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MAGAZINE



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SEPTEMBER 2022
Issue 65

Monthly Business & Community magazine delivered in & around Chester



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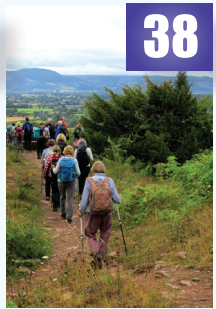
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Cover Photo: View from Part of Chester Walls - behind Chester Cathedral



Dear Friends,

As the children go back to school, what a summer we are having!

It has been lovely to hear of so many people going abroad again as well as holidaying in our beautiful Britain - well,

when we have the weather it is!

It is also lovely to see Chester being brought back to life with shoppers and visitors!

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Best Wishes Maxine & Mike

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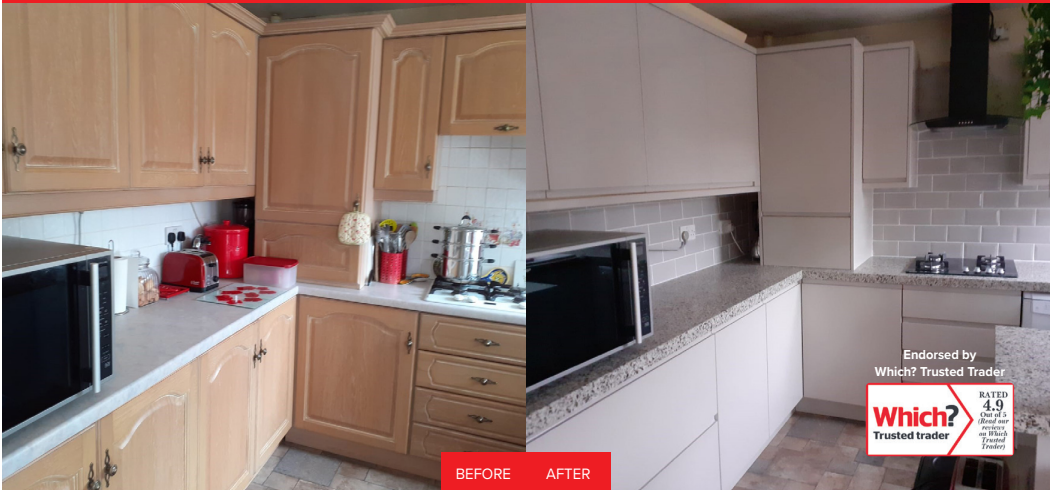


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DO YOU KNOW?

1. Nearly one tourist died every week in Hawaii, on average, from 2012 to 2015.

2. Italy is home to the largest number of UNESCO World Heritage Sites with 50.



3. California has been the birthplace of the film industry, the hippie counterculture, the Internet, and the personal computer.

4. Japan has more than 50,000 people who are over 100 years old.

5. It takes 8 minutes and 20 seconds for light to travel from the sun to the earth.

6. There are viruses that infect bacteria.

7. With over 95.5 million inhabitants as of 2019, Egypt is the most populous country in the Arab world and the third-most populous in Africa.

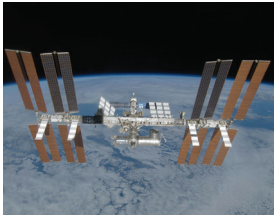


8. In English-speaking countries, the most popular names for dogs are Max and Molly.

9. Animals, including pigs, horses, and even insects, could be tried and convicted of crimes for several centuries across many parts of Europe.

10. On its one-year anniversary, the NASA's Curiosity Rover sang the "Happy Birthday" tune to itself on Mars.

11. The International Space Station is the most expensive object ever built, at US\$150 billion.



12. Mexico's official name is United Mexican States.

13. Mexico is the 11th most populous country in the world with 121 million people.



14. Mexico has also has 68 official languages.

15. Women are approximately two times more likely than men to suffer from major depression.

16. There are more skin cancer cases due to indoor tanning than lung cancer cases due to smoking.

17. Oranges are not even in the top ten list of common foods when it comes to vitamin C levels.



18. A full day on the moon, from one sunrise to the next, lasts about 29.5 Earth days on average.

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



20. New Zealand was undiscovered and completely devoid of human beings no more than 800 years ago.

21. Most of New Zealand's population of 4.5 million is of European descent. The indigenous Maori are the largest minority at almost 15%.

22. It only takes 6 minutes for brain cells to react to alcohol.

23. Alcohol is not digested; it gets absorbed directly into the bloodstream.



24. In 1986, a volcanic lake in Cameroon, Africa burped a CO2 gas cloud that killed 1,746 people in minutes.

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

26. Mount Everest has about 200 dead bodies on it, which are now landmarks on the way to the top.

27. 6 months takes to make an episode of The Simpsons.






28. Coffee beans aren't beans. They are fruit pits.

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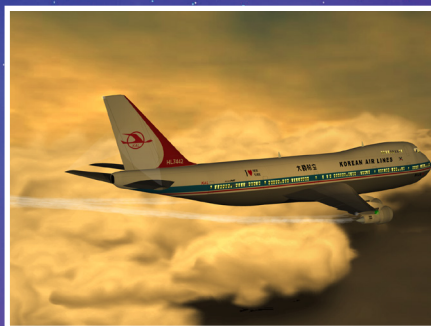
THIS MONTH'S HISTORY

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 SEPTEMBER

1st September 1983

Korean Air Lines Flight 007 was shot down by a Russian fighter jet while on route from New York to Seoul, killing all 269 persons on board. Owing to a navigational mistake made by the crew, the airliner drifted from its original planned route, the Boeing 747 reportedly strayed 100 miles off course over secret Soviet Russian military installations on the Kamchatka Peninsula and Sakhalin Island.



The Soviet Air Forces treated the unidentified aircraft as an intruding U.S. spy plane, and destroyed it with air-to-air missiles, after firing warning shots which were probably not seen by the KAL pilots. The Korean airliner eventually crashed in the sea near Moneron Island west of Sakhalin in the Sea of Japan. The Soviet Union found the wreckage under the sea two weeks later on September 15, and found the flight recorders in October, but this information was kept secret until 1992.

The incident was one of the tensest moments of the Cold War and resulted in an escalation of anti-Soviet sentiment, particularly in the United States.

5th September 1997

Mother Teresa died in Calcutta at age 87, after a life of good works spent aiding the sick and poor in India through her Missionaries of Charity order.

After Mother Teresa founded her missionary, it grew to have over 4,500 nuns and was active in 133 countries as of 2012. The congregation manages homes for people who are dying of HIV/AIDS, leprosy and tuberculosis. It also runs soup kitchens, dispensaries, mobile clinics, children's and family counselling programmes, as well as orphanages and schools. Members take vows of chastity, poverty, and obedience, and also profess a fourth vow – to give “wholehearted free service to the poorest of the poor.”



Mother Teresa received several honours, including the 1962 Ramon Magsaysay Peace Prize and the 1979 Nobel Peace Prize. She was canonised on 4 September 2016, and the anniversary of her death (5 September) is her feast day.

11th September 1915

The first UK Womens Institute opened. A community-based organisation for women in the United Kingdom, Canada, South Africa and New Zealand. The movement was founded in Stoney Creek, Ontario, Canada, by Erland and Janet Lee.

Madge Watt, a founder member of the first WI in British Columbia, organised the first WI meeting in Great Britain, which took place at Llanfairpwll on Anglesey, Wales. The organisation had two aims:

- to revitalise rural communities and
- to encourage women to become more involved in producing food during the First World War.

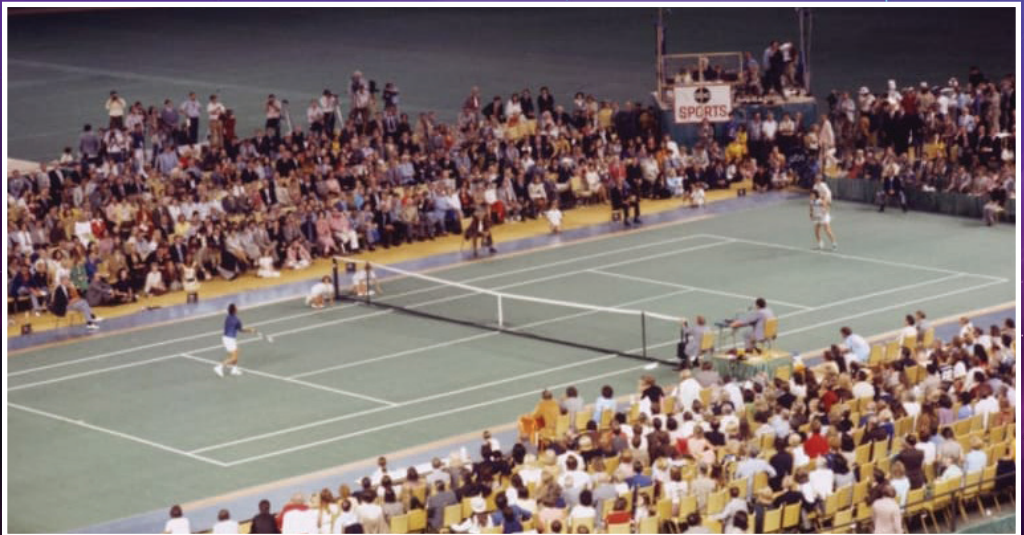
theWI
INSPIRING WOMEN

20th September 1973

The much-hyped “Battle of the Sexes” took place in the Houston Astrodome as tennis player and women’s rights activist, Billie Jean King (29), defeated self-styled male chauvinist Bobby Riggs (55) in three straight sets.

Riggs, a retired tennis champion, had been critical of the quality of women’s tennis. The match was viewed by an estimated fifty million people in the United States and ninety million worldwide. King’s win is considered a milestone in public acceptance of women’s tennis.

The match, which had a winner-take-all prize of \$100,000 (\$610,000 today)



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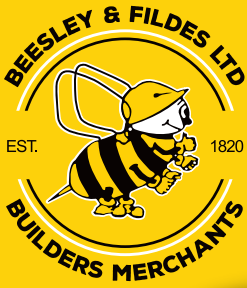
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For more information about this event and how it might benefit your business please contact Liverpool BA on 0151 709 8932 or visit <https://wirralbizfair.co.uk/>



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OUR ZOO

What's happening at Chester Zoo.

Giraffe falls 6ft to the ground as its mum gives birth at Chester Zoo



Cameras at Chester Zoo have captured the moment a rare giraffe arrives into the world.

The adorable newcomer, who was born falling more than two metres (6ft) onto a bed of soft straw, arrived to 14-year-old mum, Orla, on Saturday (6 August) at 2:57am – bringing an end to a 15 month-long (473 day) pregnancy.

Keepers have named the new male calf Stanley after Mount Stanley, the tallest mountain in Uganda in Africa, where the zoo's conservationists are fighting to boost giraffe numbers.

The incredible CCTV footage also shows the moment the newborn stands up and takes his very first steps and enjoys his first feed – a moment zookeepers say is 'vitally important' for the bond between mum and baby.

Right across Africa giraffes are listed as vulnerable to extinction by the International Union for the Conservation of Nature (IUCN) – the world's authority on the state of the natural world. Although Rothschild's giraffe numbers are now increasing due to conservation efforts, fewer than 2,500 remain in East Africa.

Sarah Roffe, Giraffe Team Manager at the zoo, said:

"Mum-to-be Orla was stood next to Dagmar, another experienced mum, for the delivery as she readied herself for the final push. Her calf then arrived into the world with quite the bump, causing the rest of the herd to jump to their feet. The excitement of a new calf suddenly appearing shortly before 3am certainly gave everyone quite the awakening! This two-metre high fall is a really important part of the birthing process as it's what helps to break the umbilical cord and stimulates the calf to take its very first breath.



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

“While tiny in comparison to mum Orla, her new arrival was born already towering above us at 6ft tall and weighing a hefty 72kg!

“Following the dramatic birth, it’s vitally important that the calf gets to its feet quickly and ventures over to mum for its first feed – it’s these precious early moments that help to cement that special bond between the two of them. That’s exactly what occurred between Orla and her baby only minutes after his birth. It’s early days, but so far the calf is looking strong, healthy and very content, which is brilliant to see.”

Rothschild’s giraffes are still one of Africa’s most at-risk mammals as habitat loss to make way for mining, urban development or agricultural farming, as well as poaching for their skin, tails or meat has crashed their numbers.

However, in some parts of Uganda where the zoo and its partners are actively working, numbers are steadily on the rise thanks to decades of conservation efforts.

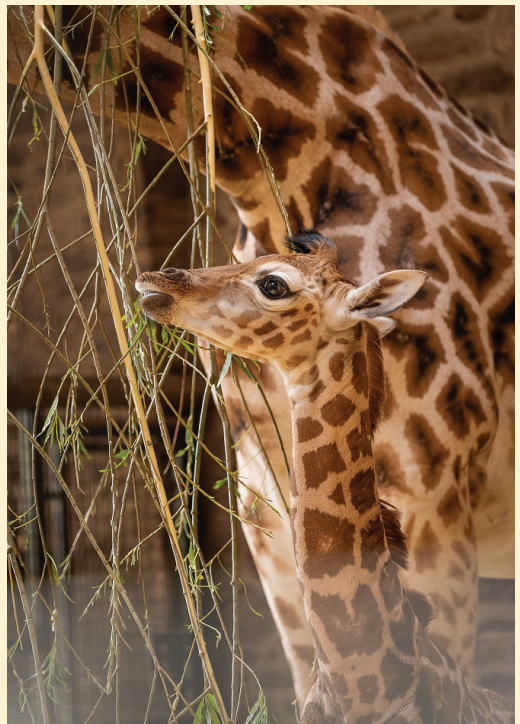
Mike Jordan, Director of Animals and Plants at the zoo, added:

“For many years giraffes across Africa have been experiencing a silent extinction, and now the world’s tallest land mammal is one of the at-risk species. Having a healthy new calf on the ground here at the zoo is therefore fantastic news for the threatened species breeding programme that’s boosting numbers in conservation zoos like ours.

“In tandem with the breeding programme, our team of giraffe experts have been helping our long term partners, the Giraffe Conservation Foundation and the

Uganda Wildlife Authority, to protect, monitor and, in some cases, translocate giraffes from one area of Uganda to another.

“Just over two decades ago the number of giraffes in Kidepo Valley National Park was in single digits, but with these conservation efforts it’s now a protected reserve that’s home to more than 70 adult Rothschild’s giraffes, with calves being born year on year. **This is just one of the many successful conservation stories that our charity zoo is proud to be part of and really shows that there are good people out there fighting to save species from extinction.**”





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The Clatterbridge Cancer Charity

Ex-Tranmere Rovers player takes on 26 miles for The Clatterbridge Cancer Charity

As the London Marathon fast approaches, ex-Tranmere Rovers player Alex Hay is joining over 80,000 runners in preparing to take on the iconic 26.2 mile run.

40-year-old Alex, who will run in support of Clatterbridge Cancer Charity, grew up in Rock Ferry and was fortunate enough to be selected to play forward position professionally for Tranmere Rovers. Growing up in the area, like so many Alex has been touched by the care and support provided by The Clatterbridge Cancer Centre.



photo - Alex Hay

In 1996, Alex's Grandad was treated at The Clatterbridge Cancer Centre for lung cancer and since then he has had other family members, as well as close friends who have been treated at The Clatterbridge Cancer Centre. He says "Giving back to the area and the local community is something I look to do in any way I can, and this is a way I feel I can make a difference. It's been a tough period for me, personally, and for so many others and picking a charity to support is difficult.

There are constant struggles for so many people; lots of which have touched me personally, have affected family, friends and friends I didn't even realise I had. I came across Clatterbridge Cancer Charity on social media and after researching what they set out to do it was an easy decision. Every day I cross paths with someone who has been touch by cancer, and by taking on the London Marathon I can at least try to help someone who is going through treatment at Clatterbridge right now."

Praising The Clatterbridge Cancer Centre for its cancer treatments and for the support the staff offer to patients and families Alex understands the need for Clatterbridge to continue growing and developing throughout the area.

"Clatterbridge is one of the most respected cancer treatment centres in the country. When I announced I was supporting the Charity at this year's London Marathon, the number of people who have contacted me, who know someone who is receiving treatment at Clatterbridge, know someone who works there or who is actually undergoing treatment themselves is so heart-warming and it's their support that is driving me to raise as much as I can for the Charity."

"This could be the first of many fundraisers I do for Clatterbridge; I've got the determination to help people as much as I can and all of the support I'm getting is making me think 'what can I do next'. It's filling me with immense pride that I am able to help a charity local to so many, and that this charity is helping even more people who are going through cancer treatment right now. It's such a small thing I'm doing, but for others it could be a big deal so what I say is let's get together for this local, amazing charity and let's help support those living with cancer right now!"

Alex has already made incredible strides in his fundraising, and is calling on others to support Clatterbridge Cancer Charity this year. Every pound raised at events like the London Marathon will help to fund innovations in care, life-saving research and the best possible experience for patients at our centres across the region.

To sign up to support the Charity, visit
<https://www.clatterbridgecc.nhs.uk/charity/events>



Arrival of critically endangered Sumatran tiger at Chester Zoo gives new hope to preservation of species

Conservationists at Chester Zoo have welcomed a special new arrival – a critically endangered tiger, named Dash.

The three-year-old big cat – a Sumatran tiger - has travelled to the zoo from Fota Wildlife Park in Ireland on an important mission to help to protect his species from extinction.

Dash has been identified as a genetically compatible mate for the zoo's resident female, Kasarna, who was born at Chester in 2015.

Carnivore experts at the zoo hope that together go on to play a part in a vital conservation breeding programme, which is battling to help

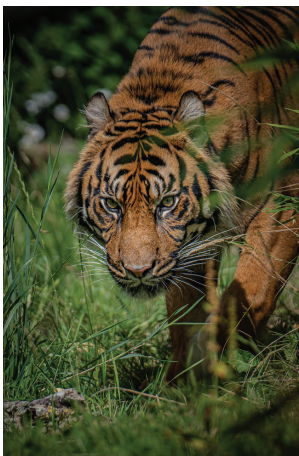


save the highly threatened species.

Mike Jordan, Director of Animals and Plants at Chester Zoo, said:

“Dash is a handsome, confident young tiger and he’s quickly settled into his new surroundings. He’s been carefully matched with female tiger Kasarna, based on his age, character and his genetics, and we’re hopeful that they’ll soon strike up a close bond and, one day, go on to have cubs.

“Sumatran tigers are exceptionally rare and, sadly, their wild population continues to feel enormous pressure from mass-scale habitat loss, poaching and human-tiger conflict. Their prospect of survival is hanging by a thread and the endangered species breeding programme, run by Europe’s leading conservation zoos, is a vitally important part of the international effort to ensure these magnificent animals are here for generations to come. Every single cub could be critical to its future.



“Without conservation efforts like these, the future for the Sumatran tiger may soon look similar to that of Javan, Caspian and Balinese tigers, which heartbreakingly are all now extinct. We have it in our power not to let that happen and we’re going to do everything we can to ensure it doesn’t.”

The Sumatran tiger is listed as critically endangered by the International Union for the Conservation of Nature (IUCN) with just 400 estimated to remain. In the wild it’s found only on the island of Sumatra in Indonesia where as little as 7% of its original habitat now remains.

In addition to its efforts to preserve Sumatran tigers through its conservation breeding work in Chester, the charity zoo is also fighting to control illegal poaching and mitigate human-tiger conflict in India and Nepal to improve the outlook for the Bengal tiger.

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John Dwyer

Police & Crime
Commissioner
for Cheshire



Substance Misuse Support Centre commended by Commissioner

A support centre for those suffering from the impact of drug and alcohol misuse has received praise from the Police and Crime Commissioner for Cheshire, John Dwyer who called it “a lifeline for some of Cheshire’s most vulnerable residents”.

WDP has been providing services for over 30 years and now has three centres within Cheshire: Chester, Northwich and Ellesmere Port. As well as providing advice and treatment for their referrals, WDP also offer services on mental and sexual health, smoking cessation and support for young people.

Police and Crime Commissioner John Dwyer and deputy Commissioner David McNeilage joined Cabinet Member for Adult Social Care and Public Health Cllr. Val Armstrong and representatives from Cheshire West and Chester Council Public Health department on a visit to the Chester hub to hear more about the work WDP do across Cheshire.

John Dwyer, said: “The services that I have seen here at WDP today is truly commendable. As well as the immediate help available to people who come into the service, the additional guidance such as mental health programmes are crucial to the long-term support of their service users.

“These services could be a real lifeline for some of Cheshire’s most vulnerable residents and it is crucial that those in need know they can access the support when they need it.”

During the visit, WDP introduced the Capital Card service which they have utilised. This enables service users to build points as they attend the treatments that support their recovery and improve their health and wellbeing. The points can then be redeemed for rewards such as college courses, cinema tickets, eating out or personal hygiene and beauty treatments.

David Targett, Area Director at WDP said: “We were delighted to host this visit and provide a tour of our Chester hub and discuss our shared priorities. Our service, known locally as New Beginnings, delivers high-quality and personalised care and treatment for adults and young people.

“We believe with the right support people can make long-lasting transformations in their lives to improve their health and wellbeing. During this visit, we showcased the many different ways we can support local residents who are worried about their own or someone else’s alcohol or drug use.

“We were really pleased to receive such good feedback from our guests about the help we can offer and the positive impact our service makes in local communities across Cheshire West and Chester.”

Councillor Val Armstrong, Cheshire West and Chester Council’s Cabinet Member for Adult Social Care and Public Health said: “WDP has been providing substance misuse treatment services for young people and adults in Cheshire West and Chester since 2019.

“They have continually delivered good outcomes for our residents- particularly throughout the COVID-19 pandemic when service delivery was extremely challenging.

“This visit was a great opportunity to showcase and celebrate the work of the service and partner playing their part to help residents live longer, healthier and happier lives.”

If you live in Cheshire West and Chester and would like to talk to someone about your or someone else’s drug or alcohol use, please contact WDP on **0300 303 4548** or **cwac@wdp.org.uk** for free and confidential support. You can also visit wdp.org.uk/cheshire-west-and-chester for more information and to register for help online.



From Bad to Worse **Poem by John Fowler**

I sometimes go to bed with a couplet in my head,
and lay there trying to get the rhyme

I know I am in too deep, and will never get to sleep,
because my brain's in overtime.

Sometimes the words just come, as if fired from a gun
but often nothing seems to flow.

Strange things seem to fit, like John Wayne and True Grit.
A bit flimsy, but there you go.

When I finally get it right, I've been up half the night,
then I feel the need to write it down.

Softly creep towards the door, mind the creaks in the floor,
searching for my warm dressing gown.

My wife is not amused, I think I've lit a fuse;
she snaps "your hobby is a curse".

As I search to get a pen, to record my latest gem,
she shouts you just go from "BED TO VERSE".



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The Welcome

"Good morning, your Handsomeness," proclaimed Billy.

"What do you want, my pot-bellied friend?" Retorted Pablo seated casually behind his large desk, looking in a mirror flicking at his hair.

"I have brought you your tea."

Putting his hand mirror down, Pablo thanked him reluctantly.

"What do you want? I don't want you grovelling. Just kneel over there and speak your truth."

"Well, your Graciousness, I have come to advise you that you have been invited to a 'Welcome' lunch at a 5 star hotel in the city."

"I can't be bothered with these trivial things; I am here to win football matches, like I have always done. That's why I am known as "The Greatest."

"This is a chance to ingratiate yourself with the fans. The lunch is very expensive, over £100 per ticket and it is attended by all the fervent local businessmen supporters, who are quite rich and influential."

Pablo sat up. "What do I have to do at this affair?"

"Well O Great One, they require you to make a speech, outlining your previous career and what your future plans for the club are."

"How long does this lunch last? They would need about two days, just to cover all my triumphs."

"They would also like you to sign a few autographs, and pose for some photos."

"I've no problem with that. What do I wear? Is it formal or smart casual?"

Billy knew it was a "black tie" affair and that tuxedos were the order of the day, but he thought now is the time to get one over his new boss, take him down a peg or two.

"Well Handsomeness, I have got a brilliant idea. Why don't you turn up in our 1970's shirt, because that was the last time we won something. It will show the fans that you've researched the history, and they will be very impressed. Get you off to a great start. I have found an old shirt for you."

"That's a good idea, Chubby Chops I'll do that. By the way these chocolate biscuits are a bit soft."

"I couldn't carry them with your tea, so I had to put them in my pocket. They seem to have melted a bit."

Billy could hardly wait to get in to the new manager's office the next morning to see how he had ridiculed himself at the luncheon, wearing the wrong clothes. The Boss was reading the local newspaper.

"Have you seen the paper this morning? ---"New man pulls off master stroke by wearing a vintage shirt at the luncheon. Showing he had researched the history of the club went down a bomb and he received a standing ovation."

"Well that had been a great decision by me. That is why I am known as "The Greatest" and as a reward for you, Fatty, if we win on Saturday I will give you a cheque for £1000."

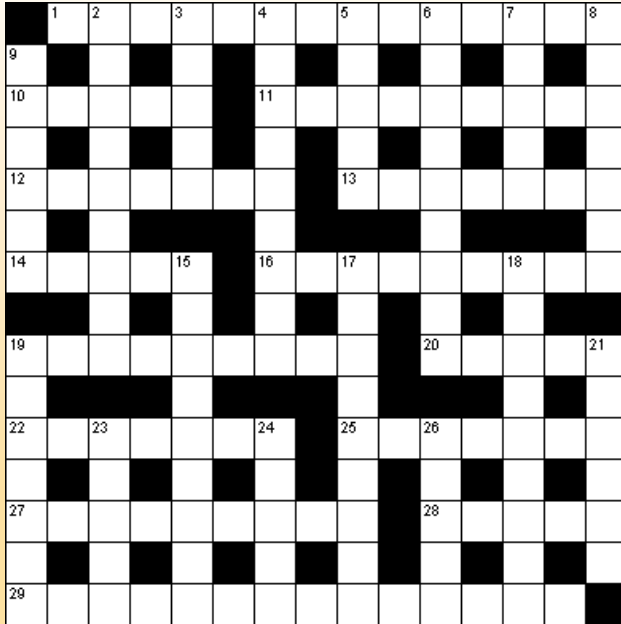
"You are a fair and decent man, your Worship."

"And if we score more than 6 goals by half-time, I will even sign it."

"You know that your biscuits were a bit soft yesterday, well they fell out of my pocket, and I accidently trod on them, so nuts to you,---good morning!"



PUZZLE CORNER



Down

- 2 Deliberate (2 words) (9)
- 3 Gentle push (5)
- 4 Stamping (9)
- 5 Afflicted (5)
- 6 Gossipers (9)
- 7 Steep high face of rock (5)
- 8 Type of onion (7)
- 9 Concurred (6)
- 15 Inmates (9)
- 17 Fantasies (9)
- 18 Radiation (9)
- 19 Ice containing milk (7)
- 21 Senility (6)
- 23 Helmet shaped (5)
- 24 Move about rapidly (5)
- 26 Native of New Zealand (5)

Across

- 1 Retaliatory strikes (14)
- 10 Gawked (5)
- 11 A musical instrument with 3 strings (9)
- 12 Breadwinners (7)
- 13 Willingly obedient (7)
- 14 Sag (5)
- 16 Lenient (9)
- 19 Apparently (9)
- 20 Get to one's feet (5)
- 22 Punches of sweetened milk and eggs (7)
- 25 Unrestrained (7)
- 27 Dancer (9)

- 28 Due (5)
- 29 Sins (14)

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.

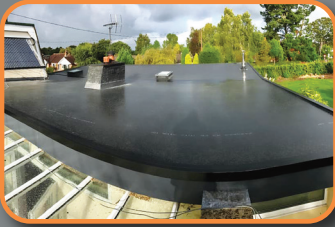
Solutions can be found on our website

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

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How Football influences Social Interaction and Friendships

Goodison Memories

Author - Steve Zocek

Publisher - Pitch Publishing

Within the extended area of Merseyside and the Wirral, in particular the City of Liverpool, **professional football is for many supporters more than a game, it is the focus of conversation and in some cases, the driver of emotions.** As many readers will be aware, Liverpool has two "feature clubs", Everton and Liverpool, historically closely linked, but deeply rivalled. Over different periods of time each club has tasted peaks and troughs in their efforts to achieve success and influence the mood of supporters.

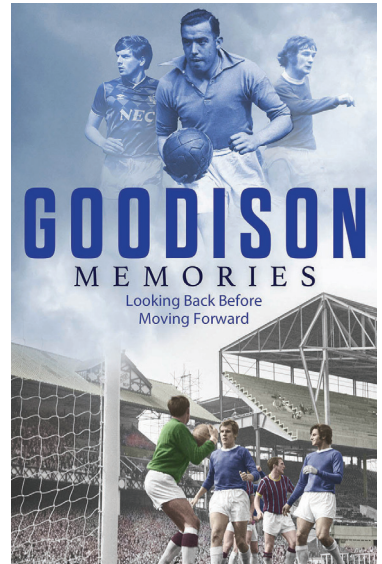
In an absorbing text "**Goodison Memories; Looking Back Before Moving Forward**", **Steve Zocek**, has collated an extensive historical review which **enable the reader to gain a vivid insight into the "wonder and charm of Goodison"**. The text is celebratory and at times jolting in terms of Everton's current performance level. The author's skillful abilities of communication generate recollections as conversations from a range of former players and managers, in addition to officials and sports journalists.

The comments of outstanding players from all major clubs on "standout performances" of Everton teams, individual players and **"the buzz generated by the Goodison supporters" give awareness of "Goodison as a Shrine"**. For instance, Tony Morley (Aston Villa) recalls going to Goodison as a child, **"everything was simply magical, Goodison Park was like a Colosseum"**. Jon Stead (Blackburn Rovers) highlights the history and character of the area with the coach journey into the ground through the terraced houses and swarms of fans, **"an amazing experience"**.

Barry Davies(BBC) eulogises on Everton's reputation as the school of football science, championed by Harry Catterick through the playing skills of Kendall, Ball and Harvey, linking with Joe Royle up front. Later in the 1980's Bracewell, Reid, Steven and Sheedy pursued a similar style of "producing football that was good to watch" **Ian Callaghan (Liverpool) focuses on the "special occasion" of the "derby matches" particularly for him as a "Toxteth lad",** whilst emphasising how the Liverpool and Everton players were friends with Brian Labone one of his best mates

The barren years for Everton of the 1940's, 1950's and particularly since 1995 when Joe Royle managed the Everton team that beat Manchester United in the FA Cup Final **have failed to dissuade supporters from "seeking Success"**. The inspired goalkeeping performance by Neville Southall in 1995 ensuring Everton's first major trophy success since 1987 remains firm in the memory of many.

As Steve Zocek emphasises, the move to a new purpose built stadium at Bramley Moor Dock must ensure that the Everton tradition of producing good football is re-activated and the "Goodison Shrine" is not forgotten Hopefully, "Looking Back" will motivate the current squad led by Frank Lampard, to erase the "threat of relegation" and restore Everton as a major force in the Premier League. **A really insightful and insightful "look back" at memories of "Goodison" to generate the "desire to "Move Forward"**.



Two Posts & Anfield

Authors - Neville Gable & Stephen Done

Publisher - Pitch Publishing

In direct contrast with Everton's barren years, Liverpool have experienced outstanding success at many levels. In a thought provoking, humorous and insightful book **"Two Posts & Anfield"**, **Neville Gable and Stephen Done** have compiled an analysis of the "power of football" to create and provide opportunities to provide mutual links, and bind people together, often from disparate backgrounds and locations. Within a social structure where the movement of individuals, families and groups as a consequence of work placements, political and economic instability, physical conflict or war, **movement "in search of a new beginning" is becoming increasingly prominent.** The authors highlight the cultural impact that "change" necessitates, in particular, finding a group identity, and adapting within new locations, which is a scenario faced by footballers at all levels by "transfers".

The authors demonstrate in a free flowing text how **"football" creates a common language that cuts across barriers and prejudicial obstacles created by political, religious or cultural differences or experience.** Readers may well empathise with the range of situations regarding the creation of "match day bonds", friendly banter or a "language based on visual expressions or laughter". **A strength of the text is the analysis of the impact of players from an ever expanding range of social and religious cultures upon cohesion and bonding within "the changing room" and with spectators.** Within this context they consider the experience of players such as Mo Salah, Avi Cohen and Howard Gayle in terms of what it means as a player to "pull on that famous red shirt". In particular they highlight how "pulling on the red shirt" cuts through differences, forges bonds, unity and makes visual connections for both players and spectators. In addition **the research is based on four road trips to Israel, Egypt, South Africa and around Anfield to seek a deeper understanding of the "importance of playing for Liverpool".**

Many readers may well consider a key feature of the text is the collected artefacts and "hidden photographs" which highlight the links to South Africa and players such as Mo Salah and Avi Cohen. From a personal perspective the section on **"Home Grown" which analyses the impact of being a locally born player who "pulls on the red shirt" gives real insight into what "playing at Anfield means".** Those local boys achieve what so many dream about, whilst so many others attend academy training but fail to live up to their potential and fall by the wayside. Reflect on the achievements of Ian Callaghan, Tommy Smith, Steve McManaman, Howard Gayle, Stephen Gerrard and many others and what it means for their families and community.

The personal experience of both authors adds to the value of the book. Stephen Done promotes awareness of the **"nomadic careers" of many footballers** in terms of his own personal history "of searching for somewhere to call home" as he experienced many house moves to facilitate his father's career. Perhaps readers will have experienced the upheaval of moving school, seeking new friendships or coming to terms with emotional issues. Neville Gable experienced **the personal need to "forge a sense of belonging and an identity to fit in"**. Both writers discovered the key to a home offering a shared passion and that was Anfield. **Some readers may well have "special Saturday afternoon relationships" forged by sitting alongside the same individual or group supporting**

Through What And How
"Like A Man Drapping On The Moon"
Remembering Art Cohen
Looking For Me...
Home Grown
May 2019 - Liverpool

Two Posts
& Anfield



“**Our Team**”. Others may reflect on the experience of Sam Stockwell from South Africa who would go and watch any game of football, happy to be on his own, yet also part of a crowd.

This is a unique insight into Liverpool football club linked to aspects of social psychology, social history supported by artefacts at the LFC Museum, emphasising the importance of bonding for players and spectators. Well worth reading.

About the reviewer

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

John taught physical education in Ladbroke Grove and was fitness coach at the Middle Row Boxing Club. His research at Aberystwyth University was on the relationship between aerobic and anaerobic power. He was fitness and weight training coach in Wrexham, fitness coach at Wrexham RFC, and WRU Senior Coach. John specialises in working with individuals and teams to develop growth mindsets, including resilience, tenacity, drive, determination and team skills in sport, education and business.

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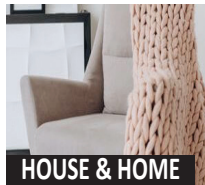


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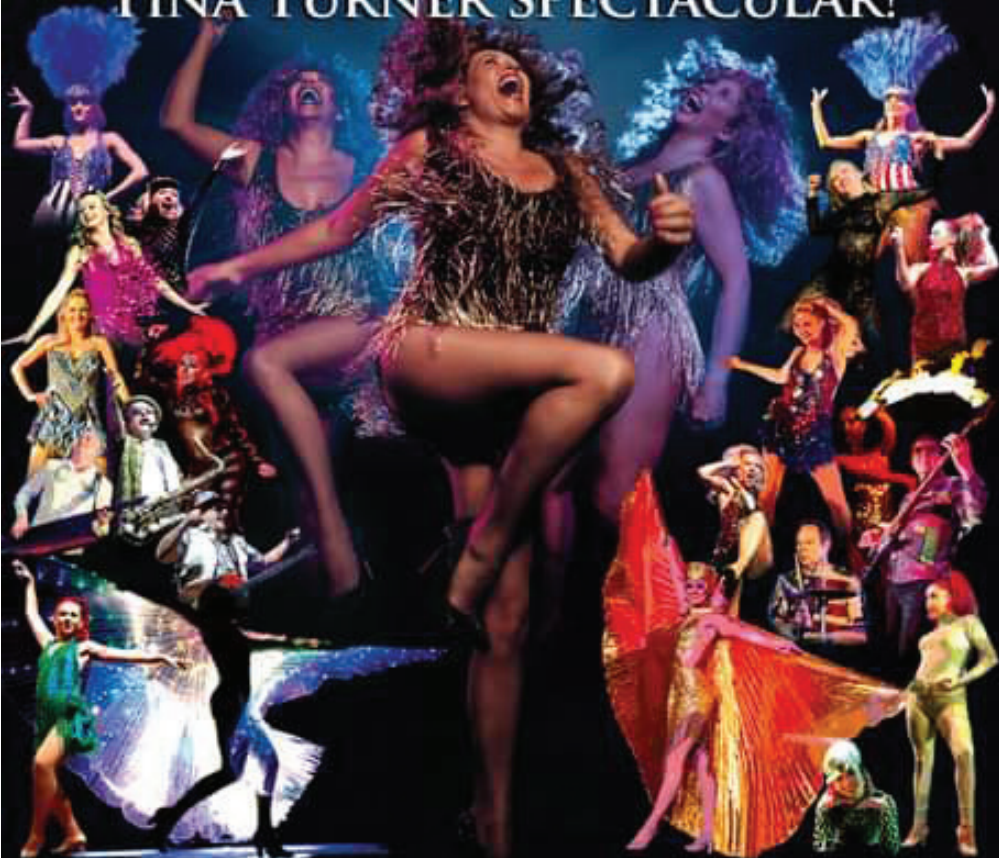
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Along the way

Eight miles south of Oswestry the village of Llanymynech straddles the border counties of Powys and Shropshire. This was where members of Chester Rambling and Hill Walking Club met recently for a wonderfully varied C grade walk. Located on a crossroads on the busy A483, the village is somewhere that most people probably drive through without any thought of stopping. Some might cast a glance at the tall brick chimney dominating the landscape, or fleetingly admire the dramatic cliff faces visible from the road. This sleepy place was once a hive of activity where large-scale limestone quarrying took place until the early 20th century. A closer look at the area's industrial archaeology is recommended, especially if you incorporate it in an 8-mile walk, as we did.

The impressive chimney is 42m high and part of the Hoffmann Kiln complex alongside the Montgomery Canal. Both features were restored in recent years and we took the opportunity to explore the kiln's dark cavernous spaces before continuing our walk. In days of yore, limestone from nearby Llanymynech Rocks was fed into these chambers to produce quicklime for agricultural use and mortar for building.

We left the main heritage area via an incline that linked the canalside with the quarry face. Here, the ochre and rust hues of exposed rock provide a pleasing backdrop for spoil heaps that, over time, have become gardens of wild flowers and grasses. Nearby, clear views across the Severn Valley to the Breidden Hills were quite spectacular. Onwards we strode, along an elevated woodland track that's part of the Offa's Dyke Path. Beyond Llanymynech Hill, we abandoned this to head roughly north towards Llyncllys. There's a myriad of footpaths in these hills, but our leader, Sue, knew exactly which route to take to bear round to a hillside spot above the village of Pant. Here, the

Breidden Hills could again be seen across the valley, so lunch with a view, a common occurrence for walkers, was enjoyed!

This being a 'figure-8' walk, we picked up the canal towpath near Pant to take us back to Llanymynech. Existing alongside a long dismantled railway line, the canal was created to transport cargoes of lime and timber. Nowadays, some sections are choked with vegetation, and in other places the water has disappeared altogether! Hard to imagine that a stream of dusty quarry barges once passed along this waterway. With the industry a thing of the past, the towpaths now provide ramblers with pleasant walkways, and the area is a haven for nature.

This walk certainly offered lots of variety along the way! Having seen relics of industrial heritage, walked along undulating woodland footpaths and trodden in the footsteps of ancient canal workers and quarrymen, the landscape changed for the last 2-3 mile loop. We now found ourselves on the flatlands of the Vyrnwy Valley, crossing fields of crops ready for harvest. At the riverbank, we climbed the steps to the aqueduct that carries the Montgomery Canal over the river. This stretch of the canal contains enough water to provide a perfect habitat for swans, ducks and moorhens, and a range of lush vegetation. We'd seen much evidence on this walk of plants and animals reclaiming areas that have been shaped by human hand. It's always encouraging to see nature fight back!

If you love 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 and always ready to welcome new members. In summer we offer 3 grades of walks most Sundays, led by our experienced and enthusiastic leaders: 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 in the summer months. Weekends away, camps and coach trips enable us to tackle 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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