy dress is optional.

Participants are also welcome to dedicate their Dance For Life challenge in support or memory of family and friends by texting messages at the event, or by getting sponsorship for the challenge themselves by joining Peter's 'Dance for Life' Team at www.justgiving.com/teams/danceforlife, all the money raised will be going to Cancer Research UK.

Saturday 26th March 2016 – Liverpool Echo Arena

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16th	ANDY OTLEY	*Excellent Male Vocal as seen recently on BBC TVs 'The Voice'*
23rd	JESS	*Superb Female Singer*
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