

Guildford Westside **Di**RECTORY.

www.guildfordwestsidedirectory.co.uk



Connecting *the* Community.

Letter from the editor

Is it me or is there a distinctive chill in the air? Autumn is most definitely on its way. We have another informed packed month for you. So don't forget to check out our local spooky goings on for Halloween.

Look out for Occram Singers, they are back in town kicking off with their Rachmaninov Vesper. Also look out for Guildford Choral performing Mozarts Solemn.

Christmas is just round the corner why not have an look at the Guildford Golf Club for all your festive parties.

Until next time, have a fantastic October and I will be back with you in November.

See you next month..

Lucy

Contact us

To advertise contact Lucy:

t: 07551 352169

e: lucy@guildfordwestsidedirectory.co.uk

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Guildford Westside Directory
www.guildfordwestsidedirectory.co.uk

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COPY DEADLINES

November issue	14 Oct
December issue	14 Nov
January issue	14 Dec



AFTER

BEFORE

Get your car repaired for Summer!

✓ BUMPER SCUFFS



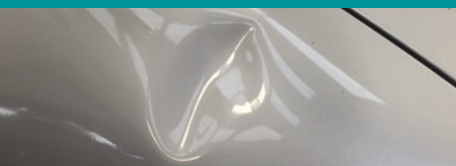
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✓ MINOR DENTS



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ART EVENING COURSE: THE WATTS DRAWING COURSE

2 OCTOBER 6.30PM - 8.30PM

@WATTS GALLERY

Learn different drawing techniques, working at easels in the Gallery in front of the collection, taking inspiration from G.F. Watts's work, the environment and still life. Suitable for beginners and previous course participants.

Price: £120 / £115 (friend & Student)

MORE INFO:
01483 810235

LANDSCAPES & TOWNSCAPES WORK SHOP WITH PAINTER JULIET RENNY

4 OCTOBER 10AM - 3.30PM

@THE BREW HOUSE GUILDFORD
HOUSE GALLERY

Juliet Renny is world renowned artist from Surrey whose illustrations have been used in Penguin books and the BBC. Following a brief a demonstration from Juliet, and with her guidance, use a media of your choice(e.g. pen and wash, watercolour, acrylics, pastels) to produce pictures of your favourite buildings or Landscape. Price: £20

MORE INFO:
01483 444751



SURREY HILLS WOOD FAIR

4 OCTOBER 10AM - 5PM

@ BIRTLEY HOUSE ESTATE, BRAMLEY

Looking for the perfect day out to entertain the family? Why not try the Surrey Hills Wood Fair this autumn. A fantastic day out in a stunning Surrey Hills woodland setting. Taking place at the Birtley House Estate, Bramley, GU5 0LE (5 miles south of Guildford) on 4 & 5 October from 10.00am to 5.00pm, there's a whole host of activities for all ages:

- Coppice Crafts & Wood Products
- Trade Stands
- Local Produce
- Bug hunts
- Animal attractions
- Children's activities including tree climbing and a zip wire
- Horse and Wagon rides

Tickets £7.50 for Adults, Children under 12 FREE. Advance tickets on-line for £7.00. Dogs on leads welcome & FREE parking.

MORE INFO:
[surreyhillswoodland.co.uk/
surrey-hills-wood-fair](http://surreyhillswoodland.co.uk/surrey-hills-wood-fair)

SURREY WOKING LIBRARY 100 DAYS TO VICTORY: HOW THE GREAT WAR WAS FOUGHT AND WON WITH SAUL DAVID

15 OCTOBER 7.30PM - 8.30PM

@WOKING LIBRARY

Telling the story of the First World War through the events of one hundred key days between 1914 and 1918, Saul David's gripping narrative looks at individual stories of men and women both eminent and ordinary. He is Professor of War Studies at the University of Buckingham and the author of several critically acclaimed history books as well as the popular George Hart novels.

MORE INFO: **01483 543599**

ALL THE FUN OF THE FAIR

25 OCTOBER 12PM - 5PM

@THE LIGHTBOX

Join us for an afternoon of funfair-themed family fun, inspired by interactive exhibition 'The Great Electronic Art Show'. Create a classic low-tech toy to take home in our drop-in spinning top workshop, take part in a funfair inspired workshop with Busylizzy, or visit our face painters for a colourful clown makeover. Free

MORE INFO: **01483 73780**

HANGING HANDY BATS

30 OCTOBER 1.30PM - 4PM

@ THE LIGHTBOX

Make a spooky bat using your hands, paper and other bits and pieces. Suitable for children 4+. Children must be accompanied by an adult. All materials included. Please note that you may have to wait if the Education Studio is full.



MURDER MYSTERY EVENING

31 OCTOBER 7.30PM

@ FOXHILLS COUNTRY CLUB &
RESORT

Join us for an evening of Who-Done-It, as you try to solve the crime of the century. Numerous suspects and only one killer - who could it be? This includes an arrival drink and a 3 course meal with coffee.

Price: Members £40 / Non-members £45

MORE INFO: **01932 704486**
foxhills.co.uk

Every care is taken when preparing these entries, but unfortunately sometimes events are cancelled. Please double check event with the organiser to avoid disappointment.



Shooting Star Chase

Children's Hospice Care

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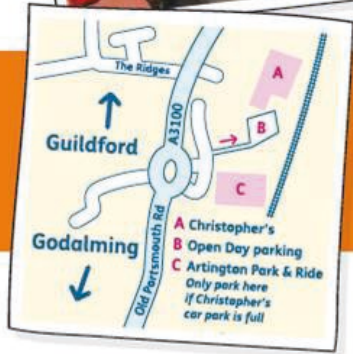
This is your personal invitation to visit Christopher's, the Shooting Star Chase children's hospice in Guildford. Come and see first-hand how our supporters make the difference to babies, children and young people with life-limiting conditions, and their families.

Wednesday 22 October, 10am – 5pm

Tours will run every 30 minutes from 10am.
The last tour will start at 4pm.

Christopher's, Old Portsmouth Road,
Artington, Guildford, Surrey, GU3 1LP

t 01932 823100
e fundraising@shootingstarchase.org.uk
w shootingstarchase.org.uk/openday



Please note in order to respect their privacy, our open days are held when we have no children or families staying with us, except in the case of an emergency.

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For more information contact Lindsey at events@guildfordgolfclub.co.uk or call 01483 563941



Visual arts.

THE ELECTRIC THEATRE

PUTTING ON THE RITZ

2 - 4 OCT

STEPPING OUT 8 - 11 OCT

GUILDFORD BOOK FESTIVAL

12 - 19 OCT

THE UNREMARKABLE DEATH OF MARILYN MONROE 21 OCT

SEANN WALSH: 28 23 SEPT

HUNDRED WATT CLUB BURLESQUE AND CABARET

25 OCT

THE ELECTRIC COMEDY CLUB

26 OCT

A PINCH OF PICKLE, A WHISK OF WISE... 27 OCT

THE LION KING (U) 28 OCT

JAZZ CAFE 28 OCT

PLAY IN A DAY 29 OCT

TABLET ART WORKSHOP 29 OCT

FOR INFORMATION ABOUT ALL OF THE ABOVE AND MORE VISIT:
electrictheatre.co.uk
or call 01483 444 789

G LIVE

THE ELO EXPERIENCE 2 OCT

TROPICANA NIGHTS 3 OCT

JARRED CHRISTMAS 4 OCT

JOE BROWN 4 OCT

CURTIS STIGERS 7 OCT

PETER ANDRE 8 OCT

HENNING WEHN - EINS, ZWEI, DIY 10 OCT

JIMMY CARR - FUNNY BUSINESS 11 OCT

G LIVE SURREY WEDDING SHOW 12 OCT

SETH LAKEMAN 14 OCT

RUSSIAN STATE PHILHARMONIC ORCHESTRA 15 OCT

RACHEL PARRIS: LIVE IN VEGAS 16 OCT

STEELEYE SPAN 16 OCT

JOHN MAYALL'S 80TH ANNIVERSARY TOUR 17 OCT

HM BAND OF ROYAL MARINES 18 OCT

JIMEOIN - IS IT...?! 19 OCT

AN EVENING WITH NOEL FIELDING 20 OCT

LEVEL 42 + SPECIAL GUESTS 22 OCT

FOR INFORMATION ABOUT ALL OF THE ABOVE AND MORE VISIT:
glive.co.uk or call 0844 7701 797

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JEEVES & WOOSTER IN PERFECT NONSENSE

24 SEPT - 4 OCT

ERIC & LITTLE ERN

6 - 7 OCT

THE MAN JESUS

9 - 11 OCT

SHEILA HANCOCK - MISS CARTER'S WAR 12 OCT

DANGEROUS CORNER

13 - 18 OCT

FOR INFORMATION ABOUT ALL OF THE ABOVE AND MORE CONTACT:
tickets@yvonnearnaud.co.uk
or call 01483 440000

YVONNE ARNAUD THE MILL STUDIO

PRIDE AND PREJUDICE

2 - 4 OCT

BECKETT'S LAST ACT

9 - 11 OCT

WARTIME WOMEN 25 OCT

BIG DADDY VS GIANT HAYSTACKS 26 - 27 OCT

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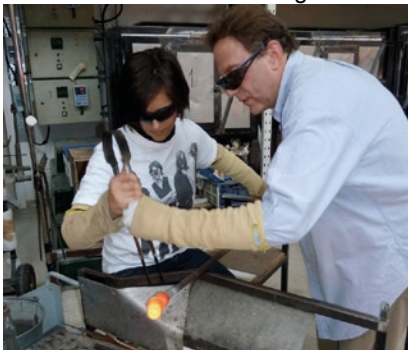
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KEY:
 Yvonne Arnaud - Blue
 The Electric Theatre – Purple
 G Live – Pink

OCTOBER

monday	tuesday	wednesday	thursday	friday	saturday	sunday
			THE ELO EXPERIENCE	TROPICANA NIGHTS	JARRED CHRISTMAS	
JEEVES & WOOSTER IN PERFECT NONSENSE @ Yvonne Arnaud			PRIDE AND PREJUDICE @ The Mill Studio			
		01	02	03	04	05
ERIC & LITTLE ERN @ Yvonne Arnaud	CURTIS STIGERS	PETER ANDRE	THE MAN JESUS @ Yvonne Arnaud BECKETT'S LAST ACT @ The Mill Studio			SHEILA HANCOCK - MISS CARTER'S WAR @ Yvonne Arnaud
				HENNING WEHN - EINS, ZWEI, DIY	JIMMY CARR - FUNNY BUSINESS	SURREY WEDDING SHOW
06	07	08	09	10	11	12
DANGEROUS CORNER @ Yvonne Arnaud						THE ELECTRIC COMEDY CLUB
	SETH LAKEMAN	RUSSIAN STATE PHILHARMONIC ORCHESTRA	RACHEL PARRIS: LIVE IN VEGAS	JOHN MAYALL'S 80TH ANNIVERSARY TOUR	HM BAND OF ROYAL MARINES	JIMEOIN - IS IT...?!
GUILDFORD BOOK FESTIVAL						
13	14	15	16	17	18	19
AN EVENING WITH NOEL FIELDING	THE UNREMARKABLE DEATH OF MARILYN MONROE	LEVEL 42 + SPECIAL GUESTS	HELLFIRE COMEDY CURRY		WARTIME WOMEN @ The Mill Studio	BIG DADDY VS GIANT HAYSTACKS @ The Mill Studio
			SEANN WALSH: 28		THE MAGIC PORRIDGE POT & OTHER TASTY TALES	THE ELECTRIC COMEDY CLUB
20	21	22	23	24	25	26
BIG DADDY VS GIANT HAYSTACKS @ The Mill Studio	THE LION KING (U) JAZZ CAFE	PLAY IN A DAY				
A PINCH OF PICKLE, A WHISK OF WISE...						
27	28	29	30	31		

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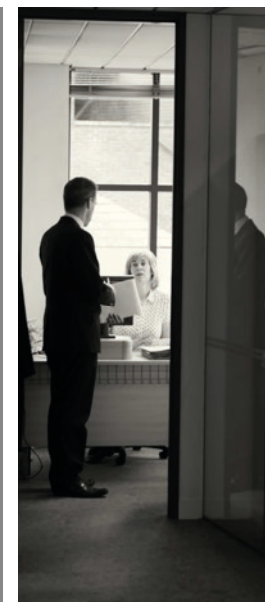
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ADVERTISING RATES

Quarter Page - **£38***

Half Page - **£68***

Full Page - **£120***

(*per issue based on booking 3 issues)



Rachmaninov: Vespers

Saturday 1st November 2014, 7.30pm
Holy Trinity Church, High St, Guildford



we get on with



Tickets: at the door £15, Pre-booked £12.50 (£7 students)

Record Corner Godalming: 01483 422006

The Occam Singers: 01252 783977

Guildford Tourist Information Centre:

155 High St, 01483 444333 and www.guildford.gov.uk

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7.30pm, Saturday
1st November 2014
Guildford Cathedral

Mozart
Overture 'Marriage of Figaro'
Solemn Vespers K339
Exsultate, jubilate

Beethoven
Mass in C

Guildford Choral Society
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Guildford Choral Society is a Registered Charity No: 280533



Trivia.

Sudoku 数独

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

Each row, column and 3x3 box must contain the numbers 1 to 9 just once. This can be done by applying logic -you don't have to guess!



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

Tastes so good...

BUTTERNUT SQUASH & FRESH GINGER SOUP



When winter is looming, there is nothing more warming to the heart and soul than a bowl of freshly made soup. This one is no exception. Eat with a hunk of soft bread and butter, put your feet up and savor every mouthful.

Ingredients for 4 big servings:

50g butter
2 large diced onions
1 good sized butternut squash, peeled and cubed
50g fresh ginger root, peeled and sliced
300ml Greek yogurt
300ml vegetable stock
1/4 teaspoon ground cinnamon
Salt & pepper
Handful of chopped parsley

Diane Johnson

Equipment: Wand blender

Method: Melt the butter in a large, heavy bottomed pan.

Add the onions and cook until soft. Add stock, butternut squash, ginger and cinnamon.

Cook for 20 minutes or so, until soft.

Set aside to cool for a few minutes then blend until smooth with a wand blender.

Stir in the Greek yogurt. Season to taste.

Gently heat to serving temperature and garnish with parsley.

Plant of the Month

With creamy-white flowers and striking purple spiky coronas, these flowers offer generous splashes of colour during mid to late summer and then afterwards they can delight by growing yellow/orange fruits. Whilst these are edible they don't actually have too great a taste so are perhaps best left on the plant for decoration.

These are great plants for the novice gardener, being pretty easy to grow yet evoke a much more exotic feel than the effort expended. They grow happily in pots as they don't have a large root system—make sure they don't rot over winter as they are prone to this if kept cold and wet.

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ZOE'S TOP DIET TIPS

Zoë is asked for her top diet tips so often that she's pulled together a list to whiz over to journalists who ask. You don't need to ask - the top eight tips are right here for you...

1) Don't count calories! Try to eat less than you need and your body will do the following a) make you hungry (this alone ruins most diets) b) store fat and use up lean muscle (the opposite of what you want to happen) and c) slow down your metabolism (this is why so many of you are trying to survive on 1,000-1,500 calories a day and not losing a single pound).

2) Only eat real food – that's food in the form that it is found in nature. Oranges grow on trees – cartons of orange juice don't; baked potatoes come out of the ground – chips don't; fish swims in the sea – fish fingers don't – you get the idea!

3) Eat 3 regular, substantial meals a day – avoid snacking as far as possible. You need to train your body to stop storing any fat and giving it regular, healthy meals is the best way to do this. Don't graze, as so much other advice says – this is what cows do and look at the size of them!

4) The fewer carb meals you have, the quicker you will lose weight! There is overwhelming evidence that it is carbs (and their effect on insulin) and not fat (a key component of real food) that cause weight gain. Watching WHAT you eat is way more important than worrying about how much you eat.

5) Don't eat anything that you crave. We are regularly told to eat everything in moderation - this is madness! Why do we tell alcoholics not to touch another drink and smokers to give up cigarettes completely, but then we tell food addicts to have one biscuit, but not the whole packet? Stop eating anything you

crave – whether it's chocolate, biscuits, sweets, cakes, whatever – you cannot be a food addict in moderation!

6) If you avoid one food for the rest of your life – let it be sugar. Sugar is the ultimate empty calorie – 100g of sugar provides 400 calories, but no vitamins or minerals of any value. We eat approximately 400 calories of sugar per person per day in the UK. There is always a more nutritious way to get the fuel that you need than from sugar.

7) Don't put anything in your body unless you know what it is. Our health (and weight) would be so much better if we always ate real food and never again ate processed food. To get you used to this new way of being nice to yourself, read every ingredient on every packet next time you go shopping. If you don't know what mono-diglycerides, maltodextrin or carmine are – don't eat them!

8) If you feel hungry, drink! The chances are that you are thirsty, not hungry. It is estimated that 75% of people are dehydrated much of the time, so they are 'hungry' for liquid, not food. Fruit can be 95% water and even meat can be 75% water, so your body is probably trying to get you to drink.

Zoë's books ("Stop Counting Calories & Start Losing Weight", "The Harcombe Diet Recipe Book", "The Harcombe Diet For Men", "Why do you overeat? When all you want is to be slim" and "The Obesity Epidemic: What caused it? How can we stop it") are published by Columbus Publishing Ltd and are available: on Amazon; in all good book shops and online at www.theharcombedietclub.com Zoë writes regularly on her blog at www.zoeharcombe.com

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Colourful autumn walks in Hampshire

The National Trust has unveiled some of the most colourful places and stories in Hampshire ahead of its Great British Walk 2014.

Running from 8 September to 24 October, the Great British Walk encourages everyone to explore the outdoors and discover vibrant National Trust spaces on foot. A vast and varied selection of walks is available, from those chosen by the public to handpicked walks from National Trust experts.

Take a stroll through an incredible landscape of colour this autumn, and don't miss the top colourful choices in Hampshire, many of which can only be seen during the walking festival:

Hinton Ampner: the gardens are awash with colour in autumn, from pumpkins and squashes in the pretty walled kitchen garden, to hundreds of exotic dahlias in shades of cream and yellow, orange, hot pink and magenta.

Walk further afield with the Dutton Estate trail and discover vistas across the South Downs before weaving your way through the buttery-gold canopy of beech woodland. Hinton's Ancient Tree trail tells of Civil War battles, war time evacuees and ghostly hauntings; it also reveals some spectacular displays of autumn colour; look out for the vivid yellow foliage of the black walnut tree and the deep red hues of the Norway maple.

Harvest Hedgerow walk, 5 October, 10.30am – 12.30pm, £10, book on 01962 771305

Explore the hedgerows at Hinton Ampner and discover the delicious delights Mother Nature produces at harvest time. Join the gardening team on this two hour walk taking in the wider estate. Bring a basket or bag to collect any treasures you find in the hedgerows, from rose hips and wild damsons to blackberries. Return to the tea room for a bowl of home-made soup.

Autumn Colour Walks, 11 & 22 October, 10:30am – 12.30pm, £10, book on 01962 771305

Enjoy the full spectrum of autumn colour on this two hour stroll through the countryside around the Hinton Ampner estate. Take in views of the South Downs, and woodland colour and harvest, before returning to the tea room for a warming bowl of home-made soup.

New Forest Northern Commons: Autumn colour on the Commons, 7 September, 10am – 1pm, £5, book on 01794 344020

The New Forest commons of Rockford and Ibsley are beautiful areas of wilderness to explore for retreat and adventure. This ranger-led walk takes in vast tracks of purple scented heather as you walk through these unique landscapes of woodland, heathland, mire and grassland,

The National Trust is an independent charity and all profits generated by visits help to pay for the care and conservation of some of the country's most beautiful and historic places. For further information about days out with the National Trust, please see: www.nationaltrust.org.uk

shaped by man and nature since the Bronze Age. As you walk, you'll find out more about the National Trust's conservation work in the Forest, and the wildlife that lives here.

A downloadable trail covering these ancient sites is also available, taking you across extraordinary scenery and spectacular views that you wouldn't necessarily discover on your own, and revealing some fascinating snippets of New Forest history along the way.

The Vyne: from 8 September to 24 October, a new dog-friendly downloadable walk reveals the hidden history and autumn palette of the estate woodland. On your way to the woods you'll stroll by a large lake, fringed with the orange, crimson and deep purple leaves of liquid amber and swamp cypress trees, which create beautiful reflections across the water. In the woods, beeches and oaks mingle with sweet and horse chestnuts to present a canopy of rich autumn foliage. Listen out for the sharp barks of rutting fallow deer, and keep your eyes peeled for exotic looking (though possibly poisonous!) fungi.

Hidden history walk, every Wednesday, 12pm and 2.30pm, normal admission charge only

The Vyne's new hidden history guided walk takes you on a journey back in time. Pick up quirky and little-known facts about The Vyne's past as you take in the glories of the garden in autumn, including the 'hot border', packed with fiery orange and red floral displays.

Note: it is advisable to call the property in case the above date changes – 01256 883858.

Animal Photography Walk, 17 September, 6 – 8pm, £30, book on 01256 883858

This unique event provides photographers with a rare opportunity to learn how to track animals such as deer at dusk, and hopefully capture some great natural shots.

Note: The Vyne's woodlands have a high deer population, so we hope to spot them, but can't guarantee it.



Horoscope.



STARSIGN OF OCTOBER LIBRA

LIBRA 23 SEPT - 23 OCT

The Sun and Venus, your ruling planet, both occupy your sign for most of the month. Love matters will be high on the agenda and there could be changes in a long standing relationship. The new moon on the 23rd is just into Scorpio and brings financial matters to your attention.



SCORPIO 24 OCT-22 NOV:

Money matters are highlighted this month and with Mars making very positive aspects to both Uranus and Jupiter, it's a very good time for some innovative and creative financial planning. Jupiter also shines on career objectives bringing new and exciting opportunities your way.



SAGITTARIUS 23 NOV-21 DEC:

Motivational Mars occupies your sign for most of the month, tune in and enjoy this innovative and creative time. Abundant Jupiter, your ruling planet, is urging you to broaden your horizons. You might feel like taking up a new course of study or booking a trip to a faraway place.



CAPRICORN 22 DEC-20 JAN:

Family and career matters are in the spotlight for you this month, as the full moon lunar eclipse on the 8th flags up some challenges in these areas. The Sun is in Libra, urging you to find harmony and equilibrium. You will find that open and honest communication is the key to success.



AQUARIUS 21 JAN -18 FEB:

Communication and education are big themes for Aquarians this month. The full moon lunar eclipse on the 8th is conjunct Uranus, your ruler. This is a powerful time for you to get your controversial points of view across to others, fortunately the moon in Aries promises courage



PISCES 19 FEB - 20 MAR:

The full moon lunar eclipse on the 8th lights up the financial sector of your chart. It's time for exciting new plans. Jupiter in creative Leo joins with energetic and motivational Mars, giving you the courage and conviction to focus happily on all your hopes and aspirations.



ARIES 21 MAR-20 APR:

The full moon lunar eclipse in your sign on the 8th is in conjunction with Uranus, the planet of the unexpected. Dramatic changes are now in the air and you may be called upon to take up a challenge. Creative change is certainly on the agenda with abundant Jupiter in Leo shining on you



TAURUS 21 APR-21 MAY:

Venus, your ruling planet is now bathed in harmony in the sign of Libra. The time is right to follow your heart and to pursue your ambitions. Your physical energy and personal effectiveness should also be at an all-time high and you'll be amazed at how productive you can be.



GEMINI 22 MAY-21 JUN:

Creativity is in the spotlight for you this month and with lots of new found confidence and positivity around you can benefit from taking the initiative. Mercury, your ruling planet, moves into the retrograde cycle on the 5th – as usual take extra care with all forms of communication and travel plans.



CANCER 22 JUN-22 JUL:

Motivational Mars is firing up the work side of your life. New ideas abound and lots of innovative and creative energy should now be available. This is a good month to get your point of view across. The full moon in Aries the 8th brings opportunities, so don't be afraid to take decisions



LEO 21 JULY-21 AUG:

Enjoy an exciting start to this month as mighty Jupiter in your sign harmoniously aspects both Mars in Sagittarius and Uranus in Aries. These three planets form an auspicious triangle in the sky. This is a great time of optimism, giving you the energy for progress and success.



VIRGO 22 AUG-22 SEPT:

The Sun and Venus are both highlighting the financial area of your chart, this could turn out to be a very successful month. Trust your intuition and be aware of people around you who offer good advice. Good communication is the key for providing new solutions and innovations.

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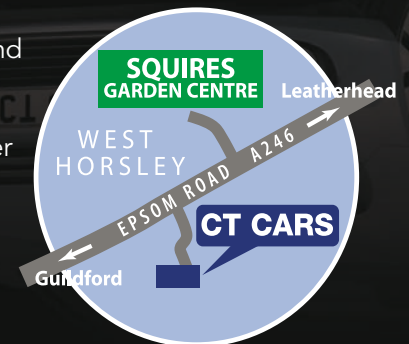
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