



Issue 22 - February 2016

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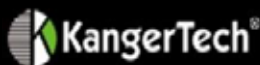
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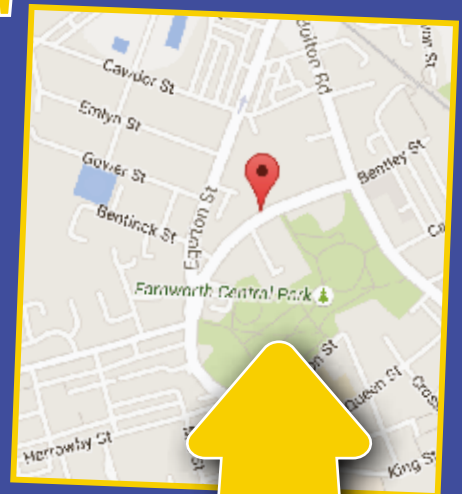


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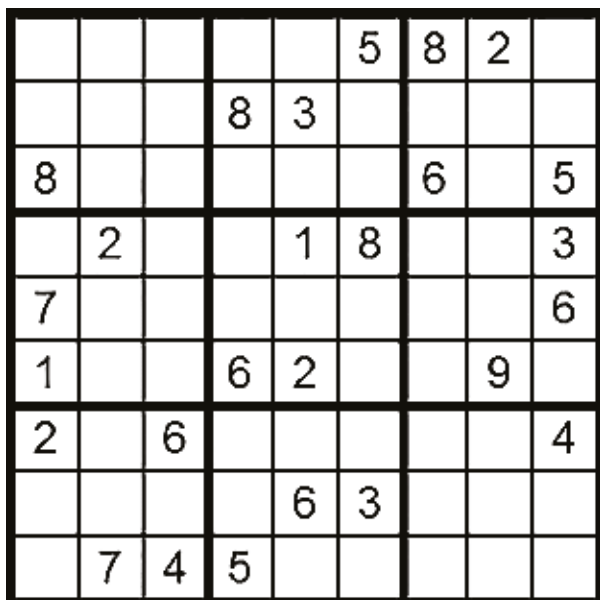
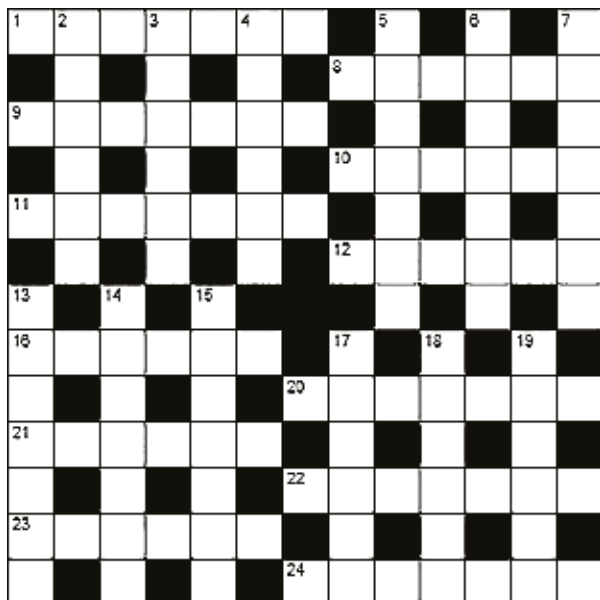
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- 9 The Moor of Venice, Shakespeare play (7)
- 10 Type of biscuit (6)
- 11 About-face (7)
- 12 Picked, selected (6)
- 16 Composer of Fantaisie-Improptu (6)
- 20 Sang A Perfect Day and Walk on the Wild Side (3, 4)
- 21 Tropical lizard (6)
- 22 Andalusian town (7)
- 23 Pollen-producing part of a flower (6)
- 24 Aerial, signal receiver (7)

Down

- 2 Enmity, contempt (6)
- 3 Infused, fermented (6)
- 4 Appreciate, enjoy (6)
- 5 ____ West, Dalton and Spall (7)
- 6 Bystander, spectator (7)
- 7 Explanation of how the universe began (7)
- 13 Astronomical event, can be solar or lunar (7)
- 14 Beloved, favoured (7)
- 15 Innovator (7)
- 17 Anne ____, second wife of Henry VIII (6)
- 18 Contusion, blemish caused by injury (6)
- 19 UK's smallest bird of prey (6)

Solutions on page 40

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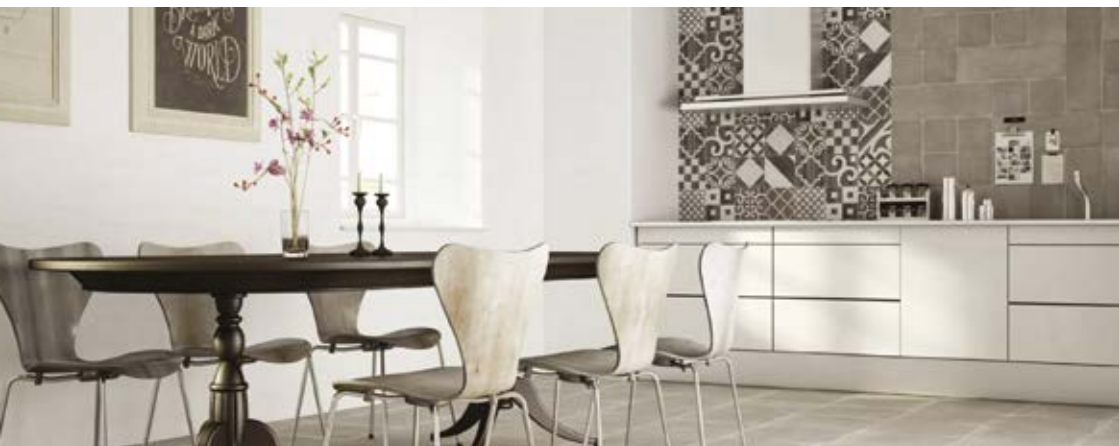
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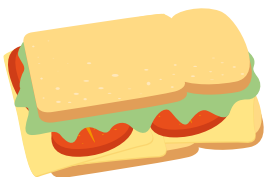
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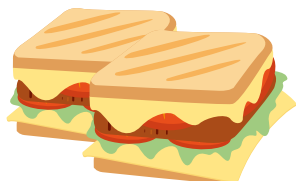
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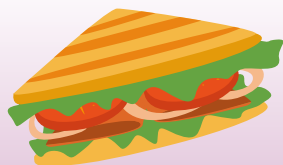
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TOAD IN THE HOLE

A meal in honour of National Yorkshire Pudding Day



the centre or the flour, crack in the egg, then pour in a little milk. Stir with a wooden spoon or a balloon whisk, gradually incorporating some of the flour. Keep adding milk and continue stirring until all the milk and flour has been mixed together and the batter is smooth and lump-free. It

Toad in the Hole

Preparation time: 20 minutes

Cooking time: 40 minutes

Serves: 4

Ingredients

100g plain flour

½ tsp English mustard powder

Good pinch of salt

1 egg

300ml milk

1 tsp dried thyme

8 plain pork sausages

2 tbsp sunflower oil

2 onions, peeled and sliced

1 tsp soft brown sugar

500ml good quality beef stock

Method

For the Batter

Preheat oven to 220C / gas 7. Sift the flour, salt and mustard powder together into a large mixing bowl. Make a well in

should be the consistency of unwhipped double cream. Stir in the thyme.

Place the sausages into a 20 x 30cm roasting tin. Add 1 tbsp of the oil, tossing the sausages in it to thoroughly coat the base of the tin, then roast in the oven for 15 mins.

Remove the hot tray from the oven, then quickly pour in the batter – it will sizzle and bubble a little when it hits the hot fat. Return the tray to the oven. Bake for 40 mins until the batter is cooked, well risen and crispy.

For the Gravy

Cook the onions with the remaining oil gently in a non-stick pan until they are golden brown. Caramelize them by adding the sugar for the final 5 minutes. Add the spoonful of flour, then cook, stirring continuously, for 2 mins.

Gradually pour in the stock, stirring well to make a smooth sauce. Simmer for 4-5 mins to thicken, then season to taste. Cut the toad in the hole into large wedges and serve with the gravy spooned over

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What to get gardener in your life this Valentine's Day?



bush of them that promises years of pleasure ahead. One problem with rose bushes is that they are not at their best in February, and will most likely resemble a bunch of thorny twigs in a pot! But if your Valentine is a keen gardener I guarantee they will not mind. In fact they will enjoy the anticipation of the future blooms.

What to get gardener in your life this Valentine's Day?

Want a romantic gift for your gardening Valentine? Forget the drooping daffs and jet-lagged lilies, flown halfway round the world and marked up to extortionate prices.

For a gardener a real romantic gesture is one that will last longer than a few days. Some gardeners actually dislike cut flowers, and most gardeners are eco-friendly, so when you think of all the paper, yards of cellophane, and air-miles clocked up by exotic blooms, a living plant suddenly seems like a better option.

Potted plants are more suggestive of permanent affection than a bunch of flowers anyway, and on a purely practical level, they give much better value for money! Jasmine, stephanotis and gardenias are fragrant and glamorous, or try a passionflower vine, wound round a heart-shaped support. What could be more romantic than that?

We think of red roses as being the bloom of romance so what better than an entire

Myrtle is another plant you might like to consider. It's been associated with love since Roman times and is still used in wedding bouquets. With its neat glossy evergreen leaves and clusters of fragrant, fluffy white flowers followed by purple berries, *Myrtis communis* is a plant of quiet good taste. If planted in a sheltered spot it can eventually grow into a tree up to 5m tall.

If you want to give a flower in bloom at the moment try a potted camellia, winter honeysuckle, violas, or an orchid. These plants are all associated with love and longing.

If you simply must hand over a bunch of cut flowers, try to choose blooms grown in the mild climate of the Scilly Isles as environmentally-friendly alternatives to exotic species flown in from the other side of the globe. 'Paperwhite' narcissi are beautifully scented and available now.

With just a little thought you can come up with the perfect gift for the gardener in your life.

By Rachel Leverton

Amanda and Tracey are pleased to announce the opening of Blissful Bodies clinic in Prestwich Village. We are situated in the heart of Prestwich above Melissa Berry estate agents.



Blissful Bodies are specialists in non invasive inch loss and anti ageing treatments. Our signature treatments include Lipo Freeze & Lipo Blast the only non invasive inch loss technology that destroys fat cells permanently, and can be performed in your lunch hour.

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We are holding a clinic open day on Saturday 13 February between 12 and 5 where anyone can come along and see the treatments available and also watch demonstrations, you can ask any questions you may have and also enjoy a glass of bubbly and some nibbles, a raffle will also be held and the lucky winners will receive a free treatment or money off vouchers.

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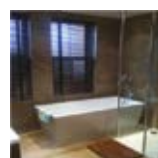
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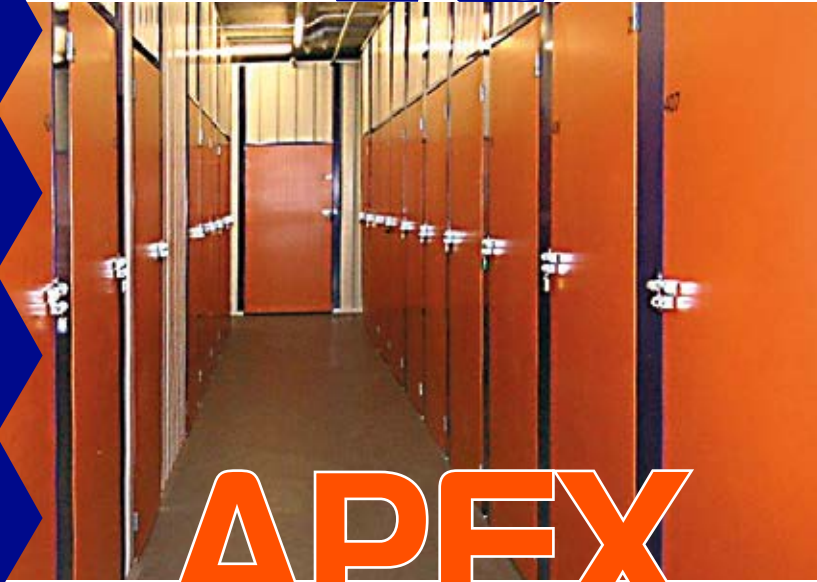
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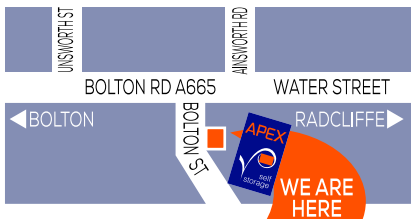
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WHO'S THAT GUY?

I get mistaken for Guy Garvey a lot. I can kind of see why. We're both bearded. Sturdily-built in a way that suggests we enjoy big dinners and are not too concerned about exercise. And our jawlines are not exactly shy. But really, we're just as different as we are alike.

See us side by side and at best we look like cousins. He's a good 3" taller than me. And bigger too, built a lot more like a World of Sport wrestler than anyone other than me cares to notice. But this doesn't stop people from confusing me with him. Especially from behind. Should he ever be in need of a back double, I feel confident the rear of me would ace the audition.

So I've gotten used to the look of excitement and subsequent disappointment that people get when they realise they've mistaken me for the frontman of Elbow. There are worse crosses to bear. Actual crosses for a start. But the problems come when people don't realise we're different people. And it's here that I worry about tarnishing his reputation. Because, to paraphrase Uncle Ben in Spiderman, with passing resemblance comes great responsibility.

"I see you, Garvey." A woman called out to me in Tesco the other week, excitably waving her arm in my direction.

"Top of the Pops!" I called back on reflex, in exactly the way that Guy Garvey wouldn't. Then I walked home to ponder the damage I'd done.

A further complication is that we both live in a similar area of Prestwich and I occasionally head down his street while walking my dog. This puts me in prime mistaken identity territory. And like a lot of dog walkers, I don't dress to impress. Rather, I'm clothed like a rapidly fleeing adulterer in a farce, grabbing the first items that come to hand.

"Isn't that...?" I've heard people say, double-taking as I pass them. Scrutinising my bad trainers. My rubbish coat. The polythene bag of dog poo in my hand. "No, he'd never dress like that," I imagine them thinking. "But maybe that's what he wants us to think..."

But so far, I don't seem to have done his career any harm. His album sales haven't taken any sudden, mysterious dives. So I feel I can rest easy. Safe in the knowledge that, for the time being at least, this town is big enough for the both of us.



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What did you have for breakfast this morning? Maybe you enjoyed coffee from Kenya, bananas from Colombia, cocoa from Côte d'Ivoire, tea from India, sugar from Malawi or juice from Brazilian oranges.

Millions of farmers and workers in developing countries work hard every day to grow the food we take for granted, but ironically they don't always earn enough to feed their own families. In other words, they do not have food security. Fairtrade is about changing that. Its aim is to secure better prices, decent working conditions and fair terms of trade for farmers and workers.

By being paid a fair price, they can have more control over their lives and less worry about how they will feed their families. Fairtrade means many farmers and workers are able to fulfil a basic human need – to put enough food on the table for the people they care about, all year round.

When you buy products with the FAIRTRADE Mark, it means that the Fairtrade ingredients they contain have been produced by small-scale farmer organisations or plantations that meet Fairtrade social, economic and environmental standards. These standards include protection of workers' rights and the environment, payment of the Fairtrade Minimum Price and an additional Fairtrade Premium to invest in schools, transport, health care, sanitation, an improved environment and better business equipment and practices.

There are over 4,500 Fairtrade products available in the UK: from coffee, tea and chocolate to beauty products, flowers and gold. One in three bananas bought is Fairtrade, and British consumers choosing Fairtrade sugar sent more than £5 million in Fairtrade premium back to sugar cane smallholders last year. Choosing to buy food with the FAIRTRADE Mark really does make a huge difference to thousands of farmers, workers and their families.

From 29 February until 13 March 2016 is Fairtrade Fortnight, during which ordinary people like you

and me are encouraged to inspire a multitude of Fairtrade breakfasts in our communities – and wake others up to the challenges facing farmers and workers.

There are three simple steps to get involved:

- Organise your own Big Fairtrade Breakfast
- Inspire others to host a breakfast (for example, in a school, workplace, town hall or individuals at home)
- Register your breakfast on the Big Fairtrade Breakfast totaliser to make sure it gets counted.

You can find everything you need at fairtrade.org.uk/breakfast.

No one person can do everything to tackle the injustices that exist in the world, but harnessing the power of a Fairtrade breakfast is something we can all do. So, sit down for breakfast and stand up for farmers!

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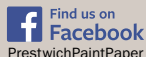


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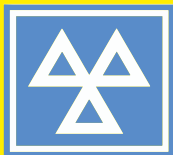
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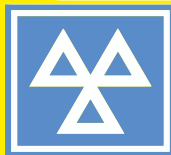
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Digs for Dogs Discovery Day

Bury based company Digs for Dogs Pet Services Ltd. would like to invite you to the "Digs for Dogs Discovery Day" and join them for a glass of bubbly to help celebrate the opening of their new Head Office at 66, Market Street in Tottington Village, Bury which is to be held on Saturday 6th February between 11.00am and 2.00pm.

Digs for Dogs are excited to announce that they are opening a new Head Office next door to their Grooming Spa in the centre of Tottington.

The new office will be a base for Managing Directors Debbie Pomfret and Lisa Hulton and will act as a Customer Contact Centre and Franchisee Training Centre. It will also be a place for the public to pop in and ask any questions about the services for their dogs or franchise opportunities offered by Digs for Dogs, or even if you just fancy a chat about your dog with Debbie or Lisa. The door will always be open and the kettle will be on!

To celebrate the opening of the office we would like to welcome you and join the Digs for Dogs team for a glass of prosecco and some nibbles! Debbie and Lisa and some of their franchisees will be there to chat to you about the services and also to answer any questions you may have about the franchise opportunities available.

If you are a dog lover, Digs for Dogs can offer you a new career and lifestyle!

Debbie and Lisa started the Digs for Dogs business in April 2012 with the aim of offering a great alternative to kennels and peace

of mind to dog owners by providing Home Boarding and Dog Walking services. Since then the business has grown at a rapid rate and Digs for Dogs is now proud to have 12 franchisees running Home Boarding, Dog Walking and Dog Grooming franchises around the North West area.



In the Bury area alone they operate a successful Dog Home Boarding Service for your dog with a loving home boarding family and have four Dog Walking franchises in the area covered by Bev Lewis in Whitefield and Radcliffe, Helen Coogan in the Prestwich and Heaton Park area, Oliver Pomfret in the Holcombe Brook and Ramsbottom area and Stevie Penny in the Tottington and Brandlesholme area. To compliment the services they have a successful Grooming Spa Franchise in the centre of Tottington managed by Natalie Penny.

If you are a dog lover with the ambition and desire to change your lifestyle for the better by running your own successful, home based business then head along to the Discovery Day to find out more!

If you would like to attend or would like a franchise prospectus and some further information, call Debbie on 07718 059263 or email debbie@digsfordogs.uk.com.

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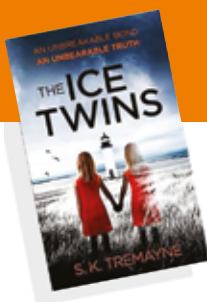
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In *The Ice Twins*, Tremayne successfully plays on the greatest fear of every parent: losing their child.

This is exactly what happened to Angus and Sarah Moorcroft. They lived the perfect life in London with their twin daughters, Kirstie and Lydia but a holiday to Sarah's parents' in Devon turned into tragedy when Lydia fell from a balcony and died.

Or did she?

Two girls, physically identical in every way but with very different personalities. Surely if anyone is able to tell them apart it would be their parents? Lydia, Sarah's thoughtful and quiet daughter is dead and she must rebuild her life and keep going for the sake of Kirstie.

A year after the accident, the family inherit a remote Scottish island and make arrangements to leave London where painful memories of Lydia are around every corner. Then Kirstie turns everything upside down with a simple question.

"Why do you keep calling me Kirstie, Mummy? Kirstie is dead. It was Kirstie that died. I'm Lydia."

Could Angus and Sarah really have got it wrong? Or is Kirstie just grieving for her dead twin sister? Is there something special that unites identical twins, even beyond the grave, and causes confusion and guilt at being the one to survive?

As the action moves to Scotland the fresh start that they hoped for comes crashing down around them. Just who did die on that day in Devon? And what exactly happened to cause a little girl to fall and lose her life? As the truth is slowly revealed, Sarah struggles to come to terms with the reality as she is slowly pulled into a pit of despair and anguish. The novel starts slowly but builds to a chilling climax that will haunt the reader long after the final paragraph has been digested.

There are certain characters and stories that we have all grown up with. We know that it isn't a good idea to build a house out of straw or sticks. Apples given to us by strange old women might not be good for us. And planting some magic beans in your back garden is certainly not the smartest thing you could do unless you want to be attacked by giants! But they are just old stories, right?

Well, what if they weren't?

In this first novel in the Sisters Grimm series (aimed at children around the age of 10), we meet Sabrina and Daphne Grimm. They live in New York and have in the past year been placed with one foster family after another following the mysterious disappearance of their parents. The girls have become experts at running away from each home as they find themselves treated badly.

Suddenly, out of the blue, their grandmother appears and offers them a home: shocking as the girls had been told that she had died. The authorities don't seem too concerned by this - they are simply happy to get rid of Sabrina and Daphne - and so they are delivered a small town called Ferryport Landings and to the welcoming arms of Granny Relda.

But Ferryport Landings is no ordinary town, as the girls will soon discover. After all, how many schools have Snow White as a teacher? Here live the Everafters: characters from fairy-tales who are doomed to remain there for ever due to a curse. A curse that Sabrina and Daphne find themselves at the heart of.

It soon becomes clear that Granny Relda is no ordinary Granny and the fact that she is still alive is just one secret that has been kept from the Sisters Grimm.



Prestwich Heys FC

Heys have hit the road in order to beat the weather.

After a near record making eight successive postponements, Heys took the decision to switch matches to 4G surfaces at Eccles College and the AJ Bell Stadium in order to get games played.

Jon Lyons's team opened the year on January 9th with a game against Boothstown, the team they had faced in their previous fixture back on November 7th.

Heys won that game 4-0 and opened 2016 at Eccles College, by going one better, recording a 5-0 success thanks to two goals from Max White and further strikes from Dalton McLaughlin, Greg Wills and Lee Bruce.

The AJ Bell Stadium was the next port of call and on a cold snowy day, Heys suffered their first league defeat of the season.

First half goals from Paul Tierney and Jamie Baguley appeared to have put Heys on the way to another win but AFC Monton roared back to win 3-2, the decisive strike coming with the very last kick of the game.

Despite the loss Heys remain top of the table on goal difference from Royton Town but have three games in hand on the Oldham side and many of the chasing pack.

It was back to Eccles for the Gilgryst Cup quarter final with Old Alts seven days later. With semi-final appearances in the Bolton Hospital Cup and Atherton Charity Cup already booked, Heys added a third to their diary with a 4-0 win courtesy of goals from Wills, Baguley, Wes Bancroft and Erike Sousa.

Heys Reserves have been able to fit in a couple of games too. A 1-1 draw with second placed Royton Town enabled them to cement their position at the top of the table. They now lead the Oldham side by four points but have six games in hand.

Matt Jolly's side also have a semi-final to look forward to in the Spring after a 3-0 quarter final

win at Wythenshawe Amateurs in the Open Trophy.

Whilst the pitch has been unplayable and games sparse Heys have been busy off the field. Their application to join the North West Counties League has been accepted by the FA and Heys will now go through the ground grading process to determine if they can return to the semi-professional ranks they last graced in 1986.

Planning permission for floodlights at Adie Moran Park has also been extended and the club are in talks now to get them installed in the next few months.

Looking ahead Heys face what could prove a defining month of fixtures in February as they face four of their title rivals (Royton, Hindsford, Rochdale and Stockport) in successive weeks. The outcome of those games will lay the ground for how the final months of the season pan out.

Forthcoming fixtures are:

Saturday 6th February

1st v Manchester Gregorians Home 2pm

Reserves v Manchester Gregorians Away 2pm

Saturday 13th February

1st v Royton Town Away 3.15pm

Reserves v Leigh Athletic Home 2pm

Saturday 20th February

1st v Hindsford Home 2pm.

Reserves v Rochdale Sacred Heart Away 2pm

Saturday 27th February

1st v Rochdale Sacred Heart Away 2pm.

Reserves v Hindsford Home 2pm

Saturday 5th March

1st v Stockport Georgians Home 2pm

Reserves v Dukinfield Town Away 2pm

Admission to 1st team home games is Adults £2/
Concessions £1/ Under 16's FREE

For the latest Heys News visit
www.prestwichheys.com

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YOUR PROPERTY - OUR PRIORITY

This is my first drive on an Infiniti brand car. This isn't because I have something against them, but because they've never really been available in the UK before.

If you have never heard of Infiniti then let me fill you in quickly. Remember back in the early 90's when Lexus showed up on the scene and gave Mercedes & BMW a good run for their money with their new-money luxury cars? Well as I'm sure you already know they were just posh Toyotas.

Toyota decided that they were bored making every day cars and wanted a share of the premium car market, and so they came up with Lexus.

Well Infiniti is pretty much the same idea, but this time it's Nissan trying it.

During the early 90's when Toyota decided to take on ze Germans with Lexus they saw rather a lot of success, this was mostly because people were bored with what Mercedes and BMW had on offer and wanted something new & modern. I'm not for a second saying that the early Lexus models weren't good enough to take on the Germans head to head, they were great, and I know many people that chose to buy a Lexus LS400 rather than a 7 series or an S class.

The problem that Nissan have with their Infiniti range is that people aren't bored with Mercedes or BMW right now, and Audi are on fire and very trendy at the moment too, so do people really want a new marque or do they want the snobbery that comes with a German badge?

Because of this I'm not going to compare the Infiniti Q30 with a German marque, instead I am going to run it against it's main rival the Lexus NX. But also because I think it looks very similar and is priced very similar I'm comparing it to the Mazda CX-5 too.

I have the cheapest of the range on test, priced at £20,550. For this you get rather nice alloy wheels, single zone manual a/c, a single shot CD player and what I think is great standard kit - front collision alarm and auto stop. Apart from quite of a lot of airbags that's it for standard kit at this money.

The Lexus NX basic model starts at £29,995 but that is with a hybrid engine so there are some tax breaks in the UK with that. The Mazda CX-5 starts at £23,195, for this you get the same sort of kit, but with dual zone climate.

So the Infiniti wins on price, but it doesn't end there, it really does look pretty good, it's available in some slightly iffy colours and the grille for me looks a bit too like the Lexus but otherwise there are no complaints.

Where the style really starts to shine though is inside the cabin. It just feels very modern compared to the Mazda. You can spec many different finishes and colours on your interior trim so you can make it just how you would like



it, but be careful, personalise it too much and you'll never sell the thing on when you're done with it!

As I had the basic model, under the bonnet was a 1.6 turbo petrol engine with only front wheel drive. If you want a bit more engine and all wheel drive you will be looking at another £11,00 which I think is a bit steep personally.

To go bigger and all wheel drive in the Mazda costs from around £3,000 to £5,000. So while you may think the basic car is very reasonably priced, as I did, when you start playing with the options it can start to get a bit silly.

I can't really talk to much on what the driving experience was like because it doesn't really do anything that bad or that brilliantly, it's a nice drive and you would be pleased with it everyday, but nothing really stands out.

The seats are mightily comfy and all the buttons are where you would expect them to be, it does feel very well bolted together, you can tell that Nissan do care about the production of these and nothing at all about it felt in anyway Nissan'y, it does have the feel of a quality product.

My problem here is that all the time I've had the car I've been comparing it to the Mazda CX-5 because that's what I feel it most closely matches. Not that there is anything wrong with the Mazda but you wouldn't call them a premium brand would you? Where that is what Infiniti are trying to be.

For me I would rather they badged it as a Nissan and built it this well, it would do wonders for that brand which to be fair, doesn't anything that exciting going on in the UK right now apart from the GT-R.

If I was buying a cross-over or a small suv I'd still buy the Dacia Duster, for the basic price of this you can get a fully specced up Duster and still have enough change for a holiday.

If you want a posh badge that will impress the neighbours, then get a German. Which is exactly what you have been doing and will continue to do, isn't it?

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