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The Monthly Business & Community Magazine



ROTARY MEMBERS

October 2017
Issue 8

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Cover Photograph : 'A Celebration to Chester' sculpture by Stephen Broadbent with Chester Cathedral behind in Chester



Dear Friends,

Most of us have enjoyed our holidays by now, the weather is still holding out as I write this!

As Autumn approaches, yes it's going to get a little colder,

but we have all the beautiful colours in the changing leaves to take pleasure from!

Halloween is on 31st and it's lovely to see the little children get so excited. Make sure you have some treats in store!

Remember to get your heating checked and the car serviced with antifreeze, to avoid any major problems during the cold winter months.

Wishing you all a lovely October - please remember to keep an eye on older neighbours.

Look out for us on the road in our Love Wirral & Chester van and keep up to date with us on facebook and our facebook group, twitter & visit us at:

www.love-chester.com

We'd like you to meet the newest member of Love Chester magazine "BUDDY" the PUG.

**Best Wishes
Maxine & Mike**



Circulation of this **FREE** magazine is distributed to Chester and its surrounding villages.

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Cheshire Wildlife Trust



OUR ZOO

What's
happening
at Chester Zoo.

Conservationists at Chester Zoo are calling on members of the public to help save swifts.

- **Conservationists call for public to help save much loved bird species**
- **Swifts have lived alongside people in towns and cities since Roman times**
- **Yet species has now declined by around 50%**
- **First major swift survey in the area for 20 years underway**
- **Chester Zoo offering public tips on how to help**
- **Remarkable birds are known to eat, sleep and mate in flight**
- **Species can stay airborne for four years, only landing to lay eggs**
- **Chester Swift Conservation Group fighting to protect the species**

The swift – a bird which can fly non-stop for four years; eats, sleeps and mates without landing, and has shared our towns and cities since Roman times – is in rapid decline and needs public help to survive. Conservationists in Chester are now calling on members of the public to help survey the species



and create new nest sites for this much loved species.

Experts are offering tips on how to lend a helping hand to this British favourite by protecting nest sites and putting up nest boxes.

Meanwhile the first major swift survey in the Chester area for 20 years is underway.

The swift is one of the UK's most iconic species. It migrates from Africa up through Europe every spring to nest in the UK over summer.

Yet after the long journey, the much loved birds are arriving in the UK to find a lack of nesting sites.

Historically swifts nested in holes in trees and rocky crevices. However since Roman times they have made use of the eaves and holes of buildings, so



OUR LATEST NEWS & EVENTS

much so they now rarely nest anywhere else. But improvements to buildings in the UK in recent decades have led to a shortage of homes for swifts.

The problem is a major threat to the future of the one of nature's greatest fliers. There are thought to be only around half as many swifts in the UK as there were 20 years ago.

The species, which has always been one of the most visible natural sights of the British summer, is now amber-listed on the list of Birds of Conservation Concern.

Conservationists from Chester Zoo's Wildlife Connections campaign and the Chester RSPB Group have teamed up with Chester and Cheshire West Council (CWAC), RECORD, Cheshire Wildlife Trust, the Cheshire biological records centre and local experts in a bid to help the bird by turning Chester into a swift friendly city.

Manon Keir, Wildlife Connections project officer at Chester Zoo, said:

"The great British summer would not be the same without the sight and sounds of swifts gracing our skies, but we mustn't take this for granted. Conservation is critical but it is certainly not too late.

"Every one of us can make a difference. There is a simple video guide on the Chester Zoo website demonstrating how to make a swift nest box for your garden. And the RSPB Chester Group are recruiting volunteers for the 2017 swift survey. It's time to act for wildlife together."

The swift is plain brown bird with a distinctive crescent shape, long wings and a short forked tail, perfectly designed for their long journeys.

They move in groups and are one of nature's most impressive fliers, staying airborne from fledging until they breed for the first time four years later. They can fly more than 500 miles per day during the nesting season as they travel north to the UK. Roger Nutter from RSPB Chester Group, said:

"In summer 2016, more than 200 records were submitted in the first phase of the Chester Swift

Survey. We hope that even more people will take part in 2017. Volunteers who would like to help with the survey should contact Chester RSPB Group through www.rspb.org.uk/groups/chester."





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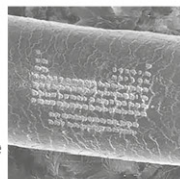
1. Thomas Edison's last breath is contained in a test tube in Michigan.
2. A member of the French Foreign Legion wounded while defending France can immediately apply for French citizenship as he is "French by spilled blood".
3. The creator of peanut M&Ms was allergic to peanuts.
4. 13 people have the first name "Donut" in the U.S.
5. Iceland has more books published and read per person than anywhere else in the world.
6. Warren Buffett made 99% of his wealth after he turned 50.
7. Wherever you are in the state of Florida, you're never more than 60 miles from the nearest body of salt water.
8. 37% of New Yorkers were born in another country.
9. The world's longest bike stretches to 117 feet, 5 inches, which is almost as long as half a New York City block.



10. Benjamin Franklin made 8 voyages across the Atlantic Ocean and was the first to map the Gulf Stream.
11. The U.S. uses less water now than it did in 1970.
12. George Washington was a ginger.
13. Bob Marley could have halted the spread of his cancer but refused to have his toe amputated for religious reasons.
14. A second is called a second because it is the second division of the hour by 60, the first being a minute.
15. Dolphins and whales give birth with the tail first instead of the head.
16. Sean Connery wore a toupee in all of the James Bond movies because he started balding at age 21.
17. "Under Pressure" was written by David Bowie and Queen during a 24-hour wine and cocaine marathon.
18. There are no bridges over the Amazon River.



19. The piano Freddie Mercury plays in Bohemian Rhapsody is the same exact piano Paul McCartney plays in Hey Jude.
20. Hawaii is the only U.S. state with a majority Asian American population, at 58%.
21. When Benjamin Franklin invented his own harmonica, it became so popular in Europe that Mozart and Beethoven composed music for it.
22. The world's smallest periodic table was carved on a strand of hair.
23. The largest passenger plane, as of 2015, has seats for 615 people.
24. Elephants rarely get cancer because they have 40 copies of genes that code for the tumor suppressor protein p53—humans have two.
25. Some volcano eruptions are capable of creating powerful electrical charges that can lead to bolts of lightning as large as two miles long.
26. The "x" in "x-ray" indicates an unknown quantity, much like it does in mathematics.
27. In 1781, Benjamin Franklin attended a concert in which he narrowly escaped death when the opera house caught fire and burned.
28. The world's deadliest recorded earthquake occurred in 1556 in China, killing an estimated 830,000 people.
29. You have about 70,000 thoughts a day.
30. Magellanic penguins always return to same mate after solo journeys totalling 200,000 miles.
31. The world's oldest yacht club is the Royal Cork Yacht Club which opened in Ireland in 1720.
32. The number of H₂O molecules in 10 drops of water are equal to the number of all the stars in the universe.
33. The company that owned the WTC had scheduled a meeting for 9/11/2001 on Tower 1 to discuss what to do in the event of a terrorist attack, but rescheduled the night before because someone couldn't attend.
34. In 2013, two physicist managed to "tie" water into knots.
35. 90% of all wine produced in the world is meant to be consumed within a year or two from when it's made - an older wine is not always better.
36. There's a nightclub inside a prison in Venezuela.
37. After 3 months in the womb, a fetus already has a preference for which hand it uses the most.





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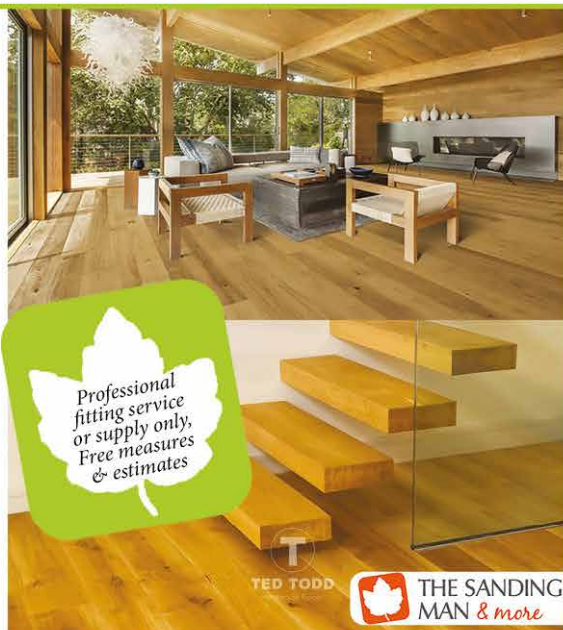
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This is our 'call to arms' for you to take part in the Chester Business Club-organised **Chester Charity Walk**, which will take place on **Sunday 1st October '17** - and in doing so help us raise much needed money to support worthy local charitable causes.

As those of you who taken part in the Walk know, it's important to know far from being any kind of competitive race, the Walk is a gentle Sunday morning stroll, its distance only six miles (and a bit!) and with the Club's **legendary Refreshment Stops** en route – Mars Bars ~ Orange Juice ~ Bacon Butties & Coffee ~ and finishing with Gin & Tonic (we are, after all, a business organisation!). There will, though, be a soft drink option.

The event is for the anyone and everyone: family, friends, business colleagues, children and dogs. Everyone receives a Walk Certificate - even the dogs!

You can choose to support either the **Club's nominated Charities** or **your favourite Charity**. The Club's nominated Charities for this year's Walk are: **Claire House Children's Hospice** | **The Hospice of the Good Shepherd** | **Bridge Community Farms** | **Save The Family** | **Chester Sports Association for People with Disability** | **Retreat House Chester** | and **Chester Samaritans**.

You can indicate your charity preference when you make your online registration.

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Once you've registered we'll send you a Sponsorship Form and other relevant information.

To add to the fun on the day, there will be ■ Face Painters for children (OK, for adults as well, if you must!) and Prizes for: ■ Best Behaved Dog (consolation prize for Worst Behaved Canine) ■ All Walkers raising £100 or more will be entered into a Prize Draw with some fine prizes to be won ■ And there will also be a Special Prize for the individual raising the most money.

But we can't have a Walk without walkers, which is where you can play your part and, in doing so, help raise funds for the Charities.

And as all great journeys start with a single step, please take your first step by Registering online – just click on <http://www.chesterbusinessclub.co.uk/events/2017-cbc-charity-walk/>

The Registration process allows you to opt for the Club Charities or for your 'preferred' charity.

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West Coast USA is V-A-S-T, a region of infinite rewards, whether you settle in one place or explore.

It stretches from hip (and hipster) Portland and iconoclastic outdoorsy Seattle in the Pacific Northwest to the Mediterranean climate of San Diego, just shy of the Mexican border. Los Angeles is a big draw, of course, an entertainment-powered megalopolis offering everything from theme parks and surfing, to festivals and world-famous museums and galleries.

Stay in California alone and you have the undulating hills of so-cool-it-hurts San Francisco and a wine region to rival any in the world. Want to turn up the heat? Over the border into Nevada, Las Vegas glitters into the desert night with a million lights and as many ways to be indulged and entertained.

There's a whole other kind of heat to be found in the harsh beauty of Death Valley and, barely a 15 minute drive from its north-west edge lies the world-famous Yosemite National Park. There's so much to see and do, so let the West Coast set the scene for your dream holiday.

Las Vegas

From spectacular stage shows and death defying acts of magic, to waltzing fountains and vast casinos, Sin City is a dazzling playground for all.

Our Top Experiences Include:

Area 51 - The 'Extraterrestrial Highway' to visit the heart of America's UFO capital.

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San Francisco

With beautiful open spaces, a bridge that's the envy of the world and charming harbour-side towns, The City by the Bay is a sight to behold. Union Square's shopping, Alcatraz Island and a stunning Golden Gate Park make for an offbeat city that refuses to blend in.

Our Top Experiences Include:

Golden Gate to Sausalito cycling tour which takes in views of Alcatraz whilst pedalling 1.7 miles and grabbing a ferry back to the city.

Napa Valley Wine Train where you can enjoy gourmet lunch whilst the train threads through the world famous vineyards.

Los Angeles

Known as the 'city of 88 cities', LA is a sprawling metropolis of A-list haunts, people watching and boutique shopping. With everything from adrenaline-fuelled theme parks and buzzy beaches to quaint café-lined streets, the city of Angels is a mecca for entertainment.

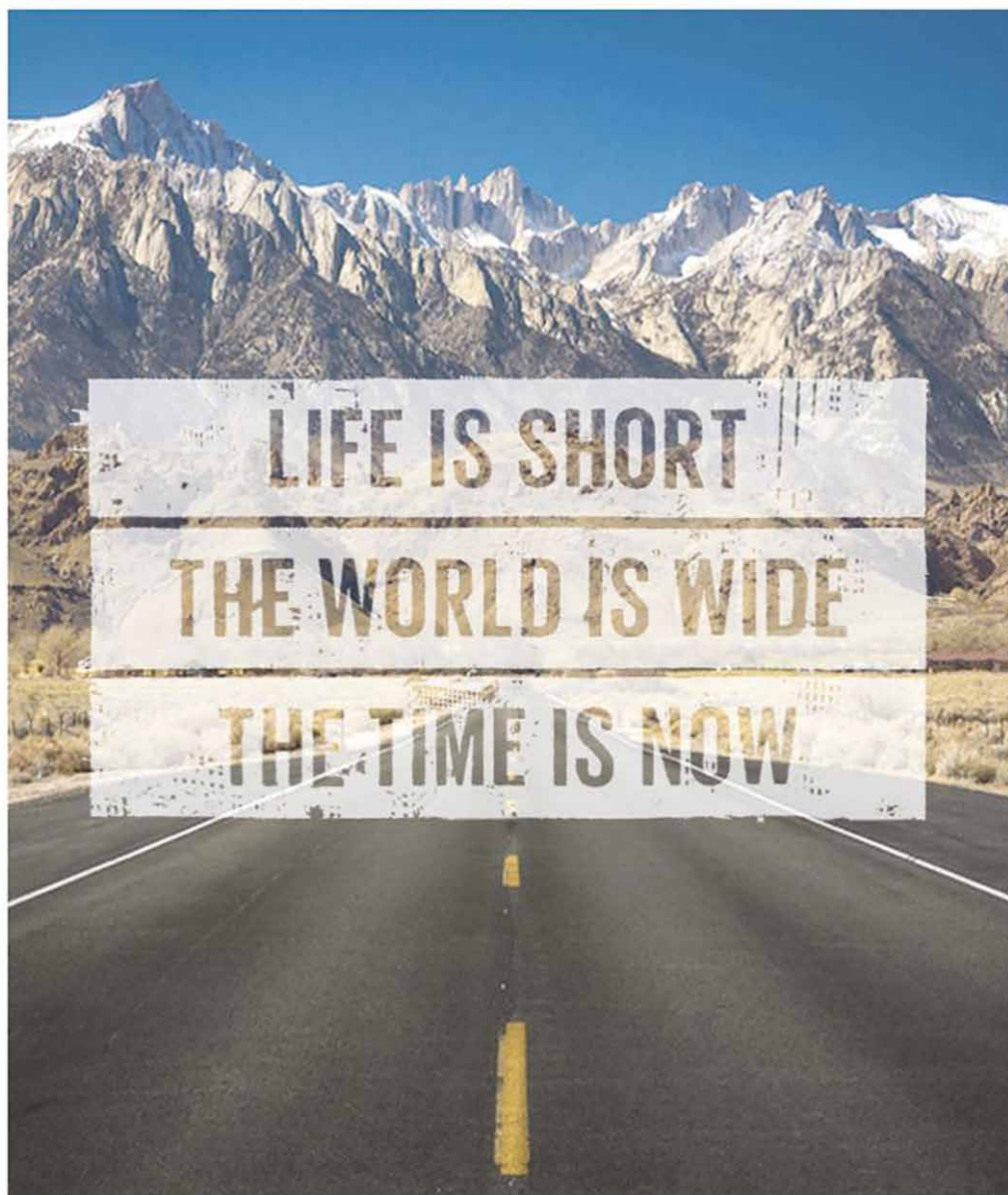
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Looking like a wet weekend?

Chester Rambling & Hill Walking Club

There are certain times when I question my choice of weekend leisure activities. One wet Club walk in North Wales earlier this summer was one such occasion. We had parked at Garth Mill, at Ffynnonogryw near Holywell, for an 8 mile trek in an area I'd not previously visited. The building itself ceased to operate as a mill in 1956, fell into disuse and was eventually renovated and turned into a pub. It still provides a welcome sight for tired hikers returning to base after a walk along the nearby Wales Coastal Path. The particular day of our visit, the mill stream gushed ferociously past the car park, transporting two days' worth of rainwater down to the Dee Estuary a short distance away. The skies still looked ominously grim, but the weather forecast had promised improvements....

Our route took us up through attractive woodland, eventually leaving the Coastal Path to head inland on field footpaths criss-crossed with unharvested (and very wet) knee-high hay and barley. Very soon we were drenched. We must have been a sorry sight - sixteen of us, clad from head to boot in the latest rainproof walking gear that struggled to do what it said on the tin. The cows and horses we passed as we squelched through their soggy but verdant pastures thought we were barmy. One horse stopped chewing grass to stare at us for a few moments, looked round at his mates grazing in the corner as if to say 'Hey, guys, just come and look at this daft lot!' Five or six of them immediately trotted over, half-chewed grass still dangling from their jaws, and stood gazing at us with amazement over the fence as we passed by. I'd swear they were sniggering. Elsewhere, a herd of young bullocks spotted us climbing the stile into the field next to theirs, gleefully lined up along the wire barrier fence and watched with delight as we sopping wet hikers bog-hopped past them. Judging by the amused look on every single bovine face, we really made their day.

On that particular walk, the rain eventually reduced to a light drizzle, and even stopped every now and again, but the views were still denied us. The vantage point from which we should have seen Snowdonia to the west, and the Wirral across the estuary to the north, offered us only low grey clouds and damp mist. Lunch under a dripping tree had us all doubting the worthiness of our decision to be out in the hills that particular Sunday, when our friends, family and colleagues were, no doubt, enjoying a hot, tasty dinner with a roof over their heads.

We are often asked if we walk in all weathers, and the answer is a resounding 'Yes!' Occasionally, club leaders cancel a walk for safety reasons - stormy winds, flooding or heavy snowfalls can pose serious dangers to walkers, however well-equipped they are. However, there are always takers for a walk, even on a dire day. Whatever the weather forecast, a wet Sunday

morning rarely heralds rain 24/7 and there's usually a change for the better at some time during the day. My other half is an optimist in these situations, quick to spot that minuscule break in the clouds that no-one else can see. 'Looks like it's brightening up over there' is his much-used catchphrase. I always find it strangely invigorating to be outdoors, though, even when it's a tad on the moist side. Whatever plus points you can drag from a wet walk in the hills, there is a deep and underlying philanthropic sense of satisfaction when you've provided an entertaining floor show for bored farm animals!

The British weather is nothing if not varied. Gallingly, on the Sunday following the Garth Mill walk, there was wall-to-wall sunshine and the temperatures soared.

Maria Owen, Press Officer, Chester Rambling and Hill Walking Club

To find out about tide times and the recommended route across, visit:

<https://www.tidetimes.org.uk/hilbre-island-tide-times> and
<http://www.deeestuary.co.uk/hilbre/plan.htm>

Our website is: www.chesterwalkingclub.com

CHESTER RAMBLING & HILL WALKING CLUB

We are a Chester-based walking club, offering up to 3 grades of walks on Sundays, and alternate Wednesdays, and a programme of short summer rambles on Tuesday evenings. The summer season also sees a flurry of camping activity, when we pack up our tents, hook up the caravans, book B & B's and cottages, and head off to destinations slightly further afield for a few days.

Led by experienced leaders, our Sunday and Wednesday walks last approx 6 hours, so bring picnic, flask and water. These hikes cover Snowdonia and North Wales, Cheshire, Shropshire, Lancashire and Derbyshire. Sorry - no dogs or under 18s allowed on our walks.

The club runs mid-week social evenings during the winter, including supper evenings, quiz nights and the ever popular Christmas party!

Why not come and join us on a trial basis without paying the fee?

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for Voluntary Service**

**WIRRAL COMMUNITY
NARROWBOAT TRUST**

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The Lord-Lieutenant of Merseyside, Dame Lorna Muirhead DBE and WCNT Chair Dr. Terry Nolan

“OH WHAT A NIGHT”

WIRRAL COMMUNITY NARROWBOAT TRUST



Wirral Community Narrowboat Trust celebrated receiving the Queens Award for Voluntary Service from the Lord-Lieutenant of Merseyside at Prenton Golf Club on August 31st 2017. The Trust is an all volunteer fully registered charity providing days out for family and community groups, groups with special needs, youth clubs, nursing and residential homes on Britain's wonderful canals. It has provided this voluntary service for the last 30 years on wheelchair friendly boats.



Volunteer Simon Tomlinson responding to the accolade on behalf of the volunteers.

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HEARTY HEART - *Healthy Dishes*

It may sound contrary to your healthy eating plan, but the human body actually needs some types of fat for heart and brain health. One common source is cooking oil, such as olive oil.

Of the cooking oils most commonly used such as olive oil, canola oil, peanut oil and various vegetable oils, olive oil contains the

most monounsaturated fat, which is widely recognised for its potential role in reducing the risk of coronary heart disease. In fact, beginning in 2016, olive oils will display the Heart Association's Heart Check-Mark to alert consumers about olive oil's heart-healthy benefits.

Day Boat Cod with Melted Tomatoes and Shaved Fennel and Orange Salad

Serves: 4

Olive Oil

Salt and Pepper, to taste

4 Cod filets (6 ounces each)

Olive Oil Melted Tomatoes

Orange, Fennel and Olive Oil Salad

4 Lemons, cut into eighths

Heat oven to 400 F.

Heat medium sized saute pan on high. Add olive oil and heat. Salt and pepper cod. Add cod to hot oil and sear very hard on one side, until fish is golden brown and crisp.

Transfer the cod to a baking sheet that has been brushed with olive oil. Place cod in oven until it starts to flake, about 12 minutes. Remove cod from oven and keep warm.

Using spoon, portion Olive Oil Melted Tomatoes onto four large dinner plates. Allow some flavored oil to puddle on to the plate. Carefully transfer cod on top of warm tomatoes.

Then top cod with Orange, Fennel and Olive Oil Salad. Squeeze lemon wedge over entire plate.

Lemon, Basil & Garlic Roasted Asparagus

3 Tablespoons Italian Parsley Leaves, finely sliced

1 Lemon, zested

1 Large Garlic Clove, minced

24 Large Asparagus Stalks (snap bottoms of individual stalks)

1/4 cup extra-virgin olive oil

salt and pepper, to taste

Heat oven to 400 F.

Combine parsley, lemon zest and garlic. Set aside.

Place asparagus on sheet pan in one layer and drizzle with olive oil. Season with salt and pepper. Roast 15-20 minutes. Sprinkle with parsley mixture and place back in oven for 3-5 minutes.



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UPCOMING DATES & EVENTS IN OCTOBER 2017

7 July 2017 - 15 Oct 2017

ARK Sculpture Exhibition
9:00am - 18.00pm

Chester Cathedral, St Werburgh St,
Chester, Cheshire, CH1 2DY
Tel: 01244 324756

ARK is the largest free to enter modern sculpture exhibition to be held in the North West of England and features 90 works of art by more than 50 celebrated sculptors including Damien Hirst and Antony Gormley. ARK is for everyone.
www.chestercathedral.com



August - 31st October 2017

Guided Tour:
Early Morning At The Zoo
Guide Prices
£49 per person, 1.5 hours

Chester Zoo, Upton-by-Chester,
Chester, CH2 1LH. 01244 380280

Opening Times
Guided Tour

- The tour runs at 8.30am - 10am on selected days, please check the zoo's website for availability.
- You will be granted access to the zoo after 10am to enjoy the remainder of your day.
- There is no minimum age restriction but all participants over the age of 3 years must be paid for and children under 14 years must be accompanied with an adult.



August - 30th October 2017

Dawn Segway Tour
£89 per person, 1.5 hours



Chester Zoo, Upton-by-Chester,
Chester, CH2 1LH. 01244 380280

Day Times

Monday 08:00
Sunday 08:00

- The tour begins at 8am with a 30min safety briefing and segway driving lesson before the tour begins.
- Minimum age for the tour is 14 years.
- You will be granted access to the zoo after 10am to enjoy the remainder of your day
- Sensible footwear must be worn. Provision of a helmet is included and must be worn.
- Weight restriction applies, must be between 45kg (7.1 stones) and 120kg (19 stones).
- Participants must adhere to all instructions and health and safety guidance given.

24 Oct 2017 - 28 Oct 2017

Storyhouse - Brassed Off

Storyhouse, Hunter Street, Chester,
Cheshire, CH1 2AR
Tel: 0844 815 7202

£16.50 - £29.50 (each ticket is subject to a £1.50 booking fee)
Book early to guarantee best price



August - 31st October 2017

Guided Tour:
Conservation in Action



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Ever wanted to know what zoos really do to protect wildlife? This one hour tour will tell you more about the incredible work taking place here in the UK and all over the world thanks to the experts at Chester Zoo. You'll find out about the scientific and social aspects of the conservation work the zoo does and what difference it's making in the wild.

The tour runs at various times on selected days.

Guide Prices
£12.50, 1 hour

24 Oct 2017 - 28 Oct 2017

Storyhouse - Brassed Off

Storyhouse, Hunter Street, Chester,
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Tel: 0844 815 7202

30th October 2017

Storyhouse - Balletboyz
Monday 19:30

Led by former Royal Ballet lead dancers Michael Nunn and William Trevitt, the company thrills audiences and critics the world over by blending spectacular dance with stunning music and film.

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The Live Rooms

The Live Rooms, Station Road, Chester, CH1 3DR
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WHAT'S ON

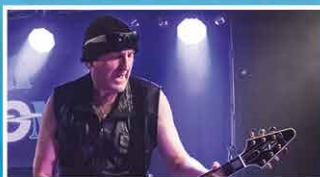
**20
17**
OCTOBER

Ruts DC



Thurs 5th October - 7pm, £15

Rock Bottom



Friday 20th October - 7pm, £11

The Hoosiers -



Friday 27th October - 7pm, £15

Galactic Funk Militia, Broken 3 Ways, Indio's Dream

Friday 6th October - 7pm, £5

False Advertising



Friday 20th October - 7pm, £6

Day of the Dead



Fri 27th October - 10pm, £12

Stevie Nimmo



Sunday 8th October - 7pm, £12

Justin Currie & The Pallbearers



Sun 22nd October - 7pm, £20

Champions of Rock (Queen Tribute)



Sat 28th October - 7pm, £22

In The Round feat Emma Stevens, Megan O'Neill, James Fredholm and Mark Sullivan

IN THE ROUND TOUR
EMMA STEVENS - MEGAN O'NEILL -
JAMES FREDHOLM - MARK SULLIVAN



WEDNESDAY 18TH OCTOBER
THE LIVE ROOMS, CHESTER

Wed 18th October - 7pm, £10

Alabama 3 Acoustic



Thurs 26th October - 7pm, £15

Fozzy & Hardcore Superstar



Tues 31st October - 7pm, £16

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AutoReview

by **Tony Yates**

Keeping you motoring

Isuzu D-Max Arctic Truck AT35



For this week's review – I have decided to do a bit of Arctic Exploring – because the car I am testing is the Isuzu D-Max Arctic pick-up truck which is a vehicle festooned with large wheels, Botox bodywork and an engine that would if required, move the Polar Ice-Caps.

So, to keep things simple, I will refrain from going to the North or South Pole and instead drive a truck that was designed to work in an extreme environment around the county of Staffordshire while blocking all the roads and causing total havoc as I try to park something the size of a 747 in a little town called Uttoxeter.

Power and Efficiency

The D-Max is powered by a 2.5 litre twin turbo diesel engine that has 160PS and 400Nm of torque. I won't go into too much detail regarding performance – as the D-Max is not about performance – it's about being a workhorse. But for those of you who want to know; Max speed comes in around 111mph and on the combined cycle - I was able to achieve 38mpg.

On the Road

Here, I think we should focus mainly on the D-Max's off-road abilities – so I shall start with that. I have a friend who owns a farm – and he had kindly let me use some of its muddy paths to see how it would fair compared to his Land Rover. Well, I have to say – the D-Max was pretty faultless really. But then again, that's mainly thanks to those large wheels which help improve the ride height massively. That raised ride height also means it will pretty much clamber over anything in its path.

Also, I always take a pre set route that can sometimes take me up to 200miles away from my starting point which is a good test to find out how the vehicle faired on normal roads as well as motorways. Well, I am happy to say it did a great job, apart from those

massive tyres' which do seem to make a lot of road noise. But, to be fair, the D-Max was actually a decent ride on normal roads. Although, the suspension was quite firm – but then I suppose it has to be because of what the D-Max was originally designed to do.

Design and Technology

Inside was also kitted out very well, and here are some of the features you can expect to get as standard on the 'Arctic version' including; ABS + ESC, front, side & curtain airbags, height-adjustable front seatbelts, security-etched glass, Insurance-approved immobiliser, remote central locking, rear parking distance sensors, RDS radio/single CD with iPod®/USB/Bluetooth® connectivity, Six speakers which include 2 'Exciter' roof mounted speakers. Along with heated front screen, seats, steering wheel audio controls, cruise control and a Premium Black Leather Interior.

To Sum Up

I really was impressed by the D-Max, yes it may look like a pick-up on Botox –but I'm telling you now – the D-Max is a decent buy.

Price from: **£34,999**





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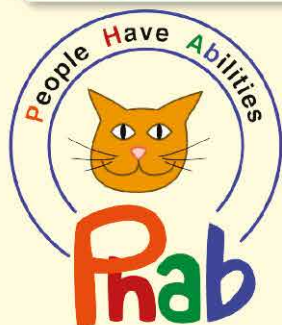
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Chester Adult Phab is a social club for people with and without disabilities. We have 75+ members.

We meet the second Monday of the month in a local public house or restaurant in Chester.



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Cheshire & Merseyside support group



Our support group provides information about cardiomyopathy, and a chance to meet other people and share experiences.

19 October 2017 - 7 - 9pm

Venue: Holiday Inn, Centre Island, Lower Mersey Street, Ellesmere Port CH65 2AL.

Speaker - Diana Astbury, Heart Failure Specialist Nurse. Talking about her recent research and study into how effective information packs are after diagnosis

For more information and details of our next group meeting contact Julie Rees on 07949 241 026 or julierees65@aol.co.uk

If you would like to promote your Charity free of charge then please contact Love Chester on 0151 513 1279 or email: info@love-chester.com

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Gardening To Do List - October in the Garden

Gardening in October is entirely dependent on the weather. If there's an Indian Summer, there is no better time of year to be out in the garden. While

gardeners in warm areas will have more to do than their northern counterparts, there are plenty of garden tasks to keep everyone busy in October.

Tidy Borders

Keep on weeding and have a gentle tidy up in your borders but do try to resist the temptation of a thorough spring clean. Leave seedheads for the birds if you don't want to collect them and as much cover as you can bear for wildlife who will appreciate the winter shelter.

Fallen leaves can be left to rot down (or collected for leaf mould), however diseased material is another matter; make it a priority to clear and burn it to prevent pests and diseases overwintering courtesy of your kind hospitality! Put the rest of your garden rubbish (apart from woody stems) in the compost.



Start your compost

If you haven't already done so, start your compost going by buying a bin or building a partially enclosed area for a heap. It is vital to replace the goodness in soil after a hefty growing season and autumn produces masses of garden waste that will put invaluable organic richness back into the ground for next spring.

Add a variety of different materials; spent vegetable and bedding plants, herbaceous leftovers, thatch, moss and cuttings from the lawn, weeds (but not the roots unless they have been through a shredder), hedge clippings, kitchen peelings and tea bags are ideal.

Prepare your soil for next year

Your soil is your most precious commodity, so start digging in compost, manure and as much organic matter as you can lay your hands on to replace the goodness in it. Healthy soil is the basis of healthy plants and a healthy environment. When garden soil is in good shape there is less need for fertilizers or pesticides.

The earlier you start the better, especially if your soil is heavy. It can be left in a pretty rough state over the winter when the elements will break the clods down, making spring planting infinitely easier! Proper pH is also an essential characteristic of healthy soil.



Rake fallen leaves

Don't waste fallen leaves (except those perilous rose leaves and evergreens, which take too long to rot down) - given time they decompose into fabulously rich leaf mould - aka 'nature's soil conditioner of choice'. Rake up fallen leaves and chuck them into a simple frame to make leaf mould (black bin liners spiked with air holes will also do if you can bear the visual offense - but remember to dampen the leaves first). If left to linger on the lawn for long, the grass will turn yellow. Leaf mould takes about a year to mature, a great top dressing for woodland plants such as rhododendrons and is an excellent and **FREE** home-grown substitute for peat.



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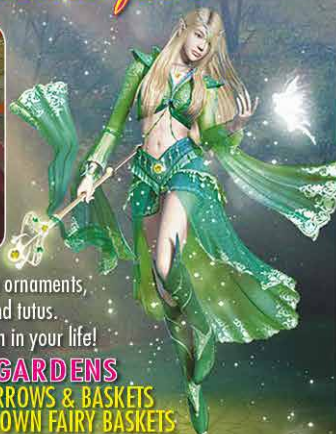
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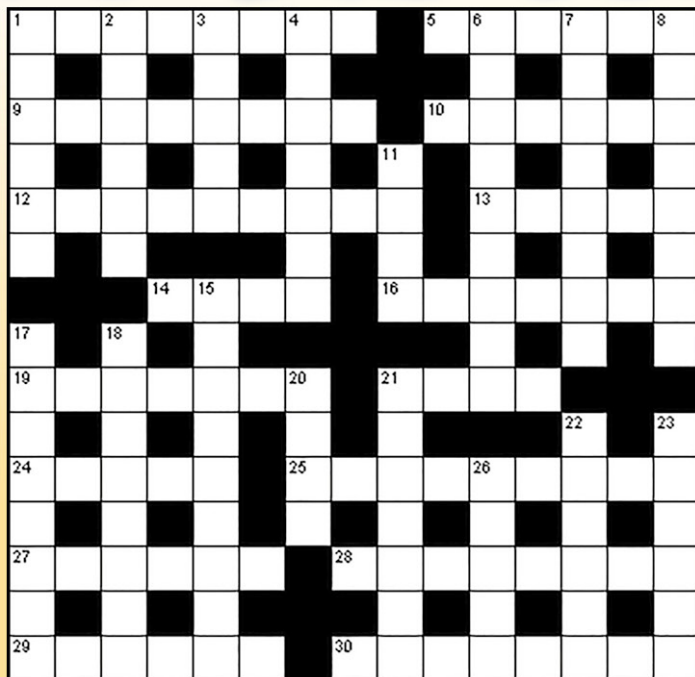


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PUZZLE CORNER



Down

1. Assault (6)
2. Twits (6)
3. Lariat (5)
4. Protective wall (7)
6. A form of physical comedy (9)
7. Example (8)
8. Worker (8)
11. Rumble (4)
15. Having no known name (9)
17. Defrauder (8)
18. Partsong (8)
20. Petty quarrel (4)
21. Condition (7)
22. Manly (6)
23. Woody parts of plants (6)
26. Not old (5)

Across

1. Gazelle (8)
5. Sleeping sickness carrier (6)
9. Shears (8)
10. Rehearsal (6)
12. Extemporaneous (9)
13. Artillery burst (5)
14. Blowgun missile (4)
16. Bowling pin (7)
19. Munitions (7)
21. Jab (4)
24. Geeky (5)
25. Namelessness (9)
27. A vast multitude (6)
28. Statuette (8)
29. Really enjoy (6)
30. A national legislative assembly (8)

Sudoku Puzzle

How to play: The numbers 1 through 9 will appear once only in each row, column, and 3x3 zone. There are 9 such zones in each sudoku grid.

There is only one correct solution to each sudoku. Good luck!

Difficulty level: **Hard**.

Solutions can be found on our website:
www.love-chester.com

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

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Don't Mow – Let It Grow!



Chester Urban Wildlife Group have much to celebrate this year with the creation of a new wildflower meadow in Chester City Centre.

Working in partnership with Alexanders Live café-bar in Rufus Court, the Chester Urban Wildlife Group have turned a neglected area of grassland at the back of the bar into a dazzling display of cornflowers, corncockle and corn marigold. Species-rich meadows were once found across much of lowland England, but since the 1940's intensive agriculture has destroyed about 97% of this precious habitat. The remaining 8,000 hectares depend on sympathetic management such as low-intensity grazing by livestock or mowing for hay.

The Chester Urban Wildlife Group is keen to work with landowners in Chester City Centre to transform unused green spaces into colourful, vibrant meadows that help conserve wildlife and promote sustainable land management practices.

A raised wildflower bed has also been installed on the site, thanks to the support of the composite decking firm Ecodek in Wrexham. The raised bed contains a variety of native grasses and wildflowers such as Viper's bugloss which will encourage pollinating insects such as bees and butterflies. We can all help biodiversity in our towns and cities, either by leaving areas of unmown grass for mammals and birds, or planting native wildflowers in pots or hanging baskets.

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