



Issue 17 - September 2015

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## ISSUE 17 - SEPTEMBER 2015

- 6 Advertising Index
- 8 @InsidePrestwich
- 14 Book Review
- 20 Coffee Break
- 28 Cooking
- 30 Which Specs?
- 38 Harvest Time
- 40 Garden View
- 44 Puzzle Solutions
- 46 Cricket Glory
- 48 Local Sport
- 50 Porsche for £5?

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## AUTOMOTIVE

LNK Motors	10
Magnum Whiteline Taxis	10
Whitefield MOT Centre	34, 41

## CLEANING SERVICES

Elite Oven Clean	44
Jigsaw Cleaning	34

## CLOTHING/ACCESSORIES

New Button Alterations	21
Omorose Lingerie	4
Too Shoos	18

## COMPUTERS

Dot Com Services	24
------------------	----

## EDUCATION/CHILD CARE

Bolton School	37
Central Manchester College	7
Holy Cross	42
Piano Tuition	34
Tumble Tots	34

## ENTERTAINMENT/SPORT

Burnden Park Football	49
Ian Lavin Magician	42
The Lowry	45

## ESTATE AGENTS

Cardwells	52
Melissa Berry	11
Pearson Ferrier	31
Prospect Homes	3
S&S Estates	32

## FINANCIAL SERVICES

Claiming 4 u	51
--------------	----

## FOOD & DRINK

Bitz 'n' Pizza	15
Bombay Cuisine	17
Buddha Lounge	29

Butter Me Up	42
ICare Community Meals	44
Istanbul Grill	2
Karol's Kitchen	22

## HEALTH/BEAUTY/FITNESS

Hawaiian Tan	13
Hollins Dental Laboratory	24
Puddle Ducks	39
Stans Barbers	21
Zumba Fitness	4

## HOME IMPROVEMENTS AND FURNISHINGS

ADE Plumbing & Heating	34
Allwood Furniture	19
Briggs Joinery & Building	30
Chris Kelly's Carpet Market	35
Conservatory Doctors	47
Danmarque Garages	5
Dream Interiors	24
Healthy Home	16
Heaton Park Kitchens	25
John Handyman Service	4
Northern Roofing Systems	42
Perfect Tiles & Bathrooms	26, 27
Premier Stores	43
Seymoure Windows	36
The Handy Job Man	12
Whitefield Painting & Decorating	34
Your Choice	23

## LEAFLET DISTRIBUTION

LDM	9
-----	---

## TV/SATELLITE/AV/CCTV

Audio Visual Connect	33
----------------------	----

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# There's a greedy monster in us all

When I learned that Aumbry was closing I was bereft.

"Pinch me," I'd said after my first visit. "I'm dreaming."

This was because I get a bit much when I've had wine and also because I was so high on protein from their meat-rich tasting menu that I was not myself. But from that evening on, Aumbry became my favourite restaurant in the world. I couldn't believe it was only 10 minutes from my house. Then it wasn't. And as I say, I was bereft.

Now, after several months of hard labour, refurbishment and bashing through into the curry house next door, Solita has risen in Aumbry's place. It couldn't be more different.

Aumbry's dishes were small, crafted works of art that caused your palate to speed-evolve with every new morsel you placed in your mouth. This was all well and good (it really was) but it often disappointed diners who didn't believe that they'd had a proper meal unless they could feel their shoes getting tight. Solita's food almost seems to be a direct reaction to that, offering a menu dedicated to gut packing. Great lumps of food that appeal to the greedy monster that lives within us all.

While not offering the powerful and complex tastes of its predecessor, Solita's food has its charms. The deep fried mozzarella and bacon wrapped doughballs might be little more than heart attack pills but the cheeseburger spring rolls and sticky lime wings are miniature, dirty delights. Of the burgers, I'd recommend the chorizo-stuffed Catalan and, one of the few



concessions to vegetarianism, the special bean burger. Each offering as much in flavour as they do in mass.

I discovered this on Solita's opening night, when staff relentlessly passed trays of choice menu items past every table. Our party grabbed every offered scrap, jamming it all down our throats like willing foie gras geese. Unable to refuse.

Anyone looking through the window that night would have been presented with a sight akin to a scene from The Walking Dead. A mass of staggering figures, woozy from the limitless bar, groaning and cramming fistfuls of meat and cheese into their faces.

This might not be a great way to assess a restaurant but it was enough to recognise Solita as a good thing for Prestwich, if not necessarily my heart. And while it's no Aumbry, my greedy monster thinks it'll do nicely.



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## Diary of a Wimpy Kid by Jeff Kinney

Of course this month children all over the country said goodbye to the long summer holiday and trudged (many of them reluctantly) back to the classroom. So this month we have a 'back to school' theme with the first book in the smash hit US book series.

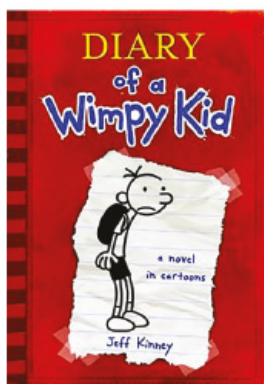
Greg Heffley is finding his way through the minefield that is middle school. As he points out at the start of the book this isn't really a diary. In his own words there is none of this 'dear diary' rubbish and he won't be discussing his 'feelings'. It's a journal, and as a journal it takes us through the school year from the all-important decision of where to sit on the first day of class, to the embarrassment of playing a tree in the school production of 'The Wizard of Oz' (and not even being able to throw apples at annoying Patty who is playing Dorothy!).

Along with his best friend, Rowley, he plans a Hallowe'en haunted house to raise some money but unfortunately they only manage one terrified guest before Rowley's dad brings it to an end. But as we find out, that was not quite the end of the matter and it takes a full school year before the consequences of Hallowe'en night are fully realised.

Described as 'a novel in cartoons' this is a perfect book for both those who love reading and those who are 'reluctant readers'. Yes, it's an American book, but there are no issues with readers relating to the culture: school is school, wherever you are in the world!

## Cross Stitch by Diana Gabaldon

This engrossing novel is the first in the 'Outlander' series and introduces the reader to Claire Randall.



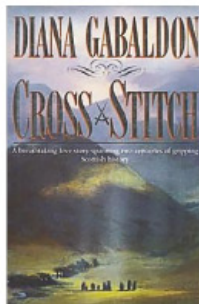
It is 1945 and Claire is on a second honeymoon with her husband after being reunited with him following the end of the war. The Scottish Highlands seems idyllic although she accepts that the real reason for the destination is for her husband, Frank to research his family history. Claire visits a stone circle at Craigh na Dun and faints after hearing a strange buzzing noise. When she comes round she finds herself transported back in time to the 18th Century.

Not knowing when or if she will ever return to 1945, Claire sets about surviving in an alien culture. She falls for Jamie Fraser, a young Scottish warrior, who is about as different from Frank as you can possibly imagine. She learns of his life and how it crossed paths with Captain Randall: the ancestor that her husband is researching back in 1945. Her heart and passions are divided between Frank in 1945 and the Scotsman she is forced to marry to save her life.

Winner of the Romance Writers of America's award of 'Best Romance' when it was first published, the story has recently been adapted for American television and is shown here on Amazon Prime.

Gabaldon has created a rich world for her characters set against the romantic Scottish Highlands. The central characters of Claire and Jamie are complex and they carry the reader through the story. Even the many smaller

characters have a voice of their own: from Dougal MacKenzie who leads Jamie's clan to Geillis Duncan, an unexpected ally for Claire. At 880 pages this may seem like a daunting read, but before you know it, the pages have sped by.





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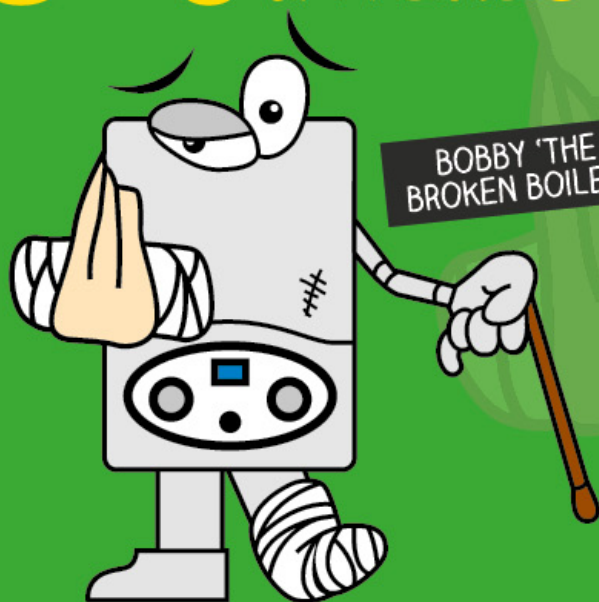
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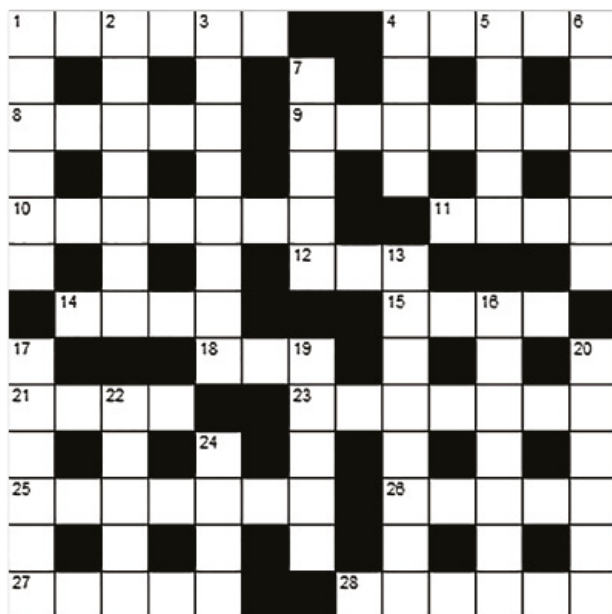
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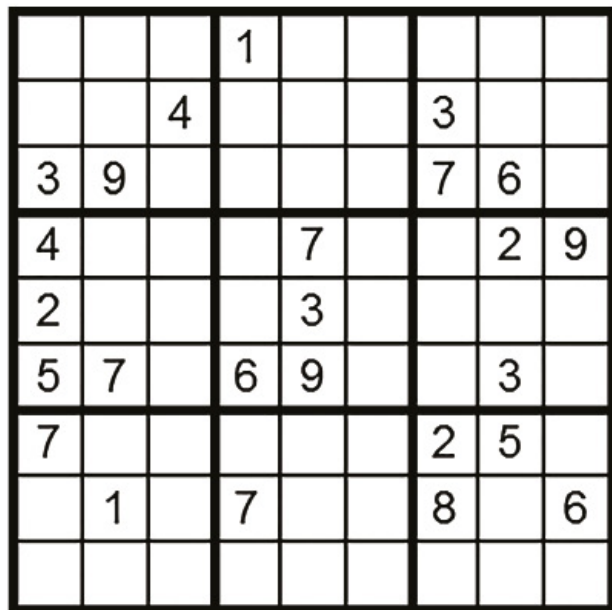


## Across

- 1 Eastern European country (6)
- 4 Thin crisp biscuit (5)
- 8 Overhaul, modernise (5)
- 9 Loudly, uproariously (7)
- 10 Slim, lithe (7)
- 11 Skin irritation (4)
- 12 Top, cover (3)
- 14 Jealousy (4)
- 15 Type of goat (4)
- 18 Weep, cry (3)
- 21 Retort, riposte (4)
- 23 Guitar-like instrument (7)
- 25 Conceded, endorsed (7)
- 26 Emaciated, cadaverous (5)
- 27 Black (5)
- 28 Onset, arrival (6)

## Down

- 1 Church district (6)
- 2 Portable lamp (7)
- 3 In this day and age (8)
- 4 Lament, moan (4)
- 5 Pass out (5)
- 6 Beat pattern (6)
- 7 Growl, grumble (5)
- 13 Spilled the beans, disclosed (8)
- 16 Assassinate, kill (7)
- 17 Four-sided shape (6)
- 19 Chum, mate (5)
- 20 Group of six (6)
- 22 Eskimo house! (5)
- 24 Rock rhythmically (4)



**Solutions on  
page 44**





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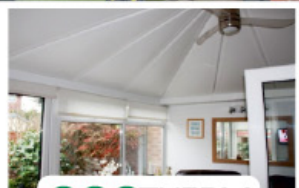
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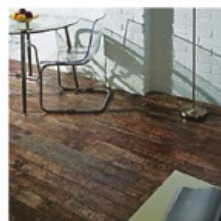
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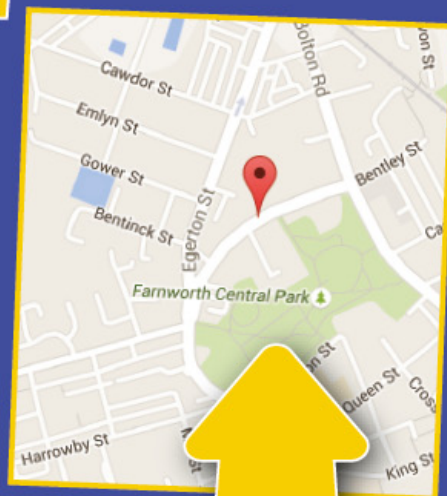
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## Stuffed Baked Peppers

### Perfect September Food

Serves 6

Prep time 30 minutes

Cooking time 1 hour

### Ingredients

1 tbsp olive oil, plus more for oiling the pan

1 small red onion, finely chopped

8oz / 225g mushrooms, finely diced

1 large carrot, finely diced or grated

7 peppers, any colour or mixed colours - 1 cored, seeded and chopped finely; 6 cored and seeded with the tops removed and reserved

Large handful or flat-leaved parsley, chopped

Large handful baby spinach

1 1/2 tsp ground cinnamon

3/4 tsp ground cumin

1 cup uncooked quinoa, rinsed and cooked according to package directions 1/4 tsp salt

1/4 tsp ground black pepper

1/2 cup roasted cashews

### Method

Preheat the oven to 170C / Gas Mark 6. Lightly oil a 9x13 inch / 23 x33 cm baking tray; set aside.

Heat oil in a large frying pan over a medium heat. Add onion and cook,

stirring occasionally until transparent, 8 to 10 minutes approx.

Add mushrooms and cook until softened. Add carrots and chopped peppers, fry until just softened, then add parsley and spinach. Let spinach wilt then stir in cinnamon, cumin and cooked quinoa and toss gently to combine.

Add cashews and season with salt and pepper, then cook for 2 minutes more.

Set aside to let filling cool until just warm.

Divide quinoa mixture evenly among remaining 6 peppers, gently packing it down and making sure to fully fill each pepper. Top each pepper with its reserved top then arrange them upright in prepared pan.

Cover snugly with foil and bake for approximately 1 hour, checking halfway through, until peppers are tender and juicy and filling is hot throughout.

Transfer to plates and serve.





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If your face is square with a broad forehead, wide jaw and square chin, soften the angles by wearing

oval or round frames that are not too wide. These will soften the jaw and help emphasise the eyes.

A rectangular face is longer with a square chin, deep forehead, high cheekbones and long nose. Large, wide, square frames with a strong top line help shorten the face, and a low bridge will shorten the nose.

In addition, ensure that the top edge of the frame is no higher than the eyebrows and that the lower edge does not sit on the cheekbones.



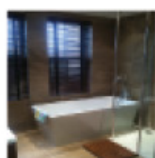
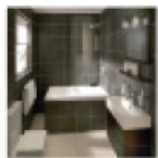
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We have celebrated a successful harvest since pagan times in Britain. Today events are commonly held in September or October on the Sunday when there is a full moon closest to the Autumn Equinox (September 23rd).

Prior to King Henry VIII's break away from the Catholic Church however, celebrations took place on August 1st at the start of the Harvest season. The day was known as Lammas or 'loaf mass', and marked the wheat harvest specifically with celebrations on later days to honour fruit crops. On Lammas it was customary for farmers to make a loaf from the new crop and take it to church.

Stories of tradition then vary, with some sources saying the blessed loaf would be used for communion during a special mass thanking God for the harvest. Others say the loaf was split into four pieces and placed in the corners of the barn to protect the grain that had been gathered.

Frequently celebrations in schools and churches include hymns such as We Plough the Fields And Scatter, and All

Things Bright and Beautiful. Decorations such as corn dollies and the display of home grown produce are set out. This format is thought to emanate from when the Reverend Robert Hawker invited parishioners to harvest celebrations in Morwenstow in Cornwall in 1843.

Whether you celebrate formally or not it's a great time of year to enjoy the foods of the season, especially bread.

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September 23rd is a special date in the gardening clander. The sun is directly above the earth's equator and day and night are exactly the same length.

Because of this, September is a pivotal month in the year: it heralds the end of summer and the start of autumn. It's also a pivotal month in the garden. It's a time of endings but also a time for rejuvenation. Summer plants fade and enter their dormant period, while leaves take on autumn hues: yet autumn crocuses push up through the soil, while bushes and trees are laden with fruit.

This dual aspect to September means that on the one hand I find myself preparing my garden for its long winter sleep, but on the other I'm planning ahead for next spring.

So, while cutting down the perennials which have finished flowering I'm also checking to see if any have become too big for the space they're in. If they have, I'll divide them now, while the soil is still warm, and move them to another part of the garden, where they'll flourish when the new growing season begins next year.

Likewise, I'm planning where any new trees or shrubs will go. I'll get them in during September and they'll be off to a flying start come Spring.

My garden is chock-full of Spring bulbs already but I can always find room for some more. While I'm at it I'll be planting a few in pots so I can be sure of a great spring display on the patio.

Meanwhile I look upon all the weeding, tidying and leaf-raking that I'm doing as an investment in compostable materials for my bin and my leaf-litter pile, which when left over the winter transmogrify into rich, crumbly compost and leaf-mould respectively. When dug into my soil in

early spring it will give my garden a much needed shot of energy with which to kick off the growing season.

The autumn equinox is the gardener's equivalent of the New Year. It's a time to reflect on the past season while resolving to do even better in 2016

## Autumn Lawn Care

**Sweep the leaves.** I put mine in a perforated dustbin liner, in a dry spot and wait for them to rot down.

**Rake** Use a wire rake to pull out all the dead moss and thatch. I put everything I collect into the compost bin

**Spike lawn** Push a garden fork right through the lawn into the earth below then rock it a little to open up the lawn's surface and allow air in.

**Brush with top dressing** This is available from garden centres. Brush it into the holes with a stiff broom. To make your own top dressing, mix 3 parts top soil with one part peat substitute and 6 parts sharp sand.

By Rachel Leverton







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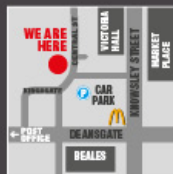
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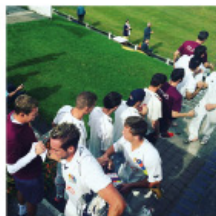


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## Prestwich Heys FC

It's been a busy time for Prestwich Heys with a New Chairman appointed, an unbeaten start to the League season and progress in outside cup competitions.

Neil Gilmore is the new Chairman of the club. He succeeds the late John Carroll who passed away in July.

On the pitch it has been a busy but successful period with Heys amongst the pacesetters in the Manchester League Premier Division.

After the first five games Heys sat in second place in the table with 11 points. The campaign started with a super 3-1 win at AVRO before a Lee Bruce hat-trick helped fire Heys to a 5-0 home win over Rochdale Sacred Heart.

Tough home games against two of the other early leaders followed and saw successive draws with Springhead (0-0) and Royton Town (2-2).

The latter was a spectacular affair that saw some breath-taking football from both sides to enthral a crowd that included Paul Scholes.

Heys followed that up by making a first ever trip to Uppermill and they came away with all three points in a 2-0 win.

The club have also been active in three different cup competitions. Heys hold on the Keryon Cup was ended when they lost 1-0 to Walshaw in the semi-final.

However, Heys have reached the semi-finals of the Atherton Charity Cup. After winning their group they then triumphed 6-0 at Brightmet in the quarter finals.

The Reserves have also made a great start to the season. New Manager Matt Jolly has seen his side begin the defence of their League title with emphatic wins in all of their first three games.

This months' fixtures (all kick off 2pm) are:

September 12th

1st v Hindsford - Home (Lancashire Shield)

2nd v Hindsford - Away (League)

September 19th

1st v Uppermill - Away (Gilgryst Cup)

2nd v East Manchester Academy - Home - (Open Trophy)

September 26th

1st v Dukinfield Town - Away - (League)

2nd v Dukinfield Town - Home - (League)

October 3rd

1st v Manchester Gregorians (Away) League

2nd v Manchester Gregorians (Home) League

Keep up to date with all things Heys at [www.prestwichheys.com](http://www.prestwichheys.com)



Hi, I am Neil Gilmore, I am Prestwich born and bred. I am married to Tracey and have two daughters; Lauren who is a Paediatric sister and Emily who is in her final year to become a teacher.

I have attended Prestwich Heys over the years; from visiting with my father as a boy in the early 70's, to the current day. I

retired from the police last November, which has given me time to get more actively involved at the club. This allowed me to become reacquainted with boyhood friends and also meet a lot of new friends.

I developed a friendship with the chairman John Carroll, who took me under his wing and encouraged me to get more involved and join the committee. John had big ideas and a vision for the club; it was such an upset and shock to hear of John's passing. I was approached by various people at the club, who asked if I would consider becoming the chairman; in all honesty it did not need much consideration. However, I needed to know that people at the club, especially John's family were happy with this. With their blessing, I am looking forward to my role, as chairman of Prestwich Heys; a club steeped in history and close to my roots.

Jon Lyons, the manager, has put together a strong squad and back room staff who appear more than capable of doing the business on the pitch. This has been witnessed during pre-season; both good individual and team performances.

The club has good foundations with the committee and supporters. My vision is without doubt to continue John's dream of getting into the North West Counties, somewhere a club of this magnitude should be, putting Prestwich Heys back on the map. I aim to encourage, initially local businesses, to get involved by sponsorship/ advertising. I also want to influence community engagement, involving our neighbours, getting them involved even if just socially to begin with.

The club have a good committee and supporters, which I want to see continue with the support and help, not just on match days but also with background work. I believe Prestwich Heys will prosper, through team work, crucial to fulfil the vision of the club.

Neil.

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