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MAGAZINE



OCTOBER 2019  
Issue 32

Monthly Business & Community magazine delivered in & around Chester

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The Local Magazine for Businesses in and around Cheshire.

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What's Happening At Our Zoo

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The Perfect Cruise Show

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Cover Photograph: Supplied by Chester Zoo  
Sumatran Tiger named Jaya



**Dear Friends,**  
*What a busy month!*

We managed to keep hold of the sunshine, but I'm afraid Autumn and Winter are on the way, we mustn't complain though.

As Autumn approaches, yes it's going to get a little colder and the nights a little darker from now on in, but we have all the beautiful colours in the changing leaves to take pleasure from!

Halloween is on 31st and it's lovely to see the little children get so excited. Make sure you have some treats in store!

Remember to get your heating checked and the car serviced with antifreeze, to avoid any major problems during the cold winter months.

Wishing you all a lovely October - please remember to keep an eye on older neighbours.

Look out for us on the road in our Love Chester & Wirral van and keep up to date with us on facebook and our facebook group, twitter & visit us at:

[www.love-chester.com](http://www.love-chester.com)

Best Wishes  
Maxine & Mike



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

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# DO YOU KNOW?

1. 99% of the microbes inside us are unknown to science.
2. Shirley Temple always had exactly 56 curls in her hair.
3. The actor Will Ferrell was a mall Santa before he became famous.
4. In 2012, Google acquired Motorola for around \$12.5 billion, only to sell it to Lenovo two years later for just \$2.9 billion.
5. After his very first performance, Elvis Presley's manager Jimmy Denny said, "You ain't goin' nowhere, son. You ought to go back to drivin' a truck."
6. TV show "The Sopranos" was so accurate that when the FBI listened to wiretaps, the real mob would be discussing the show and thought they had somebody on the inside. They couldn't believe how accurate the show was.
7. Sleeping under a weighted blanket can help reduce insomnia and anxiety.
8. Billionaire Howard Hughes bought the small Silver Slipper casino for the sole purpose of moving its trademark neon silver slipper. Visible from Hughes' bedroom, it had apparently kept him awake at night.
9. A former Macy's salesperson became Queen of Romania in 1948.
10. There are over 30 places in the world named "Paris."
11. In Japan, there are cafes where you can hang out with owls.
12. In 1923, Babe Ruth set the record for the most home runs in a season, while also striking out more than any other player in Major League Baseball.
13. At age 22, Walt Disney was fired from a Missouri newspaper for "not being creative enough."
14. The state of South Carolina gave Marilyn Manson US\$40,000 not to play there, and schools in Florida threatened to expel students who attended his shows.
15. Jack Daniels employees get a free bottle on the first payday of each month.

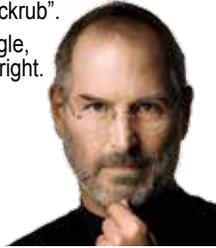


16. Albert Einstein's last words were spoken in German to a nurse who didn't speak German and are lost for ever.
17. You can remove blood stains on clothes with Coca-Cola.

18. Subway makes enough sandwiches in a year to wrap around the Earth 14 times.
19. It only takes 6 minutes for brain cells to react to alcohol.
20. Alcohol is not digested; it gets absorbed directly into the bloodstream.
21. The official name of Spain is the "Kingdom of Spain."
22. On any given workday, up to 50,000 employees worked in the WTC twin towers before 9/11.
23. Every day, 16% of the searches that occur are ones that Google has never seen before.

## Google

24. Google was originally called "Backrub".
25. If you search for "askew" in Google, the content will tilt slightly to the right.
26. 350,000 Tweets are sent every minute.
27. Twitter has 310 million monthly active users, almost the same as the U.S. population.
28. Steve Jobs was dyslexic.
29. Every Apple iPhone ad displays the time as 9:41 AM, the time Steve Jobs unveiled it in 2007.



30. Steve Jobs was awarded 141 new patents since his death.
31. When the first prototype of Apple's iPod was shown to Steve Jobs, he dropped it in an aquarium and used the air bubbles to prove there was empty space and it could be made smaller.
32. A secretary once told Steve Jobs she was late for work because her car wouldn't start. That afternoon, Jobs threw her a set of keys for a brand new Jaguar, saying: "Here, don't be late anymore."
33. 600,000 hacking attempts are made to Facebook accounts every day.
34. You can change your language on Facebook to "Pirate."
35. August 2014 was the warmest August ever recorded globally.
36. Cows emit more methane than the oil industry and are a huge factor in global warming.



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## Local Trust launches revolutionary technology for diabetic patients

Local Trust launches revolutionary technology for diabetic patients.

Staff and local partners from local health trust CWP came together recently to formally launch an innovative new technology that aims to revolutionise the way diabetic foot ulcers are treated.

According to statistics, 4 in 10 people who develop a diabetic foot

and foot-related issues. It does this by taking a digitised scan, displaying the contours of the foot. It then develops a bespoke insole for that person to use with their footwear. The project currently targets diabetic patients with pressure points and aims to reduce the number of diabetic foot ulcers developing.

and that it had improved their quality of life.

One patient remarked: "I can now go for days out walking without having to worry about my feet getting fatigued or ulcerating – I'm over the moon!"

CWP associate director of operations for neighbourhoods and integrated care, Karen Moore, attended the launch event and participated in a demonstration of the scanner.

She said: "I was absolutely thrilled to attend this interesting and informative event. It was a great opportunity to showcase all of the excellent care that our Podiatry service provides. From my own personal point of view, I was delighted to take part in a demonstration of this new, innovative technology that the team is utilising. Having taken part, and now being in possession of my new, bespoke insoles, I can definitely see the positive impact that this will have on diabetic patients in West Cheshire."



ulcer will die within 5 years. There are also over 7000 diabetes-related amputations annually and England. Diabetic foot ulcers also precede 80% of amputations.

However, the podiatry team at Cheshire and Wirral Partnership NHS Foundation Trust (CWP) are hoping to reduce this risk by rolling out the Amfit CAD/CAM system.

The system has been in place for eight months, and has already seen some remarkable results.

The formal launch, held at Fountains Health Centre in Chester, saw a number of Trust partners, including West Cheshire Clinical Commissioning Group and Diabetes UK, send attendees to find out more about the project, and also to see it in action.

The system uses a three dimensional scanner that will reduce the risks associated with diabetes when it comes to podiatry

Lucinda Mercer, CWP biomechanical lead and specialist podiatrist explains: "We believe that the new scanner will reduce the risk of ulceration in low, medium and high-risk patients, providing comfort and cushioning and prevent any deformities from deteriorating. We have already seen some incredibly positive outcomes for our patients since adopting the system and we are optimistic that this will continue. Our patients are at the heart of what we do, so we are always looking at ways to improve their outcomes when referred to our service."

Of the patients who have benefited so far from the system, feedback has been positive. Examples include 90% of patients saying the insoles were more comfortable than footwear alone, and 80%



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Places to visit whilst in Rome:

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Known properly as the Flavian Amphitheatre, this most famous of Roman landmarks takes its name from the giant statue of the emperor Nero that once stood near this location.

#### **THE VATICAN**

The independent Vatican City and its endless treasure troves of sights, relics and the Vatican Museums - as well as the surrounding Italian districts of Borgo, Prati and Monte Mario.

#### **TREVI FOUNTAIN**

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that such a big and famous fountain is tucked away in a small piazza in the middle of side streets.

You will then sail to:  
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Catania is an ancient port city on Sicily's east coast. It sits at the foot of Mt. Etna, an active volcano with trails leading up to the summit. The city's wide central square, Piazza del Duomo, features the whimsical Fontana dell'Elefante statue and richly decorated Catania Cathedral. In the southwest corner of the square, La Pescheria weekday fish market is a rowdy spectacle surrounded by seafood restaurants.

On the journey to **DUBAI** you will visit such places as **SUEZ CANAL, AQABA.**

#### **AQABA**

Aqaba The Jewel of the Red Sea. Aqaba is a Jordanian port city on the Red Sea's Gulf of Aqaba. Inhabited since 4000 B.C., it's home to the Islamic-era Aqaba Fort and the adjacent Aqaba Archaeological Museum. Its beach resorts are popular for windsurfing and other water sports, and the area is a top destination for scuba divers, with notable dive sites including the Yamanieh coral reef in the Aqaba Marine Park, south of the city.

### **DUBAI**

Known as the jewel of the United Arab Emirates, Dubai has everything from 6 star hotels and Golden beaches to designer shopping malls and fun filled water parks! Dubai is truly a mix of cultures full of ancient mystery and yet still a modern tourist playground. Dubai is also home to the world's most luxurious hotel, the Burj Al Arab. The major cruise lines all lay anchor in Dubai, so whatever package you choose you're sure to enjoy the emirate culture, attractions and people.

Places to visit whilst in Dubai:

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# Walking through time



With summer behind us, walk leaders in Chester Rambling and Hill Walking Club have been busy deciding which routes to submit for our winter programme, due out during October. We are fortunate that we have a pool of willing members who are happy to lead walks and share their experience of the countryside in and around our home county. A wide-ranging programme of walks at all levels is the result, and a look back at where our leaders have taken us recently bears this out. From Cheshire's tracks, trails and low undulations, to the hills of North Wales and Shropshire, and higher still to the crags of Snowdonia, we've covered lots of ground between us this summer. Along these various routes we've encountered prehistoric sites, castles, industrial heritage, stately homes, islands, lakes, rivers and waterfalls. Despite it being fairly warm for most of the season, we've seen our fair share of storms, torrential rain and dangerously gusty winds, which caused a handful of planned walks to be cancelled.

Our summer season of Tuesday night trips included old favourites like the Sandstone Trail and the low tide trek across to Hilbre Island. Informative walks are always popular and a history hike around Christleton was enjoyed one dry July evening. On the down side, a walk exploring the fascinating tales of Chester's waterways was totally rained off during June's monsoon! Just to prove that it's always prudent to have a waterproof in your rucksack, several summer walks started off in decent weather, only for the heavens to open shortly before the end. Such are the vagaries of the British climate, illustrated with great aplomb during our summer camp up by Hadrian's Wall. Thankfully, the wet weather there was countered by warm sunshine for the first and last day or two, so we did get some memorable walks along the wall under our belts.

Such walks with history are a great favourite, especially when previously unvisited sites are incorporated in a route. One such hike at Abergele passed through the grounds of Gwrych Castle, only recently reopened after years of abandonment and dereliction. A public footpath runs alongside the castle, offering fabulous close-up views of the medieval-style 'fortress'. All is not as it seems, however. The building is actually Victorian, and due to several changes in ownership over time, has seen many changes, not all for the better. Vandalism and asset-stripping have all taken their toll on this remarkable place. Fortunately, the castle was bought in 2018 by a local preservation trust, which has embarked on an ambitious renovation project to bring this iconic place back to life and open it to the public once again. My other half and I were so intrigued as we walked past with fellow Club members that we returned the following weekend, paid the modest entrance fee and had a good look behind those formidable outer walls. Whilst it's clear that restoration is a very lengthy work in progress, there is much to see and it makes a fascinating visit for

anyone keen on history or taking atmospheric photographs through ancient windows...

Other historical sites encountered during this summer's walks include Capel Garmon Neolithic burial chamber near Betws-y-Coed, 13th century castles at Flint and Denbigh, and industrial heritage galore, from the 18th century Quarry Bank Mill at Styal to the disused lead mines of North East Wales. Such fascinating places add interest to already beautiful walking routes, especially those sites we've never been to before.

There's always something new to come across whilst out walking. Or something old maybe...

If you fancy group walking in new areas, why not join us? Check out what we're up to during the coming weeks by visiting our website: [www.chesterwalkingclub.com](http://www.chesterwalkingclub.com) or take a look at our Facebook page to see photos of some of our recent walks.

Maria Owen, Press Officer, Chester Rambling and Hill Walking Club  
**Check out what we're up to by visiting our website:**  
[www.chesterwalkingclub.com](http://www.chesterwalkingclub.com)

## CHESTER RAMBLING & HILL WALKING CLUB

We are a Chester-based walking club, offering up to 3 grades of walks on Sundays, and alternate Wednesdays, and a programme of short summer rambles on Tuesday evenings. The summer season also sees a flurry of camping activity, when we pack up our tents, hook up the caravans, book B & B's and cottages, and head off to destinations slightly further afield for a few days.

Led by experienced leaders, our Sunday and Wednesday walks last approx 6 hours, so bring picnic, flask and water. These hikes cover Snowdonia and North Wales, Cheshire, Shropshire, Lancashire and Derbyshire. Sorry - no dogs or under 18s allowed on our walks.

The club runs mid-week social evenings during the winter, including supper evenings, quiz nights and the ever popular Christmas party!

Why not come and join us on a trial basis without paying the fee?

Find out more by emailing [chesramclub@yahoo.com](mailto:chesramclub@yahoo.com) or head over to our website for more details:  
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# OUR ZOO

What's  
happening  
at Chester Zoo.

## RED PANDA TWINS BORN!

Chester Zoo reveals rare cubs during first health check



- **Twin red panda cubs - born to mum Nima and dad Koda - are the newest additions at Chester Zoo**
- **Adorable duo are confirmed as one male and one female as zookeepers and vets give them their first ever once over**
- **Cubs are part of endangered species breeding programme**
- **Red panda populations have plummeted by 40% in the last 50 years, leaving them endangered in the wild**
- **Fewer than 10,000 survive due to deforestation, poaching for their iconic red fur and the illegal wildlife trade**

### **An adorable nine-week-old red panda cub is checked over by zookeepers and vets during its first health check at Chester Zoo**

Chester Zoo's newest arrivals - two adorable red panda cubs - have been revealed as a boy and a girl during their first ever health check-up.

The precious nine-week-old twins, classed by conservationists as endangered in the wild, were born on 22 June to mum Nima and dad Koda who have kept them tucked up in their nest boxes since birth.

Now, specialist vets and keepers have had their very first look at the delightful duo, examining the pair during the health check, where they were weighed, sexed and vaccinated.

Each of the fluffy youngsters was given a full, clean bill of health.



# OUR LATEST NEWS & EVENTS

James Andrewes, Assistant Team Manager at the zoo, said:

***“These red panda twins are wonderful, important new additions to the carefully managed breeding programme for the species, which is working to increase the safety-net population in Europe as numbers in the wild continue to decline.***

***“Happily, both cubs are developing very well indeed and the health MOTs we’ve been able to perform confirmed that mum Nima is clearly doing a great job of caring for them.***

***“We also discovered the genders of each of the cubs - one male and one female - and returned them to their mum as soon as we’d finished giving them a quick once over. Nima took them straight back to her nest and it’ll be a few weeks now until the cubs start to develop the confidence to come out and explore by themselves. Before they’re able to stand on their own feet, it is though possible that some lucky people will have the occasional glimpse of Nima carrying them from nest to nest by the scruffs of their necks.”***

Red pandas are found in the mountainous regions of Nepal, India, Bhutan, Myanmar and southern China where their wild number is estimated at fewer than 10,000 – a 40% decline over

the past 50 years.

This decrease is a direct result of human actions, such as widespread habitat destruction, trapping for the illegal pet trade and poaching for their iconic red fur – which in some countries is used to make hats for newly-weds as a symbol of happy marriage.

Conservationists at Chester Zoo have called on the public help to fight the illegal wildlife trade that is driving species to extinction around the world. People can report any suspicious activity they may spot, online or on holiday, via the zoo’s online illegal wildlife trade reporting form: [www.chesterzoo.org/illegalwildlifetrade](http://www.chesterzoo.org/illegalwildlifetrade)

In recent years, Chester Zoo has been fighting for the future of the red panda, which is also known as the ‘fire fox’, through habitat-focused conservation projects in the Sichuan Mountains of China, where they can be found among the bamboo forests.

## A few Red Panda facts:

- At first glance red pandas look similar to racoons, having long, bushy tails, patterned with 12 alternating rich red and buff coloured rings
- An average adult will be 50-64cm in length and will weigh 3-6kg





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It is estimated that over 1 million rented homes have hazards that pose a serious risk. The new changes will mean that tenants will be able to take their landlord to court for an injunction to compel the landlord to carry out the works or for damages (compensation) for the landlord's failure to keep the property in good repair.

Compensation can also be paid to tenants for any issues that have caused injury or illness.

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# Gardening To Do List - October in the Garden

Gardening in October is entirely dependent on the weather. If there's an Indian Summer, there is no better time of year to be out in the garden. While

gardeners in warm areas will have more to do than their northern counterparts, there are plenty of garden tasks to keep everyone busy in October.

## Tidy Borders

Keep on weeding and have a gentle tidy up in your borders but do try to resist the temptation of a thorough spring clean. Leave seedheads for the birds if you don't want to collect them and as much cover as you can bear for wildlife who will appreciate the winter shelter.

Fallen leaves can be left to rot down (or collected for leaf mould), however diseased material is another matter; make it a priority to clear and burn it to prevent pests and diseases overwintering courtesy of your kind hospitality! Put the rest of your garden rubbish (apart from woody stems) in the compost.



## Start your compost

If you haven't already done so, start your compost going by buying a bin or building a partially enclosed area for a heap. It is vital to replace the goodness in soil after a hefty growing season and autumn produces masses of garden waste that will put invaluable organic richness back into the ground for next spring.

Add a variety of different materials; spent vegetable and bedding plants, herbaceous leftovers, thatch, moss and cuttings from the lawn, weeds (but not the roots unless they have been through a shredder), hedge clippings, kitchen peelings and tea bags are ideal.

## Prepare your soil for next year

Your soil is your most precious commodity, so start digging in compost, manure and as much organic matter as you can lay your hands on to replace the goodness in it. Healthy soil is the basis of healthy plants and a healthy environment. When garden soil is in good shape there is less need for fertilizers or pesticides.

The earlier you start the better, especially if your soil is heavy. It can be left in a pretty rough state over the winter when the elements will break the clods down, making spring planting infinitely easier! Proper pH is also an essential characteristic of healthy soil.



## Rake fallen leaves

Don't waste fallen leaves (except those perilous rose leaves and evergreens, which take too long to rot down) - given time they decompose into fabulously rich leaf mould - aka 'nature's soil conditioner of choice!' Rake up fallen leaves and chuck them into a simple frame to make leaf mould (black bin liners spiked with air holes will also do if you can bear the visual offense - but remember to dampen the leaves first). If left to linger on the lawn for long, the grass will turn yellow. Leaf mould takes about a year to mature, a great top dressing for woodland plants such as rhododendrons and is an excellent and **FREE** home-grown substitute for peat.



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## Kia Stinger 'GT S' - 3.3 T-GDi



*This week's review is so easy. What Kia has done here is made another perfect car that has an engine more powerful than you can possibly comprehend – plus the added option of being one of the most comfortable cars I have ever had the pleasure of sitting in. The Stinger is not only good – it's utterly brilliant. And, I'm not just saying that either – it really is stunning to drive.*

### **Power and Efficiency:**

The version I currently have on test is powered by a 3.3-litre turbocharged petrol engine with 361BHP and 510Nm of torque which makes the Stinger move along like a scalded Cat – and when you consider it's quite big in size – that makes it even more that little bit special.

So, big engine means bad fuel economy right? Well actually it's not that bad at all – and you can

expect to achieve around 29.4.mpg (combined) plus, an eye wobbling top speed of 168mph. Of course, speed needs to be kept on the track, but the little secret of the Stinger is that it loves the idea of doing just that. Because It wants to race, it wants to win!

### **On the road:**

The Stinger feels very good on all roads surfaces – and there are no dramas to talk about here because it's well balanced and settled even on some of our most demanding roads – meaning you will have less to worry about if you decide to start planting the Stinger briskly into the corners. I know I have said this time and time again – but the Kia engineers really do put a lot of effort into making their cars handle well and you can feel that in the way the Stinger tells you exactly what's

going on beneath you – while Kia’s onboard safety features do their job by keeping everything present and correct.

### **Safety and Technology**

Trim levels on the inside of the Stinger are also lovely and everything was bathed in leather and chrome – but for me, the Stinger is a long-distance mile muncher and a car that is able to accommodate a large family and pretty much everything you can throw at it.

The interior is also well thought out with modern hard-wearing materials that will be very good at resisting wear and tear for many years. Plus it’s fitted with more safety features to keep you and your family safe – which makes me feel all warm on the inside.

With technology now being one of the most important factors most people look for when buying a new car – the Stinger needed to offer a lot of toys. Well, I can happily report that the Stinger does not fall short here – and comes with a whole array of features such as;

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Plus the list just keeps on going and I have run out of space this week. All I will say is trust me here readers, the list is long and it will cater to your every need.

**To sum up:** Go out right now and see for yourself what the Kia Stinger has to offer. What a brilliant car – and a massive 5 stars from me.

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# COMMUNITY NEWS

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## Council backs Chester Zoo's major Grasslands habitat



**Major new Grasslands development at Chester Zoo will create African savannah habitats for a range of species including rare giraffes**

- **New zone designed to 'connect visitors with nature' like never before**
- **Expansive savannah habitat set to transport visitors to African landscape**
- **New restaurant to offer spectacular balcony views of giraffes, zebras and ostrich**
- **Grasslands habitats will be a further boost the zoo's conservation breeding work for an array of rare species**
- **Project will boost zoo's charitable efforts to prevent extinction of species around the world**

**A huge African savannah is set to be recreated at Chester Zoo after council planners backed an ambitious new development.**

The project, named Grasslands, will bring together a range of different African habitats from bush land to wildlife rich plains.

The development was approved by councillors at a planning meeting, subject to final confirmation that a drainage issue has been fully resolved.

The Grasslands centrepiece - a large, open savannah - will be home to multiple rare and endangered species including Rothschild's giraffe, Grevy's zebra, ostrich and antelope, all living alongside one another.

Visitors will also come face-to-face with some of the world's smallest grassland creatures, such as naked mole rats, in a specially designed indoor habitat, celebrating the contribution of all species to the ecosystem.

Conservationists at the zoo - a globally important wildlife charity - hope the new zone will 'inspire a nation of conservationists' by connecting people with nature like never before through close-up experiences with species including cranes, vultures, aardvarks and warthogs.

A new restaurant will offer spectacular balcony views across the savannah.

The plans also include the option for the zoo to develop discreet, overnight accommodation, comprising of 42 rooms including traditional African-themed lodges, which will enable guests to wake up to a sunrise over Grasslands.



**Jamie Christon, the zoo's Chief Operating Officer, said:**

***“Grasslands will be a phenomenal experience and will cement Chester Zoo’s standing as one of the world’s very best attractions.***

***“Featuring state-of-the-art conservation breeding facilities for a range of threatened African species, Grasslands will yet again see the zoo push the boundaries of world-class animal care.***

***“Crucially, it will bring our vital, global conservation work to life for visitors, while boosting the zoo’s charitable income to further help achieve our mission to prevent extinction, here in the UK and around the world.”***

The new habitat will be bordered by the zoo’s existing African Tsavo reserve area for critically endangered Eastern black rhino and rare African painted dogs.

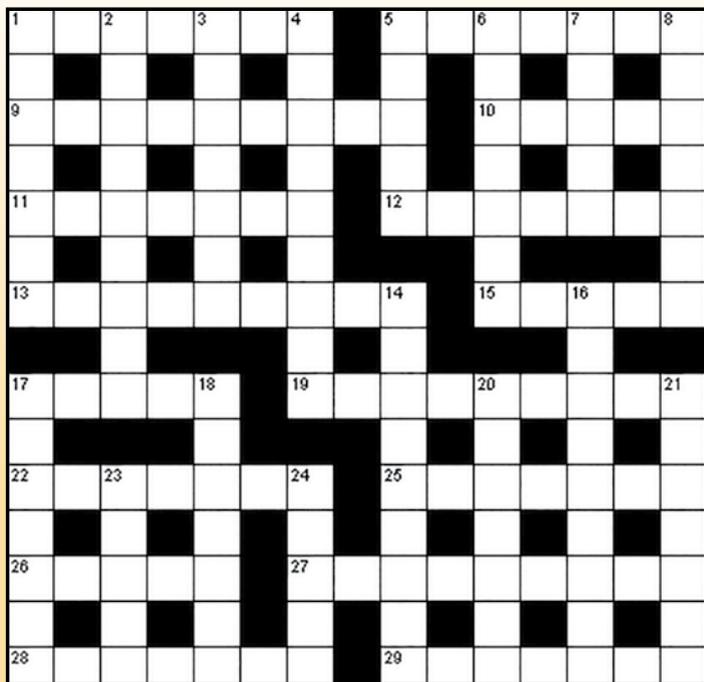
It is the latest phase in the zoo’s strategic development plan - a vision for the future of the zoo, creating ever more natural habitats for threatened species, divided into themed geographic regions. The existing Islands zone, which opened in 2015, was the first stage in this process, bringing the zoo’s South East Asian conservation work to life for visitors to Chester.

Zoo teams will now take time to formulate the schedules associated with the creation of Grasslands, included when the building work will begin.



An artist’s impression of the view across an African-themed savannah from a new restaurant which will feature as part Chester Zoo’s ambitious new Grasslands development

# PUZZLE CORNER



## Down

1. Curving (7)
2. Given to sexual indulgence (9)
3. Run off with property (7)
4. Toward the center of a ship (9)
5. An appliance that removes moisture (5)
6. Alkalizer (7)
7. Not inner (5)
8. Ching, Han or Ming (7)
14. Remedy (9)
16. Not deductive (9)
17. German measles (7)
18. Umpire (7)
20. Artist's workroom (7)
21. Tallest mountain (7)
23. Martial arts expert (5)
24. Yummy (5)

## Across

- |                              |                                  |                                 |
|------------------------------|----------------------------------|---------------------------------|
| 1. Seedless raisin (7)       | 13. A mass of windblown snow (9) | 26. Large commercial ship (5)   |
| 5. The hardest substance (7) | 15. A god (5)                    | 27. Make free from bacteria (9) |
| 9. Essential (9)             | 17. Stair part (5)               | 28. A learned establishment (7) |
| 10. Moon of Saturn (5)       | 19. Scoot (9)                    | 29. Torture (7)ers (7)          |
| 11. Burdensome (7)           | 22. A charitable performance (7) |                                 |
| 12. Phonograph albums (7)    | 25. Molasses (7)                 |                                 |

## Sudoku Puzzle

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

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

Difficulty level: **Hard**.

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



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Friday 4th October 2019

**Chester BIRDS  
Ladies Shopping &  
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**Grosvenor Pulford Hotel & Spa  
CH4 9DG Tel: 07703 203684**

Join Chester Birds in association with B.I.R.D charity for a Ladies shopping and lifestyle evening on Friday 4th October from 6.00pm - 9.30pm.

Stalls include clothing, jewellery, candles, home accessories, Christmas gifts, make-up and beauty treatments, aesthetics, health and fitness.

Only £5 per person admission to include a glass of fizz on arrival.

Private bar and seating area - join the Chester Birds for an evening of fabulous shopping!



Sunday 6th October 2019

**MBNA Chester Marathon 2019**

**Chester City Centre**

The tenth MBNA multi-award winning Chester Marathon will be held on 6th October 2019 and is the only international marathon from this historical city.

Runner's World runners have previously voted the Chester Marathon as the UK's best marathon and best road marathon.

Race day will also include the 26.2km MBNA Chester Metric Marathon and the MBNA Chester Mini-Marathon.



Saturday 12th October 2019

**Rat Race Hell Runner**

**Delamere Forest Cheshire**

Rat Race Hell Runner - Hell Up North  
9:00am til 11:00pm

Minimum Age: 14

Entry price (public): From 25 GBP  
(Additional fees may apply)

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Sunday 13th October 2019

**Cheshire Wedding Fayre**

**The Cheshire County Sports Club  
Plas Newton Lane, Chester, CH2  
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Tel: 01244 318167**

Saturday 19th October 2019

9.30am - 4.00pm

**Taste Cheshire Farmers Market**

**Union Street, Chester**

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Sunday 20th October 2019

**The Drifters**

**Parr Hall, Palmyra Square,  
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Tel: 01925 442345 19:30pm

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Saturday 26th October 2018

**The Chester Antiques,  
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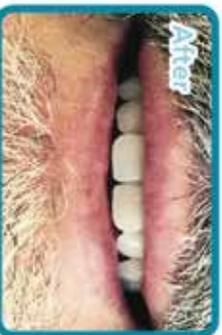
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