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#### Dates for your Diary

We have some very exciting events coming up in September...

#### One for the girls!

Cara Kimpton would love you to join her for a Ladies Charity Night on Friday 28th September. Tickets are just £40 each, which includes a Prosecco reception followed by a 3 course gala dinner. Superheroine and Entrepreneur Margaret Carter is the after-dinner speaker, and entertainment is provided by legendary Drag Queen 'Pariss'.

#### And we certainly didn't forget the boys!

Join Jamie Kimpton on Friday 21st September for a superb Gentleman's Legends Evening in the company of Joe Royle and Ian St John... Tickets are £35 and include a hearty boys dinner and comedian.

Both events are in support of our favourite charity Claire House Children's Hospice, so please come along and join in.

On Sunday 30th September, our stunning Marquee will be transformed into a magical Wedding Fayre from 11am. We would of course love to see you all there to show you how versatile and well-positioned The Marquee at Pollards Inn is, so please stop by and have a drink with us as our guest. (Please let us know you're coming along, and with how many guests with izzy@cheshirehospitality.co.uk)

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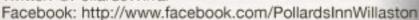
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Dear Friends,

A big thank you to all that distributed the magazine.

The Eastham Rocks Festival was a huge success last month for the fallen Heroes and Claire House Hospice,

well done to all who made this a success.

We have all had a wet August so lets hope this month is a better one for all of us. It not only affects businesses but also peoples moods. Our advertisers are all in the magazine to offer you, the reader, their professional services and give you their best deals wherever possible. So keep the Wirral moving by using them and pass on their recommendations to us and others, then we can let others know who they can trust. Look out for the "Customer Recommendation" symbol next to their adverts.

Best Wishes



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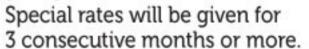
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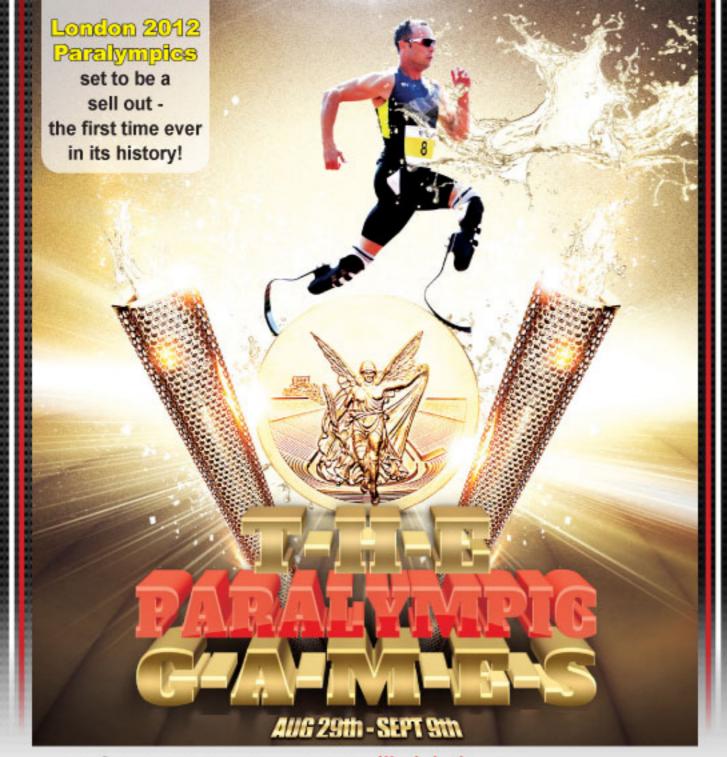
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## Top Five Facts: Paralympics

#### Wartime

The first Paralympic Games was held in 1948 at the same time as the Summer Olympics in London, UK. Initially, only a small band of British World War II veterans took part.

#### Diamond

The current 400m world track record is held by South African 'Blade Runner' Oscar Pistorius, who clocked a rapid 47.04 seconds earlier this year – beating his earlier 2008 gold medal winning time of 47.49. He runs using the Flex-Foot Cheetah blades in the image above.

#### Wonderland

The first Winter Paralympic Games were held in Sweden in 1976. They were the first Games to feature athletes other than those wheelchair-bound. Now the games allow competitors with a broad array of disabilities to take part.

#### Scandal

The Paralympic Games has been subjected to numerous cheating scandals since it was launched. Competitors have been found guilty of steroid use, autonomic dysreflexia and actually being able-bodied.

#### Champion

Paralympian Trischa Zorn is the most decorated competitor in the history of the Games. From 1980 to 2004 she won a total of 55 medals, 41 of which are gold, in blind swimming events.

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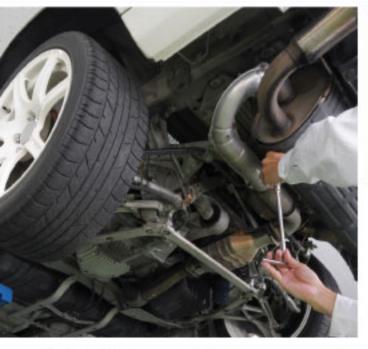
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## Keith Fenwick - SKY TV's 'ART DOCTOR'



#### SNOW SCENES DON'T HAVE TO BE COLD

Q: A reader asks: My snow scenes look so uninteresting, how can I make my paintings more pleasing?

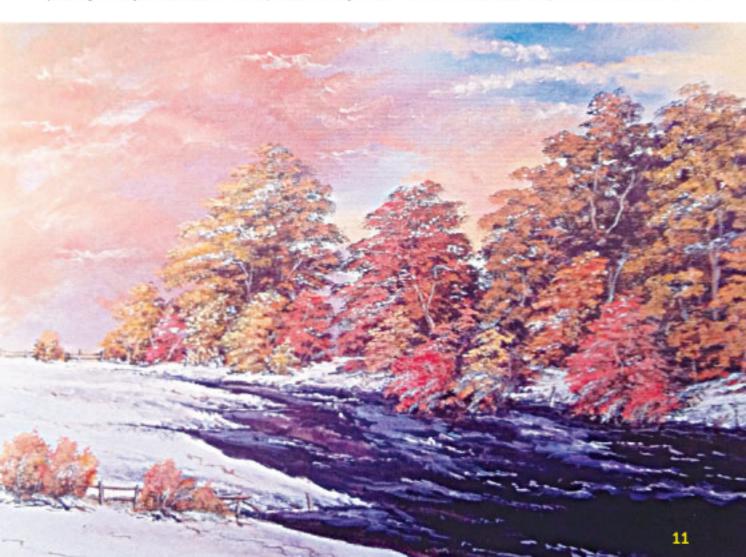
A: Why not add some colour?

In the painting shown I have started by producing a simple outline drawing. The sky was painted by initially applying a medium tone cobalt blue. Clouds were painted by applying a touch of raw sienna on the right and cadmium red and a soft purple on the left.

This was a painting on canvas and I used my 'Whopper' brush, a 11/2" x 1/2" thick hog hair brush to apply the paint. The tree shapes were stippled in using one of my 'Unique Tree Foliage' brushes. The shapes were important here both

large and small to create a pleasing composition. Colours used were mixes made using cadmium yellow, burnt sienna, cadmium orange, cadmium red and titanium white to lighten the colour mixes and to add impressions of a little snow on the foliage. The snow on the land was painted by applying titanium white with a 3/4" flat brush. A few touches of sky colour was added to the land area to add interest and depth. The water was finally painted using a Payne's grey/alazarin crimson mix. A few strokes of a pale blue, purple and white was added to give the impression of moving water.

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





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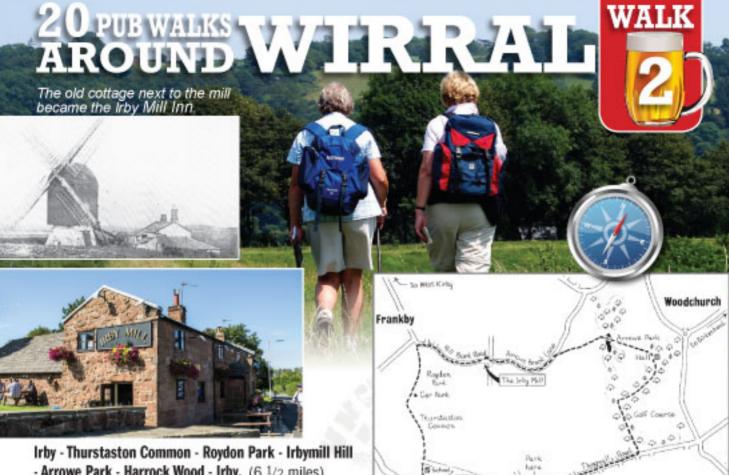


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Starting at bachelor gate located at the side of the Anchor Inn, head along a well used field path heading in a straight line past the end Dawlish Road. Once you have reached the crossroads at Thurstaston you will need to head to the right along Telegraph Road. About a 100 yards beyond the Cottage Loaf Restaurant you will need to bear right onto a sandy track which takes you to Dawpool School. Pass the school until reaching the end of School Lane. You will notice at the end of the lane 2 gaps in the fencing, you will need to take the right one over a step-stile onto Thurstaston Common.

Walk along a narrow winding path through some trees to join a broader track. Passing Benty Farm across the heath until you come across another step-stile at the side of a gate. Cross the stile onto a path which almost immediately divides. Take the left fork onto a sandy track towards a sandstone wall. Go round the end of the wall and enter into Royden Park. You will see a large camping field to the right, keep going forward until you arrive in a car park, here you turn right into Hill Bark Road. After 10 minutes of walking along country lanes you will reach a crossroads and Irby Mill Inn.

This attractive building was once Lumsdens Café, a popular meeting pint for walkers across Merseyside. Now with its extensions added has become a very cosy charming Inn serving real ale and food. It's full of original character with stone floors and wooden beams and low ceilings.

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

After a rest here you will need to walk down Arrowe Brook Lane for about half a mile until you reach a stile on the right with a signpost reading "To Woodchurch". Cross the field with a wire fence on your right. Go over a stile into the next field and follow the hedge until reaching a 2 bar stile crossing into Arrowe Park. Once over the stile follow a narrow track through trees until on a main pathway. Passing the hospital on the right now leaving the trees you will cross a wide grassy area. You will shortly arrive at Arrowe Hall, an Elizabethan style mansion built around 1835 and was once home of John R. Shaw, now a care centre for handicapped. Turn right to cross the lawn passing an ornamental turret. Go down several steps into the path opposite. On entering Card Plantation a stretch of woodland which takes you to the boundary of the park. When the path nears the end of the boundary turn left, as it bears right. Through what's known as Neilson's Plantation. The golf course is on your left follow this for half a mile to a step-stile into Thingwall Road. Here you turn right, and after walking for 5 minutes you reach Glenwood Drive. Turning left and across the road enter Harrock Wood, follow the path through the wood and cross the stile and turn right. Climb the stone steps and go through the iron gate. With a hedge on your right, cross two fields and leave these by a stepstile soon reaching Irby.



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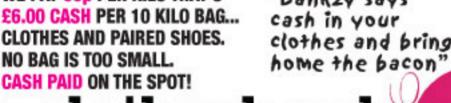
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VITAMIN A: Promotes skeletal growth, normal tooth structure, healthy mucous membranes, healthy skin, eyes and hair; essential for night vision. SOURCES: Fish liver oils, liver, carrots, green and yellow vegetables, dairy products.

VITAMIN D: Promotes bone and tooth development and normal growth; aids utilization of phosphorus and calcium; maintains nervous system and heart action; prevents rickets.

VITAMIN E: Protects body's store of Vitamin A, tissues and fat from destructive oxidation, and breakdown of red corpuscles; strengthens capillary walls; regulates menstrual rhythm; prevents loss of other vitamins; aids blood flow to heart; lowers blood cholesterol and fatty acids; vital to cell health; regulates protein and calcium metabolism. SOURCES: Soybeans, vegetable oils, broccoli, brussels sprouts, leafy greens, enriched flour, whole wheat, wheat germ, whole grain cereals, eggs.

VITAMIN C: Essential for the formation of collagen; needed for absorption of iron, some proteins and folic acid; prevents oxidation of other vitamins; aids in metabolism of amino acids and calcium; stops internal bleeding; strengthens blood vessels maintains hard bones and teeth; promotes stamina; holds body cells together prevents infections, colds, fatigue and stress; reduces allergies; heals wounds and burns. SOURCES: Citrus fruits, berries, green and leafy vegetables, tomatoes, cauliflower, potatoes, sweet potatoes.

NIACIN: (as Niacinamide): Aids normal functioning of tissues, particularly skin, gastrointestinal tract and nervous system; used with other vitamins in converting carbohydrates to energy.

**SOURCES:** Liver, lean meat, whole wheat, brewer's yeast, wheat germ, fish, eggs, roasted peanuts, poultry, sesame seeds, nuts.

VITAMIN B-6: (Pyridoxine HCI) Aids metabolism of protein carbohydrates and fats; controls cholesterol level; aids chemical balance between blood and tissue; prevents water retention; builds hemoglobin.

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VITAMIN B-1: (Thiamine): Helps convert sugar and starches into energy; promotes digestion, strong heart muscle, child growth; prevents fatigue, fat deposits in arteries. SOURCES: Whole wheat, dried yeast, oatmeal, peanuts, pork, bran, enriched rice, sunflower seeds, soybean sprouts.

VITAMIN B-2: (Riboflavin): Aids in releasing energy to body cells; enables utilization of fats, proteins and sugars. SOURCES: Dairy products, liver, kidney, yeast, leafy greens, fish, eggs.

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## UPCOMING DATES & EVENTS IN

#### SEPTEMBER

#### 6th - 9th

In conjunction with **Heritage Open Days** find out about the amazing history of the world's first public park and the role of Joseph Paxton in its design. Suitable for the whole family. Dogs allowed on a lead. Walks at 1.30pm & 3.30pm each day. Tel 0151 652 5197 for more information.

#### 7th & 8th

Wallasey Motor Club Promenade Stages Rally will take place on Kings Parade New Brighton on September 7th & 8th and it is hoped that they will again be holding the popular Super Special night time stage on the Friday night.

#### Rith

Pipistrelle Bats Join Wirral Country Ranger at Thurstaston, walk along the ponds and grasslands and the Dungeon to see pipistrelle bats emerging from their daytime roosts.

#### 9th

#### Gordale Run Classic Car Show 10am to 11am

A parade of historic and classic cars around South Wirral and Cheshire - starting with a STATIC DISPLAY at the Museum from 10 am to 11am.

The Cars then depart on a touring run around South Wirral and Cheshire and can be viewed on the move from the following sites approximate times, as follows:

Bunbury Arms, Stoak 11.25, Wheatsheaf, Raby 11.50, Parkgate & Neston 12.00, Burton Village 12.15, Gordale Nurseries, Burton from around 12.30 
The prize giving is at 2.30

#### 9th

The Annual Hoylake 10k Run takes place. The run starts from Hoylake Community Centre, then goes along the promenade to Meols.

#### 10th - 16th

The Ricoh Women's British Open

One of the golfing highlights of the sporting calendar. In its 37th year, this year's Championship makes its first appearance at one of the most famous and historic links courses in the UK, Royal Liverpool Golf Club at Hoylake. There will be free public parking.

#### 15th

The Wheatsheaf pub and restaurant in Neston are supporting Claire House and enjoying an afternoon of great food and entertainment with their Big Garden Party. Live music &BBQ and bouncy castle

#### 20th

Stones and Birds. Geology of the cliffs and the birds that live in the Dee Estuary. Meet at Thursaston Country Park Visitors Centre. 10am start

#### 22nd & 23rd

Birkenhead Park Festival of Transport

A celebration of historic vehicles including steam traction engines.



## 20 funny and amusing facts that you probably didnt know!

- 1. One out of 20 people have an extra rib
- SCUBA divers cannot pass gas at depths of 33 feet or below.
- The Boeing 747 is capable of flying upside-down if it weren't for the fact that the wings would shear off when trying to roll it over.
- Male rhesus monkeys often hang from tree branches by their amazing prehensile penises.
- The increased electricity used by modern appliances is causing a shift in the Earth's magnetic field. By the year 2327, the North Pole will be located in mid-Kansas, while the South Pole will be just off the coast of East Africa.
- In the weightlessness of space a frozen pea will explode if it comes in contact with Pepsi.
- The Venezuelan brown bat can detect and dodge individual raindrops in mid-flight, arriving safely back at his cave completely dry.
- Due to the natural "momentum" of the ocean, saltwater fish cannot swim backwards.
- Although difficult, it's possible to start a fire by rapidly rubbing together two Cool Ranch Doritos.
- 10. In WWII the US military planned to airdrop over France propaganda in the form of Playboy magazine, with coded messages hidden in the models' turn-ons and turn-offs. The plan was scrapped because of a staple shortage due to rationing of metal.
- Every three days a human stomach gets a new lining.
- Urine from male cape water buffaloes is so flammable that some tribes use it for lantern fuel.
- Paul Hunn holds the record for the loudest burp, which was 118.1 decibels, which is as loud as a chainsaw.
- Until 1978, Camel cigarettes contained minute particles of real camels.
- Human saliva has a boiling point three times that of regular water.
- In 1843, a Parisian street mime got stuck in his imaginary box and consequently died of starvation.
- 17. The volume of water that the Giant Sequoia tree consumes in a 24-hour period contains enough suspended minerals to pave 17.3 feet of a 4-lane concrete freeway.
- 18. The skin needed for elbow transplants must be taken from the scrotum of a cadaver.
- Silly Putty was "discovered" as the residue left behind after the first latex condoms were produced. It's not widely publicized for obvious reasons.
- Polar bears can eat as many as 86 penguins in a single sitting.

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## Autumn is the best time to review your tired lawn!

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Weather conditions have been very difficult for lawns this late spring / summer. The almost constant rain has encouraged ant infestation in many lawns and the humid conditions have resulted in red thread, a summer fungal disease, attacking 2 out of 3 lawns. The effect has been to reduce the quality of the lawn's surface and in many cases created the opportunity for moss developing if lawns are not thickened before the onset of Winter.

But do not worry Autumn is the time of the year to remedy the situation and revive your lawn. Your grass will soon be going into its second growth period of the year and therefore this is the perfect time for our

#### 3-step repair program.

- 1. Scarification
- 2. Over-seeding
- 3. Top Dressing



#### What Is Scarification?

Scarification is an aggressive process that can only be achieved with a specialist machine. The aim of Scarification is to remove thatch, decaying organic matter on the surface of your lawn, and to promote the healthy growth of grass plant improving the overall appearance of the lawn. Scarification is an essential operation for maintaining a healthy lawn and can

Scarification is an essential operation for maintaining a healthy lawn and can be combined with other operations such as top dressing and over-seeding.

#### When to Scarify

Scarification must be done at a time when the grass still has the potential to grow and recover, if Scarification is done when the growth rate is slow, i.e. in winter, then the grass cannot recover and moss and weeds may thrive in the space that the Scarification process has created.

#### We care for your lawn

Additional beneficial treatments:

#### Over Seeding

The process of over seeding, is the application of new seed to your lawn, it benefits your lawn in the following ways:-

Thickens the surface improving the appearance and helping to reduce moss attack improves resistance to future drought, all our seeds are drought tolerant, improves shade tolerance, all our seeds are shade tolerant.

#### Top Dressing

Over seeding can be followed by top dressing. This will encourages the new plant growth and serves to protect the lawn from general wear and tear, it will improve drainage and therefore discourage the reoccurrence of thatch and moss. If this treatment program is followed carefully over the autumn period, your lawn will become stronger and healthier, it will have a resistance to drought and will be able to survive the extreme weather over the Winter period. If you would like further information or you would like me to review your lawns condition free of charge, please contact:

#### John Galvin on:

0151 644 0440

mobile: 07758 703437

email: john@lawnscience .co.uk





#### www.nwac.org.ul

Email: nwacsales@gmail.com

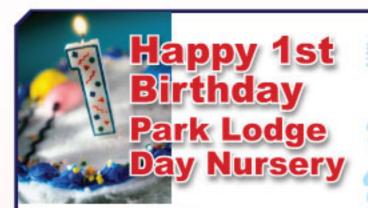
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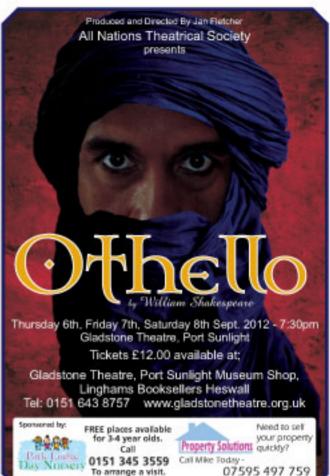








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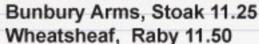
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## GORDALE RUN CLASSIC CAR SHOW

9th September 2012

A parade of historic and classic cars around South Wirral and Cheshire starting with a STATIC DISPLAY at the Museum from 10 am to 11am. The Cars then depart on a touring run around South Wirral and Cheshire and can be viewed on the move from the following sites

at the approximate times, as follows:



Parkgate & Neston 12.00

**Burton Village 12.15** 

Gordale Nurseries, Burton from 12.30

The prize giving is at 2.30







#### English Half Marathon

Event Date: 9th September 2012 Venue: Victoria Park Warrington

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Register for free and agree to raise a minimum of £100.00. For more information and to register please call Angella on 0151 346-2945.



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#### 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.

				8		3	
	6	8	5		3		
		4			9	1	
		6	Г	5			
	2						
	4	1			6		2
			Г	П		2	
		5	3	6		8	
3	1		8	4		П	6

#### Crossword Puzzle

#### Across

- 1. A law enforcement agency
- 4. Mayday
- 7. Actress Lupino
- 10. Flee
- 11. Explosive
- 12. A gesture of assent
- 13. Unrefined
- 16. A young hare
- 17. Strainer
- 19. Avoid
- 22. Highest point
- 23. Black, in poetry
- 24. Adolescents
- 26. Southern breakfast dish
- 27. Relating to a wedding
- 29. A desire for possessions
- 33. How old you are
- 34. Poetic dusk
- 35. Orange pekoe
- oo. Crange pe
- 36. Cushion
- 37. Eastern Standard Time
- 38. A type of evergreen tree

1	2	3		4	5	6		7	8	9
10	$^{+}$	$^{+}$		11	$^{\dagger}$	$^{+}$		12	+	t
13	$\top$	T	14			T	15			t
		16	$^{\dagger}$		T	$^{\dagger}$	+	$^{\dagger}$		
17	18		$^{\dagger}$	$^{\dagger}$		19	$\top$	T	20	21
22	$\top$	$^{+}$	$^{\dagger}$			0.0	23	$\vdash$	$^{+}$	t
24		$^{\dagger}$	$^{\dagger}$	25	Ĭ	26	1	$\vdash$	$^{+}$	+
		27	+	$^{\dagger}$	28		+	$\vdash$		
29	30	1	+	+	T	T	+	$\vdash$	31	32
33	+	+		34	+	+		35	+	t
36	+	+		37	-	+		38	+	+

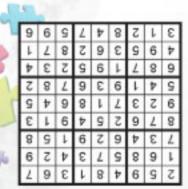
#### Down

- 1. Grippe (archaic)
- 2. Prohibit
- 3. Put in force
- 4. Kitchen appliance
- 5. A single time
- 6. Cubic meter
- 7. Unsteadiness
- 8. Female deer
- 9. Contribute
- 14. Income
- 15 Some
- 10 Sollie
- 17. Seated oneself
- 18. Frozen water
- 20. Point
- 21. N N N N
- 25. Binge
- 26. Goliath
- 28 Fastens
- 29. Chart
- 30. Ottoman officer
- 31. Behold
- 32. Gullet

#### Puzzle Solutions

Cover the bottom of this page.

W	3	A		$\perp$	S	Ξ		O	A	d
A	3	1		N	3	Ξ		3	Ð	A
W	S	1	٦	A	1	심	3	Τ	A	M
		٦	A	1	1	d	n	Ν		
S	$\bot$	1	Я	0		S	N	∃	$\exists$	$\perp$
N	0	8	3				3	W	0	A
3	а	A	٨	3		Ξ	٨	3	1	S
		1	3	Я	3	٨	3	٦		
O	3	S	\$	3	C	0	Я	d	N	n
0	0	Ν		T	N	T		M	A	٦
A		1	П	S	0	S		1	8	4



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#### CONTACT

Upto

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## KERRYMANJARO

My name is Kerry - I've always been a bit of an adventurer and wanted to see as much of the world as I can. After finding a new-found love for fitness about 18 months ago. I decided it was time to go ahead with a long-held dream of climbing Kilimanjaro.

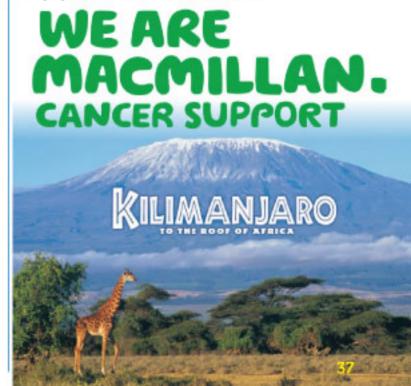
I decided that since I was going to do it, I wanted to raise money for a wonderful charity at the same time so signed up to join an expedition with MacMillan in Sept 2012.

I know a lot of people who have been helped by the amazing people at MacMillan - both as patients and as the friends / families of patients - so I wanted to do something to say thank you.

They don't just offer nursing care, they offer financial and emotional support too. But because they are a charity, their ability to keep doing this depends upon donations and fundraisers.

I set a target of £5000 and I am currently about 3/4 of the way there, thanks to sponsors, events that I have organised and support from Becki and staff at The Beau - Tea Rooms, who have very kindly made my climb their preferred charity for 2012. If anybody would like to donate, they can visit

www.justgiving.com/Kerry-Miller0 or pop into The Beau-Tea Rooms.



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