

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.

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 has now changed venue.** The group meet at the National Pub on National Ave. The group meet on the 1st Wednesday of each month at 1pm. Further details can be obtained from Sue and Ralph on 07966927845.
A very friendly group, the Club now has its own mini bus and uses it for outings. New members will be made very welcome.

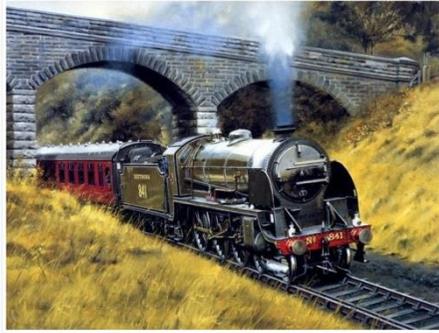
Orchard Stroke Club
Meets 2nd Friday each month at the Hull Pilot Pub in Beverley Road Hull at 1pm.
Offers to stroke survivors and carers friendship and support in informal and friendly surroundings.
Contact Gillian on 01482 572715.

FRIENDSHIP LINK



News from Ryedale Stroke Group.

We have been on the go for 17 years now, but do still maintain a high level of activity. We offer support and friendship to all those in the Ryedale area whose lives have been affected by a stroke; We don't have a membership as such but 40 monthly letters go out to people who have contacted us for help and advice. We meet once a month on the last Thursday of the month, either at St. Leonard's Church hall or out and about on trips. We rely totally on kind donations with a small amount coming in from fund-raising.



This year our principle fund-raising event was a sponsored tractor run when, thanks to Paul and Helen of Rillington, 91 tractors chugged round the byways of the Wolds. It was a wonderful turn-out and a great day – thank you to all those farmers on their tractors.

We usually plan 5 trips during the summer months and the high-light this year must be the visit to Scarborough Fair Collection in September. To see our folk gleefully ridding the dodgems or the horses on the carousel was amazing and I had to drag one gentleman away from listening to the Wurlitzer organ. We have also been on the North Yorkshire Moor's Railway, thanks to the Pickering Rotarians. We are planning a trip to Irton garden centre for shopping and a Christmas meal in December.

The topics our speakers have chosen have been varied, from the history of chocolate in York to the adventures of a couple travelling round India. We always include time for chatter, a raffle and refreshments. We provide door to door transport, vital as we cover such a large area. Usually between 20 and 25 people attend the meetings.

We would like to be notified of anyone in Ryedale who has had a stroke and then it is up to them to see if the group's activities are right for them or not., but this is does not always happen. Sadly some people do not hear of the group until they hear a chance remark, but we are trying hard to get our leaflets and information out into GP surgeries and local papers. Pat's contact number is 01653 628620.

EDITORIAL



So far the weather has been kind to us, although as I write this, the first snow has arrived. However, it is with some trepidation that I approach January and February. I try not to go out during the icy, snowy weather. I am not keen to join the queues in the fracture clinic!

We have very good news to report regarding our Lottery application. It was successful for the 3rd time. We can only conclude that someone on high must like what we are doing. This means we can now progress at top speed, with the production and distribution of the audio CD version of Stroke Matters.

In addition, the Lottery funding will enable us to make a big stride forward. It will enable us to extend the service which we presently provide in Hull and East Yorkshire, to North Lincolnshire. The new territory is mainly rural, and a primary objective is to reach stroke survivors living alone, in order to help them overcome feelings of social isolation. So we have much interesting, but hard work ahead of us.

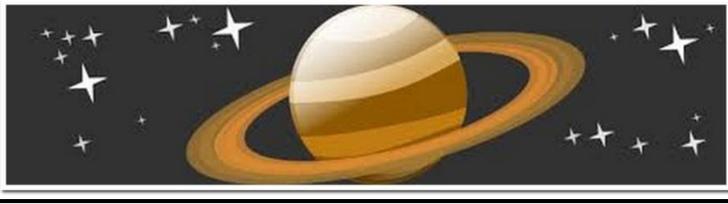
We recently said goodbye to two trustees who are retiring, Dot and Ken. Their unstinting efforts over the years have been greatly valued. We are however, delighted that we will be able to keep in touch with them, as all of our former trustees are continuing to help us with our distribution. For an update, our website: www.strokematters.co.uk.

Thanks once again to the team and our helpers, all of whom willingly and unselfishly work very hard to assist in providing you with Stroke Matters. We know from your feedback that you really enjoy the magazine, and more especially, that it continues to give you encouragement on your journey of recovery.

We wish you all a very happy and peaceful New Year.

Gill and the team.

REFLECTIONS



I AM ON A DIFFERENT PLANET

I am on a different planet
In a land of my own
Where the main thing I feel
Is alone.
I am in a different country
Population one
Even the person I was before
Has up sticks and gone.
I have landed somewhere new
Familiar but not the same
Where no one speaks my language
Or even knows my name.
I was part of the population
Before I set out to sea
And landed on an island
Population – me.
How I struggled to communicate
To break through
Refind my place.
To walk the same beat as everyone else
And re-join the human race.
I was on a different planet
Even with everyone near
And the main thing I felt
Was FEAR

Editor: Our grateful thanks once again to Ashby de la Zouch Stroke Club

INSPIRATION (Cont.)

Sue Longbone's story continues.....

It is wonderful to see how our group has gone from strength to strength and how our members continue to grow in confidence and self esteem. Thanks to all of them, it has also helped me and improved my life immensely. We are always glad to welcome new members and their families and friends into our fold.

May I take this opportunity to thank all the volunteers, families and friends who help in making the running of groups such a pleasure. I hope we can continue to do so in the foreseeable future.

Health and peace to you all.

Sue Longbone

Stroke Club Juniors & Hull Stroke Group – 01482 223432

COMPETITION

If you have kept your lousy Christmas cracker jokes please now send them in now. Results will appear in the Spring edition



PRIZE: A food voucher from Waitrose Supermarket.

Have great fun over Christmas and give us a fun time after Christmas reading the jokes!

Editor: Please send your jokes to us as soon as you can to the usual address, Ken at 41 Orchard Road, Skidby, East Yorkshire, HU16 5TL.

INSPIRATION (Part 2)



To recap Sue Longbone had a stroke at the age 44 years which affected her speech and she could not read or write properly. She was unable to recognise her own children. She joined a stroke club. Her story continues.....

We had considered investing in a minibus and broaden the group's activities. If we did my husband who has minibus experience offered to be a volunteer driver. At the outset fundraising proved very slow and difficult and it was going to be a long process. There is not a lot of help out there for volunteer support groups, especially if you're not a registered charity. However, we ploughed on and then one of our members suddenly offered to invest in a minibus for the group. He had some funds available and wished to do so. What an Angel! Thank you. We found a former community minibus in Sheffield that just fitted our needs: - low level, fully fitted hand rails and a wheelchair lift. The funds we already had went towards insurance and getting it road legal.

We have not looked back. We have had trips to museums, stately homes, luncheons, Eden Camp, seaside, pantomime, safari parks, river cruises, garden centres, and all sorts of things.

We keep the bus running with funding from sponsored events, donations and even begging letters. It is expensive to run for a small group but I'm sure our members will agree we would not be without it now, it has provided some wonderful opportunities for people to get out and about. To pay for the expensive bus insurance we organised a sponsored walk across the Humber Bridge in our first year of getting the bus. This has become something of an annual event now, though not always the same venue. It is great fun and a good way of getting all the members, their family and friends together. We fund trips through our petty cash raised from subs, raffles and donations. Often members are happy to put a few extra pennies in to cover fuel costs.

Going for lunches proved to be a great success. So much so that it has become a regular social event. As well as our monthly meeting we now go out together once a month for lunch and we try to find a different venue each time. They love it.

Continued on page 20

ACTIVITY



Have you tried playing darts recently?

Darts is an enjoyable indoor game of skill. The players can be any of any age and the game can be played just for fun, or as a member of a team, playing in a league. The equipment required is not expensive and most importantly the game can be played at home. If you have a dart board on your wall, you can practice whenever you like. It is frequently surprising to see how quickly one can become adept at playing darts, following a regime of "little and often" practice.

The rules are quite straight forward. Players throw the darts in turn, trying to reach the highest score. Each player throws 3 darts in each go. In order to practice properly, it is important to fix the dart board at the correct height, which is with its centre 5 feet 8 inches from the floor. Players throw from behind a line which is 9 feet from the dart board, with both feet behind the line.



A popular target score is 101. From this score is deducted the scores gained in the game until 0 is reached. For example, suppose a player wants 18 to win, a double 9 will give it. If the player scores more than 18, he has to pass. If he scores anything which leaves him with 1, then he again has to pass, because the game must end with a double. Doubles are important, so it is a good plan to practice these at home.

If you are a beginner, the best way to take up the sport, is to purchase a dart board and darts and practice at home. When you are reasonably competent, if you wish to play competitively, check out the Social Clubs etc., and the Pubs in your area. Most will have the facility to play darts informally and many will have a darts team. If you belong to a Stroke Club, you might consider making up a club team and playing matches with other Stroke Clubs. The bonus with darts is that if necessary, the game can be played from a wheel chair. With cold winter nights approaching rapidly, playing darts in the comfort and warmth of home has much to commend it.

Editor: Darts can be great fun, and time can also pass quickly and very enjoyably, when playing with friends in a club or pub. Even if you do not take up the sport, watching darts on the TV can be an enjoyable pass time.

STROKE CLUBS E.R.

Report FASHION SHOW



Report on the fashion show held on 21st October 2015. It proved to be a great success and raised £750 for Driffield Stroke Club in memory of Mrs Mary Mawer.

The prize draw of the Christmas Cruise was won by a lady in Driffield who wishes to remain anonymous.

Seventeen models took part and that included men, women and children from all ages. Afterwards most bought their dresses from the fashion shop M & Co. in Driffield High St.

Over 60 people came to the door and it was packed. Everyone was enjoying it so much it lasted much longer than scheduled. Finally, everyone went home after a complementary glass of wine. The fashion shop said it was the best fashion show they had ever had.

Editor: Very many congratulations to David Mawer and Driffield Stroke Club some of whose members modelled for the event. Very enterprising and inspiring, very well done. It is good to hear what can be done with a little imagination.

Beverley ~Stroke Club - In October, a musical meeting was held. It was in three parts. The Beverley Hand Bell Ringers gave a demonstration and then invited members of the club to take part. A number did so with much apprehension but with careful guidance they rang two tunes from a score.



In the next part we were enraptured with a beautiful choral piece by Chris a member of the club who sang amongst others, his lyrical rendition of the Skye Boat Song, a sheer quality performance. Finally the club members let off steam and raised the roof by singing in chorus some old favourites like, 'My Old Man Said Follow The Van'. 'She Was A Sweet Little Dickie Bird', 'and Jerusalem'. Although it has to be said 'London's Burning' sung in parts in a canon probably needed a bit more practice! A good time as usual, was had by all.

CHINESE NEW YEAR



Begins on 8.2.16 and is the Year of the Monkey.

Traditionally to start the New Year there is the Reunion Dinner. Old and young family members make a real effort to meet for the dinner which symbolises family unity. It is a family banquet with lots of traditional dishes. Each dish is symbolic like black moss seaweed for prosperity for the year and a whole fish which represents togetherness. During that evening and night every light in the house is kept on. Often the men of the house play mah-jong which is part of Chinese culture.

Instead of Father Christmas bringing gifts for the children, the children whilst they sleep are given a red envelope containing money. The amount of money given has to be in even numbers.

On Chinese New Year's Day children and family receive brightly wrapped presents when visits are made to family and friends. On that day there is a special breakfast and lucky foods are eaten. During the day the traditional dish is long noodles which are tossed to symbolise longevity with the gathering competing to see who can toss them the highest. There follows 2 days of over eating and fun and games.

In China shops are closed during this season and to celebrate the start of the new trading period fire crackers are let off.

Zodiac	Year of Birth									
Rat	2008	1996	1984	1972	1960	1948	1936	1924	1912	1900
Ox	2009	1997	1985	1973	1961	1949	1937	1925	1913	1901
Tiger	2010	1998	1986	1974	1962	1950	1938	1926	1914	1902
Rabbit	2011	1999	1987	1975	1963	1951	1939	1927	1915	1903
Dragon	2012	2000	1988	1976	1964	1952	1940	1928	1916	1904
Snake	2013	2001	1989	1977	1965	1953	1941	1929	1917	1905
Horse	2014	2002	1990	1978	1966	1954	1942	1930	1918	1906
Goat	2015	2003	1991	1979	1967	1955	1943	1931	1919	1907
Monkey	2016	2004	1992	1980	1968	1956	1944	1932	1920	1908
Rooster	2017	2005	1993	1981	1969	1957	1945	1933	1921	1909
Dog	2018	2006	1994	1982	1970	1958	1946	1934	1922	1910
Pig	2019	2007	1995	1983	1971	1959	1947	1935	1923	1911

LETTER

Dear Stroke Matters,

Since I had my stroke 5 years ago, I have had great difficulty keeping warm. Even in the summer I feel cold and I dread the winter. As a result of having a stroke, I lost my job, so money is tight. To make matters worse, my partner left me as he did not want to live with a disabled person.

Last year, with Winter on the way, and no longer having anyone to pay half the rent, I had been getting into a bit of a panic, wondering how I could keep warm in bed when the temperature dropped to freezing. I dared not use the fan heater very much, in case I was unable to pay the resulting electric bill. A visit to my favourite charity shop solved the problem. In stock was a large old fashioned eiderdown, in what looked like new condition. It was not expensive, as the till lady said that nobody wants them these days. I put it on my bed, under a blanket. I could hardly believe the result. For the first time in years, I was really snug and warm and best of all, the fan heater was not needed.

So take my advice and ask the charity shops to save the next eiderdown for you. It will not be fashionable, but it will keep you beautifully warm in bed and will also save you a deal of money.

Yours sincerely, Glenda W.

SPONSORS

**SPONSORS (in the previous quarter up to date of publication)
Names published reflect donations of £20 and over in the previous
quarter – VERY MANY THANKS TO ALL OUR SUPPORTERS**

Grimsby Stroke Club
Ashby de la Zouch Stroke Supporters Club
Help for Health
Awards for All



GUEST SPOT

Dene Sanders – Chief Fire Officer



Dene was born and raised in Hull and currently lives in the East Riding. He left school after completing his A Levels and started a marine engineering apprenticeship with BP Shipping Ltd after answering a magazine ad showing a supertanker at sea under the heading “One University you probably never considered”!

Having spent four years completing his qualifications and travelling the world he was made redundant as Britain’s Merchant Fleet hit a bit of a slump in the early eighties. After working briefly on a small vessel on the Humber, in computer maintenance (in the days when printers were housed in sound proof rooms!) and in technical engineering sales, Dene eventually joined the Fire Brigade (as it was then called) after two attempts to pass the tough selection tests in 1986.

Dene has served in all departments of Humberside Fire and Rescue Service on both sides of the River and having risen steadily through the ranks was appointed Chief Fire Officer in April 2014, having served on the Corporate Management Team in various capacities since 2008.

The role is rewarding and challenging in equal measure, especially more recently as unprecedented budget savings have pre-empted a whole new approach to delivering the Fire Service. However, the recent successful prevention agenda has given the Service the capacity and scope to contribute more fully to the wider health and wellbeing of communities. So the Service’s focus is now on preserving quality of life, allowing those most vulnerable to live both independently and safely and in finding new and innovative ways the Service can contribute to that aim.

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GUEST SPOT (Cont.)



In his spare time Dene likes to travel especially if he can indulge his loves of scuba diving and skiing, unfortunately there aren't many places that offer both!! An enthusiastic (as opposed to skilful) skier, Dene famously, when learning the sport, almost dislocated his thumb whilst demonstrating to his instructor his brilliant grasp of the "falling over safely to minimise injury" routine he had just been taught!

FEATURE

Kiplingcotes Derby

Henry viii was at the height of his ruthless powers when in 1519 the gentlemen of East Yorkshire came together in a remote corner of The Wolds to race the horses at the very first Kiplingcotes Derby.



For centuries the aristocracy and gentry of the area including the Constables, Hothams Bethels and Langdales kept on turning out on the third Thursday in March to compete their horses, following the end of the hunting season and such races gave birth to steeple chasing and point to point races as we know it today.

The Kiplingcotes Derby, however is still run on its original course which stretches from the back of South Dalton to Londesborough Wold Farm and Kiplingcotes itself comprises only of a former railway station.

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MEDICAL INFO (Cont.)

Fruit and vegetables contain vitamins and minerals that are great for your general health and well-being. These include anti oxidants also known as vitamins A,C or E and beta-carotene. These are particularly good as they help prevent damage to your arteries and damaged arteries can lead to a stroke.

Try to eat the skin of your fruit and vegetables as this contains the most fibre.

Aim for at least 5 portions of fruit and vegetables a day. One portion is 80g – or about a handful.

Remember-tinned fruit (in fruit juice), tinned vegetables (in water), frozen, fresh and dried fruit all count. The only exceptions are potatoes they do not count. Fruit juice e.g. concentrated orange juice (about 150ml) and beans and pulses only count once and dried fruit –as it has higher fruit sugar content - the portion is smaller, 30g or one heaped tablespoonful or what you can just fit in the palm of your hand. Convenience foods e.g. tomato soup may state they count but only have them occasionally as they can be high in sugar, fat and salt.

Good Luck and thank you for reading. Sarah Simpson BSc (Hons) Nutrition. Contact telephone no.: 07790474039.

The small print: Please seek advice from your Dietitian or GP if you are following ANY special diet for example, a low potassium diet if you have problems with your kidneys.

Medications: If you are taking a Statin for high cholesterol avoid drinking grapefruit juice.

If you are taking Warfarin (a blood thinning medication) avoid drinking cranberry juice and seek additional medical advice before starting to increase your vegetable intake.

If you are unsure, please ask your GP or Dietitian for further advice.

MEDICAL INFO

Eating well for stroke survivors – practical diet tips to help prevent a further stroke



Hello, my name is Sarah Simpson and I have a degree in Nutrition. I was delighted to be asked to write an article on healthy eating for this magazine. Eating well following a stroke is an important part of following a healthy lifestyle in order to prevent a further stroke for example, to try to stop smoking, exercise regularly, maintain a healthy weight and avoid excessive alcohol consumption.

The main aspects of this diet for stroke prevention are:

- Try to eat at least 5 portions of fruit and vegetables a day.
- Try to avoid excessive sodium (salt) consumption.
- Try swapping butter for olive oil, rapeseed or sunflower spread.
- Try olive oil in salad dressings (but try cooking with rapeseed oil).
- Try to have starchy foods as part of every meal for example, potatoes, bread, pasta, rice. Try whole-grain versions for example, brown rice, pasta, whole-grain cereals and wholemeal bread.
- Try to include more fish in your diet.

Why eat 5 a day?

Eating five or more portions of fruit and vegetables a day can reduce your risk of a stroke by up to 30%. Every extra portion you eat reduces your risk even further.

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FEATURE (Cont.)

It is a linear course along rutted grass verges, under the old railway arch up hill and down dale. It is certainly not a course for the faint hearted.

Towards the end the horses are often well strung out and after crossing the A163, the finish, which is where most spectators gather is in sight. There is no stand, facilities or any great formality and run on a shoestring.

The Stephenson family, who between them farm thousands of acres locally, have kept the race alive for generations. Guy Stephenson has been a trustee for decades as was his father and his, brother; father, uncle and daughter have all been winners over the last sixty years.

A local legend Ken Holmes has won the race a record ten times between 1983 and 2002 and John Thirsk recently won four times.

I have been delighted to assist Guy and his family in the task of keeping this wonderful East Yorkshire tradition alive, despite the numerous problems thrown up by issues of health and safety and was delighted to be asked by him and William Bethel to be a trustee. We have since enlisted Lord Manton, whose family have a long association with the race, as Patron.

The race could not be run in 1947 due to massive snowdrifts and in 2001 was cancelled due to the horrific foot and mouth disease epidemic; however both times the course was walked with a horse in order to keep the tradition alive. In three years' time we hope to celebrate the 500th anniversary of what is already the oldest horserace in England.

Philip Guest

Contact, Guy, for more details 01430 872054.

Race starts at Farm YO43 3LS be there at 11am on 17th March 2016. Have fun.

PUZZLE PAGE

If you have any teeth left try these, another sweetie quiz

1. Sub standard Merc
2. Late night money makers
3. Up market suburbia
4. Clever clogs
5. Bryant and May
6. Heathrow refreshment area
7. DIY moggy
8. Parton stir them up
9. Get your keys made here
10. These are of no use even if your shoes are falling off



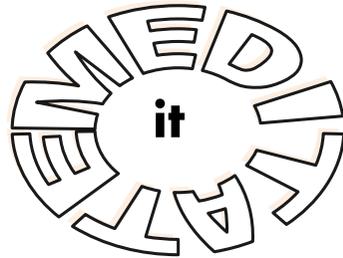
Missing Link - Find one word from the right which connects with one word from the left, for example,

Powder	Pastry	Answer – Puff
a) Powder	a) Pastry	
b) Social	b) Raft	
c) Curtain	c) Vault	
d) Front	d) Handle	
e) Polar	e) Cub	
f) Oyster	f) Gin	

Trot excuse
 "

DINGBATS -

Courtesy Hull Daily Mail



Dingbats – Trot out the same old excuse, Think about it.

Missing Link: Puff, Life, Polar, Door, Bear, Pink.

Quiz 1 – 1. Poor Bens 2. After 8 mints 3. Quality St. 4. Smarties, 5. Match makers 6. Aero bar 7. Kit Kat 8. Dolly Mixture 9. Yorkie Bar 10. Liquorice laces

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.

- 6th Jan AGM Programme 2016

If you wish to join please contact: Tony/Judi on Tel: - 01482 864882.

Bridlington Stroke Club - Bridlington Fire Station community building, 1-3pm every first Wednesday of the month. The group has a good number of people attending. We have a dedicated 'catering manager' who bakes for every meeting; she has a dense hemiplegia down one side but used to be a chef and so makes a determined effort! Contact: Rachel Tel: - 01377 208718.

Cherry Tree Stroke Club Beverley - Meets last Thursday each month between 1 - 3 pm, 117 Cherry Tree Lane, Beverley HU 17 0AY. Contact Pat 01482 871993

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

Holderness Stroke Club - Meet 3rd Tuesday monthly, 11am to 12:30pm at The Shores Centre on Valley Road in Withernsea. There are also social outings, join us for a chat and a cuppa. Contact Beryl Whitton Tel: - 01964 612609.

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 gatherings, and trips out for meals. Contact Derek Devlin Tel: - 01430 872769.

HUMOUR

Employee of the month



We've all spoken to him.

Mujibar was attending an interview for a job in India. He needed to speak English and was asked to make up a sentence using the words, GREEN, PINK and YELLOW. He thought deeply for a while then said "I am ready Mr. Manager. "Go ahead, said the

Manager.

The phone rings green, green and I pink it up and say "Yellow, can I help you?"

He got the job and now works for a call centre.

Overheard conversations in hospital.



Q. What is your date of birth?

A. July fifteenth.

Q. What year?

A. Every year.

Q. What was the first thing your husband said to you when he woke up that morning?

A. He said, "Where am I Susie?"

Q. And why did that upset you?

A. My name is Elizabeth.

Q. All your responses must be oral Ok? What school did you go to?

A. Oral.

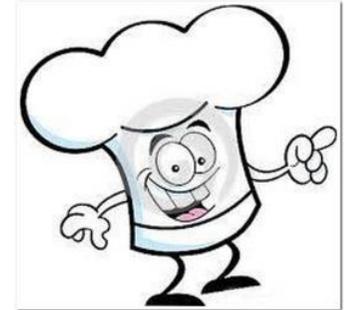
Q. Are you qualified to give a urine sample?



COOKERY

Garlicky Lentil Soup

Serves around 3-4 depending on how big a helping you like.



1 cup (225g/8oz) red lentils rinsed and drained – (we often use the brown/green lentils, but these need a bit of soaking.

2 onions, finely chopped

2 (more if liked) garlic cloves, finely chopped

1 carrot, finely chopped

30ml/2tbsp olive oil

2 bay leaves

Generous pinch of dried marjoram or oregano

1.5 litres/2 ½ pints/6 ¼ cups vegetable stock

30ml/2tbsp red wine vinegar

Salt and ground black pepper

Fry the onions and garlic and add all the other ingredients except for the vinegar and seasoning in a heavy based saucepan. Bring to the boil and simmer on low heat for 1 ½ hours, stirring occasionally to prevent sticking.

Remove the bay leaves and add the red wine vinegar and salt and pepper to taste. The soup can be eaten like this or it is nice blended up so it's good and thick. Serve with warm crusty rolls.

We make this soup a lot and it's filling and tasty.

HINTS AND TIPS

INSECT REPELLENT

Hate flies banging their heads against your windows during the summer? Just rub the glass with cold water and a few drops of paraffin. Bye bye flies!

TV STATIC

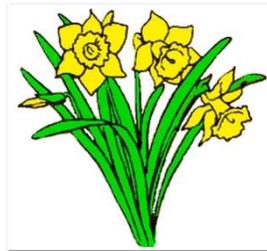
Fed up with trying to keep your TV screen and console free of dust? A used fabric softener sheet rubbed on to the surfaces after cleaning will repel dust rather than attracting it.

CUT FLOWERS

Disappointed your flowers don't last long once they are in a vase? Add two tablespoons of white vinegar and two tablespoons of sugar to at least a litre of water to lengthen the flowering period. You could also try adding lemonade instead.

DAFFODILS

With spring in mind it is worthwhile remembering that daffodils produce toxins which can kill other blooms in a mixed arrangement. It is perhaps better to display them on their own.



REMOVING STICKERS

Frustrated because you've just bought some new glasses and a washing up bowl for the kitchen and are having trouble getting rid of unsightly stickers? Spray with WD40 and wipe away after a few minutes.

THE MICROWAVE

Stubborn residue can quickly build up in a microwave. Take away the frustration of cleaning by putting a large mug or a bowl of hot water in the microwave on high for five minutes. This softens the residue and you should be able to wipe it away quite quickly. Freshen up the appliance by heating some lemon juice and water in a cup on high for a few minutes.

Continued on page 12.

HINTS AND TIPS (Cont.)

ONIONS

You are chopping onions. Your tears are falling unchecked. You look as though the bottom has fallen out of your world. You can avoid this scenario. Before you tackle this dangerous veg, put it in the freezer for ten minutes or else in the fridge for an hour. It should be quite tame by then.



ORANGES AND LEMONS

Oranges can be quite stubborn when it comes to peeling them and resulting efforts are often a disappointing mess. Try standing them in boiling water for a few minutes before peeling. You should find the task much easier.

If you want to extract the maximum amount of juice out of a lemon it helps to soften it up first. Steeping in hot water for a while helps to do this.

SILVER POLISH

Re use the water from boiled potatoes. Waste not want not. Dip a cloth in the cooled water and use it to wipe down your silver items. It will reduce the tarnish. Polish up with a soft cloth and hey presto, a gleaming result. Once polished, keep covered with a cloth until the need to display. This will prevent tarnishing and polishing.

