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cpboddington@hotmail.co.uk
Editor: Heather Nicklinson
Contact: thehaslemereguide@gmail.com
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Haslemere Library
Every Wednesday 10.00am-10.30am we have Big Blue Bear Club, a rhyme time session for under 5s.
Every Friday morning during term time 10.30am-11.15am we have crafty storytime.
One Saturday each month 11.15am to 11.45am we hold a Chatterbooks reading group for children.
We also hold digital buddy sessions for people who need help using computers and the internet.
On Thursday 18 October 10.30am to 12.30pm and 1.30pm to 3.30pm we will be holding a Get Online session.
Please go to our webpage to view all our current events http://ow.ly/qxng30lHTIf

Meetings/Training room for hire in the heart of Fernhurst Village
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The English Garden
Graduate Landscapes www.graduatelandscapes.co.uk

From a seventeenth-century manor house to a ultra-modern ‘space-ship’ an English garden connects the old with new, the traditional with modern, but above all keeps us connected with nature, linking us to the wider landscape. The English Garden stands out because we design and construct every element of it with a purpose. garden design will be based on strong geometric shapes, continuity and very importantly, planting. Our raison d’être is to ensure the finished landscape is cohesive and visually pleasing with all the functionality involved.
An English Garden may give the impression of an effortless, natural composition yet to get to this end result requires careful planning, meticulous attention to detail and most importantly the ability to maintain the garden.

Wendy Richards Art
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Contact Heather at thehaslemereguide@gmail.com
Charities Fair
Saturday 10 November, 9am – 1pm, Haslemere Hall
Big indoor market featuring 35 charities to celebrate 35 years of the Fair. Come and have a look round! Quality gifts and quirky stocking fillers, cakes and preserves, books, plants, jewellery and more. Grand Draw, Coffee shop. Free entry

Haslemere Art Society Workshop
Saturday 17th November Museum 10-4.00pm
Roger Dellar Snowy Scene
To book contact Sheila Carr 01428 641243

The Chiddingfold Quintessentially English Winter Sale
Thirty fabulous stalls selling vintage and artisan items for you and your home.
Come and join us in the village hall, Coxcombe Lane, Chiddingfold, GU8 4QA from 10:30am to 3:00pm on Saturday 3rd November.
Delicious refreshments. Entrance £1. Children free. Proceeds to St Mary’s Church.

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### Haslemere U3A Events

Monday 8th October 2018 at 2.00pm at Haslemere Hall: “My Experiences as a Stunt Performer” – Lucy Allen talks about her scary and hilarious career over 20 years in the film and TV industries, involving highs and lows. Admission £2 incl tea or coffee. Non-members welcome.

Monday 12th November at 2.00pm at Haslemere Hall: AGM, followed by our popular Quiz

Membership enquiries to Clare Fripp on 01428 643561 or email membership1@haslemere-u3a.org.uk

Find more information on exciting activities for retirees at www.haslemere-u3a.org.uk.

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### Churt Heritage

A date for your diaries.

**Friday 5 October, 7 for 7.30, Village Hall**

Two very interesting films 'The Tunnel Under Hindhead' the story of the construction of the tunnel, and 'The Story of Guildford Cathedral – 1927-2012'. Tickets at £7.50 available from Miscellanea, or from 01428 717016 or 01428 712219. There will also be a display relating to the controversies and protest groups surrounding the various proposed routes. Cash bar and Meadow Farm ice cream!

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### 7 Steps to the Perfect Pumpkin Lantern

By Sarah Davey

1. Choose a decent sized, rounded pumpkin. Fresh unblemished ones are best. Work on newspaper as pumpkin carving is messy!
2. Use a serrated blade to cut a lid. Make sure the hole is big enough so that you can scoop out the flesh inside.
3. Use a large spoon or ice cream scoop to remove the pulp and seeds. Thin the walls a little too by scraping away some of the flesh. This makes carving easier and allows more light through.
4. It’s best to draw your design in marker first. Bold shapes are easiest. For a professional finish use a paper template. You can draw your own or download one; tape it to the pumpkin then use a sharp pointed tool, like a knitting needle or nail, to poke holes around the design. When you remove the paper, the design will be left on the pumpkin.
5. A sharp, serrated knife will work best to cut out your design. Start at the centre and work outwards using short saw-like strokes for better control.
6. Rub some petroleum jelly on to the exposed parts of the pumpkin. This stops those areas turning brown.
7. If you’re using a real candle, put it in a small glass. Cut holes in the lid to allow heat and smoke to escape. Fairy lights and battery-operated candles are the safest and best options for lighting.

Visit www.pumpkinpyle.com for some great stencils and ideas.

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### Lateral Hip Pain

Tel: 01428 642577  Email: enquiries@healthflex.co.uk

Not an uncommon complaint but for those of you who have been unfortunate enough to suffered with hip pain, you know only too well how uncomfortable and debilitating it can be.

There are many causes of hip pain but we are going to focus here on “Lateral hip pain” or pain on the outside of the hip over the boney bit! This pain can be a real nuisance as it sometimes not only bothers you when you are active playing sport or even walking but it can also be problematic at rest. It can disturb your sleep and make everyday tasks very tiresome. It’s a problem we commonly see at Healthflex and there are many things that can be done to help.

Pain is usually felt on the outside aspect of the hip and can radiate down the outside of the thigh. Pain is present when putting load through the leg so getting up from a chair, walking, running or even simple tasks like crossing your legs. Direct pressure can be sore and lying on either side at night can be very uncomfortable.

There are several structures within that region that can give rise to pain. The most common cause is an irritation of the gluteal (buttock muscle) tendons where they attach to the hip bone. This is called Gluteal Tendinopathy. Previously, a bursae (small sack of fluid at the tendon attachment) was thought to be a source of pain but current research shows this unlikely to be the case.

There are various activities that can cause this problem to occur in the first place and there are also some predisposing factors that can make some individuals more susceptible. The key factors appear to be compression of the tendon attachment due to certain activities and postures, combined with an increase in load. This can happen if you start a new activity and inadvertently overdo it, rapidly increase current levels of activity or arise if you wear poor, unsupportive footwear.

Treatment of the condition will involve addressing the problems that are causing it in the first place. An exercise program will improve any muscular weakness in your gluteal muscles & certain stretches may be indicated. Treatment may include soft tissue techniques and biomechanical correction. It is also important to remember that there are certain things you can do to help yourself;

- Avoid sitting with your legs crossed or in low chairs
- Try sleeping with a pillow between your knees
- Soften your bed surface by sleeping on a double folded duvet
- Modify activity to avoid symptom exacerbation
- Wear supportive footwear

Treatment may include soft tissue techniques and biomechanical correction. It is also important to remember that there are certain things you can do to help yourself;

- Avoid sitting with your legs crossed or in low chairs
- Try sleeping with a pillow between your knees
- Soften your bed surface by sleeping on a double folded duvet
- Modify activity to avoid symptom exacerbation
- Wear supportive footwear

For further information or for an appointment to see one of our clinicians, please contact us on 01428 642577.

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Art Exhibition/Sale
at Haslemere Museum
78 High Street, GU27 2LA

19 September - 6 October
(10.00 am – 5.00 pm Tue – Sat)
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Stop smoking by amplifying your decision
Richard Morley, Psychotherapist

Smokers often turn up at my clinics, more in hope than expectation, usually having tried everything else to stop and usually having failed several times. They typically leave 90 minutes later as non smokers.

The Advertising Standards Authority (ASA) who need hard evidence before they agree to statements, have recently agreed the following statement about the efficacy of hypnotherapy in stopping smoking.

“Research comparing many different studies of hypnotherapy has shown that on average smokers are over five times more likely to break the habit with hypnosis than by willpower alone. Hypnotherapy in general is also proven to be more than twice as effective compared with nicotine gum. If you really want to stop smoking, then one session of hypnotherapy could be all you need.”

This statement quotes average figures. It follows that many hypnotherapists enable you to get even better results than these. As a smoker, you are physically addicted to nicotine. After a week without a cigarette you are no longer addicted. You may though have a psychological dependency. Some people are more physically addicted than others and some are more psychologically dependent than others. Some people smoke because they are bored. Some because they are stressed. Some to be different. Some to be the same. It is important that the therapy is focussed on the specific needs of you, the individual so that you get the benefits you associate with smoking in a far healthier way. Some people need help in order to feel comfortable with the thought of being a non smoker – because they have smoked for so long they can’t imagine what it would be like. These issues need to be addressed during your session.

Most people can stop smoking after just one session of hypnotherapy. Hypnotherapy amplifies your decision to become a non smoker, enabling you to rid yourself of the burden of smoking more easily. Your blood is re-oxygenated, you have more energy, you smell better and you feel good about yourself.

Richard Morley is an established clinical hypnotherapist and EMDR practitioner He is a tutor at the London College of Clinical Hypnosis and a full member of the British Society of Clinical Hypnosis. He is one of only a few Certificated Neuro Linguistic Programming (NLP) and Health Practitioners in the UK, and a Master Practitioner and Trainer of NLP. He is a certified practitioner of Applied Neuroscience and a Gold Award practitioner for the National Smoking Cessation Institute. He has helped thousands of people change their lives for the better.

Sessions with Richard can be booked through reception at Castle Street Clinic Guildford on 01483 300400, at Stricklands Dental Fitness Centre, Haslemere on 01428 654923, at Healthflex, Haslemere on 01428 642577 or direct with him on 0845 6066089. His website is at www.hypnonlp.co.uk

07973 227492  www.hypnonlp.co.uk  Richard.Morley@gmail.com
As the Children Return to School
Christine Hanson discusses Testamentary Guardianship

Figures show that in September 2018 there will be 7.6million children attending publicly maintained schools in England. 4.6million will be in primary and/or nursery schools, 2.8million in secondary education, 100,000 in schools providing special services and the remainder in alternative provision.

For many parents September means they can breathe a huge sigh of relief as they see their children return to school safe in the knowledge that until Christmas at least, someone else will be keeping the children occupied, and they can get on with all the jobs they have been meaning to do since July!

For other parents this will be a very special moment – for the first time in their child’s life they are handing them over to someone else to take responsibility for them – most parents will never forget their child’s first day at school. Actually, for very many months they will have been expending time, worry and energy on ensuring that their child was accepted by the best local school to meet their needs.

It always amazes me that these same parents who have worried endlessly about their child being in the right catchment area, (and for some have even attended church for a year beforehand just so they are able to add the local church school to their list of options), have not appointed Testamentary Guardians to look after their child in the event of their death. After all, your children are your most precious asset.

What is Testamentary Guardianship?
This is the process by which a Guardian is appointed for a child by someone in their will in the event of their death.

Who can appoint a Testamentary Guardian?
A parent, (or someone with Parental Responsibility) for a child, or the current guardian of the child.

When does Testamentary Guardianship take affect?
On the death of a parent/guardian with Parental Responsibility where the child has no surviving parent with Parental Responsibility, or where a parent/guardian has a Residence Order for the child immediately before their death.

Who should be appointed as Testamentary Guardian?
A very difficult decision but obviously someone who will love and nurture your child and make the best decisions for their welfare. Consider grandparents but remember there is a huge difference between a fit and agile 65 year old and an infirm 79 year old who might still be responsible for a 15 or 16 year old at that age. Consider your own siblings or indeed a close friend but again remember that they may have very different values to you and may not live locally. Whomever you do chose – remember to ask them first! It is a huge responsibility and not one everyone is keen to take on.

So, as the child population of England returns to school for another year, as a parent why not finally get around to making that Will and appointing Testamentary Guardians. After all, your children are your most precious asset.

Couchman Hanson Solicitors
Chiltlee Manor, Haslemere Road, Liphook GU30 7AZ 01428 722189 christine@couchmanhanson.co.uk  www.couchmanhanson.co.uk

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Events

Big Arts Magical Elephants and Dragons
Family Event at Haslemere Museum
Saturday 6 October | 12.30pm – 3.00pm | Free event – No need to book
Come along to the Museum and enjoy a fun-filled art session based around magical elephants and dragons. This is a wonderful opportunity for the whole family to explore their artistic talent using a diverse range of different materials and add to the Museum’s collaborative collage. Part of Magical Museum activities.

130th Anniversary Talk at Haslemere Museum – Loyd Grossman
Thursday 18 October | 7pm-9pm | Members £10 and Non Members £12 includes welcome drinks – Book in advance
As part of Haslemere Museum’s 130th anniversary celebrations, they will be hosting a series of talks by distinguished Museum patrons. Join Loyd Grossman CBE FSA for this fascinating talk on The Royal Parks.

Early Birds at Haslemere Museum
Wednesday 24 October | 9.00am – 10.00am | By Donation to the Museum – Booking Essential
Special opening for families with children who have an Autism Spectrum Condition to come along and enjoy the Museum free from the hustle and bustle of the public. The galleries will be open and there will be an opportunity to handle special objects.

Haunted Halloween at Haslemere Museum
Friday 26 October | 1.30pm to 4.30pm | Members £2 and Non-Members £4 - No need to book
Calling all little witches, wizards, ghosts and ghouls! Dress up in your scariest costume and come along to the Museum for some spooky fun! Enjoy creepy crafts and pumpkin carving (bring your own pumpkin or squash) and join us in our Halloween procession through the town, leaving from the museum at 4.30pm. Jointly organised by Visit Haslemere.

Museums at Night
Saturday 27 October | 6pm-8pm | Members £4 and Non-Members £6 – Book in advance
Enjoy a special Halloween opening of Haslemere Museum at night. Explore the dark galleries (bring a torch) and follow the special trail. There will be arts and crafts activities too as well as magical storytelling by The Haslemere Bookshop. Part of Museums at Night & Magical Museum activities.

Firework and Bonfire Evening
Saturday 3 November | Doors open 6.30pm
Fireworks 7.30pm followed by lighting of the bonfire | Members £6 | Non Members £8 | Book in Advance
Make sure you celebrate Bonfire night in style with a dazzling firework show by FAB Fireworks and as the night draws in, the event is sure to warm up when the bonfire is lit. There will be seasonal food and drink available too including burgers, hotdogs and mulled wine! Wrap up and enjoy a show of spectacular colours in the beautiful Museum garden! Priority booking to Museum members only and tickets for non-members will go on sale from 2nd October.

Creative Wellbeing Workshops – Crafty Christmas
Tuesday 27 November | 2.30pm-4.30pm or 7pm-9pm | Members £5 | Non Members £8 | Book in Advance
Facilitated by local professional artist Diana Burch, each session focuses on wellbeing and is a fun way to take some time out of your busy day to day life. As the festive season approaches, come along and create your own Christmas crafts and decorations using a variety of different materials.

Tea and Talk at the Museum – Bird Migration and Art
Tuesday 20 November | 2.30pm | Members Free | Non Members £3 | No need to book
Looking for something different to do? Then why not come along and enjoy our informal talks for adults with tea and biscuits Join Alan Perry to look at the book sponsored from the estate of the Museum’s late trustee Penny Hollow showing artists in Africa on the migration route and some of the birds making that journey.

Keep an eye on the Museum’s website and social media pages, to keep up to date with everything that is going on at Haslemere Museum www.haslemere museum.co.uk

The Haslemere Players next production will be Chess the musical!

The Haslemere Players game on for Chess the musical!

The Haslemere Players next production will be the famous musical, Chess, with lyrics by Tim Rice and music by ABBA duo, Benny Andersson and Bjorn Ulvaeus, which is currently playing to packed audiences in London's West End, starring Michael Ball and Alexandra Burke.

This exhilarating show will be performed at Haslemere Hall, from Tuesday, 23rd – Saturday 27th October, with a matinee on the Saturday and the Players will be supporting Macmillan Cancer Support with this production.

Chess includes memorable numbers including One Night in Bangkok and the Elaine Paige and Barbara Dickson classic, I Know Him So Well and is a great ‘company’ musical, with eight main principals, plenty of singing and dancing for the chorus, interesting character parts and a fantastic ‘pop choir’ providing delicious harmony backing vocals to several of the amazing solo numbers. In short, 32 parts to reflect the 32 pieces in a game of chess!

This enthralling musical tells a story of love and political intrigue, set against the background of the Cold War era in the late 1970s/early 1980s. The show has three intertwined story lines; a deeply competitive and tense chess match between the Russian and American champions, a romantic but controversial love match – the Russian defects to the West with his American's girlfriend! – and the historic chess championship for political gain.

A show not to be missed!

For more information go to www.haslemereplayers.com Tickets are available from Haslemere Hall – 01428 642161 or online at www.haslemerehall.co.uk
POLICE DOG HOGAN

Playing live for Grayshott Folk Club
At: Grayshott Village Hall GU26 6TZ
Wednesday 3rd October 2018 @ 7.30pm

Grayshott Folk Club have finally got their men (and one woman)!
After a great deal of perseverance and dogged determination, Police Dog Hogan have
finally been brought in for questioning but as big fans we already know that they will deliver a
great night's entertainment.

Police Dog Hogan (https://policedoghogan.com/),
are a hard-to-pin-down mix of Americana influences
and British song writing tradition. They combine
Fiddle, Trumpet, Banjo, Mandolin, Accordion,
Drums and Guitars with four-part harmonies-
and British song writing tradition. They combine
are a hard-to-pin-down mix of Americana influences
from Dorset and Somerset who bring traditional
and contemporary styles on Fiddle and Guitar to
tune and songs from around the British Isles.

** This gig will take place at St. Alban's Church,
HINDHEAD, Surrey GU26 6RB
Tickets: Adults £15/Under 16s £8 Available from
Des O'Byrne on 01428 607096

LAU

Monday 26th November 2018 @ 7.30pm
At: Grayshott Village Hall, Headley Road,
Grayshott, Nr. HINDHEAD, Surrey GU26 6TZ
Listen to Lau here: https://www.youtube.com/
watch?v=xozmhQZB48A

Individually and collectively, Lau are right at the top
of the Folk tree. They have won the BBC Radio 2
Folk Group of the Year Award an unprecedented
FOUR times (2008, 2009, 2010 and 2013). In
2014, Aidan O'Rourke was BBC Radio Folk Awards
Musician of the Year. In 2017, Kris Drever won both
the Folk Singer of the Year Award and Best Original
Track for his song "If Wishes Were Horses". In that
same year Martin Green was also nominated for
the Best Album Award for "Flit" and Best Original
Track for "Roll Away".

Lau are ground-breakers and innovators as they
continue to push the boundaries of Folk music.
Lau comprises:
Kris Drever (vocals, guitar),
Martin Green (accordion, wurlitzer, keys, electronics)
and Aidan O'Rourke (fiddle)
and together they effortlessly bridge the seemingly
diametrically opposed worlds of acoustic folk
tradition and post rock – electronics. Widely
regarded as this generation’s most inventive
folk band, Lau are a phenomenally talented trio
of musicians and their cutting edge sound
and charismatic flair have earned them an unrivalled
reputation at national and international venues and
festivals. Lau is a formidable union of three of the
finest and most innovative exponents of modern
traditional music in Scotland today.

‘Lau has injected a freshness, vitality, vigour into the
UK folk scene’ (BBC)
‘Astonishing walls of sound, truly magnificent’ (The Scotsman)
‘Unconventional and intricate, Lau are far from
traditional’ (NME)
‘Lau are so special’ (The Guardian)
‘One of the most exciting live acts in any genre, Lau
are to be cherished’ (The Arts DEsk)
‘... a symbol of musical innovation – a blaze of white
hot sparks’ (MUSICOMH)
‘Amazing, our most favourite band in the world’
(Holy Moly).

Tickets for this gig in the intimate setting of
Grayshott Village Hall are £22 and are available
from Des O'Byrne on 01428 607096

Lau
Today we explored a lesser-known London district with a very important place in the history of our nation. We heard the story of posting a letter from earliest times to the coming of the GPO, visited the brand new Postal Museum and took a ride on the Mail Rail beneath the streets of London.

We met our expert Blue Badge guide in the City of London at 10.30am.

Morning refreshments were taken at The Museum of London.

Our first stop was at Postman’s Park where we were able to view the tiled tableau “in commemoration of heroic self-sacrifice”. This is a tiled wall which was created by George Frederick Watts to commemorate heroic deeds of the ordinary man. The wall was unveiled in 1900.

We then strolled whilst being informed of the origins of the postal service and how Rowland Hill created the first mass use postal service with the introduction of the first adhesive postage stamp, the penny black in 1840.

There followed various stops on our walking tour to explain Marconi’s first wireless transmission and were treated to the sight of a replica Penfold post box.

(John Wornham Penfold was a surveyor and architect born in Haslemere. A replica Penfold post box can be seen on Haslemere High Street)

We then headed to Exmouth Market area where we took lunch and sat in the sun to “people watch”.

Resuming our tour in the afternoon we first visited the brand new state-of-the-art Postal Museum to see an amazing collection spanning five centuries which covers everything from ground-breaking designs and quirky technology to the intimacy of personal letters.

Then - perhaps the tour’s high (or low?) point - we rode through the hidden tunnels of the Mail Rail. This is a unique piece of industrial heritage that kept the capital’s communication network flowing for over 75 years.

There was time to buy refreshments before heading home at 4.30pm.

Organiser: Chris Wright
Sunday 10th June 2018
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www.haslemereframing.com
Eleanor Oliphant is Completely Fine by Gail Honeyman

Most of us live in communities, surrounded by others – be it family, friends, neighbours, or even co-workers. But for some of us, life can be lonely. If you are one of the few who have yet to read this runaway success debut novel, then you are in for a treat.

Eleanor Oliphant is nearly thirty years old and lives alone in her apartment in Glasgow. In fact, not only does she live alone but she spends all her time alone – even at work she doesn’t speak to anyone if she can avoid it – and she is completely fine with this. Nothing is missing from her life. Her carefully planned and ordered life.

Or is it?

Eleanor’s life, it turns out, is not complete. Nor is it as straightforward as it first appears. A friendly offer to hold the door open from a co-worker, Raymond, threatens to bring down her ordered life and reveal the truth of her past. Sometimes a little kindness can make a world of difference.

Rob the Roman gets eaten by a Lion (nearly) by Scoular Anderson

Ever wondered what it was like to live in Ancient Rome? This fantastic short book aimed at young readers introduces them to Rob – short for Robur – who lives in Rome with his parents and sister. Rob doesn’t want to follow in the footsteps of his father who inspects drains, but dreams of being a famous gladiator!

Using a mixture of text and cartoon strips, Rob shows the reader what his life is like, from trips to the Baths, to a trip to the country to visit his Grandpa on his farm. But the highlight is when his cousin, Illustrious returns from the army and manages to get tickets to see the gladiators fighting in the amphitheater. Rob is very excited until a turn of events sees him a bit TOO close to the action!

This is a great little read, especially for children who are either interested in history, or who might need a little bit of help with their history homework!

Liss Archaeology

Members new and old recently took part in a 9-day Big Dig Stroud! As well as excavation, geophysical surveys using resistivity and magnetometry were carried out in several fields.

New members came from Haslemere, Midhurst, Winchester, Bournemouth and Alton. After a background talk, the work began!

In total, 5 test pits were opened. One, placed over a small, round hollow on the field, appeared to just be a natural dip in the ground. The other 4 all had archaeology! There was a mound created from Romano-British (RB) building materials; A seemingly straight-edged, deliberately laid structure crafted from hard, flat stone and RB ceramic building material (CBM), a pile of placed CBM floor tiles with notches cut from on edge and a laid surface created from flat blocks on stone. Pottery unearthed dates the features to the RB. Members enjoyed themselves and with good weather and pleasant scenery, a good dig was had by all!

Geophysics was carried out in several places. One survey was looking for the water source for the known Roman Villa in a nearby field; The results show a linear feature running across the field in the right direction and a curving area plus what is termed as ‘noise’ usually associated with habitation. These could be to do with a water system; it is known that streams were often diverted plus pipes and gullies were used to bring water to villas.

More investigation is needed! This, together with a delayed harvest preventing access to several fields, has resulted in a plan to return in August 2019!

A day of geophysics took place in Alton Town Gardens looking for any earlier activity and with the hope (subject to permission) of returning next year!

Diary – Upcoming 3 weeks plus of excavation at Colemore (half way between Alton & Petersfield) – 20th September to 15th October – Now Booking! www.lissarchaeology.uk

October 27th Research Group Meeting

Winter Program – Geophysical Surveys; Finds Processing and Identification; Drawing Finds etc – Dates tbc. Fieldwork at Ludshott and Grayshott is planned.

New members are especially welcome! From 18 to 80’s, no experience necessary, why not discover a new hobby with like-minded, friendly people from Surrey/Sussex/Hampshire borders and beyond!

Contact us by email lissarchaeology@gmail.com, find us on Facebook, Twitter and YouTube.
**Fernhurst and Midhurst Table tennis club**

We are a table tennis club in Fernhurst who have been playing in the Haslemere League for a number of years. This season we have four teams playing in the league and five teams playing in the Junior League. Club Nights are Fridays at Fernhurst Village Hall 6.00-7.00 Juniors (10 upwards). 7.00 onwards for seniors. Please come along and give it a try, we are a very friendly club who welcome players of all ages (well over 10) and all abilities.

**Contact:** fandmttc@gmail.com

**Website:** [http://www.fernhurst.net/tabletennisclub/](http://www.fernhurst.net/tabletennisclub/)

**Phone:** 01428 645366

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**Stuffed Pepper Lanterns**

*Serves: 4  Preparation time: 20 mins  Cooking time: 25 mins*

**A cute and seasonal supper**

**Method**

**For the pepper lanterns**

Preheat the oven to 180C / Gas Mark 4. Use a sharp knife to slice the top off each pepper horizontally. Don’t discard these tops as they will be the little hats for the pepper lanterns. Deseed the peppers. Rinse and pat dry with kitchen towel. Use a small paring knife to cut holes into the exterior of the peppers to make pumpkin-lantern style faces. If the peppers don’t stand upright, slice a small amount from the bottom to flatten the surface.

Cook rice according to package directions. Lightly oil a baking tray. Arrange the peppers and their tops on the tray and cook in the oven for 20 minutes, or until peppers are cooked, but still are still firm. They mustn’t collapse! Remove peppers from oven and allow to cool while you make the filling.

**For the filling**

Heat 1 tbsp oil in large frying pan over medium heat. Add the chopped onion and mushrooms and sauté for 3-4 minutes, until the mushrooms have softened and reduced in size. Increase the heat to medium-high. Add mince, herbs and chilli flakes and continue to cook, stirring occasionally until browned.

Drain the excess oil. Reduce heat to low, then add the pepper sauce and cooked rice. Stir to combine and cook for 2-3 more minutes, or until mixture is heated through.

Fill each pepper to the brim, allow the mixture to spill over slightly. Place a top on to each stuffed pepper and serve with green salad.

**Ingredients:**

- 4 Orange peppers
- 200g Cooked brown rice
- 1 tsp Sunflower oil
- 150g Minced beef or turkey
- 1 Medium onion finely chopped
- 225g Mixed mushrooms, chopped
- 350g jar roasted red pepper sauce
- 1 tsp Dried oregano
- ½ tsp Chilli flakes
- Salt and pepper to taste

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