



Members Newsletter December 2024

A Message from the Chair

To those of you who celebrate Christmas, Happy Christmas! I hope you can find help to focus on the reason for the season. And for those of you who don't particularly celebrate the birth of Christ, I hope you manage, with all of us, to resist total immersion in commercialisation but manage to spend time with those you want to see, watch all the best bits of TV, and enjoy some good food and a bit of calm winter weather safely.

To those of us retired from full time work, we might miss the staff parties, but not the short holiday break! However, there may be some of us alone over December and January who would rather not be on our own with memories and loneliness to contend with.

That's where we hope Alnwick u3a might come in, having an opportunity to meet people locally who might become friends, with similar interests. Lifelong friends are special and rare. New friends can be fun. That's one reason why I've chosen the following to be my message for 2025 as chair. Why not try two things – turn to a person you don't know well either at a group or a monthly meeting, introduce yourself and have a good chat. Then, why not try out a new group or interest next year? You can find the list of groups on the new website, on the notice board at the monthly meetings, or, if you are on Facebook, find the Alnwick u3a page and look out for Mary's posts advertising each group when she has details.

Whatever your circumstances, we wish you Good Health and Peace in 2025.

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Monthly Meeting – 17th October 2024



Emergency General Surgery – George Nasmyth Changes over my Working Lifetime - 1976 to 2016

George gave a very interesting presentation on developments in emergency surgery during his working life as a surgeon. Looking back he has identified four main factors which have influenced change over the years. These are **technology, working practices and surgical training, subspecialisation** and the **culture of health staff and patients**.

1 TECHNOLOGY - Medicines - George gave two examples:

Peptic ulcers - In the 1970's Treatment for perforated peptic ulcer involved invasive treatments and peptic ulcer disease used to leave the patient with many nasty symptoms.



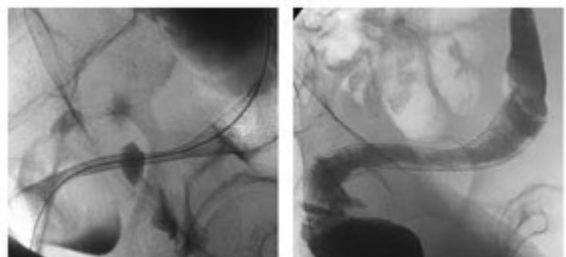
Medicines developed to reduce gastric acid production have greatly improved the symptoms. George gave examples of three types of medication with Omeprazole being the most effective. Between 1976 and 1996, the incidence of patients presenting with complications of peptic ulcer disease due to bleeding or perforation declined by about 90 percent.

Surgery used to be common for blood clots in the leg. Medication, such as Warfarin has helped to reduce the incidence of this condition.

CT Scanning and Ultrasound - These very important tools have led to improved diagnostics, improved treatment planning and better performed surgeries. Screening allows the surgeon to see what is going on and offer elective or no surgery in some cases. Radiology can also help with non-invasive interventions. All of this has reduced the risks and offered patients a better chance of survival.

Endoscopy – In the 1970s this was not very effective. Nowadays a small camera provides high quality images on a big screen enabling an accurate diagnosis to be made. It is also possible to do treatment via the endoscope, such as the reduction of an obstruction before operating on a tumor. Colonoscopy and flexible sigmoidoscopy have also allowed for diagnosis and therapeutic procedures.

Endoscopic placement of colonic wall stent for left sided colonic tumour (right)



Improvements in intensive care and anaesthesia have led to patients receiving urgent surgery now having enhanced postoperative care.

Minimally invasive surgery has meant patients have smaller wounds, less trauma and faster recovery.

2 WORKING PRACTICES AND SURGICAL TRAINING

Postgraduate surgical training - In contrast to 1976, by 2016 all trainers have to participate in training for the role of trainer. All trainees now have regular assessments of competence and progression which looks at both appropriate placement support and trainee achievements. Knowledge and competencies are formally assessed before the award of FRCS at the end of training.

Monthly Meeting – 17th October 2024 (contd)

Audit, standards and accountability - The influence of Audit, Accountability and standards on emergency general surgery has grown considerably. In 1977 there was little measurement of surgical outcomes or the effectiveness of the practitioner. Key Drivers for change came in the 1990's with incidents such as, the Bristol Children's Heart Surgery Scandal and the GP Harold Shipman who murdered numerous patients. There was Criticism of the GMC for having no system which might identify failing doctors

From 2016 there was a new emphasis on Multi Disciplinary Teams who work together to make treatment decisions. There is also data collection in relation to individual surgeons. Trainees are required to maintain log books and are involved in audit as a mandatory aspect of their training which is assessed annually. Annual appraisal of all medical staff is required by the GMC.

Efficient provision of emergency theatre time – Hub and spoke emergency care

Where there are long elective waiting lists, there is a problem of insufficient capacity for emergency surgical provision. The development of emergency operating theatre time in Hub and spoke hospitals is intended to tackle this. A Hub Hospital or Trauma Centre usually has provision for a range of different surgery. Patients are transferred in from the site of their trauma/accident or are transferred from A & E after been treated and/or stabilised there initially.

3 SUBSPECIALISATION

In 1977 emergencies referred to general surgery included a range of different conditions, such as, head injuries, vascular, urological and non orthopaedic trauma. From 2016 most surgeons have only been trained to provide emergency surgery in their own subspecialty and will only accept responsibility for those they have been trained to care for.

4 CULTURE OF HEALTH STAFF AND PATIENTS

Self-Belief – In the past it was common for surgeons to have an inappropriate belief in their own skill set. The introduction of outcomes data, appraisals, new training systems and educational skills for trainers, had made problems relating to self belief rare in 2016.

Bullying & Abuse - These problems, especially inappropriate sexual abuse, with increasing numbers of women in the workforce, need exposing and eliminating. In 1976 bullying was common but was never called out because of fear of the consequences. By 2016, although it was still common, people were, and are now encouraged to call it out.

SUMMARY

Over Georges working live there have been many improvements, including better medical and surgical treatments, better diagnostics, better postgraduate training and better emergency care.

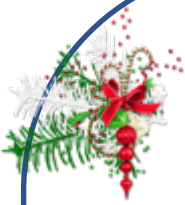
There are several outstanding problems, such as a conflict between emergency and elective provision, more demand, more staff, more training, more cost, and bullying and abuse. In addition, there is the question of whether emergency surgical provision can continue in small units.

Mary Brazier



Monthly Meeting – 21st November 2024

The Northumberland Hedgehog Rescue Trust Presented by Jen Stephenson



Jen told us she is a retired Head Teacher who saw an advert for volunteers to help with Hedgehogs and knew this was something she would like to do. Jen then told us a bit about Hedgehogs and the work of the Trust. Hedgehogs have been on the planet for 15 million



years and appear on every continent, apart from Antarctica. Their closest relatives in the UK are the Shrew and the Mole. They are apparently mentioned in three Shakespeare plays, and a quarter of people in the UK say they have never seen a live Hedgehog!

They have 5,000 spines made of Keratin and are hairy on their heads, legs and stomachs, making these their vulnerable parts. They have a tail and ears, and the size of the ears can help to age them. The bigger the ears the older they are. Hedgehogs have poor eyesight, but good senses of smell and hearing help them to find food. In the wild, Hedgehogs will travel up to two miles to find enough food and tend to follow the same route every night. They mainly eat insects, beetles, slugs, earwigs, millipedes, worms, spiders, caterpillars, berries, baby frogs, baby birds and bird's eggs. They are lactose intolerant so should never be given milk or bread.

As numbers are declining, it is good to encourage Hedgehogs into your garden. This can be done by providing access and leaving food and water. They can be fed with commercial Hedgehog food, Kitten Kibble or cat food. Once you start feeding, the Hedgehogs will keep coming back! To allow access, you could cut a small hole in the bottom of a fence, about the size of a CD. It is possible to make a Hedgehog feeding station using a low plastic storage box and cutting a hole at each end. This is to allow a Hedgehog to get out if another one comes in and is aggressive. You can also buy purpose-built Hedgehog houses. It is important to keep food and water bowls clean to prevent illness.



There are many dangers for Hedgehogs in gardens. If you have a pond, it is important to have a shallow end where a Hedgehog can climb out. They can swim but will tire easily. Netting in gardens is a danger as a Hedgehog can get tangled up in it, so take care if you use netting or have football nets or similar. Bonfires and compost heaps are attractive to Hedgehogs so please check before lighting a fire or putting a fork in the compost heap.

The Northumbrian Hedgehog Rescue Centre was set up by Carol Catchpole, who is now 80 years old but still caring for Hedgehogs every day. It started when she found one Hedgehog in need of care and expanded from there. The organisation is a charity which depends on donations; it currently has six volunteers and operates 365 days a year. Their mission is to rescue injured and sick Hedgehogs and release them back into the wild. The Hedgehogs are kept in cages in Carol's garage, which has sleeping and eating/drinking areas. Sometimes a mother and her babies will share a cage.

Monthly Meeting – 21st November 2024 (contd)

Funds are spent on food, cleaning materials, medicines, and the services of a vet. There are also maintenance costs, and the centre has a few incubators and will buy heat pads.

Last year the centre cared for 250 Hedgehogs over winter and 200 were released in the Spring. 50 are in foster homes with a volunteer who will care for them if they are not able to go back into the wild. Six that are disabled or blind are in 'safe gardens', that are enclosed to stop other animals getting in. This year they already have 130 Hedgehogs in the centre.

Hedgehogs are brought to the centre for a variety of reasons; for example if the animal is showing unusual behaviour, such as sun bathing or walking in circles, or has an injury. Hedgehogs can also become sick with ringworm or fleas, or they may not be eating. It is best to wear gloves when handling a Hedgehog, especially if it has ringworm.

Every day at the centre, all the Hedgehogs are taken out of their cages, checked over and weighed. The volunteers will check how much they have eaten and the state of their pool! If they need medication this will be given by someone who is trained to give an injection.



Each Hedgehog is given a name, usually by the person who brought it in. Eating well is seen as a good sign and Hedgehogs have between 36 and 44 teeth! Orphans often need to be hand fed every two to three hours including during the night. Babies are given lactose free dried milk via a pipette. The babies start off with very soft spines and may weigh only 36 grammes. Eventually, they will learn to drink from a bowl. If a


Hedgehog has an injured leg, it might be given hydrotherapy by allowing it to swim around in a bowl. The centre has access to a Physio who applies the same principles of rehabilitation as they would to humans.

In summary, Hedgehogs are declining although urban populations tend to be doing better than rural ones, possibly due to people feeding them. They are categorised as 'near threatened' and have declined by 2/3rds. We can help by making our gardens Hedgehog friendly, spreading the word or perhaps volunteering at the centre.

A few questions were asked at the end of Jen's presentation. We were told that Hedgehogs have a lifespan of between 2 to 5 years in the wild and the oldest one, recorded in Denmark, was 16 years old. Hedgehogs do have fleas, but these fleas will not bite dogs, cat or humans. And it is hoped that a robot mower would stop at a large Hedgehog but maybe not a small one.

Mary Brazier





Christmas Social – 12th December

As in previous years, we will first have the December presentation. This will be on the subject of Bette Davis, presented by Martin Shingler, who last year talked about Diana Dors. We will then get Christmassy, eat things, drink mulled wine or other seasonal beverages, and maybe listen to appropriate music. Seasonal hats and jumpers will be welcome!

Just a reminder – this will be on the second Thursday of the month, not the usual third Thursday. At our November meeting, we took the names of members who would like to attend the Xmas Social, and also volunteers who would be able to help on the day.

If you were not at that meeting, could you please let me know if you would like to attend the Xmas Social and if you have any particular dietary requirements such as vegan, vegetarian or gluten-free. Also whether you would be able to help out on the day.

Pat Ashton

Membership Secretary

membership.alnwick.u3a@gmail.com

25th Anniversary

Next year sees the 25th Anniversary of Alnwick u3a. We want to mark this with a celebratory event, especially as Covid prevented us from celebrating our 20th Anniversary in 2020. If you want to help to plan and organize this, please contact me.

Shelley Willis

s.willis6@hotmail.com



Committee Members 2024/25

Your Committee members are elected annually at the Annual General Meeting, which is usually held in October. The current Committee members, listed below, were elected at the AGM held on 17th October 2024. Huge thanks are due to Maureen Sayers and George Ellames, who have stood down from the Committee after serving for three and six years respectively

Roles were agreed at the Committee meeting on 4th November 2024, as shown below. Committee members can be contacted via www.alnwick.u3asite.uk/contact

Chair	Carolyn McDonald Carolyn is also Safeguarding Officer
Vice Chair	Shelley Willis Shelley is also Assistant Newsletter Editor
Business Secretary	Cathy Robinson
Membership Secretary	Pat Ashton
Treasurer	Trevor Robinson Trevor is also Webmaster and Newsletter Editor
Groups Coordinator	Anne McMillan Anne also provides liaison with the Church Hall
Minutes Secretary	Mary Brazier Mary is also Assistant Webmaster and manages our Facebook group
Speaker Secretary	Kathy Platt



Annual Membership Renewals for 2024/25

Most renewal forms have now been submitted to Pat. If anyone has left it a bit late but still wants to renew, the forms can be downloaded from the website at

<https://alnwick.u3asite.uk/membership/>

We no longer print out membership cards, but if you would like a receipt, contact Pat at

membership.alnwick.u3a@gmail.com

Regional Committee

The Northumbria Region u3a Committee has a number of members coming up for retirement. If the Region is unable to get enough new committee members, there is a risk that it may have to fold. This would impact on the various events that the Region is able to support financially.

If you are interested in joining the Regional Committee, more information can be found at

<https://northumbria.u3asite.uk>

Tom's Tales

Dear God,

It rained for our whole holiday and boy was my Dad mad. He said some things about you that people are not supposed to say. I hope you will not hurt him.

Your friend (but I'm not going to tell you who I am).

Tom Burroughs



Our Groups

A few things have been happening within the Groups that I'm sure you will all be interested in.

Two of our Groups will have new Leaders from January. History's new Leaders are Mary Brazier and Barbara Wood, and John Davidson is the new Long Walks Leader.

A big thank you goes out from us to Gill Batty, Colin Gough and Lalik Nasmyth who are stepping down from these Groups.

A thank you also to Judy Williams and Sheila Abercrombie who will be stepping down as Short Walks co- Leaders at the end of the year. We do not, as yet, have replacements.

Short walks is such a popular group that it would be a shame for it to fold. Please think hard and even if a few members together could keep the group running, it would be greatly appreciated.

A thank you also goes to Anne Larvin, who is stepping down from and closing the Herbal Group.

If you think you would like to start a Group or could help in any way, please get in touch with me at groups.alnwick.u3a@gmail.com. I can help, you won't be alone.

Anne McMillan
Groups Coordinator



Threads Through Creation

Regional u3a organised an excellent day out to Hexham Abbey to view the 12 huge textile panels created by artist Jacqui Parkinson. They took almost three years to complete using millions of stitches and miles of thread. The panels are a representation of the seven days of creation story, featuring the Garden of Eden and Adam and Eve.



A sandwich lunch was provided which gave ample opportunity to chat to fellow u3a members.



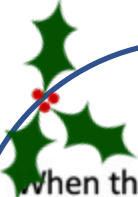
Following our lunch break we were treated to an organ recital by the Director of Music at Hexham Abbey, Michael Haynes. The sound quality is superb, and Michael Haynes certainly pulled out all the stops to give us a recital to remember.



Our last highlight of the day was a very informative guided tour of the Abbey including the crypt. In the south passage you can still see examples of Roman stone which was used to build the crypt in 674.

Our day ended with a lot of tired but very happy u3a members.

Maureen Sayers



U3a Walking Group – Longer Walks The Northumberland Coastal Path 2024

When the longer walks walking group planned their programme for 2024, we decided to walk the coastal path from Berwick to Cresswell in 6 separate walks spread over the year. This 66-mile trail is now part of the very much longer King Charles III England Coast Path. As these were linear walks, we parked at the end of the walk and mainly hired a minibus to take us to the beginning.

Section 1 - February 14th 16 walkers 11.5 miles Berwick to Beal - A damp start to the



coastal path. The old bridge over the Tweed was closed for repairs so we gathered in Tweedmouth before squelching our way down the coast to the causeway to Holy Island, passing Spital, Cocklawburn and Goswick on the way. Tea and cake at the Barn at Beal was definitely the highlight of the day.

Section 2 - March 27th 11 walkers 8.75 miles

Beal to Belford - Another very wet start but, as we left the welcome shelter of the Guru Coffee Shop in Fenwick, the day began to improve. The path on this section is not always close to the sea, so we passed through woods and fields with lambs, and were accompanied by some lovely blue-sky views on our way south.



Section 3 - May 8th 11 walkers 10 miles Belford to Seahouses - A dry day for this section, which passed Budle Bay and Bamburgh. The change of season was apparent from the bluebells.



Once again, we were next to the sea and could walk on the beach some of the way.



Section 4 June 12th 7 walkers 11 miles Seahouses to Craster - A dry day with a low tide so that there was chance to walk along the beach only coming inland as necessary.



A highlight of the day was a lunchtime pint at the Ship Inn, Low Newton.

Section 5 September 11th 4 walkers 12.5 miles Craster to Warkworth - It was a nice day, and a lot of the walk was on or very near the beach. We took our time and were able to identify many different birds along the way. The path comes inland for the section round Alnmouth.



Section 6 October 8th 10 walkers (+ dog) 11.5 miles Warkworth to Cresswell - Another wet day, but at least the strong wind was behind us as we strode out round Amble harbour, along the beach, down Druridge Bay and through the sand dunes. We were pleased to reach the cars in Cresswell. Once again, the day was saved by a café, this time the Drift at Cresswell, where we celebrated the end of our walk with more tea and cake.

Overall, 17 people walked at least one section of the path and no-one totally completed the whole route.



With thanks to Mike Still for the general organisation and walk leading, and to John Langridge for leading Section 4.

Photographs - Gill Battye and Linden Innes-Hopkins

**Gill Battye - Group Leader
October 2024**



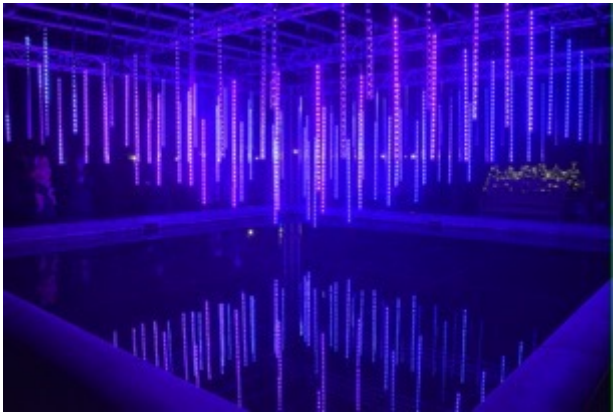
December Photos

Taken by Shelley Willis at The Alnwick Gardens and
Lilidorei Winter Light Trail



This photo has been edited!

December Photos Contd.



Christmas Quiz



- 1 What traditional Christmas decoration is actually a parasitic plant
- 2 Mary and Joseph travelled to Bethlehem, but where did they come from
- 3 In “A Christmas Carol”, what was Scrooge’s first name
- 4 According to the song, what gift was given on the eight day of Christmas
- 5 What’s the name of the hot spiced cider that’s a Yuletide tradition for many
- 6 The first artificial Christmas tree was made in the 19th century using the feathers of what bird
- 7 Which fairy tale were the first gingerbread houses inspired by
- 8 Who tried to make Christmas illegal in England from 1647 to 1660
- 9 What word for Christmas, or a Christmas carol, was borrowed from French
- 10 What Christmas carol became the first song ever broadcast from space in 1965
- 11 Which country did Eggnog come from
- 12 In the song “We Wish You a Merry Christmas” what type of pudding is called for
- 13 In what country do people celebrate Christmas by eating chicken from KFC
- 14 In the film, “It’s A Wonderful Life”, what happened every time a bell rang
- 15 What is the best-selling Christmas song ever
- 16 How many ghosts show up in “A Christmas Carol”
- 17 What are the names of the Three Wise men
- 18 Which country started the tradition of putting up a Christmas tree
- 19 Three of Santa’s reindeer’s names begin with the letter D – What are their names
- 20 Which star sign are people born on Christmas day
- 21 In the film “Home Alone” where are the McCallister going on vacation when they leave Kevin behind
- 22 Which song was the UK Christmas No. 1 in 2000
- 23 What was the first company that used Santa Claus in advertising
- 24 How many gifts in total were given in “The Twelve Days of Christmas” song

Monthly Events in 2025

The 2025 Programme is still being developed, but the events for January to July are listed below.

JANUARY 16th - TESSA NICHOL - “A Short History of Burma” - Presentation by u3a member Tessa Nichol. Based on her trip to Myanmar a few years ago.

FEBRUARY 20th = DENISE HOWE - “Our Talented North-East” Denise will enlighten us about the playwrights, painters, sculptors, entertainers and inventors who contributed to our amazing heritage, here in the north-east.

MARCH 20th - ROB SIMPSON - “Highlights of my travels in Namibia” Rob’s presentation about his travels in Namibia will look at wildlife and everyday life plus his involvement in the building of a local school there.

APRIL 17th - CHRIS TIPPLE - “A Flawed Genius - John Gutzon Borglum and the creation of Mount Rushmore” Chris will tell the epic tale of the carving of the world’s largest sculpture.

MAY 15th - BRIAN WARD - “The Beatles and the South” Brian returns to give another of his interesting presentations. This is based on his next book ‘The Beatles and the South.’ He clarifies that this refers to the Southern States of the USA, not Brighton and Hove!

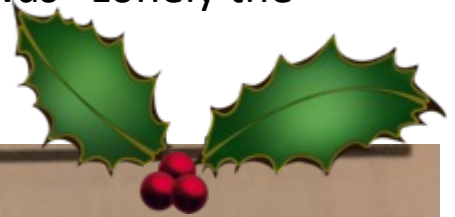
JUNE 19th - HEATHER DEVEY - “The Reintroduction of Beavers” Ecologist Heather will give a presentation about beavers and their reintroduction into parts of the UK.

JULY 17th - MARTIN HOMER - “Mocha Mondo Coffee” Martin will cover various aspects of the coffee business including the rise of women led coffee growers and some methods of coffee bean processing at farm level.



Christmas Hits

Fifty years ago, the Christmas Number 1 was “Lonely the Christmas” by Mud.



DECEMBER 1974		14	21/28
7			
1	You're The First, The Last, My Everything <i>Barry White</i> (20th Century)	1	4
2	Gonna Make You A Star <i>David Essex</i> (CBS)	5	-
3	Juke Box Jive <i>The Rubettes</i> (Polydor)	8	3
4	Oh Yes You're Beautiful <i>Gary Glitter</i> (Bell)	2	9
5	You Ain't Seen Nothing Yet <i>Bachman Turner Overdrive</i> (Mercury)	3	2
6	Tell Him <i>Hello</i> (Bell)	7	10
7	Hey There Lonely Girl <i>Eddie Holman</i> (ABC)	-	-
8	My Boy <i>Elvis Presley</i> (RCA)	6	7
9	Killer Queen <i>Queen</i> (EMI)	-	-
10	Ire Feelings (Skanga) <i>Rupie Edwards</i> (Cactus)	9	14
11	Magic <i>Pilot</i> (EMI)	12	-
12	Pepper Box <i>The Peppers</i> (Spark)	-	-
13	Too Good To Be Forgotten <i>The Chi-Lites</i> (Brunswick)	13	-
14	Get Dancing <i>Discotex and The Sex-o-lettes</i> (Chelsea)	11	8
15	Lucy In The Sky With Diamonds <i>Elton John</i> (DJM)	10	11
16	The Wild One <i>Suzi Quatro</i> (RAK)	15	-
17	No Honestly <i>Lynsey de Paul</i> (Jet)	-	-
18	Costafine Town <i>Splinter</i> (Dark Horse)	17	-
19	Lonely This Christmas <i>Mud</i> (RAK)	4	1
20	How Long <i>Ace</i> (Anchor)	-	-
39	Streets Of London <i>Ralph McTell</i> (Reprise)	14	6
23	Junior's Farm <i>Wings</i> (Apple)	16	-
21	Where Did All The Good Times Go <i>Donny Osmond</i> (MGM)	18	-
24	Tell Me Why <i>Alvin Stardust</i> (Magnet)	19	16
34	Down Down <i>Status Quo</i> (Vertigo)	20	15
47	Wombling Merry Christmas <i>The Wombles</i> (CBS)	21	5
28	You Can Make Me Dance, Sing Or Anything <i>Rod Stewart and The Faces</i> (Warner Bros.)	23	12
41	Father Christmas Do Not Touch Me/The Inbetweenies <i>The Goodies</i> (Bradley's)	28	13
25	Sound Your Funky Horn <i>K. C. and The Sunshine Band</i> (Jayboy)	32	17
	- Christmas Song <i>Gilbert O'Sullivan</i> (MAM)	44	18
	- I Can Help <i>Billy Swann</i> (Monument)	27	19
22	Sha La La <i>Al Green</i> (London)	22	20

Odds and Ends



My wife told me that for her birthday she'd like an i-phone, an i-pad, or something like that. I don't understand why she didn't like her i-ron.

I saw two council workers today. One was digging holes, and the chap behind him was filling them in again. I asked why they were doing this. They told me the man who planted trees in the holes was off sick that day.

It turns out my friend can't play the piano by ear.

A friend of mine was given a metal detector as a present. The first time he used it, he was wearing steel-toe-capped boots. I asked him how it was going. He said "I'm just finding my feet at the moment".

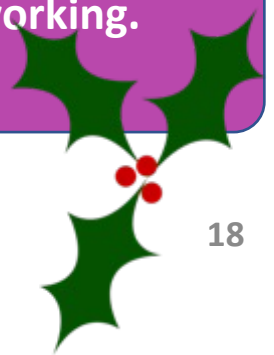
Apparently, he has to use his hands.

I recently did a Google search for "Missing Medieval Servant". It came back with "Page Not Found".

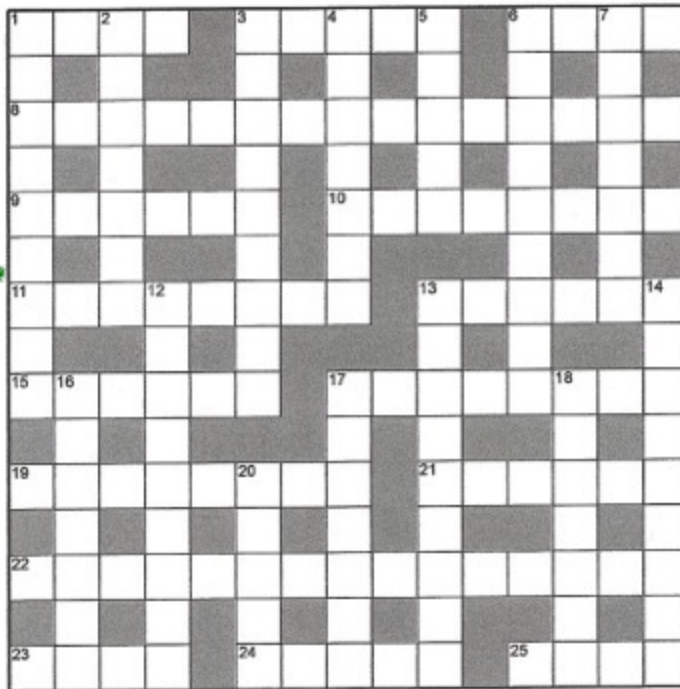
I said to a friend "I need help with a crossword puzzle – the clue is 'overworked postman'". She asked me "how many letters?" I replied with "I'm guessing too many".

I want to go to Vegas next year. But I can't find any information at all about what goes on there.

I don't understand why my calculator stopped working. It just doesn't add up.



Crossword – courtesy of Alan Sayers



ACROSS

- 1 Type of top worn by artillerymen (4)
- 3 Common flat-rate of pay (5)
- 6 Came up with a name (4)
- 8 Present-time atmosphere (9,6)
- 9 Darn tool! (6)
- 10 There's nothing particularly special about this sailor (8)
- 11 Soak these in the bath (8)
- 13 Rotter somehow will give a sharp reply (6)
- 15 Type of suit especially made for idlers (6)
- 17 A crushing defeat (8)
- 19 The sort of waistband that would suit a lot of folk (8)
- 21 Be extremely careful when using this key (6)
- 22 Yorkshire team that'll go far (9,6)
- 23 Drop off and you'll probably need a poke to keep you awake (4)
- 24 Don't go to bed yet, do your exercise (3,2)
- 25 Senses of self-importance goes astray (4)

DOWN

- 1 Complicated drawing (9)
- 2 Place where the young develop (7)
- 3 Angry over the drink being served (6,3)
- 4 Wrong dosages given to the sailors (7)
- 5 Checked out the joint (5)
- 6 Rekindled friendship with an old flame (9)
- 7 One armed with a liquidiser about to make trouble (7)
- 12 Put into words what the punishment was (9)
- 13 Circular tour (5,4)
- 14 Daring and sensuous she-cats (9)
- 16 Exit to get some fresh air (7)
- 17 Stir up an empty settlement (7)
- 18 Something cool to add to the salad (7)
- 20 Throws light on the bronzes (5)



Quiz Answers

1	Mistletoe	13	Japan
2	Nazareth	14	An angel got his wings
3	Ebenezer	15	White Christmas, by Bing Crosby
4	Eight maids a-milking	16	Four
5	Wassail	17	Caspar, Melchior, and Balthasar
6	Goose	18	Germany
7	Hansel and Gretel	19	Dancer, Dasher, and Donner
8	Oliver Cromwell	20	Capricorn
9	Noel	21	Paris
10	Jingle Bells	22	Can We Fix It, by Bob the Builder
11	England	23	Coca-Cola
12	Figgy pudding	24	364

Crossword Answers

ACROSS - 1 Tank. 3 Basic. 6 Rose. 8 Christmas Spirit. 9 Needle. 10 Ordinary. 11 Crystals. 13 Retort. 15 Lounge. 17 Pounding. 19 Stretchy. 21 Delete. 22 Doncaster Rovers. 23 Prod. 24 Sit Up. 25 Egos.

DOWN - 1 Technical. 2 Nursery. 3 Bitter Ale. 4 Seadogs. 5 Cased. 6 Reignited. 7 Stirrer. 12 Sentenced. 13 Round Trip. 14 Tigresses. 16 Outdoor. 17 Payment. 18 Iceberg. 20 Casts.

End Piece

*Telling of Autumn's decease
bickering birds in the trees
and signalling Winter's lease
across the sky gagging geese*

Mary Atkinson

