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## MAGAZINE



APRIL 2023  
Issue 72

Monthly Business & Community magazine delivered in & around Chester



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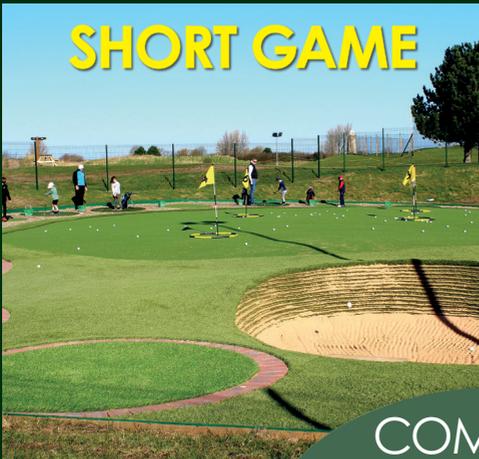
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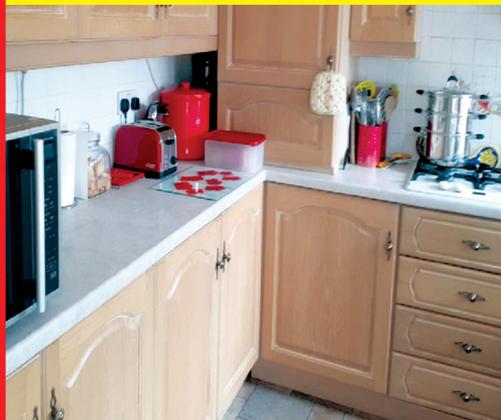


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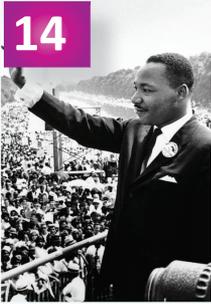
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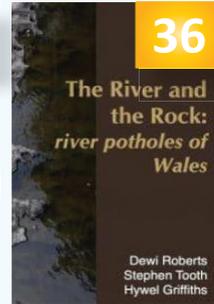
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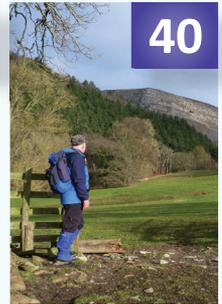
Chester  
Zoo



Puzzle page



Book Review  
by  
John Morris



Chester  
Rambling  
Club

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**Cover Photo:**  
Canal view outside city centre



Dear Friends,  
Finally the clocks have gone forward and the lighter nights are here!  
We have had a lot to deal with in the last 12 months! Fuel costs should start coming back down from July so there is a light at the end of the tunnel.

This is the time for spring cleaning and getting stuck into the garden, ready for those lovely summer days and evenings.

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**It is important that we use our local tradespeople and highstreet shops to keep it that way!**

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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. The first story of a rabbit (later named the "Easter Bunny") hiding eggs in a garden was published in 1680.

2. The Earth's core is about as hot as the sun.

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

4. A Colombian woman was raised by monkeys after being kidnaped and abandoned in the jungle as a child.

5. Jamaica, Colombia and St Lucia are the only countries where a woman is more likely to be a boss than a man.

6. We spend about 10% of our waking hours with our eyes closed, blinking.

7. Breastfeeding a baby may reduce by 22% a woman's risk of developing Alzheimer's disease, a study says.

8. Babies have three times as many taste buds as adults.

9. Graca Machel is the only woman to have been first lady of two separate countries: Mozambique and South Africa.

10. The first president of Zimbabwe, Africa, was President Banana.

11. Canada is the World's Most Educated Country: over half its residents have college degrees.

12. Canada has more lakes than the rest of the world's lakes combined.

13. Owning a cat can reduce the risk of heart attacks and strokes by more than a third, researchers found.

14. Adult cats only meow to communicate with humans.



15. Earthquakes turn water into gold.

16. One pint of donated blood can save up to 3 lives.

17. China is the world's largest exporter and second-largest importer of goods.

18. When Disney released "Princess and the Frog" in 2009, 50 children in the U.S. were hospitalized with salmonella from kissing frogs.

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

20. Many Fish can taste without even opening their mouths.

21. Dogs and cats only sweat from their footpads and nose.

22. Koalas are excellent swimmers.

23. Psychologists examined Internet trolls and found that they are "narcissistic, psychopathic, and sadistic".

24. The "Fi" in "WiFi" doesn't mean anything. It was called it that because it rhymed with "HiFi".

25. If everyone in the world washed their hands properly, a million lives could be saved a year.

26. Every minute, more than 500 hours of video are uploaded to YouTube.

27. Music video 'Gangnam Style' was so popular, it broke YouTube's view counter, which had to be upgraded.

28. In order to legally give someone a tattoo in South Korea, one must obtain a doctor's license.

29. Doritos was originally born from the tortillas leftovers at Disneyland.

30. Papaphobia is the fear of the Pope.







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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 APRIL

### 4th April 1949

Twelve nations signed the treaty creating NATO, the North Atlantic Treaty Organization. The nations united for common military defense against the threat of expansion by Soviet Russia into Western Europe.



*NATO Logo*

Belgium, Canada, Denmark, France, Iceland, Italy, Luxembourg, the Netherlands, Norway, Portugal, the United Kingdom and the United States were the founders.

Within the five months following the signing ceremony, the Treaty was ratified by the parliaments of the interested countries, sealing their membership.

### 4th April 1968

Civil Rights leader Rev. Dr. Martin Luther King was shot and killed by a sniper in Memphis, Tennessee.

As head of the Southern Christian Leadership Conference, he had championed non-violent resistance to end racial oppression and had been awarded the Nobel Peace Prize in 1964.



*Martin Luther King Jr addresses a crowd from the steps of the Lincoln Memorial*

He is best remembered for his "I Have a Dream" speech delivered at the 1963 Civil Rights March on Washington. That march and King's other efforts helped the passage of the Civil Rights Act of 1964 and the Voting Rights Act of 1965. In 1986, Congress established the third Monday in January as a national holiday in his honor.

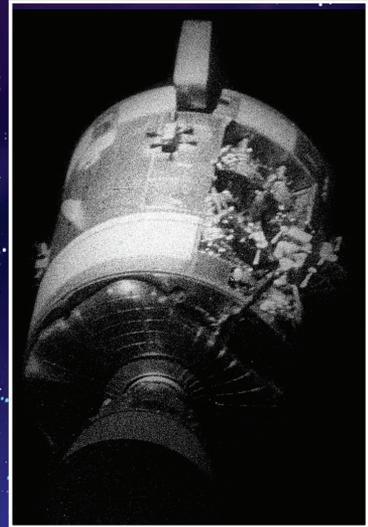
## 11th April 1970

Apollo 13 was launched from Cape Kennedy at 2:13 p.m.

Fifty-six hours into the flight an oxygen tank exploded in the service module.

Astronaut John L. Swigert saw a warning light that accompanied the bang and said, "Houston, we've had a problem here."

Swigert, James A. Lovell and Fred W. Haise then transferred into the lunar module, using it as a "lifeboat" and began a perilous return trip to Earth, splashing down safely on April 17th.



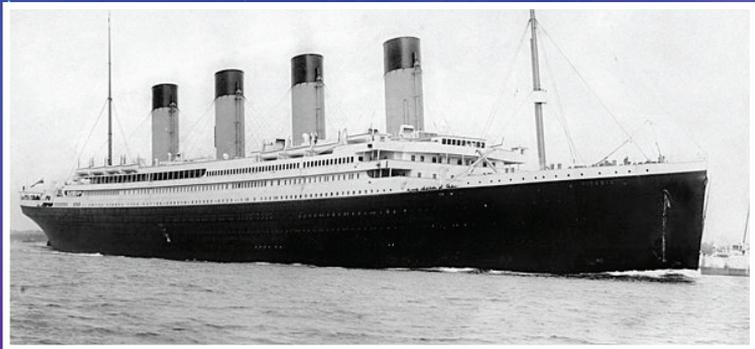
*View of the crippled Service Module after separation.*

## 15th April 1912

In the icy waters off Newfoundland, the luxury liner Titanic with 2,224 people on board sank at 2:27 a.m. after striking an iceberg just before midnight.

Over 1,500 people drowned while 700 were rescued by the liner Carpathia

which arrived about two hours after Titanic went down. These statistics make it the deadliest sinking of a single ship up to that time. It remains the deadliest peacetime sinking of an ocean liner or cruise ship.



*Titanic sailing out from Southampton on 10th April 1912*

RMS Titanic was the largest ship afloat at the time she entered service and the second of three Olympic-class ocean liners operated by the White Star Line. She was built by the Harland and Wolff shipyard in Belfast. Thomas Andrews, the chief naval architect of the shipyard, died in the disaster. Titanic was under the command of Captain Edward Smith, who went down with the ship. The ocean liner carried some of the wealthiest people in the world, as well as hundreds of emigrants from Great Britain and Ireland, Scandinavia, and elsewhere throughout Europe, who were seeking a new life in the United

*Images courtesy of Wikimedia commons*

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# OUR ZOO

## What's happening at Chester Zoo.

### Hidden cameras capture birth of rare tiger twins



*Cub cam! CCTV cameras have captured the FIRST glimpse of rare Sumatran tiger twins born at Chester Zoo*

Hidden cameras have captured a first glimpse of two rare Sumatran tiger cubs born at Chester Zoo.

The tiny twins were born to first time parents Kasarna and Dash on 7 January and the new family has since been bonding in their den – with all of their adorable early life antics caught by the zoo's CCTV cameras.

Zookeepers say the new arrivals are yet to be sexed and will be named once they start to gain in confidence and venture outside, which experts estimate will be in early April.

**Just 350 Sumatran tigers are thought to remain in the wild – making them one of**

the world's rarest tiger subspecies. They are listed as critically endangered by the International Union for the Conservation of Nature (IUCN) - the most severe conservation category and highest priority.

According to carnivore experts, the birth is a significant step forward for the conservation breeding programme working to save the species from extinction.

**Dave Hall, Carnivore Team Manager at Chester Zoo, said:**

*"We've been closely monitoring Kasarna on our CCTV cameras as she get to grips with motherhood and her first litter of cubs – it's a real privilege and incredibly special to watch. She's a great mum and is being very attentive to her new infants, keeping them snuggled up in the den and feeding them every few hours. It won't be too long until they gain enough confidence to start venturing outside for the very first time as a family, which is really exciting."*

*"The birth of two more healthy Sumatran tiger cubs is another significant step forward in the long-term efforts to protect these incredible animals. One day, the pair will hopefully go on to themselves make a vital contribution to the endangered species breeding programme, which is now playing a critical role in preventing these majestic animals from becoming extinct."*

The expansion of unsustainable palm oil and coffee plantations has seen more than 90% of the Sumatran tigers habitat wiped out, bringing tigers into close conflict with the human population.



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

As a result, the carnivores are more exposed and often killed when they come into contact with villagers, farmers or livestock. The species is also heavily poached for its skin, bones and canine teeth, which are sold illegally on the traditional Asian medicine markets.

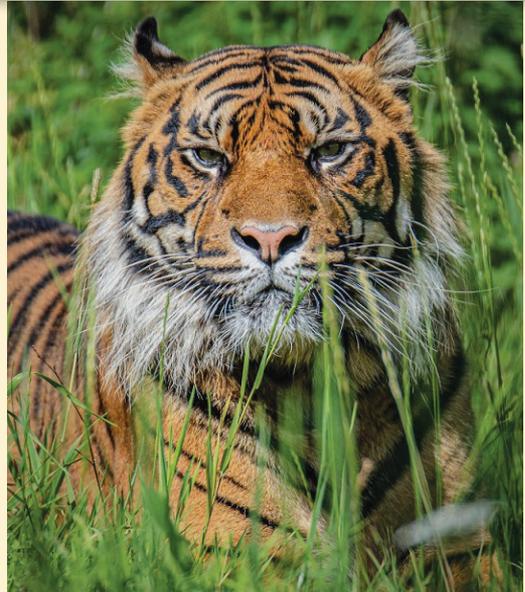


*Mum, Kasarna*

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

***“Today there are fewer than 350 Sumatran tigers living in the wild, so Kasarna’s two cubs are absolutely crucial to the survival of the species. They are the latest additions to an insurance population in conservation zoos that will be the driving force in preventing the Sumatran tiger from enduring the same fate as the Javan, Caspian and Balinese tigers, which have all sadly been wiped out forever.*”**

***“The arrival of the cubs is a real testament to the expertise and scientific work of our teams who, only last year, paired up female tigress, Kasarna, with a male Sumatran tiger, named Dash. They were coupled together based on their genetic make-up, age and character and this news is cause for real celebration among the global conservation community.”***



*Dad, Dash*

In India and Nepal, the zoo’s conservationists are fighting to control illegal poaching and mitigate conflict between humans and tigers to improve the outlook for another subspecies, the Bengal tiger.

#### Sumatran tiger facts:

- Sumatran tigers have webbed paws, which make them excellent swimmers
- They have white spots on their ears which act as false eyes and make them appear alert from behind
- The Sumatran tiger’s stripes are closer together than other tigers
- Tigers usually hunt at night, around once a week
- Tigers are the largest of the big cats, and the largest carnivorous land mammal on Earth.
- The Sumatran tiger is the smallest of all species of tiger
- Six subspecies of tiger remain with three having already gone extinct.



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# HOROSCOPES FOR APRIL

BY JAMES GRIFFITHS

## Capricorn

A strong yearning for union, especially steady and stable. There may be "make-or-break" times if needs are not met.

## Aquarius

A sense of change and a yearning for new horizons, opportunity for travel, and personal development.

## Pisces

Pisces: Your health is a top priority for you; get into shape and stick with it.

Money will turn into a lot of money if you save it and use it prudently.

## Aries

Relationships take centre stage, and you make major changes to your family or house. Wait to sign contracts.

## Taurus

Take advantage of the chances, You'll be thinking clearly, being creative, and expressing yourself.

## Gemini

A positive good vibes in your life now, and you reach major successes and friends who will encourage and support you.

## Sagittarius

Both singles and couples are looking for deeper connections its favourable for making progress and finding love.

## Scorpio

The time to act is right now. You are built differently than anyone else, and that is a positive thing. Trust your senses.

## Libra

Your life is about to enter its golden age. And I'm not just talking about your personal relationships but with people in business.

## Virgo

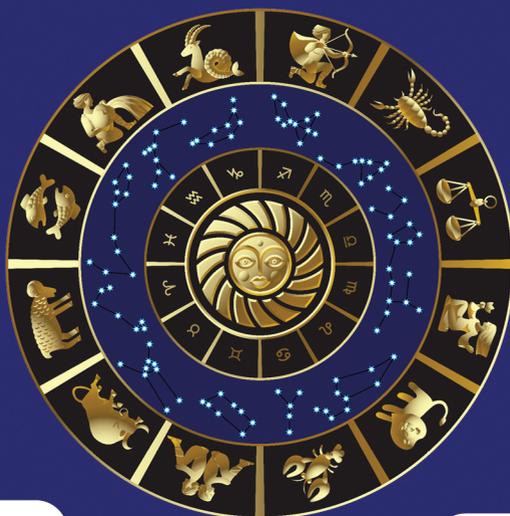
With the assistance of your family and friends, this is a fantastic moment to achieve new goals and improve your income.

## Leo

You are being pushed by the winds of change to discover new avenues and perspectives.

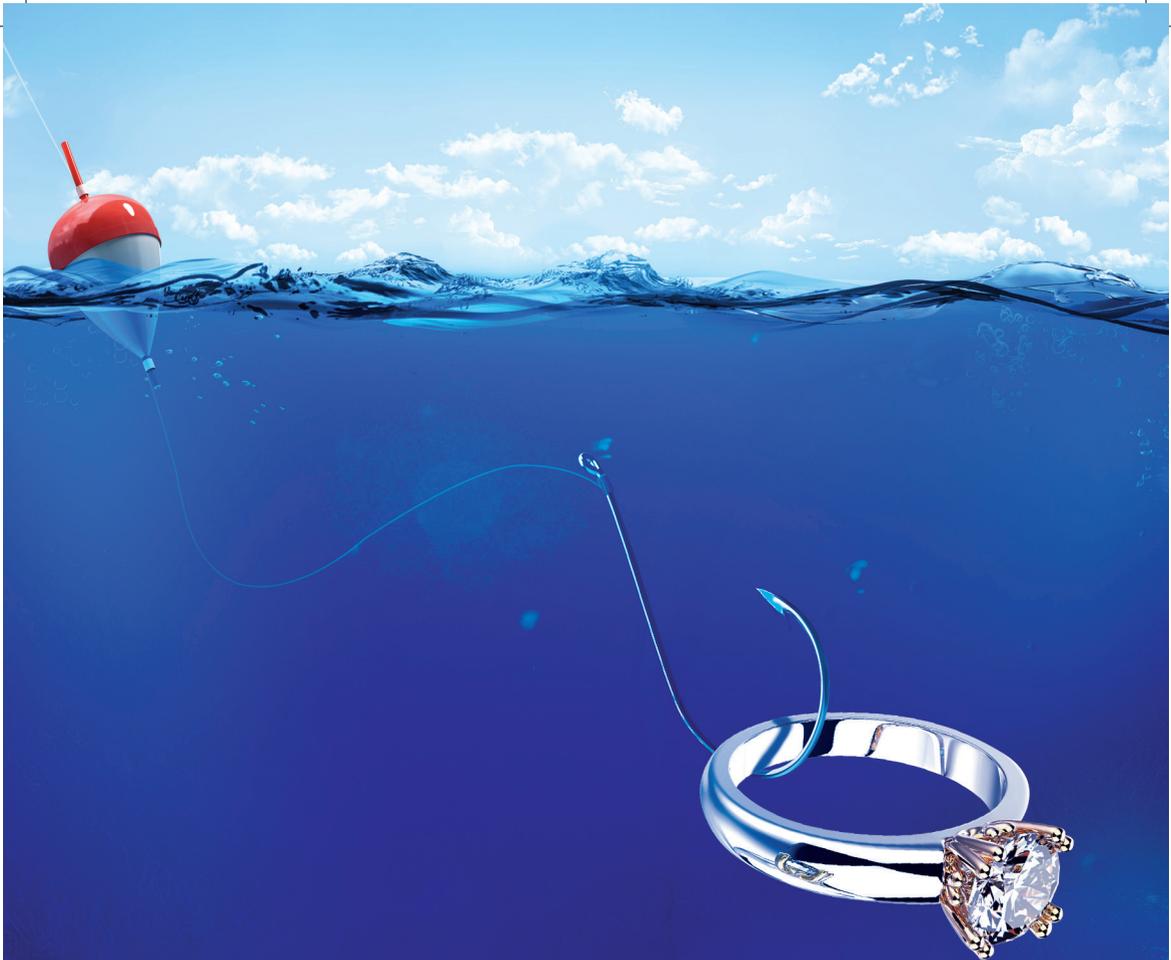
## Cancer

Your legacy and career are being pushed by the universe, and there are new prospects for you to gain popularity.



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## Chester Zoo is opening an incredible wedding and events venue this spring - and here is how you could work there

*You can now get yourself a job at Chester Zoo's luxury new wedding and events venue, The Square, which is set to open in spring 2023*

**Chester Zoo has announced a host of exciting new jobs are up for grabs within its stunning new wedding and events venue, The Square, which is set to open this spring.**

The luxury 200-capacity destination, due to open in May, is an extension of an existing Grade II listed stable block that has stood at the heart of the 128-acre conservation zoo since it opened in 1931. The original structures were once home to some of the zoo's first animals such as lions, bears and chimpanzees.

For the first time, following a three-year restoration project, the historical building will soon be hosting special occasions - with couples able to tie the knot surrounded by 27,000 animals. The venue will also host corporate events and offer unique meeting spaces, while the zoo hopes it will go on to stage important global summits and political conferences centred on wildlife conservation, as part of the zoo's efforts to protect highly threatened species and the natural world.

Featuring an impressive gated entrance and a host of preserved original features which tell the story of the original building, the unique space will have its own large private courtyard, exposed brick walls, vaulted rafters and large windows overlooking the zoo's botanical gardens.

Now, ahead of its grand unveiling, 22 new job roles are being advertised at the exciting new venue - including chefs, bar staff, front of house team members and a number of event staff positions.

**Jen McDermott, Head of People and Culture at the zoo, said:**

**"The Square is a special, one-of-a-kind space that's rich in history and character. It's stood at the heart of the zoo for approaching a century, and, now it's been renovated and brought to life, we're so excited to be able to start welcoming guests to weddings and other large scale events to our incredible new venue in just a few months' time.**

**“If you’re interested in a career at the zoo then we now have a host of roles available working at The Square, from chefs to front of house staff. And, as with all roles at our zoo, it’s a wonderful feeling knowing that you’ll be contributing to a better future for wildlife – as a not for profit, all income generated by The Square, and indeed the zoo, goes towards our charitable mission to prevent extinction.**

**“There really is nothing else quite like The Square anywhere in the UK. What other places of work are there where you can explore 128 acres of beautiful gardens surrounded by 27,000 amazing animals every day?”**

Find the full details for the various positions on offer and info on how to apply on the zoo’s website: [www.chesterzoo.org/work-with-us/](http://www.chesterzoo.org/work-with-us/)

With the grand opening of The Square planned for May, the zoo is now taking bookings for wedding and other events. To find out more or to make an enquiry, visit: [www.chesterzoo.org/thesquare](http://www.chesterzoo.org/thesquare)



### **About The Square**

- The Square is a special, one-of-a-kind space that preserves the zoo’s rich history and character, while also adding a modern twist to its interior that showcases the zoo’s hopes for a more sustainable future
- Income generated by every event taking place at The Square will contribute to the zoo’s charitable mission to prevent extinction, helping zoo conservationists to secure a brighter future for wildlife right across the world
- The main event room is planned to have a capacity of 200 while reception and breakout rooms brings the total capacity of the building to 380
- To find out more or to enquire about your wedding or event, visit:

[www.chesterzoo.org/thesquare](http://www.chesterzoo.org/thesquare)

To advertise please call 01244 555 244



## Community



**John Dwyer**

Police & Crime  
Commissioner  
for Cheshire

### Basketball team a roaring success with Commissioner's backing



Police and Crime Commissioner John Dwyer stopped by Blacon High School to see how his Community Action Fund has enabled Cheshire Roar – Women's Basketball Club to engage girls in the growing sport.

Founded in 2020, Cheshire Roar was set up to give young women and girls a sense of direction and purpose through exploring a new sport, and their growing training sessions are creating a real sense of community.

Through the Community Action Fund the club was able to secure the necessary training equipment and venues for practice and games which have enabled them to go from strength to strength, leading to a partnership with local men's team Cheshire Phoenix.

**Police and Crime Commissioner, John Dwyer, said:** "It was great to visit one of Cheshire Roar's training sessions to see how the club is growing. Speaking to parents it's clear that local children are benefiting hugely from the dedication shown by the coaches and I'm proud to have supported them through my Community Action Fund.

"Having these kinds of activities for young people is key to giving people a sense of belonging and creating safer communities as a result. I think it's particularly important around International Women's Day to acknowledge how vital it is to give young women and girls a safe space to flourish as well."

The Commissioner heard from parents and team members about the noticeable physical, mental and social impact that the club has had on attendees. The club has worked with the police and made a concerted effort to organise training and games around the times where young people may be more at risk of crime and anti-social behaviour.

**Ludovica Lunigiani, founder of Cheshire Roar said:** "The Community Action Fund has been fundamental for how much the club has grown in the past two years. It has allowed us to focus on the needs of our community by being able to provide a secure venue each week for training, to set a membership fee accessible for everyone, for equipment to play and having a game kit and training clothing to create unity, pride, and a sense of belonging.

"The aim of Cheshire Roar is to provide a safe space for women and young girls to be themselves while discovering the potential that they can wield, not only in sports but in their lives as well. We couldn't be more grateful to the Commissioner for believing that Cheshire Roar can make a difference to the community and to each individual involved."

Cheshire Roar juniors train at Blacon High School every Tuesday from 5:30pm – 6:30pm, followed by the main team at 6:30pm.

For information about Cheshire Roar, get in touch at [cheshireroar@outlook.com](mailto:cheshireroar@outlook.com) or find them on Instagram @Cheshireroar or Facebook at 'Cheshire Roar - Women's basketball club'.

To find out more about the Community Action Fund, see: [www.cheshire-pcc.gov.uk/what-the-commissioner-does/community-funding/community-action-fund/](http://www.cheshire-pcc.gov.uk/what-the-commissioner-does/community-funding/community-action-fund/)



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- **PRACTICAL - IAM ROADSMART**

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# CHESTER CATHEDRAL

## Solar Panels installed at Chester Cathedral

Chester Cathedral has become the first cathedral in the north of England to install solar panels on its ancient monastic building.



Roof-mounted solar panels have been installed on several of the South Transept and Nave roofs of the Grade I listed Cathedral over the summer and started producing and consuming their own electricity last year. The 206 solar panels generate 22-25% of the total energy consumption of the building and contribute not only to the Church of England's aim to be Net Zero by 2030, but to the ever-rising cost of energy required to operate large historic sites like Chester Cathedral, which has increased by 40% in the past 2 years.

Chester joins the cathedrals of Gloucester and Salisbury in installing solar panels to reduce the amount of carbon generated on site. However, the panels at Chester use a unique non-interventive design which means they sit on the historic roofs rather than being fixed to them.

The entire scheme from inception to commissioning was delivered by Nantwich based Carbon Control Limited, working closely with Donald Insall Associates, Chester Cathedral's historic buildings consultants, who secured planning and related approvals for the scheme. Carbon Control engaged Sunfixings, a specialist UK-based manufacturer of solar panel mounting systems to design and manufacture the bespoke mounting system, so as not to compromise the lead and copper roof covers.

Carbon Control overcame the challenges of installing solar panels on an historic building, including:

- Arranging for equipment to be craned onto the Cathedral roof;
- Working to strict listed building requirements for the Grade I listed medieval church; and
- Carefully considering their placement to maximise the amount of electricity able to be produced.

### Key Terms:

Solar Pv: meaning 'solar photovoltaic'. Pv materials convert sunlight into electrical energy which can then be used in buildings like Chester Cathedral.

kWh: meaning 'kilowatt per hour'. The unit we use to measure energy.

The installation of solar panels comes at a time of soaring energy costs and increasing calls for improved awareness of the environmental impact of tourist and heritage sites. The installation of solar panels is therefore a long-term and prominent (although not visual) commitment by Chester Cathedral to contributing to the aims of the Church of England, Cheshire West and Chester, and the heritage sector more broadly to reduce carbon emissions and become more sustainable.

Dean of Chester, the Very Revd Dr Tim Stratford says

*“Chester Cathedral is the mother church of the Diocese of Chester and is determined to be responsible and set a good example. For us, sustainability includes ensuring that we are doing everything we can to reduce our carbon footprint and lessen our negative impact on our planet, and reduced costs mean we can fund the essential work carried out on our magnificent Cathedral. The installation of solar panels on the roof will achieve both aims, in reducing the amount of fossil fuels burnt to power our building, and in the longer-term reducing the cost required to provide this fuel.”*

Andrew Fletcher, Managing Director of Carbon Control, says

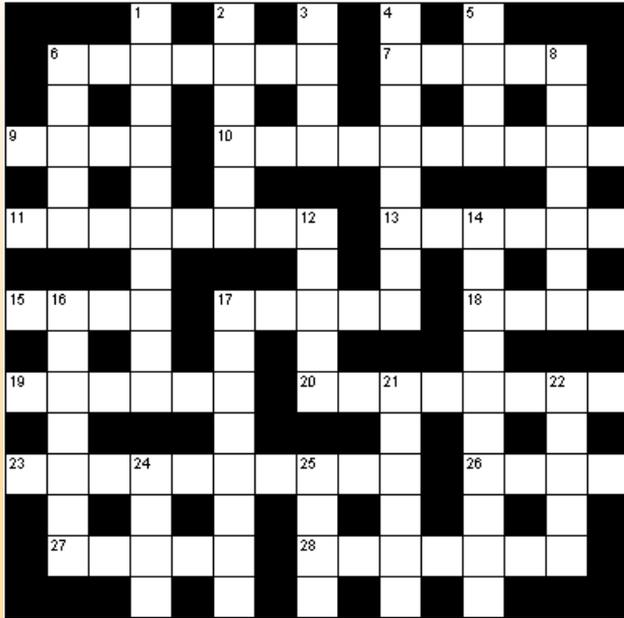
*“Despite being an extremely challenging project in terms of design and construction, we are delighted to have successfully delivered this 50kWp solar Pv project at Chester Cathedral. Our large project team worked tirelessly to meet the challenges created by not being able to mechanically fix to the roof structures. As the UK battles to combat the current energy cost crisis, we are extremely proud to have assisted the cathedral in this challenge by enabling them to now generate 25% of their annual electrical demand on site. Through the leadership shown by the Cathedral we are confident other historic buildings will seek to follow their example.”*

As they are part of the Cathedral fabric, the solar panels received a joint blessing by the Very Revd Dr Tim Stratford and the Bishop of Chester, Mark Tanner, on Friday 27 January.

Chester Cathedral are grateful for the generous contribution from the Kenneth Russell-Hardy Will Trust which facilitated the solar panels installation.



# PUZZLE CORNER



## Down

- 1 A form of Hindi (10)
- 2 Arachnid (6)
- 3 Type of cheese (4)
- 4 Sowing (8)
- 5 Backside (4)
- 6 Wait on (5)
- 8 Noisy party (7)
- 12 Summoned sufficient courage (5)
- 14 Inoculates (10)
- 16 Related to language (7)
- 17 Type of synthetic rubber (8)
- 21 Imbedded (6)
- 22 Linger or dally (5)
- 24 A climbing plant (4)
- 25 Gusto (4)

## Across

- 6 Slid (7)
- 7 Stringed instruments (3)
- 9 Poke (4)
- 10 Leather-clad vixen (10)
- 11 Determined the size or amount (8)

- 13 March aggressively into another's territory (6)
- 15 Green seaweed (4)
- 17 Another name for Norway (5)
- 18 Gears (4)
- 19 A blue dye (6)
- 20 They pull teeth (8)

- 23 Crushes (10)
- 26 Nimbus (4)
- 27 Cloth made from flax (5)
- 28 The landscape (7)

## Sudoku Puzzle

How to play:

The numbers 1 through 9 will appear once only in each row, column, and 3x3 zone. There are 9 such zones in each sudoku grid.

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

Difficulty level: Medium.

Solutions can be found on our website

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



## **POST MATCH INTERVIEW - by John Fowler**

"I am feeling a little depressed today, Prince of all Bosses"

"Cheer up, Lardness, things could be worse."

"How could things be any worse?"

"Well it could be me who's depressed. You have got to cheer up as you will be doing the post match TV interview on Saturday, and I want you to get it word perfect, so we are going to have a little rehearsal."

"But we don't know the result of the match."

"It doesn't matter, you just talk in meaningless jargon. There are two things you need to know about carrying out an interview. One is a good memory."

"What's the other?"

"I've forgotten. But the main thing is that I want you to have a clear head and know what you are talking about, so I am banning you from going to the "Slug and Lettuce" for the next few days."

"I am not bothered about going to the pub, because I've suddenly realised how much I am stagnating intellectually so I am going to quench my thirst for knowledge by reading to stimulate my brain so I can throw off the shackles of apathy."

"You're broke aren't you? My little Versuvius."

"How did you guess, and why did you call me that name?"

"Well you are just like a little volcano. Big and wide, but most of the time dormant, and even when you are working, you just sit there and smoke. Anyway, my old Tubsy, back to this interview, I want you to put up a good show for the glory and honour of the Club."

"They will get nothing from me, your Highness. Just my name rank and serial number. From my army training you know."

"It is not that kind of interview. Look, I will give you some cards for you to study and no matter what the questions are, just quote these tried and tested answers. Here we go --- I am proud of the boys, they showed character, we will stick together, we were asking all the questions, something to build on, and all the players have bought in to the new manager's project."

"But that's all bull."

"We know that, they know that, but it fills in 5 minutes of TV time. What if the interviewer tries to throw you off course and trick you with an awkward question. For example, if he said your coaching was out of date, your players were not motivated, and they were not reaching their full potential and you were not popular with the fans. How would you react to that? What would your reply be?"

"I hope your bottom falls off."

After a pause and a deep sigh from Pablo.

"On second thoughts, perhaps you better not do the interview."





## Book review:

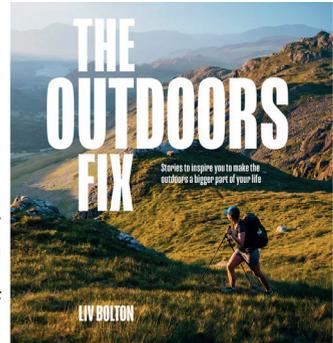
### **MAKING THE OUTDOORS A BIGGER PART OF YOUR LIFE**

#### **The Outdoors Fix**

**Author - Liv Bolton**

**Publisher - Vertebrate Publishing**

Evidence shows that an increasing number of individuals, families and groups of friends are seeking “opportunities” to become more active in the outdoors. Activities can range from walking, cycling, running, fresh water swimming, golf, ball games, gardening at home or on an allotment, abseiling, etc. **Liv Bolton in her book “The Outdoor Fix”** has compiled an inspirational collection of reflections, by ordinary people, of how the outdoors has become a “change maker” and bigger part of their lives.



**The engaging, thought provoking and free flowing style of the text generates an enthusiasm and desire to get outside and “get moving”.** The personal implications and impact of the Covid pandemic, in particular lockdowns, isolation and working from home, have generated a radical evaluation by many of their “lifestyle”. This has resulted in a “change in direction” of work / life balance. In fact an increasing number are making the outdoors a “bigger part of their life” to promote well being, fitness, mental health, and experience, “the buzz” of adventure. **The adrenalin of active participation, interaction with others and friendship can create a “way around insurmountable barriers”**

**Readers will gain inspiration from the anecdotal reflections of thirty contributors whose stories Liv has collated and categorized within six themes,** career changers; community builders; the movers; after work adventure seekers; wildlife warriors; and big trip adventurers. Within all of the “stories” of change and coming to terms with personal issues, and evidence of individuals re-generating a buzz of excitement and experiencing the “feel good” moments when achieving a physical challenge, overcoming personal barriers to participation or taking the “plunge” as first steps in promoting confidence, determination, drive and tenacity.

**In a thought provoking, compelling and at times riveting style, Liv relates the heartening experiences of how “getting outdoors” made a positive impact on their thought processes. The experiences create what psychoanalysts term a “change in mindset” or the “get up and go” directional change in lifestyle.** Ben relates how his life was transformed when he became a volunteer ranger for the Pentland Hills Ranger Service and his enthusiasm for the hills became a full time post. **Helen’s story relates how she created a new career as a mountain leader in Eryri (Snowdon), which has enabled her to contribute and “give back” within her “new community”.** Helen’s love of the Rhinogydd mountain range is where she comes to terms with her experience of difficult times, seeks comfort and puts “issues into perspective”. Readers will gain from her comments which highlight how “Eryri” stretches you physically, mentally and visually whilst slowing you down to appreciate the “wonders of the area” to put problems aside. **Kenny’s story is more emotionally challenging as he describes his life as a drug addict as “wasting his life”, emphasising the impact this had on his mental health.** He describes in vivid terms how his “new fixation” on fitness “turned his life around” in a new career as a photographer in the outdoors. The story of Harrison’s journey from alcoholism to experience “a second chance” on the hills to be the “person he’s always wanted to be” is both challenging and poignant in this period of economic difficulties, rising mental health illness, increasing levels of homelessness and isolation.

The extensive range of stories give examples of how the outdoors can give individuals the freedom to reflect , re-discover themselves and take on a new challenge. Becky used redundancy as the catalyst for a career change, others used the outdoors to “break down barriers” to create opportunities to find their “true self”, or made financial sacrifices to “experience levels of happiness and satisfaction” that money can’t buy. Waking up to the possibilities of “adventure” are described in an inspirational and insightful manner within the stories. **The text highlights how a new experience or extending new friendships can “change your perspective on life”.** The reflective thinking within the stories will stimulate how “the outdoors” can be a solace and possibly the answer to achieving inner peace.

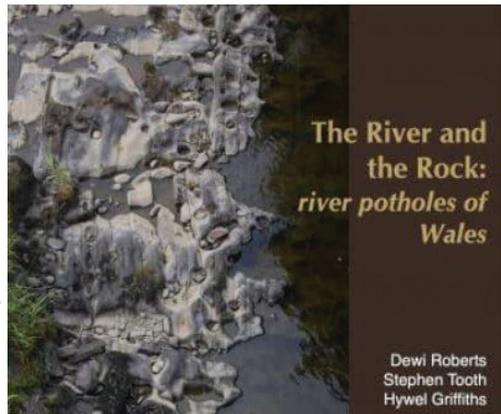
**Liv Bolton has produced an outstanding and inspirational text.** In addition to the compelling stories, the book provides a range of exhilarating photographs alongside “essential guidance” and practical tips to inspire and enable readers to appreciate the wonders of the outdoors and “make it part of your life”. A great read.

## The River and the Rock

**Authors - Dewi Roberts, Stephen Tooth and Hywel Griffiths**

**Publisher - Gwasg Carreg Gwalch**

Wales (Cymru) is a major attraction to walkers of all ages and abilities, due to the vast wealth of mountains, hills, valleys, coastal areas, and networks of truly stunning rivers. Visitors to Wales speak in glowing terms of the wonder and splendour of the mountain ranges alongside the extent of waterfalls, rapids and gorges. **As a consequence, Wales has become a major tourist attraction creating opportunities for visitors, and keen walkers, to explore and enjoy the beauty of the country alongside the rich culture, based on the Welsh language, speciality foods and warmth of the “Croeso” (Welcome).**



In an outstanding scientific and historical analysis within a beautifully illustrated text, “**The River and the Rock**”, by Dewi Roberts, Stephen Tooth and Hywel Griffiths, have focused on raising awareness of the significance of river potholes in terms of the geomorphological processes involved in their formation and development. Then, using their extensive scientific and practical knowledge, the authors take readers on an engaging, and at times awe inspiring, journey within Wales and beyond to illustrate how pothole features have provided inspiration for writers, artists and visitors. **The free flowing style of the authors, linked to pictorial evidence, creates a compelling insight and compelling guide to a “truly fascinating world of potholes”.**

Potholes are formed when sediment and other materials carried by a river “scour the bedrock of the river” resulting in round or oval shaped holes, as pebbles “spin around and erode hollows”. **The authors enthuse readers by their illustrations of how local people at Mallwyd (Gwynedd) on the Afon Dyfi exploited “bedrock geomorphological features” by engaging in a range of techniques to catch fish.** Sometimes, as the authors illustrate techniques were supplemented by “Cewyll” (Wooden Cages) to fill in beds to catch the salmon as they tried to “leap up the waterfall”.

The skills of the authors linked to insightful photographs illustrate clearly how, as the potholes increase in size, debris becomes trapped and this supports further erosion, transportation and deposition frequently creating sculpted forms. **Readers may be**

aware of the "aesthetic qualities" generated by the abrasive actions of silt, sand and gravel at a range of locations. The authors point to sites located near the Devil's Punchbowl at Pontarfynach (Devil's Bridge) near Aberystwyth, The Afon Llugwy near Betws-y-Coed and Blaenhafren in Powys. In addition, the stunning photographs of underwater sculpted forms on the Afon (River) Twymyn, Pistyll Rhaeadr and Pont Hyllfan, all in Powys, the River Eden at Kikby Stephen (Cumbria), Barton Creek (Texas) and Bourke's Luck (South Africa) are all illuminating insights into the fascinating world of potholes that are continually being created by the action of river flow and sediment passing over rock.

Readers will find this outstanding text with details of locations including grid references of locations in Eryri (Snowdon), Ceredigion, Maldwyn (Montgomeryshire), Powys and Carmarthenshire, with a wealth of photographic evidence, an inspiration to get out and observe the "wonders of the outdoors". A major asset in the text is the glossary which provides a good grounding for greater understanding of the key processes and landforms associated with different river types in Wales and other areas. The authors are to be congratulated on this outstanding book which will be a great asset for all who "enjoy the outside" and students of geography and geology at all levels.

### About the reviewer

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

John taught physical education in an Inner London secondary school and fitness at the Middle Row Boxing Club. On moving to Wales, he was headteacher of three specialist centres for young people in North Wales, fitness and weight coach in Wrexham, fitness coach at Wrexham RFC and with the WRU. John is a "regular" walker having completed Offa's Dyke, Hadrian's Wall, Anglesey Coast Line, Ceredigion coastal path, Scafell Pike, Ben Nevis, Carrantooihil, Y Wyddfa, Lugnaquilla (Wicklow), Slieve Donard, Purple Mountain, Pen-y-Fan, Corn Du, Mountains of Mourne, Three Bens (Clifden), Keswick and many others.



## Community

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

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Members organise various social events including meals out each Saturday evening, theatre visits and many other activities.

Our group of like minded unattached people enjoy getting out and about, and are happy to consider suggestions for trips and outings from all members.

Newcomers will be made most welcome. If you would prefer, we can arrange to meet you at the door.

For more information ring Brian on 0151 6481516, or Eileen On 01244 661873



# THE SICILY OAK GALLERY

## Press Release 2023

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## On the up

As I write, the words 'snow' and 'cold snap' have been heard on the weather forecast for the next few days. Despite this, Chester Rambling and Hill Walking Club are eagerly compiling their summer walking programme, with a range of walks planned for the months to come.

Meanwhile, there's a handy car park above the Horseshoe Falls near Llangollen that provides a great starting point for walks in various directions, whether on the flat using canal towpaths, or on the up, heading for the hills. One recent B grade walk took us from here onto the fringes of the Llantysilios, near Berwyn Quarry. This involved a steady climb for most of the morning, with sunny views across the little valley to Velvet Hill, and to Cwrn y Brain further north. A long defunct tramway descends the hillside steeply and crosses the footpath at one point – the only visible evidence being the weathered old stone platforms where the trams passed. It's hard to imagine a time when these hills were a hive of industry, thronging with quarrymen going about the business of extracting slate and transporting it down to the canal in the valley. Those days are long gone and the only users of the old quarry tracks are sheep and hikers! We paused here for a breather and to admire the view, before sallying forth to complete our climb.

At the highest point of our walk, near the Horseshoe Pass, we were 1,200ft (365m) above sea level – high enough to gain a wonderful panoramic view across the surrounding hills and the Vale of Llangollen. At this point, we began our descent to the less serene surroundings of the pass itself,



where the challenge of getting 30 walkers safely across the busy highway presented itself! Thankfully, our route then took a quiet track into pleasant woodlands, before reaching an open hillside with a view looking south to the Eglwseg Valley - the perfect place for a well-earned midday break. Lunch with a view is a highlight of any walk, and our leaders usually come up trumps in such instances!

A steep footpath took us down to the hamlet of Pentre-dwfr. Still heading downwards, we crossed the Eglwyseg River to join the Clwydian Way, taking a route across fields. Turn round at this point and you get a sighting of the impressive Eglwyseg Rocks. These carboniferous limestone escarpments dominate the surrounding hills and valleys, making it difficult for passers-by to ignore them. But, we still had a walk to complete and some gentle undulations to tackle, so after a moment or two, we moved on.

We parted company with the Clwydian Way near the ancient Eliseg's Pillar. Here, we climbed slightly to reach a well used footpath that hugs the lower slope of Velvet Hill. Compelling the eye on our left was the imposing Valle Crucis Abbey, and further on the craggy remains of Dinas Bran were silhouetted against the sky.

After completing the 9-mile hike, we headed to the nearby hostelry to enjoy a convivial drink with our walking buddies. We'd climbed roughly 1,600ft in total and enjoyed some glorious views in the early spring sunshine. Whatever the weathermen promise for next week, things are definitely on the up!

If you fancy discovering new walks in Cheshire, North Wales and beyond, then why not 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 7 - 9 miles, and our Tuesday evening walks begin in May.

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, dig out your boots and join us!

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

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





## What's on

### A summer of live bands and tribute acts in stunning surroundings.

TRENTHAM SUMMER CONCERTS 2023 returns with 10 unmissable shows taking place on Fridays and Saturdays, from 7th July through to 5th August offering separate nights of live music entertainment for the family to enjoy by the stunning lakeside.

Are you ready to round up your family and friends, get your picnic plans together and dust off your deckchairs? It's time for a for a sizzling summer of live music in a unique historic Gardens setting at Trentham's Summer Concerts!

Not only do the concerts offer live outdoor music in an incredible setting, but with ticket prices frozen at 2022 levels, it's a great value way for people to get together with the whole family to make special memories with the added bonus of being able to bring a picnic too!

Set in 725 acres of historic parkland, the ornate gardens located near Stoke-on-Trent in Staffordshire are the perfect place to picnic and party this summer! While the Hall itself is now derelict, the beautiful Italianate Trentham Gardens has been extensively restored and as part of Trentham's ongoing development, it includes a Shopping Village with plenty of places to eat, shop and drink before you head into the Gardens for a night to remember!

**Trentham Summer Concerts**

<p>7 July <small>NEW FOR 2023</small> <b>ULTIMATE PARTY</b></p>	<p>8 July <b>MONSTER ROCK ANTHEMS</b></p>
<p>14 July <small>NEW FOR 2023</small> <b>MOTOWN &amp; SOUL</b></p>	<p>15 July <b>ABBA REUNION</b></p>
<p>21 July <small>NEW FOR 2023</small> <b>MAJESTY - A TRIBUTE TO QUEEN</b></p>	<p>22 July <b>BACK TO THE 90'S AND 00'S</b></p>
<p>28 July <small>NEW FOR 2023</small> <b>WILDBOYS ULTIMATE 80'S</b></p>	<p>29 July <b>INDIE SESSION: SCAM FENDER, KOPYCAT KILLERS &amp; SUBARCTIC MONKEYS</b></p>
<p>4 August <small>NEW FOR 2023</small> <b>AMERICAN DIVAS</b></p>	<p>5 August <b>CLUB CLASSICS</b></p>



What's on

# DAVE HEMINGWAY OF THE BEAUTIFUL SOUTH & HOUSEMARTINS

# Sunbirds TOUR 2023

Feb 3rd  
Feb 4th  
Feb 7th  
Mar 23rd  
Mar 24th  
Mar 25th  
Mar 31st  
Apr 1st  
Apr 8th  
Apr 14th  
Apr 15th  
Apr 16th  
Apr 21st  
Apr 22nd  
Apr 30th  
May 5th  
May 6th  
May 7th  
Aug 31st  
Sep 2nd  
Oct 20th  
Oct 21st  
Oct 22nd  
Oct 23rd  
Nov 9th  
Nov 11th

**WHITBY**  
**LOUTH**  
**LEAMINGTON SPA**  
**SOUTHAMPTON**  
**BOURNEMOUTH**  
**FOLKESTONE**  
**HERTFORD**  
**LEEDS**  
**LONDON**  
**SHREWSBURY**  
**MANCHESTER**  
**CHESTER**  
**LANCASTER**  
**BARNOLDSWICK**  
**SELBY**  
**GRIMSBY**  
**MILTON KEYNES**  
**ST ALBANS**  
**CARLISLE**  
**SETTLE**  
**WORTHING**  
**PORTSMOUTH**  
**CHIPPENHAM**  
**GUILDFORD**  
**PRESTON**  
**BEDFORD**

Pavilion (with Sad Café)  
Riverhead (with Sad Café)  
Temperance  
The Brook  
Madding Crowd  
Chambers  
Corn Exchange  
Old Woollen  
West Hampstead Arts Club  
The Buttermarket  
Lions Den  
Alexanders  
Grand Theatre  
Music & Arts Centre  
Whistle Weekender  
Docks Academy  
MK11  
The Horn  
Old Fire Station  
Victoria Hall  
Factory Live  
Wedgewood Rooms  
Needle Arts Centre  
Boiler Room  
Continental  
Esquires





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