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This Month:

STAY STRONG - REVIEW

New Album From Local Singer/Songwriter

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Cacik (v)

Cold Selections (v)

Soup of the Day

Garlic Bread (v)

Sucuk (Sausage)

Muska Borek (v)

Chicken Wings

Hot Selections

Mains:

Chicken Shish

Chicken Casserole

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Gallery
GUEST EDITION

1) Sunset at Aberaeron Beach - Wales 2) Last Light at Malham - Gordale Scar, Yorkshire Dales

3) Incoming - New Brighton Lighthouse, Merseyside

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Exhibition
AT THE LOWRY

Here's one we made earlier

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TOKOLOSH - STAY STRONG

(Jack to Phono)

STAY STRONG was released at the start of August with about as much fuss as the average Englishman feels comfortable making in a restaurant. The latest project by Prestwich singer/songwriter Liam Frost (along with members of The Earlies and The Whip) feels designed to actively avoid the spotlight.

This apparent commitment to ninja-like stealth seems completely in keeping with the identity of the band. They rarely play live and eschew aggressive self-promotion in favour of an online presence so oblique and humorous it's enough to make you think that Andy Kaufman might still be alive. This might be understandable if STAY STRONG (their caps) was some throwaway musical joke or a willful art project but in actual fact it's a remarkable collection of dark, highly evolved pop songs. Which makes it all the sadder that it has "great lost album" written all over it.

Frost's voice navigates a sea of itchy percussion and bubbling, glassy keyboards. Bass lines punch and snake through the surface, punctuated by stabs and jolts of tense, economical guitar. These are taut, muscular songs, given a heart by vocals that swerve from blue-eyed soul to a soaring falsetto so potent it could knock a kestrel out of the sky. This music is sophisticated but never elitist. Sometimes remote and mathematical but never clinical or soulless. It grabs fistfuls of disparate genres and mashes them together, creating a musical

identity that persists across the album; a defined sound aping everyone and no one. There are burps of disco and New Romanticism. Walls of digital fuzz and waves of swooning keys. But most importantly, there are songs.

"Shapeshifter" slinks and struts insistently into your brain. "The Hollow" clatters into a dark tunnel and insists that you follow it. "Bloodlines" pulses intriguingly then flies off with your breath. "Tokohorse" is the song Jeff Buckley's "Everybody Here Wants You" should have been. And "Quivering Pines", perhaps the album's finest moment, glitters like moonlit sands at evening tide. These are songs that handcuff themselves to you and swallow the key.

In short, STAY STRONG is too good to disappear unnoticed. Certainly too good to end up as a rarity in the hands of chin-stroking record collectors. They won't feel it. They won't dance to it. But you, you deserve it. And it deserves you. So do the right thing; save a great lost album.

• *STAY STRONG is available to download from Amazon, iTunes and Juno with a vinyl release forthcoming.*

Prestwich singer/songwriter Liam Frost ▼



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6th December 2014



Peter Davys - National councillor for Manchester/ North Cheshire and new joint owner of Hawaiian Tan

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As a business owner myself, based in Whitefield, I fully support Small

Business Saturday, a campaign which focuses on the UK's five million small businesses to highlight success and encourage consumers to 'shop local' and support small businesses in their communities.

The campaign follows the model introduced in the United States in 2010 and here in the UK it is championed by Chuka Umunna, the Shadow Secretary of State for Business, Innovation and Skills, and supported by the Prime Minister.

The FSB is backing the initiative, we hope that consumers will be encouraged, not only to 'shop local' as much as they can but also to appreciate all the small businesses in their communities.

Locally we are supporting the campaign, encouraging business owners and shoppers to get involved in what is set to be one of the busiest shopping days of the year.

If you want to get involved visit www.smallbusinesssaturdayuk.com or alternatively send me an email to peterdavys@orrestleisure.com.

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Prestwich Comedy

Every second Thursday of the month, Big Lou introduces 4 acts from the North West Comedy scene, including a pro headliner.

£6 Pay on the door with show starting at 8:15pm. For more information, visit [@prestwichcomedy](https://twitter.com/prestwichcomedy) on Twitter.

Concert by Besses O' th' Barn Brass Band

Prestwich Methodist Church, Bury New Road, Prestwich. 27th September 2014. For more details and tickets email blomerley812@btinternet.com.

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Ladies who Sing!

The Egerton Ladies Choir rehearses at Heaton Park Methodist Church in Prestwich. We meet on Tuesday evenings during term time 7:30pm - 9:00pm. Rehearsals re-start Tuesday 23rd September. We have vacancies for soprano, mezzo and alto voices and no audition is needed. We sing classical and modern music and songs from the shows. Music is provided. The Church is on Bury Old Road, just down from Heaton Park metro station.

You can get more information from our Secretary on 0161 798 5138, or just turn up one Tuesday night. We also have a website: egertonladieschoir.weebly.com



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For some people, just wanting a motorcycle is reason enough for buying one. However, there are benefits to owning a motorcycle other than just fulfilling a desire. Motorcycle riders take to 2 wheels for a huge range of reasons.

Affordability

Whether you are buying new or used, a decent motorcycle costs much less than a car with equivalent performance. Many motorcyclists only ride for pleasure in good weather and as a consequence there are many low mileage machines available secondhand at bargain prices.

Fuel economy is often a major consideration in vehicle choice. Many mid-sized motorcycles will return 60-70mpg whilst still being capable of motorway speeds with ease. We are now seeing 125cc machines, with fuel injection, exceeding 120 mpg even riding around town.

Motorcycle insurance is considerably lower than car insurance. Most insurers offer no claims bonuses and discounts for riders who undertake refresher training. Many young riders are finding that their premiums are a tenth of car premiums.

Finding a place to park is much easier on a motorcycle. In reality it is almost always possible to park for free. Many Greater Manchester authorities allow free parking on meters and in the dedicated motorcycle areas in their car parks. Even when this is not the case there are always plenty of spaces to squeeze a 2 wheeler into.

The Environment

Motorcycles are very environmentally friendly. They tend to have lower emissions than larger vehicles, cause less damage to the road surface and reduce congestion by taking up much less space on the roads. As a result, road tax starts from as little as £16 per year.

Pleasure Riding

Some motorcyclists use their machines purely for pleasure. This could be evening rides in the Summer, weekends away or European touring. Others are solely commuters over both long and short distances. Many riders combine both and also own a car for family trips. The choice is entirely individual but once made you will be part of a growing band that now numbers over 1 million in the UK alone.



Training and Safety

All learner riders will need to undertake a course of basic training as a minimum. Riders wishing to ride machines over 125cc will need to pass their motorcycle test. Riders will be given advice on clothing, machine choice and how to stay safe on the road. A variety of training options are available with dedicated and enthusiastic instructors. Visit www.ltlrider.com for legal and training advice.

Chris Mills is the proprietor of LTL Rider Training. He first qualified as a motorcycle instructor in 1981 and is now an advanced level trainer and member of The Institute of Advance Motorists.

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Bolton retailer awarded British EMRA

Bolton independent electrical retailer Paul Davies Kitchens & Appliances has been awarded a British EMRA in the category of Leading In-store Display, after entering his business for the prestigious British Electrical Manufacturing & Retailing Awards (EMRA), which took place at Twickenham Stadium during May.

The British EMRAs are run in conjunction with the electrical goods industry's leading monthly magazine Get Connected and aim to highlight the industry's achievements and contribution to the UK economy, alongside all branches of British enterprise and innovation.

Commenting on the Award, Terry Heath, Publishing Director of Get Connected, said: "An EMRA means not just 'The Best of British Electricals', but 'The Best of British'. Paul Davies runs a commendable business, which has continued to grow during the recession due to constant investment in new displays and marketing. His showroom is a credit to the company and its staff, who must be extremely proud to have been recognised for their achievements."

Paul Davies Kitchens & Appliances has grown to become one of the largest Appliance and Kitchen showroom in the North West. Paul Davies said the company is now being marketed as a regional business as well as at local level.

"All our Design Centres are fully operational and our highly trained staff can explain or demonstrate the functions of any of our appliances on display. Customers are actively invited to try before they buy. With over 30 years' experience, the team at Paul Davies are confident they can offer clients the best advice available when purchasing a new kitchen or appliance and as a family-run business we ensure all our staff are friendly yet professional with all our customers."

Providing choice and value has been key to the growth of the business, which showcases all of the leading appliance manufacturers' brands. The store has dedicated Smeg and Miele Centres and is a AEG specialist and a Hoover 'Centre of Excellence'. It is also a Neff accredited retailer and has a fully trained team of Bosch experts.

"We also have our Siemens IQ Centre and have recently opened our new Range Centre, housing all the leading brands such as Range Master, Britannia and Leisure, Stoves, Belling, Falcon and Mercury," adds Mr Davies.

"We offer a full kitchen design and fitting service with over 15 kitchens on display, all showcasing the very latest in design and technology.

"Our aim is to ensure customers view Paul Davies as their first and only choice for kitchens and appliances across the North West."

Commenting on receiving the British EMRA accolade, Paul Davies said:

"We are absolutely delighted with the award; there has been a lot of investment and training needed to achieve our goal, but to be recognised as the leading in store display throughout the country makes it all worthwhile."

Local salon celebrates first anniversary with hair and beauty event

We are celebrating five years of ND Beauty Skin Clinic and on September 20th, we celebrate our first year in our new premises in Prestwich on Bury Old Road.

The Clinic, which specialises in high-end non-surgical beauty treatments as well as hair, nail and waxing services, will celebrate with an open day for customers.

The event takes place September 20, 2-6pm and guests will be treated to demos, discounts, drinks, nibbles and a chance to win one of several great prizes in a charity raffle.

Experts will be on hand on the day giving complimentary skin and hair advice. There'll also be some great offers for treatments on the day such as half price botox and filler treatments, LVL lashes and a 25% discount for all bookings made for treatments until 4th October.

Limited places are available. If you'd like to book your place, please email info@NDskinclinic.co.uk with your name and telephone number.



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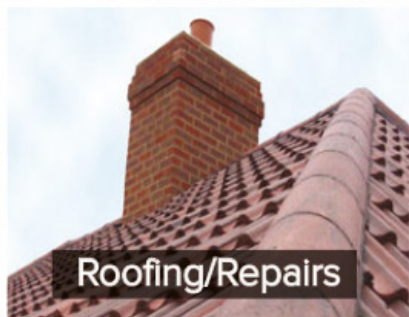
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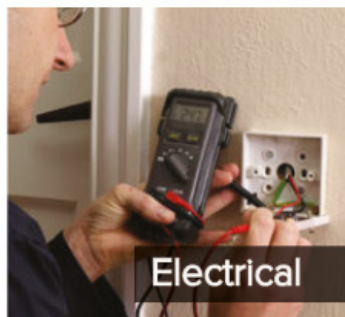
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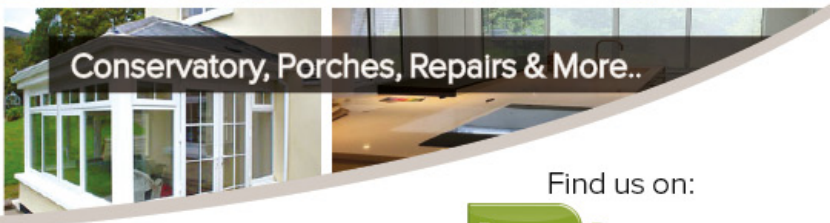
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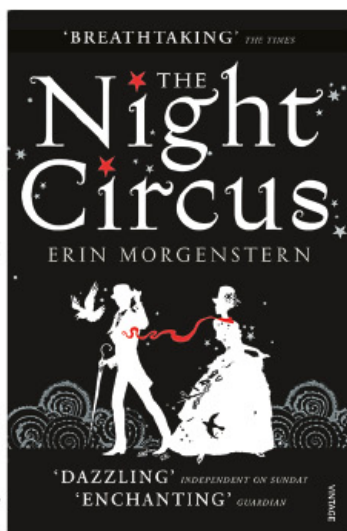
Erin Morgenstern

"The circus arrives without warning ... It is simply there when yesterday it was not"

So begins this adult fantasy novel. From the seductive opening you are drawn into the world of the circus. The mysterious circus owner, Prospero the Enchanter, otherwise known as Hector Bowen, is a magician and Le Cirque des Rêves is the greatest accomplishment of his career. Magic unfolds on every page as his circus and its assembled performers enchant and amaze its audience. Time moves differently in the circus, as the performers appear not to age. Acrobats perform without safety nets and the audience move from one spectacle to another, created by the illusionist who transforms tents on a whim.

Fates intertwine as two young protégés must meet and compete on this unsuspecting stage. The ultimate bet will be decided after years of dedication and preparation.

Set in America and Europe in the late 1800s this novel oozes with an era that never quite existed. A steampunk retelling of the Victorian age that you will wish you could visit. The language is poetic and evocative and you will find yourself longing for the day when the circus arrives near you without warning. You too will want to wear a red scarf and join the rêveurs.



Magic Tree House: Valley of the Dinosaur

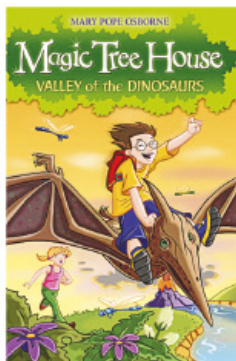
Mary Pope Osborne

Time travel. A quest to solve. Exciting adventures. This book for young readers who are growing in confidence has all of these and much more. The first of a series of books, it follows the adventures of Jack and Annie as they discover a magic treehouse in their neighbourhood.

As the story begins Jack and Annie are chasing an imaginary monster into a nearby wood when they stumble across a solitary treehouse. Curiosity getting the better of them, they decide to

explore and inside they find wonderful collection of books. Jack is drawn to a dinosaur book and before they know it the two children are transported back to the time of the dinosaurs.

Full of fascinating facts this book will appeal to any budding palaeontologist. At ten chapters this is a nice introduction to reading without seeming too daunting. The sentence structure can be repetitive and simplistic, but I am assured by young readers that this is not a problem!



There are currently sixteen books available in the series covering different time periods and geographic locations. These along, with an interactive website, promise to engage and educate young readers for many a long school holiday.

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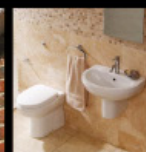
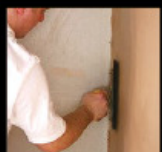
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Dennis Gore - aka Dennis the Chemist - is a legend in holistic pharmacy

Dennis Gore MRPharmS is a broadcaster, global advisor, own-label manufacturer, distributor, online retailer – oh, and a shopkeeper.

But like many a multitasking genius, Dennis the Chemist is a little bit mad. Check out his eponymous website in order to find his Prestwich store, and directions go something like: "Come off at J17, drive 0.8 mile down Bury New Road, turn left at St Mary's Road (there is a bollard in the middle of the road). St Mary's Road becomes Whittaker Lane. From the bollards to our door is 0.6 miles. Welcome!"

Never mind the bollards, get the picture? But hey, don't be fooled. I asked Dean Forbes, PR and marketing executive at Pharma Nord (the Morpeth-based nutritional company with which Dennis has enjoyed a long and fruitful alliance) about this man's pharmacy. An Internet or bricks and mortar pharmacy? He said: "Dennis does indeed have a retail presence. It's amusing, as it's the most unassuming shop, considering his reputation and the business he does."

In fact, Forbes reports that a sizeable chunk of the business is built around Dennis's success with, and fervent belief in, Pharma Nord products. "He has," says Forbes, "shifted over £1m of our Coenzyme Q10 and used it to make a massive impact on his community's health. It's so gratifying that he has trusted his reputation to us for all these years."

If you track down the Manchester-based Dennis Gore Pharmacy, the word 'tardis' seems somewhat understated. And the encyclopaedic roll call of products (500 from around the world) are all available online too.

Dennis caters for just about every chronic condition imaginable, with world-class natural products and therapies working alongside

the traditional dispensing side of the business.

"When you strip back all the layers," says Dennis, "I am a pharmacist to the core. So it is absolutely essential to me that the CAM (complementary and alternative medicine) side of the business, about which I am equally passionate, is underpinned by evidence-based science and pristine, forensically stringent quality control".

Dennis's shop is a destination in itself. People come from far and wide. They phone, write and email, and turn up on his doorstep seeking advice on everything from asthma to zinc deficiency, to indulge in retail therapy and to meet the man himself.

Dennis does, to say the least, have a profile. A shrinking violet he is not. He regularly appears on radio and television, starting out on local radio station Piccadilly Radio over 20 years ago. He's also appeared on BBC GMR, BBC Lancashire and BBC Merseyside and can be heard on City Talk FM in Liverpool every month, answering queries on complementary healthcare and pharmacy on the Pete Price Show.

Dennis has appeared on ITV's Lunchtime Live with Eammon O'Neal and has guested frequently on Channel M on Sky. He also attends and presides at lectures and international symposiums, mainly to enrich and expound his knowledge on CoQ10. That's why people beat a path to his door and gold standard healthcare brands want to supply him with their products.

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Hungarian Beef Goulash

As Autumn draws in I like to make one pot dishes and this next recipe is a staple dish in my household. Its tasty and mild enough for all the family and a great alternative to to stew or hotpot.

Don't get too hung up on needing all the spices. The paprika is essential but if you dont have bay leaf or caraway seeds, don't worry.

It can be served with fluffy white rice, mashed potatoes or even roasts and of course any veg of your choosing or add extra potatoes into the dish and serve with a chunk of tasty fresh baked bread & butter.

Ingredients

- 1kg of Topside Beef or good quality braising steak
- Salt and freshly ground black pepper
- 1 large onion chopped
- 2-3 cloves of garlic
- 2 bay leaves
- 50 oz paprika
- 2 tsp of caraway seeds
- 1.5 litres of beef stock
- 1 carton of passata (sieved tomatoes)



3-4 carrots chopped into chunks

2-3 large potatoes peeled and cut into chunks

Sour cream or low fat yohgurt to garnish and flat leaf chopped parsley (optional)

Method

Preheat oven at 200°C in a large casserole dish/pan. Gently brown the onions, meat and seasoning, add the paprika and garlic and fry for a few more minutes.

Then add the stock, bay leaf and the passata.

Reduce the oven to 180°C and bring everything to a boil on the hob.

Transfer to an oven proof dish, cover and cook for 1.5 hours before adding the potatoes, carrots and bay leaf.

Cook for a further 30 mins until tender serve and enjoy!

For more recipes follow our Community Facebook page 'Mutha Cooker' and to exchange recipes and easy meal ideas. For cakes follow 'Lilli Oliver Cakes Whitefield.' Recipe by Vedia Glover.

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Over 90 players from around the world including Belgium, Italy, Sweden, Argentina, Holland and England came to Prestwich Golf Club over the weekend of the 9/10th August to compete in the 2nd International FootGolf open competition to be played there.



Saturday was a glorious day with the sun and dry weather allowing the players to card some very good scores with the leaders Switzerland leading the Belgium team by 4 shots and the English by 6.

Then on Sunday the heavens opened and the rain came down but these lads in true golfing spirit went out and played their second round and finishing again with some exceptional scores.



Winner of the competition was David Mancini (Switzerland) who retains the title 2nd Ben

Clarke (England) 3rd Matthijs Voost (Holland)

Prestwich Golf Club is the home of FootGolf in the North West, currently being the only golf club offering the opportunity to play this new sport in the area.

It is fast growing with over 15 courses opening in the South and Midlands.

Colin Willis from PGC said, "the FootGolf is played at weekends from 4pm and impacts very little on the golfers."

"We have had bookings for football team end of year parties, stag parties and birthday party groups as well as taking a couple of bookings for company days."



For more information, please visit:

<http://www.ukfootgolf.com/prestwich>

<http://www.prestwichgolf.co.uk/footgolf>

FootGolf is now becoming part of a lot of peoples lives now on a regular basis with groups returning to play again and again.

FootGolf is played on a golf course using a size 5 football and the object of the game is to place the ball into the hole using only your feet in the lowest amount of shots possible.

Blooms From Bulbs

It may seem early to begin planning next year's spring and summer colour, but it is essential to get bulbs planted this month (with the exception of Tulips which should be planted in November).

The history of bulbs can almost be traced back to the beginning of man, when they would most certainly have been used as food. We know that the ancient Egyptians grew onions and that potatoes (technically tubers) have been cultivated in South America for thousands of years. I wonder what these early people would think to the use of our ornamental onions, such as Allium 'Pinball Wizard', grown for their show stopping flowers!

Most of the usual subjects including Allium bulbs can be planted right now, and range in price from the very cheap tiny bulbs of Allium sphaerocephalon, to the more rare and expensive giant heads of Allium schubertii. Most kinds of Alliums enjoy a position in full sun, but if you have a very dry and shaded border such as that under a large tree, then try Allium ursinum, more commonly known as wild garlic. Its beautiful lush, low growing green foliage makes a great foil for a woodland setting, as well as producing a mass of white globular flowers borne on short stems.

When buying and planting bulbs, try and follow these general rules:

- Wear gloves when handling, as some are toxic and can cause

skin irritations

- Try and buy them loose so you can feel them. Give each a gentle squeeze and check they are firm. Reject any which are not, or appear to have shrivelled, and those showing any sign of mould (normally grey/blue in colour).

- Reject any showing excess signs of growth, with either long or pale stems. Bulbs should not be showing any sign of growth, but a short tip is ok

- Damaged or split bulbs should not be selected

- Plant using a bulb planter, allowing a hole twice the diameter of the bulb and about 3 times the depth, but I would advise to research it as each variety is different.

- Place a little bone meal in the hole for good root development

Bulbs can also be grown from seed. They take a good few years to flower, around five in my experience, but it's very satisfying when they finally do and you can even have a go at cross pollinating to make your own varieties.

Other favourites of mine are:

- Tulip 'Prinses Irene' an exquisite orange and purple flower.
- Narcissus 'Thalia' a white and scented daffodil.
- Galtonia, an imposing 60cm tall with grass like foliage and a 90cm high flower spike in white.
- Chionodoxa, with around 10 blue blooms per stalk, this is a small but cheery bulb.



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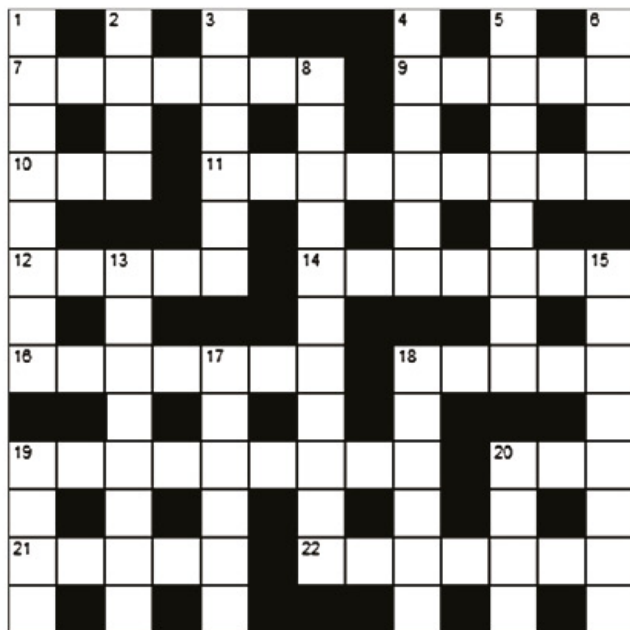
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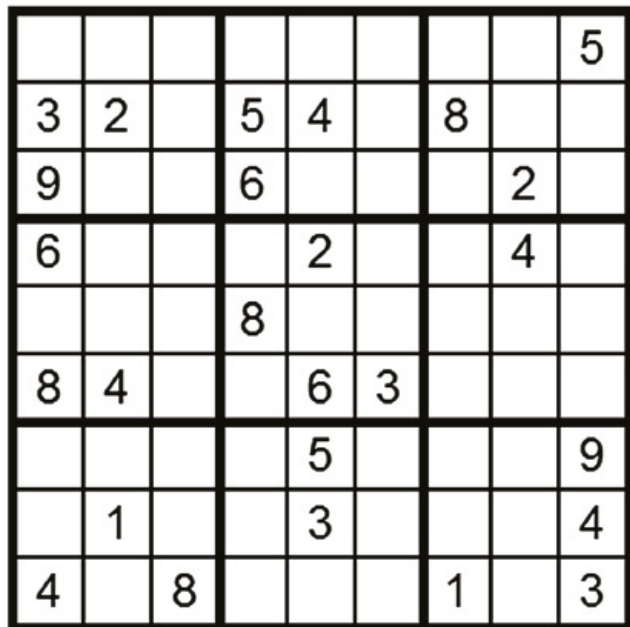


Across

- 7 Mexican drink (7)
- 9 Wind instrument (5)
- 10 Range cooker (3)
- 11 Hired soldier (9)
- 12 Coach, instruct (5)
- 14 Anguish (7)
- 16 Buffer, protect (7)
- 18 Polishes, wipes (5)
- 19 Occasionally (9)
- 20 Glide over snow (3)
- 21 Fleshy fruit (5)
- 22 Barrel makers (7)

Down

- 1 Second-largest ocean (8)
- 2 Water (4)
- 3 Pilot, aviator (6)
- 4 Tenders, puts forward (6)
- 5 Absconders (8)
- 6 Fee, tariff (4)
- 8 Designed to reduce drag (11)
- 13 Make (8)
- 15 Most treacherous (8)
- 17 Contemplate, mean to (6)
- 18 Absolute ruler (6)
- 19 Drainage pan or pit (4)
- 20 Spore, germ (4)



How to play Sudoku

It's simple!

Fill in the grid so that each row, column and 3x3 box contains the numbers 1 through to 9 with no repetition. You don't need to be a genius, these puzzles use logic alone. Watch out! Sudoku is highly addictive.

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Back To School Bugs

How does it happen? Your family has enjoyed a happy, healthy six week summer holiday, but within just days of returning to school your child comes down with a cold, or develops an itchy skin condition, or catches nits. Why, when they need to be settling into a new routine and you need to be back at work, do they suddenly get ill?

Like it or not, children gathering in schools is one of the main ways germs circulate in communities. Their immune systems are less mature, they tend to be in close contact, and they have 'germy' habits like sticking fingers or pencils into their mouths, so it is inevitable that they are going to come home with something nasty at some point.

That said, most illnesses can be avoided if a few good practices are followed. Top of the list is to make sure that your child's immunisations are all up to date, and that all family members have had a seasonal flu vaccination, where appropriate. Prevention is definitely the best medicine.

Next, make sure they wash their hands enough - and properly! The most common way to catch illness is through the mouth, eyes or nose after the hands have been in contact with infected surfaces. A thorough wash with soap and warm water to the back of the hands, in between the fingers and around the nails for 20 seconds (as long as it takes to sing 'Happy Birthday' twice!) - before eating or drinking, after a visit to the toilet, blowing their nose, or touching animals and waste, should be the minimum.

Teach your child 'germ etiquette'. This means staying away from other children who may be sneezing or coughing, covering their own coughs and sneezes by using tissues that should be thrown away immediately, and avoiding head to head contact with others. If your child is older, warn them about sharing items such as lipstick, lip balm, make-up, razors, creams, lotions and other personal items such as towels and sports kit.



There are some germ hotspots in schools, and cafeteria trays are one of them! One survey found that there were more bacteria per square inch on a cafeteria tray than there were on a toilet seat, probably because the trays don't get cleaned as often. If your child drops food on a tray, they should throw it away!

Finally, your child can build up their immunity by getting enough sleep and exercise, eating a well balanced diet that includes lots of fresh fruit and vegetables, and by drinking plenty of water. Take these preventative measures and hopefully going back to school will be a happy, healthy time for everybody!

By Debbie Singh-Bhatti

Coffee Break Solutions (from page 38)

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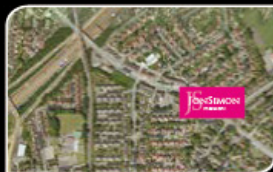
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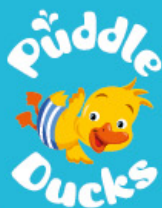


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Prestwich Heys FC

www.prestwichheys.com

It's been a busy opening to the season for Prestwich Heys on and off the pitch.

On the field Jon Lyons' team have opened their Manchester League campaign and reached the semi-finals of two cup competitions.

In the Kenyon Cup, Heys will meet Tottington United in the last four on 1st September. After topping their qualifying group, Heys then romped to an 8-0 win over Little Lever in the quarter finals.

Manchester league rivals and Champions Hindsford stood between Heys and the semi-finals of the Atherton Charity Cup, a competition the Tyldesley side also won last season. However goals from Paul Tierney and Jamie Treanor gave Prestwich an impressive 2-0 away success. The semi-final is set to be played in the Spring.

Heys have endured a tough start to their league campaign with matches against two of last season's title challengers.

Despite good performances in both games, they realised only one point and were left to reflect on missed chances in both games.

Danny Eyres scored a last minute goal in the 2-1 home defeat to Stockport Georgians whilst it was a last gasp effort at the other end that denied Heys victory in a 1-1 draw at Dukinfield.

September will see Heys start their Lancashire Shield campaign. Semi-finalists last year, they will begin this year's competition at home to Barrow based Hawcoat Park, in the 1st round on September 13th, kick off 2pm.

September fixtures are:

Sept 6th Royton Town Home (League) 2pm

Sept 13th Hawcoat Park Home (Lancs Shield) 2pm

Sept 20th Atherton Town Away (League) 2pm

Sept 27th Manchester Gregorians Home (League) 2pm

Admission to all home games is £2/£1.50.

Heys Reserves have enjoyed a flying start to the season with two big wins. A 7-1 win at Walshaw was followed by a 4-2 home win over Hindsford. Steve Charles netted hat-tricks in both games.

Meanwhile, off the pitch Heys have announced that Trafford Services Ltd. have become their new club sponsor.

The company will back the club for the next two seasons and their logo and branding will appear on both the 1st team and Reserve team kits as well as on the website, in the programme and on ground advertising.

Trafford Services Ltd. are specialists in Plastic and uPVC recycling with sites in Manchester and the Midlands.

Heys chose Adie Moran Day to announce that with immediate effect their ground will now be known as Adie Moran Park.

The announcement was made in the presence of the Moran Family with the unveiling of signage that will sit

permanently on the half way line between the dugouts.

Adie (pictured) led Heys through one of the most successful periods in their history between 2002 and 2007 including delivering three successive Manchester League Premier Division titles until his untimely death in 2007.

He also led the way in driving forward the development of the ground at Sandgate Road from a former school field to the enclosed facility it is now.

An inspiration to a generation of players and admired across the football fraternity the club feel the renaming of the ground as Adie Moran Park is a fitting, lasting tribute to the memory of a much missed club legend.

-- Stephen Howard



Prestwich FC

www.prestwichsport.com

After the massive success of last season the early season for Prestwich has been a little disappointing. The playing squad has seen major changes especially to the reserves and having lost some 30 plus players we have gained around a dozen.

Craig Howarth's first team pre season has seen only one win, against AFC Bury (6 - 2) but creditable draws against Prestwich Heys (Myles Kenyon Cup) and Ladybridge FC (Friendly).

An early exit from the Kenyon Cup at the group stage has allowed a glut of injuries and other absences to ease a little.

The Lancashire Amateur League season started badly with a 3-1 defeat to Old Mancunians but the team have recovered in the last 2 games with a win and a draw but are already 5 points behind the leaders.

The reserves, after losing their manager in pre season, have had only one game to prepare for LAL action.

Under their new manager, Lee Bushell, they have recorded one win and two defeats in the league but with such a new squad as well it will take time to for them to find their feet in this league.

-- John Haslam

PRESTWICH FC JUNIORS require players for their Under 10s team. Please contact Gary Bergman on 07572 169 156 for more information.

The club also hold development sessions on Sunday mornings for Under 4, 5 and 6 year olds. If you would like your child to get involved, please contact George Marsh on 07979 903 090.

Prestwich Cricket Club www.prestwichsport.com

A brilliant 116 not out from Nick Carter inspired Prestwich CC Third Team to Hodson Cup glory against Clifton.

Carter clocked up his century with a six from a full toss and he cracked a total of 11 boundaries and 5 sixes in his unbeaten 91-ball innings.

Prestwich finished on 186 for 6 before bowling Clifton out for 101 to seal an 85 run victory for Brian Ahern's side.

The second team fell just short in their cup final on the same day.

Peter Lorenzini's side reached 150-9 from 42 overs against Flowery Field.

But the Hyde team took the honours getting the 12 runs they required from the final over of the match.

There has also been success for the Junior teams with the Under 17s winning their league and the Under 15s winning their cup final.

The Under 15s finished second in their league while the Under 13s finished third.



In the First Team, captain Andy Bradley (pictured) recently reached a landmark 1,000 wickets for the 1X1.

The 40-year-old's tally stood at 996 before their league clash at Thornham and his six-wicket haul sent him spiralling past the magic number.

He is already the club's all-time leading wicket-taker, having surpassed Bob Hinchliffe's

total of 891 in September 2012.

Fittingly, his 1,000th victim came on the ground where it all started for him as a 16-year-old pace bowler on May 27, 1990.

Marauders

www.prestwichmarauders.co.uk

After successfully setting up another three new junior teams for the 2014-2015 season, Prestwich Marauders Football Club are still looking for players. Specifically in the following age groups Under 10's, 11's, 14's & 18's. In addition, the Under 6 development training continues on a Monday night

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— Bobby James

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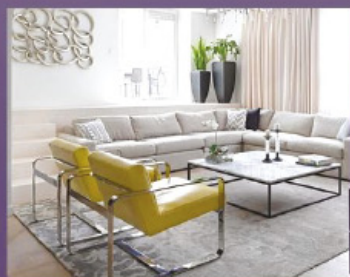
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