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**MAGAZINE**



SEPTEMBER 2020  
Issue 41

Monthly Business & Community magazine delivered in & around Chester

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#### O'Mally - Meols

"Scott and the team certainly gave us best in class service whilst they worked on our extension, kitchen and bathrooms. They kept us informed all the way and worked around our diaries to deliver the programme on time. We highly recommend them to anyone."

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Cover Photograph:  
River Dee Suspension Bridge aka Queens Park Suspension bridge along the River Dee, Chester



### Dear Friends,

First of all we would like to say a **BIG thank you** to all of our regular advertisers - we value your loyalty, and a warm welcome to our new advertisers too!

We would like to wish all the children going back to school and high school good luck, exciting times ahead.

You can also make plans for your Chester Zoo visit, they have made changes to keep you all safe at the zoo!

Also, the Chester Half Marathon takes place on 20th September which was postponed from the pandemic.

Don't forget to let our advertisers know you have seen their advert in **Love Chester** magazine, without them there wouldn't be a magazine, so it's important information!

Keep up to date with us on facebook and our new facebook group, twitter & visit us at: [www.love-chester.com](http://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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## **This months topic – Business Interruption**

As a business you may have a term in your business insurance to cover losses if your business cannot open such as during the recent lockdown. Business interruption is there to protect the business against financial loss suffered during an incident such as fire, flood or other incidents such as a lockdown where the business has been forced to close.

Business are finding that some insurers are refusing claims under the business interruption terms but that does not mean that you were not covered.

There are two types of policy that your business may be covered for:

- ❖ 1. **Infectious Disease** – Many policies expressly state which diseases fall into this category and so as Covid-19 was a new disease it will not have been listed in these policies and so you may be able to claims. Many policies require the disease to be on your premises but some specify a radius around your premises
- ❖ 2. **Denial of Access** – This is cover if you are prevented access to your property by an event, or actions from a competent authority. In these clauses there are often differences in the wording so you may be covered, but it will depend on your circumstances and the policy wording.

We will require copies of your insurance and the terms and conditions, at the time the policy was taken out. Some insurers are changing the terms and conditions but it is what they were at the time of interruption that matters.

We will also need you profit and loss accounts from the previous years so that we can calculate the loss to your business and quantify the claim.

Once we have the above we will contact your insurers on your behalf to make a claim.

If you haven't made a claim or have been rejected by your insurers then get in touch now as you could be missing out on thousands of pounds that you are entitled to.

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# HAVE YOU BEEN THE VICTIM OF MEDICAL NEGLIGENCE?

We all put our trust in the medical judgement and information we are given by qualified health professionals and practitioners, but sometimes their advice or treatment can result in things going wrong.

There are many points from the first doctor's appointment to treatment options where errors can be made, and unfortunately these cases are on the rise.

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# PLEASE SUPPORT LOCAL CHARITIES

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

## The Countess Charity's 25th Anniversary 'Blue Skies Balcony' appeal - Cheshire Life



The Countess Charity has launched an exciting new appeal to build a garden balcony on the Intensive Care Unit (ICU) at the hospital so that our poorly patients can benefit from the outdoors in a safe and infection-controlled environment. All patients, their visitors and staff are set to benefit from this innovative improvement that will make it easier and safer to move patients outside with no loss of space to the existing unit which opened in 2014.

The Blue Skies Balcony Appeal has been launched in the 25th Anniversary year of The Countess Charity. Over the years over £16 million pounds has been spent on providing more for our patients at The Countess of Chester Hospital and Ellesmere Port Hospital.

Lesley Woodhead, Head of Fundraising says "The ICU have been keen to make this improvement for their patients for a couple of years and it's a great appeal for our Anniversary year. Over the last few months there has been so much coverage of ICU units on the TV and in newspapers we hope the Chester community will be with us in understanding why this will make such a difference. On a personal level we all know, now more than ever before that being outside in the fresh air and natural light is key to our health and wellbeing."

The therapeutic benefits of outdoor exposure to natural light and gardens is proven not only to help to calm patients by providing opportunities for positive escape from stressful clinical settings, but it also fosters improvement in clinical outcomes - such as reducing pain medication and shortening hospital stays. We are fortunate at The Countess and Ellesmere Port Hospitals to have a lot of outdoor space and some private garden areas on The Stroke Ward, Wards 50 and 51 have The Memory Lane Garden and Ellesmere Port Bluebell have a courtyard area.

Outdoor space is particularly important for our critical care patients who can face a long battle back to health and many weeks in hospital. It is because of this that The Countess Charity's Blue Skies Balcony appeal has been launched. Providing our patients with the opportunity to see skies and the Countess' much loved 'mountain view' will remind them of all the things they have been missing and help act as a spur to their recovery. Dr Simon Ridler, the Consultant leading the project commented: 'The ability to get our patients outside, however briefly, and expose them to natural light will go a long way towards improving their outcomes and their experience of critical care. Having this facility will make it much easier and safer to transfer patients outside and will potentially allow several patients to use the facility each day. It will put us in the avant-garde of intensive care units in our region.'

Dr Simon Ridler who is a Consultant in Anaesthesia and Intensive Care Medicine also commented "Delirium in critical care is a very common and we are seeing it lots in patients in ICU with COVID. People who experience delirium tend not to do as well in the long term and there are national strategies underway aiming to prevent the occurrence and reduce its duration. A key aspect in the treatment and prevention of delirium is to normalise the patient's night and day cycle as far as possible. Exposure to natural light is fundamental to this."

ICU has historically been a very isolated and private unit due to safety and infection control. It is now believed that the clinical risks of taking a patient outside are no greater than moving their treatment to another part of the hospital, with the required life support and patient consent. Survival is only part of the journey for patients in critical care. Patients then need something to live for. By taking patients outside and giving them an experience of what they have been missing is a simple but powerful way of helping to provide for this. The balcony will also be used for rehabilitation and therapy.



Photo of Dr Simon Ridler at the back of ICU with blue skies

### How you can help

Follow our Facebook page – The Countess Charity

Take a collecting tin for your business

Adopt Blue Skies Balcony as your Charity of the Year – we love to work with local businesses, schools and community groups

Join in with our fundraising activities

Create your own fundraising FUN at home or work

To contact us

We are mostly working at home so please message us on our Facebook page or email us – [coch.fundraising@nhs.net](mailto:coch.fundraising@nhs.net)



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# DO YOU KNOW?

1. London's "Big Ben" is not the tower. It's the bell inside it.
2. The tower where Big Ben is located is officially known as "Elizabeth Tower." It was completed in 1859.
3. Between 40% and 80% of the population of Classical Athens were slaves.
4. China has treatment camps for Internet addicts.
5. There's high-speed Internet on the way up to Mount Everest.
6. In 1986, a volcanic lake in Cameroon, Africa burped a CO2 gas cloud that killed 1,746 people in minutes.

7. The weird bright dots you see floating when you look at the sky are your white blood cells.

8. **Being hit by lightning causes weird skin designs called "Lichtenberg figures."**



9. A cat has been the mayor of Talkeetna, Alaska for 15 years.
10. Dead people can get goose bumps.
11. You have Taste receptors in the stomach, intestines, pancreas, lungs, anus, testicles and the brain.
12. Viagra can keep cut flowers standing up straight for up to a week longer than normal.

13. **Anatidaephobia is the weird fear that somewhere, somehow, a duck is watching you.**



14. In 1945, a rooster named Mike, lived 18 months without a head.
15. **Leeches have 32 brains.**



16. A snail has about 25,600 "teeth".
17. **Humans can inflate balloons with their ears.**



18. If you inhale a pea, it can sprout and grow in your lungs.
19. During the 18th century, you could pay your admission ticket to the zoo in London by bringing a cat or a dog to feed the lions.

20. **A baby was born in 2005 with a conjoined head that had no body. The head could blink and smile.**



21. Sound waves can be used to make objects levitate.
22. Like all living things, humans are bioluminescent: We glow.
23. **"Rain of fish" is an annual weather event in which hundreds of fish rain from the sky onto the city Yoro in Honduras.**
24. There are beers made out of fossils.
25. Many expensive Perfumes contain whale poop.
26. **Snakes can have two heads and fight each other for food.**



27. Diabetics' urine can be made into whiskey because of the urine's high sugar content.
28. Galileo's middle finger is on display at a museum in Florence, Italy.
29. A slug's anus is on its head.
30. Capuchin Male Monkeys urinate on themselves to attract a mate.
31. 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.
32. Dogs Poop in Alignment with Earth's Magnetic Field.
33. Human saliva contains a painkiller called opiorphin that is six times more powerful than morphine.
34. As soon as tiger shark embryos develop teeth, they attack and eat each other in the womb.
35. In older versions of Little Red Riding Hood, the girl and the wolf eat grandma together.
36. The boomslang snake's venom causes you to bleed from all holes of your body.
37. Flamingos are pink because they eat shrimp.

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# OUR ZOO

## What's happening at Chester Zoo.

### WORLD FIRST: Exotic birds hatch at zoo after parents are rescued from illegal wildlife traders



Exotic collared trogon chicks have hatched at Chester Zoo in world first after parents are rescued from illegal wildlife traders.

- **Colourful collared trogon chicks hatch after parents were saved from smugglers**
- **Bird experts believe species has never been bred in world's leading zoos – until now**
- **Zoo provided safe haven for chicks' parents after 100 exotic birds were seized from illegal wildlife traders last year**
- **The illegal wildlife trade is the world's fourth largest international crime, worth an estimated \$19 billion annually**
- **Forests falling silent as a result of a booming illegal bird trade**
- **Zoo conservationists part of worldwide campaign to tackle the illegal wildlife trade endangering thousands of species**

Two exotic birds, whose parents were rescued from illegal wildlife traders, have hatched at Chester Zoo.

It is the first time that collared trogon chicks have ever been bred in any of the world's top zoos.

Bird experts have hailed the arrival of the chicks, and their subsequent fledging, as "really special," particularly given the astonishing survival story of their parents.



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

The duo were two of almost 100 exotic birds, from 14 different species, given a safe haven at Chester Zoo after being seized from illegal wildlife traders by customs officials in the Netherlands last year. The birds were destined to be illegally sold as pets.

The illegal wildlife trade is worth an estimated £19 billion every year and is the fourth biggest international crime after drugs, arms and human trafficking.

Hundreds of bird species are known to appear in parts of Europe after being taken from the wild in Africa, Latin America and South East Asia. The practice is driving many species towards extinction.

Mark Vercoe, Chester Zoo's Deputy Curator of Birds, said:

*"This is a really special hatching. It may very well be the very first time that this beautiful Latin American forest species has been bred in a zoo – there certainly aren't any other documented breeding successes in any of the world's leading zoos.*

*"The collared trogon is understudied and little information exists on the courtship and mating behaviour of the species. However, we're now able to add to the available data.*

*"These chicks are particularly precious given the astonishing survival of their parents who we took care of last year. They were part of a huge group of illegally imported birds rescued by customs officials in the Netherlands.*

*"They had had a traumatic journey and were in a poor state of health when they were first confiscated and sent to us. So, to have not only nursed them back to full health but to have got them to a point where they're happy and able to raise their own young, is a fantastic feat."*

In South East Asia alone, up to 1.3 million birds are taken from the wild each year. The crisis has reached a tipping point with forests now falling silent.

Andrew Owen, Chester Zoo's Curator of Birds, said:

*"According to the UN, the illegal wildlife trade is worth billions of pounds each year and continues to grow despite efforts to crack down on it. It's threatening the future of numerous species globally and it's important that we attempt to raise as much awareness about the issue as we can. We need more and more people to be the eyes and ears in the fight against the trade."*

Conservationists at Chester Zoo are calling for public help to fight the crisis. Experts are encouraging people who may be travelling to South East Asia to download the free Wildlife Witness smartphone app, which allows people to report suspicious instances of illegal wildlife trade they might witness, where it is safe to do so.

Those holidaying elsewhere in the world can report any suspicious activity via Chester Zoo's online illegal wildlife trade reporting form: [www.chesterzoo.org/illegalwildlifetrade](http://www.chesterzoo.org/illegalwildlifetrade)





# COMMUNITY NEWS

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

Email us @: [info@love-chester.com](mailto:info@love-chester.com)

## Bridge Community Farms REOPENS TO THE PUBLIC



Bridge Community Farms CIC in Ellesmere Port has reopened to the public.

As well as reopening the popular farm shop, the café is back open for breakfasts and light lunches and a Holiday Club is running summer activities for children.

The Holiday Club, which has places still available, has a range of different outdoor activities including teaching children how to grow, harvest and cook their own vegetables.

The club also includes cooking sessions, a gardening club, arts and crafts, family picnic days, a nature trail and games.

Children taking part in the club, which runs until the end of August, also receive educational information about healthy cooking and living.

Clair Johnson, General Manager of Bridge Community Farm, said: "Thanks to our wonderful volunteers we were working flat out to meet the demands of people affected by the pandemic, delivering our veg boxes across the county.

"We also started a Bridge Buddy Club to provide a great phone service to older people living alone and feeling anxious and isolated.

"But now that lockdown is easing, we're absolutely delighted to be back open for business as normal."

Bridge Community Farms CIC supports people with life-long learning disabilities and mental health issues. They offer outdoor study facilities and work experience for young people who struggle in an academic environment and a variety of activities for the local community. The gardens contain raised beds, poly tunnels, a craft centre, farm shop and café. The farm delivers organically grown veg boxes across The Wirral and West Cheshire.

**If you are interested in any of the products or service please contact [Bridgevegbox@gmail.com](mailto:Bridgevegbox@gmail.com) or call 0744 6699995.**



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# Five of the best UK day trips

From the romantic Lindisfarne castle to the spectacular views from the Lizard Peninsular, from RSPB nature reserves to family-run farms open to visitors, day trips are a great way to explore the UK.

With many Brits choosing to save money by spending holiday time at home instead of venturing overseas, the summer day trip is a school holiday saviour. With plenty of cost-effective days out accessible by car but not always by public transport, new drivers have a wealth of day trip opportunities to explore across the UK.

We turned to the experts at **RED Driving School** for five of the best summer day trips, perfect for new drivers.

\* **Lindisfarne castle, Northumberland** - Located on the remote Holy Island off the coast of Northumberland, Lindisfarne Castle is only accessible via a three-mile causeway at low tide. Lindisfarne is a romantic 16th century castle, although the site was originally a Tudor fort, which is a mile walk from the car park along a tarmac road and cobbled path. Admission to the castle is £6.95 for adults and £3.50 for children. Visitors should check tide times in advance to get the most out of this historic day trip.

\* **Clumber Park, Nottinghamshire** - For an active day out with spectacular views, pack your bike in your car and drive to Clumber Park in Nottinghamshire. With 3,800 acres of gardens, parkland and woodland to explore and 20 miles of picturesque cycle routes, visitors can easily spend a whole day enjoying the great outdoors. Parking is just £5 for the day and entry to Clumber Park is free, with a cafe and cycle hire plus toilet facilities.

\* **Arne Nature Reserve, Dorset** - This RSPB-managed reserve is home to almost 500 types of flowering plant and is known for its lowland heathland and oak woodland. Wildlife includes British reptiles, Dartford warblers, nightjars and many species of moth, dragonfly and butterfly. The reserve overlooks Poole Harbour where visitors can watch birdlife including wading birds, ducks and geese, black tailed godwits, brent geese and avocets. Parking is £4 for the day and is free for RSPB members.

\* **The Lizard Peninsula and Kynance Cove** - For beautiful views and a taste of British history, visit the the most southerly point. The secluded Kynance Cove is just two miles north of Lizard Village, visit at low tide when a sandy beach is revealed. As well as the picturesque views, visitors can enjoy walks along the coastline. Local facilities include parking, food vendors and public toilets.

\* **The Seven Sisters Sheep Centre, Sussex** - Situated in the South Downs national park and housed in a 17th century barn, this family-run farm specialises in sheep breeding, with over 40 different breeds, as well as goats, rabbits and chicks. A child-friendly day out, visitors can feed the animals, see lambs and sheep being shorn and milked, watch wool being spun and learn about cheese-making. Parking is available on site and the farm is wheelchair accessible, with toilets and a picnic area. Admission is budget friendly, at just £5 for adults and £4 for children. Located just one mile from Beachy Head, finish your afternoon with a cliff-top walk enjoying scenic views out to sea. **Dominic Cohen of RED Driving School** says: "Learning to drive makes spontaneous day trips more accessible, so new drivers can easily take advantage of unexpected sunshine and explore local countryside, coastline, history and wildlife, especially areas which are less accessible by public transport. "Learner drivers should encounter a range of different motoring experiences in their driving lessons, so should pass their test prepared to drive on rural roads. The independent driving aspect of driving lessons should help to prepare new drivers with navigation skills. Planning summer day trips with friends is the perfect way for new drivers to continue to develop their route planning and navigation skills."



Lindisfarne castle, Northumberland



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## EDGE Travel Worldwide Celebrates Fundraisers' Virtual Climb to Everest to Support Chester Zoo



When seven school girls heard that the zoo they loved was in trouble, they stepped up and challenged themselves to climb to the top of Mount Everest to help save Chester Zoo.

After being forced to close for almost three months because of the COVID-19 pandemic, the UK's largest charity zoo faced an uncertain future and was pushed to the absolute brink of survival.

Primary school friends Layla Heaton, Heidi Wetherall, Sophia McGrady-shaw, Lily-May Wilkins, Caitlin Pratt, Esme Pratt, and Harriet Sedwell set themselves a target to raise £600 for Chester Zoo by climbing a staggering 8,848m between them using their stairs at home during lockdown. 168 supporters helped the girls raise over 500% of their target, bringing their total to an incredible £3,330.

Starting their ascent on 5 June 2020, the girls reached 1942m by just day three, and completed their challenge in only 16 days.

When the girls reached base camp at 5380m, they had a zoom call with the Founder of the brand EDGE Travel Worldwide, Dave Pickles, who has operated on Mount Everest since 1997 and runs summit expeditions to the top as well as other UK and international adventure trips. He spoke to the girls about what it was like to climb Everest for real and offered to take the girls and their parents on an unforgettable trip up Mount Snowdon in North Wales for free to Organiser and mum to Layla, Vicky Powell, said:



*"When Layla heard that the zoo was in trouble, she really wanted to help. The girls were so excited when they had the idea to climb to the top of Everest by climbing their stairs at home, which is a huge challenge for seven children aged between six and nine. They were so passionate about their challenge, one girl even climbed her stairs 100 times on day one!"*

*"The zoom call with Dave really spurred the girls on, he was so knowledgeable and gave the group some really interesting information about mountain climbing. We were so touched when he offered to take the girls up Snowdon to celebrate their achievement."*

Founder of EDGE Travel Worldwide, Dave Pickles, said:

*"Not only did the girls achieve an incredible goal but the fact they wanted to help such an important charity as Chester Zoo really did*

inspire EDGE Travel Worldwide to give both the girls and Chester Zoo the opportunity summit the highest mountain in Wales and the second highest in Great Britain this Autumn - Snowdon. To see the Chester Zoo flag flying at the top and the girls achieve another incredible goal will simply be superb - we can't wait to organise the trip once the lockdown has been lifted."



Jamie Christon, Chief Operating Officer at Chester Zoo said:

"We can't hide from the fact that this crisis has pushed us, the UK's largest charity zoo, to our limits. Ensuring that every one of the 35,000 animals continued to receive the very best care and attention over time we have been closed, with very little money coming in and no access to the government's support fund, has been one of the biggest challenges that this great zoo has ever faced.

"Although we've now been able to reopen to the public, which has been vital for the zoo's financial survival, there is still a long way to go before we're fully back on track - there is no denying that there will still be some very challenging times ahead. That's why we're so grateful to our wonderful supporters who are still fundraising for us.

"We've been truly overwhelmed by the kindness that we've been shown when times are hard for everyone, not just us. The financial damage we've suffered has left a deep scar and the road to a full recovery remains uncertain. But with our fantastic fundraisers' support and being able to safely welcome visitors back, we've some renewed hope that this great charity zoo has a future."

Vicky Powell added:

"Lockdown has been difficult for everyone to get through, but with the girls not being able to meet up and see each other, this challenge has really made them feel like they were doing something fun together. They showed real team work and really kept each other going, it definitely helped take their mind off everything that was going on at the time.

"We all absolutely love the zoo and the vital conservation work it does and are so happy to have been able to raise so much for them. The real celebration will be when we will all finally be together to go up Snowdon - it will be the first time that we've all seen each other since lockdown. I'm so proud of what the girls have achieved."

Chester Zoo's fight for survival still isn't over and are still in need of support, head to [www.chesterzoo.org/support-us](http://www.chesterzoo.org/support-us) to find out how you can help.



# SPORTS

## COLUMN



### Hamilton Overcomes Late Puncture to Win 7th British Grand Prix

SILVERSTONE, England—August 2nd—Two safety car periods and a flat left front tire car laps from the end didn't stop Lewis Hamilton on Sunday. The favorite son won his seventh British Grand Prix by holding off Max Verstappen by five seconds. Ferrari's Charles Leclerc finished third.

‘Lewis Hamilton: Until the last lap, everything was relatively smooth sailing. Then I noticed the shape of the tire shifting, and that was heart in the mouth. I didn't know if it had gone down until I braked. Then just driving it, sometimes it will come off and break the wing. I nearly didn't get around the last two corners.’

For most of the race, Hamilton had no trouble taking the lead from Mercedes teammate, Valtteri Bottas, and kept it as high as 2.1 seconds. Others were making more of a train—from fourth to tenth—even following two safety car periods. Those occurred when Red Bull's Alex Albon struck Haas F1 driver Kevin Magnussen at Stowe, spinning the Dane into the wall and retiring him from the race. On lap 12, Dani Kyvat crashed into Maggots when his front right tire deflated going into the corner. Although Kyvat was unhurt, he severely damaged his Alpha Tauri's rear wing and back section.

The rest of the race seemed uneventful until Bottas suffered a right-front tire failure with a few laps to

go. Bottas crawled into the pits, losing second to Verstappen.

‘At that point, Verstappen felt satisfied with second place and decided to pit for fresh tires in an effort to get the single point for fastest lap. Ironically, he would have won the race had he stayed on old tires. That's because of Hamilton's tire failure, which caused the Briton to hold on slowly to win by just a few seconds.’

Hamilton might have dodged a bullet, but he knew there was trouble when it happened. “The car seemed to turn OK through Maggots and Becketts, and then it was a real struggle in the last two corners. I could hear the gap coming down from 19 to 10. I could hear out of the last corner him going, ‘Nine, eight, seven,’ and I was just like, ‘Get back on the gas!’”

In a wild finish for the rest of the top ten, Daniel Ricciardo took advantage of the bad luck from Bottas and Sainz Jr. to take fourth for Renault. Teammate Esteban Ocon finished in sixth. Lando Norris took fifth in the only McLaren left in the race, while Pierre Gasly, Albon, Lance Stroll, and Sebastian Vettel finished seventh through tenth, respectively.

In the second American Haas F1 car, Romain Grosjean, who had been as high as fifth after staying out following the second safety car period, ended up 16th overall.

## Mercedes Captures Another Pole, but This Time It's Bottas, Not Hamilton

SILVERSTONE, England—August 8th—Putting his foot down on the accelerator and forgetting about the puncture that put him out of the points last weekend, Valtteri Bottas made his last qualifying lap count Saturday afternoon. Bottas posted a 1:25:124 fastest lap to start at the front for Sunday's 70th Anniversary Grand Prix race at Silverstone, England.

Lewis Hamilton, who thought he had grabbed the 92nd pole of his career, ended up finishing second. Nico Hulkenberg, substituted for Sergio Perez, put his Racing Point entry third—his best qualifying finish in years.

“Valtteri Bottas: It feels so good! We made good steps on the set-up from last weekend. That's why the qualifying performance was better. Amazing car to drive. It's so quick.”

Because of soft tire failures last weekend and high temperatures on the track this week, most drivers chose medium tires to finish up qualifying. But Bottas held all three sessions and—just when many figured Hamilton would change that—the Finn came behind the Briton and edged him by 0.063 seconds. Minutes later, Hulkenberg was able to grab third.

Max Verstappen had to use his last lap to take fourth, finishing just ahead of Renault's Daniel Ricciardo. Lance Stroll was sixth in the other Racing Point, while Pierre Gasly finished seventh in the Alpha Tauri. Ferrari's Charles Leclerc was eighth.

“Red Bull's Alex Albon and McLaren's Lando Norris rounded out the top ten as ten other drivers failed on Saturday.”

Both Alfa Romeo's of Antonio Giovinazzi and Kimi Raikkonen again failed to get out of the opening session, and Nicolas Latifi, Dani Kvyat, and the Haas F1 of Kevin Magnussen also failed to advance. The second session had more names depart, including Esteban Ocon, Sebastian Vettel, Carlos Sainz Jr., George Russell, and Romain Grosjean in the second American Haas F1 car.

Despite Saturday's success, Bottas knows that the more pressing matter is what happens on Sunday. “Of course, when you are starting from pole, you aim to win. The first job is to get off the line, and the mentality is to win. That's it.”



Valtteri Bottas



## Fiat 500 Mild-Hybrid Launch Edition



*I have owned many Fiat 500s over the years – and the other day, I started thinking about how the little 500 was now starting to show its age. A few moments later, I received an email from Fiat regarding a new mild-hybrid version of the 500, and in that second, I instantly thought, YES, this fits in perfectly, so let's give this 500 mild-hybrid a little road test.*

*So, in true form, I used my many contacts and managed to bag myself a 500 mild-hybrid for the week. So, how did it fair?*

### **Power and Efficiency:**

The little 500 mild-hybrid is powered by a 3-cylinder FireFly 1.0-litre engine family with a 12-volt (BSG) electric motor and a lithium battery that delivers 70hp (51kW). The BSG system is mounted directly on the engine and is operated by the belt that also drives the auxiliaries. The system recovers energy during braking and deceleration, stores it in a lithium battery with a capacity of 11Ah, and uses it, at a maximum power of 3,600W, to restart the engine in Stop & Start mode and to assist it during acceleration. It's a peaky little engine if I'm being honest, but it's not what I would call 'Sporty'. Although I do like the way to sounds and you must remember this is a mild-hybrid, so it was never going to be a race car in any shape or form.

### **On the road:**

I will keep it simple here; the little 500 is the perfect car to scoot about in – because it's poised, easy to park and you will always have a little smile on your face every time you drive it. Ok, it's a little 'bouncy' but that's all the fun of the Fiat. Into the corners, it's just as good as the next best small car, and just as much fun as my old Mini Clubman. Also, the mild-hybrid propulsion unit used in the 500 receives a 6-speed manual transmission (transverse gearbox, front-wheel drive), aimed at improving fuel economy in out-of-town driving, thanks to new low-friction bearings and gaskets and the use of a specific high-efficiency lubricant. The new system also involves lowering the entire power unit 45mm so the car behaves better on the road thanks to the lower centre of gravity.

### **Design & Technology:**

Like all Fiat 500s, the interior and exterior design are great. Its festooned on the inside with matt paint finishes and chrome detailing. The switches and dials are also set out nicely, and the seating is very comfy. There is also a TFT display which includes key indicators such as battery condition and how best to return optimal efficiency.

### **To sum up:**

I think for someone looking for their first every mild-hybrid city car then it's perfect.

**Price from:** £17,150





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# One step beyond



With travel restrictions finally lifted in Wales, it was good to return to our favourite stomping grounds in the Clwydian Hills. As soon as our liberation was announced, my other half and I planned a 10½ mile trek in the undulating hills bordering the Alyn Valley between Loggerheads and Ruthin. During lockdown, we'd walked no more than 7 miles along the fairly flat footpaths surrounding Broughton and Hawarden, so it made sense for our first more strenuous walk to be somewhere familiar, where we knew of short cuts if the going got tougher than expected. As it turned out, 10½ miles was indeed one step beyond our current fitness levels. With our last 4 months' hikes being far less demanding than pre-lockdown, this wasn't a surprise, though we were a tad disappointed with ourselves.

We started the walk just outside Llanferres, following the public footpath along the river towards Bryn Alyn, and then heading towards Llanarmon-yn-Ial. Before reaching the village, we took the path that circumnavigates the disused Pystyll Gwyn Quarry. A lovely route then took us along the hillside of Moel Gyw, with extensive views both down the Alyn valley and across the Vale of Clwyd, with Gyrn and Moel Eithinen opposite. On a clear day, we'd have seen across to the Llantislios too, and possibly the eastern edges of Snowdonia. Dropping height to cross the A494, we were now treading a section of the Offas Dyke Path. Our aim had been to continue back along the higher hillsides as far as Fron Hen, near Loggerheads, but by now our aching limbs convinced us that a shorter option was the sensible way forward. This presented itself in the form of a pleasant footpath heading straight down to Llanferres. One last mile of easy walking and we were back at the car, more than ready to de-boot, rest awhile, and ponder, with some reluctance, how under par we were!

Gluttons for punishment, the following weekend saw us setting off to explore less familiar ground along the sunny coast at Llandudno. Not the Great Orme itself, but the less walked footpaths behind the town. I'd mapped out a 7 mile route from dotted green lines on the OS map, taking in the twin humps of Mynydd Pant and Nant y Gamar before heading in the direction of St David's College and beyond, towards the obelisk that overlooks Llandudno Junction and Deganwy. We'd rarely, if ever, walked these footpaths before. Signage in these parts is not the best, and even our decent map reading skills didn't prevent a wrong turn or two! The only people we encountered were dog walkers, whose superior local

knowledge helped us find the right path on several occasions. In our experience, locals are always the best people to ask if you're dithering over vanished footpaths and non-existent yellow markers! With several missed turnings and backtracking, the distance we walked ended up well over 8 miles. This is, however, a gorgeous area to walk in, with views stretching along the North Wales coast, and inland towards Snowdonia. The varied terrain of grassy limestone hills, lush undulating green fields and pleasant woodlands has potential for a very decent 9-10 mile walk for our club members. A few return trips beckon, though, before we can confidently lead a walk here!

As I write, it's just been announced that group walks of up to 30 people can now take place, with certain restrictions. This is fantastic news, although we need to put a few extra safety measures in place before our winter programme can go to press.

If you fancy joining us once group walking is up and running again, check our website for updates: [www.chesterwalkingclub.com](http://www.chesterwalkingclub.com) or take a look at our Facebook page.

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](mailto:chesramclub@yahoo.com) or head over to our website for more details: [www.chesterwalkingclub.com](http://www.chesterwalkingclub.com)

# DIARY DATES SEPTEMBER 2020

**Thursday 3rd September 2020**  
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**Saturday 5th September 2020**  
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**Fri 11th - 12th September 2020**  
**Chester Races -  
Autumn Festival Friday**

**Chester Racecourse, Chester,  
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Tel: 01244304600**

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**Saturday 12th September 2020**  
**RunThrough 10K**

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\* £18.50 per runner: Entry includes a RunThrough Tatton Park themed medal, free entry to Tatton Park for all runners, and fruit and flapjacks.

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**Sat 26th - 27th September 2020**  
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**Fri 11th - 12th September 2020**  
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# COMMUNITY NEWS

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## 'Gallery of Saints' published by Chester Cathedral



In June 2020, Chester Cathedral released a two-volume record of the stained glass windows of its cloister. The cloister of Chester Cathedral was glazed in the 1920s at the suggestion of the Very Reverend Frank Bennett, Dean of Chester (1920-1937).

There are 34 windows in the cloister with a total of 130 lights (a sub-division of a window). His son, who was later ordained, suggested the depiction of the Church's Calendar. Each window has one or more memorial. Donors for the memorials generated the necessary funds. 147 local people (dedicatees) are remembered in this way and about a quarter are World War I memorials.

A team of five led by The Reverend Canon Jane Brooke, Vice Dean, has photographed each light in great detail and a two page commentary has been written describing the story of the saint or holy day, explaining the attributes found in the pictures and biographical details of the dedicatee.

The book, in two volumes, is richly illustrated with photographs and may be seen online. Hard copies may be available later. This is the first time in 100 years that a record of these unique windows has been written.

<https://chestercathedral.com/education/gallery-of-saints/>



## Top Five Facts: Paralympics

### Wartime

The first Paralympic Games was held in 1948 at the same time as the Summer Olympics in London, UK. Initially, only a small band of British World War II veterans took part.

### Diamond

The current 400m world track record is held by South African 'Blade Runner' Oscar Pistorius, who clocked a rapid 47.04 seconds earlier this year – beating his earlier 2008 gold medal winning time of 47.49. He runs using the Flex-Foot Cheetah blades in the image above.

### Wonderland

The first Winter Paralympic Games were held in Sweden in 1976. They were the first Games to feature athletes other than those wheelchair-bound. Now the games allow competitors with a broad array of disabilities to take part.

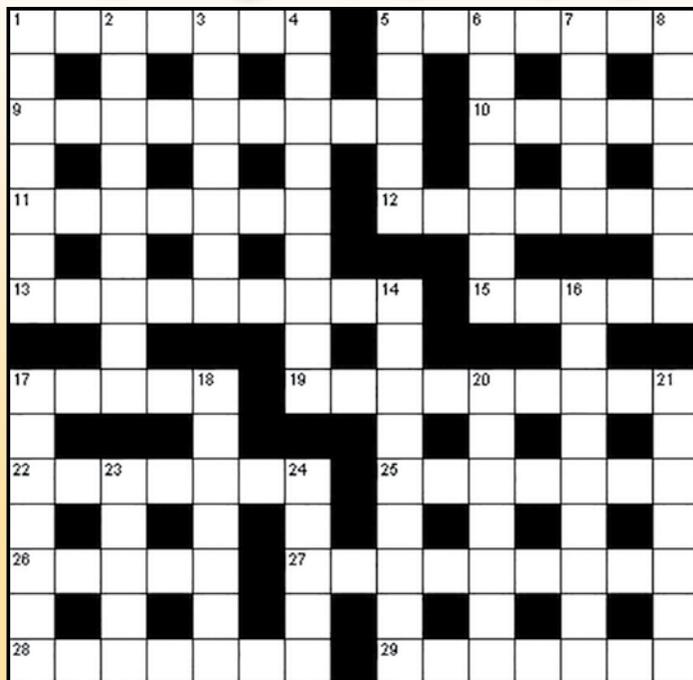
### Scandal

The Paralympic Games has been subjected to numerous cheating scandals since it was launched. Competitors have been found guilty of steroid use, autonomic dysreflexia and actually being able-bodied.

### Champion

Paralympian Trischa Zorn is the most decorated competitor in the history of the Games. From 1980 to 2004 she won a total of 55 medals, 41 of which are gold, in blind swimming events.

# PUZZLE CORNER



## Down

1. Speediest (7)
2. Eradicate (9)
3. Hanging platform (7)
4. Hence (9)
5. Gambits (5)
6. Martyrs (7)
7. Tropical vine (5)
8. Profane (7)
14. Inordinate (9)
16. Artificial moon (9)
17. Custodian (7)
18. Grow worse (7)
20. Oblivious (7)
21. Withdraw (7)
23. Malfunctions (5)
24. Scrimp (5)

## Across

- |                                      |                         |                             |
|--------------------------------------|-------------------------|-----------------------------|
| 1. Cargo (7)                         | 12. What Popeye ate (7) | 25. Red (7)                 |
| 5. Spin (7)                          | 13. Switch (9)          | 26. Excuse (5)              |
| 9. Quietude (9)                      | 15. Impudent (5)        | 27. Pseudo (9)              |
| 10. Seat (5)                         | 17. Place (5)           | 28. After dinner treat (7)  |
| 11. A part of a broadcast serial (7) | 19. Meet (9)            | 29. Any simple chemical (7) |
|                                      | 22. Outcomes (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](http://www.love-chester.com)



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