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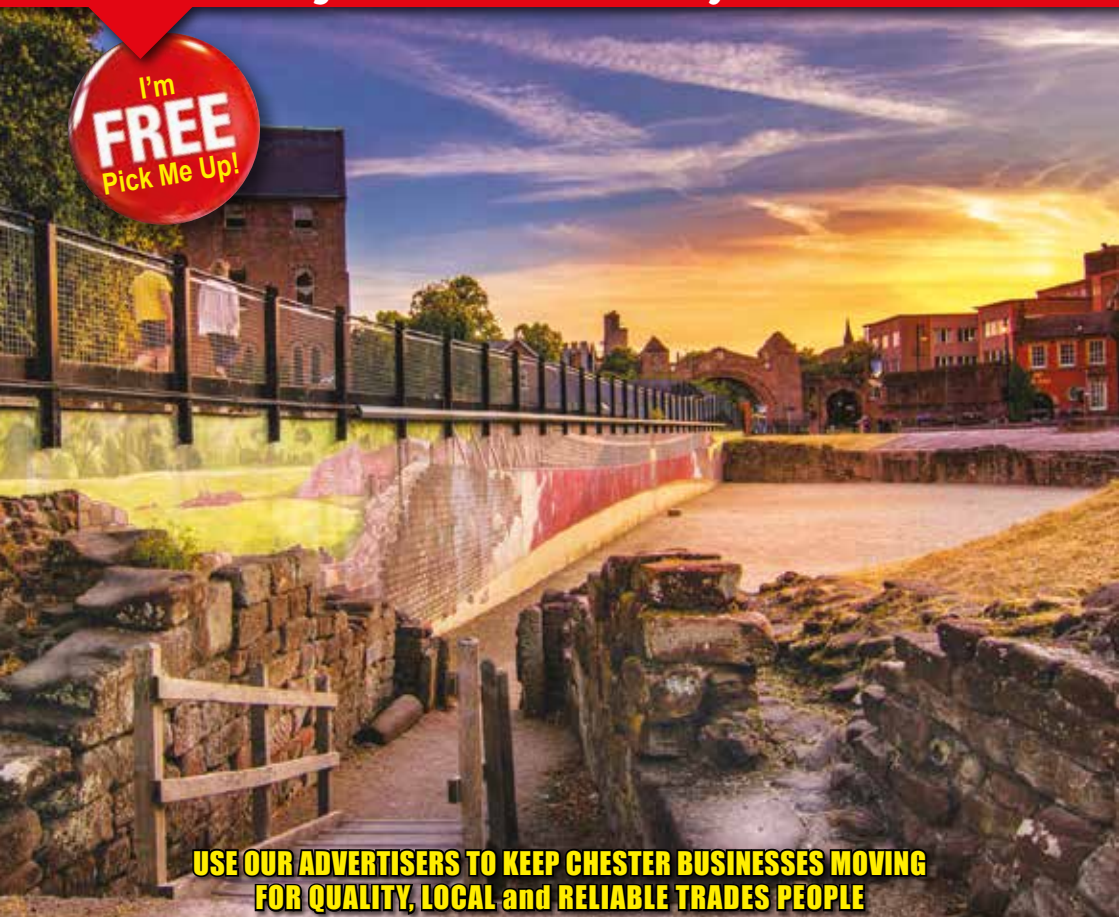
The Monthly Business & Community Magazine



ROTARY MEMBERS

November 2018
Issue 21

Your **LOCAL** magazine delivered monthly in & around Chester



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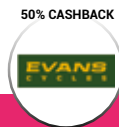
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Love Chester

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**Cover Photograph : Sunset view of the
Roman Amphitheatre in Chester.**



Hello dear friends!

Children and parents, are looking forward to Halloween and bonfire night - we have listed the times and events run by local Chester organisations on our **What's on page!**

Always a fun break in the cold winter nights! Spare a thought though to dogs, cats and pets who can be terrified of the noise and smells and please ensure children are well supervised.

Christmas countdown has started! Parties to attend, meals to be eaten and presents to be bought! We have lots of advertisers inside to help you choose lovely gift ideas for Christmas! Gift vouchers for **Pernickety Salon** are always available or why not try **Hover Force** for that fun day out, or a years pass to our wonderful **Chester Zoo!**

We know lots of people start getting stressed at this time of year, so hopefully this might help a little.

Thanks again to all our advertisers, they are all good, reliable people providing excellent services at the right prices!

Keep up to date with us on [facebook](#), [twitter](#) & visit us at: **www.love-chester.com**

**Best Wishes
Maxine & Mike**



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

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So whether you want a touch of high end Scandinavian chic, want to feast like the ancestors or even just sample a taste of Scandinavian cuisine, visit one or even both of our shops!

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Make your move and enjoy courtyard living at Bovis Homes' Forest Edge
Set in the heart of Cheshire and with the county's largest ancient
woodland on the doorstep, Bovis Homes' Forest Edge in Cuddington
has grown into a popular new part of the community.

Bovis Homes has welcomed many new residents to the flourishing new neighbourhood, and the house builder is now looking to complete the community after releasing the final homes – and they are signing off with some stunners.

"We're really proud of Forest Edge and this latest selection of brand-new homes is really special," says Louise MacRae, regional marketing manager. "Designed around a courtyard, the homes are situated off a cul de sac, creating a lovely quiet part of the location."

Sustainability is a key feature of Forest Edge, which has plenty of open green areas, with footpaths running throughout and a play area. There are also cycle links, giving residents the chance to travel around the location on bike and take advantage of the routes around the village.

"We have a range of three, four and five-bedroom homes available in a variety of layouts and styles at Forest Edge," says Louise. "Around the courtyard, we have some stunning three-bedroom homes that have been designed for modern lifestyles, with open-plan living areas, master bedrooms with en suites and French doors out into the gardens."

Surrounded by mature trees and greenery, the homes around the courtyard have been skilfully designed to inspire a community spirit.

"This is the last chance for buyers to benefit from the new-build quality and special purchase packages at Forest Edge," says Louise. "In addition to our usual assistance schemes, we'll include flooring throughout for the lucky buyers who snap up the final homes. If you're looking to move, it's definitely worth popping

in to speak to our sales team to find out more."

Purchasers can take advantage of the Government's Help to Buy – Equity Loan scheme, which is exclusively available with new-build homes, to both first-time buyers and existing home owners. With Help to Buy, you need just a 5% deposit and receive an equity loan of up to 20% of the value of the property from the Government, interest-free for the first five years.

Bovis Homes invites you as a new home buyer to find out more about courtyard living and the chance to look around the three-bedroom Southwold house type.

To find out more about Forest Edge and Bovis Homes, visit the sales centre, open Thursday to Monday 10am until 5pm,

or contact the sales team on
01606 261007 or email
Cuddington.sales@bovishomes.co.uk

For more information visit
www.bovishomes.co.uk



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The latest courtyard living at Forest Edge, Cuddington



We've just launched our new and exclusive final phase of homes.

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Buying a new home at Forest Edge is easy and affordable with the Help to Buy scheme and a 5% deposit to get moving – making it ideal for first time buyers and couples alike.

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Cheshire CW8 2NY

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Photography shows typical Bovis Homes. The Help to Buy scheme is subject to specific terms and conditions. Please ask our sales advisor for details.

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DO YOU KNOW?

1. It only takes 6 minutes for brain cells to react to alcohol.
2. The Golden Gate Bridge is the #1 suicide site in the world.
3. In 2015, Uber's valuation surpassed that of Ford and General Motors, after just 5 years of existence.
4. 20% of the Earth's oxygen is produced by the Amazon rainforest.
5. 70% of all animals in the jungle rely on figs for their survival.
6. There are over 30 places in the world named "Paris."
7. **Stevie Wonder had his first number one hit song on the Billboard Hot 100 at age 13.**
8. There's a blue planet where it rains glass.
9. Only 5% of the world's population has ever been on an airplane.
10. Vincent Van Gogh's last words were, "The sadness will last forever."
11. Author Stephen King didn't tell his kids bedtime stories. He made them tell him stories.
12. Central Park costs about as much money as the entire state of Alaska.
13. Hitler's home phone number and address was listed in Who's Who book until 1945. It was Wilhelmstraße 77, Berlin.
14. Ethiopia has a space programme.



15. When United Airlines broke a man's \$4500 guitar and refused to pay for it in 2009, he wrote a protest song. Over the next 4 weeks, United's stock price fell 10%, costing stockholders \$180 million.
16. From 1901 to 2012, 863 Nobel Prizes were awarded. Only 43 women were recipients.
17. In 2013, Detroit temporarily stopped issuing death certificates because it ran out of paper.
18. Moondust smells like gunpowder, according to astronauts.
19. The U.S. military spent over US\$20 billion a year on air conditioning in Iraq and Afghanistan. That's more than NASA's budget.



20. IBM sold a smartphone with a touchscreen display input that could send emails and run third party apps already in 1994.
21. Beer was illegal in Iceland until March 1, 1989. Now, the date is celebrated every year in Reykjavik as Bjordagur, or Beer Day.
22. Aphantasia is a condition in which some people are unable to visualise mental images.
23. In about 5 billion years, the Sun will deplete its supply of hydrogen and helium, turning into a red giant star, consuming Mercury and Venus and maybe even Earth.
24. In 4 of the 5 largest cities in the U.S., it's cheaper to rely on Uber than to own a car, a 2018 report found.
25. Lighting hasn't brought down a plane since 1963, due to careful engineering that lets the electric charge of a lightning bolt run through the plane and out of it.
26. When Steve Jobs was at his deathbed, he asked for five different oxygen masks so that he could choose the one with the best design.



27. An IKEA in the Netherlands had to cancel their 1 euro breakfast special because it attracted too many customers and caused traffic jams on the highway.
28. All Bran is only 87% bran.
29. As global temperatures rise, flowers are emitting less scent.
30. Amazon's largest warehouse is the size of 17 American football fields.
31. While filming "The Wizard of Oz," 16-year-old Judy Garland was put on a diet of chicken soup, coffee, and 80 cigarettes a day.
32. **Until 1948, 7-Up contained "lithium citrate", a mood stabilizer used to treat bipolar disorder.**
33. Actor Frankie Muniz suffers from long term memory loss and doesn't remember being on Malcolm in the Middle.
34. Pirates probably didn't wear eyepatches because of a missing eye; it's much more likely that they were keeping one eye ready to see in darkness, so that they could adjust quickly when going below deck.





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What's
happening
at Chester Zoo.

UK's first baby sun bear named Kyra



- **Female cub, who's new name means 'sun goddess,' was born at Chester Zoo in June**
- **Baby bear's arrival hailed by conservationists after parents Milli and Toni were rescued from the illegal wildlife trade in Cambodia**
- **Newborn is a big boost to the endangered species breeding programme, with sun bears vulnerable to extinction**
- **Chester Zoo experts hope Kyra will help raise awareness of the plight sun bears face in the wild**

A rare sun bear cub, born to parents who were rescued from illegal wildlife traders in Cambodia, has been named Kyra by keepers at Chester Zoo

A rare baby sun bear – the first of its kind ever to be born in the UK - has been named Kyra by zookeepers.

The female cub, now 16 weeks old, delighted conservationists when she was born at Chester Zoo in June, not least given the remarkable survival story of her parents who were rescued from illegal wildlife traders in Cambodia.

Mum Milli and dad Toni were ripped from the wild by poachers when they themselves were cubs and kept as mistreated pets.



OUR LATEST NEWS & EVENTS

After being discovered in very poor states and nursed back to health by conservationists working for the Free The Bears organisation in Cambodia, the duo was then transferred to the UK, first to the Rare Species Conservation Centre in Kent and then to Chester Zoo to complete their recovery.

Now, despite Milli and Toni's troubled start to life, the pair has had a healthy baby girl and zoo staff say the trio is doing fantastically well. Keepers chose the name Kyra as it means 'sun goddess.'

Sun bears are the smallest of the world's eight species of bear and are listed as vulnerable to extinction on the International Union for the Conservation of Nature's (IUCN) Red List of threatened species. Their demise is a result of widespread habitat loss to make way for palm oil plantations, human-wildlife conflict, hunting and the illegal wildlife trade.

Chester Zoo has joined forces with illegal wildlife trade enforcement agencies, the UK government, and zoos across UK and Ireland to tackle the illegal wildlife trade, which is threatening the future of species such as the sun bear.

Experts hope that the new worldwide campaign will inspire the public to report offences when they see or suspect them via Wildlife Witness, a free smartphone app, and Chester Zoo's own Report It form.

Find out more about the illegal wildlife trade and download the app here: <https://www.actforwildlife.org.uk/what-we-fight-for/conservation-challenges/our-campaigns/illegal-wildlife-trade/>

Sun bear facts:

- Scientific name: *Helarctos malayanus*
- The new cub at Chester Zoo was born on 13/06/18
- Milli and Toni first arrived in the UK in October 2013
- The pair initially lived at Rare Species Conservation Centre in Kent before moving to Chester Zoo in 2015
- They are the first sun bears to live at Chester since 1976
- The sun bear is the smallest of the world's eight living species of bear
- Sun bears get their iconic name from the yellow or orange crescent marking on their chest, which legend says resembles the rising or setting sun. The species is also known as the 'honey bear' due to its love for honey - which it extracts by using its famously long tongue
- The Malay name for the tree-loving sun bear means "he who likes to sit high"
- Sun bears use their long tongue to eat termites and ants, beetle larvae, bee larvae, honey and a large variety of fruit species, especially figs
- They have powerful jaws that can tear open trees in search of insects to eat
- Their short black fur helps them to keep cool in hot climates
- They have big paws with large claws and hairless soles to help them climb



HOLIDAY DESTINATIONS

CARIBBEAN

Jet to **Miami** and enjoy a relaxing Caribbean adventure.

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”.

COZUMEL

One of the top diving destinations in the world for its bright storybook coral reefs, the island of Cozumel is also home to a variety of natural beaches. Choose a beach with soft white sand for relaxing, or snorkel off a rockier vista. A destination for both adventure and romance, Cozumel has a year-round Caribbean climate, untrammelled jungle and abundant nightlife.



The most common method of transportation to the island is by boat. There is a ferry service that connects Cozumel to Playa del Carmen for pedestrians, and a ferry out of Calica.

The ferry connecting to Playa del Carmen runs quite frequently, there are three ferries on duty. If you fly into Cancun, take either an airport-shuttle to Playa del Carmen, or a bus from the airport to Cancun City, and then a taxi to Playa.

From Playa del Carmen you can take the ferry to Cozumel.

Once in Cozumel, there are lots of places within walking-distance, or you can take a cab, rent a car, or even a scooter.

Wear really comfortable clothing (beachwear), shoes (flip-flops!), plus sunscreen and repellent.

For all travelers, divers, and snorkelers, please do not touch the marine life or pick them up. Let's work together to preserve this beautiful place.

Organize your day and take care in the sun while you are at the beach to avoid heat stroke; always carry water and a hat or cap with you.

Your holiday will finally finish back in Miami, giving you enough time to take in a few more sites.

Forget the mall. Miami has all kinds of markets with every kind of merchandise - from vintage clothes to antiques and homemade crafts. Get shopping now.

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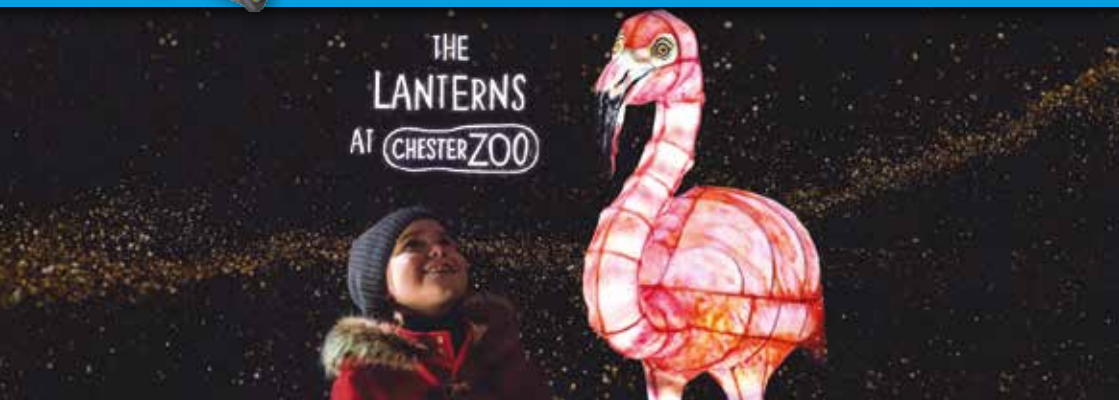
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COMMUNITY NEWS

Have Your Say - Tell Us & We'll Print It!

Email us @: info@love-chester.com



- Tickets go on sale for Chester Zoo's annual Christmas festivities
- Funds raised will support zoo's work as a global conservation charity
- Long-running family event revamped for 2018
- This year's event will unveil new animal lanterns and a new route through the zoo
- Visitors will discover a colourful oversized Butterfly Garden, Nordic markets, stunning Christmas trees and a magical ice kingdom

The Lanterns at Chester Zoo

Tickets have gone on general sale for Chester Zoo's annual Christmas event, The Lanterns.

Running on selected nights from 23 November to 23 December, the heart-warming event raises vital funds to help support zoo's work as a conservation charity fighting to prevent extinction around the world.

With a colourful oversized Butterfly Garden, Nordic markets, stunning Christmas trees and a magical ice kingdom, visitors are invited experience the zoo in a different - and much more sparkly - light!

Amidst a new journey through the zoo, this year's spectacular will display new, specially created animal lanterns - one of The Lanterns most popular features from Christmases past - and additional twinkly characters lining the route.

Jon Turley, Head of Guest Experience, said: "We really hope The Lanterns will kick-start Christmas 2018 for people, creating those precious family memories you'll never forget. At the same time, the fact that it all contributes to our work as a conservation charity, as we strive to prevent extinction of threatened animals around

the world, makes this even more special.

"So fill up on tasty festive food, explore new fantastical and colourful worlds, full of animal-inspired illuminations and traditional festive scenes, and remember to keep an eye out for Father Christmas on his sleigh. He could be just around the corner!"



Tickets range from £10

**- £17.50 for adults and
£5 -£15 for children.**

**Infants age 2 and under
are free.**

**Tickets can be
purchased at
[www.chesterzoo.org/
lanterns](http://www.chesterzoo.org/lanterns)**

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Jane Brooke, Canon Chancellor at Chester Cathedral, is pictured with Vaughn Rawson, Managing Director of Rawson Digital.

The rapidly expanding Rawson Digital has struck up the new partnership with the historic attraction to supply four new Xerox devices which will be responsible for producing all the printed material for important religious worship and other special events.

The machines will service the entire printing needs of the cathedral which serves as an architectural treasure, a place of worship, a cultural hub and centre of musical excellence for the Chester community and visitors from all over the world.

High profile events which have taken place there in recent years include a memorial service for the late Duke of Westminster attended by high profile members of the royal family including Prince Charles and The Duke and Duchess of Cambridge. Also a special installation by leading British 'colour and light' artist Liz West.

Crucial to the new contract with Rawson Digital is an aftersales support service which means members of the firm's team will be on hand to ensure everything runs smoothly, particularly during peak times such as Christmas and Easter when tens of thousands of orders of services can be required for the cathedral's regular congregation and visitors.

Vaughn Rawson, Managing Director of Rawson Digital, which has its main office on Wrexham Industrial Estate, said: "We are very proud to be looking after the Cathedral and it is a real feather in our cap to have been picked for the contract. I am thrilled.

"It's such an important building to so many people and for so many reasons and as soon as you walk through the doors, you feel quite privileged to be even a small part of helping it to run efficiently.

"I have built the business from scratch on the premise that we always look after our clients to the very best of our ability and will go above and beyond to ensure they are looked after.

"I like to think it is this reputation and commitment to good customer service which helped us to win the opportunity to work with the cathedral team and it will feel quite special to count them as one of our clients."

Jane Brooke, Canon Chancellor at Chester Cathedral, said: "One of the big attractions for working with Vaughn and his team is that they are local and we felt sure we could rely on the firm to step in and help us quickly if we needed them.

"In all our dealings with Vaughn, he has been extremely polite, professional, friendly and approachable and we took great confidence from being able to deal directly with him as the managing director of the company.

"We have times during the year where we need to print a lot of material and orders of services can easily be in to the tens of thousands.

"We have a small team here at the cathedral which deals with all this so any delay such as ink running out and not being delivered or a machine needing to be fixed can cause us a lot of problems, especially if it is at one of our busiest times.

"We felt with Rawson Digital that we had someone in Vaughn that we could turn to when we needed help and that help would be swift and reactive.

"It's also a positive thing for us to be working with a local firm which employs local people and as such an important centre for both Chester and the surrounding communities, it sits well with us to be supporting a local firm in this way too."

Rawson Digital has a 15-strong team which supplies and maintains photocopiers, printers and other associated equipment to companies across the north west of England and North Wales. It currently has more than 1,000 machines out in use and has a thorough after care service to ensure their customer's copy needs run as efficiently as possible.

Now turning over £2.4m, Vaughn started the company from a back bedroom at home almost six years ago.

Other high-profile clients include global pharmaceutical giant, Wockhardt UK, global software and services giant Wolters Kluwer based in London's prime commercial space – the Citi Tower in Canada Square, one of the world's largest hearing care providers, Sonova whose UK Headquarters is in Warrington and Triumph Group which designs and manufactures a wide range of aviation and industrial components.

For more information about Rawson Digital call 0844 324 5306. Or visit the website www.rawsondigital.co.uk Facebook @RawsonDigital and Twitter @Rawson_D



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A walk on the wild side



A Club hike one cold blustery Sunday took us up on the northern stretch of the Clwydian Range of hills on the Flintshire/Denbighshire border, an area I hadn't previously walked in. The names on the map were, however, familiar: Moel y Parc, with its TV mast visible for miles, and Penycloddiau, home of one of the largest Iron Age hill forts in Wales.

From our starting point at Bodfari, the paths were fairly flat, but soon soon changed as we started a slow descent up the southern edge of Moel y Parc. Part way up, we took a breather to admire the view over the valley back towards Bodfari and the summits of Moel y Gaer and Cefn Du beyond. Had it been clearer, we may possibly have seen the sea, but the distant view was hazy. Though the sun was shining brightly, stormy weather was forecast on and off all day. Dark clouds were indeed looming and soon brought the first of many showers of hailstones. Progressing south along undulating tracks, our route took us along the lower slopes of Penycloddiau and into Llangwytan Woods, emerging at the car park and information board for the hill fort site. Here, we stopped for a well-earned break and a hot drink, before continuing to the summit. Never having been up there before, it would have been good to explore the hill fort and wallow awhile in the footsteps of our ancient ancestors. However, at roughly 440 metres above sea level, this was the highest and most exposed point on the walk, and our arrival there clashed with yet another bitter onslaught of rough wind and hailstones. So strong were the gusts that it was quite a challenge to stay upright, or even walk in a straight line! Thankfully, the sun came out again as we began our descent, and we were able to peek from under our hoods and appreciate the glorious expanse of green hills around us. In front of us was Moel y Parc, though on this occasion we were not climbing any higher. Well, not to the top anyway.... This particular hill is blessed with two summits, and we were aiming for the lesser one, at roughly 310m in height. This was a long haul up, necessarily slow after the earlier climbs and the battles against mighty winds, but it was satisfying to reach the end of this last ascent with the promise from our leader that no more upward treks lay ahead!

Our route throughout the day had used well trodden footpaths with good signage, as we were nearly always on either the Clwydian Way or the Offa's Dyke Path, both popular and mostly well-marked walking trails. Our Club caters for all level of walkers by offering three grades of hikes: A, B and C. 'A' walks head for the mountains and

over 600m of ascent, 'B' ones are the intermediate option, and 'C's usually involve no more than 300m of climbing. The walk we did on that blustery day at Bodfari was a 'top end' B walk, 10 miles long with approximately 600 metres (2000ft) of climbing involved. Despite being bombarded relentlessly with hailstones on and off through the day, we enjoyed the walk thoroughly and relished the challenge of a slightly harder walk than we usually undertake. The lasting memory of the day will probably be the sight of 30 club members lurching through the wind and hailstones on top of Penycloddiau, driven on by the thought of a warming drink and a well earned rest in the pub at the end of the walk! Meanwhile, back in Chester, it appeared that hardly a hailstone a fallen...

Check out what we're up to during the coming 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 during the spring months by visiting our website:

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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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Above: Bridge Street, Chester in the 1940's.

Below: River Dee Frozen February 1929, everyone taking advantage of a little fun. The River Dee next froze over in the Winter of 1963.





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* From a report published on 27 June 2018.

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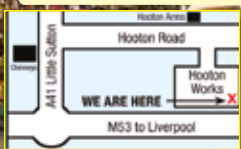
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Suzuki Swift Sport 1.4 Boosterjet



The Supermini market has been growing at an astonishing rate for the last few years – and rightly so. The reason for this climb is that buyers are now looking for the smaller cars because they are not only cheaper to run but in many cases cheaper to buy. You may not know this, but the Suzuki brand sells very well - and the previous Swift models flew out of the doors because it was seen as one of the hottest things to own – and the new Swift Sport is a cracking little hot hatch and also something that I consider to be a pretty good truth be told.

Power and Efficiency:

The Swift I had on test was powered by a four-cylinder Boosterjet turbocharged 140PS petrol engine with 230Nm of torque at 2500 - 3500rpm. 0 to 62 mph is dealt with in 8.1 seconds – moving onto a top speed of around 130 mph.

The official fuel economy figures from Suzuki are; 50.5 mpg (combined) with a CO2 rating of 125 g/km - although the best I could get was around 45mpg, but then I was not really trying to get near what Suzuki had said was possible as we have to remember the variables here when testing a car in the real world.

On the road:

Like all Swift models – they handle like a go-cart and I can feel where Suzuki has made some major changes over the older Swift Sport model because everything feels so much more planted - which all helps in giving

you a lot of confidence into the corners – as well as giving you a great ride on uneven surfaces. Even on the motorway, all was good, and the road noise at high speed was very minimal.

Design & Technology

The interior is made out of decent materials and the fabric used on the seating is of a good quality and a surprising find for a car in this price bracket.

Space – rear legroom is OK, and the boot is a fair size in comparison to the competition. What I do like is the driving position which is good, plus all the pedals feel in the right place and all the dials and switches are easily accessible. For those who want to know – the max luggage capacity for the Swift Sport is coming in around 265litres (raised rear seating) and 579litres with the rear seating lowered.

Some of the standard features on the Suzuki Swift Sport include; ABS, EBD & ESP, lane departure warning, immobiliser, security alarm, driver & front passenger airbags, curtain airbags, side airbags, tyre pressure monitoring system, adaptive cruise control, keyless entry, engine auto stop/start, automatic air conditioning, LED rear lamps, LED projector headlamps, LED daytime running lamps, rear & side

upper spoilers, 17" alloy wheels, 4.2inch colour LCD display, dual exhaust pipes, DAB digital radio, smartphone linkage, navigation system and lots more which is surprising when you look at the price tag.

To sum up:

Suzuki has done a fantastic job of giving the new Swift Sport an upgrade worth talking about. I believe it will once again be flying out the doors of a dealer near you.

Price: from £17,999



YOUR GARDEN IN NOVEMBER

Autumn is coming, with its shorter and colder days. Winter is fast approaching. What should you do for your garden in autumn? Prepare it for the winter of course!

Plant, transplant, transplant

Autumn is the ideal season for transplanting trees and transplanting plants because the land is sufficiently wet due to regular rainfall. As the soil is still warm with the summer ending and the autumn starting, the plants still have time to adapt to a new place and to form new roots.

New plants can be transplanted in the fall without any worry. It's your last chance before winter to bring a touch of color to your garden. Autumn is the perfect season to plant roses, for example, before the first frosts.

Plant bulbs

You can also plant bulbs in autumn so that their flowers germinate with the arrival of spring and color your garden. Orientation is crucial for these spring heralds to bloom beautifully.

If the soil is cool and wet in the spring, it may be dry and porous in the summer, during their dormancy period. The bulbs should be planted in the ground at a depth of about two to three times their size.



Cut herbaceous perennials, shrubs and bushes

When shrubs turn yellow, their stems bend to the ground or begin to wither, it is time to cut them. Indeed, plants begin to bring sap back to their own roots. If they are not cut, they may be wasted.

Shrubs and bushes can be cut to about a quarter of their size. This varies, however, depending on the type of shrub or bush. You can find more information on plant tags or by inquiring at your local garden centre.

Trim the hedges

Hedgerows should be cut one last time in the fall to prevent rotting with moisture accumulation.

Cut evergreen hedges as much as possible, being careful not to form holes, otherwise they will not grow back in the winter and they will look bare.

Also clear the hedges of fallen tree leaves, otherwise they will not breathe well, will not absorb daylight and may rot.

Maintain the lawn

In winter, rain, cold and lack of sunshine degrade the lawn. That's why she needs to be pampered before the cold weather arrives. When leaves fall in autumn, they should be regularly raked from the lawn. If you leave them, the lawn will lack light, which will encourage the formation of dry brown plots and also moss.

Mow your lawn for the last time in early November. Be careful not to mow it at a height of less than 5 cm as a longer grass absorbs a small amount of light better. It will be more resistant to weeds and frothing.

The use of an autumn fertilizer is also recommended. Autumn fertilizers usually contain little nitrogen and a lot of potassium. This amount of potassium helps strengthen the turf and improve its resistance to freezing. In the fall, avoid using traditional lawn fertilizers because their high nitrogen content is such that the grass grows faster, which increases the sensitivity of the grass to frost.

Naturally, here are some other small things to remember to anticipate the first frosts:

- ❁ Flower beds, roses and other non-frost resistant plants should be covered with twigs, leaves or wrapped in bubble wrap or similar material.
- ❁ Clean summer bulbs like dahlias and keep them in a well ventilated cardboard in your cellar.
- ❁ Take the potted plants indoors or place them in the shelter.
- ❁ Disconnect incoming water and empty faucets and sprinklers to prevent frost damage.
- ❁ Remove the pumps from the tanks and, if necessary, install an anti-freeze pump.

With the arrival of winter, we can rest gardening tasks. But beware, it will soon be time to recover!



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EAT HEALTHY AT HOME

Pineapple Parfait

Even if you've mastered the art of a smart workday lunch and can pick the most nutritious items on a restaurant menu like a pro, eating healthy at home is an unexpected downfall many people face.

When you find the chance to take a break from the busy pace of life and spend some time at home, it can be easy to slip into an all-indulgence mindset. Just remember that doesn't have to mean going all-out on junk food.

Enjoy the comforts of home and keep your eating on track with these helpful tips.

When you're spending time with family

It's easy to catch a carefree spirit while you're running the bases in an impromptu game of backyard baseball or being tempted by yet another imaginary dessert from the kiddie kitchen. When playtime winds down for dinner, there's no reason for the fun to stop. Have kids get hands-on to help assemble a healthy meal everyone can enjoy. Skip the cutting, peeling and mess by using fruit to prepare salads, desserts and even main dishes that satisfy the whole family's sweet tooth.

When you're tackling chores

From seasonal landscaping to the myriad projects you've been putting off, the list of chores around the house may seem never-ending. Remember to stay hydrated, especially if you're working outdoors, and be sure you make time to eat, even if it's just a quick bite to keep you fueled. Air-popped crackers and hummus is a smart alternative to chips and dip, or get your pick-me-up from a handful of nuts and a serving of sweet, juicy fruit.

When you want to be a couch potato

When a new TV season begins this Winter, keep your guilty pleasure in check with quick, healthy dishes to enjoy as you binge watch your favourite shows. Keep your kitchen stocked with ingredients such as high quality, ready-to-eat fruit so you can create quick and easy snacks with a serving of fruit in between episodes or during a commercial break.

Pineapple Parfait

Total time: 10 minutes

Servings: 1

- 1 jar (23.5 ounces) Dole Pineapple Chunks**
- 2 tablespoons Greek yogurt**
- 2 vanilla wafers, crushed**

Measure 1/2 cup drained fruit.

Spoon pineapple chunks into dessert glass. Spoon yogurt over pineapple. Sprinkle crushed wafers on top.

Orange Chipotle Avocado Toast

Total time: 10 minutes

Servings: 1

- 1 slice whole wheat bread**
- 1/2 avocado, diced or smashed salt and pepper**
- 1/3 cup Mandarin Oranges, drained**
- 1/2 teaspoon chipotle peppers in adobo sauce, finely chopped**
- 1/4 lime**

Lightly toast whole-wheat bread and top with diced avocado. Season with salt and pepper, to taste.

In medium bowl, toss oranges with chipotle peppers.

Spoon oranges over avocado toast and finish with a squeeze of lime.

**Orange Chipotle
Avocado Toast**

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Age UK Cheshire is launching an exciting new Information and Advice Service on 1st December, which will run from our Queen Street office in Chester.

The new service will be a Telephone Information and Advice Service, run largely by volunteers, and will be invaluable in supporting the local community with information, queries, support and signposting. As such we are now looking to recruit additional volunteers to support the service.

We are lucky enough to have a fantastic network of volunteers without whom we wouldn't be able to do half of what we do, but we now specifically need people who enjoy problem-solving and are able to commit to at least four hours every week for our new-look telephone Information and Advice Service. In return, we will offer full training and

support as well as on-going training, which all our volunteers receive, to keep skills and knowledge up-to-date.

We will be holding two drop-in days at Queen Street, Chester on Wednesday 17th October and Tuesday 23rd October from 11am to 3pm, in half hour slots, where you will be able to join us for drinks and nibbles to find out more.

To reserve your space, book online at www.informationopendays.eventbrite.co.uk call us on 01606 539775 or email hr@ageukcheshire.org.uk





DIARY DATES NOVEMBER 2018

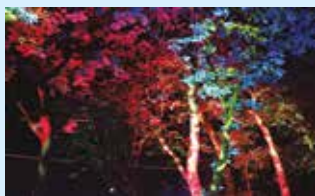
20th October - 2nd November Magical Wonderland

**Cheshire Outdoors,
Blakemere Village, Sandiway,
Cheshire CW8 2EB
Tel: 01606 882223**

A magical outdoor experience with dazzling lighting and supreme sound in the depths of a Cheshire woodland. We have had an amazing first year in 2016 and we are ready to present Magical Woodland 2018.

This year we have new features and areas including interactive areas and a food court.

Book your tickets now for this magical woodland light-show experience!



2nd November 2018 Fagin's Twist

**Storyhouse, Chester Centre
Tel: 01244 409113 Open 19:30**

Presented by Avant Garde Dance and The Place

A tale you think you known unravels and explodes.

See Dickens' Oliver Twist in a new light as Tony Adigun's Avant Garde Dance flips your expectations of five familiar characters with their unmatched contemporary hip hop style.

Tickets from £18.
(Under 16s £14)



3rd November 2018, 10am Chester Makers Market

**City Place, City Road,
Chester CH1 3DR**

Award-winning The Makers Market returns to the Carriage Shed Chester.

The pop-up event will showcase over 100 stalls offering local artisan food and drink, art and crafts and top vintage finds from specially sourced producers and creators.

With live music, street food and cookery demonstrations plus activities for children - there is something to do for all the family. Dogs are welcome too and best of all, it's free entry!



Fri 16 Nov - 22 December 2018 Oulton Park Stage Rally & Fireworks

**Oulton Park, Little Budworth,
Tarporey, Cheshire, CW6 9BW**

Oulton Park's season will end with the now-traditional Neil Howard Stage Rally, the opening round of the 2018-19 Motorsport News Circuit Rally Championship in association with MSVR. This popular end-of-year event will feature an impressive selection of rally cars on track competing into the dark, before eyes turn towards the sky for a bonfire and mega fireworks display. The rally will follow a series of event-specific stages and circuit configurations, creating a different spectacle to everything that has come before during the year.

Children under 13 are admitted free
Adults - £16, Teen (13-15) - £10



Fri 16 Nov - 22 December 2018

**Town Hall Square,
Northgate Street, Chester**

Chester Christmas Market is back and will be situated outside Chester's historic Town Hall, Library and beautiful Cathedral!

Open 7 days a week, 10 am to 6 pm, with late night shopping on Thursdays until 8 pm and until 7 pm on Friday and Saturday.



Friday 16th November 2018 7.00pm - 8.00pm Chester Christmas lights switch on 2018

**City Place, City Road,
Chester CH1 3DR**

Christmas really begins in Chester when the Christmas lights are switched on. Bring the family to experience the magic of Christmas and enjoy the parade and watch as the Christmas Lights illuminate Chester.

The parade starts at Chester Town Hall Square at 7.00pm on Friday 16 November.



Wed 28th November 2018 19:30 - 21:40

**Chester Music Society
Showcase Concert**

**St Mary's Creative Space, St
Mary's Hill, Chester CH1 2DW**

City of Chester Brass Band and Training Band - Ewan Easton and Paul Donoghue conductors.

PLEASE SUPPORT LOCAL CHARITIES

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

As the NHS celebrates its 70th Anniversary this year one of The Countess Charity's main fundraising projects is the Memory Lane Project. With the growing number of vulnerable in-patients over the age of 65 with dementia or cognitive problems – The Memory Lane Project aims to enhance the environment on wards 50/51 that specialise in care for the elderly. Enhancing facilities, to improve dignity and develop a more appropriate environment for this growing group of patients who may need longer periods of in-patient care.

To support this project we have a fabulous 'Christmas Afternoon Tea and Festive Shopping Experience' arranged for Nov 29th 2018, 1.30pm at The Double Tree Hilton, Chester, CH2 3PD. This event is being supported by The Double Tree Hilton as the Memory Lane Project has been chosen by the hotel as its Charity of the Year Partner.

You will be treated to sumptuous Christmas themed afternoon tea, get the chance to browse some fantastic stalls including jewellery, accessories, clothing and festive treats and enjoy the delightful sounds of the Abbeygate School Choir singing some festive carols.

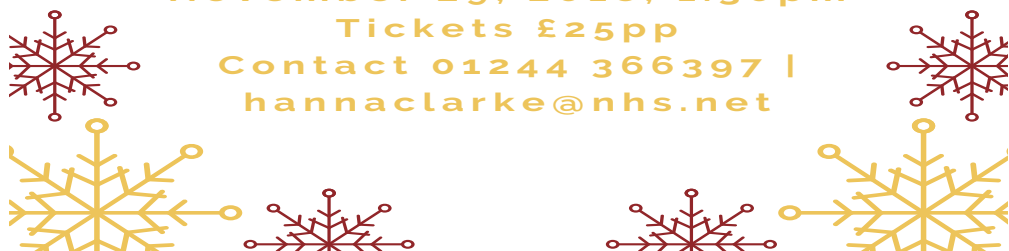
Tickets are price at £25pp and can be purchased by contacting Hanna Clarke on 01244 366 397, emailing hannaclarke@nhs.net or visit Eventbrite. If you would like to support The Countess Charity in any way please do not hesitate to get in contact with us.



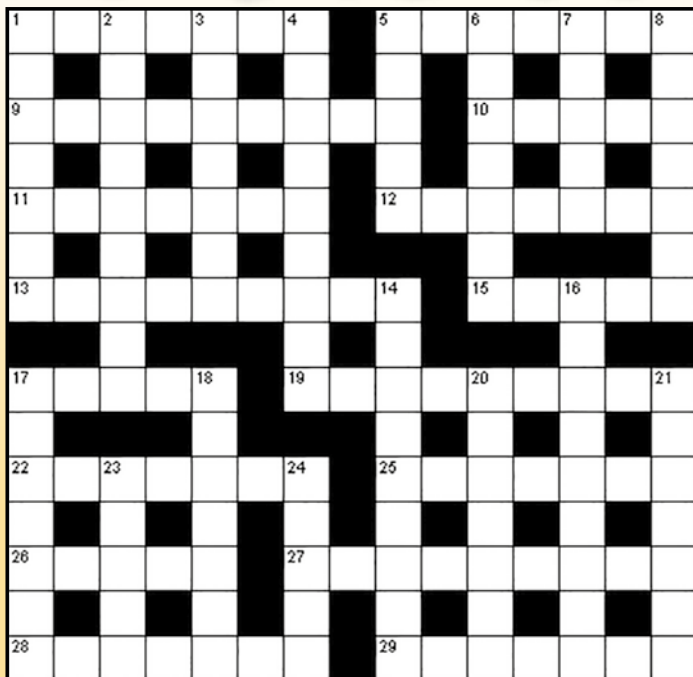
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AND FESTIVE SHOPPING EXPERIENCE

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November 29, 2018, 1.30pm
Tickets £25pp
Contact 01244 366397 |
hannaclarke@nhs.net



PUZZLE CORNER



Down

- 1 Fortress (7)
- 2 Ascertaining the dimensions (9)
- 3 Find innocent (7)
- 4 A style of physical comedy (9)
- 5 Inhabit (5)
- 6 Not cognizant of (7)
- 7 A two-masted sailing ship (5)
- 8 Hole in the nose (7)
- 14 Monstrous (9)
- 16 University instructor (9)
- 17 Street performers (7)
- 18 Overthrew (7)
- 20 Smooches (7)
- 21 Convent (7)
- 23 French for "Red" (5)
- 24 Step (5)

Across

- | | | |
|-------------------------------------|-----------------------------------|-------------------------|
| 1 It finds north (7) | 13 Lingering (9) | 26 On par (5) |
| 5 Inebriated (7) | 15 Eject or deport (5) | 27 Comply (9) |
| 9 Convert into another language (9) | 17 Bring forth (5) | 28 He goes too fast (7) |
| 10 Initial wagers (5) | 19 In boxing, not quite a KO (9) | 29 Keenly (7) |
| 11 Multiplies by two (7) | 22 Chevrons (7) | |
| 12 Tanned cowhide (7) | 25 The time zone for New York (7) | |

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

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