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Welcome

*May is so beautiful:  
Orchards are fair;  
Branches of fruit trees  
Make gardens of air.*

*Each tree in blossom,  
Each lovely spray,  
In this month of Our Lady,  
Bring glory to May.*

**MAY IN BLOOM** By Helen Maring

Can you  
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Congratulations to all those who found Miti hidden on page 20 in the Guild Hall Advert.  
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# Garden View

## This month – Scaling the Wall - Clematis

What do you think of if I say ‘clematis’? I think most of us would think of the large, purple-flowered, “Jackmanii” or the rampant, bronze-leaved, pink-flowered *montana rubens*.

They are both terrific plants, but I think they are a little over-used. My husband teases me that I tend to give my ‘clematis lecture’ when visiting friends’ houses and see one scrambling over a trellis. For your benefit I’ve written it down here.

Clematis is known as the ‘Queen of Climbers’. It can be utterly spectacular and should definitely not be relegated to trellis. It can be used for covering fences and arbours, old tree stumps, sheds and even in beds and borders. Choose wisely and you can have flowers from early spring until late autumn.

For beds and borders you don’t want anything as vigorous as *montana*, which will smother everything it touches. Instead choose a daintier one such as a variety of *texensis* or *viticella*.

The flowers of the *texensis* hybrids look like finely cut bells. “Etoile Rose” is a beautiful dark pink edged with paler pink and “Princess of Wales” is a beautiful rosy red. Both of these will scramble through shrubs and flower all summer. They die back in winter so can be tidied up then.

*Viticella* hybrids produce flowers which look like little pixie hats as they open. “Minuet” has purple and white flowers suspended on fine stems while “Purpurea Plena Elegans” produces double blooms which open into little purple rosettes.

One of the most difficult sites to find climbers for is an east or north facing site. My absolute favourite clematis thrives in this situation and flowers in early spring. *Clematis alpina* “Pink Flamingo” produces nodding, semi-double, creamy flowers veined with deep pink. It has the added bonus of producing beautiful fluffy seed heads after the flowers fade.



Clematis prefers its feet in the shade and its head in the sun. Make sure the plant’s roots are shaded: pieces of broken flagstone are ideal, or an old cracked upside-down terracotta pot with the bottom knocked out. When clematis is happy it will flower prolifically.

Large-flowered clematis tend to produce a second flush in the autumn, but others like *tangutica* and *orientalis* wait to flower until then. Both of these are very vigorous and are great for covering unsightly sheds or old trees.

Finally, if you have a sheltered spot against a wall try *cirrhosa balearica*. This is a beautiful, winter-flowering variety with ferny foliage and pale-green flowers spotted with crimson.

So, there it is...my clematis lecture. Hopefully you took notes and are ready to branch out into a whole new world of climbers.

**Happy gardening!**

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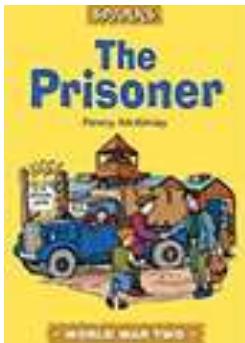
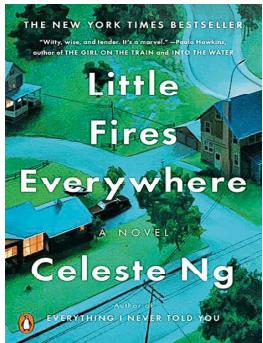
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## Book Review

# A Good Read



### **Little Fires Everywhere by Celeste Ng**

AA perfect family, living in a perfect house, in a perfect little American town called Shaker Heights.

The Richardsons, led by matriarch Elena are pillars of their community. A community where everything is carefully planned, from the road layout to the colour of the houses, and everyone knows their role in life. Elena has one simple guiding principle: you play by the rules. As this intriguing novel begins there is a fire at the Richardson's house. The three older children, all in high school, are discussing the cause. Their conclusion is unanimous; their younger sister Izzy is responsible.

We then flashback to a year before and we are introduced to Mia Warren and her teenage daughter Pearl. Mia is a photographer from San Francisco; she and Pearl live an almost nomadic lifestyle. But when they rent a home from the Richardsons their plan is to settle down.

But plans can change. As the stories unfold these two families are drawn together by the teenagers, and tensions arise when friends of the Richardsons try to adopt a Chinese-American baby. Elena and Mia find themselves on opposite sides of a divided community in a conflict that will have far-reaching effects for both families.

This is an engrossing novel which will have

*you questioning the secrets you hold in your own lives, wondering if there are indeed times when it would be so much better if we just burn everything down and start again.*

### **The Prisoner by Penny McKinlay**

Nearly two decades into the 21st century the days of the Second World War seem as remote as ancient history. For the younger generation today, with their phones, TV on demand, and Netflix, even the experiences of their own parents as children seem distant from today. This is why books like The Prisoner are so welcome. One of a series of 'Historical Adventures' this exciting story gives an insight into what life was really like during World War Two.

Ten-year-old Bob and his friend Jack have had enough of the war. It has been going on for five years. Five years of rationing (Bob doesn't know how much more cabbage he can face) and more importantly five years of no sweets. His Dad has been gone for a long time – a prisoner of war on the continent. Blackout blinds and 'digging for victory' are such a part of life that Bob cannot remember a time without them.

But one day Bob and Jack meet an Italian prisoner of war working in a nearby field. Naturally Bob is scared – this is the enemy. But as he gets to know him his feelings change. Bob starts to feel sorry for him and wants him to stay with them rather than in the prison camp. But ultimately the prisoner is an enemy. Can he really be trusted, or does he have another reason for seeming so nice?

Designed to complement the Key Stage 2 History curriculum, this short novel combines facts and suspense in a story to keep every young reader on the edge of their seats.



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## Puzzle Pages

## Fact of the Day

**Did you know that a cat uses its whiskers to determine if a space is too small to squeeze through.**

## A Brief History Of ... May Day

The earliest May Day celebrations appeared in pre-Christian times, with the Floralia, festival of Flora, the Roman goddess of flowers, held April 27 during the Roman Republic era, and with the Walpurgis Night celebrations of the Germanic countries. It is also associated with the Gaelic Beltane, most commonly held on April 30. The day was a traditional summer holiday in many pre-Christian European pagan cultures. While February 1 was the first day of Spring, May 1 was the first day of summer; hence, the summer solstice on June 25 (now June 21) was Midsummer.

As Europe became Christianised, the pagan holidays lost their religious character and May Day changed into a popular secular celebration. A significant celebration of May Day occurs in Germany where it is one of several days on which St. Walburga, credited with bringing Christianity to Germany, is celebrated. The secular versions of May Day, observed in Europe and America, may be best known for their traditions of dancing around the maypole and crowning the Queen of May. Fading in popularity since the late 20th century is the giving of "May baskets," small baskets of sweets or flowers, usually left anonymously on neighbors' doorsteps.

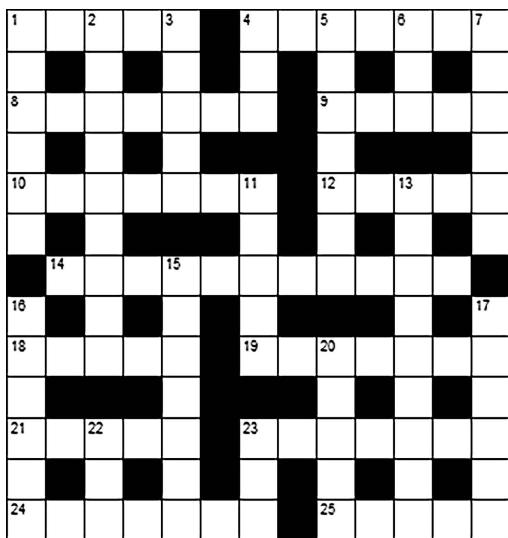
Since the 18th Century, many Roman Catholics have observed May — and May Day — with various May devotions to the Blessed Virgin Mary. In works of art, school skits, and so forth, Mary's head will often be adorned with flowers in a May crowning. May 1st is also one of two feast days of the Catholic patron saint of workers St Joseph the Worker, a carpenter, husband to Mother Mary, and



surrogate father of Jesus. Replacing another feast to St. Joseph, this date was chosen by the Pope Pius XII in 1955 to create as a counterpoint to the Communist International Workers Day celebrations on May Day.

Beginning in the late 20th century, many neopagans began reconstructing traditions and celebrating May Day as a pagan religious festival.

## Crossword



### Across

- 1 Noise a frog makes (5)
- 4 Devoted, obedient (7)
- 8 Left on a plate (food) (7)
- 9 More timid (5)
- 10 Trust, have faith in (7)
- 12 Momentary slip (5)
- 14 Beset, overburdened (4-7)
- 18 Artist's stand (5)
- 19 \_\_\_\_\_ Crowe, actor (7)
- 21 Android, cyborg (5)
- 23 Vacation (7)
- 24 Defamation, smear (7)
- 25 Amendment, clause (5)

### Down

- 1 Plump, porky (6)
- 2 Inundates, floods (9)
- 3 \_\_\_\_\_ Hopkins, right-wing columnist (5)
- 4 Burrow, hideaway (3)
- 5 Brawls, skirmishes (7)
- 6 Take wing (3)
- 7 Pantry, food cupboard (6)
- 11 Mistake (5)
- 13 Imagined, made-up (9)
- 15 Watered down (7)
- 16 Detritus, rubble (6)
- 17 Actor, performer (6)
- 20 Pertaining to the sun (5)
- 22 Feathery scarf (3)
- 23 Female pronoun (3)

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

## Sudoku

### How To Play Sudoku

Fill in the grid so that each row, column and 3 x 3 box contains the number 1 through to 9 with no repetition.

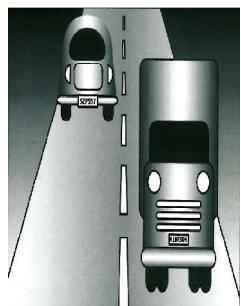


## Fuzzy Photo!

We have made some 'minor' alterations to an image of a famous person, place or object.

Can you work out who, where or what the original images was?

## Lateral Thinking



When is it more polite to pass or overtake on the inside?

## Mind Benders

Find the three hidden phrases

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V  
E  
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## Feature



Spring is upon us and your grass is ready to wake up and get growing! Here are some expert tips from Greensleeves Lawn Care on how to ensure your lawn gets the best at the start of the season, setting it up for summer.

Aeration is the perfect treatment for the beginning of the growing season. It removes small plugs of soil from the ground, allowing nutrients, water and air to reach the roots of your grass. It also prevents soil from becoming compact, helping to absorb and retain water in preparation for potential dry weather in summer. It's the perfect way to give your grass a kick-start this spring.

As well as aeration, Spring is a great time for overseeding. Seeds are ready to grow, so overseeding helps your grass to recover from winter, filling in patches and increasing the thickness of your lawn. It rejuvenates patches that have developed over winter and prepares for summer; thick grass is much better protected against scorching from hot sunshine.

If moss has built up on your lawn over winter, a moss control and scarification treatment will remove the discolouration and help your grass to grow during spring – without being weighed down by thatch. It's a great time to scarify your lawn; because your grass is active at this time of year, it can quickly recover.

Greensleeves offer many lawn care services, including our specialist spring treatment. Get in touch to speak to an expert or to arrange an appointment!

A photograph showing a woman with blonde hair, wearing a blue and white patterned top, sitting in a wicker chair at a small round wicker table. She is looking at a magazine. On the table is a glass jug with lemon slices, a small glass, and another magazine. The background shows a well-manicured lawn and a brick building with large windows. Overlaid text reads "Let us transform the quality of your lawn!" in large green letters, and a circular orange button says "From £15". Social media icons for Facebook and Twitter are in the bottom left corner of the photo area.

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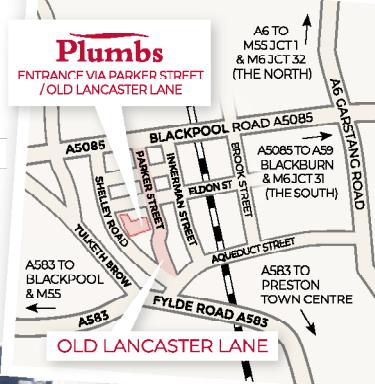
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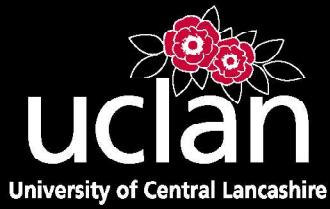
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Thursday	Boogie babes: Mother, toddler & baby session (includes refreshments)	10:00-11:30am	£5.00
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Saturday	Street dance	11+ years	5:15-6:00	£5.00
	Acro dance	all ages	11:00-11:30am	£4.50
	Junior Acro	9+ years	2:00-3:00pm	£6.00

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## Feature

# National Vegetarian Week

## May 13th – 19th

This month plays host to National Vegetarian Week.

More of us are turning to vegetarianism thanks to an abundance of scientific research that demonstrates both the health and environmental benefits of a plant-based diet.

An estimated 70 percent of all diseases, including one-third of all cancers, are related to diet. A vegetarian diet reduces the risk for chronic degenerative diseases such as obesity, coronary artery disease, high blood pressure, diabetes and certain types of cancer including colon, breast, prostate, stomach, lung and oesophageal cancer.

A vegetarian diet tends to increase bone strength. When there isn't enough calcium in the bloodstream, our bodies leach it from existing bone. This results in our skeletons gradually becoming porous and losing strength. Although you can take supplements, it's better to obtain calcium from your diet because food also supplies other nutrients such as phosphorus, magnesium and vitamin D, that are necessary for the body to be able to absorb and make use of calcium.

Even if you have to avoid dairy, calcium-rich foods include beans, tofu, plant-based milks like soy, oat, rice or almond, and dark green vegetables such as broccoli, and kale.

For those of us going through the menopause many vegetables and fruits are rich in phytoestrogens, the plant-based chemical compounds that mimic the behaviour of oestrogen. Maintaining a balance of these in your diet helps ensure a more comfortable passage through menopause. Soy is by far the most abundant natural source of phytoestrogens, but they are also found in apples, beets, cherries, dates, garlic, olives, plums, raspberries, squash and sweet potatoes.



Vegetarians tend to have more energy. Whole grains, legumes, fruits and vegetables are high in complex carbohydrates, so they supply the body with plenty of energizing fuel.

Vegetarians also suffer less with constipation, haemorrhoids and diverticulitis! Eating a lot of vegetables necessarily means consuming more fibre, which absorbs water and bulks up, helping your stools stay soft, so waste can be easily pushed out of the body.

A vegetarian diet is more environmentally friendly. Much of the grain we grow is fed to animals raised for slaughter. As a rough guide it takes 2,500 gallons of water, 5.5Kg / 12lbs of grain, nearly 16Kg / 35lbs of topsoil and the energy equivalent of 4.5L / 1 gallon of petrol, to produce one pound of beef! A vegetarian diet can sustain many more people, so is a more efficient use of resources.

Finally, a vegetarian diet is cheaper. Eating vegetables, grains and fruits in place of beef, chicken and fish would cut individual food bills by an average of £500 per year.

If you are thinking about becoming vegetarian, or even just incorporating more vegetarian meals into your normal



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## Recipe Idea

# Vegetable Curry

Celebrate National Vegetarian Week  
(13th-19th May) with an easy midweek curry

**Preparation time: 20 mins**

**Cooking time: 20-30 mins**

**Serves 3**

### Ingredients

2 medium potatoes (around 350g/12oz), peeled and cut into 2cm chunks  
1 large carrot, peeled and sliced diagonally  
½ cauliflower (around 300g/10½oz), cut into small florets and halved  
3 tbsp sunflower or vegetable oil  
1 large onion, coarsely grated or very finely chopped  
1 tbsp medium or hot curry powder  
1 x 227g tin chopped tomatoes  
300ml/10fl oz vegetable or chicken stock (made with ½ cube), gluten-free if required  
100g/3½oz frozen peas or two large handfuls young spinach leaves, or a mixture  
Plain yoghurt or vegan alternative, to serve  
Mango chutney, to serve

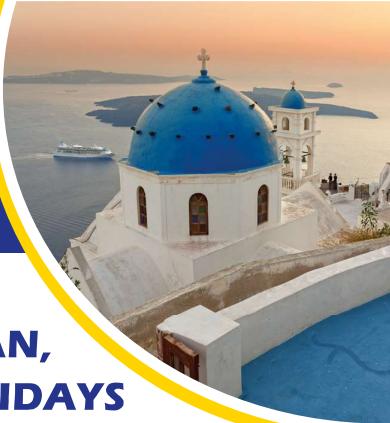
### Method

Half-fill a saucepan with cold water and add the potatoes and carrots. Bring to the boil and cook gently for 8 minutes. Add the cauliflower florets and cook for a further 2 minutes. Drain everything in a colander and set aside.

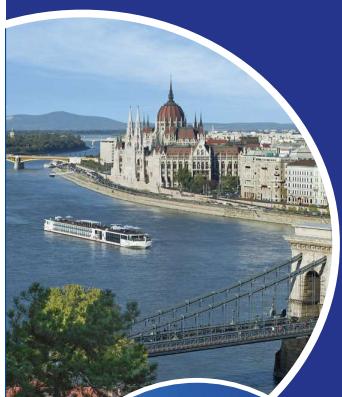


Heat the oil in a large, non-stick frying pan or wide-based saucepan. Add the onion, and cook over a medium heat for 8-10 minutes, stirring regularly until well softened and lightly golden. Add over the curry powder and cook for 30 seconds, stirring all the time. Add the tomatoes to the onions and cook for 2-3 minutes, stirring constantly. Add the stock and bring to a gentle simmer. Add the partially cooked vegetables and peas and simmer gently for 5-10 minutes until everything is tender. If the sauce thickens too much, add a splash of water.

Serve immediately with yoghurt, mango chutney, and rice or naan.



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Deadline for Community Noticeboard is 16th of the Month

## Community Noticeboard

Free for all charity, not for profit groups and community organisations.  
To appear please Call Maria on 01772 865970 or email [community@jampublications.co.uk](mailto:community@jampublications.co.uk) by the 16th of the month prior to print.



### Knitting in the Museum.

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St Catherine's hospice care

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SATURDAY JULY 6<sup>TH</sup> STARTS 10PM FROM ST CATHERINE'S PARK, LOSTOCK HALL

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By additional needs we mean any extra condition that your child is living with which they need extra care for. This could be medical, developmental, physical, emotional or learning needs. There is no need to have a diagnosis.

When: Saturday 10am-12noon - We are a drop in session so come for how long works for you and your child(ren). There is no need to book, please just turn up.

Dates: 6th June / 3rd August / 26th September / 3rd November

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**£300 PER TEAM**

Evening Dress code smart casual

INCLUDES COFFEE/ BACON ROLLS ON ARRIVAL, EVENING MEAL, ENTERTAINMENT AND SUBSTANTIAL PRIZE TABLE, CHARITY AUCTIONS & RAFFLE

ALL WINNERS MUST HAVE CURRENT COH HANDICAP CERTIFICATES

Additional evening only tickets available £35.00 (Competitors guests only until July 30<sup>th</sup>)

 **SHOTGUN START AT 1.00 pm**  
**DINNER 7.00pm FOR 7.30pm**



Sir Tom Finney's family have nominated the space centre to receive charitable donations from this event

To book your place call  
**Preston Golf Club 01772 700011**

Harris Museum  
Art Gallery & Library

**GRAFT**  
*a show of UK young artists*

**5 April - 2 June**

See film, print, ceramics, playful sculpture, live dance and more.

*Everyone welcome*

  
FREE ENTRY [www.harrismuseum.org.uk](http://www.harrismuseum.org.uk) • [www.eventbrite.co.uk](http://www.eventbrite.co.uk)

**theWI**  
INSPIRING WOMEN

**INGOL WI**

The WI organises theatre trips, group garden visits and local walks, days out, craft groups and plenty more in the community.

They meet on the 2nd Wednesday of the month

St Margarets Church Hall,  
Tag Lane, Ingol  
7pm.

For more information  
Tel: 01772 459020 or  
email [admin@lfwi.org.uk'](mailto:admin@lfwi.org.uk)

All Welcome

**Anyone for Tennis?**

We are a sociable and friendly club with plenty of events for both social and competitive players of all abilities.

TENNIS FOR ALL AGES AND LEVELS/ABILITIES  
\*\*\*\*\*

ALL YEAR ROUND TENNIS, ALL WEATHER, FLOOD-LIT CARPET COURTS (FREE FLOODLIGHTS)  
\*\*\*\*\*

COMPETITIVE TEAM TENNIS • SOCIAL TENNIS • JUNIOR TENNIS  
\*\*\*\*\*

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\*\*\*\*\*

COACHING - ADULT AND JUNIOR INDIVIDUAL/GROUP COACHING  
\*\*\*\*\*

CLUBHOUSE WITH BAR, KITCHEN AND CHANGING ROOMS  
\*\*\*\*\*

NEW PAY AND PLAY OPTIONS ONLY £2.50

**Fulwood Tennis**  
Highgate Ave, Fulwood, Preston PR2 8D  
Enquiries: 07708 182 036  
[fulwoodtennis.com](http://fulwoodtennis.com)  
[fulwoodtennis@hotmail.com](mailto:fulwoodtennis@hotmail.com)

**FUNCTION ROOM FOR HIRE**

**40% saving for New Member From £100.**



**f** Find us on facebook

**1st Cottam Guides**

Fun activities for girls aged between 10 & 14 years of age.  
We meet on Tuesday evenings term time from 7.15pm to 9pm.  
For further information contact Liz Roberts 07970 155821 or email: [FirstCottamGuides@yahoo.co.uk](mailto:FirstCottamGuides@yahoo.co.uk)

**Whittingham Bowling Club**  
(In old Hospital Grounds)  
Ever fancied bowling?  
Come & Join Us  
Social Bowling? Yes!  
League Bowling? Yes!  
Ring Vic Johnson after 10.30am  
for further details 01772 703050

**Come and Join us at  
Catforth & Woodplumpton  
Toddler Group**

Why not pop along?  
We are a friendly, welcoming group & we'd love to see you Fridays during school term-time  
9.30 - 11.30  
Catforth Village Hall, School Lane, Catforth. PR4 0HL  
**We Have Lots Of Fun Activities:**  
Including lots of toys, weekly crafts, Sit & ride toys, Outdoor play area, Singing.  
We also have baby changing facilities, and a designated baby area.  
£2 per family Refreshments Included  
Just turn up or for more information visit our facebook page

**The Directory**

is published by Jam Design & Publications Ltd  
Registered office: 30 Parklands Drive, Fulwood, Preston. PR2 9SJ

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Email your information to [community@jampublications.co.uk](mailto:community@jampublications.co.uk)

## Community Noticeboard

### 1st Cottam Scout Group

All sections meet at Cottam Community Centre, Haydocks Lane as follows:

#### **Beavers** (age 6-8)

Wednesday or Thursday 6pm-7pm,  
**Cubs** (age 8-10.5)

Thursday 7pm-8.15pm,

#### **Scouts** (age 10.5-14)

Wednesday 7pm-9pm,

All sections are open to  
girls and boys

Adult help and new leaders  
always welcome

**Contact May (01772) 769836**

### MORRIS TASTER WORKSHOP

Free to all with light refreshments included.

Sat May 18th 2019 from 10.30 - 2pm  
at Leyland Cricket Club, Fox Lane,  
Leyland, PR25 1HB

Everyone welcome, men and women,  
beginners or not, dancers or musicians.  
Come and help continue the Morris  
tradition that has been a Leyland  
feature for over 100 years.

We meet every Monday evening  
during the year.

More details from Mike Bailey,  
01772337999 or mikepatbailey@  
btinternet.com

### Woodplumpton & District Community Club

#### The Club Offers:-

**Crown Green Bowling, Social Bowling,  
Tennis, Snooker**

**Social Activities:-** We also have a range of  
activities on a regular basis,  
Art Classes Monday Afternoons  
(during winter)

Woodplumpton WI last Tuesday of the month  
Red Rose Olympic cycling hold meetings on  
a Wednesday evening

Food Bingo once a month on a Friday  
Whist & Dominoes on a Saturday evening  
Social Evenings 2 or 3 times a year.  
The Hall is also available for hire

So why not come and have a look.round.

Further Information:

[www.woodplumptonclub.co.uk](http://www.woodplumptonclub.co.uk)  
**Peter Watson 01772 865756,**  
**John Eccles 01772 735619**

### The Space Centre Spring Ball -

**Friday 17th May**



**The Barton Suite,**

**Barton Grange Hotel PR3 5AA**

**Drinks Reception - 7 pm**

**3-Course Meal**

**Entertainment featuring**

**Stephen Baylis**

**Charity Auction & Raffle**

**£45 .00 per Person**

**Contact Andrea on 01772 769 391**

**[spacecentre.fundraising@gmail.com](mailto:spacecentre.fundraising@gmail.com)**

**Dress Code: Posh Frocks/Black Tie**

## Puzzle Solutions



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

## Mindbenders

Mixed greens  
Left overs  
Growing pains

## Lateral Thinking

On a spiral staircase where the insides are narrower and hence harder to climb.



Fuzzy Photo  
A Zebra



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