



Roaming Pen Roger Prizes all round

It's November, traditionally a rather dull month, autumn is almost over and winter draws on so it's difficult to be optimistic at this time of year, but there is always some good news somewhere. Not wishing to blow my own trumpet – but I do really – I have won a prize for one of my travel articles, long overdue of course but nice to eventually win something! Plus one of our local garden groups has won a cup from the City Council for their work in the local community. Well done them.

There are one or two things happening that might be of interest. One that caught my eye is 'Brighton by Lamplight' on Sunday 6th November. It's a 2 mile stroll through the darkened streets of the city revealing twittens and alleyways illuminated by sporadic street lighting. Architectural detail is picked out in a different form under lamplight and moonlight. What's more it's free, starting at 6.00 pm from the South Gate at the Royal Pavilion and lasts two hours.

On the same day, 6th November, the Low Carbon Trust is running one of their popular tours of Earthship Brighton. I didn't know what it was all about, but it appears that the Low Carbon Trust is a not-for-profit organisation that was formed in 2001 to set up, manage and promote environmental projects. Their main objective is - in their own words - tackling climate change through highlighting the connection between buildings and the carbon emissions their use produces. One of their first projects was building Earthship Brighton. Despite the name, the aim of this project was not to build a 'ship' in the conventional sense, but to construct a building that would be used to demonstrate how a low carbon and low waste future could look. Earthship Brighton is a community centre and after winning numerous awards is being showcased as one of the most progressive eco-buildings in Europe.

Well now we know. This seems to be very interesting, it all happens in Stanmer Park from 10.30, they meet outside Stanmer House, the cost is £6.00. You can find all the details at www.lowcarbon.co.uk.

Film has always been a big part of Brighton's culture, this year's Cine-City festival at the Duke of York's starts on 17th November to 4th December, the programme looks very interesting with a series of premieres, live events and films by Brighton based film-makers. All details are on www.cine-city.co.uk.

The City Council, with their 'wonderful' green agenda

is keeping up the sponsorship of the 77 Bus which runs hourly every weekend from the Palace Pier up to Devils Dyke all through the winter months. The National Trust now has a mobile office, caravan to you and I, up there to show you what you've been missing. They, the council that is, are suggesting that you might like to take the seven mile walk over to Ditchling Beacon and catch the No. 79 back to town. Well if it's a nice day and you're feeling energetic and we know that we should all make some effort to keep fit, then maybe you should. Personally the call of my sofa and a large G&T on a Sunday afternoon has a certain ring about it. But each to his own.

On the topic of keeping fit, for another magazine I have just conducted a review of Brighton and Hove's ever expanding gym culture. We have about 25 gyms in the town with a total membership of over 30,000, that's about 10% of our population. The variety on offer is quite amazing, you can pay from as little as £12 per month to an eye watering £98, they all offer similar facilities, it's just that some are somewhat more luxurious than others.

It will soon be time to think about next year's holiday; yes spring is just around the corner, think positive. There are so many travel websites these days that it is difficult to recommend any one in particular. Although there is one that consistently tops the polls, www.travelzoo.com is well worth signing up to as every week they publish their Top Ten deals, it appears to be one of the best. Although the biggest by far is www.tripadvisor.co.uk, they have millions of independent reviews of hotels, museums and resorts. They have had some negative press as some hoteliers are believed to pay people to post inaccurate reviews, but this is a tiny minority and as a long time contributor I am quite certain that the vast majority of the information is accurate. We are just back from our annual trip to Andalusia. This year we visited Jerez, which is really a stunning city, the sherry alone was worth the trip. Then we spent a night in Gibraltar which is a truly fascinating place. Its not Spanish, not English but very British, they are intensely proud of being Gibraltarians and extremely loyal to the UK. We had a great holiday and I have written some honest reviews on Trip Advisor.

Enjoy yourselves, watch out for the Roman candles and don't forget to take it easy. roger@kemptownrag.co.uk



News from the Coach House

A splendid meeting amongst Quinces hips and haws!

These November days are spent along the hedgerows with badgers, foxes and robins beside you.

BRIGHT RED HAWS and HIPS HURRAY show their fruits a delight to our eyes.

The ground is hard and glistens back up at us. Stars shine upon us in this dark sky.

THIS IS NOVEMBER!

A seed so deep now in the ground rests in its dormancy - holding a long song for the season to come. Light a fire beside you, tell a story or two, share a memory or three and chuckle with your neighbour at four!

... a little recipe that that my cupboards would ne'er be without...

Hawthorn Ketchup

2lb of Hawthorn berries, cider vinegar, honey or sugar (120grams).

Wash the berries and put them in a pan. Add the vinegar and simmer for half an hour. The berries become soft and express their juice. Press the pulp through sieve and add sugar or honey and salt and pepper to taste. Boil for 10 minutes, then bottle and seal!

Home-made and made-up recipes happen at the Coach house. We support creative living by encouraging people to explore within and around their habitat.

22 Walpole Road BN2 0EA.

Contact atthecoachhouse@googlemail.com for more info and to be added to our newsletter.



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