# **DARTFORD LIVING** The Independent Community Magazine and Directory Serving Dartford Issue 29

### **OCTOBER 2008**

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• Ellenor Lions Hospices trek to the home of the Dalai Lama - Page 25



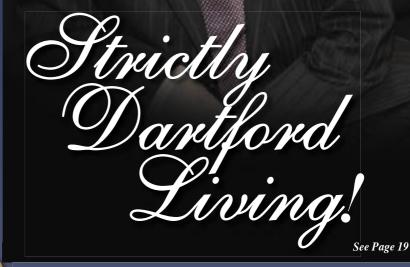
 In your garden this October
Page 8



PLUS: All your regular features, events information, puzzles, restaurant review and much much more!

> NEW LOOK! Previously DA1 Living

Interview with TV celebrity and Dartford resident Len Goodman..



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# Dear Readers,

We hope you like the new look and name of your local magazine. As you can see, we have changed the name to Dartford Living (from DA1 Living) as we now deliver to a wider area, that doesn't just include the DA1 postal code area. Apart from Kelly's fabulous interview with Len Goodman on page 19, Sam has given the magazine a completely new look. The nights may be drawing in but on a wet October evening, you can now be entertained by the new look Dartford Living! Please feel free to let us know what you think!

The October edition not only includes our special interview, but is again full of lots of interesting articles including, gardening, sports, charity events, cars, and DOADs information. There is another Orchard Theatre competition, children's puzzles, Sudoku and the usual tricky prize crossword! There is also the new look 'Where to Go Locally' section with lots of ideas for local activities to keep you busy! For a full index turn to page 4.

If you run a local business and would like to discuss advertising, or own a restaurant and would like to feature in our new Restaurant Review, please contact us.

You can also find more details, including our full rates, on our website www.dartfordliving.com. Sam will also be on hand to help design adverts for our advertisers. The website includes a monthly uploaded electronic version of Dartford Living, so when you advertise in the paper copy of Dartford Living Magazine your advert is also seen online on our website and via search engines!

Please remember to mention Dartford Living when you contact our excellent advertisers featured in the magazine. Feel free to continue to get in touch if you would like to write an article for the magazine. Don't forget that Dartford Living is your magazine, the only independent community magazine serving Dartford!

# Until next time, Vijay (and the rest of your Dartford Living team - Sam, Daniel and Kelly)

P.S. We have delivered to over 6,000 homes and businesses in Dartford and surrounding areas (previously 5,000), however if you don't receive a copy directly through your door, you can pick up a copy from various drop off points across the local area including Dartford Football Club, various local libraries, Fairfield Pool, Next Generation Gym, Goals Soccer Centre and various Health Centres/GP surgeries! There will also be plenty of copies at the Charity Race night held at the Foresters Pub located in Great Queen

Street on 11th October, Dartford Living are sponsoring a horse named Paper Chase.

# For any information, please contact us at:

Dartford Living, PO Box 283, Dartford Kent DA1 9BW Office: 01322 507817 Advertising & Editorial - Contact Vijay: editor@dartfordliving.com Sales & Design - Contact Sam: sales@dartfordliving.com Website: www.dartfordliving.com

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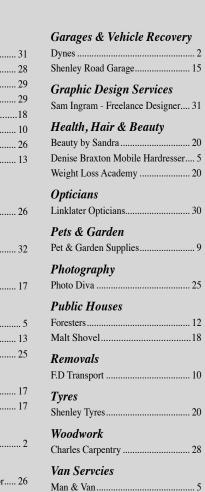
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# Where to go locally...

# ...local events, clubs & groups

# Parent & Toddler Groups (Term Time)



#### Mondays 1:15pm - 2:30pm. Brent Methodist Church, St Vincents Road, Dartford.

1:15pm - 2:45pm. Christchurch, Crossroad, Dartford. Contact Yvonne on 01322 220693.

### Mondays and Wednesdays

9:30am - 11:30am. Amar Hall, bottom of East Hill, Dartford. Contact Julie on 01322 291092.

### Tuesdays

Little Fishes: 12 - 2pm, Emmanuel Church, East Hill, Dartford. £2 per family including all snacks and drinks. Call Karen Ruby on 01322 272649.

### Wednesdays

1pm-2:30pm. Lutonia Hall, Broomhill Road, DA1, contact Lynne on 01322 229637. \*\*\*NEW\*\*\* SPRINGFIELD LODGE DAY NURSERY SWANSCOMBE 10-11.30am - Fun Playtime sessions, 0 - 3 years, a chance to meet other families and make new friends, no need to book, just turn up! TEL: 01322 389181.

9:45 - 11:30am. The Vineyard Centre, 24 Market St, Dartford. Contact Suzanne on 07896 489803 or suzanne@createdin6.co.uk

- 9:30 11:30am. St Paulinus Church Hall, Manor Road, Crayford.
- 9:45 11:30am. The Meeting Hall, Broomhill Road, Dartford. £1 per family. Contact 01322 277661.

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### Fridays

9:00 - 11:00am. St Alban's Church, St Albans Road, Dartford Contact Juli on 07766 650 221.



# Toddler Music & Rhyme Sessions



North West Kent Family History

Society - Dartford Branch

Heath Lane, For more information see www.nwkfhs.org.uk

The Dartford Branch meet at the Technology College,

Tuesdays, 2 sessions, from 9.30-10.30am and 10:45 - 11:45am in Fleetdown FC Hall; Heath Lane, Dartford. Contact Judi: 07970 730736.

Thursday mornings (term time) at Crayford Library at 9.50am and 11.00 am (2 sessions). Crayford Road, Crayford, DA1 4ER. Tel: 020 8303 7777.

Monday 10:30am - 11:00am & Friday 2:15pm - 2:45pm at Dartford Library - Baby Bounce & Rhyme Time

# Dartford Central Townswomen's Guild

They meet on 2nd Tuesday of each month at Christchurch Hall, Christchurch Road, Dartford, 2.15pm - 4.00pm. Visitors and new members very welcome. Call 01322 271181.

Dartford Women's Institute 2nd Tuesday of every month.

Dartford Girls' Grammar School, 7:30pm. Contact Judith on 01322 278 703.

### Dartford Floral Club Demonstrations held the 3rd Friday of every month, 7;30pm in the Hawley Pavilion (opposite Papermaker's Arms), Hawley road, Hawley, Dartford. Contact Norma on 01322 402504. The entry fee for a lovely evening of beautiful flowers is £4.50.

# Local Libraries

**Dartford Library Opening Hours:** Mon to Wed 8.30am - 6.00pm, Thurs 8.30am - 8.00pm, Fri 8.30am - 6.00pm, Sat 9:00am to 5:00pm **Ashen Drive Library Opening Hours:** 

Mon 2.00pm - 6.00pm, Tue 9.00am - 1.00pm, Thurs 2.00pm -6.00pm, Fri 9.00am -1.00pm, Sat 10.00am - 2.00pm **Temple Hill Library Opening Hours:** 

Mon, Tues, Thurs and Fri 9.00am - 6.00pm, closed Wed & open Sat 10.00am - 2.00pm

### Dartford Beaver Scouts 6-8 Yrs

Dartford has 16 beaver colonies meeting on weekday evenings or Saturday mornings. Contact Jackie Watson, District Beaver Leader, on 07946 342483 or jackie. alphaquadrant@ntlworld.com

### The Rotary Club of the North Downs They meet at the Holiday Inn, Black Prince, Thursday evenings 7:30pm for 7:45pm for Dinner and fellowship. For

details phone 07759 863836.

# Local Sports Clubs

**Bexley Rugby Club** 01322 550142 or www.bexleyrfc.co.uk **Crackenford Ladies Hockey Club** June Morris - 01322 226686. **Dartford Sharks Basketball Club** Tim Dickson - 07855 692527. **Dartford Volleyball Club** Graham - 01322 275290 or 07984 106134 Stone Lodge Indoor Bowling Club 01322 274111. VCD Table Tennis Club Eric Jenkins - 0208 3038312. Dartford Ju Jitsu Club Mondays, Dartford Girls Grammar School, Shepherds Lane. 6.30-8.00 Juniors, 8.00-10.00 Seniors. 1st session free www.dartfordjujitsu.co.uk

further information telephone Iris: 01474 703448. **Dartford Beekeepers** Meeting on Wed evenings from 12th Nov for people interested in Beekeeping. Initial meeting Sat 25th Oct. Contact 01322 225887 or willmumby8@tiscali.co.uk

for information.

Cards for Good Causes, the Charity Christmas Card Shop has moved to Dartford Library next to Central Park and will be open from 30 October to 18 December from 10.00am to 4pm Monday to Saturday (1pm on Thursdays).

Dartford Ladies

Probus Group

They meet 4th Wednesday

- 3.00pm, at Hubert House,

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# In your garden...

# What to do in your garden this October

Although September wasn't as expected weather-wise, let's hope you were able to take advantage of the good days to enjoy your garden. However, October has arrived so it's a good time for borders and containers to be tidied so that they are ready to plant your spring flowering subjects. A selection of flower and vegetable seeds can now be sown outside and inside, not forgetting to start general maintenance on the lawn.

#### Vegetables

- Plant onion sets of over-wintering varieties from the middle of the month.
- Winter lettuce varieties can be sown.
- Main crop potatoes should be lifted and allowed to dry prior to storing in wooden trays in a dark, cool, frost-free shed or garage.
- Transplant spring cabbage into their final positions.
- Pot up plants of basil, marjoram, mint, oregano and parsley, growing them on the kitchen windowsill for a supply of herbs during the winter.
- Sweet corn can be harvested when the tassle turns brown by snapping off cobs just before eating.
- Marrows, pumpkins and squashes can be cut then ripened in the sun in a warm, dry place and stored.
- Crops should be picked regularly ensuring they are always fresh and tender. Items such as courgettes and beans shouldn't be left too long prior picking.

### Flowers

- Sow wildflowers such as field scabious, field cornflower and feverfew as these varieties can be sown direct outdoors.
- Seed of wild flower varieties primrose and cowslip may be sown in a cold frame.
- In the greenhouse sow cyclamen, pelargonium, schizanthus and strelitzia.
- Sweet Peas can be sown in a cold frame or unheated greenhouse to over-winter, so that young plants are ready for planting out in March/April to obtain early blooms.
- Hardy annuals such as calendula, cheiranthus, godetia, larkspur, nigella and poppy can be sown outdoors.

• Spring flowering plants such as bellis (daisy), pansy, polyanthus, primrose and wallflower, along with spring flowering bulbs, can be planted.

• To prevent the growth of grey mould on blooms of dahlias for example regular deadheading is required.

• Cuttings of tender plants, such as coleus, pelargoniums and gazanias, that you wish to over-winter should be taken.

• When blooms have faded a last deadheading of roses can be done, and tall stems may be slightly shortened so that movement from wind is reduced.

• Stem cuttings from roses can be taken during the early part of this month - cut a length of stem, remove the soft tip above a leaf joint, cutting below a joint at the base removing all but the top three leaves. Place directly into the soil approximately 30cm (12") to about half its length somewhere in the garden where they can remain to root and develop for about a year.

• For early fragrant freesia blooms next spring plant corms now.

### Lawn care

- Now is an ideal time to sow new lawns or make repairs to existing lawns.
- Grass growth is slowing, therefore, reduce the frequency of mowing.
- Keep the lawn clear of fallen leaves.
- General maintenance should be carried out to established lawns, aerate by spiking with an aerator or fork, apply a top dressing and towards the end of the month apply an autumn fertiliser.
- Grass growing against walls, fences or along path edges should be trimmed.

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### Each month Abdel looks at a different part of the world and writes exactly 80 words. This month he writes about... Paris!

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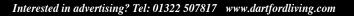
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Information About Drugs - FRANK - 0800 776600

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NHS Direct - 0845 4647

NSPCC Child Protection Helpline - 0808 800 5000 RSPCA Kent - North West Branch - 01474 328515

Thames Water Leak Line - 0800 714614

West Kent NHS Helpline - 0800 0 850850

**DAODS** Dartford Amateur Operatic Dramatic Society

The Dartford Amateur Operatic Dramatic Society are presenting their next show 'Jekyll and Hyde' at the Orchard Theatre on 22nd - 25th October. I was invited along to one of their rehearsals for a sneak preview of the leading characters. David Kerry, the silly-ass in 'Anything Goes' back in April, plays the dual role of Jekyll and Hyde. Laura Gillham plays Jekyll's fiancé Emma Carew, coincidentally she played David's fiancé in 'Anything Goes', and Michelle Wright plays the prostitute Lucy Harris that attracts the attentions of both Jekyll and Hyde. The show has been described as 'The Phantom of the Opera' meets 'Oliver'. It contains a large number of principal roles for the society to tackle. Although the story is a work of fiction, this production is firmly arounded in a sense of reality. The show is directed by David Maun, whose very own contagious enthusiasm for the entire piece will ensure that the show is a success. David's last production was the amateur premiere of 'The Witches of Eastwick' in October 2006.

David Kerry faces, literally, a challenging task of two roles. To avoid losing the audience during the play David will be using colours to differentiate between the two men. Dr Jekyll and his fiancé Emma wear the colour purple and Mr Hyde and Lucy



wear the colour red. Lighting using the same colours are used during to light each side of his face during one song where David has to sing each line alternately as the two characters. Consisting of about 30 songs the journey will be filled with some of the most haunting and atmospheric music ever written for theatre.

Tickets are from  $\pounds$ 13.00 and are available from the Box Office on 01322 220000.

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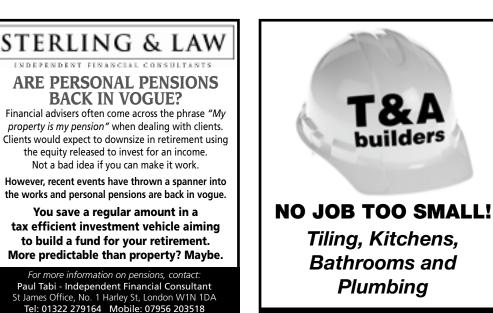
### Paul & Chris Baker welcome you and your family to -The Foresters, 15 Great Queen St, Dartford DA1 1TJ



### Forthcoming events:

- ♦ 11th Oct Race Night 'buy' your own horse and cheer it on
- ◆ Fri 31st Oct Children's Halloween fun from 5pm
- ◆ Sat 8th Nov Cancer Research Celebration and cheque Presentation night

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# Pub & Restaurant Review FEATURE

# Dartford Living's Vijay and Sam visit...



"A Kent Country Pub in the Heart of Dartford"

Friends had been asking me if I had visited the Malt Shovel since Neil and Ann took over in January 2008 and I thought it was time to find out, so Sam and I decided to take a look!

The first thing that made us warm to the Malt Shovel on our visit was the welcome we received from Neil and Ann. Neil told us a little about the history of the Malt Shovel, including the fact that it is one of Dartford's oldest buildings. In fact the haunted Tap Room of the pub can be dated back from 1673!

I was impressed by the small touches at the Malt Shovel. They use the local Hill Top Bakery and the local butchers on Colney Road. They also like to use seasonal Kent vegetables. None of that supermarket muck!

We visited on a cold Thursday in September and decided to both start with cheesy garlic bread. Other starters include chips, onion rings and salads. Main courses include Barbeque Chicken Melt, Fillet of Salmon, Sirloin Steak and both Beef and Vegetable Lasagne. Sam chose the Barbeque Chicken Melt, which was a chicken breast topped with bacon, BBQ sauce and grilled cheddar cheese. Sam chose for it to be served with chips but there were other healthier options including a jacket potato, rice and salad! I chose the baked Salmon Fillet marinated in lemon and dill.

Sam and I were too stuffed for a pudding but there were plenty of tasty desserts on the menu including Lemon Torte, Strawberry Cheesecake Apple Crumble and Chocolate Pudding, as well as Cheese and Biscuits.

Bob the Chef not only brings his 20 years of



experience to the Malt Shovel, but he also brings his passion for using seasonal local produce and good quality meat. Neil has already seen the Sunday roast becoming locally renowned!

If you are a real ale drinker, there is a great selection, however Sam stuck to the cider and I was drinking JD and coke! Our meals were also accompanied by a very nice glass of rosé.

Sam and I plan to return soon with our families for some of the fun events that are planned. Make sure you put these dates in your diaries:

#### 31st October - Halloween Fancy Dress 1st November - Children's Halloween Night 5th November - Bonfire BBQ

I was impressed with a little idea that the Malt Shovel has come up with to save us a bit of time in the busy lives we all lead. You can ring up before you plan to visit for lunch or dinner and pre-order your meal. So when you arrive it is piping hot and ready to eat without the wait! Great if you only have a short lunch break or starving after a hard day at work!

There is also a pleasant beer garden which is a friendly and relaxed environment to bring your family. However, if it's a juke box and fruit machines that you are after then perhaps the Malt Shovel isn't the pub for you. It's the sort of place you could bring anyone from your partner, mum, gran or bunch of mates and have a great time.

I have to say that the Malt Shovel satisfies the criteria of being a fabulous Kent Country Pub in the Heart of Dartford! Why not pop in and see what you think?

For more information, call Neil or Ann 01322 224381 or see the advert on page 18.

# Shenley Road Garage 01322 229887

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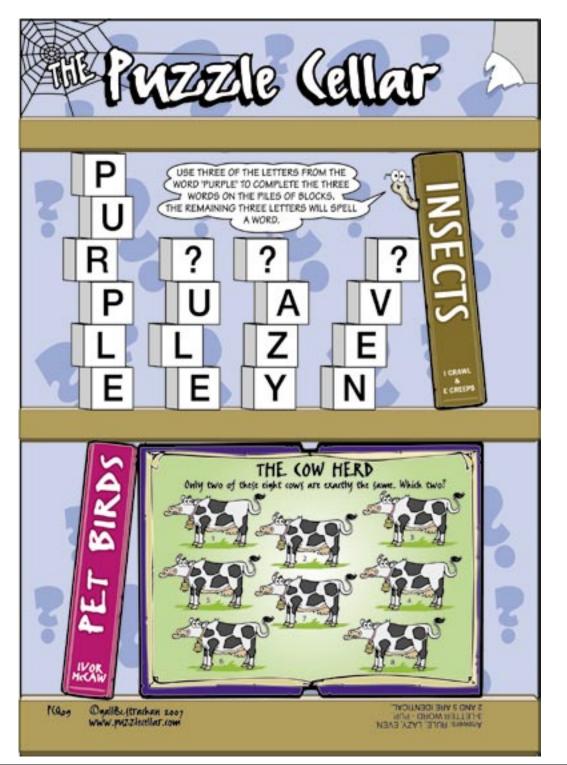
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# The Malt Shovel

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# Interview with... LEN GOODMAN

Long time Dartford resident Len Goodman has run the popular dance school Goodmans' in Market Street for the last forty years. He appears on the massively popular television programme Strictly Come Dancing as Head Judge, and on its American equivalent Dancing With The Stars. He spoke to Dartford Living's Kelly Goldsworthy.

### How did you get into dancing?

I got into dance very late. I had a football injury, and the metatarsals in my foot were not healing. The Doctor suggested I take up dancing to help it heal. I was about 21 then, which is late to get into dancing, but that's the story of my life, my autobiography came out in September and is called Better Late Than Never.

I got into dancing at 21 and on to TV at 60! But although 21 was old to get into dancing I seemed to have a natural flair for it and was fortunate to team up with a particularly good partner called Cherry Kingston, whose Dad had dance schools in Erith and Dartford. He gave me lessons. So I had a top teacher concentrating a lot of effort on me. I never returned to football as I was worried about picking up another injury, so I hung up my football boots and put on my black patent shoes!

How did you end up on Strictly Come Dancing? They interviewed lots of people for the judges role, and eventually asked the dancers if they had any ideas. Erin Boag suggested me. They interviewed me and I got the job. I'm not sure how I ended up Head Judge. The first I knew of it was when it was said on the show! Presumably it's because I'm the oldest.

With Dancing With the Stars they liked Bruno [Tonioli] but did not really want me, but they could not find anyone else! I got a call the week before it started asking me to come over!

### What do you think of the shows?

I love it, they are marvellous shows. They have brought a lot of people to dance. All types of dance have now become popular. They are nice shows with no nastiness. The judges may be a bit harsh at times, but for the celebrities it's not what they do, it they get voted off they go back to their real jobs.

### Tell us about your dance school.

I've had it around forty years now. In the 1970s and 80s, the Saturday Night Fever era we had discos for young people on a Saturdays which were very popular. I'm still heavily involved with the dance school. Whenever I am home I'm their all the time. It's my first love: teaching people to dance. It's marvellous; some of the people I taught now have careers in it.

Are you aware of the groups on websites like Facebook in your name, for example on Facebook there are several groups including 'Len Goodman Appreciation Society' and 'Len Goodman for BBC Sports Personality of the Year'?

I've heard, but I have never looked. Maybe I will now!

#### What do you think is the best thing about Dartford? Dartford Park. For a small town, which really is what

Dartford Park. For a small town, which really is what Dartford is, we have a lot: the park, the Orchard Theatre. The disco, Air gives the young people somewhere to go.

### What is the worst thing?

There are too many fast food restaurants and there is no diversity in the shops. Years ago we had M&S and Woolworths, that's all been lost now.

#### How does it feel to be one of Dartfords' most famous residents?

It has not gone to my head. I was lucky it came to me very late in life. I don't see myself as a celebrity; I'm Len Goodman a dance teacher with a dance school in Dartford. It's only when I walk down the street and people stop me to ask about the shows that I realise it.

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# Dhiren's Automotive News

The last month has been another busy month. The manufacturers have been preparing for their 2009 models.

### RENAULT HAS ANNOUNCED DETAILS TOYOTA HAS RELEASED OF THE ALL-NEW MEGANE.



The Megane's looks have somewhat changed from it predecessor, with some features from the Laguna. At launch it will be available with various petrol and diesel engine options, varying from 1.4 litre 128hp to 2.0 litre 150hp. The new Megane goes on sale internationally in November 2008.

### THE ALL-NEW FORD KA IS STYLISH. MODERN AND GREAT FUN TO DRIVE.



The affordable Ford Ka is designed to be both cheap to run and kind to the environment. It uses two economical engines -1.2 litre 69hp petrol and 1.3 litre 75hp diesel. Both variants are available with sub-120g/km CO2 emissions. It will be available late 2008/early 2009.

# **INFORMATION OF THE NEW iQ.**



It's a small clever car, with smart design features, which gives it a spacey interior. There will be enough to accommodate three adults and one child. The iQ will be in showrooms in Spring 2009, with two petrol and one diesel engine, and CO2 emissions from as low as 100g/km.

### A FRONT-WHEEL DRIVE VERSION OF THE FIAT SEDICI HAS GONE ON SALE IN FIAT DEALERSHIPS.



At a cost of £9,999, it is very competitively priced and has all of the versatility of its fourwheel drive counterpart, without the price tag. The Sedici 4x2 comes with a 1.6 litre 107hp engine and 16-inch alloy wheels.

# CONPETITION

### The Orchard Theatre Present **Seven Brides for Seven Brothers** THE ORCHARD THEATRE, DARTFORD Tuesday 4 - Saturday 8 November 2008

Box Office 01322 220000 or www.orchardtheatre.co.uk

Featuring classic songs including: Bless your Beautiful Hide, Goin' Courtin, Wonderful Wonderful Day, Sobbin' Women, Lonesome Polecat, Spring, Spring, Spring, Love Never Goes Away.



Voted the 3rd most popular musical of all time by BBC Radio 2 listeners, Seven Brides for Seven Brothers is a glorious romp, brimful of hand clapping effervescent energy, dazzling dance routines and sixteen smash hit showstoppers by Johnny Mercer and Gene de Paul, that perfectly integrates song, dance, and story.

Set in Oregon in 1850 Seven Brides for Seven Brothers is the story of Adam, the eldest of seven brothers, who goes to town to get a wife. He convinces Milly to marry him that same day. They return to his backwoods home. Only then does she discover he has six brothers -- all living in his cabin. Milly sets out to reform the uncouth siblings, who are anxious to get wives of their own. Then, after reading about the Roman capture of the Sabine women, Adam develops an inspired solution to his brothers' loneliness ... kidnap the women they want!

Colourful costumes, fabulous sets, sassy performances, this breathtaking production is guaranteed to put a spring in your step and a tune on your lips. It's toe-tapping good!

We have a pair of tickets up for grabs for Tuesday 4th November (7:45pm) if you can answer the following: In what year is Seven Brides for Seven Brothers set? A) 2000 B) 1850 C) 1966 D) 1066

Please send your answer, name and telephone number (by 20th October) to: competition@dartfordliving.com or October Competition, Dartford Living, PO Box 283, Dartford, Kent, DA1 9BW

PLEASE MAKE SURE YOU ARE ABLE TO MAKE THIS PERFORMANCE AS TICKETS CANNOT BE CHANGED FOR ANOTHER TIME, DATE OR SHOW



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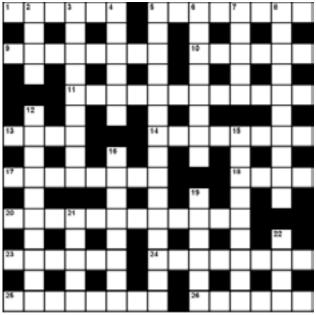
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For more details on all of the above please check our website: **www.springfieldldn.co.uk** Springfield Lodge, Powdermill Lane, Dartford email: functions@springfieldldn.co.uk

### Cryptic Prize Crossword goals



# Can you work out the answers? Fairly hard and a little bit cryptic!



(c) 2004-2008 Geraint Tucker (Granite Crosswords)

#### ACROSS

- Bounty for returning drawer? (6) 1
- 5 Temper of French rat in brief moment with ecstacy (8)
- 9 Prescott arranged shields (8)
- 10 Written message in scarlet terrain (6)
- 11 Not new made out of date (3-9)
- 13 Heroic tale in books again (4)
- 14 End prisoner, clued ambiguously (8)
- 17 Iron Saint I left without Virginia celebration (8)
- 18 No, a French word type (4)
- 20 AUT's pre-term disorganisation, without initially easing amounts of heat (12)
- 23 Land mass I defame without hesitation (6)
- 24 Works Peseta or otherwise (8)
- 25 Equivalent words for my return in second year? No, first of November - safety first (8)
- 26 Bert went vonder, containing number (6)

For your chance to win one of two Goals/Umbro Footballs, please send your name, address and telephone number with completed crossword to:

**October Crossword Competition**, Dartford Living, PO Box 283, Dartford, Kent DA1 9BW (Before 20th October) Prizes to be collected in person from Goals, Dartford Branch.

### Congratulations to September's Winners: Derek Morgan, Springcroft, Hartley Brian Hemsley, Eversley Avenue, Bexleyheath

### DOWN

- 2 Mistakes, or missing strays (4)
- Spaceman at Saturn explosion, with nothing inside (9) 3
- 4 Time period of French advert in church (6)
- Endless clumsy, antisocial, unusual errors (15) 5
- 6 Do greeting, North-South, without record sea creatures (8)
- Relative size of a team leader in Rio (5) 7
- 8 Great monster due out of order (10)
- 12 Vehicle with slippery eels cunning and without caution (10)
- 15 Painting country's cloak (9)
- 16 Regularly common (8)
- 19 Pressing? You are reportedly a man! (6)
- 21 Quiet instrument (5)
- 22 Held strange desktop without DOS (4)

# **CALLING ALL INTREPID EXPLORERS**

Looking for a holiday with a twist next year? Then why not trek to the Home of the Dalai Lama and raise vital funds for the Ellenor Lions Hospices. Booked for 31st October 2009, this unique expedition combines awesome Himalayan trekking with a visit to India's exiled Tibetan community. The challenge begins and ends in Dharamsala, where the Dalai Lama and the centre of the Tibetan Community are situated, at the heart of the world's highest mountain range.

Your two week expedition follows the Uhl River, through rhododendron and everareen forests. The route takes in Hindu settlements and isolated Buddhist monasteries. The region remains largely unvisited, which makes it a pristine and unspoilt area to trek.

You spend a night beside nomadic shepherd encampments, and another in the Taragarh Palace, home to Maharajas for centuries.

You can then spend your final day exploring the Taj Mahal - one of the areatest monuments to love ever built.

Linda Trew of the Ellenor and Lions Hospices said this "having done a number of charity treks I can honestly say there are very few things that give you the same feeling of personal achievement like completing a challenge like this. It really is a win win situation, you get to see parts of a country you would never normally go



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to, make new friends and develop new skills. All this in the knowledge and comfort of knowing that your sponsorship is really going to make a difference to someone who is facing a much tougher challenge than you!" She continued "Our aim is to raise enough money to fund a nurse for a year, we are appealing to everyone to join us on what promises to



be a trip of a lifetime. We will support you with fundraising and training, so there really isn't anything stopping you!"

To secure your place on this truly magical expedition you need to pay a registration fee of £475 + insurance and then pledge to raise a minimum of £2,850 for Ellenor Lions Hospices.

Places are limited, to secure your place please call Linda Trew, Corporate Partnerships Manager on Tel: 01322 422845 or email linda.trew@ellenorfoundation.org



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# **Bav's Sporting Comment**

England manager Fabio Capello said the secret to the 4-1 win against Croatia in Zagreb was that his side played with "confidence and courage".

He saw Theo Walcott, aged only 19; become the youngest player to hit a hattrick for England as they inflicted a first competitive defeat on Croatia at home. The boy showed all his doubters, exactly why Arsene Wenger decided to pay up to £12m for him and why Sven Goran Eriksson decided to put him into the 2006 world cup squad – because he is special, with the potential to be a big match winner. Those players are like gold dust... let alone English.

# This was always going to be different from any other recent Olympics.

None of the usual questions that tend to surround an Olympics mattered here: money, organisation, level of government support and the public's enthusiasm - or indeed lack of it. China has given us great venues - there can be nothing more iconic than the Bird's Nest. The infrastructure development has been amazing.

We had a first week dominated by the amazing Michael Phelps. Athletics in Beijing will be remembered for Usain Bolt in the second week. In order to immortalise the games, you always need superheroes. You need stars that everyone round the world knows. We had two such world superheroes. Alongside all this, Team GB has broken free from the rather depressing British history of failing to deliver, by enjoying its best Games for a century, and finished fourth in the medals table – a truly great achievement. People are talking about whether London 2012 can live up to the Olympic ideals - and even though we've left behind the stunning spectacle of Beijing, we know for certain that the Olympics will be one of the biggest themes in British life for the next four years and beyond. That's because the audience figures confirm the nation was hooked. It is said that 80% of the UK's audience watched at least 15 minutes of the games.

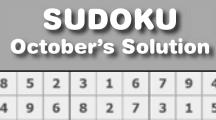
In football, the transfer day deadline drew some fun and games... more than usual.

Manchester City's new owners, The Abu Dhabi United Group, funded the stunning capture of Brazilian forward Robinho from Real Madrid for a British record fee of £32.5 million. That came after they had failed in a bid to hijack United's purchase of Tottenham striker Dimitar Berbatov, where Alex Ferguson supposedly had to intervene personally by picking up Berbatov personally from the airport, to get the striker to Man Utd for £30.75 million. Both Kevin Keegan and Alan Curbishley have left their clubs citing "a lack of control over transfer policy". Maybe there will be another return for King Kev to Newcastle?

# Upcoming events this month include:

CRICKET Twenty20 Champions League tournament; RUGBY LEAGUE Oct 4 Old Trafford: Super League final; GOLF Oct 9-12 Wentworth: World Match Play Championship.





#### 

### Crossword September's Solution E L P O R A E AMAZED POWERFUL C S R A T S E A HUSBANDS NEARBY E R S D I N E SHOE FRIGHTENED O P E N S O COMMISSION FREE



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