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MAGAZINE



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APRIL 2020
Issue 38

Monthly Business & Community magazine delivered in & around Chester

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"Both Alison and I would like you to pass on our thanks and best wishes to all of those involved at Elliott Build & Glaze Ltd in this project, as they have been very attentive and professional, as well as personable, throughout the project."

Forshaw/Murray - Bebington

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O'Mally - Meols

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WHAT'S IN THIS MONTH'S LOVE CHESTER MAGAZINE

8



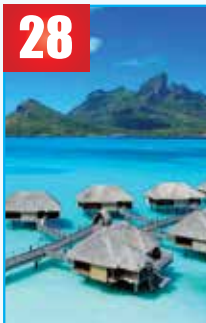
What's Happening At Our Zoo

22



How to Garden on Behalf of the Bees

28



Holiday Destinations - The Azores

30



Auto Review by Tony Yates

33



Chester Rambling & Hill Walking

Love Chester

The Local Magazine for Businesses in and around Cheshire.

Do You Know?

What's Happening At Our Zoo

Community News - Have Your Say

Community News - Have Your Say

How to Garden on Behalf of Bees

Holiday Destinations - Azores to UK

Auto Review by Tony Yates

Chester Rambling & Hill Walking

Puzzle Corner

Community News - Have Your Say

Support Local Charities

Diary Dates - Chester 2020

8

12

14

17

22

28

30

33

34

36

37

39



Dear Friends,

It's official, Spring is in the air! The nights are getting lighter, the sun is shining, birds are singing (getting ready to make their nests), and everyone is happier at this time of year.

Now is the time to 'Spring clean' the house, gardens and even the car. If you need any help, a little or a lot, we have super helpers advertising in this months magazine to give yourself a head start!

We would like to wish you all a wonderful family time this **Easter**, enjoy your egg hunts, roast dinners and lots of happiness with quality time!

Give us a call today to find out about our new exciting advertising deals which could boost your business. We also offer trade printing at really exceptionally good rates to maximise your business.

Look out for us on the road in our Love Chester & Wirral van and keep up to date with us on facebook and our new facebook group, twitter and visit us at: www.love-chester.com

**Best Wishes
Maxine & Mike**



Cover Photograph: The beautiful Water of Life sculpture in the cloister garth garden at Chester Cathedral.

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

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Tennants



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DO YOU KNOW?

1. It is illegal to wear a bikini in Barcelona, except on the beach.
2. In 1853, the Venus de Milo statue was put on trial for nudity in Mannheim, Germany.
3. Aztec mothers who died in childbirth were regarded as highly as warriors who died in battle.
4. Shark Bay, Australia, is now called 'Safety Beach'. It changed its name to attract tourists.
5. 18.3% of Iceland's population uses cannabis, placing them as the top marijuana consuming nation in the world.



When Muhammad Ali lost a fight against Larry Holmes, a 14-year-old Mike Tyson promised him that when he "got big" he would take down Larry Holmes for him. Six years later, he took Holmes down.

7. The main actor of "The Gods Must Be Crazy" was only paid \$300, even though the film made over \$60 million.
8. Rock Paper Scissors was invented in China, but popularized in Japan, where it's called "Janken."
9. Saltwater crocodiles enjoy catching a wave and can travel hundreds of kilometres by "surfing" on ocean currents.
10. 'Orchid' actually means testicle. The surgical procedure to remove one or more testicles is an 'orchidectomy'.
11. More than a third of all sick leave is taken on a Monday, researchers found.
12. The word "vodka" is a diminutive form of the Slavic word "voda" (water), interpreted as "little water."
13. In 1916, the German Empire allowed citizens to take passport photos with their dogs.
14. It is possible to age a lobster by counting the rings on its eyestalks.
15. Black Sabbath's eponymous debut album was released on Friday the 13th, 1970.
16. 24 is the age you're most likely to shop at IKEA, according to a study.
17. Finland's passport became a flipbook when it was redesigned in 2012. It features a moose that walks across the page as you thumb through it.
18. Lee Harvey Oswald wasn't arrested for killing JFK. He was actually arrested for fatally shooting a police officer 45 minutes after the death of Kennedy.
19. Chewing gum became a global phenomenon during WWII when it was included in American GI rations.

20. In 1986, a Soviet pilot made a bet with his co-pilot that he could land the aeroplane with an instrument-only approach, with no visual contact with the ground. He crashed the plane, killing 70 of the 94 passengers and crew on board.
21. Taylor Swift has trademarked the phrases "this sick beat", "party like it's 1989," and "Nice to meet you. Where you been?"
22. After the assassination of JFK, all three U.S. TV networks interrupted their regular programming to cover it for 4 straight days, the longest uninterrupted news event until 9/11.
23. Apollo Astronauts couldn't get life insurance. They made their own by autographing cards to be sold by their families if they didn't return.
24. A British study found that one third of vegetarians eat meat when drunk.
25. The Statue of Liberty employs gum-cleaning staff who use specially designed "GumBuster" machines.
26. In Sweden, IKEA is pronounced "ee-kay-uh" not "eye-kee-ah". The word is made up of the initials of the founder's name and the village he grew up in.
27. During Germany's hyperinflation that peaked in 1923, a loaf of bread cost 428 billion marks and a kilo of butter would run you roughly 6 trillion.
28. U.S. television networks allow alcohol to be advertised as long as no one in the commercial is actually drinking it.
29. Divers who recover golf balls from lakes make up to £116,000 per year or \$150,000.
30. "Euouae" is the longest word in the English language which is made up of nothing but vowels.
31. There are only four artists who have achieved a Top 40 hit every decade since the 1980s: U2, Michael Jackson, Madonna, and Weird Al Yankovic.
31. 1 in 5 kidneys donated in the U.S. are thrown away because a suitable recipient can't be found.
32. Tutankhamun was the only ancient Egyptian who was mummified with an erect penis.
33. The largest volcanic region on Earth is two kilometres below the surface of the vast ice sheet that covers west Antarctica, where at least 136 volcanoes are located.
34. The site of Berlin's Tempelhof Airport was originally Knights Templar land in medieval Berlin, and from this beginning came the airport's name.
35. France paid the highest taxes in Europe in 2016, with a real tax rate of 57.53%.



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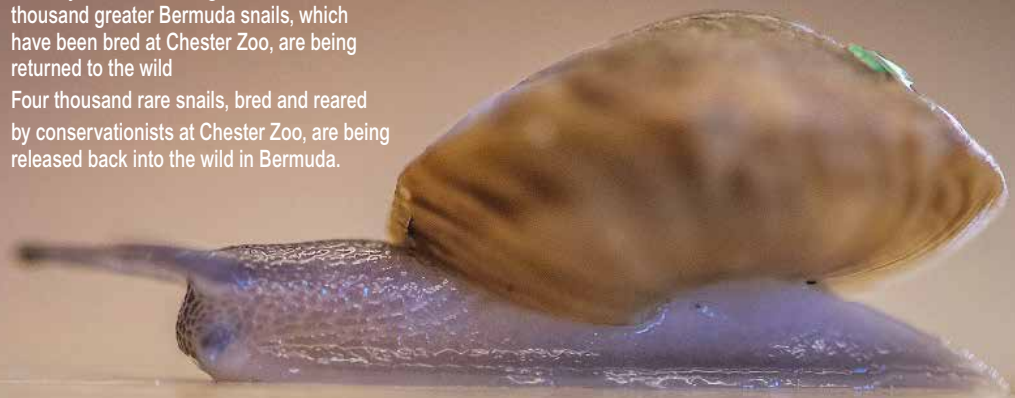
OUR ZOO

What's happening at Chester Zoo.

Thousands of rare snails return to the wild

The tiny snails with a big future: Four thousand greater Bermuda snails, which have been bred at Chester Zoo, are being returned to the wild

Four thousand rare snails, bred and reared by conservationists at Chester Zoo, are being released back into the wild in Bermuda.



- **Chester Zoo conservationists help to revive critically endangered Bermudian snails**
- **Greater Bermuda snail was considered EXTINCT until 2014**
- **There are fewer greater Bermuda snails left in the wild than there are giant pandas or mountain gorillas**
- **Now, zookeepers are taking 4,000 snails back to their homeland to give vital boost to wild population**
- **Reintroduction using zoo-bred snails is the FIRST of its kind for the species**

The greater Bermuda land snail (*Poecilozonites bermudensis*) - which measure around 2cm and live only on the remote, oceanic islands of Bermuda - were driven almost to extinction by predation from introduced species of carnivorous snails and flatworms.

Feared to have vanished completely until a small number were rediscovered in 2014, the snails are listed as critically endangered by the International Union for the Conservation of Nature (IUCN). Fewer than 200 are currently estimated to remain in the wild.

But, at the request of the Bermudian government, a team of conservationists, scientists and invertebrate experts from Chester Zoo have come to their rescue after stepping in to join a recovery plan to save the species.

Over the past three years, they have built up a population of the snails in a breeding programme at the zoo.

Now, zookeeper Heather Prince, joined by snail specialist Dr Kristiina Ovaska and the Bermudian government's Dr Mark Outerbridge, is taking the snails home.

The snails are being released on Nonsuch Island in Bermuda – an island nature reserve which has been chosen as an ideal location for the reintroduction following extensive field research. The island can



OUR LATEST NEWS & EVENTS

only be accessed under strict quarantine protocols to prevent the unwanted introduction of alien species.

In order to track the snails and chart their progress, a select number will be fitted with individual fluorescent tags – a unique observation technique trialled by Dr Ovaska and the team from Chester Zoo. The tags will enable conservationists to monitor their dispersal, growth rates, activity patterns, population size and, ultimately, the overall success of the reintroduction.

Dr Gerardo Garcia, the zoo's Curator of Lower Vertebrates and Invertebrates, said:

"It's incredible to be involved in a project that has prevented the extinction of a species.

"The Bermuda snail is one of Bermuda's oldest endemic animal inhabitants. It has survived radical changes to the landscape and ecology on the remote oceanic islands of Bermuda over a million years but, since the 1950s and 60s, it has declined rapidly. Its demise is mainly due to changes to their habitat and the introduction of several predatory snails. Indeed, in the early 1990s, it was actually believed to be extinct until it was discovered again in one remote location in 2014.

"It was really that rediscovery that sparked an urgent recovery mission into action and a population of the few remaining snails was flown to the UK. A collaborative project between the Zoological Society of London and Chester Zoo was then kick-started in order to breed the snails in high numbers and develop a blueprint for how to breed them in captivity.

"This is an animal that has been on this planet for a very long time and we simply weren't prepared to sit back and watch them become lost forever when we knew we might be able to provide a lifeline. Now, following three years of intensive work, we're thrilled and proud to say that we've reached a point in the project where snails are heading home. We're a team of delighted conservationists and scientists today.

This is what we strive to do – prevent extinction."

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

"It wasn't too long ago that we considered this species extinct, but because of the serendipitous rediscovery of a relict population on Bermuda and the dedicated care that our UK partners have shown in propagating them, there are now 4,000 snails being released this month.

"It has been tremendously gratifying for me to see them return to Bermuda for reintroduction. We have identified a number of isolated places that are free of their main predators and I am looking forward to watching them proliferate at these release sites."

Several further releases of the greater Bermuda snail and a second species of land snail being bred at the zoo, the lesser Bermuda snail, are expected to take place in the coming months. It follows extensive work to restore important habitat on many of Bermuda's offshore islands.





COMMUNITY NEWS

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

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MAKE A DATE TO RACE FOR LIFE IN CHESTER

Organisers of Cancer Research UK's Race for Life are asking everyone to make a date with their loved ones to take part in the event at The Cheshire County Sports Club

This year, Race for Life is no longer restricted to female participants.

So couples, families and friends can take part together and show support for the 110 people diagnosed with cancer every day in the North West.

Caitlin Holme, Cancer Research UK's North West Events Manager, said: "Our events are fun, colourful, emotional and uplifting. Participants get together and remember loved ones lost or celebrate the lives of those who have survived. At the same time, they are helping to make a difference to people with the disease, right now."

Cancer Research UK's Race for Life, in partnership with Tesco, is an inspiring series of 5k, 10k, Pretty Muddy and Pretty Muddy Kids events which raise millions of pounds every year to help beat cancer by funding crucial research.

Caitlin said: "The Race for Life is a powerful, inspirational movement which unites participants in Chester with people across the North West and the whole of the UK.

"Participants take part at their own pace - taking as much time as they like to complete the course. For some people, the Race for Life is

literally a walk in the park. For others, it's a jog or a run.

"Although 'Race' features in the name, our events are not competitive. Instead, 'the Race for Life' describes our doctors, nurses and scientists working as hard and fast as possible to help more people survive."

Cancer Research UK receives no Government funding for its ground-breaking research.

That's why money raised through the Race for Life events is vital. It funds world-class research to help beat 200 types of cancer - including bowel cancer, breast cancer, prostate cancer, lung cancer, testicular cancer, brain cancer, children's cancers and leukaemia.

The Race for Life event in Chester take place at The Cheshire County Sports Club, County Officers Cricket Club on Sunday, June 19th and are open to people of all ages and abilities.

Race for Life events in the North West

Cheshire - Tatton Park - Pretty Muddy Kids and Pretty Muddy Saturday, 20th June

Cheshire - Tatton Park- Race for Life 5K and 10K Sunday, 21st June

Wirral - Birkenhead Park- Pretty Muddy Kids and Pretty Muddy Saturday, 27th June

Wirral - Birkenhead Park- Race for Life 5K and 10K Sunday, 28th June



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COMMUNITY NEWS

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Bridge Community Farms volunteer appointed as one of Cheshire's new Deputy Lieutenants



A Bridge Community Farms volunteer has recently been appointed as one of the county's six new Deputy Lieutenants.

Sandra Verity, who lives in Beeston, is a volunteer driver for the popular Ellesmere Post based charity which runs a community farm and a fresh organically grown vegetable box scheme across the region.

She also sits on one of the charity's monthly management committees and regularly helps out on their market stalls. The Lord-Lieutenant is Her Majesty The Queen's Representative in Cheshire. He is able to appoint a number of Deputy Lieutenants to assist in carrying out his many and varied duties.

Deputy Lieutenants are nominated by the Lord Lieutenant to assist with their duties which include advising on official events to the county such as those which warrant a Royal visit.

The commission of appointment is made by the appropriate Government Minister by command of Her Majesty The Queen.

Francis Ball, founder of Bridge Community Farm, said: "We're absolutely delighted that one of our most stalwart volunteers, Sandra Verity, has been appointed Deputy Lieutenant of Cheshire.

"Sandra is a popular member of our Better Lives Veg Box Scheme and regularly helps to deliver our organically grown veg boxes to our customers across the region."

Sandra, who grew up on an organic farm, said: "I got involved with Bridge Community Farms for a number of reasons.

"Mainly it was their approach to supporting young people and their families in a community context, giving access to fresh air and learning to nurture, grow and, where appropriate, eat plants; leading to improved mental and physical wellbeing.

"I also liked their determination to extend the wellness message to the wider Cheshire and Wirral Community through their Veg Box scheme, giving access to fresh, organically grown fruit and vegetables while also supporting a local charity.

"I love meeting our customers and many are fascinated to know how many items are grown by us in Ellesmere Port."

Bridge Community Farms, based in Mill Lane, off Overpool Road, in Ellesmere Port, is looking for more people who can offer their time and expertise, help with sponsorship of their Better Lives Veg Boxes or can offer financial support for a young person on a work placement or for a Better Lives Veg Box to be delivered to a homeless charity.

They also need more delivery drivers who can work 8.30am-11.30am every Tuesday, café staff and volunteers who can help man their various market stalls across the region. Expenses are paid to all volunteers.

The charity offers training and life skills to children and young people who are struggling to thrive in a standard academic environment while ongoing guidance, support and work experience is also available to the unemployed.

The charity also runs weekly Bright Life groups to reduce social isolation in the community including a weekly crafts session every Thursday 12-2pm (cost £2.50) and a weekly woodworking group every Thursday 12-3pm (cost £3.50).

For more information visit <https://bwgardens.co.uk/> or call 07446 699995.



Photo of Sandra Verity with a Bridge Farm Veg Box

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BEE VIGILANT!

How to Garden on Behalf of the Bees

With the global decline of bees, it has never been more important to support the pollinator population in your garden. This spring make sure you fill your garden with as many pollen-rich plants as you can to give our bees a fighting chance, as they are vital components of our biodiversity.

The Royal Horticultural Society reports Britain as having 25 species of bumblebees, of which about 11 commonly visit garden flowers. They also state that there are about 260 species of solitary bee in Britain, all of which have been in decline in the last 50 years for a variety of reasons.



Nectar and Pollen

Flowers attract insects by providing them with two rich sources of food: nectar and pollen. Nectar provides insects with an energy source as it contains sugar, while pollen grains contain proteins and oils. It's also a good idea to have at least two nectar or pollen-rich plants in flower at any one time during this period. The nectar feeds the adult bee, while the pollen is collected to feed their larvae. It is vital that gardeners provide flowers throughout the bee's life-cycle, from March to September.

Bumblebees

Different bumblebee species have tongues of differing lengths and so prefer different flowers. The longest-tongued species, *Bombus hortorum*, prefer deep flowers such as honeysuckle, foxgloves and aquilegia.

There are six plant families bumblebees are particularly attracted to, but they will also appeal to other pollinators such as honeybees and butterflies. These include Boraginaceae (the wildflower comfrey, which makes a potassium-rich compost), and Fabaceae (peas),

Viper's bugloss (*Echium vulgare*) is perhaps the best single plant to attract bumblebees to a garden, and attracts both short and long-tongued varieties. Planting just one or two of these will attract many bees. It has beautiful blue flowers two feet tall, and blooms from June to August, making a good herbaceous border.

Preferred Flowers

The rose family, especially hawthorn and potentilla, seems to be irresistible to bees, as are fennel, angelica, cow parsley and sedum flowers. Tubular-shaped flowers, such as snapdragons and heathers, are also all favourite feeding grounds for bees.

Spring flowers attracting bees include bluebell, bugle, crab apple, daffodil, flowering cherry and currant, forget-me-not, hellebore, pulmonaria, pussy willow, rhododendron, rosemary, viburnum and thrift.

To tempt the bees in early summer plant aquilegia, astilbe, campanula, everlasting sweet pea, fennel, geranium, potentilla, stachys, teasel, thyme and verbasicum.

Late summer flowers attracting bees include angelica, aster, buddleia, cardoon, cornflower, dahlia (single-flowered), delphinium, eryngium, fuchsia, globe thistle, ivy, lavender, penstemon, scabious and sedum.

Make Your Garden a Home for Bees

One of the best ways to encourage bees in your garden is to keep your own bees with a hive, or allow a beekeeper to place hives in your garden. You could also add a bumblebee box to your garden. Nest boxes containing cardboard tubes or hollow plant stems, or holes drilled in blocks of wood, ranging from two to eight millimetres wide, will provide nest sites for some species of solitary bees.

The more flowers you plant, the more varieties of bees you will attract into your garden, and the more flowers and vegetables will be pollinated.

This is particularly important for fruit and vegetable growers as apples, plums, pears, cherries, raspberries, blackberries, blackcurrants, red currants, gooseberries and strawberries, broad beans, runner beans and some members of the marrow-pumpkin family all rely on insects to bring about pollination. Be conscious that you should never use pesticides on plants while they are in flower, as this will harm bees.

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NEW YORK

New York which is one of the most vibrant and exciting cities in the world.

Whether you have come to the Big Apple for the shopping, architecture, nightlife, Broadway shows or just to stroll through Central Park and soak up the electric atmosphere, it is a city that never disappoints.

You can dine in bustling Chinatown or stylish Greenwich Village or wander through SoHo and Little Italy revelling in their vibrant character.

Many of New York's museums and

art galleries have recently been refurbished and the choice of exhibitions, shows and performances on offer is staggering.

Along with the more traditional attractions of the Statue of Liberty, Empire State Building and Brooklyn Bridge you can also visit Ground Zero, take a trip over the city by helicopter, tour around on an open top bus, or see the Manhattan skyline from the river at night. Further afield why not explore the colourful neighbourhoods of Harlem and Queens, which have opened their doors to visitors in recent years.

KING'S WHARF, BERMUDA

Kings Wharf is where most cruise ships dock in Bermuda. This is the original pier or the berth in Royal Naval Dockyard.

Like everywhere in Bermuda, there are various options for everyone and every taste. Another highlight of King's Wharf Bermuda is without a doubt Dolphin Quest: within the maritime museum. You can swim about and interact with Atlantic bottlenose dolphins – truly a fantastic and educative day out for kids and adults alike.

There's plenty more to do than just the beach – maybe a trip to the Clocktower Shopping Mall for souvenirs (or discounted British products) or the Bermuda Arts Centre to check out local artists and their works.

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PONTA DELGADA

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archipelago of Portugal. The striking, 3-arched city gates and the Gothic-style Church of St. Sebastian are near the harbor. The Convent and Chapel of Our Lady of Hope houses a revered image of Christ. The Carlos Machado Museum offers diverse artifacts of Azorean culture. The city is a gateway to the crater lakes of Sete Cidades, to the northwest. Next stop Lisbon.

Ponta Delgada,
on São Miguel Island



LISBON

Lisbon is Portugal's hilly, coastal capital city. From imposing São Jorge Castle, the view encompasses the old city's pastel-colored buildings, Tagus Estuary and Ponte 25 de Abril suspension bridge.

VIGO

Vigo is a city on Spain's northwest coast. The mouth of the nearby Vigo Estuary is sheltered by the Cíes Islands, which form part of the Atlantic Islands National Park.

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Kia e-Niro 64 kWh 'First Edition'



Do you remember at the beginning of this year when I said I was going to be testing more EVs in 2020? Well thanks to Kia, I have now experienced my first ever electric vehicle in the form of the new Kia e-Niro 'First Edition'. As you all know, I was dead set against testing any sort of EV. Well after a week of living with the new e-Niro I'm happy to report that's it's absolutely brilliant.

Power and Efficiency:

The e-Niro I recently tested was fitted with a permanent magnet AC synchronous type 64 kWh electric motor which develops 201bhp and 395Nm of torque which I have to say feels very lively and more than happy to be driven hard on the motorway or rumble around in urban towns, a large city or the tiny green village where I actually live. Of course, it's an (EV) – which means - it goes like stink and the electric motor that propels you from zero to hero in no time at all is powered by a bank of batteries that are capable of storing a large amount of electricity (like you never knew that).

Moving on. Well, I guess you all want to know what the range is I suppose? Well, again – I'm happy to report that I travelled well over 280 miles on one full charge.

Then, when comes to performance – the e-Niro is more than capable of reaching 0-60 in just over 7.5 seconds (but it felt well quicker), and in no time at all, it will reach a top speed of 104 mph. Not super fast, but the speed limits on the UK roads are only 70mph max, so that means there's plenty left in reserve for the blistering overtaking manoeuvres you can make at every opportunity. Let's not forget the standing start from the traffic lights that tend to lead you into performing a 'Santa Pod' style sort of scenario with the car next to you.

Driving Range:

I suppose we all want to know what it can achieve in a real-life driving scenario and as I mentioned earlier – the Niro is pretty good on a full charge (280miles) Get the e-Niro into city mode and that

can increase by quite a lot. So as you can see from the figures here, its pretty good truth be told. As for the battery? Well, capacity is 180Ah with 294 cells and a weight of 457(Kg) This means nothing to me of course because I'm not a scientist, but to some of you out there, it probably means so much more.

On the road:

There is the extra weight that you need to factor in due to carrying many batteries - but to be honest, it felt just like any other crossover you care to mention - and it felt better than the petrol version of the Niro out on the open road I know! 'I just said that an EV is better than the petrol-engined version' of this car - but in my defence - it has to be said.

Design & Technology

For me, Kia gives you a lot for very little money in my book, more than most actually. Some of the equipment on my test car in 'First Edition' trim included; 17" Alloy Wheels, 7" Supervision Cluster with TFT Colour Display, 8-speaker JBL® Premium Sound System, Smart Key & Button Start, Black Leather Upholstery*, LED Headlights

with Bi-Function Projection, 10.25" Touchscreen Satellite Navigation with European Mapping, Smart Cruise Control with Stop & Go, Lane Keep Assist with Driver Attention Warning & High Beam Assist, Forward Collision-Avoidance Assist and a whole load more features that makes the e-Niro stand out.

To sum up:

The e-Niro is one of the first EVs that I have tested - and I like it a lot. The Kia e-Niro is a no-fuss crossover that in essence is just a really good stylish vehicle for any family wishing to find a perfect partner in the green world we now all strive to live in. Five stars for Kia.

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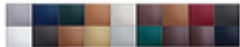
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March winds & April showers



Well, what a winter that was! Certainly a dismal one for members of Chester Rambling and Hill Walking Club. We pride ourselves on offering walks every Sunday, so cancelling our days out in the hills is a last resort. Very occasionally do walks get called off, but that's what happened on two consecutive Sundays in February, thanks to those ferocious winter storms. On higher, more exposed territory, walkers can literally be blown over by powerful gusts. In the valleys, and on the lower hillsides, flooded rivers and knee-deep mud present their own obvious dangers. Either way, if there's a potential risk to members, walks will be shortened, or withdrawn completely.

For working folk like us who want to be out and about at the weekend, the first gaping hole in the walking programme was dire enough. Then the next horrific storm wreaked havoc across the country. Wild gusty winds and torrential rain left leaders with no choice but to abandon plans and another Sunday's walking was wiped out.

But, being seasoned optimists, there's always next weekend to look forward to... Under the enforced gap in the programme, we were crawling the walls to get out and walk, and were determined to do so, come hell or high water. On this third wet Sunday morning, a surprisingly large group of us turned out to brave the elements. Starting at Flint Castle, we headed easterly along the estuary footpath. It was, in places very boggy underfoot, but largely passable. The sky brightened as we diverted inland, and the rain ceased. The only slight issue was an unexpected flood along a track, which had us walking tiptoe through the torrents in a largely unsuccessful attempt to keep our socks dry! Despite sodden boots, the sense of humour and group camaraderie on such occasions always turns what could be a dismal experience into a light hearted adventure for all. It was certainly a lovely walk in an area I'd never visited before, and one we can redo in summer, when hopefully the mud and floods have gone.

It turned out to be the worst February in six years, certainly for ramblers. Thankfully, in January, we'd enjoyed some fairly dry and sunny walking in Cheshire, Wirral and North Wales. One January 'B' walk that was more than a little squelchy was in the Chirk area. Starting out in steady rain didn't make for good beginnings, and the mud was horrific in places. Rain came in fits and starts, but the sun emerged by late morning and shone for the rest of the day. It was a superb 9-mile walk, taking in some of the hilly footpaths that surround Chirk Castle and along part of the Offas Dyke. Being an undulating walk, it was hard work at times, and muddy stretches made the going

even tougher, but it was good to be out in the fresh air. The unexpected sunshine made the effort worthwhile, and a convivial drink in the village pub was a glorious finish to the day.

As I write, our programme of spring walks is well underway, and we have a weekend trip to the Lake District coming up very soon. Club members enjoy these early spring weekends away, as it's the first chance of the year to walk in further flung areas, with a cosy hotel to collapse into after each walk. But, let's face it, even in Cumbria, the March winds can't be any worse than those annihilating gusty storms we had earlier in the year. Then onwards into April, the showery month...

Saturdays usually see Club members twitchily scanning the next day's weather forecast. At these times, that lovely old song flits into our minds: 'Into every hiker's life a little rain must fall'..... Well, something like that, anyway.

If you fancy group walking in new areas, why not join us? Check out what we're up to during the coming weeks by visiting our website: www.chesterwalkingclub.com or take a look at our Facebook page to see photos of some of our recent walks.

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

CHESTER RAMBLING & HILL WALKING CLUB

CHESTER RAMBLING & HILL WALKING CLUB

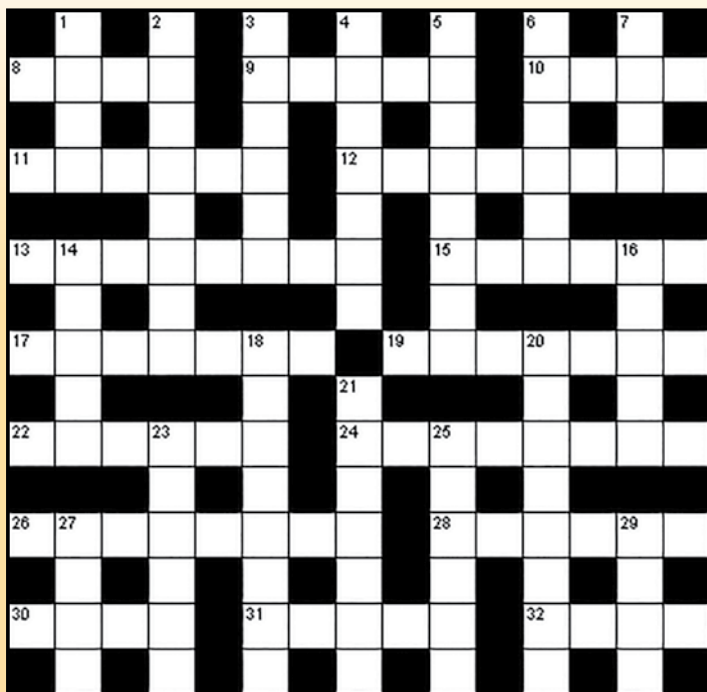
We are a Chester-based walking club, offering up to 3 grades of walks on Sundays, and alternate Wednesdays, and a programme of short summer rambles on Tuesday evenings. The summer season also sees a flurry of camping activity, when we pack up our tents, hook up the caravans, book B & B's and cottages,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

Find out more by emailing chesramclub@yahoo.com or head over to our website for more details: www.chesterwalkingclub.com



Quick Crossword Puzzle

Down

1. Border (4)
2. Fight (8)
3. Photographic necessity (6)
4. Cattlemen (7)
5. Speed (8)
6. Come up with (6)
7. Discover (4)
14. Open, as a bottle (5)
16. Basic belief (5)
18. A type of curved shape (8)
20. A black candy (8)
21. Outcomes (7)
23. Eluted (6)
25. Dwell (6)
27. Affirm (4)
29. Sponge (4)

Across

8. Modify (4)
9. Positive pole (5)
10. Leave out (4)
11. Perplex (6)
12. Encirclement (8)
13. Breaking and entering (8)
15. Ascribe (6)
17. Not an art (7)
19. Violent rotating windstorm (7)
22. Scant (6)
24. Fury (8)

26. Marine crustacean (8)
28. Termagants (6)
30. Learning method (4)
31. Well-known (5)
32. Make do (4)

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NHS Rainbow Badges launched at CWP



Cheshire and Wirral Partnership NHS Foundation Trust (CWP) has signed up to the national rainbow badge scheme to coincide with LGBT+ History Month, reinforcing the Trust's commitment to being a diverse and inclusive employer and care provider.

The Rainbow Badge Initiative, which originated at Evelina London Children's Hospital, aims to make a positive difference by promoting a message of inclusion. The badge is a simple, visual symbol identifying that, if an NHS staff member or volunteer is wearing one, they are a person who an LGBT+ person (or their friends or family members) can talk to about issues relating to sexuality and gender identity.

To support the initiative, CWP has launched a training programme to provide staff and volunteers wearing the badges with the knowledge and awareness to support LGBT+ people with any issues they may face.

Philip Makin, Equality, Diversity & Inclusion Coordinator for CWP, said: "I'm delighted to say that CWP is signed up to the NHS Rainbow Badge Initiative. The badge is a way for us at CWP to demonstrate that we are aware of the issues LGBT+ people can face when accessing our services and also as staff and volunteers. It shows that the

wearer is there to listen without judgement and signpost to further support if needed." To receive their badge, CWP staff are required to complete the online training and give their own pledge.

Chief executive Sheena Cumiskey said: "It's been fantastic to see how many people have already signed up to be a badge wearer. Our staff's enthusiasm for the initiative continues to demonstrate that we take Equality, Diversity & Inclusion seriously in helping people to be the best they can be."



Photo above: Members of CWP's executive board with their Rainbow Badges

Left: NHS Rainbow badge

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Cheshire, CH1 2DW
Tel: 01928 787496

Chester born pianist John Gough is no stranger to Chester Music Society audiences. Tonight's concert includes his students from the Royal Northern College of Music and Manchester University.

Tickets £5 at the door
19:30 - 21:30



Wednesday 8th April 2020 Easter Kids Crafts at Grosvenor Pulford Hotel & Spa

Wrexham Road, Pulford, Chester
CH4 9DG
Tel: 01244 570560

Looking for the perfect past-time just before the Easter break? Egg-cite and entertain the kids with an Easter Kids Crafts event on Wednesday 8 April 2020 from 3 pm-5 pm at the Grosvenor Pulford Hotel & Spa.

It's an eggstravaganza not to be missed, with Easter-themed arts and crafts, fun face-painting, party games and dancing competitions for the little chicks.

They can also fill their tumbs with hot dogs and homemade pizza on the day.



11th - 13th April 2020, 10am - 6pm

Taste Cheshire Food and Drink Festival 2020

New Crane St, Chester CH1 2LY
info@chesterfoodanddrink.co.uk
Tel: 01244 956 414

The Taste Cheshire Food and Drink Festival is the biggest event of its type held anywhere in the UK over the Easter weekend. This fantastic family event is held over 3 days at Chester Racecourse with over 150 exhibitors, amazing celebrity chefs, Free adult cooking classes, free children's cooking classes, free BBQ Masterclasses and so much to see.



Wednesday 15th April 2020 An afternoon of everything bee!

Grosvenor Museum, 27 Grosvenor
Street, Chester, Cheshire, CH1 2DD
Tel: 01244 972197 14:00 - 16:00

Drop-in. £2 per person for craft - free museum trail available all day. An afternoon of everything bee! Try some honeycomb, make your own bee wings, plant a real mini garden and more!



Saturday 18th April 2020 Chester Croquet Club Taster Day

Westminster Park, Hough Green,
Chester, Cheshire, CH4 8JQ
Tel: 01244677645 10:00 - 15:30

Sunday 26th April 2020 Cheshire Wedding Fayre at Manley Mere Wedding venue on the lake

Manley Lane, Frodsham WA6 0PE
12:00pm til 3:00pm
Minimum Age: 18

Based in the heart of Cheshire and not only a venue for sailing, water sports and adventures, Manley Mere is a unique Lakeside Wedding Venue! Meet up to 30 local and friendly wedding businesses in the outdoor and indoor wedding locations each with its own unique character including: The Mere Summer House, The Lakeside Conservatory, The Chameleon and Garden Room and The Lakeside Octagon.



Sunday 26th April 2020 Spring Plant Hunters' Fair at Cholmondeley Castle Gardens

Cholmondeley Castle Gardens,
Cholmondeley, Malpas, Cheshire,
SY14 8AH 10:00 - 17:00

Plant Hunters' Fair at the wonderful Cholmondeley Castle Gardens with a special reduced entry on the day for the gardens and plant fair of just £4.00 (gardens normally £8.50). Dogs on leads welcome.



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