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FIREWORK PHOTOGRAPHY

I'm a keen amateur photographer but I always failed at firework photography until last year when I decided to get serious. I've put together this short guide.

Kit: camera, torch, tripod, charged battery (and spare), decent memory card, remote shutter release.

Location: Get to any display early, before the crowds to choose the right spot. You want somewhere which avoids obstacles such as buildings or trees, street lights, car lights, and bright signs.

Wind: Stand upwind of the fireworks (wind blowing away from you). If you're downwind smoke will probably block most of your shots!

Settings: I've finally mastered this! If you have a camera you can set to manual: Turn the flash off; Turn noise reduction on; Set ISO 100; Set Aperture to F11; Focus for landscape (slightly less than infinity - some cameras have a landscape setting); shutter speed - you need to experiment to find your preference - try everything from 1-15 seconds (NB. this is why you need the tripod and shutter-release cable, to avoid blurry photos).

If you only have an automatic (point-and-shoot) camera: Look for a firework setting. If you don't have one, try the landscape setting and experiment. I found clicking as soon as I heard the 'whoosh' of the firework being launched meant I caught the firework more often than not.

Experiment: Try different settings, different shutter speeds and focal lengths. Use the torch to check and adjust settings. Enjoy the process and don't forget to share your photos!

Tom Hancock



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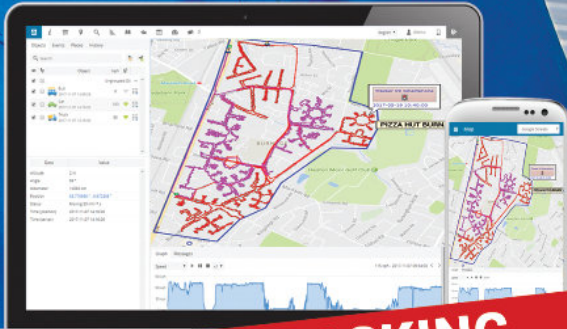
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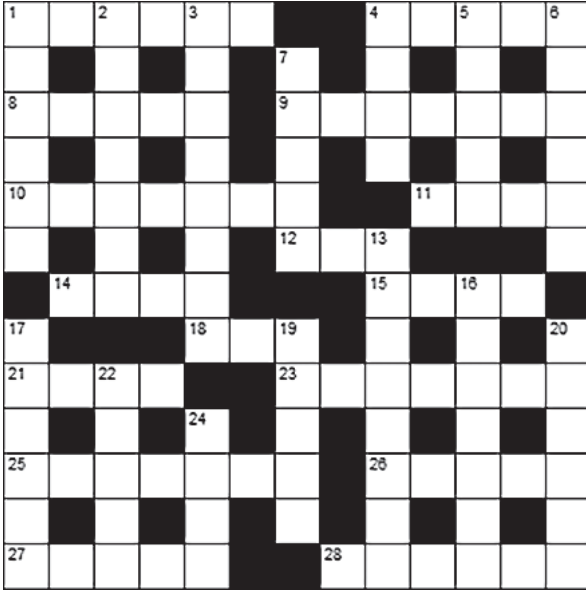
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- 1 Hypothesis, notion (6)
- 4 Happen (5)
- 8 Melody, tune (5)
- 9 Progress, develop (7)
- 10 Flyer (7)
- 11 Threesome (4)
- 12 Affirmative response (3)
- 14 Sparkly stones (4)
- 15 Part of the foot (4)
- 18 Ocean (3)
- 21 Simple (4)
- 23 Robert __, stage and TV Actor (7)
- 25 Pointier, more acute (7)
- 26 Eskimo dwelling (5)
- 27 Ate, consumed (5)
- 28 Festive drink (6)

A

- 1 Place of worship (6)
- 2 Bushwhack, trap (7)
- 3 Foolhardy (8)
- 4 Expression of mild dismay (4)
- 5 Singing group (5)
- 6 Sports Brand (6)
- 7 Filthy (5)
- 13 Neglecting, rejecting (8)
- 16 5th letter of Greek alphabet (7)
- 17 Stopped (6)
- 19 Panic, terror (5)
- 20 Fictional being, part human, part machine (6)
- 22 Killed (5)
- 24 Slang for potato (4)

D

Sudoku - 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.

1	2			3	5	6	7	4
9			1	4				
		5			2			1
7	4				8	1		
2		6		9		7		
	9		7		4		6	3
	7				9			6
5			6	1		4	3	
6		4	5				8	



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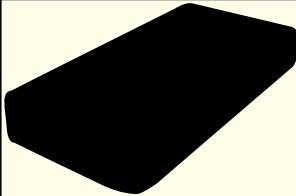
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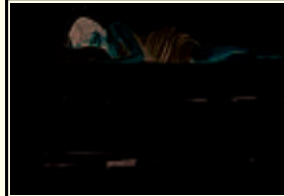
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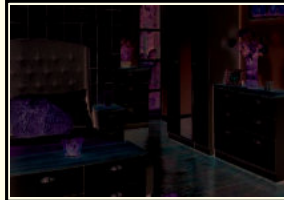
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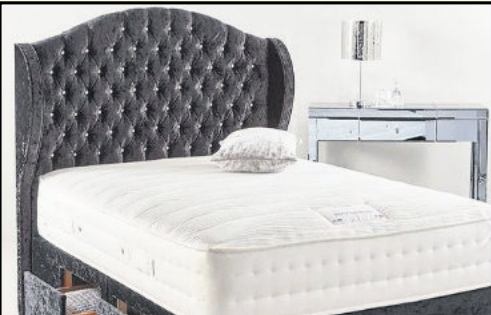
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Robin Charrot is a specialist family solicitor who had 20 years' experience in some of the top law firms in the country before he co-founded Evolve. He has particular expertise in divorce / marital finances. He is also regarded as one of the leading lawyers in the country for pre-nups.

Going through divorce is one of the most stressful times in your life where you are at your most vulnerable. At the same time, you need to make major decisions which can affect your life and those of your children for decades. Robin is particularly good at supporting you and making sure you make the right decisions. He will tell you what you need to hear and not just what you want to hear.

Most people don't go through with a pre-nup because they don't know how to propose it without causing offence! However, there are many reasons why they are good for both spouses and Robin can help you explain this to your partner.

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Get in touch:

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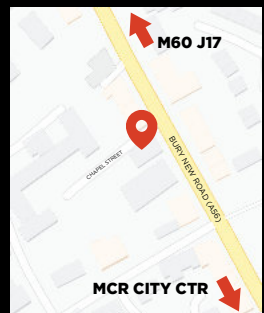
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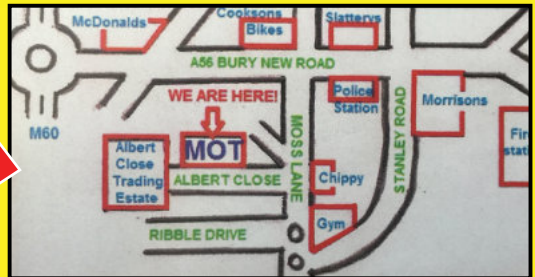
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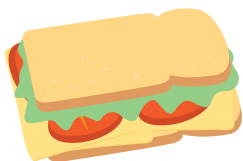


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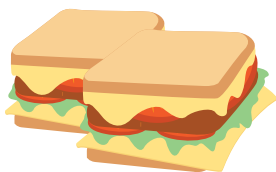
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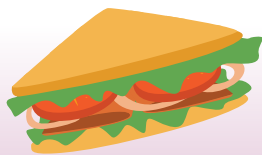
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Yoga is hugely popular now, with classes and YouTube tutorials dedicated to making our cores stronger and our bodies more flexible.

Yoga doesn't require a lot of equipment or space, which means it's easy to practice between sessions on your own. But if you're going to do this you will need a mat. There are all manner of different mats with prices ranging from £5-£100! Your choice should be based on the following:

Thickness: Thickness equates to comfort, but thicker is not necessarily better. While thicker mats are more comfortable to kneel on they can make it harder to balance and your tree pose may topple. A standard mat is 3-4mm thick. I find 5mm is a good compromise, that extra 1mm makes all the difference to comfort, yet allows me to feel the floor for good balance.

Material: This dictates the texture, stickiness, eco-friendliness, and sponginess (how much it yields to body-pressure), and how it wears over time. Most standard yoga mats are made of PVC. However newer, more earth-friendly options include natural and recycled rubber (avoid these if you are allergic to latex), jute, and organic cotton. Sponginess can vary widely with different blends of materials, but in general, PVC has the most "give" of any yoga mat material, while jute and cotton have the least.

Texture: The texture of your mat dictates how much traction it provides. Some people can't tolerate certain textures so it's as

well to find one you like. I had a jute mat once which made me feel queasy when my skin rubbed against it. I prefer smooth bumps. My partner on the other hand loves the rough stuff and happily adopted my cast-off mat as his own!

Eco-friendliness: Practising yoga has connected me more to my body, the air I breath, the food I eat and the world in which I live. Many people who are drawn to yoga care about their environment so practicing on a yoga mat that will ultimately end up as landfill can feel wrong. Earth-friendly yoga mats are typically made from natural or recycled rubber. They may incorporate natural materials, such as jute or organic cotton. If eco-friendliness is important to you avoid PVC mats.

Price: A basic 3-4mm plain solid-colour PVC yoga mat will be toward the low end of the price range. From there you may pay more for patterns, logos; extra thickness; antimicrobial treatments; and textures, especially raised tactile patterns. Eco-friendly yoga mats tend to be toward the higher end of the price range.

Size and style: These are personal choices. If you're tall you might need a longer mat. If you're a larger build you might prefer a wider one. As for style, I rather like a complex geometric pattern in soft colours as it allows me to see at a glance whether my feet are aligned, and gives me something nice to focus on in longer holds. But you can choose your favourite colour, or one that matches your decor, or even your yoga outfit!

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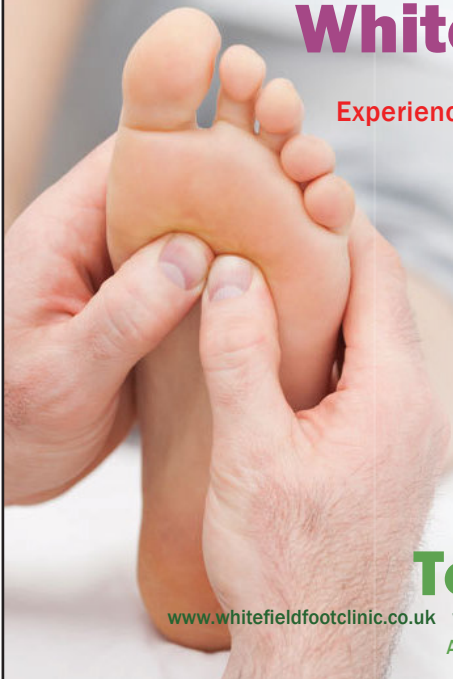
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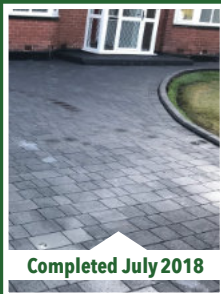


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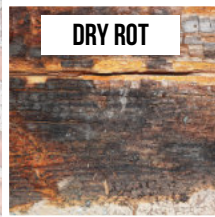
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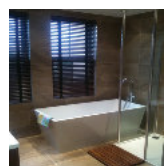
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Cooking time: 25 mins

Serves: 4

Ingredients

4 Orange peppers

200g Cooked brown rice

1 tbsp Sunflower oil

450g Minced beef or turkey

1 Medium onion finely chopped

225g Mixed mushrooms, chopped

350g jar roasted red pepper sauce

1 tsp Dried oregano

¼ tsp Chilli flakes

Salt and pepper to taste

Method - Pepper Lanterns

Preheat the oven to 180C / Gas Mark 4. Use a sharp knife to slice the top off each pepper horizontally. Don't discard these tops as they will be the little hats for the pepper lanterns. Deseed the peppers. Rinse and pat dry with kitchen towel.

Use a small paring knife to cut holes into the exterior of the peppers to make pumpkin-lantern style faces. If the peppers don't stand upright, slice a small amount from the bottom to flatten the surface.

Cook rice according to package directions. Lightly oil a baking tray. Arrange the peppers and their tops on the tray and cook in the oven for 20 minutes, or until peppers are cooked, but still are still firm. They mustn't collapse! Remove peppers from oven and allow to cool while you make the filling.

Method - Filling

Heat 1 tbsp oil in large frying pan over medium heat. Add the chopped onion and mushrooms and sauté for 3-4 minutes, until the mushrooms have softened and reduced in size. Increase the heat to medium-high. Add mince, herbs and chilli flakes and continue to cook, stirring occasionally until browned. Drain the excess oil. Reduce heat to low, then add the pepper sauce and cooked rice. Stir to combine and cook for 2-3 more minutes, or until mixture is heated through.

Fill each pepper to the brim, allow the mixture to spill over slightly. Place a top on to each stuffed pepper and serve with green salad.

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- \ Frequently re-reads the same line
- \ Uses finger as a marker on the page
- \ Skips words or lines
- \ Fidgets continuously

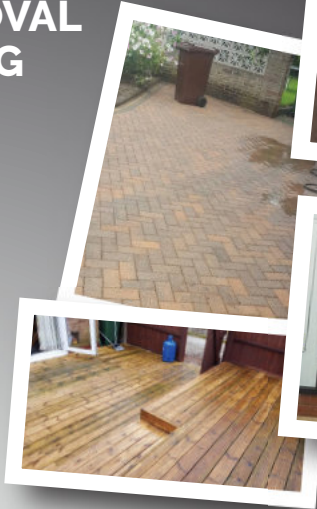
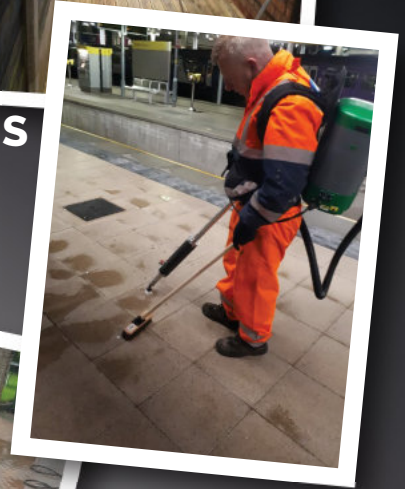
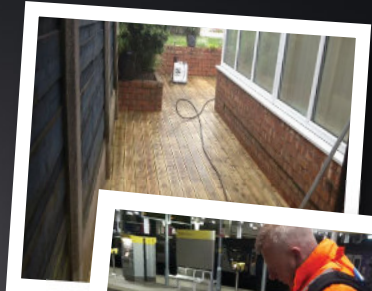
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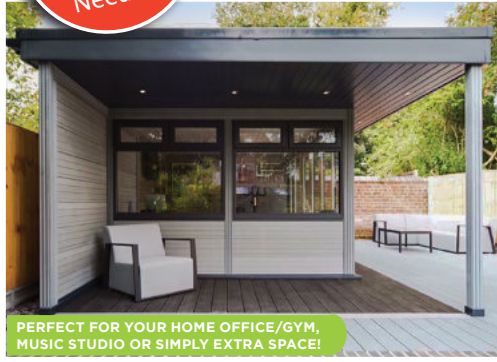
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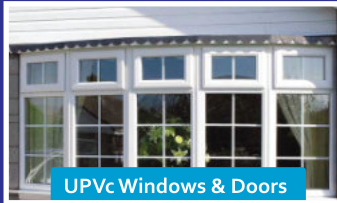
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Prestwich Heys are through to the FA Vase 1st round for the first time in their history.

After having failed to win a game on any of the ten previous times they have played in the national cup competition, Heys have come through the qualifying rounds to book a home time with Yorkshire side Garforth Town on Saturday 13th October.

Heys made the long trip to Cumbria to face Holker Old Boys in the 1st Qualifying Round and returned 2-0 winners. Jake Wood opened the scoring in the 18th minute and lee Grimshaw settled matters fifteen minute from time.

In the 2nd round Qualifying Round, Heys were again away when travelling to Padiham, who are in the Premier Division of the Hallmark Security League, one division above them.

In a rousing encounter that went to extra time, Heys earned a replay with a 2-2 draw. An own goal and a Max White penalty meaning the sides had to meet again at Adie Moran Park.

The replay proved just as exciting with Padiham pounding the Heys goal early on with keeper Calum Jakovlevs in inspired form.

However, in driving rain Heys took charge to run out 6-2 winners. Lee Grimshaw set them on their way with a first half strike. After the break, Grimshaw struck again with further goals from Rio Wilson-Heyes, Chris Baguley, Theodore Kidd and Mike Itela completing victory.

After a slow start to the League campaign, Heys are now up to ninth after victories over Cleator Moor (3-0) and Steeton (3-1) either side of a 1-1 draw with Nelson. With games in hand on all the sides above them Heys will be looking to force their way back into the promotion picture over the coming weeks.

Forthcoming home games:

Tue 09/10 St Helens Town 7:45pm; Sat 13/10 Garforth Town 3pm (FAV1); Tue 16/10 Atherton LR 7:45pm; Sat 03/11 Chadderton 3pm

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MOZZARELLA
TRADITIONAL WOOD OVEN ITALIAN PIZZA

BUY TOP QUALITY FETA & MOZZARELLA FROM END OF OCTOBER

Come check out our new menu!

**FRESH SUSHI
NOW AVAILABLE**

Mondays and Wednesdays



YOU CAN BUY TOP
QUALITY FETA AND
RICOTTA CHEESE AS USED
IN OUR DELICIOUS PIZZAS



FRIDAY IS BUFFET DAY

Brunch 9.30am – 12pm £7.95 | Lunch 12.30pm – 4pm £9.95



****MOZZARELLA TRUCK****



Catering your event for up to 180 guests

BOOK NOW: 07388 890 000

HAPPY AND PROUD TO SERVE YOU FROM THE HEART



Desserts made fresh daily
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Kids menu



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Sheva Brachot, Bar/ Bat Mitzvahs or any other Simcha!
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Monday - Thursday: 8.30am – 10.30pm | Friday: 9.00am – 4.00pm

Saturday Evening: 1½ hours after Shabbat Sunday: 11.00am – 11.00pm

HAPPY TUESDAYS:

ORDER 3 LARGE PIZZAS AND GET **FREE** MEGA CHIPS AND SAUCES!

Offers valid throughout October 2018 with this advert.





Prestwich and Whitefield Probud Club

Open Day

In aid of Bury Hospice Care Month

Thursday 18th October 2018

10am - 2pm

@ Whitefield Conservative Club, Elms St,
Whitefield, Manchester M45 8GQ

Free Entry

Food and Drinks

Amazing Raffle

Guest Speaker

Contact Publicity Officer Jack Haggarty

Tel: 0161 773 6856 or
dewhirst2@sky.com



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LILLEYWHITE

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www.lilleywhite-funerals.co.uk / enquiries@lilleywhite-funerals.co.uk



Kenyon House
301 Bury Old Road
Prestwich
Manchester
M25 1JA

Phone:

0161 773 2749

Lilleywhite Funeral Service is Prestwich's longest established firm of Funeral Directors (Manchester) and the only remaining Funeral Directors to still be owned and run by its founding family through-out its term, and is still an entirely independent funeral directors.

Since 1897, Lilleywhite Funeral Service has been a name synonymous with dignity and pride in the profession of funeral directing. We understand just how distressing the loss of a loved one can be, Lilleywhite Funeral Service have a wealth of experience within the industry and are totally committed to offering a first rate, highly professional and caring service. We are able to arrange both traditional and bespoke funerals with either a religious or non-religious content. Lilleywhite Funeral Service are members of the National Association of Funeral Directors and National Society of Allied and Independent Funeral Directors, therefore you have complete peace of mind in knowing that the service you will receive will be delivered with the utmost professionalism and integrity.

We can be contacted 24 hours a day and our caring team are able to offer both guidance and advice to help you create the best possible funeral for your loved one. Funeral arrangements are generally made at our premises in Prestwich - normal office hours 09.00 – 18.00, however, many families find it comforting to be in their own surroundings at this time and we are happy to come to your home for this purpose.

- ◇ Pre - Payment Funeral Plans
- ◇ International Repatriations
- ◇ Monumental Masonry
- ◇ Floral Tributes
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- ◇ Fingerprint Jewellery
- ◇ Keepsake Memorials





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why not call us and discuss your next move.



Stanley Street, Prestwich
£299,950



Church Meadow, Unsworth
o/o £290,000



Windsor Road, Prestwich
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Ludlow Ave, Whitefield
£210,000

We have just bought our first property in Prestwich and I have to say Melissa was brilliant. From day one she was incredibly dedicated and helpful throughout the buying process and was always there when we had a question or needed to chase something up. I would have no hesitation in recommending Melissa Berry to anyone looking to buy or sell a property in Prestwich. The level of customer service is second to none, absolutely outstanding.

Moving in. Moving out. Moving up.

455 Bury New Road, Prestwich, Manchester. M25 1AF

0161 773 3377

www.melissaberryestates.co.uk

Email: sales@melissaberryestates.co.uk

