

What's on at the Village Hall.....

Dates for your diary

Saturday 11 th October – 7:30pm	Barn Dance & Hotpot Supper
Saturday 18th October - 11am to 4pm	WW1 Exhibition - Village Hall
Tuesday 25th November - 7:45pm	Christmas Bingo - Village Hall

Regular Events

Pre-School	Weekdays during term-time 9:30 am until 12:30pm Tel. 01928 897174 during session.
Silver Circuits	Mondays 3pm – 4pm. Exercise class for 'people of a certain age'. Tel: John on 07985 221805
Karate	Mondays 6:30pm until 8:30pm. Classes for adults and children. Contact Andy on 07939 468968
Dutton W.I.	Meets on the second Tuesday of each month. Everyone welcome. Contact Trish on 01928 717298.
Sports & Social	Every Wednesday at the Village Hall 7pm - 8:30pm. £3 each (over 18's only)
Parish Council	Meets on the third Tuesday of each month except August. All residents welcome to attend.
Military Whist	First Friday of each month 7.45 p.m.

Private Hire

The Hall is available for hire at weekends and some evenings for birthday parties, meetings etc. Contact the Secretary on 01928 717223 for more information.

Preston Brook Village News



Issue 5 - October 2014

Welcome to your Autumn Edition

Do not use me to peel your potatoes on!! Please read on.....

Just as we thought that autumn was creeping in, the summer made a splendid return for an encore. Raspberries flourished, butterflies were in abundance, and birds were confused with their rituals!! It was a real treat as we returned to school and work.

However as we go to press we are told it is the official day of autumn and we are greeted by a dark sky all day followed by rain. Still must not complain as we have had a nice summer.

In this issue we will find tips on the tidying up of the garden. Leaves are the main bug bear but if we keep on top of it and follow the excellent advice, we can sit back during winter and plan for next spring.

In the meantime there are plenty of events in our village hall. The details are inside of the Barn Dance, a special Commemoration day of WW1 during which there will be a display from the children of Daresbury School.

How nice to see the future generation taking a part in respecting a past era, a part of local history. Maybe we ourselves do not remember that period personally, only know the gloomy side portrayed on television. However this is another special occasion for our village to come together again, as we have done on so many other special days.

Sue Potter
Village Resident

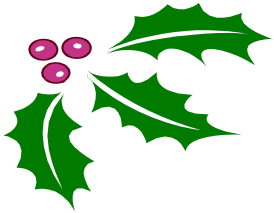


Grand Christmas BINGO

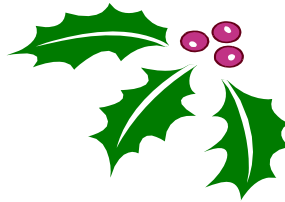
Tuesday 25th November 2014 at 7.45 p.m.

Prizes include food hampers, vouchers, bottles,
chocolates

Admission £1 (including tea and mince pies)



BAR



iCAN Warning: Loan Sharks

Loan sharks are people who lend money without the necessary permissions, they often charge high rates of interest and harass, intimidate and beat up their victims to ensure repayments. The Stop Loan Sharks project is run by Trading Standards and has been working across England for a number of years, raising awareness of the perils of using loan sharks, prosecuting them and supporting their victims.

If you want to report an unauthorised lender or would simply like some advice, speak to the team in confidence:

Call the 24/7 confidential hotline 0300 555 2222

Text 'loan shark + your message' to 60003

E-mail reportaloanshark@stoploansharks.gov.uk

Private message them at www.facebook.com/stoploansharks



You can tell us about any other scams that have affected you or your family and friends by replying to this email, but for general consumer advice please ring the Citizens Advice Consumer Helpline on 03454 040606 or visit their website: www.adviceguide.org.uk

iCAN is provided by Halton Trading Standards

Preston Brook Community Watch.

Bridgewater Green Update

Two more gardening days on the Green were held in late May and late July, attended by members of the working party group and other residents. There was mostly weeding and a few plants needed re-planting, possibly due to ground shrinkage. The weeds behind the line of poplar trees needed considerable attention. For those of you into plant names, these include: Buttercup, daisy, dandelion, ribwort plantain, couch grass, brambles and fat hen!

There is also what was thought to be ground elder, but is now known to be blackthorn, flourishing in that border. So a small number of the group spent a couple of afternoons clearing blackthorn from round the recently planted shrubs. Grass-cutting by HBC continues on a regular basis and the Green has been well-used over the summer holidays.

In early July, the railings and coping stones, which were in need of repair, were fixed by a local contractor (based in the village and who had done work previously for residents). The coping stones were replaced and the railings were secured with longer bolts and new metal brackets into the grass behind. One loose capstone was also secured, so that now the structure is more secure and no longer looks unsightly.

The poplar tree which was in need of a lumberjack, was felled in August and the few poplar stumps have been dealt with so that they should not sprout again.

The group hope that all residents had a good summer.

Preston Brook Parish Council

Déjà vu springs to mind here but I'm afraid to say it's time for me to depart as your Clerk to the Council as I move on to pastures new. It's been a privilege to serve you all and I am proud of our collective achievements in my 7 years with the council.

I'm pleased to advise that an Acting Clerk has been appointed and he will commence his role with the council from 1 November, I wish Andrew well in his new role.

Some other key updates:

- Annual audit of accounts is now complete - anyone wishing to inspect the accounts can do so by appointment with the clerk
- Area forum funding is now agreed. We've utilised our funding to assist the Bridgewater Green Group in their recent projects - these developments have been previously reported in our newsletter. The remainder of these funds has been used to assist the village hall in; a new water heater system, new PA system, purchasing of new notice boards and new chairs

For further information on planning and other key happenings in the parish council please visit the website at www.prestonbrook.com

Dutton WI

New to the area?

Enjoy meeting people and making new friends?

How about joining the WI?

You would be welcome to join us on the second Tuesday of the month at 7.30pm in the Village Hall.

Our speakers cover a wide range of topics. We also organise art and craft classes, theatre visits, a monthly lunch club, rambles and trips. We have bowls and darts teams and compete with local WIs.

Come and give us a try, enjoy the friendly atmosphere and a tasty supper.

Any queries or mobility problems where you would like a lift contact Trish Byrne on 01928717298 or Margaret Barber on 01928717550

Preston Brook Village Hall

Committee Members needed

The Village Hall Management Committee is responsible for the upkeep and maintenance of the building for the benefit of the community. The Annual General Meeting gives the opportunity for the residents/users to take part in general discussion about any aspect of the facility and its use.

Over the past few years the focus has been on working towards and delivering a refurbishment programme for the exterior of the building including new roof and windows. This has reduced the carbon footprint of the building as well as reducing the impact of external noise.

We are now actively looking for new committee members to help deliver improvements to the interior with a view to attracting a greater variety of user groups to the hall.

New website

Just to let you know that we've now re-launched our website at www.prestonbrook.com, bringing you all local information together in one place available at your fingertips or 'on the go' as the site is mobile enabled. Use the site to report issues, advertise an item for sale/want or see what's going on in the village. As always, feedback is welcomed to help the site grow and evolve over time.

Preston Brook & District History Group

Don't forget....

Saturday 18th October is our exhibition of commemoration and remembrance of those local people involved in WW1.

Open from 11am until 4pm there will be re-enactors, talks, displays and children from Daresbury School performing a short play written for the occasion.

Entrance is free and refreshments will be available.

November 20th brings a return visit by Johnny Scrimgeour who is an international expert on armour. Do not miss this!

Meetings are held at the Methodist Church at Preston-on-the-Hill at 7.45pm. Members free, visitors £4 including coffee/tea and biscuits.

Call for further information on 01928 712509

Sports & Social Night

Every Wednesday (7pm - 8:30pm)

Residents have set up a sports & social evening which is taking place every Wednesday at the Village Hall. All residents are welcome to attend.

It's open to anyone in the village over the age of 18, it's £3 each and you can play badminton, table tennis or darts.

Come along - have some fun and get fit too!



Autumn Gardening Tips

Although we had some warmer days over September, the autumn is now definitely here for real, and it feels colder. It's a beautiful time of year, with the trees changing colour. Sometimes it may seem pointless raking, when the wind blows even more leaves onto the lawn, but just think of all the lovely leaf mould you can make! I use those 1 ton builders bags for this and it always amazes me how quickly the leaf mould is ready. It makes great mulch. So clear up fallen autumn leaves regularly, particularly off lawns and ponds.

This is also when we need to cut back perennials that have died down and divide herbaceous perennials and rhubarb crowns. I like to put a mulch on the perennials that I have cut back, it feels like I am tucking them in for the winter and this is where last year's leaf mould comes into play.

We need to start preparing for early frosts and move tender plants, including aquatic ones, into the greenhouse and this is really the last chance to mow lawns and trim hedges. It is also a good time to renovate old lawns or create new grass areas by laying turf. We need to prune climbing roses and indeed other varieties of roses to prevent wind-rock. To ensure spring colour we also need to plant bulbs this month although tulips can be left until November

As for the veg garden, well you can now plant out spring cabbages. Last year I sowed some peas and broad beans outside in the veg plot in Autumn and I was rewarded with a very early crop in the Spring, so I will give it another go this year. I grew an early pea *exzellenz*. I also tried an outdoor sowing of Cauli, *all year round*, but it wasn't very successful. I will have another go this year in the greenhouse and plant them out in March. I will also sow Cabbage *hispi*, spinach *amazon*, rocket *voyager*, oriental mustard mix, mizuna *kyoto*, lettuce *all year round* or *winter density* and a few radish in the greenhouse

Once we hit November we know that winter is on its way. Leaves are falling rapidly, and wind and rain are on the increase. Tender plants will need protecting from frost, gales and freezing rains. Move plants into the greenhouse, or into a sheltered spot, but if you can't, it is worth wrapping plants or pots in situ. To insulate outdoor containers from frost, bubble wrap works well. Also raise containers onto pot feet to prevent water logging.

Plant out winter bedding to ensure some colour over the next few months and also plant tulip bulbs for a spring display next year. You might need to cover brassicas with netting if pigeons are a problem.. You can also stop winter moth damage to fruit trees using grease bands around the trunks

Remember winter can be a tough time for birds in terms of water and food, so keep supplies well topped up.

Courgette rosti

This recipe is adapted from Nigel Slater. We have it with a tomato sauce and it is delicious. Even people who don't like courgettes eat it!

Serves 2

- ◆ **Courgette** 1 large or 2 medium
- ◆ **Sea salt flakes** 1 tsp
- ◆ **Potato** 1 large
- ◆ **White-wine vinegar** 1 tsp
- ◆ **Eggs** 2
- ◆ **Pecorino or parmesan cheese, grated** 40g
- ◆ **Olive oil** for frying

Wipe the courgette, but don't peel it. Grate it coarsely into a colander or sieve, then crumble over the salt flakes. Set the colander on a plate or in the sink and leave for 30 minutes. This will help to reduce some of the water content and result in a crisper rosti.

Wipe the potato, peel it if you wish, then shred it into fine julienne strips. A food processor is good for this. The strips need to be thinner than a matchstick. If you are not using the potato immediately, drop the strips into water and add the vinegar to stop it browning.

Squeeze the grated courgettes in your hands to wring out the excess water. Drain and pat dry the potatoes and add to the courgettes, together with a grinding of black pepper. Lightly beat the eggs and stir them into the vegetables, folding in the grated cheese as you go.

Form the courgette and potato mixture into four equal-sized balls, then flatten them gently so they are about twice the thickness of a digestive biscuit. Warm a thin film of olive oil in a non-stick frying pan then lower in the little vegetable patties and leave them to form a crisp, light golden crust on the base. Carefully turn the rosti and leave to cook for a further 5-7 minutes or until they are golden underneath and lightly crisp. Lift the courgette rosti from the pan, drain briefly on kitchen paper.

Enjoy....