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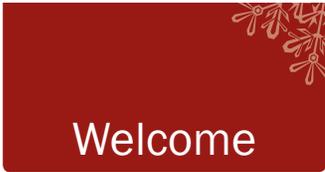
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3



Welcome



Should auld acquaintance be forgot,
And never brought to mind?
Should auld acquaintance be forgot,
And auld lang syne!

Chorus.-For auld lang syne, my dear,
For auld lang syne.
We'll take a cup o' kindness yet,
For auld lang syne.

Auld Lang Syne - lyrics

Congratulations to all those who found Miti hidden on page 21 in the Guild Hall Advert.
The winner picked out of the hat was Mrs Roskell.

She returns this issue - can you find her? She is hidden somewhere
To enter and win £25 please send in your answer to the usual addresses:

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Councillor News

**Warren Bennett is local South Ribble Borough
Councillor for Coupe Green & Gregson Lane**

Happy New Year to you all, hoping Santa brought you everything you wanted!

Planning

South Ribble Borough Council Planning Committee met to discuss an application for 70 properties at land near Oliver Farm in Coupe Green. The application was refused, this was the second application on the site that is designated for 'Village Need', hopefully anything in the future will be targeted at locally identified need.

Walton Park Friends Group

Well done to everyone involved in the 'Walton Park Friends Group', they have successfully secured funding of £700 to create a 'Giant Bug Hotel' from the Lancashire Environmental Fund. The money will be spent on creating a structure to house natural materials such as bricks, logs, bamboo canes, straw & clay pipes which will create a fantastic habitat for a wide variety of insects with the project completed in February.

Winter Warmth

The borough council has secured funding from Lancashire County Council to deliver its winter warmth programme, this provides eligible householders free oil, gas or LPG boiler and/or fire service and replacement of single glazed windows and doors.

The criteria residents will need to meet is:

- Residents must be aged 65 or over with a pre-existing medical condition
- Anyone with a disability
- Households with children under 5 years of age.

- For appliance servicing residents must also satisfy the following:
- Appliances must NOT have been serviced in the last 2 years
- Appliances must be fully working without any existing faults
- Following the service should a repair or replacement be required, this will be fully funded through the scheme (subject to funding).
- For window/door replacements residents must also satisfy the following:
- A maximum of 2 windows and 2 doors will be funded through the scheme
- All replacements will be in white UPVC only
- Any additional cost will need to be paid by the applicant
- All windows must be single glazed to qualify
- All doors need to be timber doors to qualify.

**FOR MORE INFORMATION OR TO APPLY
PLEASE CALL US ON 01772 421491 OR
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Regards Warren

Cllr Warren Bennett : **07930 571039**

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Feature

Lose Weight, Feel Great

Hello 2019 !! January is here once again and we are all making New Years Resolutions, many of which involve losing weight and getting fit! If you are looking to lose weight then look no further than the Cambridge Weight Plan.

Most of us will have been at a point in our lives where we were unhappy about the way we looked and the way we felt about ourselves. Many people tend to be emotional eaters, turning to food when they are sad or troubled but equally using food to celebrate.

In moderation food as a treat is to be enjoyed but when food and drink becomes the focus of our day, the result can be that we over indulge and over time start to gain weight.

With busy lives and sedentary jobs our calories in exceed our calories expended. There are many reasons to lose weight, special occasions, birthdays, weddings, holidays, but the single most important reason to lose weight is for your own health and well being, the by product of losing weight is that you look great and you feel amazing.

Our products are all nutritionally balanced so you can be sure you are getting everything you need plus there are plans to suit you and your lifestyle. Conventional food can be included in the Plan, it just depends on your own personal circumstances and how much you want to lose. I will work with you one to one, to ensure you achieve your goals and will be there every step of the way.

We all make New Years resolutions but make sure that this year you achieve yours with the help and support of me, your weight loss consultant and fabulous nutritionally balanced products.

It's not the weight you lose, it's the life you gain.

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BEFORE



AFTER

As seen on :
ITV's "This time next year"

As seen on :
BBC's "The Big Crash
Diet Experiment"

Fact of the Day

Did you know that due to the way a rotting apple releases ethylene (which accelerates rotting), one bad apple really does ruin the whole bunch.

AWARENESS DAYS ... DRY JANUARY 2019

Start: January 1st 2019
End: January 31st 2019

Dry January is Alcohol Concern's flagship campaign which has been changing the conversation about alcohol over the past 6 years.

Taking part in our campaign is a chance to ditch the hangover, reduce the waistline, and save some serious £££ by giving up alcohol for 31 days.

Why do Dry January?

There are loads of reasons for taking part in Dry January, Here are just a few:

- Reset your relationship with alcohol - realise you don't need it
- New year, new you - do Dry January and feel healthier and happier as:
 - you sleep better
 - your skin improves
 - you lose weight



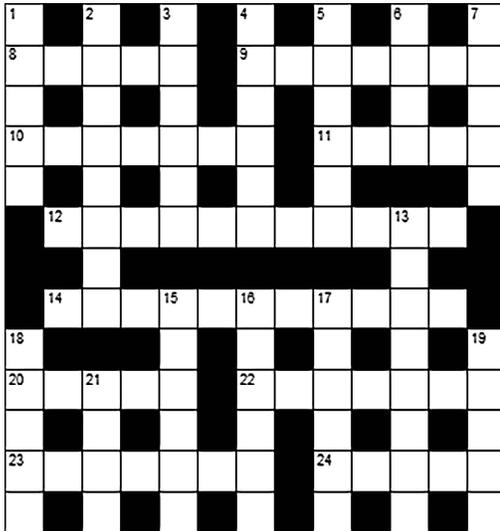
DRY JANUARY

- More money in your pocket (the average person spends £50,000 on booze in their lifetime)
- Get healthier - through giving up alcohol for a month you do your insides a lot of good.
- Amazing sense of achievement!

If we could come up with a new health supplement or discovered a superfood that had all those benefits, we'd be millionaires. But instead we aim to offer the help, advice and encouragement to let you get these benefits yourself, all for free.

Visit our event website: www.alcoholconcern.org.uk

Crossword



Across

- 8 Angry, enraged (5)
9 Surface, layer of earth (7)
10 Hangman (7)
11 Dissertation, article (5)
12 Piece of office equipment (11)
14 Founded, set up (11)
20 Mean, horrible (5)
22 Used to dismiss a football player (3,4)
23 Contaminate, taint (7)
24 Large string instrument (5)

Down

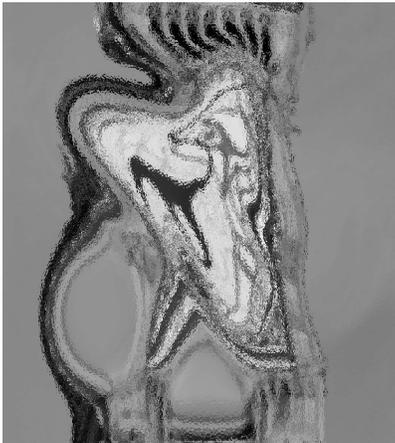
- 1 Snug (5)
2 Flings, pitches (8)
3 Protective hat (6)
4 Traditional, tribal (6)
5 Maintenance (6)
6 Flowerless green plant (4)
7 Andrew _____ Webber, the composer (5)
13 Peepers! (8)
15 Sanctuary, refuge (6)
16 Pantry, food-cupboard (6)
17 Entice, beguile (6)
18 Clumsy, incompetent (5)
19 Optical disc for storing computer data (abbr) (2-3)
21 Huff, brood (4)

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

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



A man looks out of a window. He is desperate to open it, yet he knows this would kill him. why?

Mind Benders

Find the three hidden phrases

TUOBA

Atadropplantic

absent
leave

absent
↑



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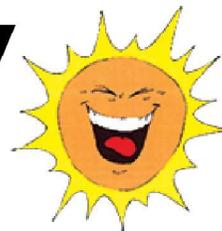
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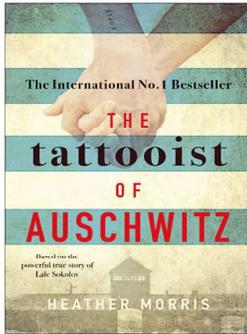
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Book Review

A Good Read

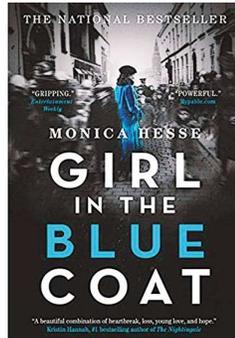


The Tattooist of Auschwitz by Heather Morris

There are many books about the horrors of the Holocaust, some fictional, others biographical. This 2018 book is one of the later. Heather Morris had a chance encounter with Holocaust survivor Lale Sokolov in 2003, and over the following three years until his death, he told her the story of his life.

Lale was a Slovakian Jew and in 1942, at the age of 25, he was transported to Auschwitz in Poland. Well presented and a bit of a chancer, he managed to get appointed to a job that would allow him to remain alive for the remainder of the war, and give him privileged accommodation and food. He became the Tatowierer whose job it was to scratch indelible numbers into the skin of prisoners.

At first glance this might appear to be a depressing story, but it is ultimately not a story of death but a story of love, survival, and determination in the most horrific place on earth. Here the inmates try to maintain some level of existence despite the fear of death every day. Lale meets Gita, a young Jewish woman assigned to work in the camps and they plan for the seemingly unthinkable: a life beyond the



camps. What Morris gives us is a story that you won't be able to put down. A story of hope that will uplift you and reveal the very best of humanity.

The Girl in the Blue Coat by Monica Hesse

Adult fiction is not the only genre to venture into Holocaust literature, and age appropriate novels are available for children and young people. One such novel is *The Girl in the Blue Coat*, aimed at the young adult market. This remarkable novel is fictional, but rooted in an impeccably researched Amsterdam under Nazi occupation.

Hanneke is 19 years old and works for an undertaker. However, she also works on the black market, obtaining items otherwise rationed or banned under Nazi occupation. She hates the new regime and the sight of soldiers in her city, but gives very little thought to the treatment of the thousands of Jews living in the Netherlands. That is until one of her clients presents her with a rather unusual request. She wants her to find Mirjam – a 15 year old Jewish girl whose family have been killed and who was in hiding until she vanished. This request takes Hanneke into a world of resistance that she never knew existed, and the true horror of the treatment of Jews becomes apparent.

Hesse brings 1940s Amsterdam vividly to life and incorporates real stories of individual heroism (such as the resistance workers who saved up to 600 babies by smuggling them out of Amsterdam) among the fictional characters she has created. Inspired by a trip to Holocaust-related sites in and around Amsterdam she draws on the real life accounts of resistance writers during the war and Jews in hiding, to present a story of how

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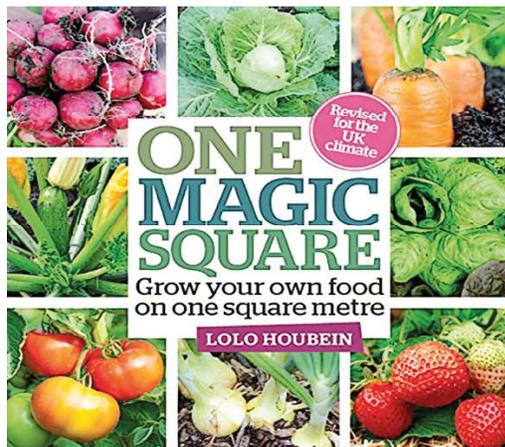
Garden View

This month – Great gardening books

If you didn't get what you wanted for Christmas now is the perfect time to curl up in front of the fire with a gardening book you've brought for yourself. We have a few to recommend.

RHS Great British Village Show by Matthew Biggs and Thane Prince - The village show is a quintessential British tradition, and for many gardeners it represents the pinnacle of their sowing and growing year. This charming and informative book takes you behind the scenes of this very British institution, offering insights into the worlds of judges and contestants. It's beautifully illustrated with photographs, and offers wonderful gems of insider information, including how to stage your produce, and what the judges are really looking for. There are even recipes for prize-worthy jams and preserves. If you've never attended a village show this book will make you yearn for a summer of tents and teas; you might even be tempted to become a competitor.

One Magic Square by Lolo Hubein – Following on from the previous book, have you ever wanted to have a go at growing your own vegetables and fruit but feel completely clueless? We're always hearing that the best and cheapest food is the food you grow in your own garden, but it all seems rather complicated to a total novice. In *One Magic Square*, Lolo Hubein shows how you can start your own productive food garden in ten minutes a day on a single square metre. She provides simple plot designs starting with salads, and gradually expanding to include beans, tomatoes, corn, roots and much more. She also stresses the benefits of companion planting and provides ideas. The bite-sized designs (pun totally intended!) allow you to extend by one square metre each season, or to pick your favourites. The magic of square-metre gardening is in allowing your project to grow in a manageable way, from simple to more complex. There are even designs catering for different tastes and specific diets.



RSPB Gardening for Wildlife by Adrian

Thomas - If you long to have butterflies and bees in your flowerbeds, birds singing in your trees, and hedgehogs bustling about under your bushes then look no further than this wonderful guide to wildlife gardening. Adrian Thomas explains the intricacies of attracting wildlife to your garden whether you have a small plot or more than an acre. His style is accessible, but rich in detail. He draws on the latest wildlife research to explain the ecological principles, and to dispel some of the myths which have traditionally prevented gardeners from pursuing a wildlife-friendly approach. There are practical projects to help you create entire habitats, and long lists of suitable plants and trees, and it's packed to brim with helpful photographs. If you love wildlife and want to encourage more to visit your garden, this inspirational book will help you sow the seeds and reap the rewards.

by Rachael Leverton



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Sunday	Ballroom & Latin Beginners	8:00-9:00pm	£7.00
	50/50 Social Dance evening with free sequence lesson (last Saturday of every month)	7:45-11:00pm	£6.00

PRE-SCHOOL CHILDREN

Tuesday	Cheerleading	3-5 years	4:30-5:00pm	£4.50
Thursday	Boogie babes: Mother, toddler and baby session (includes refreshments)		10:00-11:30am	£5.00
Saturday	Pre-primary ballet 3-4 years	9:00-9:30am	£4.50	
	Tiny tots music and movements 3-4 years	11:30-12:00pm	£4.50	

CHILDREN 5+ YEARS

Monday	Primary ballet & tap	5-8 years	4:00-5:00pm	£6.00
	Junior ballet & tap	9+ years	5:00-6:00pm	£6.00
Thursday	Street dance	5-10 years	4:30-5:15pm	£5.00
	Boys Club	all ages	4:30-5:15pm	£5.00
	Street dance	11+ years	5:15-6:00pm	£5.00
Saturday	Primary ballet	5-8 years	9:30-10:00am	£4.50
	Cheerleading	all ages	10:00-10:30am	£4.50
	Street dance	all ages	10:30-11:00am	£4.50
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	Ballroom, Latin & Street Beginners	5-11 years	12:00-1:00pm	£6.00
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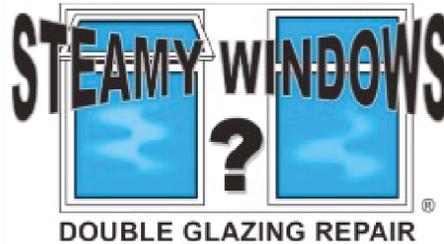
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Once Upon a Time

National Storytelling week runs from
January 26th – February 2nd

When did you last tell a story? Probably more recently than you think because as humans we tend to think in images and narrative.

Think about your favourite anecdote; the one you're called upon to recount at every family gathering and which gets embellished a little more each time it's told. That's story telling in action and it's the oldest art form in the world.

Since man first developed the power of speech, stories have been the traditional medium of communication between generations, used to educate and entertain.

There is evidence of storytelling in languages as diverse as Sanskrit, Old German, Latin, Chinese, Greek, Icelandic and Old Slavonic.

One of the earliest surviving records is from Egyptian culture. The sons of Cheops (the pyramid builder) are pictured in hieroglyphics on ancient papyrus entertaining him with stories.

Specialist storytellers evolved, known as bards. They were also poets and musicians and their job was to entertain by creating and performing poetic oral narrations. These generally chronicled the events of a war or praised the daring deeds and achievements of leaders and their forebears.

Bards were also known as minstrels and jongleurs and often enjoyed a high status within their community.

The bardic community preserved many tales from different cultures which are still enjoyed today, including:



- The Merry Adventures of Robin Hood (English)
- The Iliad and The Odyssey (Greek)
- The Tain (Irish)
- The Ramayana (Indian)

Religious leaders also made use of storytelling to guide and teach their followers. This practice is still used, particularly in Hinduism and Buddhism. Ordinary folk also told stories, particularly at festival time and many such folk tales were collected and recorded by writers such as The Brothers Grimm.

The Society for Storytelling organises the National Storytelling Week each year to promote the art, value and practice of storytelling.

Storytelling events will be taking place in schools, libraries, museums, art galleries and residential homes. Check out what's in your area.

Web Address - The Society for Story Telling www.sfs.org.uk

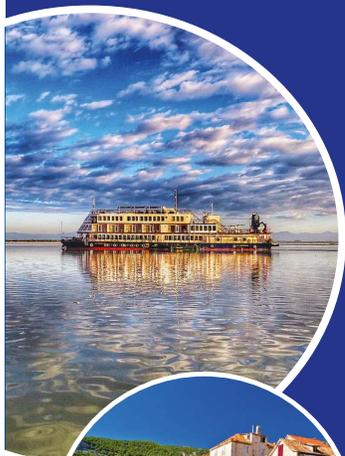
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Community Noticeboard

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Higher Walton Community Centre PLAYGROUP

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linda.tennant@btinternet.com

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Mrs M Barker – 01254 853170
J. Waddicar (Sec) - 01772 431422

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Community Noticeboard

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[all age groups]

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Affiliated Club



Date	Meet	Start	Walk	Distance	Difficulty	Contact
Wed 06/02/2019	11:00 (PR3 1BH, SD502485)	11:00 Park on Titebarn Lane, Scorton (near M6 bridge) (PR3 1BH, SD502485)	Scorton Paths, tracks and quiet roads	6mi/9.7km	Moderate	Frank P, 01772 865578
Wed 20/02/2019	11:00 (PR4 6HR, SD455187)	11:00 Park on Liverpool Old Road in Sollom village near junction with Sollom Lane (PR4 6HR, SD455187)	Bank Hall Paths, tracks and quiet roads	6mi/9.7km	Leisurely	Berry R, 07949 131435

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Community Noticeboard

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Email: bursar@walton.lancs.sch.uk



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

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Fuzzy Photo

Big Ben

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