

SIGNPOSTS

Along the Road To Recovery

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OUR NEIGHBOURS

Freedom Stroke Club – the Freedom Stroke Club is a happy and friendly place. Members meet in the Wilberforce Suite at The Freedom Centre, Hull on the last Friday of each month from 11am to 1pm. A number of us stay after the meeting to have a lovely lunch together.



We had our first day trip to Burnby Hall in July; it was a lovely sunny day, stopping at a garden centre on the way. On the return journey home we stopped for a meal. The day was a great success and enjoyed by all. Preparations on the way for the Christmas tombola to raise funds. If you require any further information please contact Cheryl on Tel: 01482 781215 or email rickles16@rickles16.karoo.co.uk

Masterstrokes - 2nd Wednesday of each month 1.00pm – 3.00pm
Venue: Commonwealth Homes Community Centre, Burniston Road, Hull.
Contact: Marianne Boyd on 01482 561901.

OK Stroke Club - At monthly meetings there are various activities and we had five outings last year. 1st Monday in the month at 11.30am – 1.30pm. Venue: Goodfellowship Inn, Cottingham Road, Hull. Contact: Joyce Atkinson on 01482 376483.

Hull Stroke Club Juniors - Formed for the needs of the younger stroke survivors aged 65 and under. The Stroke Club Juniors meet on the 1st Wednesday of each month, between 1pm and 3pm at the Avenues Hotel, Chanterlands Avenue, Hull. Contact Jackie on Tel: - 01482 565430 or Paddy 01482 830676 and Sue or Ralph on 01482 223432

A very friendly group now meeting fortnightly as the Club now has its own mini bus and uses it for outings. New members will be made very welcome.

FRIENDSHIP LINK

Alnwick Stroke Club

Meets at St Paul's Court, Alnwick on Tuesdays at 10:00 am
Registered charity No 1015988

We went out to Wooler last Tuesday for our Xmas dinner. It was a cold, windy, but a lovely sunny day. The countryside was beautiful and we hardly encountered another car on the road. The fields were green with some sheep enjoying the sunshine no doubt.

I noticed the low old rough stone walls built by our ancestors when days were long, before radio and TV. The hedges were bare but there were still a few red hawthorn berries to brighten up the roadside. We saw the Cheviot Hills, all cloaked in a white mantle of snow brilliant in the winter sunshine, so I was glad I was nice and warm in our mini bus. I saw a red kite fly down from the sky, it was gone in an instant as we travelled along.

When we arrived at the Tankerville Arms they had their lovely Xmas decorations up and a nice fire going to cheer us after our journey. Some had coffee and lots of chat, before going into the lovely old fashioned dining room, with old sash windows, a huge old stone fire place, ornamental chandeliers and a very high ceiling. The room was all decorated for Xmas with candles on all the tables.

I had roast beef and Xmas pudding, which was all delicious. Then coffee and a mini mince pie. I said "Is there an old lady somewhere standing for hours cutting out tiny rounds of pastry"? The bus driver assured me it was all done by automation nowadays. That was a relief I tell you.

We travelled home by the moor road and so had a glimpse of the lovely blue sea. Altogether it was a most enjoyable day out. And so I have to say thanks very much to all our selfless helpers who still manage to keep the stroke club going through thick and thin.

D Cairns

EDITORIAL

Can you spot the difference between the front cover of this edition and previous front covers? Yes, you are quite right. We are now a registered charity and you can see our registered charity number, proudly displayed under the Stroke Matters title. Many thanks and much praise goes to the team for this significant achievement.



Our lottery funding comes to an end at the close of 2013. You will remember that this time last year you kindly completed the questionnaires which were used to support our bid for lottery funding. It worked successfully before, so we intend to repeat the exercise. Do please help us, by completing the questionnaires and returning to us, either directly, or via your stroke clubs. You will not, I am sure need me to tell you how important this is, in order to ensure the future production of the magazine. So keep your fingers and anything else crossed that might help and (forgive me repeating it), do please let us have your completed feedback forms.

Now, so says the poet, is the season of mists and mellow fruitfulness, with berries on hedgerows, and a riot of gorgeous autumnal colours in our gardens and the countryside. Let us hope that the coming months are indeed mellow and that they are not too cold. In the meantime, when as the nights draw in, why not close the curtains, snuggle up to your fire side with Stroke Matters and a large mug of hot chocolate, and take it easy. Relax, you have earned it!

As the next edition of Stroke Matters, the winter (blue car) edition will not be with you until after Christmas, now is a good opportunity to look ahead to the coming festive season. Why not take a look at the Lousy Christmas Cracker Joke Competition, details of which are in the magazine. It's a bit of harmless fun, to see who can find the worst Christmas cracker joke. So do join in the scrum when the crackers are pulled at your festivities and keep or make a note of the worst ones. A selection of those which make the editorial team really groan will be published in the winter edition.

So finally, on behalf of the team, may I wish you, your loved ones, your friends and carers, the very happiest of Christmases, followed in the New Year, by enduring peace and prosperity. Most of all, may you reap the rewards of joy and fulfilment, from continued progress along the road to recovery.

From Gill and the Editorial Team

FUNDRAISING

A Charity Tennis Match was held on 18th August 2013 at David Lloyd in Hull by kind permission of the Sports Centre, the proceeds from the event (including a raffle and tombola) being shared between Macmillan Nurses and Stroke Matters. It was a sell out with forty entrants to the tennis tournament which was organised by the four tennis coaches from David Lloyd. The result was a donation of £510 was made to Stroke Matters. Many thanks to all those who sold and bought raffle and tombola tickets.



After play ended there followed, as a special surprise, a ceremony mirroring the Olympic games medal ceremony. Much to the delight of the audience and to the sound of the Fanfare for the Common Man a procession started its course around the hall. Your editor Gill suitably dressed, led it and it included two children each carrying a dark red velvet cushion upon which was placed a "gold" medal and a posy of flowers. As the names of the winners were read out, each champion stepped up to the red carpeted rostrum to be presented with a suitably engraved "gold" medal hanging from a red, white and blue lanyard and the flowers, all being accompanied by cheers and deafening applause.

Gill thanked all those involved including the sponsors and singled out for special thanks, the management of David Lloyd, Sam Saleh, Simon Berry and Paul Layfield. All those present were then invited to drink a champagne toast or two, one being to Macmillan Nurses and the other Stroke Matters. Each in its own way, giving hope and comfort in times of greatest need.

One comment from the Ladies Champion, summed up the event she said "she was so delighted she was reluctant to ever take off her medal". David Lloyd staff said they had never had a "medal ceremony" before but Stroke Matters hadn't been involved before!

Prizes were generously donated by Tesco in Beverley, C.H. Plaxtons Growers, Colletta and Tyson Garden Centre, the David Lloyd Centre and C, Roberts and Speight Wine Merchants and many others. Pocklington Carpets, and East Riding Engravers also gave their assistance.

HUMOUR (cont.)

"Why teachers drink"

HISTORY

In wartime children who lived in big cities had to be evacuated because it was safer in the country.

GEOGRAPHY

The closest town to France is Dover. You can get to France on a train or you can go on a fairy.

HISTORY

SOMETIMES IN THE WAR THEY TAKE PRISONERS AND KEEP THEM AS OSTRIGES UNTIL THE WAR IS OVER. SOME PRISONERS END UP IN CONSERVATION CAMPS.

LETTERS (cont.)

Dear Editor and the team

I look forward to receiving my copy of Stroke Matters, but I think that the humour is a bit tame. We are all grown-ups, so what about a bit of Max Wall type humour. After all, it's how you choose to interpret it. Apart from that, it's a good read.

Sidney

Editor – I am sorry that the humour is not to your taste. The editorial policy reflects the fact that the magazine can be read by persons of all ages and the nature of the jokes has to recognise this. Our objective has to be to entertain without causing offence. However, I am pleased to know that you enjoy reading the rest of the magazine.

RDA (cont.)

The RDA is not just therapy sessions, there are other activities you can take part in, from riding out into the countryside on a beautiful day to climbing the competition ladder. It's about achieving your personal goals, whatever they are, but most of all, it's about having fun!

If you want to read about the difference RDA has made to a stroke survivor, have a look at this testimonial from Paul Conway

<http://www.rda.org.uk/2013/from-wheelchair-to-saddle-a-stroke-survivor-tells-his-amazing-story/>

To quote Paul, "All I had to look forward to was a lonely life sitting in a chair day after day, hour after hour, watching the time tick away. Now I can ride a horse along a bridle path in the sunshine".

LETTERS

Dear Editor and the team

Good on the chap who set up the cycling for disabled in the magazine. Great stuff. Before I had my stroke I cycled miles to keep fit. Since my balance is still bad, I got a 3 wheeled trike. Artics are the worst as the drivers don't know about me on my trike alongside the back of their trailers.



Another bike used in East Park featured in the Summer edition.

My lad got me a plastic gizmo, which fits on a bike and sticks out like an arm with a warning disc on the end. It works as drivers see me in good time and give me plenty of room. If you cycle on the road get one - it could save your life.

Cheers, Dave.

Editor – Thank you for your letter. The device which you describe sounds excellent. I presume that it is unlikely to be expensive and as you quite rightly say, it has the potential to save lives. The fact that you are now out and about on your Tricycle is really good news and very inspirational for others who have had strokes and were committed cyclists. Long may you travel safely by pedal power.

MEDICAL INFO (cont.)

Stroke and eye sight

Stroke affects vision in a significant number of patients. Commonest visual problem associated with stroke is loss of left or right half of field vision of each eye which is called hemianopia. This means that when looking with both eyes together and looking straight in front, you will not be able to see right or left half of everything in front of you. That will make you very prone to accidents by hitting into objects that you cannot see. The best way to help yourself is to use the field vision in which you can see as best as possible. If you have lost left half of vision then you should turn your head slightly to the left so that right half of vision in which you can see comes in front of you. That will cut down your chances of missing objects thereby reducing accidents.



Second most common way stroke affects vision is by damaging one quarter of field vision of each eye on the same side called quadrantinopia. This can affect upper or lower quarter of vision on the same side of each eye. While looking straight with both eyes open you will not be able to see a quarter objects in front. This is not as incapacitating as hemianopia but one should turn one's head towards the area of loss of vision to make the best use of the remaining normal vision.

Apart from the above there can be problems with eye movements causing double or blurred vision. This can be helped with prisms which can be fitted onto glasses by orthoptist in the eye clinic hospital.

The best way to find out about the above problems is to see your Optometrist for sight test and advice as soon as you are fit to visit them. Also if you drive a car you may have to inform DVLA. Your Optometrist will advise you about that as well.

An ophthalmologist.

INSPIRATION

This is a picture of me, Ebony Mawer and my grandma, Mary Mawer. I nominated her for the 'Life after Stroke Award' due to her efforts on regaining the 'get up and go' she previously had. This was just one of the many reasons for my doing so. She has met many people along the way and put a smile on many others through her determination and will power to carry on as normal. The progress she has made over the past couple of years is astonishing and continues to portray her determination as an individual. I enjoy spending time with my Gran and hearing all the stories she has to tell. Although her life has changed dramatically she has achieved things through the misfortune of having a stroke that she would not have had the opportunity to do otherwise.



Mary continues to portray her determination

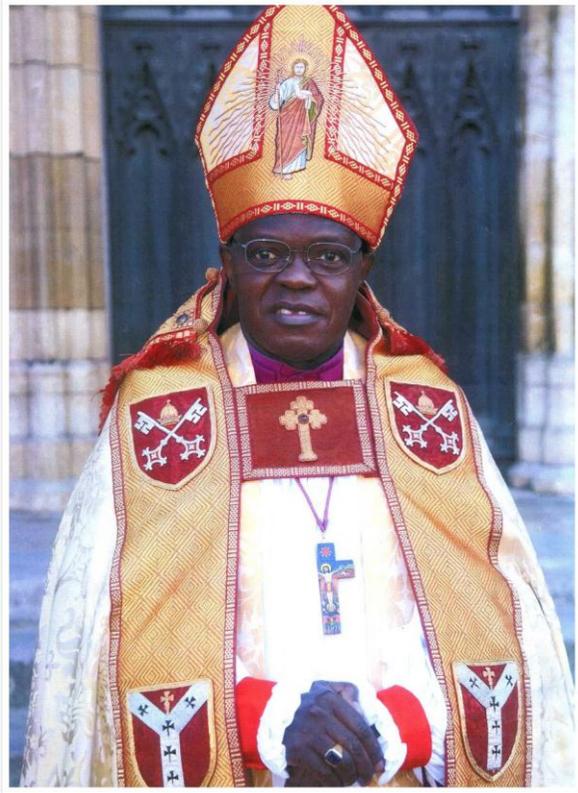
After seeing the effects such things can have on not only individuals, but families too, I have myself put efforts into gaining the support and showing awareness of both stroke and cancer. I am taking part in the Bridlington Race for Life in June of this year and have previously organised and taken part in a fundraising event within my school to raise money for the Stroke Awareness campaign.

Aged 18 years.

Editor – You are truly an inspiration to us all and at such a young age have great insight into the feelings of others. Thank you very much.

CELEBRITY SPOT

The Archbishop of York, Dr John Sentamu



In spite of the fact that Dr. Sentamu is recovering from surgery for advanced prostate cancer he has sent the following message to Stroke Matters.

“During the most trying times, I have derived great comfort from the words of the Taize chant “Aber du weiBt den Weg fur mich”, adapted from a passage in Letters and Papers from Dietrich Bonhoeffer, (a German Pastor and Theologian executed by the Nazis in 1945);

“God, gather and turn my thoughts to you. With you there is light, you do not forget me. With you there is hope and patience. I don’t understand your ways, but you know the way for me”.

Editors note – Dr. John Senamu has been the Archbishop of York since 2005. Whilst some members of the stroke community may not have any particular religious beliefs, words of encouragement that are sincerely meant are always welcome. Very many thanks.

STROKE CLUB TRIP

Peter (carer for Richard)

Beverley Stroke club’s June trip

Beverley Club’s June trip to the Yorkshire Air Museum at Elvington Nr York. So, pull up a sand bag and swing the tilly lamp whilst I tell you our story.

After joining the 1079 at Market Weighton and heading towards York, we came across the large sign directing us to the museum. By chance we ended up following a new exhibit along the lanes past the York maze to our target destination. In true Last of the Summer wine tradition we drove into the site La,La-ing the Dam Busters tune. As requested I reported in at the guard room and out of habit gave my name, rank and number, from the reaction of the man in the little hut (guard room) he had heard it all before and the joke had worn thin a long time ago.

On entering the site we found plenty of good parking for people with disabilities and the flat site meant that it would be easy to get around with the aid of a wheel chair, because it is so spread out walking proved very tiring for those without a wheelchair.

First port of call was the NAAFI for refreshments; the food was wholesome and reasonably priced, with a good selection to cater for all tastes. The facilities were clean and well presented with ample space between the tables for people to get around. After eating our fill we began our journey down memory lane, Rick for his working life as an aircraft engineer and designer and myself as an ex RAF serviceman. The exhibits of the aircraft were more interesting to Rick than the military side, whereas walking into the cinema immediately transported me back to the one we had at RAF SAXA VORD in the Shetlands and if we had laid our kit out in such a poor way our feet would not have touched the ground.

The visit was deemed an enjoyable success by all who attended, but and it’s a big BUT, it is a boys’, toys adventure and it has left me with happy memories and a wish to return.

REFLECTIONS

Childish thoughts about food

I had a very literal view of the world when I was a child; and food caused me the most disquiet. Reading at the table was not allowed in the household where I grew up, unless it was father's newspaper. Even our respectable comics – *Girl* and *Eagle* - were banned, and so my sister and I resorted to reading the labels on the bottles and jars on the table, and to make our point, we read them aloud to each other: This too, apparently, was forbidden even when we pleaded that reading the translation on the obverse of the HP sauce bottle was educational, and that knowing the French for "this sauce contains only the most pure ingredients" might one day help us to avoid being poisoned by dodgy mayonnaise while holidaying on the Riviera.



No joy there, so we studied the labels intently but silently. The tin containing Tate and Lyle's Golden Syrup bore a representation of a lion, under which was written "out of the strong came forth sweetness." I was under the impression for quite a long time that syrup was obtained by cutting open a lion, which seemed a little drastic for the sake of something to spread on white crusty bread after a busy day at school, but if syrup didn't come from the inside of a lion, why did Tate and Lyle say it did and emphasise their point with a picture of said beast? My querulousness on the subject did not meet with what I thought was a helpful reply.

Elsewhere on the tin could be found a recipe for Summer Pudding (Cold). As every small boy knows, a pudding isn't a proper pudding unless it's hot, so why didn't T & L give the recipe for Summer Pudding (Hot), and encourage those who preferred a cold dessert to be patient until the desired temperature had been reached?

Continued on page 8

RIDING FOR THE DISABLED

What can the RDA do for you?

You've probably heard of us, but maybe think it's just pony rides for children?

The RDA (Riding for the Disabled) is a national charity that has its roots in the rehabilitation of war-wounded soldiers. It is made up of over 500 volunteer-run Groups and offers therapy, achievement and enjoyment to people of all ages and disabilities. When I say all ages, I really mean it; some of our riders – and carriage drivers - are in their seventies.



In East Yorkshire there are 8 Groups, all offering riding, with Ebor Vale near York doing carriage driving too. Each of them has its own characteristics and charges, you will need to find out which will suit you best, although demand exceeds the supply of RDA sessions, so most Groups operate a waiting list. For those with internet access, entering your postcode into the RDA website <http://www.rda.org.uk/rda-groups/> will bring up your closest Groups, otherwise the County Chairman is Lady Pamela Hewitt (phone 0845 450 7079) and the County Instructors are Judyth Dickins RDAI (01723 891965) and Moira Richardson RDAI, Burton Pidsea (01964 670498).

Equine therapy offers a range of benefits. The movement and warmth of a horse is transmitted through the rider's body, moving and exercising muscles, even those that the rider cannot move voluntarily. Riding strengthens core muscles and gradually makes the body more relaxed and supple, leading to improved balance, posture and co-ordination. Sessions are led by RDA trained and qualified coaches, supported by physiotherapists, and there are always people on hand to support every rider. You will start with someone leading your horse for you and side-walkers at each side for support, so you won't be on your own. **Continued on page 19.**

HUMOUR

A rich man living in Darwin, Australia decided that he wanted to throw a party and invited all of his buddies and neighbours. He also invited Colin, the only aborigine in the neighbourhood. He held the party around the pool in the backyard of his mansion. Everyone was having a good time drinking, eating prawns, oysters and BBQing and flirting.



At the height of the party, the host said, I have a 15ft man-eating crocodile in my pool and I'll give a million dollars to anyone who has the guts to jump in".

The words were barely out of his mouth when there was a loud splash and everyone turned around and saw Colin in the pool fighting the croc, jabbing the croc in the eyes with his thumbs, throwing punches, doing all kinds of stuff like head butts and chock holds, biting the croc on the tail and flipping the croc through the air like some kind of Judo Instructor.

The water was churning and splashing everywhere. Both Colin and the croc were screaming and raising hell. Finally Colin strangled the croc and let it float to the top like a dead goldfish.

Colin then slowly climbed out of the pool. Everyone was just staring at him in disbelief. The host says "Well, Colin, I reckon I owe you a million dollars", "Nah, you all right boss, I don't want it," said Colin.

The host said "Come on, I insist on giving you something. That was amazing. How about a new Porsche and a Rolex and some stock options? Again Colin said "No". Confused the rich man asked, "Well Colin, then what do you want?"

Colin said "I want the b----- who pushed me in".

REFLECTIONS (cont.)

I have mentioned that I was inclined to take things literally, and you won't believe the problems the label on Golden Shred marmalade caused me. You see, the label said Golden Shred was "the best marmalade in the world". Now I knew very well that telling a lie was wrong, and you could probably be sent to prison for telling a lie, and so the statement must have been true, but how did they know it was the best marmalade in the world unless they had tasted all the other marmalades in the world and formed an objective view? It got worse. Marmalade was defined in my new dictionary as a preserve made from *oranges* and sugar, but that Silver Shred was labelled as marmalade despite being made from *lemons* and sugar. How could that be?

There was more. Heinz Sandwich Spread and Heinz Piccalilli featured at summer Saturday tea-times, and each jar bore the legend "57 Varieties. Of course, to me that meant that each jar contained a variety of ingredients which in total numbered 57, but try as I might, I could never get the ingredients listed on the jars to add up to 57.

Wimbledon was a torment, not a tournament for me. Robinson's Lemon Barley Water was the drink which came out of those urns by the umpire's chair, because that's what was written on the urns. Robinson's Lemon Barley Water was also my drink of choice after violent exercise, because I had been brought up to believe that fizzy drinks were for special occasions. Fizzy drinks were not good for you. I longed to pass this excellent advice on to the players whom I saw actually drinking Coca-Cola! I knew it was Coca-Cola because it was being drunk out of cups bearing the words "Coca-Cola". It was fizzy, it was bad for you, it was not even English!

I'm just glad that we didn't have ITV during my formative years. How would I have coped with the commercials?

John Jepson Stroke Supporters.

PUZZLE PAGES

Link Words

Afternoon - ? Party
Life - ? Race
Mid - ? Time
Cream - ? Party
Committee - ? Place
Lady's - ? Service

Anagram – An anagram of each of the following words has a link with our current climate. What are they?

Sown, Iran, steel, what, forts, and mire.

Puzzle answers: -

Dingbats – Cornerstone, Shrinking Violet
Quiz 1 – 1. 116 yrs, 2. Ecuador, 3. Sheep and Horses, 4. November, 5. Squirrel fur.
Sports Quiz - General 1. John Curry achieved this hat trick in 1976. He won the Olympic title in Innsbruck, the World title in Gøthenburg and the European title in Geneva. 2. Cycling: the Devil Takes the Hindmost is an elimination race in which a field is whittled down to the two riders who will contest the final sprint. The last man to cross the finishing line at the end of each lap is eliminated. 3. St Andrews, the Old Course. The coffins are bunkers on the sixth and thirteenth. Walkinshaw's Grave is a bunker named after Mr. Walkinshaw, a 19th century golfer who regularly topped his ball off the sixth tee into this bunker. Miss Granger was a lady member after whom two bunkers on the fifteenth were named. These have now been renamed the Himalayas.
Sports Quiz - Tennis 1. USA, he won the French Open in 1989, when 17 years of age beating Ivan Lendl in 5 sets in the 4th round and advanced to the final where he downed Stephen Edberg 6-1, 3-6, 4-6, 6-4 and 6-2.
2. Billie Jean King, she was the vanguard in founding the Virginia Slims tour, a separate tour for women which greatly increased their visibility and prize money. 3. Rod Laver Australia in 1962 and 1969. He was small and sickly as a child and through incessant tennis practice, so it is said "his left forearm became, like Popeye's almost twice as large as his right".
Anagram - They are anagrams of winter weather. Snow, rain, sleet, thaw, frost, time
Linkwords - Tea, boat, day, tea, meeting and maid.

STROKE CLUBS in E.R.

Beverley Stroke Club

Meet 1st Wednesday monthly from October to April when we have indoor games, quizzes and talks. From May to September we have outdoor meetings and a number of trips out. If you wish to join please contact: Tony/Judi on Tel: - 01482 864882.

6th November noon - "Call My Bluff" Antiques Derick Clark
10th December 7pm Christmas Dinner and Entertainment
2014 - 8th January noon - AGM and plan for year.

Driffield Stroke Club

Meet 1st and 3rd Tuesday monthly, from 2:00pm to 4:00pm at Cass Hall, King Street, Driffield. 1st Meeting monthly usually a guest speaker; second meeting on 3rd Tuesday involves social activity, bingo, and quizzes, beetle drive, 1st Sunday monthly there is a Sunday lunch. At least once a year there is a club holiday. Day trips twice a year, theatre trips etc. Contact: Janet Tel: - 01377 256343

Goole Stroke Club

Meet 3rd Thursday of the month at the library in Goole, 12 noon to 2:00pm. It is a small social group; we welcome new members, very friendly, we also have occasional meals together. Contact:- Trevor Mouncey:- 01405 764645 or email:- tmouncey@gmail.com

Haltemprice Stroke Club

Meet 2nd Monday monthly. 12 noon to 2:00pm at The Wheatsheaf, Kirkella. Contact Alan Bowmaster Tel:- 01482 651060

Holderness Stroke Club

Meet 3rd Tuesday monthly, 11am to 12:30pm at Jack Gledhill Centre, Queen's Street, Withernsea. Friendly, social advice and support, guest speakers, join us for a chat and a cuppa. Contact Alison Smith: Tel: 01964 631051 or 0779348589

Market Weighton Stroke Club

Meet 2nd Monday monthly, 11am to 1:00 pm at The Bay Horse, Market Weighton. We are a social group and meet for lunch at the Bay Horse. We hold informal gathering, and trips out for meals. Contact Derek Devlin Tel: -01430 872769.

HINTS AND TIPS

Safety Whilst Exercising – to exercise outdoors can be a great opportunity for a little peace and quiet and privacy. However, it is advisable to take a trusted friend with you. If this is not possible and particularly for long trips let someone know where you are going and when you are likely to be back.

Kitchen Tips – keep frustration to a minimum by putting your cling film in the fridge, it is much easier to use when cold.

Clean underneath large appliances by stretching a sock (preferably an old one) over a stick, then running it under the stove or fridge.

Remove burnt on food from a saucepan (not that you ever own up to burning anything) by boiling a cup of cola for a minute or two in the saucepan.

Clean the microwave by bringing a cup of water to boil in it. The steam will help loosen dried on food which can then be easily wiped away. Pop a slice of lemon into the water when boiling to make it smell pleasant.

Get rid of a lingering smell in the kitchen by baking orange peel in the oven.

Miscellaneous Household Tips

By putting a vase of lavender by an open window you will keep the room free from flies. The flies hate the smell!

Put dish washer rinse aid in water and it will leave your windows streak free with a sparkly finish, when you clean them and it smells better than vinegar!

Place a button at the end of a sticky tape roll so the end will be easier to find.

PUZZLE PAGES (cont.)

Quiz 1 - Are you as clever as you think?

1. How long did the Hundred Years War last?
2. Which country makes Panama hats?
3. From which animal do we get cat gut?
4. In which month do Russians celebrate the October Revolution?
5. What is a camel's hair brush made of?

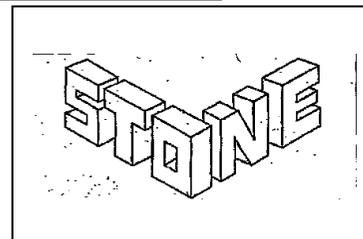
Sports Quiz - Tennis

1. Which country did Michael Chang represent?
2. Who was the most influential player in gaining recognition for women in tennis?
3. Who was the only player to win the men's singles Grand Slam twice in separate single years i.e. Australian, French, Wimbledon and US Open?

Sports Quiz – General

1. Only one Briton has won the Olympic, World and European figure skating titles in the same year. Who is he?
2. If you are in a race in which the Devil Takes the Hindmost, what are you doing?
3. Where would you find the Coffins, Walkinshaw's Grave and Miss Granger's Bosoms?

DINGBATS -



Courtesy Hull Daily
Mail

10



COMPETITION

LOUSEY CHRISTMAS CRACKER JOKE

We hope you can help us in finding the worst, corniest cracker joke in the world.

Please send jokes to Ken - see back page for details - or take them to your Stroke Club. We will publish next time those that make the team really groan.

PRIZE : A BOX OF LUXURY CHRISTMAS CRACKERS FOR NEXT YEAR.



SPONSORS

SPONSORS (in the previous quarter up to date of publication)

Names published reflect donations of £20 and over in the previous quarter

Various Freemasonry Lodges in East Yorkshire
Pocklington and District Lions Club
North Wolds and District Lions Club
Awards for All (National Lottery)
John Jepson a stroke supporter
Vintage-watches-collection.com



COOKERY

Ultimate Chocolate Brownies

Preparation time: 20 minutes
Total cooking time: 45 minutes
Makes about 20

1/3 (a third of a cup of plain flour)
1/2 cup of dark cocoa powder
2 cups of sugar
1 cup of chopped pecans or pistachio nuts
8 oz dark chocolate
8 oz butter
2 teaspoons of vanilla essence
4 eggs, lightly beaten



Preheat the oven to a moderate 180°C. Sift the flour and cocoa into a large bowl, add the sugar and nuts and mix well. Chop the chocolate into small pieces and stir into the sugar mixture and make a well in the centre.

Melt the butter; pour the butter and vanilla and beaten eggs into the dry ingredients. Stir until all the ingredients are moistened and combined. Pour the mixture into a tin and smooth the surface. Cool it in the tin before cutting it into squares.

Editor: This recipe was submitted by a reader and is a favourite, many thanks. Enjoy and forget about the calories.

Cooking Tips

Always keep a lemon handy – they last quite a long time. A little lemon juice squeezed on such things as peeled apples or peeled bananas stops them from “browning”.