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Issue 70

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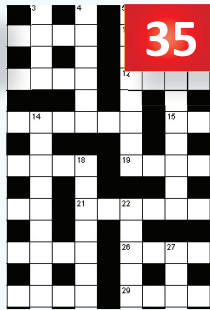
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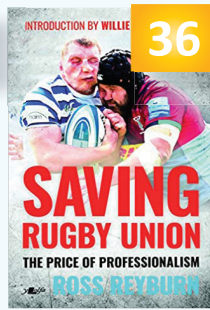
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Cover Photo: Grovesnor Park, Chester. If you look carefully, there is a pigeon on the statue's head!



Dear Friends,

February marks our 6th anniversary!!!

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

Best Wishes

Maxine & Mike

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

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DO YOU KNOW?

1. Every day, your heart creates enough energy to drive a truck for 20 miles

2. Your nose can remember 50,000 different scents.

3. Humans shed about 600,000 particles of skin every hour.

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

5. Dreams get weirder as the night wears on.

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

7. If you eat too many carrots you may turn orange.

8. Viagra can keep cut flowers standing up straight for up to a week longer than normal.

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

10. A garden snail has about 14,000 teeth while other species can have over 20,000. But that's not even the most shocking part: The teeth of an aquatic snail called the limpet are the strongest known biological material on Earth, even stronger than titanium!

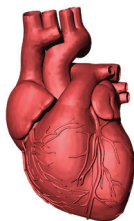
11. If you inhale a pea, it can sprout and grow in your lungs.

12. "Rain of fish" is an annual weather event in which hundreds of fish rain from the sky onto the city Yoro in Honduras.

13. The heart symbol was first used to denote love in the 1250. Prior to that, it represented foliage.

14. It's scientifically proven: being in love makes you a less productive person.

15. Japanese Trains are among the world's most punctual: their average delay is just 18 seconds.



16. 98% of all adoptions in Japan are of male adults so that family businesses can remain within the family.

17. All polar bears alive today can trace their ancestry back to one female brown bear who lived in Ireland 50,000 years ago.

18. The postage stamp of The Statue of Liberty depicts not the real statue in New York, but the replica in Las Vegas.

19. Frank Sinatra and the Rat Pack are widely credited with helping end segregation in Las Vegas, by refusing to perform in venues that wouldn't allow blacks.

20. Left-handed people process things faster than righties while playing computer games or sports.



21. In 2015, a U.S. journalist was sentenced to 5 years in jail for posting a link on the web.

22. Einstein was offered the presidency of Israel which he politely declined.

23. Philematology is the science of kissing.

24. The average person takes 183,755,600 steps in a lifetime.

25. Two-thirds of all the people in the world who have ever lived to be 65 years old are still alive today.

26. Women spend nearly one year of their lives deciding what to wear.

27. In a lifetime, your brain's long-term memory can hold as many as 1 quadrillion (1 million billion) separate bits of information.

28. 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.



29. In 1900, all the world's mathematical knowledge could be written in about 80 books; today it would fill more than 100,000 books.

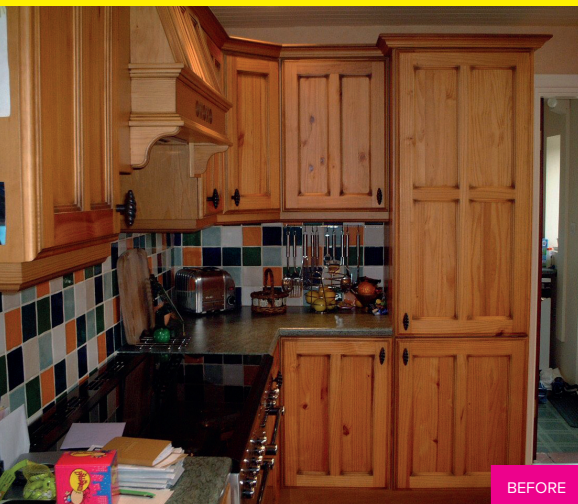
30. Starting 2015, all New York residents must recycle their old electronics like PCs and TVs, or face a US\$100 fine.

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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 JANUARY

6th February 1952

King George VI of England died .

The King failed to recover from a lung operation, and died in his sleep at Sandringham; he was aged 56.

After lying in state at Westminster Hall, the King's funeral was held at St George's Chapel, Windsor, where he lies buried.

Upon his death, his daughter Princess Elizabeth became Queen Elizabeth II, Queen of the United Kingdom of Great Britain and Northern Ireland. Her actual coronation took place on June 2, 1953.



King Edward VI

11th February 1990

In South Africa, Nelson Mandela, at age 71, was released from prison after serving 27 years of a life sentence, his sentence behind bars split between Robben Island, Pollsmoor Prison and Victor Verster Prison, on charges of attempting to overthrow the apartheid government.

Amid growing domestic and international pressure and fears of racial civil war, President F. W. de Klerk released him in 1990.

Mandela and de Klerk led efforts to negotiate an end to apartheid, which resulted in the 1994 multiracial general election in which Mandela led the ANC to victory and became president. Leading a broad coalition government which promulgated a new constitution, Mandela emphasised reconciliation between the country's racial groups and created the Truth and Reconciliation Commission to investigate past human rights abuses. Economically, his administration retained its predecessor's liberal framework despite his own socialist beliefs, also introducing measures to encourage land reform, combat poverty and expand healthcare services.



Nelson Mandela

20th February 1962

Astronaut John Glenn became the first American launched into orbit.

Travelling aboard the "Friendship 7" spacecraft, Glenn reached an altitude of 162 miles and completed three orbits in a flight lasting just under five hours.

Glenn was the third American in space, preceded by Alan Shepard and Virgil "Gus" Grissom who had each completed short sub-orbital flights. All of them had been preceded by Russian cosmonaut Yuri Gagarin who was the first human in space, completing one orbit on April 12, 1961 - a feat that intensified the already ongoing Space Race between the Russians and Americans.



Glenn in his Mercury spacesuit in 1962

Glenn's successful flight showed the Americans had caught up and was followed in September 1962 by President John F. Kennedy's open call to land an American on the moon before the decade's end.

28th February 1986

Prime Minister of Sweden Olof Palme was walking home from a cinema with his wife Lisbeth Palme shortly before midnight in the central Stockholm street Sveavägen when he was shot in the back at close range. A second shot grazed Lisbeth's back. He was pronounced dead on arrival at the Sabbatsberg Hospital at 00:06. Lisbeth survived without serious injuries.

Political violence was little-known in Sweden at the time, and Olof Palme often went about without a bodyguard.



Olof Palme in 1984

Two years later, Christer Pettersson, a murderer, small-time criminal and drug addict, was convicted of Palme's murder, but his conviction was overturned. Another suspect, Victor Gunnarsson, emigrated to the United States, where he was the victim of an unrelated murder in 1993. The assassination remained unsolved. A third and fourth suspect popularly referred to as "The Skandia Man" and GH, after their working place at the Skandia building next to the crime scene, and police investigation number ("H" representing the eighth letter, i.e. "Suspect Profile No. 8"), committed suicide in 2000 and 2008 respectively. Both fit the suspect profile vaguely, and owned firearms. GH was a long-time suspect partly because he had self-described financial motives, and owned the only registered .357 Magnum in the Stockholm vicinity not tested and ruled out by authorities, which as yet has not been recovered.

The case remains unsolved to date.



Friendly? Single? Want to meet and keep new friends?

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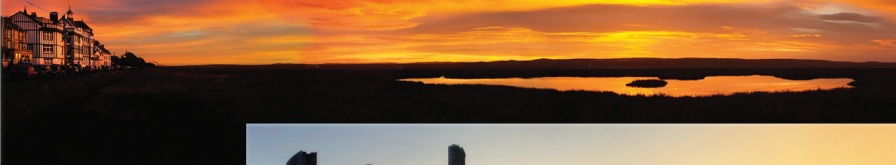
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OUR ZOO

What's happening at Chester Zoo.

Strictly Winner Hamza Yassin to appear at Chester Zoo



Strictly winner and children's TV presenter Hamza Yassin joins Chester Zoo's Wild Science Safari on 21 February.

Running from 18 February to 3 March, Chester Zoo's Wild Science Safari invites visitors to explore five locations throughout the zoo and learn about the incredible science-based skills that help conservationists prevent the extinction of so many vulnerable species around the globe.

During the wildlife cameraman's talk 'My life behind the lens' on 21 February, Hamza will share photographs from his adventures across the world for guests at the charity zoo's event.



Asian Elephant at the Zoo

Nicola Buckley, Conservation Education & Engagement Manager at Chester Zoo, said:



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

"We're unbelievably excited to welcome Hamza to Chester Zoo for this family-friendly event over February half term. Hamza has had an incredible journey as a zoologist and wildlife cameraman, so shining a spotlight on his contribution towards connecting people and wildlife is something not to be missed!"

"Before his rise to stardom as a Strictly Come Dancing winner, he was most well known as Ranger Hamza on CBeebies, and presenting wildlife shows such as Animal Park and Countryfile. We hope that his appearance at Chester Zoo will appeal to budding conservationists, eager to learn more about the natural world."



"Separately, the trail across five 'wonder labs' around the zoo tells the story of how animals like Asian elephants, Javan green magpies, giant anteaters and sun bears have science at the heart of preventing their extinction, right here at the zoo."

"We hope families come along and are inspired by Hamza's story and the role science plays in our conservation work globally."

Admission to this event is free with when buying a zoo ticket and visitors do not need to pre-book this event. More information will be released on Chester Zoo's website over the coming weeks: www.chesterzoo.org



Sun Bear at the Zoo



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HOROSCOPES FOR FEBRUARY

BY JAMES GRIFFITHS

Capricorn

Now is a fantastic time to take precautions, save money, and access information in order to retain financial security.

Aquarius

In many areas of your life, you might feel the need for change, yet you can also feel worn out and fatigued. humour, and aspirations for the future.

Pisces

There will be a variety of restrictions and delays affecting current events. You will gradually defeat them and receive more support from those close to you.

Aries

Get ready to feel inspired and energetic, and let your creative potential shine.

Taurus

keep in mind how crucial it is to maintain a good balance between your personal and professional life.

Gemini

You will anticipate some significant changes in your professional life, dust off any old projects or abilities that you've been meaning to review.

Sagittarius

You must continue to learn and take initiative if you want to achieve goals.

Scorpio

You'll feel pressure to make some changes to your financial situation, but in order to do so, you must have a strategy in place.

Libra

Setting clear goals and plans at the beginning of the month can help you stay on track through the frantic month.

Virgo

IPrepare for a busy month by focusing on your work and studies. Responsibility can lead to stress and discomfort, so use caution.

Leo

Its an ideal time for socialising, these occasions will bring excitement to your regular routine.

Cancer

Your new connections will open up career opportunities for you. Use these opportunities to enhance your social life.





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Cheshire Youth Commission seeking new members

The Youth Commission inform, support and challenge the work of the Police and Crime Commissioner for Cheshire and Cheshire Constabulary, allowing young people to have their say about policing and crime in their area.

The Cheshire Youth Commission are looking for participants aged between 14-25 years old who currently live in the Cheshire policing area.

Members must be good team players who can commit to the project and the activities involved. Throughout the year, the Youth Commission will focus on their chosen priority topics, gather the views of other young people, plan events, report their findings back to the Office of the Police and Crime Commissioner and host the Youth Commission Conference in November 2023.

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

“This is a fantastic opportunity for young people in our county. The work that the Cheshire Youth Commission carry out is invaluable to my role, and the experiences that the members have throughout their time in the Commission are truly unique.

“Joining the Youth Commission also gives young people the opportunity to develop their own skills, knowledge and confidence which serves them well going into their chosen career paths.”

The Cheshire Youth Commission are committed to ensuring the group is made up of diverse young people from different backgrounds and life experiences, including those who have direct experience of the police and criminal justice system.

Beau Kennedy, Project Co-ordinator, said:

“I was originally a member of the Cheshire Youth Commission for 3 years and loved it, I met so many amazing people and learnt so much from the experience. I am now the Project Coordinator and absolutely love my job, the possibilities are endless, and every day is different.

“I feel as a Youth Commissioner, you can really focus on issues that you’re passionate about and your voice is taken seriously by those from the Office of the Police and Crime Commissioner, Cheshire Police and so many more.”

The application form, guidance and under 18’s permission slip can be found on the Police and Crime Commissioner’s website: www.cheshire-pcc.gov.uk/get-involved/youth-commission/

Completed applications forms must be emailed to beau@leaders-unlocked.org by Friday 10 February 2023.



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£250 could help buy a month's supply of tiny molecules that light up under a microscope – these are used by researchers to see what's going on inside our heart and blood vessel cells.



£500 could buy human blood vessel cells, so researchers can grow these cells and study how our blood vessels work.

£2,000 could help pay for one week of a project to build new patches of healthy heart tissue. New heart tissue could be used in the future to treat heart failure.

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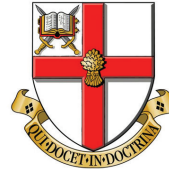
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University of Chester

Chester Zoo and the University of Chester join forces to launch first-of-its-kind course to help save the planet

A first-of-its-kind education course focused entirely on wildlife conservation and sustainability education is set to be launched in the UK.

The new course - designed and delivered by experts at Chester Zoo and the University of Chester - offers a first opportunity, anywhere in the world, for education professionals to gain a recognised qualification in the field of conservation and sustainability education.



Launching in 2023, the Conservation and Sustainability Education PGCert aims to provide educators with the highly sought-after knowledge and skills needed to help learners maximise the impact they can have in carving a better future for the planet.

It follows world leaders gathering in Egypt for the UN’s global COP27 where the importance of education in solving the planet’s climate and ecological emergencies was one of the key areas of discussion.

Liz Webb, Chester Zoo’s Conservation Academy Training Manager, said:

“Education is vital to saving our planet – highlighted by the unveiling of a draft Department for Education Climate and Sustainability Strategy, launched by the Secretary of State for Education in April.

“It has a crucial role to play if we’re to resolve the urgent crises we’re currently facing in the form of climate change and global biodiversity loss. However, only can it truly do this if we have more and better trained educators who thoroughly understand the magnitude of the environmental challenges we face, and have the skills to engage their learners and organisations with the solutions needed to address them.



“That’s why this new course – the first of its kind ever to launch in the UK, and indeed the first education course to be developed by a zoo and a university globally – is so important, and so valuable. It’s, at long last, putting sustainability and conservation at the forefront of learning.

“Recently the zoo launched a new 10-year Conservation Masterplan. One of its key aims is to train more conservationists of the future and empower people to live more sustainably. This course, led by our world-leading conservation experts, is a big step forward to helping us achieve our ambitious goals.”



With Chester Zoo and the University of Chester joining forces, the course promises to combine conservation-focussed expertise with first-rate education sector knowledge.

Uná Meehan, the Deputy Director of the University of Chester's Partnerships, said:

"We need to stop looking to the past to solve the problems of the future and radically rethink how we're educating everyone if we're to combat the climate and conservation crises.

"This course will draw from the expertise from both institutions with a track record for outstanding innovation within education."

Educators say it will be rooted in real-world practice and based heavily on Chester Zoo's wide-ranging expertise and decades of experience in the field of conservation, with education programmes delivered both in the zoo and in support of field partners across the globe.

Already, more than 450,000 people participate in the zoo's learning programmes every year and the zoo supports more than 100 schools across the North West to implement a conservation-focussed curriculum, while the University of Chester boasts more than 14,200 students and offers 550 courses for undergraduate and postgraduate students.

Professor Helen O'Sullivan, Provost and Deputy Vice-Chancellor at the University of Chester, added:

"This powerhouse partnership between the University of Chester, one of the few Ofsted Outstanding teacher training facilities in the country, and Chester Zoo, the UK's leading conservation zoo, will be a game changer for how the vital topics of conservation and sustainability are ultimately taught in conservation organisations, schools, colleges and universities around the world.

"Our two organisations are sector-leading in their own right and, together, we have created something truly innovative and truly world class.

"This is a course that will equip educators with the skills and knowledge to engage their learners with conservation and sustainability issues and make a real difference and, enabling educators to play a significant role in helping find solutions to the climate and biodiversity emergencies our planet is faced with."



Applications are now open for the course at <https://www1.chester.ac.uk/study/postgraduate/conservation-and-sustainability-education>



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MINUTES - by John Fowler

“Your Handsomeness, I need a quick word with you, because there is a serious rumbling in the ranks.”

“What is it, old Tub of Lard?”

“I have heard that your team of coaches are not happy with our little tete-a-tetes, because this is where all the big decisions are made.”

“Don’t worry about them, I have always treated them like mushrooms—you know keep them in the dark and feed them you know what. They are completely dependent on me.”

“They want our meetings attended by your secretary and minuted. I would suggest we make up some minutes just to fool them.”

“I have got better things to do, like trying to understand why we were two nil down in 3 minutes last Saturday.”

“I think I know the reason. Some of our players were still taking the knee, and hadn’t realised we had kicked off. But another thing, Bossness, that young Under 23 coach is trying to curry favour with you by going around saying you look like George Clooney. I think you are more like Robert Redford, but I know there is no way you could be influenced by any sort of creeping, sir.”

“Certainly not, but I have been very impressed by you lately. My boots are cleaner than ever, my trousers are always nicely pressed, my tea tastes good, but I think my personal toilet needs more attention, but I want to talk about promotion.”

Billy sat up. “Oh, your Majesty, after all these years, what do you have in mind?”

“Well, do you think Norwich will go up this year?”

“I thought for a minute, but never mind....er, but I do want your advice on a personal matter, Oh Debonair one. I want to make myself more attractive to the opposite sex and I have seen it in the films that some women go for men who are rough and ready. They find it exciting. They like the rugged look.”

“Well, you are off to a good start because you are pretty ugly.”

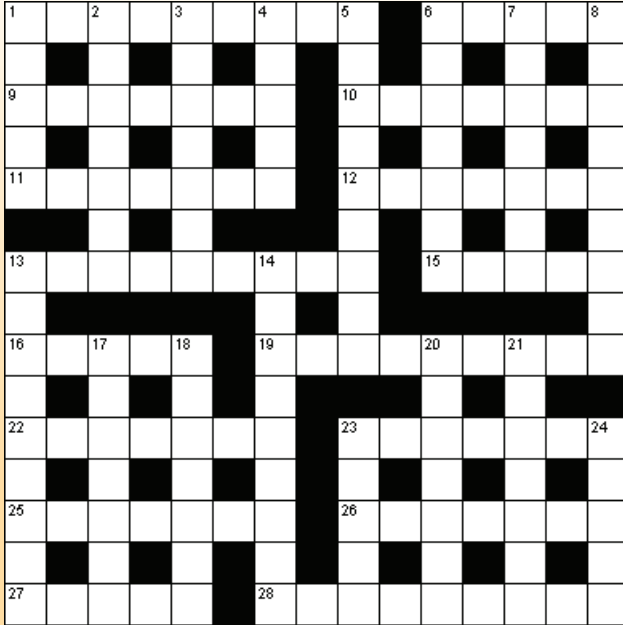
“Perhaps if I spoke badly of people, always critiquing, pulling them down, showing arrogance, as if I knew everything. Dyed my hair or worn it in a ponytail, and was a real nasty person.”

“I have got a great idea, why don’t you become a Football pundit?”

“My God, your Handsomeness, I could never sink that low.”



PUZZLE CORNER



Down

- 1 Arm joint (5)
- 2 Singer (7)
- 3 Completely (7)
- 4 Toss (5)
- 5 In an extremely harmful manner (9)
- 6 Condiment (7)
- 7 Easily damaged (7)
- 8 Unlawfully (9)
- 13 Stew (9)
- 14 Lack of acceptance (9)
- 17 Put together (7)
- 18 Footwear (7)
- 20 Drag along (7)
- 21 Harbor (7)
- 23 A place for wives and concubines (5)
- 24 Made easier to bear (5)

Across

- 1 Meet (9)
- 6 Islamic jurist (5)
- 9 Absorbent paper (7)
- 10 Put in place (7)
- 11 A line of trees used to block winds (7)
- 12 Giving a speech (7)
- 13 Land around barns (9)
- 15 Inhabit (5)
- 16 The anvil bone in your ear (5)
- 19 Without happiness (9)
- 22 A reference book (7)
- 23 Flapjack (7)
- 25 Hunting guide (7)

- 26 Motives (7)
- 27 Smooths (5)
- 28 Put forward (9)

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.

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

Solutions can be found on our website



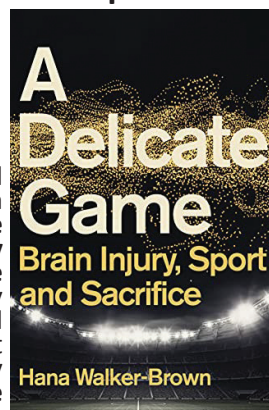
The Long Term Dangers of Physical Impact in Contact Sports

A Delicate Game

Author - Hana Walker-Brown

Publisher - Hodder & Stoughton

Within a changing landscape of sporting participation and spectator involvement, by attendance at games or via media transmission, considerable attention has been focused on the safety of participants in terms of “impact damage”, particularly to the head, in contact sports such as boxing, rugby, football, ice hockey, etc. Sometimes the injuries players suffer are immediately apparent, however, unfortunately, the long term effects and implications of injuries, particularly impact to the head, do not become immediately apparent. In a thought provoking, excellently researched and in-depth analytical investigation, “A Delicate Game”, Hana Walker -Brown explores the facts about the impact and consequences for those players, at all levels, experiencing head injuries. The author emphasises from her research of medical evidence and oral evidence from a range of contributors that injuries to the head, resulting in concussion, are closely linked to the degenerative brain disease CTE (Chronic Traumatic Encephalopathy).



Many readers may well find some of the oral interviews and interactions with players and family members emotionally disturbing. Hana pulls no punches as she relates the disturbing experiences of players and challenges, the response of coaches and governing bodies of a range of sports. The text may well engender considerable empathy with, and alarm for, the players and families as Hana outlines the difficulties players such as Steve Thompson, Chris Czekag and Alix Popham have endured as they recount their experiences of loss of memory, mood swings, in particular, “the downers” and anger. As Alix Popham points out, “you know your body was going to be sore in retirement, but nobody thought your brain was going to be in bits as well”.

The playing careers of professional sportsmen and women are driven by personal desire, determination and grit to “be in the team and playing competitively”, not just training, being on the bench hoping to get a bit of the action as a sub, or just in the squad”. The wife of Chris Czekag, a former Cardiff Blues and Wales wing three quarter, makes a significant point when she highlights that on occasions players disguise or hide “concussion” by holding their shoulder in a determined effort not to be replaced and to “play through the knock”. As professionals they are concerned about the renewal of their contracts, media attention, being picked to play or that someone else in the squad is “waiting for the opportunity to take their place. Current player redundancies in the Welsh regions, players made redundant by Wasps and Worcester, and fresh appointments as coaches of National teams in Wales and England illustrate the “mental stress” of ensuring you are “not a shirker”. This equates with the author’s quote from Dylan Hartley’s book, when the former England rugby union hooker sets the parameters for rugby players from school to professional levels, “If you’re hurt, get up.. If you fall down, get up. Carry on Kid”.

Many parents and supporters need to heed this quotation as they read and reflect on the tragic experience of schoolboy Benjamin Robinson who died as a result of a head injury resulting in concussion. As a consequence of Benjamin’s death his parents instigated a campaign to improve education about concussion with a clear message that “anyone suspected of sustaining concussion should be immediately removed from play”. On occasions, too many parents want their child to be over aggressive and resilient to pain and injury.

Readers may well be aware that sports such as football, rugby and boxing have belatedly introduced protocols to reduce “the risk of concussion”. For instance, rugby union have addressed some aspects of contact which have caused “concern”, including clearing out, collision of shoulder to the head, rucking, aggression on and off the ball, “illegal tackles”

and the failure to consistently recognise concussion. **However, as the evidence collated by the author clearly shows, there is a reluctance by some executives of sports governing bodies, at all levels to come to terms with the seriousness of the issues arising from concussion and the development of CTE.**

The author highlights throughout the text the personal suffering endured by Jeff Astle and his family as they struggled with his dementia. The emotional experiences of “denial and rebuttal by football’s leaders suffered Dawn Astle, the daughter of the late Jeff Astle, in “her fight to secure justice” for her father, emphasised her tenacity in ensuring that his injuries were classified as an “industrial injury”. **As a senior politician stated, “what is astonishing is that when it comes to reducing the risks of brain injury, sport has been allowed to mark its own homework, it is seen as a dereliction of duty and must change.**

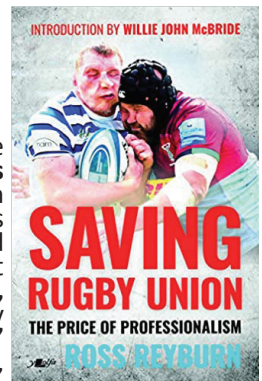
The author has written an outstanding book with a fearless tenacity to “unlock the depths of incompetency” shown by leaders of contact sports in addressing the short and long term consequences of “head injuries”. The physical and personal struggles endured by so many players of all ages and their families creates a moving and emotionally disturbing argument for change.

Saving Rugby Union

Author - Ross Reyburn

Publisher - Y Lolfa

The challenges facing rugby union in the current climate are addressed in a thought provoking and in depth analysis by **Ross Reyburn “Saving Rugby Union”; the price of professionalism**. In an insightful prelude to wider analysis, the author uses comments by eminent players, coaches, medical experts and others involved in the game to give a base line to his analysis of “the issues that need urgent solutions”. For example, **questions posed include, “what is the point of a scrum if you have crooked feeds”, (Jeremy Guscott) and “do we need to go back to injury replacements only” (Warren Gatland).** Many commentators consider that rugby union, at professional level, has lost its “sparkle”. In particular they note the increase in “aimless kicking”, too many stoppages, replacements reducing the “fatigue effects” of the game, forward dominated attacks, etc.



The author leaves few issues unturned as he makes a wide ranging review of the key issues impacting upon the modern game of rugby union, which some commentators describe as a “marriage of rugby league and American football”. He emphasises that **the upsurge in serious and, on occasions, life changing injuries** due to the emphasis on physicality and the “concussion crisis” needs urgent addressing.

Readers will gain from Ross Reyburn’s comments that there needs to be a “wind of change” with a return to an emphasis on passing, handling and beating opponents by speed in contrast to the current emphasis on physical power, contact and ball retention, “box kicking” and forward dominated attacks. He discusses the visionary style of rugby advocated by coaches such as Carwyn James and John Dawes to re-create excitement and enthusiasm for spectators and greater safety for players.

The author’s comments are overall far more wide ranging and interesting for those who enjoy the game as players, coaches, administrators, partners, parents or spectators.

Readers will gain from reflection on key issues, including

- The scrum half feeding into scrums, the “crooked feed”
- The effect of “strength building in gymnasias” resulting in a distortion in the skill/power balance and an increased incidence of injuries
- Problems with the breakdown with slowball restricting attacking sides
- Replacement of players, particularly “battering ram forwards” with no injuries
- Issues to address in terms of tackling that engages with the head
- Dangerous “clear outs” at rucks
- The mismanagement of rugby union in the professional era.

This is an excellent analysis of rugby union focusing on its development within a highly commercialised arena. The author analyses the demise of the game at grass roots levels and the need to move back to a game with the emphasis on physical skill, speed and power rather than physicality and “battering rams” with limited ball skills. In particular, **Ross Reyburn highlights the changes needed to “save rugby union”,** with the emphasis on making the game safer, more appealing and enjoyable to young people and adults to play at “grass roots level”.

John T Morris is a Senior WRU coach. He played rugby for Dudley College, GWR (Ealing) and Aberystwyth University before injury cut short his “playing days”. He was fitness coach at Wrexham RUFC, a fitness consultant with the WRU, weight training and keep fit coach at the Queens Park centre in Wrexham. He specialises in promoting positive mindsets in terms of determination, desire and tenacity to improve performance levels in education and sport.



Community

Did You Do It? Poem by John Fowler

Met a guy the other day, we went to school together,
not seen him in 50 years, yet we talked about the weather.

I recalled that as a boy, he always had one aim,
all he wanted when he grew up, was to drive a train.

I said ... did you do it? Did it all go to plan?
Did you do it? When you became a man?

Met a man I used to know, swore hard work was the key
to achieve his greatest ambition, to build a house by the sea.

I said... did you do it? Did you live your dream?
Did you do it? Did you complete your scheme?

I knew a girl with a great desire, to travel around the world,
if I met her now, I'd be intrigued, to how her hopes unfurled.
I'd say... have you done it? Was it all you thought it would be?

Was it worth it? Or did it lack veracity?

My neighbour in the sixties, vowed he'd be a big pop star
I know he changed his name, but I don't think he got very far.

I wonder... did he do it? Did he sing his way to fame?
Did he do it? Did he make his name?

We all set out on the path of life, we have dreams along the way,
but when asked if they fulfilled them, this is what people say.
Did I do it? No, I didn't find the time. Did I do it? No, I changed my mind.
Did I do it? No, I didn't seize the day. Did I do it? No, life got in the way.



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These boots were made for...

Well, walking obviously, but recent bouts of wintry weather have meant ours have been used to get us over and through a myriad of slippery obstacles and terrain. During the coldest period, when Arctic surroundings became the norm for 10 days or so, Chester Rambling & Hill Walking Club were out and about, subjecting our beleaguered footwear to snow and ice in the countryside of Cheshire and North Wales.

One bitterly cold 9-mile C walk started from Gresty's Waste Car Park at Kelsall, and took a circular route to Utkinton, using sections of the Sandstone Trail. A light wintry mist blanketed the hillsides and was reluctant to lift itself until the afternoon. An inch of crisp snow covered many paths whilst other, more rutted, and previously wet tracks were icy. Care had to be taken on one or two tarmac sections and a few descending footpaths, where black ice and semi-frozen mud posed hazards to the unwary. Approaching Utkinton, we paused momentarily to appreciate what is normally a fabulous view across to Chester and North Wales, though sadly, both city and distant hills were lost in the haze for most of the walk. Our midday stop was enjoyed with much banter in a field where we all agreed that we really didn't want to be anywhere else on that freezing cold day! Despite being well-wrapped inside multiple layers, gloves and woolly hats, we lingered only long enough to devour our packed lunches before moving on.

Very little thaw took place during the day, although the sun briefly emerged from the mist and cloud after lunch, creating some truly mesmerising

light effects. From one vantage point along the Sandstone Trail, between Utkinton and Willington, the Clwydian Hills could just about be picked out beyond a frozen expanse of Cheshire countryside. This was a magical sight that had us enthralled, until the bitter cold sent us scurrying once more on our way.

The sun, having resumed its place behind the clouds, put in no further appearances, and we plodded onwards, stopping fleetingly to admire a solidly built snowman in a nearby field. Our return route took us through Primrose Hill Woods, along well-used footpaths that form part of the Sandstone Trail. Back at Gresty's, the boots came off and we adjourned to a warm and welcoming hostelry in nearby Kelsall to end our day out.

British weather is nothing if not peculiar. Whilst we enjoyed the sun for maybe 15 minutes in Cheshire, our fellow members, walking in several inches of snow over at Llandegla, enjoyed brilliant sunshine all day!

The following Sunday was, if anything, chillier than the week before. Several hardy members braved sub-zero conditions to tackle a B-grade walk at Dinas Bran at Llangollen, and, nearer to home, a C walk at Frodsham Hill. The undulating and often steep and narrow footpaths on these icy hills proved perilous in places, and anything other than a cautious approach may have resulted in an undignified tumble to the ground and a bruise or two.

With winter slowly coming to an end, our sturdy old boots will hopefully be treading firmer ground, and struggling to maintain an upright position on slippery footpaths will be a thing of the past - for several months at least!

If you fancy discovering new walks in North Wales, Cheshire and beyond, then why not dig out the boots and join a hiking group with experienced leaders? We have a choice of 2 - 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 crags, usually in Snowdonia. We are also out every other Wednesday for a hike of 8 - 9 miles. Meanwhile, our winter calendar offers a programme of talks and social events.

We are a very friendly group and new members are always warmly welcomed. Whatever your walking ability, if you love the outdoors and fancy meeting like-minded folk, come and join us!

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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The Live Rooms

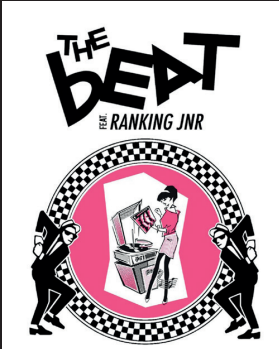
We are Chester's largest independent live music venue and nightclub.

Our main room has hosted some of the biggest names in live entertainment from a broad range of genres, whilst our side room provides an ideal space for smaller, more intimate shows. We also have an upstairs area which features a balcony overlooking the main room, a VIP bar and numerous seating areas.



Robert Jon & The Wreck Thursday 9th February

Reigning from southern California, Robert Jon & The Wreck take the southern rock sound from the east coast and make it their own.



The Beat ft Rankin Jr Saturday 25th February

Chester, are you ready to go dance crazy to some of the most famous Ska & Reggae songs ever written?! One of the key bands of the U.K. ska revival of the late '70s and early '80s, The Beat, achieved a near-perfect balance of pop melodies and taut rhythms that made them stars in Britain and won them a worldwide following.



CODY PENNINGTON Sunday 7th May

After a sell-out 2022 UK tour, Nashville native Cody Pennington returns with some of the biggest country music hits.

Don't miss a night full of songs from artists like Luke Combs, Chris Stapleton, Dolly Parton, and a few Cody Pennington originals.

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GIFT

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