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MAGAZINE



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MEMBERS

JULY 2022
Issue 63

Monthly Business & Community magazine delivered in & around Chester



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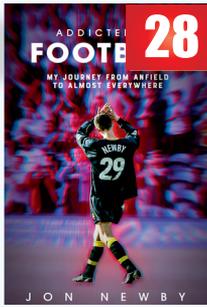
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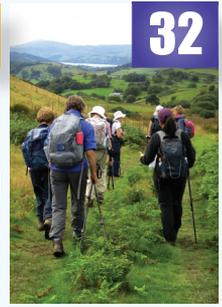
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Cover Photo: Northgate Street

Courtesy of Sergei Afanasev / Shutterstock.com



Dear Friends,

Summer has arrived! Time to enjoy those BBQ's, trips to our lovely canals, River Dee and walks in our beautiful woodlands with family and friends.

We are so lucky to have everything here on our doorstep in and around Chester! Sometimes it is taken for granted but during the warmer months - especially when the children are on school holidays - Chester comes into its own!

Please let us know what is going on in your community or chosen charity this summer.

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If you are in business and want to attract new customers, why not advertise with us and/or in our Love Wirral or Love Wrexham magazines, we offer affordable advertising in our popular magazines - contact details are on our front page.

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

Best Wishes

Maxine & Mike

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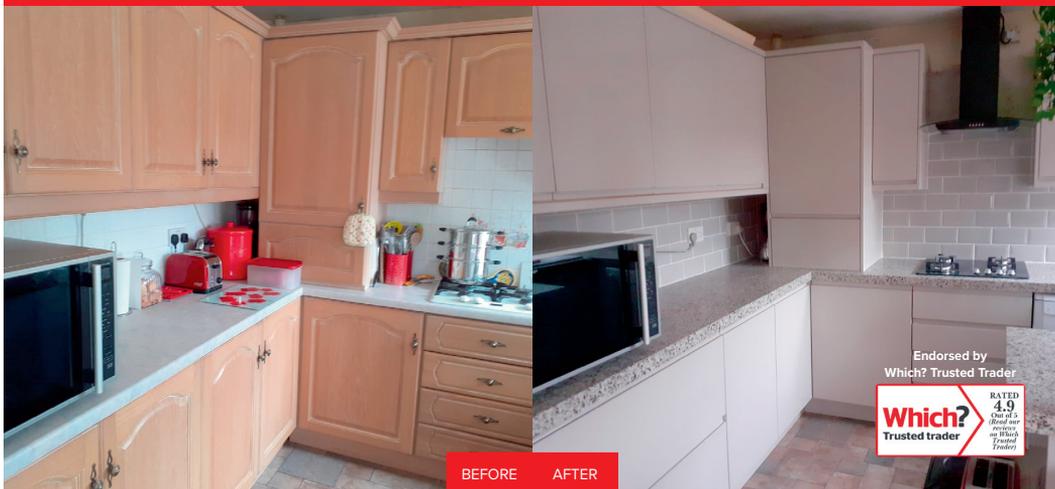


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DO YOU KNOW?

1. The cities of Aachen, Regensburg, Frankfurt-am-Main, Nuremberg, Weimar, Bonn and Berlin have all been capitals of Germany.

2. Berlin is 9 times bigger than Paris and has more bridges than Venice.



3. Your mobile phone has more computing power than the computers used for the Apollo 11 moon landing.

4. For every 1 million tons of oil shipped, about 1 ton is spilled.

5. Earth is the only place in the Solar System where water can be present in its three states: solid, liquid and vapour.

6. The U.S. government poisoned alcohol during Prohibition in the 20s and 30s, killing over 10,000 people.

7. Apple has more operating cash than the U.S. Treasury.



8. The Titanic's chief baker "fortified" himself with alcohol and thus survived the freezing water for 2 hours until he was rescued.

9. A new scientific method called 'toxineering' turns venoms into painkillers.

10. In 2009, Nigerian Police arrested a goat on suspicion of attempted armed robbery.

11. Alexander the Great, Napoleon, Mussolini and Hitler, all suffered from ailurophobia, the fear of cats.

12. The human eye can distinguish about 10 million different colors.

13. Some women can have a genetic mutation which causes them to see millions of more colors.

14. Google earns US\$20 billion a year from advertising, more than the primetime revenues of CBS, NBC, ABC, and FOX combined.



15. Iran arrested 14 squirrels for spying in 2007.

16. The Fastest Goal in Soccer history was scored just over 2 seconds after kick-off.

17. The Vatican has its own male and female football teams.

18. There are more than 400 distinct phobias well recognized by psychologists. Nomophobia is the fear of being without your mobile phone or losing your signal.

19. Sleeping on the job is acceptable in Japan, as it's viewed as exhaustion from working hard.

20. An Ostrich's eye is bigger than its brain.

21. Similar to fingerprints, everyone also has a Unique Tongue Print.



22. If you have a pizza with radius Z and thickness A, its volume is $\pi * Z^2 * A$.

23. Ancient Babylonians did math in base 60 instead of base 10. That's why we have 60 seconds in a minute and 360 degrees in a circle.

24. Mathematician Paul Erdős could calculate in his head, given a person's age, how many seconds they had lived, when he was just 4 years old.

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

26. To study the health effects of coffee, King Gustav III of Sweden commuted the death sentences of a pair of twins on the condition that one drank 3 pots of coffee and the other tea for the rest of their lives.



27. Scientists finally concluded that the chicken came first, not the egg, because the protein which makes egg shells is only produced by hens.

28. Goldfish can see infrared radiation that is invisible to us.

29. One Puffer Fish contains enough poison to kill 30 people.

30. Over 20 million bats live in the Bracken Cave in Texas, the world's largest colony of bats.

UK's first intergenerational care village set to open

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18 JULY
2022

Next Month will see the long-awaited opening of **Belong Chester**. The UK's first intergenerational care village will bring together world class dementia facilities with a high quality children's day nursery, pioneering opportunities to connect people across the generations.



Preview day events, including tours, presentation and refreshments, will take place on:

Tuesday 5 July 10am and 2pm
Friday 8 July 10am and 2pm

You can also pop along to one of our drop-in days on:

Saturday 16 July 10am – 4pm
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Monday 25 July 10am – 4pm
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SIXTH 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 JULY

5th July 1946

The bikini was showcased for the first time. Exotic dancer Micheline Bernardini modelled the first bikini, designed by Frenchman Louis Réard, at the Piscine Molitor in Paris.

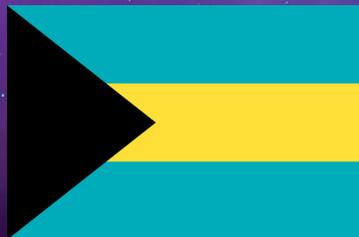
The new item of swimwear was named the 'bikini' after the atomic test off of the Bikini Atoll by the US earlier that week. The US was in a race against the Soviet Union to produce nuclear weapons. In order to test their bombs, the US government cleared the Bikini Atoll islands in the Pacific.

Two-pieces had been worn prior to 1946 by women in the UK and US, but nothing made out of such a small amount of material: Réard used just 30 inches of fabric to make the bikini – much to the shock of many members of the media present at the unveiling.



10th July 1973

The Bahamas, an archipelago that is made up of hundreds of islands and cays, was discovered by Christopher Columbus in 1492. Columbus' expedition was backed by King Ferdinand and Queen Isabella of Spain. Consequently, the islands were initially subject to the rule of the Spanish Government.



Thereafter, the Bahamian islands were ruled by America for a brief period and were finally possessed by Great Britain. After decades of debate and legal transactions, the Islands of The Bahamas were granted self-government by Great Britain in 1964. This was followed in 1969 with the Colony of the Bahamas becoming the Commonwealth of the Bahamas thus opening the door for full independence.

On July 10th 1973, after 300 years of being a colony, The Bahamas made the peaceful transition to nationhood by becoming an Independent Nation. Since the attainment of Independence in 1973, July 10th has been observed as a National Holiday across the archipelago and in Bahamian Foreign Missions.

Over the eight to ten day period leading up to Independence Day Bahamians engage in numerous cultural and festive and ethnocentric activities and events, all of which are designed to demonstrate patriotism. Among the major events planned to be celebrated on every island are: National Pride Day, an Ecumenical Services, a Fun Walk/Run.

22nd July 1933

Wiley Hardeman Post made the first around-the-world solo flight in the “Winnie Mae,” specially equipped with a new automatic-pilot and a radio direction finder, in 7 days, 18 hours and forty-nine and one-half minutes.

He was interested in aviation from his boyhood days in Texas, and became a parachute jumper with an aerial-exhibition team. After an oil-field accident in which he lost an eye, he purchased an airplane and learned to fly it in 1927.

He then became a ‘barnstormer.’ After becoming a pilot for an Oklahoma oil man, Wiley Post flew the monoplane “Winnie Mae” to victory in the Cross-Country Derby of the 1930 National Air Races. In 1931, he and Harold Gatty made a record-setting flight around the world in the “Winnie Mae.”

Prior to that, in the early 1930s, he became intensely interested in the possibilities of long-distance, high speed flight in the stratosphere. Later he conceived and helped to design, make, and test the first fully pressurized flying suit and helmet. In 1934, wearing this outfit, he reached altitudes of 50,000 feet in the supercharged “Winnie Mae” and there discovered the jet streams.



26th July 1991

Sonic the Hedgehog was first released. The game features Sonic the Hedgehog, who can run at supersonic speeds, setting out on a quest to defeat Dr. Robotnik, a scientist who has imprisoned animals in robots and seeks the powerful Chaos Emeralds. The gameplay involves collecting rings as a form of health, and a simple control scheme, with jumping and attacking controlled by a single button.

Development began in 1990 when Sega ordered its developers to create a game featuring a mascot for the company. After considering a number of suggestions, the developers decided on a blue hedgehog and named themselves “Sonic Team” to match their character. Sonic the Hedgehog, designed for fast gameplay, was influenced by games by Super Mario series creator Shigeru Miyamoto.



Sonic the Hedgehog was well received by critics, who praised its visuals, audio, and gameplay. It is widely considered one of the greatest video games of all time. It was also commercially successful, becoming one of the best-selling video games of all time with approximately 24 million copies sold worldwide. Furthermore, it established the Genesis as a key player in the 16-bit era and allowing it to compete with Nintendo’s Super Nintendo Entertainment System console. The game has been ported a number of times, and inspired several clones, a successful franchise, and adaptations into other media. It was followed by Sonic the Hedgehog 2 in 1992.

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New Halal Food Festival makes its debut in Manchester this Summer taking place at the BEC Arena the bank holiday weekend on: Saturday 27th August and Sunday 28th August 2022.



With over 100+ exhibitors, street food vendors, 4 indoor arenas and an outdoor fun fair we are set for a tasty bank holiday weekend. 'The Halal Food Festival' are extremely excited to make its debut in Manchester over 10,000+ foodies expected!

Greater Manchester is very well renowned for its dining options and diverse culture. Attracting people from surrounding areas such as Blackburn, Bolton, Bradford, Dewsbury and more rush to the 'Curry Mile' every weekend. We feel this is a great opportunity for a huge sector of the community to be represented.

Our street food vendors are looking to represent from all over the globe including 'Afrikana', 'OMayalsia', 'The Dutch Fishmen', 'Phat Jo's', 'The Butchers Kitchen' and Manchester's very own and afro-Caribbean 'Rita's Reign'.

The main arena will play host to your favourite Halal brands such as 'Armaan', 'Ceekays', 'Shana' and 'The Halal Food Shop'. Celebrity chefs such as 'Homemade Savouries by Sara' as featured on BBC and The Islam Channel will be hosting live cooking demonstrations, workshops and competitions live in our cooking theatre. A vast array of gourmet desserts, savouries and lifestyle vendors will also be available.

Arena 2 is set to be a 'Artisan Market' hosted by 'Muslim Instashop Expo'. Expect fine delicacies, home décor, arts and crafts, fashion and beauty. This has been a great platform for small, start-up and Instagram businesses in the midlands at Birmingham's Monthly Muslim Market.

Other areas include the outdoor fun fair and kids play arena with activities hosted by our official charity partner, 'Islamic Relief'.

With Manchester's harmonious diverse mix of ethnicities, our aim is to become an annual date within Manchester festivities and calendar.

Starting from 12 noon to 8.00pm each day, be sure to arrive with an empty stomach!

Tufail Hussain, Director of Islamic Relief UK said: "Islamic Relief UK is honoured to be the official charity partner of the Halal food festival in Manchester.

"This will be an amazing outdoor event and we look forward to seeing thousands of people from all backgrounds and walks of life coming together to enjoy the fun, festivities, and delicious food. There will be great activities from a fun fair to a kid's zone as well as prayer areas.

"Not only will families enjoy delicious food at the event but they will also be helping those less fortunate. Islamic Relief UK and the festival will have a charity target to feed 5000 people across the world as well as supporting local homeless centres."

Tickets for the weekend festival are available to buy from:
<https://www.thehalalfoodfestival.com/>

Prices start at £7.00.

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OUR ZOO

What's happening at Chester Zoo.

Chester Zoo wins top prize at the nation's biggest tourism awards



Chester Zoo has been crowned the Large Visitor Attraction of The Year at top tourism awards.

The prestigious VisitEngland Excellence Awards, which have been running for more than 30 years, took place on Wednesday 8 June at the Library of Birmingham and were hosted by broadcaster and author, Clare Balding.

Championing innovation, quality and best practice across the business industry, the awards recognise organisations and individuals who raise the bar of England's tourism offering.

Gold, Silver and Bronze winners were selected from hundreds of applicants across England including hotels, self-catering accommodation, B&Bs, glamping operators, attractions, restaurants, pubs and museums.

On the night, Chester Zoo took home two awards and was praised for its efforts in overcoming the covid-19 pandemic while also offering visitors a world class day out at the charity zoo. **Jamie Christon, CEO at Chester Zoo, said:**

“As one of the world’s leading charity zoos, we put everything into our conservation work both here in the UK and globally. Our huge team live and breathe wildlife conservation – from our animal and plant care, to our scientific breakthroughs, our policy work in government, through to our education programmes that are helping people from all walks of life to learn about nature. We’re fighting to tackle the root causes of wildlife decline, doing whatever it takes to create a brighter future for endangered species around the world.

“None of this could be possible without people coming to the zoo to enjoy a fantastic, inspiring day out.



To save Chester Zoo head to: www.chesterzoo.org/saveourzoo

In doing so each and every person is contributing to our incredible species-saving work and so a huge thank you goes out to everyone that has visited and supported us. It means the world to us. This national award firmly confirms Chester Zoo as one of the must-see places to visit in the country."

Tourism is one of England's largest and most valuable industries, supporting hundreds of thousands of businesses, employing about 2.6 million people and, in 2019, generating £76 billion in domestic visitor spending.

Nick de Bois, VisitEngland Advisory Board Chair, added:

"It is wonderful to see the Awards event back in-person, giving us the opportunity to come together, celebrate and congratulate the best-of-the-best across England's world-class tourism industry.

"Millions of jobs and local economies depend on tourism and this year's awards also highlight the dedication of tourism businesses as they rebuild, championing best practice and providing visitors with first-class experiences."

Chester Zoo was representing the county of Cheshire at the National

VisitEngland awards after automatically being selected, following two successful award wins at the Marketing Cheshire Annual Awards earlier in the year.

Joe Manning, CEO at Marketing Cheshire, praised the zoo for its contributions to the area:

"Huge congratulations to the Chester Zoo team for a very well deserved win at the awards. The zoo consistently delivers a wonderful experience to the millions of people that flock through its gates, while continuing to build, innovate and improve on their excellence.

"They also inspire us: leading Chester to become the world's first city to adopt sustainable palm oil, while also incorporating a wildlife corridor in the city - to name just a couple of their countless initiatives.

"They are a true ambassador for our region and we couldn't be prouder of all they achieve - both globally and here in Cheshire!"





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Money seized from criminals to be spent in Communities

Police and Crime Commissioner for Cheshire, John Dwyer, has launched a new £90,000 ‘Community Cashback Fund’, which will see money that has been taken from criminals under the Proceeds of Crime Act (POCA) spent on projects to improve local communities.

Each of Cheshire’s nine Local Policing Units (LPUs) will be given £10,000 from the Community Cashback Fund over the course of the 2022/23 financial year, with residents able to vote on how the money is spent.

A ‘Community Conversation’ will be held by the police in each area to identify what provisions and offerings are currently available in the community, what may be missing, and what people hope to see in the future.

Police and Crime Commissioner John Dwyer, said:

“I am determined to show criminals that crime doesn’t pay. That’s why the Community Cashback Fund will ensure that the proceeds of their crimes are spent on improving the communities they have brought misery to, not funding their lifestyle.

“Having a community conversation in each of our LPUs means we can get a good idea from the very start about what people’s aspirations are for their area and how the Community Cashback Fund can help improve people’s lives.”

After each Community Conversation event, a steering group will be set up to coordinate any agreed actions and consider the issues raised. The group will also carry out further research into potential solutions which can be implemented with the funding.

Local people and groups will then be able to submit bids to the Community Cashback Fund for their area, after which a further ‘Participatory Budget’ event will be held where residents will be able to vote on which projects they feel deserve to go ahead.

John Dwyer added:

“The principle of this fund is that money is spent by the community, for the community, in the community.

“I want people to bring every idea they have to the table, so please do keep an eye out for when your local Community Conversation will be and play your part in improving your area.”

For more information about the Community Cashback Fund, please visit:

www.cheshire-pcc.gov.uk/what-the-commissioner-does/commissioning-and-funding/community-funding/community-cashback-fund



THE
HIGH SHERIFF
OF CHESHIRE

Proms concert celebrates Queen's reign in musical style



Talented performers from Cheshire and North Wales will come together in July to celebrate The Queen's Platinum Jubilee with an extravaganza of music, song and dance.

The Platinum Proms concert, at Chester Cathedral on Friday July 8, will be hosted by broadcaster and former Chester MP Gyles Brandreth with musical direction by Matt Baker. Featuring songs from the shows, popular music, opera, choral work and dance, the evening will culminate with the audience being invited to wave their flags in celebration of The Queen's long reign and sing the National Anthem.

TV's opera duo Belle Voci, West End actor and musical theatre star Phoebe Fildes, Vale of Clwyd singers, baritone Stephen Riordan, Chester Male Voice Choir, Tarporley's Decibellas and A Handbag of Harmonies are just some joining the line-up. There will also be performances by Fallen Angels Dance Theatre and students from The Hammond and Stagecoach.

The concert is presented by The High Sheriff of Cheshire Jeannie France-Hayhurst in aid of Cheshire Community Foundation which supports hundreds of small charities and voluntary groups in the region. It is produced by Jo Sykes with artistic direction by John Young.

Jeannie said: "Our Queen is Britain's longest serving monarch and what better way to celebrate such a wonderful milestone than with music and song.

"The past two years have been so difficult for people in the performing arts and audiences have sorely missed live music. This will be the perfect opportunity to enjoy the wealth of talent we have in the region while celebrating Queen Elizabeth's amazing 70 years on the throne."

Matt Baker added: "Britain has changed so much since the young Elizabeth became our Queen but music has always been at the heart of our wonderful country. Some of our performers are as young as seven and some will remember the Coronation – together we will share our love of music and the great joy it brings to everyone."

Tickets, from £15, are available from the Chester Cathedral website.

For more information contact Jo Henwood on 07810 756410



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'Addicted to Football' : My Journey from Anfield to Almost Anywhere"

Author - Jon Newby

Publisher - Pitch Publishing

"Living the dream" to make a career in professional football

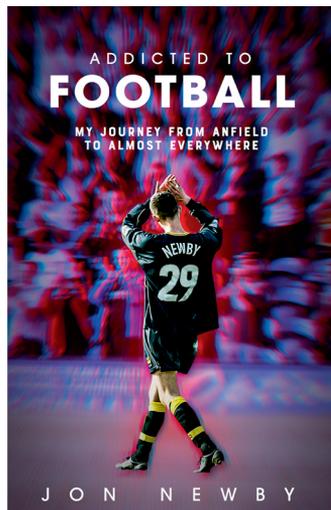
The harsh reality, or at times brutality, of professional sport is that only exceptionally talented players are certain of "being chosen". For many players in professional football both established players and younger trainees, the months of May and June can be particularly fraught and challenging as clubs publish their retained lists with details of players being released. In an engaging, insightful and at times emotionally thought provoking book, **Jon Newby "Addicted to Football; My Journey from Anfield to**

Almost Everywhere", the author takes the reader on a personal "bumpy journey" starting out as a nine year old within Liverpool's centre of excellence structure, with a desire and determination to fulfill his dream of "wanting to play for Liverpool".

Readers with children who train with and play for "academies" will empathise with Jon's personal analysis and reflection on the support of his family in their efforts to help him reach "his goal" and "to see a Newby play for Liverpool". He signed schoolboy forms for Liverpool in January 1993 aged 14 and notes that although he was thin and skinny as a rake, he was "lightening quick". **He highlights his success in the Liverpool Under 16 team against arch rivals Everton when he scored two goals, both of which were set up by Steven Gerrard,** and in winning the FA Youth Cup and the team's celebration in front of a crowd of 25,00 at Anfield. Happy memories!!

He makes some interesting points regarding his lack of confidence, self doubt and inability to switch off after a game, with "over analysis" of his performance. He recounts his personal experience in an FA Youth Cup semi final tie against Crystal Palace. After winning the first leg at Anfield 4-2 Liverpool in London. Jon recalls hitting the bar twice in the first twenty minutes and being substituted in the last twenty minutes. His comment "if both my finishes had been an inch lower in the first half, I'd have been the hero" highlights his lack of personal confidence and the thin line between success and failure. **Unfortunately, it is apparent that despite Jon's acknowledgment of the high standard of coaching at Liverpool there was no mention of specific support or guidance to address his self confidence or resilience.** As a result Jon struggled with self doubt on the pitch for most of his career. Most clubs have now addressed the need for psychological support for players at all levels.

Many readers may well have endured the emotional "tug of war" experienced by his parents when he was offered a trainee placement at 16. His mother stressed that he should stay at school to complete his "A" levels, since there was "no guarantee that "football could be a lasting career". After completing his "A" levels in 1997 he signed his first contract with a signing on fee of £2,600 and £250 per week, giving him the opportunity to **fulfill his dream of wanting to play for Liverpool.**



It is evident that Jon found the step up to pre-season training and senior 'fitness levels' an eye opener. **There was no sentiment or half measures, "you were either good enough or you weren't"**. He charts his progress playing for the reserves to training with the first team, highlighting Phil Thompson as a "no holds barred motivator". He progressed well, accepting a two year contract with a £30,000 signing on fee and doubling his wages to £700 per week. His confidence improved and in 1999/2000 season he was in the first team squad. You can sense his pride and passion as he recalls being awarded his first team shirt with "NEWBY" and '32' on the back to come on as sub in the League Cup game against Hull. He then came on as sub in the Premier League game against Middlesbrough at Anfield, **making his debut in the Premier League with his Dad and brother watching from the Kop. Wow, this was his "dream come true"**,

However, as happens to so many players on the 'fringe of the first team' or 'the brink of stardom' the subjective nature and brutality of selection dominates their status. A change of coach, manager, playing style, players returning from injury, new signings, personality clash, etc can transform your "position in the squad".

Gerard Houllier the new Liverpool manager considered it would be beneficial for Jon to go out on loan to Crewe Alexandra, "to play regular first team games". Jon's steady progression at Liverpool was curtailed as he was thrust into a "new environment", he describes as "like starting a new school". He is open and frank regarding his nervousness and anxiety regarding working out the dressing room leaders, the characters and support from coaches, etc. He highlights how his "mental frailty" was exposed by the "loan move", including "difficulties in addressing intimidation", the physical confrontation with big defenders", being kicked up in the air all night" and the clash of personalities with the manager Dario Gradi resulting in his transfer to Bury. **It is clear that Jon received high level coaching for his physical fitness and footballing skills but only limited indirect attention was attached to addressing his lack of tenacity, determination, resilience and grit.**

In an engrossing, all embracing analysis into the highs and lows of being a journeyman footballer. Jon highlights issues which impacted upon his "progress as a footballer", many of which are common to an increasing number of players being "released" by clubs. These include transfer negotiations, searching for a 'fresh start', misleading press reports, getting injured and lack of back up resources at smaller clubs, problems in dressing rooms, taking a wage cut to keep playing, travelling time and personal issues, problems with supporters, in his case at Wrexham! and being released wondering "Where next".

He describes being released by Bury in 2003 as the beginning of the toughest three year period in his career as he addressed the emotional issues of attempting to find a new club. He went for a trial at Wrexham before moving to play on trial for Chester with his former manager Graham Barrow. He then returned to Wrexham on a monthly contract at Wrexham with Denis Smith, before being injured and released. His desire to play football involved writing to numerous clubs and managers. **It is emotionally challenging to read his predicament "I was the forgotten man", a situation which so many players have to face as they attempt to 'keep playing'.** He describes the process of finding a "new club" in terms of "have boots will travel" as he gets up at 4am to get back to Scotland for training. This was the "straw that broke the camels back, as he moved into non league football. **He exposes the murky side of non-league football** as he highlights the way he was sacked by Colwyn Bay with club officials acting with no dignity or concern for the impact upon him as a person.

Football to Jon Newby was an "addiction", a way of life which he found difficult to live without. **Due to his lack of personal confidence he never found situations easy to deal with emotionally, particularly poor performances, missed chances**

and physical challenges which match officials did not address. His sacking at Colwyn Bay led to the build up of extreme depression including days in the house to “shut myself away from everyone. In many ways he “felt a failure” because he hadn’t had the career he wanted. Pleased to say that following his retirement from football and major heart surgery, Jon is now working in the player recruitment department at Liverpool.

The author is to be congratulated on an insightful analysis of the personal issues, tribulations, hurdles and undulating road facing young people intent on realising their dream of playing professional football. Parents of aspiring footballers and academy coaches would gain from reading this outstanding personal contribution to the research on promoting insight into issues other than fitness and ball skills that impact on performers.

About the reviewer

John T Morris BA(Hons),MEd,MPhil,DipPsych,CertEd.

John is an FA coach. He taught physical education in Ladbroke Grove, and was coach to the West London Schools Under 15 team. He has worked with youth players at Fulham, Chelsea, QPR, and Wrexham. He was fitness and weight training coach in Queens Park and fitness coach at Wrexham Rugby Club. Following consultancy work in schools and colleges John currently specialises in working with individuals and teams to develop growth mindsets, including resilience, confidence, tenacity, drive and determination.

PLAY DOUGH RECIPE

You will need:

2 cups plain flour
2 tablespoons vegetable oil
1/2 cup salt
2 tablespoons cream of tartar
1 to 1.5 cups boiling water
food colouring

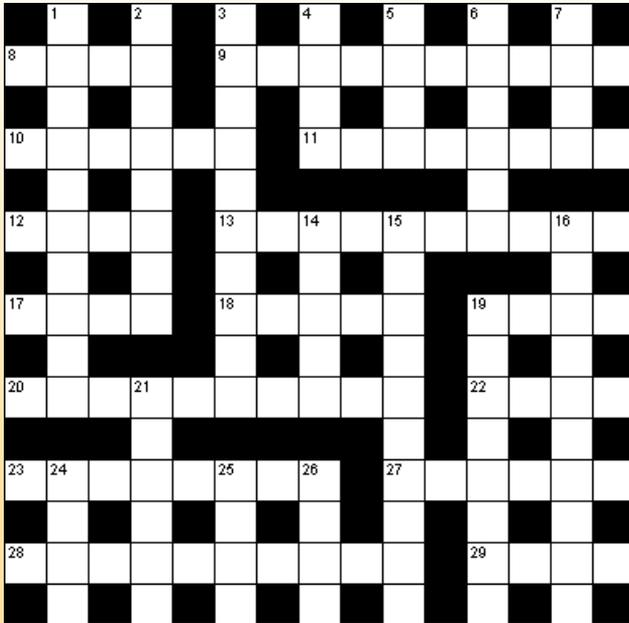
To make it:

Mix the flour, salt, cream of tartar and oil in a large mixing bowl. Add about 10 drops of food colouring to the boiling water, then add it in stages into the dry ingredients. Stir continuously until it becomes a sticky, combined dough.

Allow it to cool down then take it out of the bowl and knead it vigorously for a couple of minutes until all of the stickiness has gone. * This is the most important part* If it remains a little sticky then add a touch more flour until just right. Store in cling film after play and it will last for a few weeks.



PUZZLE CORNER



Down

- 1 Sycophants (10)
- 2 Existing only in the mind (8)
- 3 Lacking aesthetic sensibility (10)
- 4 Islamic prayer leader (4)
- 5 In a little while (archaic) (4)
- 6 Nuclear (6)
- 7 Knowing a secret (4)
- 14 Bell (5)
- 15 Word that is the same back-to-front (10)
- 16 Copy (10)
- 19 Peaks (8)
- 21 Labor organizations (6)
- 24 "Once ____ a time" (4)
- 25 Despise (4)
- 26 Profound (4)

Across

- 8 Fat (4)
- 9 Naming a candidate (10)
- 10 Stationary part of a motor (6)
- 11 Memorial (8)
- 12 A flightless New Zealand bird (4)
- 13 Inability (10)
- 17 Used to hold up pants (4)
- 18 Court case (5)
- 19 Listen (4)
- 20 A shield (10)

- 22 Misplaced (4)
- 23 Penalized (8)
- 27 Come back (6)
- 28 With the current (10)
- 29 Marks on a playing card (4)

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.

Solutions can be found on our website

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



Up and over

Twice a year, Chester Rambling & Hill Walking Club organise a coach trip to less familiar territory beyond our normal stomping grounds. Our next such jaunt heads to Ribbleshead in October, and offers 3 grades of hike: one up to the summit of Ingleborough, another tackling Wherside, a third taking in the hillsides along Winterscales Beck and the Dales High Way. My other half and I will be leading the walk up Wherside, so we took a trip across to North Yorkshire to check it out well in advance.

Our route started at Chapel-le-Dale, where a track rose gently above the valley onto Wherside's southern slopes. At Ellerbeck Farm we caught our first glimpse of the Ribbleshead Viaduct 2 miles up the valley. Even from afar, this magnificent feat of engineering is a sight to behold.

Where the terrain opened up, the real ascent began, gently at first, along a gravel footpath with occasional rocky steps. Soon the climb became less gradual and the track more rugged and steep. This route sees more than its fair share of hikers' boots and where it's badly eroded, work is being done to replace the loose screed path with robust stone stairways. At times these are a tad slippery, and despite being out of breath, we were glad to be going up them rather than down! Higher up, the slope flattened out briefly and, as the sun chose this moment to emerge and the view was fantastic, we opted for an early lunch stop here.

There's a painful sting in the tail when ascending Wherside from Chapel-le-dale. After a demanding climb of more metres than I could bother to calculate at the time, the path rose sharply and just as we thought we were at the summit, there was yet more slope ahead!

Keep going, thought I - that trig point must be there somewhere..... It turned out to be the most weathered trig point we'd ever seen, with chunks of concrete gouged out from years of exposure to merciless wind, rain and sleet. This vantage point offered full circle views, including Morecambe Bay to the west, Ingleborough across the valley to the south, and north and east were spread over other North Yorkshire hills and dales as far as the eye could see.

At some point, Ribbleshead Viaduct had lost itself beneath Whernside's limestone cliffs, but it reappeared as we progressed up and over the summit. The undulating ridge along the mountain top continued until we reached a division of paths where we began the steady descent to the viaduct, and more importantly, the pub that sits in glorious isolation next to it!

Whernside is one of the component summits making up the Yorkshire Three Peaks Challenge, the others being Ingleborough and Pen-y-ghent. In its entirety this demanding route appeals to those who want a continuous 24-mile hike that takes in three mountains and a total ascent of 1,585m (5,200ft). The catch is that this all has to be accomplished in under 12 hours!

This wouldn't tempt those of us who prefer a gentler pace, and time to linger over a beautiful view. Completing Whernside on its own, covering 8+ miles and climbing 500m (1,600ft) in 4-5 hours, was arduous enough, given the steep ascent and rough terrain. Whilst not a walk for the fainthearted, the panoramic vista from the top was more than worth the puffing and panting it took to get there!

If you share our love of the great outdoors and fancy discovering new hiking routes in North Wales, Cheshire and beyond, joining Chester Rambling and Hill Walking Club could be for you. We are a very friendly group who are always ready to welcome new members. In summer we offer 3 grades of walks most Sundays: C's can be up to around 1,000ft of ascent, B's up to 2,000ft, and A grade walks tackle the higher peaks, often in Snowdonia. We are also out every other Wednesday for a hike of 8 - 9 miles, and shorter Tuesday evening walks take place from May till August. Weekends away, summer camps and coach trips enable us to tread footpaths, fells and forests further afield. Then, once autumn comes, our social calendar kicks off!

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

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





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PAUL MAFFIA

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ADS LEHANE

DAN FULHAM
SHINE ON RESIDENT DJ

JOE EVANS
LEWIS WRIGHT
JOEL ROBERTS

SATURDAY 6TH AUGUST

CAST

DUB-PISTOLS

CLINT BOON DJ SET

THE RACKET

theSims

PSYENCE

THE MONTAGUES

DDE'S

MEGAN WYN

SHED PROJECT

HOURLVSS

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COMMON VIEW

PAST TIMES

GAZ CRILLY

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KATY AS
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Forshaw/Murray - Bebington

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