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MAGAZINE



FEBRUARY 2022  
Issue 58

Monthly Business & Community magazine delivered in & around Chester

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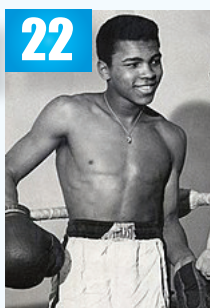
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**Cover Photo:** Aerial view over Chester City Centre



Dear Friends,  
Well haven't we been spoilt with some milder weather at times? Now the nights are drawing in a little later each day it really makes you look forward to spring!

This month we have our usual editorials, we also have short stories and poetry for you each coming month courtesy of David Edwards and John Fowler, they are both really good writers and we are thrilled to be able to share them with you - they will definitely cheer you up!

We are running some great offers for new advertisers, all our contact details are on the front of the magazine, you may want to advertise your business in our Love Wirral or Love Wrexham magazines!

All magazines are available online as well as the answers to our puzzle page :o)

*Maxine & Mike*

Circulation of this FREE magazine is distributed to Chester and its surrounding villages.  
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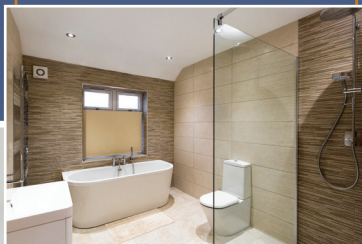
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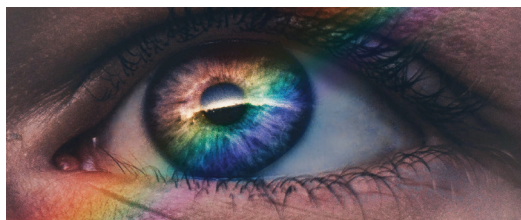
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# DO YOU KNOW?

1. There are more English words beginning with the letter "s" than with any other letter.

2. The day after tomorrow is called "Overmorrow."

3. On average, people who complain live longer. Releasing the tension increases immunity and boosts their health.

4. 29,000 rubber ducks were lost at sea in 1992, and are still being found, revolutionising our knowledge of ocean science.



5. In Newfoundland, Canada, the Atlantic Ocean sometimes freezes so people play hockey on it.

6. Vanilla beans are the product of the world's only fruit-producing orchid, the *Vanilla planifolia*.

7. The King James Bible has inspired the lyrics of more pop songs than any other book.

8. Vegetarians are 19% less likely to die from heart disease, a study found.

9. The 15-minute chimes on Big Ben have lyrics: "All through this hour / Lord be my guide / And by Thy power / No foot shall slide."

10. The main exporter of Brazil nuts is not Brazil. It's Bolivia.



11. Over 250 cinemas in the UK have Autism Friendly Screenings (AFS) in which the volume is lower, the lighting is darker and you can take your own food and drink.

12. Tokyo Disneyland was the first Disney theme park outside of the U.S. It was opened in April 1983.

13. Volkswagen owns Bentley, Bugatti, Lamborghini, Audi, Ducati and Porsche.



14. It is a criminal offence to drive around in a dirty car in Russia.

15. Leo Da Vinci used to buy caged animals at the market just to set them free.

16. The world consumes close to 2.25 billion cups of coffee every day.

17. Only female mosquitoes drink blood. Males are vegetarians.

18. The father of Jeff Bezos, founder of

Amazon, was a unicyclist in a circus.

19. The Bororo people of Brazil are one of the few groups of people where all have the same blood type: "O".



20. The chlorine in swimming pools isn't what causes red eyes. It is the chlorine binding to the bacteria in the water.

21. India's Hindu calendar has 6 seasons: spring, summer, monsoon, autumn, winter and prevernal.

22. The world's oldest existing lighthouse is the Tower of Hercules, in Spain, erected in the first century and still operational.

23. In 1971, Evita Peron's body was exhumed and flown to Spain, where Argentina's Ex-President Juan Peron and his new wife kept the corpse in their dining room.

24. The inventor of intermittent windshield wipers tried to sell his idea to the auto industry and was turned away. When they began showing up on new cars, he sued, and won.

25. The man who invented pop-up ads has apologized to the world for creating one of the Internet's most hated forms of advertising.



26. Most of Las Vegas' iconic hotels and even its famous welcome sign aren't technically located in the city of Las Vegas. They are in an unincorporated township called Paradise, Nevada.

27. The Sunrise in parts of China can be as late as 10 AM because the country joined its five time zones into a single one.

28. The Lut Desert in Iran is the hottest place on earth.

29. Giraffes only need 5 to 30 minutes of sleep in a 24-hour period.



30. The Hawaiian alphabet has just 13 letters.



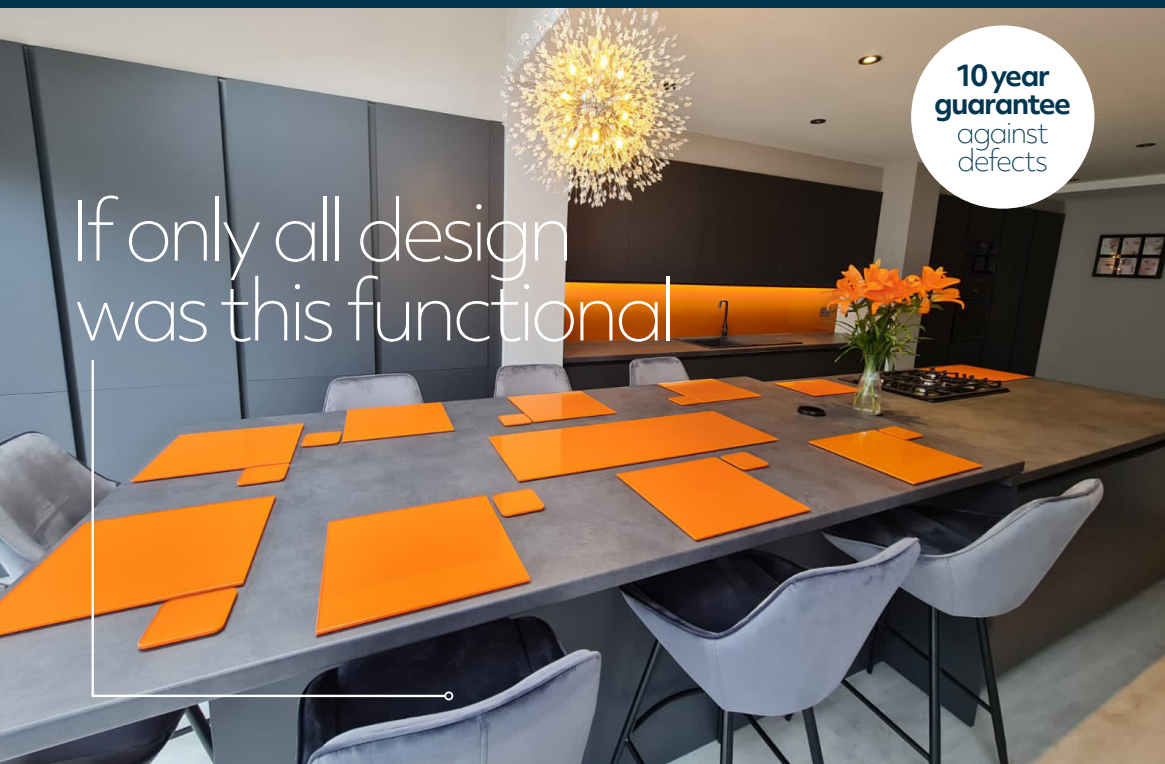


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The ethics panel is a forum for independent review of ethical issues within policing, and helps to ensure the Constabulary acts with integrity and transparency.

John Dwyer, Police and Crime Commissioner for Cheshire, said:

“This is an exciting opportunity for a panel of volunteers to look closely at how the Constabulary operates and report back any issues they find to me and the Chief Constable.

“This feedback will then provide reassurance to the communities of Cheshire that the policing service they are receiving is the best it can be.”

If you are interested in the position, more information is available <https://www.cheshire-pcc.gov.uk/who-i-am/about-the-opcc/the-office/work-with-us/ethics-advisory-panel/>

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# OUR ZOO

## What's happening at Chester Zoo.

One of the world's rarest pig species has been born at Chester Zoo.



**The arrival of a Visayan warty piglet has given cause for celebration for keepers at the charity zoo, with as few as 200 now remaining in the wild.**

The male newcomer arrived to mum Gwen (9) and dad Tre (10) on 16 November 2021 and now joins a family of five.

These forest-dwelling pigs are listed as critically endangered by the International Union of Conservation for Nature (IUCN).

The species has suffered a drastic population decline in the wild. Agricultural expansion and logging have devastated vast amounts of their native habitat in the Philippines, and they are also hunted for their meat and persecuted for raiding crops – making them one of the rarest wild pigs on the planet.

The latest addition to the breeding programme will be an ambassador for his relatives in the wild.

Mark Brayshaw, Curator of Mammals at Chester Zoo, said:

*"It's fantastic to see the birth of any animal, but when they're critically endangered and fighting for survival in the wild, it makes it even more special. Baby piglets are incredibly energetic and playful, and so the whole group will certainly be kept very busy over the coming months!"*

*"Visayan warty pigs aren't just your average pig. During breeding season, males develop a long, protruding mane from their head, giving them a mohawk-like hairstyle. Both mum Gwen and dad Tre are named after punk rockers Gwen Stefani and Tre Cool as a result of this iconic look, and I'm sure it won't be long until we've decided a suitable name to follow in that tradition."*

*"Every piglet is a vital addition to the breeding programme and will help champion the plight of this fascinating, charismatic species."*





To save Chester Zoo head to: [www.chesterzoo.org/saveourzoo](http://www.chesterzoo.org/saveourzoo)

Chester Zoo's latest arrival is vitally important to the endangered species breeding programme which is looking to maintain a genetically viable population of Visayan warty pigs in zoos around Europe.

The Visayan warty pig was recently recognised as a species in its own right. Little is currently known about these animals in the wild and experts say that by working closely with them in the zoo, they can transfer knowledge to further support the animals in the wild.

Stuart Young, Regional Field Programme Manager for South East Asian Islands at Chester Zoo, explains: *"Working with Visayan warty pigs in the zoo gives us the opportunity to study these animals in a way we never would have been able to in the wild."*

*"However, the important knowledge gathered here at the zoo is then shared with our partners at the Talarak Foundation in Negros, the Philippines, and has helped with the reintroduction of 19 Visayan warty pigs back into the wild. The pigs were reintroduced to Bayawan Nature Reserve in Negros in July 2020, where the animals had been extinct for more than 10 years. We're absolutely delighted to reveal that the population is now thriving and 10 piglets have been born since they were rehomed."*

*"Although pigs can sometimes be overlooked, and don't gather the attention that other bigger mammals receive, they play a really important role in the ecosystem - which is why we must continue to prevent their extinction."*



Visayan warty pigs live in small social groups and communicate with squeaks, grunts and chirrups. Piglets take their mother's milk for up to six months, moving on to a varied diet that includes roots, tubers and fruits.

Chester Zoo was the first zoo in the UK to care for Visayan warty pigs, a species that gets its name from three pairs of fleshy warts on the boar's face.

The breeding centre in the Philippines, and the nature reserve where the pigs were released, have recently been hit by a deadly typhoon causing damage to fences and buildings. Chester Zoo is supporting the Talarak Foundation with repair costs, but extra funding is needed.







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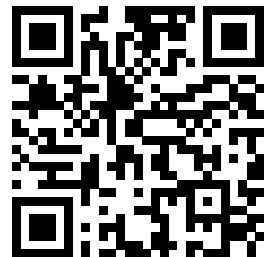
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# THIS MONTH'S HISTORY

This feature each month will give interesting facts from years gone by. See what you remember that happened in your lifetime.

## THIS DAY IN HISTORY FOR THE MONTH OF FEBRUARY

### 3rd February 1959

Rock singers Buddy Holly, Richie Valens and the Big Bopper died in a plane crash. In the late 1950s, Holly was one of the hottest stars of the still-young genre of rock 'n' roll. His chart-topping songs included "That'll Be the Day" and "Peggy Sue." In the winter of 1959, Holly embarked on the Winter Dance Party tour along with Valens and Richardson, both of whom had scored hits with "La Bamba" and "Chantilly Lace," respectively.



The tour was plagued with problems from the start. The musicians were traveling in the dead of winter. The tour buses that took them from gig to gig often broke down.

After a show in Clear Lake, the group was supposed to head north. Holly wanted to avoid the long drive, so he chartered a plane. Richardson was not feeling well, so he convinced Waylon Jennings, a member of Holly's band, to give up his spot on the flight. Valens won a coin toss with Holly's guitarist Tommy Allsup to see who would get the remaining seat.

Shortly before 1 a.m. on Feb. 3, the 1947 Beechcraft Bonanza departed from Mason City, Iowa. It crashed soon after takeoff in a field about 6 miles from the airport. Holly, Richardson, and Valens were killed, along with the 21-year-old pilot Roger Peterson.

### 6th February 1935

The board game Monopoly went on sale under its present day name for the first time. Prior to being purchased by Parker Brothers, the game had been developed by Elizabeth Magie under the name, "The Landlord's Game."

Magie intended the game to give an economic lesson about land value tax. Parker Brothers initially rejected the game, claiming that it was too complicated and took too long to finish, but later changed their opinion based on the game's popularity in Pennsylvania.



Monopoly has grown into one of Parker Brothers' most successful board game franchises. Monopoly has been released in a variety of versions and themes and has spawned several spin-off games. Monopoly's popularity would become so great that U.S. and Worldwide Monopoly tournaments were held from 1973 to 2009.

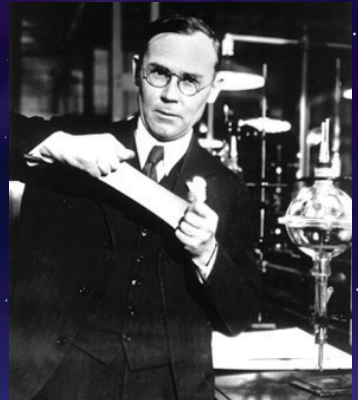
## 16th February 1937

The story of nylon, and subsequently nylon stockings, began with a gentleman called Wallace Carothers, whose team at DuPonts chemical company, after ten years of research in the field of Polymers, produced a fibre that was to replace silk in many clothing garments.

After his lab came up with dozens of polyimide contenders, Carothers chose nylon to develop. It was patented in 1937 and introduced to the world at the New York Worlds fair in 1939.

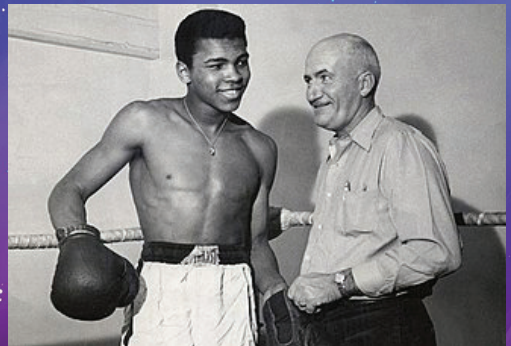
Sadly, Wallace Carothers was not alive to enjoy the fame. The previous year suffering from manic depression, he took his life. He could hardly have known the impact he was to have had on a woman's life.

Commercial production of nylon stockings began in 1939, and by the end of 1940 had sold over 64 million pairs! But the outbreak of war with Japan only led their sale to be limited and to be rationed during the war years. Nylon as it turned out had other interesting qualities. It could be used for parachutes and even components of bombs! Patriotically, women handed in their spare and used stockings to aid the war effort, after a nationwide campaign was launched.



## 25th February 1964

22-year-old Cassius Clay shocks the odds-makers by dethroning world heavyweight boxing champ Sonny Liston in a seventh-round technical knockout. The dreaded Liston, who had twice demolished former champ Floyd Patterson in one round, was an 8-to-1 favorite. However, Clay predicted victory, boasting that he would “float like a butterfly, sting like a bee” and knock out Liston in the eighth round.



The fleet-footed and loquacious youngster who would later become known as Muhammed Ali needed less time to make good on his claim—Liston, complaining of an injured shoulder, failed to answer the seventh-round bell. A few moments later, a new heavyweight champion was proclaimed.





## Short story

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### 'PUMPKIN' by David Edwards

It was early on the Friday evening and I spotted him the moment he entered the Casino. He was about six feet tall although from my position at the time it was difficult to be precise, what I did know was that he had an athletic frame, was groomed to perfection and had thick black hair. He was dressed in an immaculately tailored suit and his shoes were brilliantly polished reflecting perfectly the chandeliers and fixtures suspended from the ceiling. 'The man has style' I thought as I observed him meander through the room before stopping at one of the medium stake poker tables. Unfortunately I'd been assigned to the high stakes table that evening but had caught the occasional glimpse of him as he passed to go to the restroom.

He'd played until eleven thirty on that first evening and I was pleased to see that he'd won a significant amount before leaving, apparently alone. Dozens of high rollers had come and gone during the past year, they'd won or lost fortunes within hours but appeared different and I wanted to be at his side the next time he played. I hoped the bright orange colour of my newly acquired apparel would stand out above anything else in the room and get me noticed. Surely he would see me and maybe, just maybe, I would finally get the one thing I so desperately wanted, a way out of this Casino, a way out of the twenty-four hour, seven day a week monotonous existence.

It had been two full days but the moment he entered the room and walked up to the cashier's window he'd noticed my brand new attire. The briefest of conversations with the cashier led to me being taken to join him at the high stakes table. He was good, after Friday's performance I knew he would be but he was really good. I was within touching distance and observed him closely as he played his game; he rarely looked at me but committed to memory every movement of each of the six players.

Some of them would tap their fingers, others stroked their noses or screwed their eyes tightly, all of them concentrated so hard on their game they were totally unaware of the unconscious signals being given before they committed to a bet, fold or bluff.

It was of course their downfall, his powers of observation and concentration were second to none and one by one he took their chips and stacked them with his own.

It didn't take him long to work out the strategy of the very attractive blonde woman. I'd noticed her at the tables most evenings and she often used her voluptuous figure and big blue eyes to distract players from their game. She always wore low cut dresses; it had the desired effect on most of the male players and even some of the females as she drew them into irrelevant conversations that put them completely off their game.

He only spoke to either bet or fold, his accent identified him as English, a foreigner to these shores.

He was the quintessential tough gentleman, strong and self assured yet the occasional look he gave me made him appear vulnerable. I hadn't worked him out and wondered where he drew his strength, nor had I discovered his weakness; if he had one it was well concealed. For one brief moment, late on in the evening I thought I'd spotted something but before the next hand was played, before I could confirm my suspicion he'd stood up and asked the dealer to cash in his chips. He smiled, brushed his hand gently across my face and was gone.



I'd known players who'd been rowdy and treated me with contempt and disrespect but he was different, there was a coldness the like of which I'd never before encountered. I sensed he liked me but I didn't enjoy being treated that way and when the evening was over I'd decided that if he didn't come back into the Casino, then fate had played her hand.

He did return however, the following evening he strode in wearing a white Tuxedo and looked incredible. Within minutes I was beside him and over the next two hours I again watched him play and was delighted to confirm the assumption I'd made the previous evening. It happened gradually over the course of nine games, initially I'd felt the heat of his hand as he touched me and after a while he actually took hold of me and didn't let go for seven straight hands.

For the first time since I'd watched him play he ordered a drink. Calling the waitress over he asked for a gin and tonic, specifying Bombay Sapphire with ice and insisting on a slice of fresh orange not the usual lime or lemon.

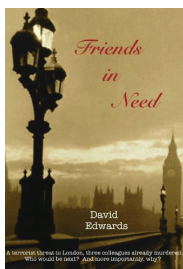
He'd won four hands in a row when the accident happened. He was observing the young blonde woman, she was deciding whether or not to bet or fold when he inadvertently touched the tip of his glass and knocked it over. The crystal clear liquid splashed over me and as the waitress cleaned the spilt liquid he apologised profusely to the dealer and everyone around the table as he reached for his handkerchief to dry my face. It was from that point I knew he could do anything with me, he could wrap me around his little finger if he wanted to and for the next hour that's exactly what he did, telling everyone that his 'pumpkin' was his lucky charm and I was the reason he was winning. The statement had the desired effect by putting everyone off their game.

He continually ran the ten thousand dollar chip through his fingers as he played and at the end of the night, when he'd won almost four hundred thousand dollars he asked the dealer to cash him in.

'I'll take 'the pumpkin' with me, she'll look nice in my display cabinet' he informed the dealer as he stood up from the table and placed the brilliant yellow chip in the top pocket of his Tuxedo.

Although not mortal I'd finally got my wish, I hated being used as a casino chip, even one that was bright yellow, had a value of ten thousand dollars and had the nickname 'pumpkin'.

## More books available by David Edwards on



**'Friends in Need'**  
A terrorist threat to London, three friends already murdered. Who would be next? And more importantly, why?



**'Deceptive Friends'**  
All Quinn wanted was to do his own thing; be himself, go wherever he felt like going and do whatever he wanted to do. So why did he find himself sitting in his apartment with a woman who'd been kidnapped, disfigured and dumped out of a car?

Available on [amazon.com](https://www.amazon.com) Kindle



### A “Wales” of a time Poem by John Fowler

Dad saved all the money so we could have a holiday  
about three days to pack, then we were on our way.  
Took a bus to the Pier Head, our excitement began to mount  
how many hours it took to get there, well we just lost count.  
Passed country lanes and green fields, we soon arrived in Rhyl  
when we saw the sea, it gave us such a thrill.  
One more little bus to Dyserth, our bungalow was awaiting  
it really was a wooden shack, but to us a five star rating.  
A week of fun in sand and sea, and walks by the waterfall  
visits to castles, and the fair. A good time was had by all.  
Paddle boats, riding bikes, ice cream, and the penny arcade  
all just little simple things, but we really had it made.  
Looking back, it was another world, and oh how the time flies,  
we did not know it way back then,  
they were some of the best days of our lives.

We would like to thank John for providing us with two lovely books of poems written by him for his family.  
John has kindly given us permission to print his poems each month for your and our enjoyment.



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## Book review:

### 'Let it Go: How to stop your past ruining your future

By David Rahman

Published by Y Lolfa

David Rahman in his recently published book **"Let it Go"** has produced a thought provoking, inspiring and practically based range of strategies for self development **to unlock your potential by letting go of self doubt and limiting beliefs, to develop skills of self awareness and resilience to reach new goals.** The emphasis is on enabling readers to "gain a deeper understanding of **how to "stop your past ruining your future"**". His personal account of the challenges he faced in his youth, together with a wide range of additional "scenarios" offer practical and "do-able" strategies and techniques to "change personal mind sets" to promote more positive experiences.



During the past two years, as a result of Covid variants, the confidence and personal skills of many people to move on with their lives have been affected by restrictions on travel, limits on social interaction and other strategies to avoid fresh waves of the virus spreading within communities. The uncertainties, disruption to routines, changes in lifestyle, difficulties in addressing loss of friends and family members, fear of unemployment and other issues have resulted, for many in isolation, depression, emotional stress and reduced confidence and energy levels "to keep going".

David Rahman in an **insightful framework of personal reflections and exercises for self development** enables readers to promote improved self awareness, self worth, self image, self fulfilment and happiness. Readers are taken on a well structured and easy to comprehend analysis of **how to free or "untangle yourself from the "inner voice or dialogue"** which can impact negatively upon an individual's confidence or desire to progress and move forward.

Readers may well have cynical or questioning perspectives regarding "life coaching strategies" to boost personal skills to promote personal well being, social status, and financial management. Those readers who, like myself, have experienced "Life Skills" training courses, or working for "pyramid" companies such as Kleen-Eze or Amway, will be aware of the "razmatazz of group meetings", with the emphasis on the glamourisation of potential profits and benefits awaiting participants who "put the hours in". In reality the ease of rising to the "top of the pyramid or franchise", with the benefits of a pension for life and a Mercedes on the drive is often a false illusion and unattainable dream, for many who sign up to "attain their dream life".

A key feature of the text is how the author encourages and guides the reader with strategies and **ideas on how to “move on with their lives”**. David promotes a “journey of self development”, with ideas to support choice, including skills to **let go of limiting beliefs, self doubt based on past experiences alongside strategies to promote self confidence to “push past your fears”**. As David emphasizes, once an individual gains the confidence to “give it a go”, there’s no stopping the desire to “go again” or attempt a greater challenge. Activities such as swimming, gymnastics, abseiling, cooking, singing, etc, are examples where individuals respond to “the challenge” despite initially saying **“Sorry, not for me, I couldn’t do that!!”**

In the current climate, many people are experiencing anxious times, addressing fears of losing their job, closing their business, enforced early retirement, loss of family and friends, mounting debts, school and college catch up etc. David gives the reader strategies and personal skills of how to **“re-energise or re-act to move forward”**. The exercises and scenarios described, throughout the text, engage and enable the reader to reflect on how they respond or react to situations and **develop skills to self analyse in terms of building determination, resilience and tenacity**.

Readers will gain from opportunities to reflect on their own life patterns, including sections on The impact and Power of the Subconscious Mind: **how to “Address the Way I Think as a Skill”**; How to Escape the Toxic Thinking Trap, and Can you Teach an Old Dog New Tricks. David’s insightful discussion on issues such as **how to let go of negative thoughts or feelings to reduce over-reaction or responses to other people’s behaviour** are very thought provoking. Readers may well find analysis of the word “Fear” extremely insightful with links to “when an individual pulls on the handbrake to stop themselves moving forward in life”. **For many, the skill or ability to release negative emotions, “the letting go”, is not an easy task**, but David Rahman provides practical strategies to help the reader focus on positive points from the past to empower them with confidence to move forward.

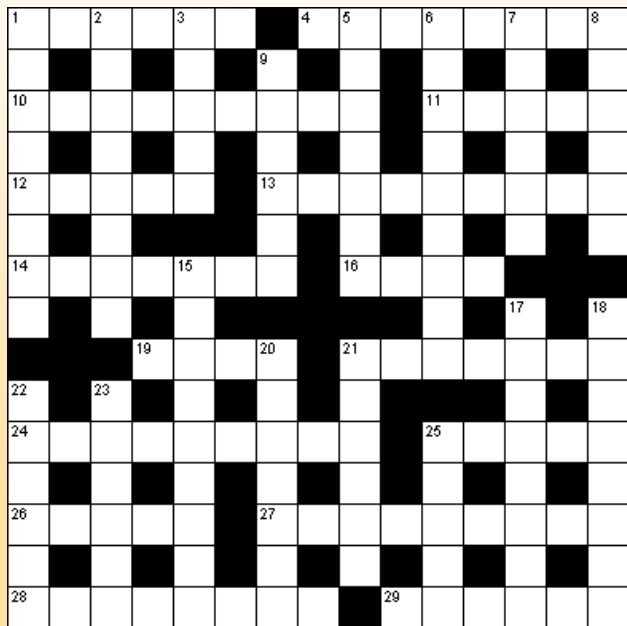
This is a thought provoking and skill enhancing text which **will enable the reader to develop skills of personal confidence, determination, resilience, and value their personal judgements**. They will gain the confidence to emerge from the ‘I wish’ and ‘I still regret’ historical reflective view of life to **gain the personal skills and strength to relinquish the emotions of the past, currently holding them back, to take the opportunity to go for it**.

The insightful text generates a **home based “self awareness fitness programme” to promote skills and personal strengths to generate increased happiness** and improve personal confidence to make future life choices more successfully. **The book will be particularly beneficial for readers caught within the environment of uncertainty and shattered dreams caused by the impact of the pandemic**.

**Reviewer: John T Morris BA(Hons),MEd,MPhil,DipPsych,CertEd**

John is a graduate of Aberystwyth, Bangor and Lancaster Universities, and the British Psychological Society. At Lancaster University his research was on developing growth mind sets to promote motivation, tenacity, determination, perseverance and resilience skills to improve sporting and academic performance levels.

# PUZZLE CORNER



## Down

- 1 Dictatorial (8)
- 2 Sneaky (8)
- 3 Afflicted (5)
- 5 Engages for work again (7)
- 6 Matings (9)
- 7 Proofs of innocence(6)
- 8 Be in charge of (6)
- 9 Nipped (6)
- 15 Elemental (9)
- 17 Diagrammed outlines (8)
- 18 The highest heaven (8)
- 20 Of little importance (7)
- 21 Expression (6)
- 22 Cheddar or gouda, for example (6)
- 23 Any incorporeal supernatural being (6)
- 25 Furnishings of a room (5)

## Across

- 1 Consternation (6)
- 4 Announce (8)
- 10 Clams, crabs and lobsters for example (9)
- 11 Labour organisation (5)
- 12 Lubricated (5)
- 13 Exciting (9)
- 14 Cold-blooded (7)
- 16 Make a melodic noise (4)
- 19 Skim or dart (4)
- 21 An ancient Egyptian musical instrument (7)
- 24 Lip service (9)
- 25 Rot (5)
- 26 Enlist (5)
- 27 Naivete (9)
- 28 Hold spellbound (8)
- 29 Came up (6)

## Sudoku Puzzle

How to play:

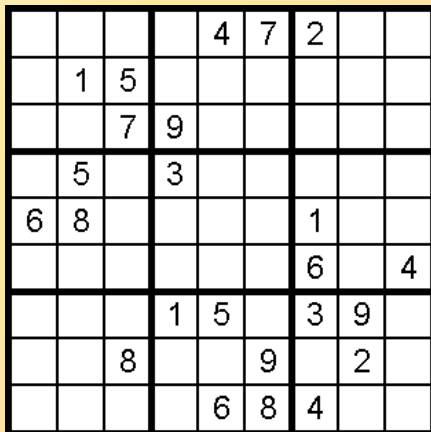
The numbers 1 through 9 will appear once only in each row, column, and 3x3 zone.

There are 9 such zones in each sudoku grid.

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

Difficulty level: Medium.

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## Striding forth

The earliest part of the year is when we would normally expect the coldest, wettest weather, with some snow, sleet and ice thrown in for good measure. As I write this, the temperatures have so far been more typical of spring than winter, although the accompanying copious rainfall has proved less pleasant and produced rather a lot of mud in places!

January walking nearly always includes several squelchy footpaths but members of Chester Rambling and Hill Walking Club are made of hardy stuff, and are keen to get into the hills whenever possible! Kitted out in appropriate weatherproof gear, we generally stride forth in all but the most dire conditions. Following a particularly wet spell, New Year's Day was mild and sunny with strong gusty winds, and 22 of us turned out for the first group hike of the year. This was an 8-mile C+ walk on the lower slopes of Foel Fenlli in the Clwydian Range, starting from the layby near the Clwyd Gate on the A494 Mold-Ruthin road. The first mile or so of the walk followed a footpath familiar to me, but the rest of the route was new territory. It's always good to tread unknown paths, and this is where group walking with experienced leaders comes into its own.

Foel Fenlli is the second highest hilltop in the Clwydian Range, standing a fairly lofty 511m/1677ft above sea level, with an Iron Age hill fort on its summit. Instead of climbing to the top, which is accessed by steep footpaths, our leader, Sue, took us round the slopes of the hill and along a track that soon offered a glorious view across the Vale of

Clwyd. Although the distant hills were in the haze, the town of Ruthin could be clearly seen below us, standing prominently within the lush green valley that surrounds it.

Onwards, and the rest of our circular route took in the grassy hillsides of Moel Eithinon and the woodlands of Coed Plas-yr-Nant.

Enjoyed mostly in sunshine, this varied and undulating walk, with a total ascent of approximately 370m/1300ft, was a wonderful way to start the year off. Apart from strong wind and some footpaths that had temporarily become shallow streams, the main challenge on many tracks was, unsurprisingly, mud, glorious mud! Sturdy boots, waterproof over trousers and/or gaiters prove vital in these situations, and walking poles are also handy to help keep you upright on paths that are thick with sludge. However, even a few seconds' lack of concentration can result in a bit of slippage, and we all arrived back at base with bespattered trousers, and boots that were slightly less pristine than first thing that morning!

Foel Fenlli's Iron Age hill fort, originally built about 2,500 years ago, is said to have been requisitioned and occupied in the 5<sup>th</sup> century by King Benlli, after whom the hill is named. The hill fort is one of several in this part of North Wales, and many footpaths in the region pass through the humps and ditches that are so typical of these ancient settlements.

**You'll need to carry OS Explorer Map OL265 with you when exploring the Clwydian Hills. If you fancy discovering new walks in North Wales and Cheshire, but don't know the area well enough to go it alone, joining a local hiking group could be for you. In winter we offer two grades of walks: C's can be anything up to around 1,200 ft of ascent, and B's up to 2,000ft. Our A grade walks resume in March, usually heading further away to the higher crags of Snowdonia. Whatever your walking ability, if you fancy group walking, give us a try!**

To find out more about Chester Rambling & Hill Walking Club, head over to our website: [www.chesterwalkingclub.com](http://www.chesterwalkingclub.com) Joining details can also be obtained by emailing [chesramclub@yahoo.com](mailto:chesramclub@yahoo.com)

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



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