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breeze

JANUARY 2019

ISSUE 194

2019

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WELCOME TO BREEZE

We've been around now for no less than **sixteen years** and in that time we have received such a warm reception from our loyal readers. The Breeze Team has a new team member - we look forward to welcoming Simon and continuing our success.

We are online as well don't forget, giving you the chance to look up back issues and see what we've covered over the year so don't worry if you ever misplace us - we're on facebook or simply pop online at **www.breeze-magazine.co.uk**

Are you a reader with an idea of what you want to see in the magazine? Do you have an interesting activity or run a local club in our area? Well why not get in touch?

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Text or call:
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Email:
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MEET THE TEAM



Simon Sales Executive
07967 282558

Email:

sales@breeze-magazine.co.uk



Sandra Account Handler
07498 977142

Email:

sandra@breeze-magazine.co.uk

Editorial for clubs / charities etc:

email: info@breeze-magazine.co.uk

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As we start in to 2019 we've already lots of wonderful things to enjoy in our area...Here's a few suggestions



Classic Film Club
2.00pm – 4.30pm

**Biweekly on Wednesdays at the
Canalside Heritage Centre,
Beeston Rylands**

The Canalside Heritage Centre and Beeston Rylands Community Association have teamed up to bring you a varied programme of classic films that will enthrall, entertain, and excite! Admission to the film screening costs £5 and includes light refreshments.

Upcoming films in 2019:

16th January - West Side Story
30th January - Vertigo

13th February - Top Hat
27th February - To Catch a Thief

13th March - Pillow Talk
27th March - Double Indemnity

10th April - My Fair Lady
24th April - The Birds

8th May - Gentlemen Prefer
Blondes

Nottingham Symphonic Wind Orchestra is one of the leading amateur wind orchestras in the UK and celebrated their 30th anniversary in 2018. Guided by musical director Keiron Anderson, highlights include broadcasts on Radio 3 and Classic FM. Concerts are given in support of charity with over £100,000 raised since 1987. In 2019 NSWO are supporting Maggie's (Nottingham).

How Suite It Is...

A selection from the finest musical suites including Dances from West Side Story, Mars from The Planets and Shostakovich's Jazz Suite.

**The Lecture Theatre
Bluecoat School,
Aspley Lane,
Nottingham NG8 5GY**

**Tickets: £10 including
refreshments - available from
Windblowers –
sales@windblowers.com –
0115 9410543 Online Donation
to Maggie's**

**NODA Award Winning
Long Eaton Operatic Society Youth Group
Hairspray - The Broadway Musical - Thursday 21st to
Saturday 23rd February 2019
Duchess Theatre, West Gate, Long Eaton**

The above group are really excited about performing Hairspray, the Broadway Musical set in the 1960s. An era of bright costumes, magnificent hairstyles and popular music which are foremost in most teenage girls' dreams. The action takes place in Baltimore where a TV company decides to hold a dance competition. This is to find out who is the most fashionable, attractive girl with confidence in herself and her talent. The day of the competition arrives and the studio is full of hopeful young girls waiting to showcase their talents to the judges. Young Tracy Turnblad follows the TV show with great interest, dreaming of the day when she might win one such competition. However, there is one big problem, she is extremely overweight! Tracy, although not over-confident, feels that she should, at least, give it a try.

Surprisingly, she is an overnight success, is recognised wherever she goes, boys declare their love for her whilst girls become intensely jealous of her.

To say anymore would be giving too much away, so please come along to the Duchess Theatre in Long Eaton and see for yourselves how this story unfolds.

**Tickets are on sale now priced £9 & £8 (concessions
Saturday Matinee only) and are available from:
www.duchess-theatre.com (booking fee applies)
LEOSYG Box Office - 07864 033663 or Chatsworth Centre
on Saturday mornings**

Erewash Musical Society's "AIDA"

After EMS' sell-out production of Made in Dagenham, they are proud to present Elton John & Tim Rice's award-winning musical, AIDA, a premiere for Long Eaton theatre audiences. EMS pride themselves on bringing innovative musicals to local audiences and Aida is one such musical experience. Based on the Verdi opera, this is a timeless love story with an award-winning musical score, featuring rock music and powerful ballads. The story begins in the Egyptian wing of a museum, where a man & woman's eyes meet, whilst admiring the statuary and other exhibits. The statue of Amneris, a female Pharaoh, appears to come to life and, in their minds, the couple are transported back to ancient Egypt to the banks of the Nile. There, an enslaved Nubian

princess, Aida, becomes romantically involved with her Egyptian army captor, Radames, who is already betrothed to the Pharaoh's daughter. As this forbidden love grows deeper, Aida is forced to choose between her heart's yearning for Radames and her responsibility to her people. However, is the story just in the couple's imagination or did it really happen in the ancient world? This musical dance spectacular and part rock concert is an epic tale about the power and timelessness of love. Performances are at the Duchess Theatre from Tuesday 5th – Saturday 9th March 2019 at 7.30pm with a Saturday matinee at 2.30pm, with concessions on Tuesday & Saturday matinee. **Tickets are available from www.erewashmusicalsociety.co.uk, 0115 882 3884, or the Duchess Theatre website**



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breath of fresh air!

Beeston Film Festival is just getting bigger and better. With an initial concept of bringing the latest short films to screen in the East Midlands crafted by a variety of innovative filmmakers, Beeston Film Festival is now in its fifth year and hoisting entries from across the globe.

The festival has earned a title of being one of the biggest international short film festivals in the midlands, as its submissions have increased by 68% from over 50 countries across every continent of the globe.

John Currie, the film festival Director, and his team of over 20 local Beestonians and global jury of 18 film industry professionals from the UK, America, France, Belgium, India, South Africa and Taiwan, make up its unique programming team.

As part of the pre-festival warm up, the Berliner will screen a great night of classics on **Wednesday 13th of February**, sharing a multitude of films such as 'The Stomach and The App'.

Returning to Café Roya where the festival was launched five years ago, the second warm up will be held for its uranium program on **Sunday 24th of February**; and Beeston local, Roya, will use her culinary skills to cook up some food for the event.

The festival itself begins on **Wednesday 13th of March** at its first warm up location, The Berliner, running for a period of five days in its four different venues across Beeston town, making it its biggest and brightest film festival ever.

This year the festival continues to expand and has introduced their newest category, Better Place; inspiring filmmakers to create either Fiction or Non-Fiction Films aiming to drive a change in the world we live in, champion causes, influence prevailing attitudes and moving the world to a better place.

Not only is Beeston Film Festival presenting a new category this year, the iconic B'Oscar will be revamped and is under development from Beeston glass artist Becs Cass.

The renowned international festival has been rated gold as well as being placed in the Top 100 of Best Reviewed Festivals on FilmFreeway which showcases over 6000 festivals world-wide.

The reviews are from filmmakers involved and guests of the festival and reflect the welcome from the Beeston community.

One review by Judson Vaughan says this: "Just great! What else can I say, just a breath of fresh air!"

The organisers are true film/indie film lovers that are fair, impartial and committed to the filmmakers. Great communication, great fun and if you get the chance to meet John, then what a bonus! This is our second film to be screened at Beeston and we'll be back! Thank You John, James and everyone involved."

As final entries are being selected, it would be a shame to miss out on celebrating film and filmmakers from across the globe showcasing their creative arts at the Beeston Film Festival this year.



John Currie (right) with winner

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what's on



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JANUARY

2019

**NOTTINGHAM
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Fri 4th Ben Jovi
Fri 11th Verbal Warning
Fri 18th El Duderino
Fri 1st Feb OD Saxon Front Men

Soldiers & Sailors, Long Eaton

Sun 6th Get in 2
Sun 13th Little Sami Lions
Sun 20th 2Gether
Sun 27th The Northern Line

Brennans, Long Eaton from 4.30pm

Sun 6th Maddison
Sun 13th Phil Jolly
Sun 20th Sue Warren
Sun 27th John Halton

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Tue 1 STEVE THOMPSON ROB MARTIN (2pm)
PAUL RHODES / COLIN POWELL (6pm)

Fri 4 ALAN SQUIRES (2pm)
Sat 5 BACKLINE DUO (8pm)
Fri 11 STEVE MARSHALL (2pm)
Sat 12 STRANGE DAYS BAND (8pm)
Fri 18 FLETCH (2pm)

TICK TICK BOOM (9pm)

Sat 19 JUNCTION 25 BAND (8pm)
Fri 25 ROB MARTIN (2pm)
Sat 26 THE MODEST (8pm)
EBA THE REGGAE MAN (8pm)

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Last Year...

FINISHING 2018 OFF IN STYLE!

Slimming Worlds National Miss Slinky for 2018 is local Beeston mum Sophie Jude.

And after an incredible year, Sophie and her consultant Margaret Burton were able to finish off their celebrations in style at the annual Slimming World Awards where they got the chance to rub shoulders with TV personality Rylan Clark-Neal at the organisation's annual awards ceremony.

'This year has been incredible.... and it's all because I walked through those doors to my local group just over 2 years ago. I used to sit at the back of the class because I had no confidence and I didn't want to talk... and now LOOK ... ahhhhhh I'm smiling like a Cheshire Cat!' Sophie says, reflecting back. 'Losing weight has made a huge difference to my mind-set and that's why I am confident now... because I wake up each morning positive, full of energy and just love life!'

Rylan, who shot to fame after appearing on The X-Factor, co-hosted the annual awards with the organisation's founder and chairwoman Margaret Miles-Bramwell OBE.

Margaret opened her first Slimming World group in 1969 and over the last 50 years the business has grown to support nearly one million slimmers.

'I met so many people who had lost incredible amounts of weight and made a huge difference to their lives'. Rylan says. 'Every one of them spoke passionately about how they couldn't have made those changes to eat more healthily and become more active without the support of their consultant and group every week, so people like Sophie are clearly worth their weight in gold.'



This Year...

**GO FOR GOLD
WITH YOUR NEW
YEAR WEIGHT
LOSS!**

If you'd love to slim down and feel better about yourself this January, local slimming groups are inviting you to join them and go for gold with your weight loss in 2019!

This New Year marks 50 years since the very first Slimming World group opened its doors. Groups across the area have lots of exciting plans to mark the anniversary and they'd love even more people to join the festivities and benefit from 50 years of super-slimming experience along the way.

'If anyone is thinking of embarking on a weight-loss journey this January, Slimming World is definitely the place to be. Not only do we have five decades of experience helping millions of people to lose weight, we also have a fabulously fun calendar of celebrations planned throughout the year.' Says one local consultant.

The year will get off to a sparkling start, with everyone who joins Slimming World receiving a special, golden New Member Pack, and the launch of a brand-new golden Millionaire's Shortcake Hi-fi cereal bar, available exclusively in Slimming World groups. And there's more to come later in the year.

'Just like our founder Margaret back in 1969, we're on a mission to help people to achieve their weight-loss dreams. She built Slimming World on the promise of weight loss with no hunger, no judgment and freedom from guilt, and that's exactly what our members still do today.' Says another local consultant.

'Our Food Optimising eating plan is based around satiety and energy density eating foods that are best at satisfying your appetite and have fewest calories per gram of food, so you learn

how to make healthy choices and lose weight and keep it off, without feeling hungry. There's no such thing as a 'quick fix' when it comes to losing weight and Slimming World has always offered sustainable, long-term weight loss, so it's definitely the best choice for anyone wanting to get slim for life this January, and to have a great time in the process!



For more information please contact any of the local consultants on the details shown below.

Join a warm and friendly group near you today...



MONDAY

Stapleford

The Haven, Wadsworth Rd
Stapleford 9.15am
Tel Dawn
07872 648 833

Dunkirk

Dunkirk and Old Lenton
Community Centre,
The Old School,
Montpelier Road 5.30pm
Please check website
for contact details

Stapleford

St Helens Church Hall,
Frederick Road
5.30pm & 7.30pm
Tel Dawn
07872 648 833

TUESDAY

Beeston

Beeston Methodist Church
Wollaton Rd
9.30am & 5.30pm
& 7.30pm
Tel Gemma - Louise
07947 303 897

Toton

Toton Methodist Church,
Stapleford Lane
3.00pm & 5pm & 7pm
Tel Tracey
07989 448 421

WEDNESDAY

Beeston / Chilwell

Beeston Methodist Church,
Chilwell High Road
3.30pm & 5.30pm
Tel Kerry McKenna
07855 321 220

Trowell

Parish Hall 5.30pm & 7.30pm
Tel Debbie 07738634284

Bramcote

Bramcote Memorial Hall,
Church Street 5.30pm & 7.30pm
Tel Margaret 07877 615 284

Wollaton

Wollaton Park Comm Centre,
Harrow Rd. 5.30pm. & 7.30pm
Tel Louise
0797 473 1277

THURSDAY

Beeston

The Resource Center,
Middle Street Beeston 10am
Tel Margaret 07877615284

Wollaton

St Leonards Community Centre
Bramcote Lane 6.00pm
Tel Louise 07974 731277

Long Eaton

Moorlands Club, Curzon St.
5.30pm & 7.30pm
Tel Jude 07711 043 213

Chilwell

St Barnabas Church, Barncraft
(off Inham Rd), 5.00pm & 7.00pm
Please check website
for contact details

FRIDAY

Wollaton

Wollaton Park Comm Centre
Harrow Rd.
9.15am & 11.15am
Tel Louise 0797 473 1277

SATURDAY

Beeston

The Resource Centre
Middle Street, Beeston
8.30am & 10.30am
Tel Gemma Louise
07947 303897

Stapleford

Stapleford Conservative Club,
Derby Road, Stapleford
10.00am
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Patients from all over the East Midlands are travelling to Sunshine Dental Practice and Implant Centre in Long Eaton, Nottingham, to consult its denture expert, Roddy Patterson.

Roddy is at the forefront of dentistry, working as a Clinical Dental Technician - still a relatively unknown profession - that offers huge benefits to patients requiring new dentures. Roddy provides the very best standards of care, creating precision - crafted removable dentures that incorporate factors such as the wearer's age, personality and gender.

As well as restoring the smile, Sunshine Dental complete dentures also offer a dual effect by adding volume and correcting the proportions of the face, so denture wearers achieve a more natural, youthful look. Through the use of dental implants, Roddy can create dentures that, when expertly fitted, perform like natural teeth.

Patients requiring partial dentures who also suffer from problems such as gum disease, tooth loss, failing crowns and bridges, plus loose teeth, can see the practice's dentist, Vishal Rana. Following initial discussions and investigation of each patient's dental history, he will conduct a thorough oral examination and create a comprehensive treatment plan.

Roddy qualified as a Dental Technician in 1980 and has owned a highly regarded dental laboratory for over 30 years. Seeing the increasing demand for high-quality dentures, he studied for an advanced diploma in Toronto, Canada, before completing a 2 year diploma in Clinical Dental Technology, graduating from the Royal College of Surgeons of England. This prestigious qualification enables him to use his experience and expertise as a Dental Technician to treat patients face to face. You can access Roddy's skills directly by calling 0115 9733591.



Illustration of dental implants helping a lower denture perform like natural teeth

We caught up with Roddy and asked him a few questions



Roddy Patterson
Clinical Dental Technician
Dip CDT RCS (Eng)

What is a Clinical Dental Technician and does every practice have one?

The role of a Clinical Dental Technician (CDT) sits somewhere between that of a dentist who would usually take the impressions for new dentures, and that of a dental technician, who receives the impression from the dentist and then makes the dentures without ever meeting the patient. The CDT fulfils both roles, taking the impressions and making and fitting the dentures. There are only a few hundred of us working in the UK, so you won't see many working in dental practices.

If a patient still has natural teeth, do they need to see a dentist before you make a denture?

A CDT can directly treat, create and fit a complete set of dentures to patients who have experienced total tooth loss. If a patient has some natural teeth remaining and needs partial dentures, they must be seen or referred by a dentist before treatment can be given. In this situation, I need to know that the foundations of the patient's mouth and natural teeth can support the type of precision dentures I provide. By working closely with a dentist, I can get the best out of even a few remaining teeth to stabilise the dentures.

Patients seem to have big problems with their lower denture always moving about. Can anything be done to help?

It may be that they could benefit from replacing the denture with a better fitting one. But in my experience, just two dental implants fitted by an implant dentist like Vishal Rana, will provide patients with a long term solution. Dental implants are proven to make lower dentures more secure, helping to overcome the social and physical limitations experienced by complete denture wearers.

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Dream Doors in Beeston opened its showroom just one year ago. Since then it has developed a strong reputation for value and quality in kitchen and bedroom refurbishments.

Co-owner Hilary Brown was keen to express her appreciation to all those people who have chosen them to complete their kitchen project. "Thank you to all our valued customers and a warm welcome to all our new customers. Come in for a chat and coffee to discuss ideas for a new kitchen or bedroom anytime during our opening hours and we can show you the best way forward for both value and style in your home"

Part of a franchise, Hilary and husband Jon had an amazing first year concluding with winning New Stars for 2018 at the annual Dream Doors conference, awarded to the most outstanding franchise within the network of eighty eighty showrooms.

The beauty of choosing Dream Doors, the UK's leading kitchen make over company, is the peace of mind that you are working with a company that has been transforming kitchens throughout the UK for over nineteen years. Being a family run business, they offer the highest level of personal customer service. It's comforting to know that you'll get that genuine personal touch from locally minded people and the strength of an established brand.

With spring round the corner there has never been a better time to give a new lease of life to your kitchen. The team at Dream Doors Nottingham are on hand to help make the process as simple as possible. Forget hard sales tactics, the experienced team will offer honest helpful service. Whether you're looking to freshen up your kitchen by just changing the doors, or you want to redesign the whole kitchen, they are on hand to help. Dream Doors work with each client every step of the way to help take your ideas, and turn them into a reality.

Dream doors are now proud to include a brand new collection of fully fitted and sliding wardrobes and bedroom furniture alongside their high quality kitchen and bedroom refits. The advantages of sliding doors systems are well known- maximising storage, with unrestricted access while taking up no extra floor space. These doors come in a wider range of materials and finishes than you could imagine, allowing you to put them together in any combination you like, and creating a beautifully practical look that is uniquely yours.

They are main suppliers for Samsung and NEFF kitchen appliances, which they have on display in their showroom.

"We project manage every installation whether that is a worktop swap or a totally new kitchen with the latest appliances, the important difference is you will only deal with the owners who care and treat every project with the same attention to detail.

We also provide a friendly and professional service using qualified tradesmen who will never compromise on quality or craftsmanship and you can be safe in the knowledge that we will comply with all regulations as required. Our fitters will treat your home with respect and we will do all we can to minimise any disruption," adds Jon.

Dream Doors are registered with Nottingham Trading Standards and they are registered waste carriers, so they take every step to recycle their waste wherever they can.

If you are trying to keep to a tight budget but still would like to totally refresh an older kitchen then here is the solution! Dream Doors specialise in Door Replacements for the kitchen and bedrooms, by simply changing the door and drawer fronts of your kitchen or bedroom your room can be transformed. Choose any colour in any style, the choice is yours.

Everything they do is made-to-measure, so if your kitchen or bedroom is a little out of the ordinary, the fitting team can accommodate literally every size and dimension.

So if you have been thinking about that new kitchen or bedroom but have been unsure of committing to a larger budget than you feel comfortable with then just pop in and speak with Hilary or Jon – they can give you an idea of what is possible and allow you to take the first step in realising your own Dream Kitchen (or bedroom of course!).



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music to your ears

With background tunes seemingly everywhere we often take for granted the special moments we can have with a piece of music taking us away from our everyday concerns - and it has never been easier or better...

Why does vinyl still sound good?

We see in the news, from time to time, how vinyl (records) haven't died and are still going strong - especially with younger people reportedly. This is good news for anyone who kept their records back from the 80's & 90's but yet who never invested in a 'proper turntable' to play them on.

The manufacturers of turntables today have used the latest materials & techniques to really squeeze the last detail out of even older used records - and they have a price range to suit anybody.

These are capable of creating a truly ear opening sound: things you may never have heard on your favourite old albums.

A record played on a modern and correctly set up turntable can sound clear, with virtually no surface noise, and with an expressive and involving sound in a way that the older generations of rather poorly designed (and all too common) plasticky turntables simply could not touch. In short: vinyl always sounded good: too many people bought those terrible record players that never let them hear how good!

Sadly, even today there are a number of outlets (including some supermarkets) selling poorly designed 'usb turntables' which are never going to give you the fantastic sound of which records are capable. The thing is, you are better off popping over to your local hifi or av outlet to get the low-down on these. The better outlets will let you bring along some of your own records and hear for yourself just how good they can sound.

The equipment to get the best sound today

It's up to you what you want to do in terms of the equipment you might need in your own home.

That's the beauty of 'separates' - it's a highly flexible way to introduce high quality music and av sound into your home which allows for cost effective changes or upgrades in the future. There are also now audio streamers that are amplifiers as well, which means one box does it all - very neat!

The other aspect of home entertainment is that, as regards the sound component at least, it tends to last a long time as it is built to a standard that allows this. So if something sounds good today, it will still sound good in the future - it's the opposite of 'throwaway' and also means that manufacturers can invest more in the aesthetics of equipment.

Items such as speakers, amplifiers and cd players are beautifully crafted to look good in the home.



Turntables can possess a simple elegance that is decorative and pleasing to the eye. Speakers are often very slim and 'cutting edge' in appearance to fit in with a variety of contemporary interior styles. But they are also stunning with a beautiful room filling sound!

With the onward march of tech such as bluetooth we now have the ability to stream from one room to another when required and this leads us into the latest iteration of 'hi-fi' - the connected, streaming world of online music and av content.

Getting your music sounding really good from Spotify etc

Some hi-fi lovers were sceptical of the outright sound quality of sources of music such as Spotify and Deezer. Now though, many are aware of the changes that have affected the hi-fi sector from the computer scene. Without going into great technical detail, the way in which data is streamed matters more, it seems, when it comes to music. Thus, when much higher standards of data transfer became adopted into music streaming we have the exciting reality of small, room friendly, equipment which sends audio to a pair of high quality room speakers which then truly show what streaming can be like: almost limitless music choice played into your living room in the most lifelike way possible.

This is a world away from the type of small, self amplified speaker units we see the shelves of many non-specialist outlets. Whilst these can (if chosen carefully, as not all are equal!) sound very good and are extremely convenient for a bedroom or travelling, they are not up to creating the type of sound quality that can move you to an emotional response like no other.

A visit to a properly stocked av or hi-fi outlet can let you hear the difference.

You don't need 'magic ears' to enjoy your chosen music at a level that will connect with you and keep on connecting with you any time you want. Just get help choosing the right equipment to listen on.



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explains Phil of John Kirk hi-fi and who is an 'audiophile' himself.

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Aries Your ambition is fired up and you're raring to go! A promotion or recognition for your hard work will put you in a most jocular mood. Much will be expected of you, but you can be counted on to deliver the best possible outcome. The responsibilities will be awesome, but you thrive on challenge. Engineering a balancing act between home and career will prove a difficult task.

Taurus A chance meeting with someone you are instantly drawn to romantically will throw you into a spin as you will not be able to stop thinking about your encounter with such an attractive individual. This little adventure could even see you breaking all the rules and playing away from home. After a phase of relative austerity and really feeling the pinch, you can expect to see signs of definite improvement financially.

Gemini A creative project is firing your enthusiasm. In fact, No one can ever accuse you of being afraid of hard work, its what you thrive on, but it doesn't take you long to become bored either. You love excitement, intrigue and a bit of drama to keep you interested. If a partner is behaving negatively by refusing to do take charge of his or her situation, put your foot down and read out the riot act. After all, you didn't get this far in life by dithering and allowing obstacles to muddy the waters did you? If single, take your time before rushing into a new romance before doing a bit of homework.

Cancer A little self indulgence now and again does everyone good, you included. Just for once, create time in your busy schedule just for you. Its time to be more kind to yourself. A determination to sort out a financial or legal matter will get the desired results. A surprise gift or bonus is coming your way that will put an enormous smile on your face. You're at your most desirable, so spice up your love life with someone special by being daring and adventurous.

Leo Oh what a tangled web we weave, when we first learn to deceive. By keeping a certain friendship or romance a secret, you are protecting both you and your loved one from criticism and unwanted interference. As an increasingly private individual you dislike people knowing your business and nearly always answer a question with another question. It drives others mad but it also keeps them guessing. Be the one to take the lead at work. Don't let sceptical people stop you from fulfilling your dreams. A financial boost enables you to splash out on a luxury purchase.

Virgo Accept a dinner party invitation. It could open a few doors or even lead to a passionate new romance. All eyes are on you. Work hard on making a good first impression. You are attracting well wishers and admirers. Don't let anything cast a dark cloud over your social plans. Striking a balance between work and play has not been easy but from now on you are in charge of how you spend your time. A home improvement scheme or decision to move house will achieve the desired results you've been wishing for.

Libra A new playmate may arrive on the scene who takes your fancy. You will have more in common than you think. Perhaps your paths have crossed in a previous life. Tantalising your lover will cause gossip and jealousy. Someone is just dying to know all your secrets, but will you kiss and tell? Family life will keep your busy, but don't allow your spending to spiral out of control.

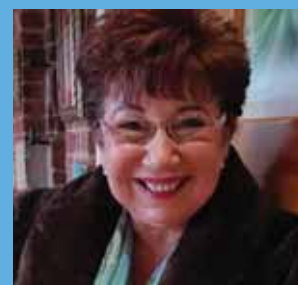
Scorpio You are excellent at keeping a low profile and living under the radar. You dislike people who are curious about your lifestyle. You are good at dealing with their particular line of questioning so that they are none the wiser. News in the post will put a smile on your face. Book a last minute weekend away.

Sagittarius Its going to be one of those odd weeks that starts badly and ends well. Alternatively it may start amazingly well and end badly. The course of true love never runs smoothly. There is always someone or something that throws a spanner in the works. There will be good reason to feel increasingly confident about your finances.

Capricorn Someone's behaviour beggars belief!! You have been walking on eggshells for far too long. Voice your opinions once and for all. If it means the end of a certain friendship, so be it, life is too short to be unhappy. A marvellous opportunity to travel further afield than normal will suit your sense of adventure. A new friend with a hilarious sense of humour includes you in future social activities. Invitations to dress up and have some fun will reach you sooner than you imagine.

Aquarius Being in possession of some juicy news or secrets that have been kept hidden for much too long, you are sure to put a cat amongst the pigeons with your choice of words and subsequent revelations. Someone's sense of timing will be slightly off, but this will work to your advantage as the opportunist side of your personality kicks in. Looking for love? You are entering a romantic time. Someone could walk into your work place and straight to your heart.

Pisces Only too aware of what people can be like and the scams they get up to, you are becoming extremely streetwise and mindful of the dangers that lie around every corner. When dealing with family or professional issues, Keep a few cards up your sleeve by allowing others to do all the talking. People love to gossip, oh how they love to spill all the beans on others by dropping them right in it. Watch, listen and learn.



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memory lane



Join Wollaton Historical & conservation Society for this month's talk,
Nottingham Now and Then. No need to book just turn up, everyone welcome...

**Wednesday 23rd January start 7.30pm – 9.00pm, guest speaker Graham Hayes will be presenting 'Nottingham Then and Now'.
St Leonard's Community Centre, Bramcote Lane NG8 2ND opposite Wollaton library.**

Bus number 30 or The Two. Free refreshments after the talk, an opportunity to socialise and chat to the speaker.
Indoor meetings are free to members, £2.00 visitors fee. Everyone welcome, no booking required. Next meeting Wednesday 27th February,
Stephen Flinders presents "Terror from the Skies; the night the Zeppelins came".

Enquiries to our Secretary, Angela Gilbert, 0115 9283414 or via website <http://www.spanglefishcom/WollatonHistorical>



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It is never too late to wish all our readers a very Happy New Year and who knows what lies ahead?

With this in mind, I would like to share with you a few long standing favourite words I love.

And I said to the man who stood at the gate of the year, 'give me a light that I may tread safely into the unknown'. And he replied: 'Go out into the darkness and put your hand into the hand of God. That shall be to you better than light and safer than a known way.'

It is a pleasure to continue my work in the community, treating painful feet, chatting about this and that, generally putting the world to rights in pleasant company. How fortunate to have made so many friends among my patients.

Thank you all for your patronage and should you need a treatment for those sore feet, just call Marion on 0115 9393662 to arrange an appointment

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Why not share a celebration or surprise a loved one by having their picture and a few words printed - we'd love to hear from you... and **it's FREE!**

Happy Birthday this month to our **Simon!**

As a local lad, Simon enjoys benefiting from all our local restaurants and pubs - so if you see him around say 'hello' and ask him how Breeze can promote your business.

Not on his birthday though - you could just enjoy a drink together!



Have a great Birthday **Brad**
 Love all your family
 xxxxx



Happy 50th Birthday **Eddie**
 Lots of love from Ted and Eleanor
 xxxxx

Happy Birthday beautiful **Beth**
 Hope you get spoilt on your day!
 xxx



Happy Birthday **Annie**
 Enjoy your Special Day
 - Love Always xxx

Send your entries BY EMAIL:
info@breeze-magazine.co.uk

DEADLINE FOR FEBRUARY 19 ISSUE:
23rd January 2019

PLEASE NOTE THE FOLLOWING:

- We do not accept any professionally taken photographs.
- Whilst every effort will be made to agree with copyright laws on the images provided it is the senders full responsibility to obtain permissions on such copyright images before supplying to Breeze Magazine.
- Please supply a SAE for any photographs to be returned with around 15-20 words.
- The editor reserves the right to shorten or modify any material submitted.
- Any requests for insertions of a child under the age of 16 must be accompanied with a sign letter of agreement from the Parent or Guardian of that child. With full address details.

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"This is the second time we've used Blacklock as we were very impressed by the first job they did for us a couple of years ago. Firstly we had a luxury vinyl kitchen floor fitted and this week we had a large area, stairs and landing fitted with carpet. The kitchen floor still looks like new; the carpets look amazing and have been very well fitted. We shall definitely return to Blacklocks for future work. A lovely family run business that care about your needs and do a fabulous job! What more can I say but thank you"

"Fantastic service from everyone at Blacklock Carpets. It's great to see a family run business where everyone involved is so very helpful. Due to illness I couldn't visit the store so the store was brought to me! A few weeks later and all the work complete. Fabulous service, fabulous carpet from fabulous people!"

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Hope Nottingham are a Christian charity who support food banks and provide support for people in crisis, as well as providing a 'one stop' community support centre for the community.

Year 4 Teacher at Beeston Fields Primary & Nursery School, Laura Clark, said that the idea of collecting during advent had been a great success. "For the Autumn topic, Year 4 children have looked at natural disasters around the world which led to us thinking about the slogan 'Think Globally, Act Locally'. This is where the idea of reversing the advent calendar came from, and we started collecting instead. The children wrote a letter to all parents encouraging them to donate items for Hope House using our 'reverse advent calendar' boxes which were placed in every classroom."

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what's in store for 2019...

We ask some locals what they think the New Year has in store and what they have planned...



The Beeston Film Festival 2019, one of the largest International film festivals in the Midlands, begins on Wednesday 13th of March at its first warm up location, The Berliner. It is running for a period of five days in four different venues across Beeston town.

This year the festival continues to expand and has introduced their newest category, Better Place; inspiring filmmakers to create either Fiction or Non-Fiction Films aiming to drive change in the world we live in, champion causes, influence prevailing attitudes and move the world to a better place.

*Molly & The Team@
Beeston Film Festival*



Events planned at Strelley Hall for 2019 include a Wedding Fayre 24th March, Afternoon Tea picnic 23rd June, Theatre and supper 12th July... plus our monthly Tours of Strelley Hall with Afternoon Tea. Mulberry Tree cafe now welcomes dogs, with new garden trails planned too. Special Valentine's Day sharing platters menu (daytime), see www.mulberrytrestrelley.co.uk for full details.

*Geraldine@
Mulberry Tree Cafe*



As Dogs Trust Dog School continues to grow, the Nottinghamshire team plan to build on our success - continuing to offer a fun, friendly and informative environment in which pet parents from across the county can teach their pups basic household manners and prevent problem behaviours.

*Chelsea@
Dogs Trust
Dog School*

Beeston Rylands Community Association continues to deliver our social dining club for over 60s 'Friday Club', and our youth club on Monday evenings.

The community centre is being renovated this month and will be available for hire again from 6th February 2019.

Contact Janet: 07904 067160, Janetmbarnes@ntlworld.com. www.beestonrylandscsa.wordpress.com.

Janet@

Beeston Rylands Community Association



We're very passionate at Slimming World which is why we're committed to being there every single week to support everyone who walks through our doors. And with 2019 being our 50th anniversary, it's going to be an exciting year packed full of celebrations, offers, events and inspiration!

*The Team@
Slimming World*

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2019 New Year



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*The Team@
Nottingham Hearing Practice*



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*Mandy@
Cambridge Weight Plan*



We are pleased to support Breeze Magazine since 2002, and wish continued success in to 2019. We are proud to be associated with a local magazine that promotes so much of our wonderful area.

*Christine & Michael Hibbert
@CVH Accounting*



This year Owen and Catherine will be offering more appointments in the clinic in Beeston. Their focus remains on providing a detailed assessment so that you get to the root of your movement problem. Vicky will continue to visit clients at home, providing tailored rehabilitation to help improve mobility. If you have a movement problem - give them a try.

*The Team@
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More Than Loft Ladders will continue to give excellent service and valuable storage space to the local area. We now have a team of 4 installers to make sure that customers don't have to wait too long to get the job done at the very best price.

*Liam@
More Than Loft Ladders*

Our small but very effective team are enthusiastic about bringing more of what is great about our area in 2019.

Having been producing the magazine since 2002, we've seen many changes in the area, some good some bad. But what encourages us most is the community spirit that is in force in our area. We are so proud to be a part of that.

Throughout the year we will continue to bring you all the best of what is on offer - promoting local businesses and offering free publicity to charities and clubs etc. As a company our ethos is, and always has been to make Breeze as ethical as possible. We are grateful to all our advertisers for supporting our product. We endeavour to give the best product in our area for your advertising spend as well as supporting the local community and helping provide publicity to our thousands of readers. Here's to another successful year to all of you...

*Simon and the Team@
Breeze Magazine*



planning ahead...

gardening

January is often seen as one of the 'longest' months to get through in winter but in fact the days are already starting to lengthen and so the garden starts to grow. If you planned ahead late last summer, early autumn you will soon see your rewards in the bulbs you planted sprouting up!

So, what should we do in the midst of winter to plan ahead for summer?

Flowering Plants:

Use good peat-free seed compost and where required other soil additives shown below.

- **Sweet Peas:** You can sow your sweet peas now under cover. They'll then give you earlier flowers in greater numbers and a longer season. All these types of plants thrive with a long root run, so deep pots are ideal here. Water the compost and push a couple of seeds in to about an inch below the surface then cover with newspaper to keep moisture and warmth in and light out. Some heat will speed up germination, but is not essential. They'll germinate in about 10 days.
- **Pelargoniums:** Sow thinly in small seed trays using seed compost + 10 per cent grit; barely bury the seeds.
- **Dahlias:** Sow 1-2 seeds in cells or small pots using seed compost + 10 per cent vermiculite (This widely available soil additive increases water and nutrient retention and aerates the soil, resulting in healthier, more robust plants.)
- **Delphinium:** Sow thinly in trays of seed compost + 10 per cent vermiculite; barely cover with vermiculite.
- **Basil** (delicious added to tomato soup!): Sow thinly on the surface of pots or trays of seed compost; cover with vermiculite.
- **Begonias, tuberous and bedding types:** Sow thinly on the surface in trays of seed compost with a thin layer of vermiculite.
- **Chillies and aubergines:** Sow 2-3 seeds thinly per small individual pot using seed compost + 10 per cent silver sand (this is a fine white sand used in gardening. It consists largely of quartz particles that are not coated with iron oxides). Cover to own depth with vermiculite.
- **Petunias:** Sow thinly on the surface in small trays of seed compost + 10 per cent vermiculite and lightly dust with vermiculite to barely cover.
- **Iceland poppies:** Sow 2-3 seeds on the surface of each small individual pot of seed compost + 20 per cent fine grit.

Early sowing tips:

- Clean everything that will come into contact with seeds or seedlings, including pots, dibbers and drip trays
 - Use new compost.
- It needs to drain freely yet hold just enough moisture – peat-free seed compost is ideal
- Reserve a bright, warm windowsill for sowing, where the temperature stays fairly steady
 - Sow seeds even more thinly than usual, so that seedlings will have space to grow – overcrowding will encourage damping off
 - Give germinating seeds plenty of air by opening ventilators even if it seems a waste of heat
 - Wipe away condensation in propagators once or twice daily
 - Check seeds and seedlings daily, so that you can take remedial action before problems develop
 - Don't use too much heat – results are a bit slower but there's less risk of legginess and more damping off.



Other things to do around the garden

- Improve drainage of heavy soils by working in lots of organic matter. Grit will only be effective when used in conjunction with organic matter - when gardening on wet soils work from a plank of wood, rather than treading on the bed, to avoid compacting the soil.
- Save egg boxes as they will come in handy for potato chitting next month (getting them to sprout before planting). Source your seed potatoes if you have not already done so.
- Plan a rotation system for vegetable plots to ensure the same crops are not grown in the

- same beds year after year to help prevent disease build-up.
- Deadhead winter bedding (violas, pansies, polyanthus) to prolong flowering.
- Put out food for birds and leave some garden areas uncut, a little longer, to provide shelter for wildlife in your garden.

Well that should get you off to a flying start this month - there are always many other things we can do to enjoy our hobby but here we have a mix of flowering and veggie crops to keep us busy. As always keep learning, have a Happy New Year and Enjoy!

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tufty generation

Tufty Fluffytail, the iconic and much-loved red squirrel who was instrumental in helping millions of children to learn about road safety from the 1950s - 1990s, is celebrating his 65th birthday.



Tufty's image was changed to keep up with the times in 1979 and again in 1993, before new methods of helping children to learn about road safety came to the fore. In 2007, Tufty once again rose to national prominence when he made a guest appearance in the cult BBC series *Life on Mars*.

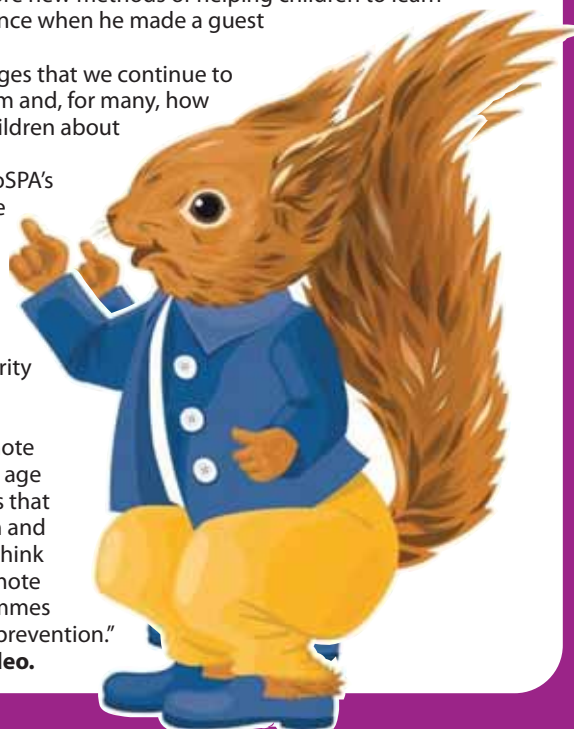
Errol Taylor, chief executive of RoSPA, said: "Tufty's legacy lives on through the messages that we continue to receive from former members of the Tufty Club, telling us of the impact he had on them and, for many, how they have used their memories of Tufty to talk to their children and now their grandchildren about road safety."

Like many in his generation, Tufty has not retired – his image currently features on RoSPA's Keeping Kids Safe packs for families with under-5s and he was also the subject of some safety activities for children at an exhibition to mark the safety charity's centenary last year.

Errol Taylor said: "We're looking forward to continuing to work with Tufty to raise awareness of some key safety challenges. That he has reached the age of 65 is particularly poignant because over-65s are among the groups most at risk of being seriously injured in accidents, especially from falls in the home, and they are a key priority group in the recently-launched national accident prevention strategy for England."

"People are increasingly seeking information about how they can age well to enjoy a productive and independent healthy older life, and there is a real opportunity to promote ageing as a good news story. Among the strategy's recommendations for the over-65s age group are: continued action on falls prevention; the development of local partnerships that address multiple safety, health and wellbeing issues such as fire safety, falls prevention and social isolation; and the promotion of self-assessment tools to enable older drivers to think about how they can drive safer for longer. We are also working with employers to promote sustainable working lives and some firms are beginning to develop carry-over programmes that take safety learning from the workplace into other parts of life, especially on falls prevention."

See www.rospace.com/tufty/ for more Tufty highlights, memories, pictures and video.



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Winner of the CAREGiver of the Year Award 2018:

Tunde



Tunde

Our CAREGiver of the Year Award is always a difficult decision because so many of our CAREGivers go the extra mile for their clients each day and are deserving of the award. This year's winner, Tunde Zsoltesz, was not only chosen by Home Instead staff, but by a member

of the public as well.

We received a call from someone who had seen Tunde while she was out with a client and had observed the way she interacted with them. They were so impressed by her respectful and caring nature, they wanted to tell us how fantastic she was. They had recognised Home Instead Senior Care from Tunde's identification badge and they called us to let us know.

We're extremely proud of Tunde, who continues to support her clients with the utmost consideration and care, enabling them to continue to live in their own homes independently for as long as they can.

Runner up CAREGiver of the year Award 2018:

Joy

The feedback that we have received from other CAREGivers, her clients and their families has been humbling. Joy has always been flexible and frequently re-schedules her plans to ensure visits to her clients are covered.

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Joy

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JONATHAN FOX

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highest honours on community hero...

A Beeston man was honoured at a special ceremony in December, at the Town Hall, Beeston to install him as Honorary Freeman of the Borough of Broxtowe.

Broxtowe Borough Council admitted Neville Bostock, who has supported countless organisations in south Broxtowe over the last 40 years.

Neville's honour comes after five other local people received honours in November. Ellie Leatherland, who runs Eastwood People's Initiative, Brian Watson, who has dedicated his life to the Boys Brigade and Nigel Adams, who runs Hope Nottingham, as Honorary Freeman of the Borough at the special ceremony.

Former Councillors John Booth and Stan Heptinstall MBE were also admitted as Honorary Aldermen in recognition of their work for the local community during their time on the Council – over 57 years between them.

Leader of the Council, Councillor Richard Jackson said: "These people have all served their communities over many years and have given their time freely and unreservedly. They are all incredibly worthy of this, the highest honour the Council can bestow."

Broxtowe Borough Council recognises the outstanding contributions of local people every four years by admitting them as Honorary Freeman or Aldermen of the Borough – the two highest honours that this Council can bestow.

For more information, please contact Broxtowe Borough Council on 0115 917 3210 or email civic@broxtowe.gov.uk

Neville Bostock was born and bred in Beeston and has lived there his whole life. His family has strong ties to Beeston and can be traced back many generations in the town.

Neville was born to parents George and Evelyn in 1940 and was joined by his younger brother, Vernon, after the war. He attended both Rylands Infant School, Round Hill Primary School and Church Street Junior Boys School. Neville finished his education at Henry Mellish School where he achieved six O Levels.

His first job was at Barclays Bank and then he moved to Ericssons where he formally trained in Factory Accounting. He became an associate member of the Institute of Cost and Works Accountants (now the Chartered Institute of Management Accountants) in 1968 and continued to work at various companies before settling at Boots, where he worked until he retired in 1999.

In 1976 Neville met Jennifer on holiday in Derbyshire and they married the next year. They have two sons, Richard and Graham and two grandchildren, Ethan and William, who they enjoy spending lots of time with.

Neville has spent well over 40 years supporting local voluntary groups in Broxtowe Borough, bringing people together as a community and using his professional skills as an accountant to ensuring the organisations he is involved with run efficiently and effectively.

Volunteering certainly runs in Neville's blood and both his father and grandfather were actively involved with the Beeston Methodist Benevolent Society, an organisation in which Neville has served as treasurer since 1988. At the age of 11 Neville joined the Beeston Company of the Boys' Brigade, rising through the ranks to become an Officer in 1959; a role which he took immense pride in until he retired from the organisation aged 60.

During the 40 years he served as an Officer in the Boys' Brigade, Neville was passionate about providing young people with a good foundation for the future and supported activities for hundreds of boys including instructing in safety, first aid, Christian education and helping to organise the annual camp. He was also Acting Captain for a year when the official Captain took a year out. Neville also represented the BB on the Beeston Christian Education Council and was its President for two years from 1976-78.

In 1983, Neville's commitment, reliability and integrity led to him being selected as a Magistrate, where he worked in the Youth Court due to his experience with the Boys' Brigade.

After joining in 2001, he held the posts of Secretary, Treasurer and Chairman of the Beeston Men's Probus Club, which provides a place for retired men to socialise and interact with others in their later years. In 2016, due to falling numbers the Club decided to enter into conversations with the successful Bramcote Club with a view to the two clubs amalgamating. Neville was part of these successful conversations which saw the two clubs come together in 2017.

Through his involvement with Beeston Methodist Church, as a member and volunteer, Neville helped to set up the Church Friendship Group which was a place for local people to come together, no matter what age or background. He also sat on the Finance Committee as Secretary and Chair, taught at and was Treasurer of the Sunday School, was a member of the Church Council and has acted as both Communion Steward and Church Steward. He was also a key member of the Forward Group which looked at how the church could continue to support the local community in the future.

More recently, Neville has been a founding member of Beeston Dementia Friends after his skills were once again sought out and he was asked to become Treasurer. The group runs the Beeston Memory Café, a support group for local people affected by Dementia and their families. It has been so well received that its monthly sessions have now become weekly and the Café has become a real lifeline for some of the most vulnerable people in the Borough.

Despite the high esteem his colleagues hold him in, Neville remains a truly modest man who sees the support he has provided these countless local organisations as nothing out of the ordinary. His many roles behind the scenes have helped ensure that these groups can be sustainable and continue to support the people of Broxtowe. For many, he is an unsung hero who is thoroughly deserving of the honour of Freeman of the Borough.



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About the Author

He is a soil ecologist, convinced that soil is the most remarkable, complex and fascinating material on the planet.... as well as absolutely fundamental to past and future civilisations.

A passionate fundamental researcher, his professional life is devoted to developing a mechanistic understanding of the origins and functional consequences of the compositional and spatial organisation of soil communities. One of his key concepts is that of soil architecture, and his work on visualising how soil systems are organised in space and time - both literally and conceptually - has revealed many new insights into how life belowground is organised, and the functional consequences of this for the earth system.... and all our futures. He graduated in Agricultural Botany from the University of Reading in 1981, and completed a PhD in grassland ecology at the University of Bristol in 1984.

About the talk

Karl takes us on a journey through the soil, exploring the myriad of life forms that live beneath our feet. Mammals, worms, astonishing protozoa, fungi and bacteria all interacting with one another. Karl promises it will change the way we see the world, when we have seen the 'Life IN Earth'.



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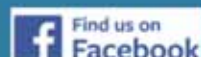
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queen bees



Our very own Beeston Cycling Club - Queen Bees have finished their road season by winning the highest national honour of becoming the 2018 CTT National Hillclimb Team Champions.

Laura Owler, Yasmin Marks and Emily Kate-Walton left nothing on the hills of Stockbridge, Sheffield as they competed against the best in the country. This is a fantastic achievement for our racers of our local cycling club that dares to challenge.

They targeted the team title knowing that their combined PB times would see them in the hunt. They all reccied the course so they knew where the ultra red zones would strike. True to form they stuck to their plan and all recorded PBs with Yasmin getting 12th place in the individual classification which is fantastic. Emily and Laura who have also been competing for Nottingham University put in stunning times so that their combined team time put clear distance between them and second place. (team times yet to be published).

Soon they will be attending the CTT Awards Dinner and Ceremony to receive their medals and trophy. 'We congratulate them on receiving this great accolade'.

It was fab to have fellow Queen Bees Fiona May and Bev Sorsby supporting and screaming at them. It was great to have Tom, Emily's partner from Nottingham University who competed and then supported the Queen Bees. Dylan Berry my cousin came over from Liverpool to support BCC and his old Reading CC team mates who in turn were screaming encouragement for the Bees. It's always nice to see Richard Stoodley with his Northern Shandy. Lastly it was moving to hear the crowds let out a loud cheer when Beeston Cycling Club was announced champions at the medals ceremony. Plus the chairman of the CTT said how delighted she was that a local club left everything on the hills and captured the spirit of the championships.

The Queen Bees have gone from strength to strength this season, starting in January where they achieved a fantastic 9th place at the National Track Championships in Manchester, coached by Bryan Steel. On the road they have raced all over the country achieving over 25 top ten placings and approximately 8 podiums = 4x3rd, 2x2nd and 2xWINS. (Final count yet to be confirmed)

Thank you to all our members, families, friends, coaches and our sponsors that helped them get to this point and dare to achieve.



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work together



Thrillseekers will have the chance to roll back the years and conquer the world's biggest fun-run – featuring HUGE obstacles – when it comes to the region for the first time in 2019.

Gung-Ho! Seriously Fun 5k will take adults, and kids, back to the days of Total Wipeout, Fun House and It's A Knockout as they clamber over and through giant inflatables.

The huge, fun-filled course – which includes giant mazes, walls, gauntlets and slides amongst other obstacles – will be filled with enough air to inflate more than 80 MILLION footballs, and comes to **Uttoxeter Racecourse on Saturday 23rd March 2019.**

Brains behind the event Alex Winters, a former Cbeebies presenter, came up with the idea while watching an episode of Ninja Warrior back in 2014, and is delighted to be able to bring his creation to the West Midlands venue for the first time.

He said: "I grew up watching some of the great, classic TV shows of yesteryear like Fun House, It's a Knockout and Gladiators.

"Like many others I dreamed of taking part in something like that, but never got the chance! Now I am giving the people of Staffordshire the chance to roll back the years and act like a kid again! This will be a day out like no other. Anybody of any shape or size will be able to get round the course and we are sure they will have an absolute blast in the process. There will be fun, thrills and spills for everyone taking part. So come on Uttoxeter, show us how Gung-Ho! you can go!"

Alex added: "This will be our fifth year of touring, and we are sure this will be the best year yet. Since we started I've wanted to bring Gung-Ho! to this part of the country and now we finally get the chance. I can't wait! We can't wait to see as many people as possible duck, weave, climb and slide their way across the course. Tickets increase in price the closer we get to the event, so book up now!"

Participants can go Gung-Ho! in aid of the event's national charity partner BBC Children in Need. Runners, who must be at least 4ft tall, receive a free bib with race number, Gung-Ho! T-shirt and headband, while spectators can attend for free.

Tickets and more information are available at www.begung-ho.co.uk. Check out Gung-Ho! updates by searching 'Gung-Ho!' on Facebook and on Twitter, at @begungho.



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breeze recipe

As Valentines approaches, it's all about the love this month! Try these naughty but nice recipes courtesy of © The Vegetarian Society.

POTS OF LOVE

These recipes can be made in advance and plated up just before serving. Serve your dishes on a platter for two.

Please note: One bottle of Champagne will be enough to make these recipes, with a 2 glasses left to drink. We think of everything!

All recipes serves 2

To prepare and cook all the recipes it will take around 30 minutes (don't forget to leave time for the sorbet to freeze)

Champagne Sorbet

(can be made the day before)
Preparation time 5 minutes
Cooking time 5 minutes plus freezing time

Ingredients:

200g sugar
250ml tap water
250ml Champagne
250ml chilled water

Method:

1. Put the sugar and tap water in a pan and simmer for 5 minutes.
2. Add the Champagne and chilled water and allow to cool.
3. Pour into a large plastic container and put it in the freezer. Stir every 40 minutes until it starts to freeze (which should take approximately 2½ hours).
4. Leave in the freezer until just before serving.

Chocolate pot

Preparation time 5 minutes

Ingredients:

1 avocado, peeled and de-seeded
2 tsp cocoa powder
1 drop vanilla extract
1 tbsp maple syrup
1 tbsp pomegranate molasses

Method:

1. Place all of the ingredients into a food processor and thoroughly blend. Scrape any mixture that sticks to the side for a smooth consistency. Place prepared mixture into a small serving bowl and then chill.

Champagne Jelly

Preparation time 5 minutes
Cooking time 5 minutes plus chilling time

Ingredients:

4 strawberries, chopped into small pieces
1 sachet Vege-Gel
50g sugar
250ml Champagne

Method:

1. Place the chopped strawberries into 2 shot glasses or two small wine glasses.
2. Put Vege-Gel and sugar into a pan and slowly add the Champagne, whisking all the time with a fork.
3. Bring to the boil then pour over the strawberries.
4. Leave to cool for 20 minutes before putting in the fridge to chill completely.

Strawberry Tart

Preparation time 5 minutes
Cooking time 5 minutes

Ingredients:

250g strawberries
One pre-made tart case
1 sachet Vege-Gel
1 tsp orange essence

Method:

1. Slice the strawberries and arrange them neatly on your pastry case.
2. Make up one sachet of Vege-Gel as directed on the packet. Add the orange essence, then pour over the strawberries. Allow to set.



XXX-Presso Chocolate Cheesecake

Preparation notes

Makes 12 slim but intense slices, or 8 if you're feeling outrageous!

Ingredients

150g ginger biscuits, crushed
40g vegetable margarine, melted
200g 75% cocoa dark chocolate (Green & Blacks)
500g plain soya yoghurt
3 tbsp cornflour
50g soft brown sugar
250g plain soya yoghurt
6-8 tsp instant coffee, dissolved in a little hot water (optional)
1 piece stem ginger, finely chopped and 4 tablespoons of stem ginger syrup (from the jar)
250g fresh raspberries
An 18cm cake tin, lightly oiled and lined with baking parchment

Method

Mix biscuit crumbs with the melted margarine and press evenly into the cake tin.

Bake 20 minutes. Remove the tin and allow to cool.

Place chocolate in bowl and place over small pan of boiling water. Allow to melt slowly.



Using a fork, whisk the cornflour into 500g of soya yoghurt in a large mixing bowl, then add the sugar, melted chocolate, half the coffee (if using) and 2tbsp ginger syrup. Mix well.

Reduce oven temperature to Gas 3, 325F, 170C. Pour the mixture into the tin over the biscuit base and bake for 35-40 minutes or until just firm.

Make the coffee or ginger 'crème' by beating the remaining coffee mixture (if using), the chopped stem ginger and remaining ginger syrup into the 250g soya yoghurt.

Allow cheesecake to cool then slice and serve immediately with a generous dollop of the coffee or ginger 'crème' and a few raspberries.

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February Deadline: 23rd January

Have you ever wished you could identify the Butterflies and Dragonflies we see flying around?

On Wednesday March 20th Nigel Slater will be giving us an illustrated talk about them and their lives.

We meet at St. Leonard's Community Centre, Bramcote Lane, Wollaton (opposite the library) at 7.30 p.m. Visitors are very welcome at £3.50 on the door.

For more information visit our website at www.spanglefish.com/WollatonNaturalHistory, find us on Facebook or telephone Chairman Nigel Downes

HEMLOCK GARDEN CLUB

Hemlock Garden Club meets monthly every third Thursday from September to June at Bramcote Memorial Hall, Church Street, Bramcote NG9 3HD at 7.30pm.

Their programme for 2019 starts on 17th

January with a talk by Ian Openshaw on the topic of 'Wild Food'.

They are a friendly club which has been running for well over 40 years; as well as guest speakers on gardening related matters, meetings include a raffle, some light-hearted competitions and occasional visits to gardens are organised.

Visitors and new members are most welcome – just come along – £2.50 including refreshments.

See more details of the 2019 programme on the website; www.hemlockgardenclub.co.uk

Kick-off of Art Culture Tourism - International - Performance Networking evenings!
Last Wed of each month 2019 (except July & August), a different venue with different performing artistes!

Date: Wednesday 30th January 2019
Venue: The Berliner, Bar & Restaurant, 6-8 High Road, Beeston, Nottingham NG9 4AE
<https://www.facebook.com/theberlinerbar/>
Bus and tram stop just outside. Car parking opposite

Times: Doors open 6.00pm. £5 on entry & sign-in
Networking from 6pm - 8.30pm
1st Performance starts 6.30pm
Please write your comments in ACT Guest Book before you depart!
Thank you!

Performing guests in this order - 6-10 mins slots:-
~ Benj Howard Kingdom Rapper UK
~ Mildred Freeman Local Lady Historian & storyteller
~ Jeanie Barton Jazz singer & songwriter
~ Cathy Grindrod Poet, playwright, writer & mentor
~ Lamar Francois Nottingham photographer (3 mins)
~ Adam Zareba Nottingham singer & songwriter

NB * From 8.30pm til late Jeanie Barton continues *

Sawley Strength and Balance Class starting 10th January 2019

Strictly No Falling project lead by Age UK Derby & Derbyshire and DCHS are starting a new strength and balance class at All Saints Church Hall on a Thursday morning from 10.30-11.30, starting on Thursday 10th January.

If you feel you need to condition your muscles, get a little stronger and improve your balance then this is the class for you. The exercises are done in a seated or standing position.

For more information contact Janet (07906 367553) or Jo (07837 277252). Classes cost £4 per session including refreshments

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One word of caution. They are addictive! You start with 3-5 and are soon wondering if you can fit just a few more in.....and so on!

Up to date Fresh Start for Hens have rescued 70000+ girls and we aren't stopping there. Your local collection point is Ilkeston. Rehoming happens, on average every 2 months. 6000 girls are coming out early Jan and more in Feb

Do go to our website <https://freshstartforhens.co.uk> visit Ilkeston Fresh Start for Hens on FB or ring Dee 07946 653173



Every First Thursday

Beeston U3A's Open Meeting at 10.00am. Beeston Methodist Church, Chilwell Road, Beeston.

If you are in your third age (i.e. you have retired or semi-retired) and are looking to broaden your horizons, make new friends and join with like-minded people to pursue the hobbies and interests you have always wanted to do but could never find the time, come along to our Open Meetings to see what we have to offer. There is tea and coffee at 10.00am followed by a talk.

See www.beestonu3a.org.uk for full details.

Email beestonu3a@hotmail.co.uk if you have a specific question.

FEBRUARY HOLIDAY CLUB

The Pearson Centre for Young People, Nuart Road, Beeston, is delighted to announce its February Holiday Club for 2019, operating from 9:00am to 4:30pm and additional extended hours. The Club is available to children and young people aged 6 to school year 8; The Centre's holiday club will be running from Monday 18th February to Friday 22nd February. Activities include baking, playing games, swimming, sports, crafts, cinema trips and most importantly having fun! Spaces are limited and are on a first come first served basis with payment needing to be received before a place can be confirmed. 10% discount is available for a weeks booking.

For more information about the holiday club or to book a place please contact Charlotte Chiweshe, Development Worker at The Pearson Centre for Young People on 0115 9254112, developmentworker@thepearsoncentre.org.uk

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Do you live alone near Nuthall or Kimberley and find it difficult to get out and about?

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Who we are

Contact the Elderly is a national organisation which changes the lives of people aged 75 and over who live alone and struggle to get out on their own.

What we do

Many people aged 75 and over spend the majority of their days by themselves. If this sounds like you, then we can help you to get out of the house and back in touch with your local community.

Monthly tea parties

We have small local groups made up of guests and volunteers, and one Sunday afternoon a month each local group meets for tea, cake and company. Our hosts take it in turns to welcome you and the rest of the group into their homes for a few hours, and our drivers always make sure you get home safely. This service is free.

If you would like more information for you, or someone you know, please contact chloe.brown@contact-the-elderly.org.uk or Freephone: 0800 716543





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