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Dec 2023

# YourMag

**Bringing the community together**

**Santa's Sleigh Runs**

**The Gift of Experience**

**Bag a Great Christmas!**

**Christmas Carols Explained**

**Remedies for the Morning After**

*Merry  
Christmas*

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## Editor's Note

As the end of another year approaches, it can be a time of reflection. It might be tempting this year to focus on the negatives of the past twelve months. Economic hardship, war, illness, loss of loved ones and even the dreadful weather are just some of the trials we may have had to face.

Although Christmas can't take any of these things away, it can offer a bit of escapism - the opportunity to leave behind the woes and cares of life for a short season and just enjoy being in the present. Of course, Christmas itself can bring added stress if we let it. But it doesn't have to be all singing and all dancing! As I get older, I realise that my fondest memories of Christmases gone by aren't about the food, drink or presents - they're about time spent with loved ones.

My best childhood Christmas was when my dad taught me to ride my new bike. A favourite teenage Christmas was when we visited my married brother in deep snow in the heart of West Yorkshire and my grandma slid under the car as she got out of it! As an adult I loved the year we bought Christmas crickets with whistles in them, and I conducted an impromptu orchestra of extended family members!

So, this year I sincerely wish you a happy Christmas. May we also reach out to anyone who may be alone or otherwise find Christmas difficult. Until the New Year!

Debbie Singh-Bhatti

## Contents

Editor's Note	4
What An Experience!	6
Bag a Christmas	8
A Song Through Time	10
The Morning After	12
Tales From the Gym	14
My Slimming Diary	18
Your Garden: The Christmas Hellebore	20
Recipe: Lentil Roast	22
Book Review: The Christmas Mystery	24
YourSay	26
Puzzle Page	28
Items For Sale	30
Directory	32
Index	34
Puzzle Solutions	34

**NEXT DEADLINE**  
**6 DECEMBER**

## Santa's Sleigh Runs

### Christmas 2023 - South Side

Maltby and Rother Valley Lions will be out and about with Santa's sleigh in the following areas over the Christmas period:

#### SOUTH SIDE Area & Start Point

Saturday	9th Dec	Kiveton - Saxon Pub, 5.30pm
Sunday	10th Dec	Aughton - Bottom of Ulley View, 5.30pm
Monday	11th Dec	Aston (Lodge Ln & Redmile Estate) - Church School, 6.00pm
Tuesday	12th Dec	No Evening Sleigh
Wednesday	13th Dec	Aston (The Chase) - Church Ln, 6.00pm
Thursday	14th Dec	Aston (Rosegarth) - Shops on Workopp Rd/ Aughton Ln, 6.00pm
Friday	15th Dec	Swallow Wood, Wetherby & Alpina Estate Haighmoor Way Nr. Sheff Rd, 6.00pm
Saturday	16th Dec	Laughton Common - Gallows Pub, 5.30pm
Sunday	17th Dec	Throapham - Hunters Chase, 5.30pm
Monday	18th Dec	Woodsetts - Butchers Arms, 6.00pm
Tuesday	19th Dec	Dinnington High Nook - Top of Swinston Hill, 6.00pm
Wednesday	20th Dec	Rackford Rd and Old North Anston The Cutler Pub, 6.00pm
Thursday	21st Dec	North Anston (Lakeland Drive) - Swinston Hill End, 6.00pm
Friday	22nd Dec	Dinnington (Church Ln) - Aldi, 6.00pm
Saturday	23rd Dec	South Anston - Leeds Arms, 5.30pm
Sunday	24th Dec	North Anston (Wimpey Estate) - Little Mester, 4.45pm

#### Static

Saturday	16th Dec	Tesco - Dinnington, 10.00am to 3.00pm
Saturday	23rd Dec	Tesco - Dinnington, 10.00am to 3.00pm

All of the members and volunteers of Maltby and Rother Valley Lions Club would like to wish you all a Merry Christmas and a Happy New Year for 2024.

Please note due to weather conditions: times/dates/routes may have to change.

Please check our Facebook page for up-to-date information and detailed routes.

Visit our website to find out more about the Lions: [www.maltbylions.org.uk](http://www.maltbylions.org.uk)

If you require any further information please call: Lion President Josh on 07538946137 or Lion Vice President Lynn on 07504326336.

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# What an Experience!

I love giving gifts but I hate choosing them, and increasingly my adult children seem to lack for nothing and are void of ideas about what they'd like to receive. So when a friend announced that she'd thrown herself out of an aeroplane to celebrate her 50th birthday, and that she had plans to ride a zip line for her next adventure, it gave me the idea to gift experiences instead of tangible items such as gadgets, clothes, cosmetics and jewellery.

Experiences, whether shared or given for someone to enjoy solo, have the unique capacity to bring people closer. They create stories and memories that can be cherished and revisited long after a physical gift may have lost its lustre or fallen into disuse.

In addition, experiences can contribute to personal growth and learning - whether it's mastering a new skill, discovering a hidden talent, or gaining a new perspective - and from an environmental perspective, they leave a much lighter ecological footprint.

Here are ten ideas that could make for memorable and thoughtful presents:

**Cooking Class:** Perfect for the foodie or aspiring chef, a cooking class can be a fun way to learn new culinary skills and recipes.

**Hot Air Balloon Ride:** A unique and exhilarating experience for those who appreciate a touch of adventure and breathtaking views.

**Concert Tickets:** Music lovers would cherish the opportunity to see their favourite artist or band live in concert.

**Art or Craft Workshop:** A session with a local artist can be a wonderful gift for the creatively inclined.

**Spa Day:** Offer the gift of relaxation and pampering with a day at a spa, complete with massages, facials, and other treatments.

**A Masterclass subscription:** For the lifelong learners, a subscription to an online platform like Masterclass allows them to delve into a variety of subjects taught by experts.

**Theme Park Annual Pass:** For rollercoaster-lovers. It provides a year's worth of fun.

**Theatre Tickets:** A night out at a play, musical, or dance performance can be a culturally enriching experience.

**Wine Tasting Tour:** A tour of a vineyard with wine tasting is a delightful experience for wine aficionados.



## Adventure Sports

**Experience:** For the thrill-seekers, consider gifting an experience like skydiving, scuba diving, or rock climbing.

Other gifts I've experienced are a trip to an escape room and afternoon tea. So why not gift your loved one an experience this year?

**Louise Addison**

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# Bag a Great Christmas

The story of my life can be told in the handbags I have owned. In my tiny, trendy youth I carried a tiny, trendy beaded pouch. As a student I switched to practical-but-cool leather rucksacks. Through the years I gained two degrees, one husband, four children, two grandchildren, a dog, and a larger handbag... much larger!

The amount of stuff I now lug around on a daily basis is more than I once took on a two-week trip around Europe when I was 18. Make-up for starters (who knows when I might run into Hugh Jackman at the post office?), a mobile phone, spare tights (me), scrunchie (granddaughter), spare pants (grandson), tissues, baby wipes, a set of keys that would put a prison officer to shame, a purse of gargantuan proportions (though sadly lacking in cash), a notebook and wi-fi-enabled tablet (because I'm a writer and inspiration may strike at any moment), my Kindle, assorted pens, glasses (one pair for driving and another for reading), a hairbrush, and several plastic cast members from the series Paw Patrol. I bet I'm not unusual either.

My life (and clearly the lives of some of my family members) reside in my over-sized bag, but while fine for everyday purposes, when I go

out in the evening I face a dilemma. My outfit would benefit from a petite, chic clutch, but which bits of paraphernalia can I do without for 4 whole hours? So, for all who struggle I have devised a definitive and minimalist evening bag contents list...

**Lipstick/gloss:** An absolute must to keep your pout looking perfect throughout the evening.

**Compact mirror:** Useful for quick make-up adjustments and contact lens emergencies.

**Coin purse:** Ditch your usual purse with its useful pockets and pouches, for a dinky coin purse in which to keep your cash for the evening.

**Mobile phone:** Doubles as a camera which is handy to capture those rare child-free moments.

**Blister plasters:** These special plasters are lifesavers when breaking in new shoes and, even if you don't need them, they'll make you very popular when others are hobbling.

**Mints:** Whether you're single or part of a couple, if you're hoping to steal a few kisses under the mistletoe, keep your breath fresh throughout the evening.

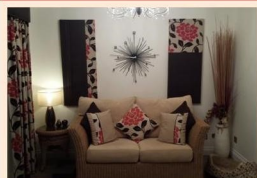
**Your house key:** You don't need to take the whole bunch, just remove the one you need. If you're not driving, do remember to take the number of a reliable taxi firm, just in case your lift falls through.

**And the bag?** With evening bags anything goes. Sequins and sparkles, buttons and bows, funky or sophisticated, whatever your style, your bag should make a statement. Now go and bag some festive fun!

**Sarah Davey**



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'Our watchwords are Quality, Integrity and Value.

Quality in the materials that we use for all our installations and the fact that all our loft packages are fitted by time served tradesmen so our customers are assured of the best job. Integrity in that we will turn up at the time we say and make sure the house is spotless when we leave, and Value in that we offer our services at a price people can afford. Our business relies on referrals and we got a huge amount of our calls from people who have been referred to us by our existing customers - that simply wouldn't happen if we didn't adhere to our overriding principles.

At the end of the day the old adage that happy customers

lead to more happy customers is true and we work hard to make that happen for every installation we carry out!

So, if you want to make use of your loft space, however

big or small, call Warren on 0800 612 8359 and he'll be happy to pop round and give you a no obligation quote so you too can make use of your loft!



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# A Song Through Time

Christmas carolling, the beloved tradition that heralds the festive season, is steeped in history, and has evolved over centuries. It is an embodiment of communal spirit, joy, and the celebration of Christmas through song and verse.

During pagan times, people would dance and sing to celebrate the Winter Solstice. As Christianity spread across Europe, these customs were absorbed into the celebration of Christmas.

The word 'carol' originally meant a dance or a song of praise and joy, and they were not necessarily associated with Christmas. However, by the late Middle Ages carols became synonymous with the festive season, often narrating the story of the birth of Christ. These early carols were composed in Latin and were primarily sung in churches as part of the Christmas liturgy.

The tradition of door-to-door carolling began to take shape in the Middle Ages. Carollers, known as 'wassailers', would go from house to house, singing and offering good tidings in exchange for food, drink, or money (think, "Bring us a figgy pudding and a cup of good cheer!"). Wassailing was part of a wider tradition of celebrating the season, which included feasting, drinking, and merriment.

The practice of carolling saw a decline during the 17th century when Oliver Cromwell and the Puritans came to power in England. They frowned upon the frivolity and celebrations associated with Christmas, leading to a suppression of carols and public festivities. However, the tradition did not die out entirely



and continued in more subdued forms.

The Victorian era marked a significant revival of Christmas traditions, including carolling. The publication of '*Christmas Carols Ancient and Modern*' by William Sandys in 1833, along with Queen Victoria's enthusiasm for Christmas, helped rekindle interest in carols. Songs like *God Rest Ye Merry, Gentlemen*, *The First Noel*, and *Hark! The Herald Angels Sing* became staples of the Christmas repertoire.

In contemporary times, carolling remains very much part of Christmas celebrations. Community choirs sing carols in public spaces, churches hold candlelit carol services, and groups of carollers continue the tradition of singing door-to-door, although nowadays it's more likely to be pre-arranged visits to hospitals and nursing homes for example.

The history of Christmas carolling is a tapestry woven through centuries of cultural and religious change but the essence of spreading cheer and goodwill through music has remained unchanged.

Louise Addison

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# The Morning After...

The pounding head, the nausea, the dizziness, and the shakes. They can mean only one thing... no, you're not coming down with COVID for the third time - it's the morning after the night before and you have a hangover.

Across the centuries and around the globe some very peculiar hangover cures have been formulated. For example, Mongolians swear by a concoction of pickled sheep's eyeballs washed down with a brine and tomato juice cocktail. Sorry, did that make you feel worse? How about this less revolting but equally bizarre remedy from ancient Ireland: hangover sufferers should be buried neck-deep in damp river sand!

Or you could make the famous 'Prairie Oyster': carefully crack an egg into a glass without breaking the yolk. Add a dash of Worcestershire sauce and swallow whole. Oh dear, that's making me think of the

sheep's eyes again!

More sensible, but less dramatic, is to take the recommended dose of Paracetamol with lots of water. Then drink some more water and take an antacid to settle your stomach. If possible, go back to bed. When you're ready to eat, have a banana to replace minerals lost due to alcohol, or have a good fry-up if you prefer. Other recommended mineral-rich foods are pickles or canned fish... but it's understandable if you don't want to try these. Get outside for some fresh air too.



Of course, the only way to avoid a hangover is not to drink alcohol, but hey, it's Christmas! So maybe drink in moderation, don't mix your tipples, and alternate with soft drinks. That way you'll enjoy a hangover-free party season!

**Tom Hancock**

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## Tales From The Gym

By Fiona Lau



It's been just over a year since I began my own personal couch to fitness journey. I started from a very low base, ie on my sofa, only rising from it to reach for the remote or to trek to the kitchen for much needed sustenance. I had decided that having high cholesterol, osteoarthritis, a propensity to succumb to every passing virus, and some medium Covid with a bit of an attitude, I should just recline on my sofa, watch Corrie, and wait for the grim reaper to come knocking at my door.

However, some friends belonged to a local gym, and gradually I began to think that a final roll of the health dice, involving the gym, might offer a glimmer of hope. Here are some of the results for the past year:

- ALL my health indicators (except my waist which is determined to be a work in progress) are now within the unheard of NORMAL range!
- I am off my medication.
- Under the tuition of my Strength and Conditioning class coach I have progressed from my own pink Barbie weights to lifting 10-12 kgs dumbbells.
- I survive weekly cycling spinning classes and have the thighs to prove it.
- I have gained several new friends.
- I now have sufficient stamina to comfortably

complete regular 10-13 mile walks with my Rambler group. I'm not at the back moaning any more.

- I have bought new workout leggings **TWO** sizes smaller than my elderly originals.
- I have lost, with the help of gym classes and Weight Watchers, 50 lbs.
- I can *almost* keep up with my grandchildren!

I am not running marathons or featuring in articles such as Super Gran etc but I have learned a thing or two:

- Choose a form of exercise that you will enjoy. It could be the gym, dance, swimming, walking, running or a sport.
- Find a friend or a group of friends to do this exercise with as their encouragement/ banter will keep you going in the dark months of November to February.
- Choose something that you can access easily and relatively cheaply. I found a nearby gym at a good rate for my 'senior' age group and headed off there with my tatty Matalan leggings, a souvenir holiday T shirt and some battered trainers. They still let me in!

You never know, you might enjoy exercising! What have you got to lose? Go for it. It is NEVER too late for anyone. Goodbye for now, and good luck!

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## A Little Extra Effort...

I've mentioned before that I go swimming and that I am one of the slowest in the pool. I often wonder why. What makes one person fast and another slow, when they both appear to be performing the same action?

Last week I got to the pool late and didn't have time to complete my usual 32 lengths. I swam the first sixteen in my usual 20 minutes, but then decided to conduct an experiment. Could I increase my output if I made a few changes to my swimming style?

I identified five actions which I thought might make a difference to my speed. The result was that I swam the next 12 lengths in just 13.5 minutes instead of the usual fifteen! I'm not sure which adjustment made the difference, or if it was them all, but then I got to thinking that the same principle might apply to my slow weight loss.

Maybe I THINK I'm doing everything right, but perhaps making some adjustments could bring in better results. I identified five factors that affect weight loss (scientifically backed - not made up by me!) and have resolved to try a little harder in

all of them.

The first is to not only stick to my calorie budget, but to eat lots of fresh fruit, vegetables, lean meat, fish and poultry and limit foods high in carbs, sugar and fat.

Next is to make sure I drink 6-8 glasses of fluid a day. I rarely achieve this but I know people who swear by it as a real game changer!

Third, get enough sleep. I usually fall asleep after midnight and am often awake by 6 am. I'm planning to get to bed earlier, avoid looking at devices for an hour before bed and aim for at least 7 hours sleep a night.

Fourth, limit my stress levels. I don't feel I am a particularly stressed person, but I've decided to work on relaxation anyway by taking up yoga again. It can only do me good!

Finally, exercise more! I've recommitted to swimming twice a week and with the help of knee braces and muscle strengthening exercises I'm going to take up running again.

Watch this space for the results!

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Height: 5ft 6ins

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Weight now: 12st 9lbs

**Weight Lost: 5st 8lbs**

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I love hellebores. Their beautiful flowers in subtle colours brighten my garden at this time of year, hence they are also known as the Christmas Rose or the Lenten Rose because they bloom from late winter to early spring. My elderly neighbour was admiring my display last year and asked if I knew the folk story of *The Christmas Hellebore Miracle*. Well, I love a good story, so I asked her to tell me.

In a forgotten corner of the world, shrouded in perpetual winter, there lay a village with an unpronounceable name. The villagers never knew the warmth of the sun, nor the vibrant hues of spring. Their world was an endless canvas of white, save for a brief season when the Christmas Star would appear and cast a faint, ethereal glow.

In the village there lived an old herbalist named Helmi, known for her wisdom in healing and her knowledge of plants. But of all the plants, Helmi cherished the Hellebores the most. These

## The Christmas Hellebore

rare flowers bloomed in the heart of winter, defying the frost with their resilient beauty.

One particularly harsh Christmas Eve, a mysterious ailment fell upon the children of the village. One by one, they succumbed to a deep slumber, their breaths as faint as the whispering wind and no remedy seemed able to wake them.

In desperation, the villagers turned to Helmi. The old herbalist thought deeply. She had read in ancient scrolls of a forgotten ritual, one that could summon the healing grace of the Christmas Star itself. But to perform it, she needed a bloom from the rarest of all the Hellebores, one kissed by the Christmas Star's shining light.

Under the watchful gaze of the Christmas Star, Helmi ventured into the heart of the frozen forest, guided only by the star's gentle luminescence. Deep within the woods, she found a solitary Hellebore, its petals aglow with a celestial radiance. Carefully she plucked the bloom, whispering words of gratitude.

Returning to the village, Helmi crushed the petals of the star-kissed Hellebore and mixed them with many herbs and

snowmelt to create a potion of shimmering silver. One by one, she visited the villagers' houses, and painted a tiny star on the forehead of each sleeping child.

As the potion touched their skin, a miracle unfolded. The children began to stir, cheeks flushing with life's warmth. The villagers, once cloaked in despair, now embraced in jubilation. Their tears, once cold with sorrow, now warmed by relief.

From that day forth, the villagers held a Hellebore festival every year on Christmas Eve with Helmi as their honoured guest. They planted the beautiful resilient little flowers all over the village throughout the year, and every Christmas Eve as the Star returned to the heavens, the villagers hung hellebore wreaths intertwined with stars on the doors of their houses. Then they would gather to sing carols of gratitude and hope, their voices carrying the tale of the little Hellebore that held the light of the stars in its petals and the love of a village in its roots.

Isn't that lovely? She said that her grandmother told it to her as a child and she's loved hellebores ever since.

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## Lentil Roast

A tasty vegetarian alternative for Christmas dinner!

**Preparation time** 20 mins

**Cooking Time** 1 hour

**Serves** 6

### Ingredients

250 g split red lentils  
500 ml vegetable stock  
1 bay leaf  
125 g grated Cheddar cheese  
1 leek, chopped finely  
125 g mushrooms, chopped finely  
90 g fresh wholemeal breadcrumbs  
2 tbsp chopped fresh / 1 tbsp dried parsley  
1 tbsp lemon juice  
2 eggs, beaten lightly  
Salt and pepper

### Method

Put the lentils, stock and bay leaf in a pan, bring to the boil, cover and simmer for 15-20

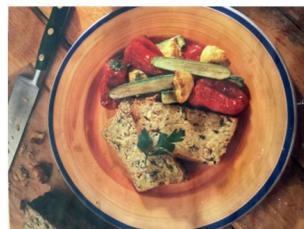
minutes until all the liquid is absorbed and the lentils have softened. Discard bay leaf.

Meanwhile, base line a 1 kg loaf tin with baking parchment. Grease with butter/marg.

Stir the cheese, leek, mushrooms, fresh breadcrumbs and parsley into the lentils.

Bind together with the lemon juice and eggs. Season as required and turn into loaf tin. Smooth the top and bake in a preheated oven at 190°C/170°C fan/375°F/Gas Mark 5 for 1 hour until set and golden.

Loosen the loaf with a palette knife, turn onto a warmed plate and serve sliced, with roast vegetables and all the trimmings!





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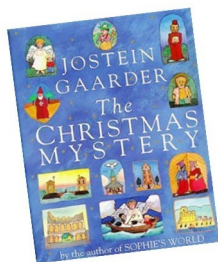
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## THE CHRISTMAS MYSTERY

Gaarder is an author renowned for weaving intricate philosophical musings into compelling narratives. His best-known novel is probably *Sophie's World*, but here he gifts readers with a story that at its

heart is an advent calendar in prose, where every chapter unlocks a door to the mystery of Christmas.

Beginning in modern-day Norway, the tale unravels as young Joachim discovers a magical advent calendar in an old bookstore. As he opens each window, not only does he unveil a portion of the Nativity story, but he also follows the journey of a little girl named Elisabet, who somehow travels back in time to Bethlehem. This dual narrative connects the ancient past to the present, reminding readers of the timeless resonance of the Christmas story.

Gaarder's prose manages to make the vast journey across time and space seem intimate. The cast of historical figures and the diverse landscapes they traverse offer a panoramic view of human history, all leading to that poignant moment in Bethlehem. Through Elisabet's innocent eyes, readers experience the wonder, challenges, and humanity that has always surrounded this sacred event.

Beyond its captivating story, the book is also a reflection on faith, hope and human connection. While it may appear to be a children's book on the surface, its layers of meaning will resonate deeply with readers of all ages. I came to it as an adult and love it every bit as much as Dickens' *A Christmas Carol*. Like Dickens' work, it serves as a delightful reminder of the profound significance of the Christmas story, and I think it is a must-read during the holiday season.

**Tash Donovan**



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2023 has been a very successful year for our group and we would like to thank all our supporters for their help.

Thanks go in particular to Your Mag for allowing us space to encourage new members to join our welcoming group, the Co-op for its funding and goodie bag, Anston Parish Council for funding and assisting us with an ever changing table set up, and of course all our new members who return week after week to enjoy a myriad of arts and crafts.

After a short recess from mid-December we will re-open on Wednesday, 3 January 2024 to explore more exciting projects.

For more information please contact our Secretary Sue Sayles on [roysayles123@btinternet.com](mailto:roysayles123@btinternet.com) or 01909 564891.

## Gold Star Award

I decided to try the new bakery on Park Street. I looked up the street and saw that there was a vehicle parked halfway on the pavement and thought I would be able to get through on my scooter, but I hadn't noticed that there were some steps sticking onto the pavement. Although my scooter is a Quingo and will climb up a kerb there just wasn't enough room, and of course there were no drop kerbs, which locally are as rare as rocking horse droppings!

My faith in today's youth was fully restored by the lads who helped me off my scooter, parked me against the wall, turned my scooter around and helped me back onto my chariot. To add to my experience, a young lady asked what I was going to do the shop for. I said I was hoping for a jam cream scone. She ran off and returned with a very tasty scone but would not let me pay her so my sincere thanks to all involved in my rescue.

**Mavis Thomas**

## Celebrating December

Rotherham u3a's December festivities begin at 7.30 pm on 1<sup>st</sup> December, when the Choir holds its eagerly anticipated Christmas Concert at Herringthorpe United Reformed Church. As always, it promises to be a not-to-be-missed occasion featuring a medley of Christmas music, old and new. Why not come along? All are welcome. Tickets are £7.50, via Julie Thorp 07733 262 080. As usual, all proceeds go to a local charity.

Throughout December, most u3a activity groups hold their own celebrations, but the 15<sup>th</sup> December is members' party day. After a festive meal, the Singing for Fun and Ukulele groups each present a medley of seasonal and other songs, prompting an enthusiastic sing-along. Singing for Fun's energetic rendition of a humorous version of "The Twelve Days of Christmas" is an annual treat. The Ukulele group, fresh from their Christmas "tour" of various local community groups, will add their tuneful mix of melodies old and new to make this a fun-filled festive occasion.

Learn, Laugh and Live with the u3a. For more information, visit [u3asites.org.uk/rotherham](http://u3asites.org.uk/rotherham) or call 01709 379 379.

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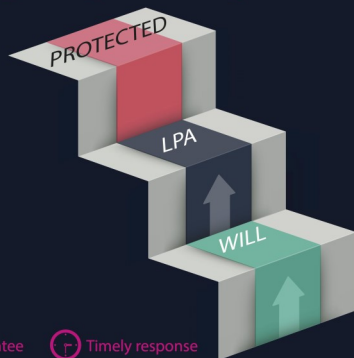
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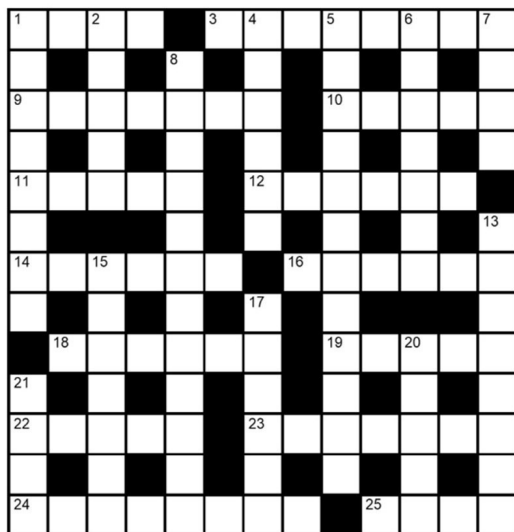
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## Crossword



### Across

- 1 Not dangerous (4)
- 3 Erect, upright (8)
- 9 Acrobat's swing (7)
- 10 Bowl, container (5)
- 11 Bare, in the buff (5)
- 12 Appeared, gave the impression (6)
- 14 Removed impurities (6)
- 16 Substance, material (6)
- 18 Indirect route (6)
- 19 Title, label (5)
- 22 Type of seafood (5)
- 23 Indian rice-based dish (7)
- 24 Lady-love, paramour (8)
- 25 Assistant (4)

### Down

- 1 Devil-worshipper (8)
- 2 Thermos / vial (5)
- 4 Nevertheless (4,2)
- 5 Mealtime etiquette (5,7)
- 6 Most snug (7)
- 7 Touch down (4)
- 8 Tailor, seamstress (12)
- 13 Fame, influence (8)
- 15 Antennae (7)
- 17 Families, clans (6)
- 20 Florida city, seaside resort (5)
- 21 Bathed, moved through the water (4)

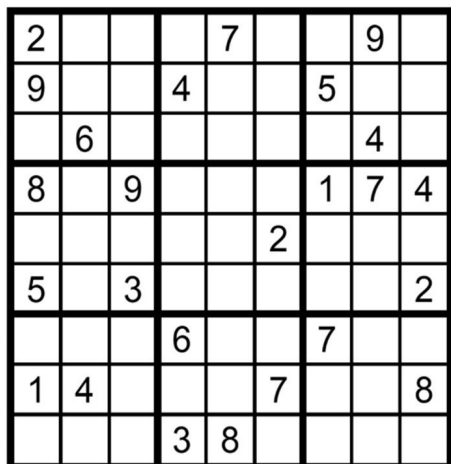
## Word Search

Can you find the festive words hidden in the grid?

## Sudoku

### How to play Sudoku

It's simple! Fill in the grid so that each row, column and 3 x 3 box contains the numbers 1 through 9 with no repetition. These puzzles use logic alone. Watch out! Sudoku is highly addictive!



Solutions on Page 34

- |           |              |          |
|-----------|--------------|----------|
| CANDY     | FRANKINCENSE | PRESENTS |
| CAROLS    | FRUITCAKE    | REINDEER |
| CANDLES   | GOLD         | RUDOLPH  |
| CHIMNEY   | HOLLY        | SANTA    |
| CHRISTMAS | JOLLY        | SLEIGH   |
| ELVES     | MERRY        | STOCKING |
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**GOLF CLUBS** left handed, 25 top quality irons, includes full set of accessories such as bag, balls, gloves, covers, shoes size 10, many items unused. Reasonable offers invited. **0114 269 7139**

**PANASONIC** digital cordless telephone answering system with 2 additional handsets. £25. **07970 492944**

**SWIVEL OFFICE CHAIRS** x 2 without arms. Seat 15" square. £5 each. **01909 562914**

**3 WHEEL TRI WALKER** rollator with removable shopping bag. All in vgc. Folds up to fit in boot of car. £20. **07792 023596**

**GIRLS FIRST PINK** balancing bike as new. £12. **07555 398382**

**PRIVATE NUMBER PLATE** T600NYP on retention £400. **01909 771261** after 4 pm

**COLD WATER STORAGE TANK** 20 gall/91 litre. Ferham polypropylene feed & expansion cistern. Kiwa approved, never used. £10 **07828 535498**

**WELDING GLOVES** used, but in vgc. £5 per pair. **TAIL GATE** 6' for Ifor Williams flat bed trailer, as

new. £100. **ELECKTRA BECKUM** E TKHS 315 saw bench, exc cond. £150. **07831 817267**

**TOYOTA RAV 4** complete set of as new front discs & pads. Fit 2001-2006. Premium parts, still boxed, cost £120. Selling for £50. **07591 935046**

**50 PIECES** Royal Albert Country Rose tea set. List available on request. £30 ono. Exc cond. **07796 967576**

**IKEA RED REAL** Christmas tree stand with water reservoir, as new in box. £10. **01909 565328**

**JOB LOT** card making items. Cards & envelopes, handmade toppers, peel offs, white card, card kit and more. £20. Text **07507 677023**

**MAXI COSA ADORRA** travel system, light grey including pram, Maxi Cosi i-size Pebble car seat and 2-way fix isofix base. Suitable from birth. 3 items for £100. Good, used condition.

**TUTTI BAMBINI** cot bed, French grey finish. Adjustable level height for mattress as baby grows. Storage drawer underneath. £100. Used, vgc. Mattress included, if wanted. **07980 651374**

**KIDS BIKE** "Pro-cycle expert", green. 24 inch frame, 24 inch wheels, 18 gears. Suit 10-13 year old. £70. **KIDS BIKE** "Blaze", red. 20 inch frame, 20 inch wheels, 6 gears. Suit 7-10 year old. £50. Anston **07887 374304**

**18 MODEL DIE CAST** sports cars, similar size to Dinky cars. Beautiful condition all in original boxes. Lotus, Ferrari, Jaguar, BMW,

Porsche, Aston Martin, Lamborghini and Mercedes. Can text photo. £42 the lot. **MODEL CARS/LORRIES/BUSES** assortment of 25 models, some still like new in boxes, all in good condition. Can text photos. £30 the lot to clear. Text **07956 069400** **RED BIKE** 20" wheels, shimano brakes, suit 6-8 yr old, vgc as only used at Nan's. £50. **01909 568197** **COT BED DUVETS** winter and summer weight. £10 for both. North Anston **01909 568197**

**WHITE DESK** shabby chic style, very stylish, vgc. Approx 86 cm W x 48cm D x 109cm H. Collect from S25. Photos available on request. £55. **07850 257082**

**MEN'S OCEAN THIGH FISHING WADERS** size 9/43, sole-to-thigh 36", Michigan olive green, adjustable belt straps, 100% waterproof, shock absorbent tread, good condition. £15. **WOMEN'S RED "WELLIGIGOS"** wellington boots size 7/40, adjustable leg-width buckle, 100% waterproof, as new condition, with label. £15.

**MEN'S BARKER MOCCASIN** (Lockstitch) loafers size 9/43, tan leather uppers, stylish blue leather inners, exc cond. £20.

**MEN'S SIZE 40 R** Harvey & Jones brown tweed jacket with subtle blue thread, brown suede collar, blue wave silk lining. Exc cond. £20. **MEN'S 3/4 LENGTH**

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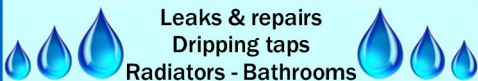
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Central Methodist Church	01142 873986

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Aston Comprehensive	01142 872171
Aston Fence Junior and Infant	01142 692688
Aston Hall Junior and Infant	01142 879811
Aston Lodge Primary	01142 872432
Aston Springwood Junior and Infant	01142 872597
Aughton Early Years Centre	01142 872530
Aughton Primary	01142 873091
Swallownest Primary	01142 872484

## Health

Natural Images Dental Practice	01142 872004
NHS Emergency Advice Line	111
Rotherham General Hospital	01709 820000
R R Broadberry Dental Practice	01142 872305
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Swallownest Pharmacy	01142 877006
Swallownest Health Centre	01144 333888

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Maltby Veterinary Centre	01709 812524
Springfield Surgery, Crystal Peaks	01142 510202

Springfield Group, Wickersley	01709 532262
<b>Leisure Centres</b>	
Aston-cum-Aughton	01142 942580
Killamarsh	01142 485554
Rotherham	01709 722555
Rother Valley	01142 471452
Maltby	01709 797100

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Action Fraud	0300 1232040
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Aston-cum-Aughton Parish Council	01142 879008
Aughton Post Office	01142 872249
Childline	0800 11 11
Citizens Advice Rotherham	08448 269680
Citizens Advice Mosborough	01142 698963
Crimestoppers	0800 555111
Electricity—Emergency	0800 375 675
Gas— Emergency	0800 111 999
Police Station (non-urgent)	101
RMBC	01709 382121
Safer Neighbourhood Team	01709 832720
Streetpride	01709 336003
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Yorkshire Water	03451 242424

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17 Garolla

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# DEADLINE FOR NEXT ISSUE 6 DECEMBER

## PUZZLE SOLUTIONS

S	A	F	E		V	E	R	T	I	C	A	L
A	L	N		V	A		O		A			
T	R	A	P	E	Z	E		B	A	S	I	N
A		S	E		N		L	I		D		
N	A	K	E	D		S	E	E	M	E	D	
I					L	O		M		S	P	
S	I	F	T	E	D		M	A	T	T	E	R
T	E		W		T		N					E
	D	E	T	O	U	R		N	A	M	E	S
S	L	R		I	E		I		T			
W	H	E	L	K		B	I	R	Y	A	N	I
A		R	E		E		S		M		G	
M	I	S	T	R	E	S	S		A	I	D	E

Solution to December Quick Crossword

P	M	I	S	T	L	E	T	O	E	Z	R	K	V	X
R	V	E	F	A	I	R	Y	E	W	C	A	N	D	Y
E	Y	A	F	R	A	N	K	I	N	C	E	N	S	E
S	A	N	T	A	F	E	S	T	I	V	E	W	Q	L
E	T	N	C	H	I	M	N	E	Y	M	B	F	F	V
N	H	O	L	L	Y	U	Y	U	L	E	T	I	D	E
T	M	R	C	W	E	R	U	I	T	C	A	K	E	S
S	P	E	H	K	Q	T	U	R	K	E	Y	Y	I	E
R	A	M	R	E	N	D	E	E	R	T	A	H	I	
U	M	G	I	R	S	N	S	K	E	I	R	D	Z	
D	I	H	S	J	Y	L	G	X	V	G	R	Y	B	W
O	L	T	E	O	K	A	L	I	Y	B	D	K	H	
L	Y	A	M	R	I	L	T	E	M	O	S	A	F	U
P	U	N	A	U	A	A	L	C	A	N	D	L	E	S
H	Z	C	S	R	N	S	C	Y	W	G	O	L	D	G

Solution December Word Search

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

Solution to December Sudoku



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