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ROTARY MEMBERS

February 2018
Issue 12

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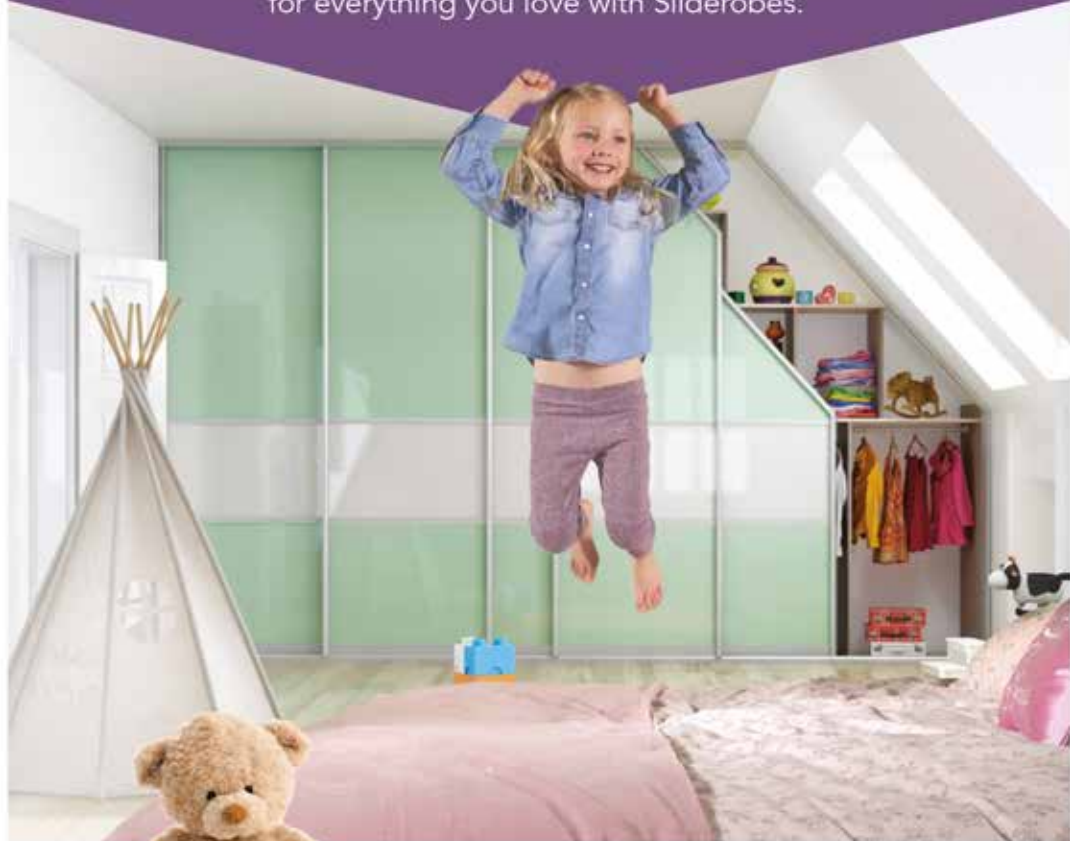
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Love Chester

The Local Magazine for Businesses in and around Cheshire.

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Cover Photograph : Chester Gardens.



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We are celebrating our 1st birthday this month... I can tell you that it has come around so quickly!

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Best Wishes
Maxine & Mike



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OUR ZOO

What's
happening
at Chester Zoo.

**World first: Rare 'rock lizards' hatch
as part of bid to save species**



- Joy for conservationists - first ever hatchlings outside of Bermuda
- Skinks will ultimately be returned to their homeland
- Chester Zoo breeding programme part of bid to save the species from extinction
- Zoo experts catch momentous event on camera as hatchling emerges from egg

Welcome to the world: Conservationists at Chester Zoo caught on camera the dramatic moment a Bermudian skink burst through its egg - the first ever hatchling outside of Bermuda - as part of a major breeding programme to save the species from extinction.

Two clutches of critically endangered Bermudian skinks have hatched at Chester Zoo - the first time conservationists have bred the species outside their homeland.

Known as 'rock lizards' the small Bermudian skinks are a much loved cultural icon in the British Overseas Territory of Bermuda - and are an important part of the ecosystem.



OUR LATEST NEWS & EVENTS

The moment the first skink popped its head out of its egg was captured on camera by the zoo's reptile experts.

Yet the species is on the brink of extinction in the wild, as habitat destruction and introduced predators have almost wiped them out.

In a last gasp attempt to prevent the species being lost forever, the Bermudian government called on experts at Chester Zoo to help breed the species in the UK.

Now, after years of work by conservationists and 43 days of incubation, seven skinks have hatched.

The major success at Chester Zoo is a dramatic breakthrough in the fight to save the skink - a flagship animal in Bermuda's species recovery programme.

It is possible that individuals bred at Chester Zoo will be reintroduced to the wild in Bermuda, whilst the zoo's experts will also travel to the island to set up in-country breeding facilities.

In parallel with the breeding project, a team from the zoo is also working in collaboration with the Department of Environment and Natural Resources of Bermuda on an intensive ecological study following the last remaining populations of the skinks on both the main and offshore islands.

Dr Gerardo Garcia, Curator of Lower Vertebrates and Invertebrates at Chester Zoo, said:

"The world's biodiversity is under threat and we must protect our living world. Conservation is critical and breeding these skinks is a momentous event. Not only is it providing us with vital new data which will help to inform future decisions in terms of protecting the species, it will engage future generations with these fascinating animals too."

"It has taken years of work, both out in Bermuda and here in our zoo breeding facilities, but to finally hatch these clutches of Bermudian skinks is magnificent news."

The Bermuda skink has been listed as critically endangered by the International Union for the Conservation of Nature – the highest category of concern.

Mike Jordan, Collections Director at Chester Zoo, said:

"We are working hard to prevent the extinction of this unique species, found nowhere else but Bermuda – and

with so few endemic vertebrates – they are incredibly important to the country."

"This breeding breakthrough, in tandem with our extensive work out in the field alongside the Bermudian government, is a hugely significant boost for their long term survival hopes."

Dr Mark Outerbridge, Wildlife Ecologist for the Bermuda Government and the zoo's partner in Bermuda, added:

"I was thrilled to hear of the recent breeding success at Chester Zoo. Skinks have been living on Bermuda for over 400,000 years and I believe we need to do all that we can to ensure their continued survival. The captive breeding is a critical step in this process and I am very grateful to all the staff there."



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DO YOU KNOW?

1. Drivers in NYC spend an average of 107 hours per year searching for parking at a cost of \$2,243 per driver in wasted time, fuel and emissions.
2. There is only one country left in the world where women can't vote: Vatican City.
3. Fox was contractually obligated to offer Frank Sinatra the lead role in the "Die Hard" movie, but he turned it down.
4. Only 11% of Japanese people are willing to fight for their country, the lowest in the world. In Morocco and Fiji it's 94%. 
5. The mathematics that makes Wi-Fi possible was developed by a team of physicists looking for tiny black holes.
6. The record number of people dressed like Einstein in one place is 404.
7. The American flag is reversed on military uniforms so that when the soldier marches forward, the flag also faces forward, not in retreat. 
8. The CEO of low budget airline Ryanair wanted to charge passengers £1 to use the onboard toilets. The policy was never implemented because it violated EU regulations.
9. Wallace Souza, a Brazilian TV personality that hosted a true-crimes show, arranged murders himself to get the inside scoop and boost ratings.
10. In the states of Oregon and New Jersey, it is illegal to fill up your own car with fuel. 
11. President Franklin Roosevelt moved Thanksgiving up by a week, so that the Christmas shopping season could start earlier.
12. What is reputed to be Mozart's skull is held at the International Mozarteum Foundation in Salzburg, while his skeleton is missing.
13. If you find a meteorite in South Africa, it must be surrendered to the nearest authorities, it's protected under the National Heritage Law.
14. Rolex replaced, for free, all watches seized by the Germans from shot-down allied pilots in WW2.
15. For the Rio Olympics, 70,000 families were displaced.
16. In Wisconsin, the word people most often google 'how to spell' is 'Wisconsin'.
17. During its lifetime, the International Space Station will be hit by 100,000 meteoroids.
18. Aristotle thought plants had souls.
18. Scientists can deduce someone's lifestyle - grooming products they use, food they eat and medications they take from chemicals found on the surface of their mobile phone. 
19. Illegal baby names in New Zealand include Lucifer, Christ and Messiah.
20. Sulfhemoglobinemia is a condition where a person develops green blood.
21. Hollywood producer Harvey Weinstein, under fire for sexual harassment allegations, has been thanked about 34 times in Oscar speeches.
22. John F. Kennedy's brain was removed and stored in the National Archive after his autopsy. The brain was subsequently lost and remains missing to this day. 
23. Post-it notes should be peeled horizontally, not in an upwards motion which causes the paper to curl.
24. The Climbing gourami is a fish that has the ability to climb out of water, breathe oxygen, and even walk for short distances.
25. Tolstoy had his first cycling lesson at 67. 
26. In medieval times, the word 'abracadabra' was written out in a triangular shape and worn around the neck in an amulet to make deadly diseases go away.
27. Serial killer Charles Manson was going to get married in 1967 but he called off when he realized his fiancée just wanted his corpse for display as a tourist attraction.
28. Roman emperor Diocletian retired in 305 AD to grow vegetables in his home town of Split, Croatia.
29. Reggae star Bob Marley has had a blood-feeding fish parasite named after him. The "Gnathia Marleyi" lives in Caribbean coral reefs.
30. Rabbits lived a life of luxury in the same Nazi complexes as concentration camps such as Auschwitz and Dachau. Their wool was used to make warm clothes for the German military.
31. The most common place to hide household valuables is in the sock drawer; this is also the first place that burglars check. 
32. The Chinese name for Winnie the Pooh was blocked on Chinese social media sites because people have been comparing the bear to China's President Xi Jinping.
33. The longest scarf knitted whilst running a marathon is 3.70 m (12 ft 1.75 in) and was knitted by David Babcock at the Kansas City Marathon.



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Gardening in February



General tasks and garden maintenance

Continue to dig over existing beds and borders, again incorporating as much organic matter as you can. Forking over not only helps prepare the soil for spring, it helps reduce pests by exposing them to hungry birds.

Although temperatures should start to rise this month, there is still a risk of frost and even snow. Protect vulnerable plants, pots and taps from frost by wrapping insulation such as garden fleece around them and check pots and containers are raised off the ground if possible. Tender trees and shrubs will thank you for a generous application of dry mulch to protect their roots from freezing conditions.



Once the ground isn't frozen, make new beds and borders - mark the shape with sand trickled from a bottle, remove the top layer of growing vegetation and dig the ground over, incorporating as much organic matter as possible. If you are making a bed in the lawn, remove the turf and stack it upside down somewhere out of the way - after a year or two it will rot down into fantastic compost. Alternatively chop it up and bury upside down in the planting hole a good spade's depth down. Beware - if you just dig it in the buried grass will regrow and regrow and regrow and...

Remember not to let leaves accumulate around alpine - they will die if left damp for long. Cover bare patches around clumps with gritty compost to encourage regrowth.

When the weather allows, carry on clearing paths, check walls (but avoid concreting until there is no chance of frost), clean and insulate greenhouses and ensure heaters are working properly. Even a little insulation will make a huge difference to your heating bill.

Clean and repair your garden tools

Book the lawn mower in for a service and check garden furniture for any rot. When it is warm enough, treat sheds, fences and trellis with wood preservative; brushes and rollers are fine for most things, however a sprayer is well worth buying for tricky projects such as woven panels!

Birds

It's another lean month for wildlife and especially birds. Putting out fresh water and food is really important, especially on cold days. You've heard it all before, but please do buy good quality bird food or fat/suet balls and check that water is not frozen.



Lawns

Keep off the lawn as much as possible whilst it is still wet - damage to waterlogged lawns is easily inflicted. If, towards the end of the month, the weather turns dry and mild, the lawn is firm and the grass is starting to look a little shaggy, give it a very gentle mow with the blades on the highest setting - don't be tempted if conditions are wet! Also, if you are planning a new lawn, now is probably the earliest you could start preparing the ground for seeding or laying turf. Ask for advice in your local garden centre if you are unsure as to how to begin!





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HOLIDAY DESTINATIONS BAHAMAS

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The Bahamas is known for its stellar beaches. With over 2,000 breathtaking islands and cays, and the clearest water on Earth, it's no wonder visitors come from all around to sink their toes into miles of pure white, and in some places pink, sand. Many of the beaches have been voted "best in the world" by numerous publications, and it's not uncommon to find a celebrity or two strolling along these shores. In short, the beaches you'll find here are the very definition of paradise.

The Islands Of The Bahamas offer an array of dive experiences like no other destination in the world. You'll find sunken Spanish galleons, inland blue holes, underwater caves and forest-like coral reefs teeming with vibrant marine life. You can even feed and swim with reef sharks—an experience sure to get your adrenaline pumping.

MIAMI

This will be your first stop. There are so many sights to see and places to go in Miami. From world-renowned museums to their beautiful parks, beaches, and cultural centres, there is something sure to please the kid in everyone. In fact, you won't believe how many fun things are absolutely free. Miami near perfect weather makes it the ideal place to create great childhood memories during every season of the year.

NASSAU

Hidden among a group of islands poised between the Atlantic and Caribbean—and only a few hundred miles from the United States' southern coast of Florida—Nassau Paradise Island has sheltered everyone from pirates and freed

slaves to blockade runners, rum smugglers and runaway lovers over the centuries. And although times are peaceful now, they still cherish a tradition of people making their own rules under sunny skies.



Musical traditions here reflect both the impact of history on the islands and a homegrown, distinctively national character. All through the islands of The Bahamas, music is woven deeply into the fabric of daily life—so much so that one of the nicknames given to our archipelago is "the Islands of Song".

PHILIPSBURG

Philipsburg is the main town and capital of the country of Sint Maarten. The town is situated on a narrow stretch of land between Great Bay and the Great Salt Pond.

In my mind the Philipsburg Boardwalk -- which didn't even exist a few years ago, is by far the biggest attraction in town. Nearly 50 feet wide and running nearly the entire length of the city's Great Bay waterfront, the Boardwalk serves as a lively "back porch" for the hotels and restaurants on the south side of Front Street. You'll find strollers, skaters, and even Segway tours cruising along the half-mile-plus ribbon of concrete. You can rent beach chairs and an umbrella -- with a half-dozen cold beers thrown in for about \$20.



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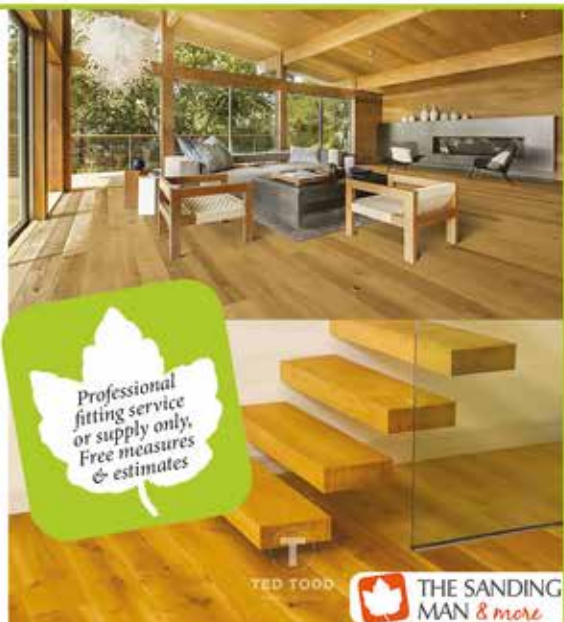
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One step at a time



Those unattractive gaiters that we ramblers wear over our trousers and boots may look unappealing, but come into their own when we find ourselves facing an unavoidable muddy stretch of footpath. These handy pieces of kit are ideal when the weather doesn't deem it necessary to don the full waterproof gear, but when it is likely to be a tad squelchy underneath.

We've had more than our fair share of wet weather so far this winter, which brings with it hazards like muddy footpaths and slippery rocks and stiles. To make matters worse, cattle grazing in the fields tend to congregate around gates and stiles, which is often where their water troughs are located. If you've ever tried stomping through a swampy field that's liberally laced with cow muck, you'll know that this is far from being the most pleasant of hiking terrain! Our walk leaders take this into account when planning routes, and where possible will source an alternative way round to avoid the boggy bit. However, we are at the mercy of the British weather, and even with the greatest of planning, a footpath that was more or less dry one weekend can quickly turn to sludge following a single afternoon's downpour. This happened on a recent walk of ours at Maeshafn, near Loggerheads. Close to the end of the route, the footpath traversed the edge of a lightly wooded area. I'd never seen this path so muddy before! The track itself is narrow and littered with limestone rocks, which are always slippery when wet, while the rest of the track was filled with treacly black mud. To avoid these dangers, we had to walk slightly up the embankment, in the trees, although this had to be done with care too, so that we didn't slip sideways back down into the mire. At the end of this footpath was a robust wooden stepped stile, at the bottom of which a damp, slippery tree root awaited to catch the unwary as they lowered each booted foot to the ground. The stile presented its own perils too, with each of its several steps slimy with mud from the many boots that had climbed it. However, one of the great things about walking in a group is that we look out for each other, pointing out any potential pitfalls and ensuring that no-one struggles.

That was the only tricky part of an otherwise very enjoyable walk. The rain had done the decent thing and kept away all day, the sun even peeping round the clouds every now and then. It was chilly though, with a bitter wind doing its best to penetrate our warm layers. We'd had our lunch near the summit of Moel Fyndeg, under a group of trees that offer the only shelter on those otherwise bare slopes. Normally, from the top of this particular Chwydian hill, can be seen magnificent views in all directions, though it was slightly hazy on the day we were up there. Across the Cheshire Plain, we could just pick out the rounded

hump of Beeston Crag, and Fyndeg's Chwydian neighbours stood proud nearby, but anything further away was lost against the grey wintry sky. We didn't linger long over lunch, as body heat is quickly lost once you stop moving. So, onwards we walked, down the slopes of Fyndeg and along delightful field paths that were surprisingly mud free. At one point our footpath led us over the brow of a small hill, where we turned back and saw the summit of Fyndeg where we'd had lunch not long before. There's a myriad of delightful footpaths in this area of Denbighshire, offering the walker a choice of routes from which to admire the glorious views of the surrounding Welsh countryside. Take note, though. Always put the gaiters on when walking in Wales in winter – you never know when a mudbath awaits! At the end of that particular day's walk, our gaiters were in a quite disgraceful state!

Check out what we're up to during the winter months by visiting our website: www.chesterwalkingclub.com
Maria Owen, Press Officer, Chester Rambling and Hill Walking Club

Check out what we're up to by visiting our website:
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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AutoReview

by **Tony Yates**

Keeping you motoring

Audi Q5 2.0 TDi Quattro 190PS S Line, S Tronic



I'm not sure about you – but when I first set my eyes on the Q5, I thought 'man its big' – but then as you start to look around at what else is on the road, you begin to notice that actually, it's really not that big at all, compared to its competition.

Then when you finally get behind the wheel and start driving the Q5, it actually feels no bigger than a medium-sized saloon – which to be honest for a large SUV is amazing. In reality, it is bigger – and you wouldn't have any problem fitting in mother-in-law's head. Plus, Last week my wife went to buy a new car and the salesman asked if us if we wanted a car with side airbags. I said: "No thanks. I already have a mother-in-law."

Power and Efficiency:

The Q5 I had on test was fitted with a 190PS, 2.0-litre TDI direct injection diesel engine that has 400NM of torque and can accelerate from zero-to-62 mph in

7.9 seconds and will reach a maximum top speed of around 135mph.

The Q5 is also equipped with a Stop/Start system to enhance fuel economy which all helped the Q5 return a combined figure of around 50mpg using my normal driving route – plus a bit of motorway driving. My only problem though is I don't like 'stop/start systems. Because they always seem to shut off when you don't want them too. Which is also why I'm glad my Abarth 500 doesn't have it.

I understand we need to 'save the planet' but come on – if I wanted to be irritated every time the car stopped – I would buy Peugeot.

On the road:

The steering is accurate in whatever situation unfolds itself on the road and the chassis and grip levels are all good thanks to that wonderful 'Quattro' system. The Q5 is also a very engaging drive, but you need to remember that this car is not a raw seat of your pants drive – even with the S Line & S Tronic badges nailed to the tailgate.

When you do finally find the right road to get the

hammer down, the Q5 fits in perfectly with the road ahead thanks to independent suspension and a five-link axle with a front track rod, aluminium link subframe and tubular anti-roll bar at the front & rear. As I said before, the Q5 comes with that wonderful Quattro on-demand system that is designed to switch between all-wheel drive and front-wheel drive in a fraction of a second by monitoring driving dynamics, road conditions and driver behaviour. Of course, if you want to take the Q5 to a place where speed limits don't matter – then the Quattro system will be ready and on-demand to help you engage your inner demon.

Design & Technology

Equipment highlights include; Dual-circuit brake system, Antilock Braking System, Electronic Brake Force Distribution (EBD) Electronic Differential Lock (EDL) Traction Control (ASR) Electronic Stabilisation Control (ESC).

Then we move onto the inside. For a start off, there is now more headroom, legroom and cabin space on the inside compared to the previous model. Plus, Audi has used premium materials on the inside of the Q5 and nothing looks cheaply made. Then there are the controls that are set out to be as ergonomic as possible and have that quality feel to them throughout the interior.

Some of the standard equipment includes; 19" x 8.0J '5-twin-spoke star' design, diamond cut finish alloy wheels, S line exterior body styling, LED headlights

with Q signature design, LED rear lights and dynamic indicators, Front Sport seats with 'S' embossed logo in leather/Alcantara, Inlays in Matt brushed aluminium, high multi-function 3-spoke leather steering wheel with grips in perforated leather. Gear-lever knob in black perforated leather, Illuminated door sill trims with 'S' logo, privacy glass, contrast stitching on seats, steering wheel and gear lever gaiter.

Plus, 4-way electric lumbar support, LED Interior Lighting Pack, MMI Navigation (SD card-based), Audi Connect Infotainment ServicesPlus (3-month trial – then 36-month subscription is available to purchase as part of the Technology Pack) I could go on, but I have run out of space and my editor will be pulling his hair out if I don't stop writing.

To sum up:

The Q5 is a brilliant car – but what makes it stand out from the rest is its ability to look good and drive even better. I would not rule out taking a look at the Audi Q5 in the future because it has some great features along with a good chassis and a firm sense of reliability on its side.

Price from: **£39,405**





COMMUNITY NEWS

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Chester Operatic Society presents,

Singin' in the Rain

8th to 10th February 2018

Storyhouse, Hunter Street, Chester, CH1 2AR
01244 409113 www.storyhouse.com

Set in 1920s Hollywood, this light-hearted romantic comedy focuses on the trials and tribulations of two movie actors during the transition from silent pictures to the early days of sound film.

With sparkling songs such as "Make 'Em Laugh" and the unforgettable "Singin' in the Rain", and some spectacular dance numbers, this show is sure to send you home with your feet tapping and yearning for the next thunderstorm.

Performances at 7.30 pm plus 2.30 pm on 10th February
Tickets cost £20 (£16 matinee) and £10 for under 12s.



The City of Chester
Male Voice Choir

Concert for Our Rehearsal Venue

10 February 2018 at 7.30 pm

Hoole Methodist Church, Hamilton Street, Hoole Chester.

We begin the year with our annual concert in support of the Church.



Supporting Marie Curie Street Collection

24 February 2018 at 11.00 am

Eastgate Street Chester

We're singing outside Debenhams store to support the Marie Curie Charity collection day in the City. We'll no doubt be wearing the big yellow daffodil hats again. We're done this for them for several years now when we can because we believe its a great cause. Obviously its free so give generously to the charity and stay as long as you like while we entertain.



DIARY DATES FEBRUARY 2018

3rd Nov 2017 - 4th Feb 2018

Techne: Creating Art

**Exhibition: Gallery Two,
The Grosvenor Museum, 27
Grosvenor Street, Chester,
Cheshire, CH1 2DD
Tel: 01244 972197**



This exhibition celebrates the making of art through the work of five artists – Chris Bebbington (photography), Greg Fuller (printmaking and drawing), Tom Hignett (digital), Tabitha Jussa (photography) and Chris Millward (sculpture). Employed as Technical Demonstrators in Art and Design at the University of Chester, their expertise covers a vast array of methods and techniques. Including both modern and traditional processes, the exhibition provides a little something for many different.

1st Feb 2018 - 1st March 2018

Our Colour Reflection

Liz West in the Chapter House

**12 Abbey Square, Chester CH1
2HU, England Tel: 01244 324756**

Our Colour Reflection creates a conversation between the viewer and the setting using more than 765 mirrors made of coloured acrylic. There are 15 colours in all and the mirrors with diameters of 30, 40, 50 and 60cm are set at different heights so that they both reflect the roof space of the old nave, revealing parts of the architecture that would otherwise be invisible.



3rd - 4th February 2018

BRIDE - the Wedding Show

**Tatton Park
Knutsford, Cheshire WA16 6QN
10:00 - 17:00**

**Tickets available on
www.bridetheweddingshow.co.uk**



The majestic and magnificent grounds of Tatton Park in Cheshire plays host to Bride: The Wedding Show. Housed inside a grand marquee, Bride: The Wedding Show at Tatton Park in association with Cheshire Life, now in its 16th year, is the premier wedding event in the area and is awash with inspiration for couples in the North West. Connect with a plethora of the finest local suppliers, indulge in a flute of fizz at the stylish champagne bar and get ideas for bridalwear, menswear, bridesmaids' dresses and wedding outfits in the highly anticipated choreographed catwalk show – considered the best in the business, and held inside a designated area of the marquee.

Tuesday 6th February 2018

Motionhouse: Charge

STORYHOUSE

**Hunter St, Chester CH1 2AR
Tel: 01244 409113**

**£16.50 - £25.50 (each ticket is
subject to a £1.50 booking fee)
Book early to guarantee best price.**

Motionhouse bring their incredible new multi-media show Charge, a unique collaboration between art and science.

Coming to Storyhouse for one night only, the show sees six performers use dance and acrobatics to delve deep in to the human body, telling the important story of energy in our lives.

8th - 11th February 2018

**CHESTER - Antiques &
Fine Art Show**

**County Grandstand,
Chester Racecourse
Chester, CH1 2LY
Contact Penman Fairs
Telephone : 01886 833091**

**Tickets available on
www.penman-fairs.co.uk**



45-50 Antiques stands on 3 floors of the County Grandstand. Fine quality furniture, fine art & artifacts from the past 300 years. Authentication by vetting committee ensures you can buy with confidence. Free Parking. Choice of 3 excellent restaurants. A thoroughly enjoyable day out. Open Thurs-Sat 10.30am - 5.30pm, Sunday 10.30am - 5pm. Admission £5.

STORYHOUSE SCREENS

7th February 2018

ROH Live: Tosca

£19.50

Aged Under 26: £14.50

Drama, passion and fabulous music in Puccini's operatic thriller. Drama, passion and fabulous music – Puccini's operatic thriller is one of the great opera experiences.

NT Live: Cat on a Hot Tin Roof

22nd February 2018

£19.50 - Aged Under 26: £14.50

Tennessee Williams' twentieth century masterpiece Cat on a Hot Tin Roof played a strictly limited season in London's West End in 2017.



PLEASE SUPPORT LOCAL CHARITIES

This page is dedicated **FREE** to all registered Charities who wish to advertise.

Make a resolution to support local hospice care and become a Hospice Hero!

The Hospice of the Good Shepherd are looking for special individuals and groups of supporters to become Heroes for the Hospice and help them raise the vital funds required to meet the cost of providing FREE care and support to local people affected by a life limiting illness.

They rely mainly upon the generosity and goodwill of the local community to raise the £4 million needed each year to provide their services for free.

Have you already decided to take up a challenge, whether it's a lifestyle changes or a once-in-a-lifetime experiences but haven't chosen a charity to raise money for please consider supporting your local Hospice.

If you are still deciding what to do, take a look at some of the suggested challenges below and if nothing takes your fancy, you can always take part in an event of your choice or set up your own fundraiser fundraising idea

Tough Mudder Full (10 miles, 20 Obstacles)
The Hospice Fundraising team are dedicated to ensuring you are supported throughout your journey from sign up and fundraising advice, to cheering you on during and after your challenge. If you would like to find out more about becoming a hospice hero please get in touch on 01244 851 811 or email fundraising@hospicegs.com and help them make 2018 the best year yet!



Pic: Jason Gregory (Bike Chester)

4th March 2018

Run Chester 10K

29th April 2018

Run Chester Half Marathon

10th June 2018

Cycle Bike Chester

14/15 July 2018

Cycle Liverpool Nightrider

7th October 2018

Run Chester Marathon

8th / 9th September 2018

**Challenge Tough Mudder half
(5 miles, 13 Obstacles)**



*Supporter Evening
(from one of our supporter events.)*

HOSPICE
OF THE GOOD SHEPHERD

PLEASE SUPPORT LOCAL CHARITIES

This page is dedicated **FREE** to all registered Charities who wish to advertise.

Have you used the Women and Children's facilities at the Countess of Chester Hospital recently? You may have had a baby there, or your child may have been ill and been nursed on the Children's Ward. Being pregnant and having your baby is usually a joyous occasion. Most of us are blessed with a healthy new-born child, and when we get home, we are so overwhelmed with the sleepless nights and the newness of it all; we can hardly be expected to spare time to think of those less fortunate.

Did you know that is what the Chester Childbirth Appeal has been doing since 1991 when we sought and were honoured by H.R.H Diana Princess of Wales's patronage?

We started fund raising with a few dedicated volunteers, with a trolley in the Maternity unit selling refreshments, baby grows and any other goods we were requested to stock. In 2000 after much hard work and perseverance, The Comfort Zone, situated on the ground floor of the Women and Children's Building, was opened. The shop, café and children's play area, funded by The Diana Memorial fund and a generous anonymous donor, give the patients respite from the stressful clinical areas. In 2002 the café courtyard was added.

In December 2010 The Comfort Zone café was completely refurbished with new floor, ceiling and added furniture, and re-opened and dedicated to the memory of Diana Princess of Wales, by Louise Owen, who is one of our present patrons. The café was recently awarded 5* rating, thanks to the combined efforts of our Manager and her paid staff and volunteers. This is our trading arm; all profits from the shop and café are covenanted into the Charity.

We could not have succeeded on our own; continual support from the public and local businesses and Fund Raising Events are at the heart of our small local based Charity.

With the profits made, we have provided the Water Birth Suite, to ease the discomfort of labour; a Bereavement Suite, where the parents, who have lost their baby, can stay together until mother is fit to go home; and the Snow Drop room, where their baby can be tended. We had the baby memorial garden at the Crematorium designed and opened in 2000 and we share the maintenance of this, and the two burial grounds, with the Miscarriage Support Group and the Local Council.

We are entirely independent of the NHS and all the projects we have undertaken and successfully completed have been suggested by the patients, or their relatives, or staff who work on the wards.

7% of babies are born prematurely and that is a great anxiety for the parents. We provided en-suite accommodation for them, with kitchen, sitting and dining areas and a Court Yard Garden;

to enable them to be nearby whilst their precious baby is being cared for. This unit was dedicated to Geoffrey Kelson, as his Foundation was the major donor, and was opened in 2006 by her Grace the Duchess of Westminster.

One of our projects is to provide a Transitional Care fit for the 21st century. This will be for the benefit of mothers of babies who have needed special care in one way or another. They will be able to stay and learn how to care for their baby /babies so that they gain confidence before taking them home.

In 2002 we amended our Charitable Objectives to include children as beneficiaries. We have now provided an Adolescent Unit, where teenagers can be nursed and have their own space; away from younger children and the adults, with two 3-bedded wards; one for girls and one for boys, a communal sitting room and their own courtyard, complete with a large chess board and chessmen, seats and pergolas. The unit was officially opened by Michael Owen the footballer, who together with his wife Louise are Patrons of the Charity.

We refurbished the Christopher Wing, originally provided by the Worrall family; en-suite accommodation for parents whose children are very ill and being nursed on the Ward. You may imagine what a boon this is when you wish to stay as near as possible to your sick child. This was opened in April 2011 by His Grace the Duke of Westminster.

In May 2013, we provided a playground and sensory garden for those with complex medical needs, attached to the Children's Ward. We were successful in obtaining Her Majesty's permission to dedicate it to Her in honour of the Diamond Jubilee.

We now have our own much needed Fund-Raising Office, in the Comfort Zone. The money for this was contributed by the N.H.S Trust, The Ursula Keyes Trust and profits from the Comfort Zone shop and café.

We don't have many local charities in Chester; if you believe you could help us fund-raise in any way, or would like to become a volunteer, we would be delighted to hear from you.

We can be contacted at:-

www.chesterchildbirth.org.uk

Email – chester.childbirth@nhs.net

Tel – 01244 350 755

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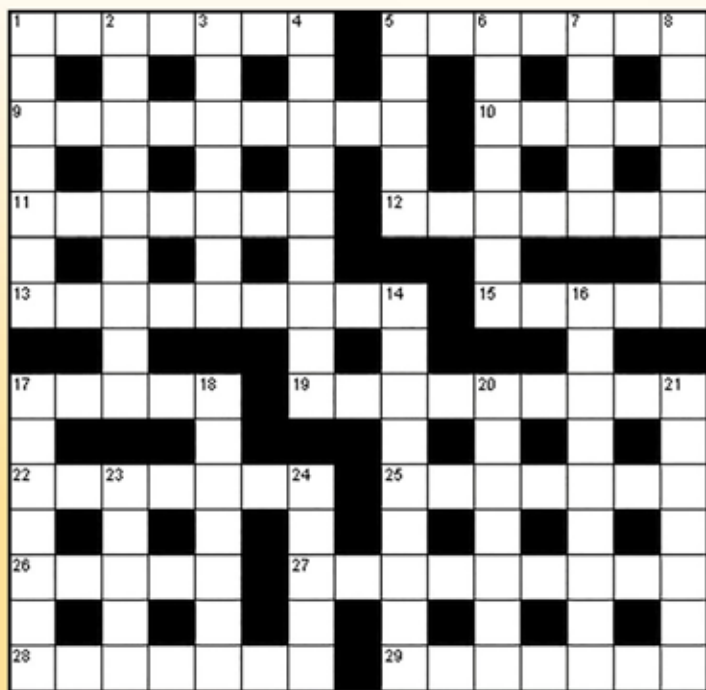
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PUZZLE CORNER



Down

- 1 Boundaries (7)
- 2 Be a delegate for (9)
- 3 Flyer (7)
- 4 Infamy (9)
- 5 In a poor fashion (5)
- 6 French country house (7)
- 7 Horrible in savagery (5)
- 8 A personal with confidential information (7)
- 14 The lower joint of the leg of a fowl (9)
- 16 Bum rides (9)
- 17 Social deportment (7)
- 18 How a snake moves (7)
- 20 Acrobat or tumbler (7)
- 21 Reverses the tape to the beginning (7)
- 23 Writing style (5)
- 24 Secretes a hormone (5)

Across

- 1 Deal (7)
- 5 Rod-shaped bacteria (7)
- 9 Reproduced (9)
- 10 The sharp edge at the junction of 2 surfaces (5)
- 11 Voter (7)
- 12 Ceded (7)
- 13 Lead (9)
- 15 Show someone to their seats (5)
- 17 Mongrels (5)
- 19 Child (9)
- 22 Biting (7)

- 25 In an unspecified manner (7)
- 26 Father of Methuselah (5)
- 27 Disturbance (9)
- 28 Smiled contemptuously (7)
- 29 Baby cats (7)

9 LETTER CUBE PUZZLE

LSNEUYPAH

From the nine-letter word block puzzle list all possible matching words!

A minimum of 4 letters must be used to create a word, including the centre letter in each word. Target: 47 words!

Solutions can be found on our website:
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The Live Rooms

The Live Rooms, Station Road, Chester, CH1 3DR
www.theliverooms.com/events/



YOUR GUIDE TO
WHAT'S ON

2018
FEBRUARY

Xander & The Peace Pirates



Fri 2nd February - 7pm, £8

Billy Lockett



Wed 7th February - 7pm, £6

Dreadzone



Fri 9th February - 7pm, £17.50

The Courtbetweeners (Tribute to The Courteeners)



Sat 10th February - 7pm, £7

Whitesnake UK



Fri 16th February - 7pm, £11

Into The Ark



Fri 16th February - 7pm, £12



Green Haze (The UK's No.1 Tribute to Green Day)



Sat 17th February - 7pm, £11

Itch (The King Blues)



Tues 20th February - 7pm, £10

Butcher Babies



Thur 22nd February - 7pm, £13

The Live Rooms is Chester's newest and largest independent live music venue and nightclub. Our main room has hosted some of the biggest names in music from a diverse range of genres, whilst our side room provides an ideal space for smaller, more intimate shows. There is also an upstairs area which features a balcony overlooking the main room, a VIP bar and numerous seating areas. Times and dates may change subject to artists.



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Our experts can help with our discreet personal denture services.

What we do:

- The very best cosmetic dentures
- Implant retained dentures
- New dentures in 24hrs
- Relines to old dentures
- Additions to existing dentures

We have over 25 years experience in producing beautiful natural looking smiles.

 **Smiles & More**
Denture clinics

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"My lovely new teeth look so natural. Everyone says they can't tell I wear dentures"

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