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MARCH 2023
Issue 71

Monthly Business & Community magazine delivered in & around Chester



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Cover Photo:
Cheshire view taken from Beeston Castle



Dear Friends,
Thankfully, spring is on it's way! I am really looking forward to getting the garden into shape.
Lighter nights are on their way, that's bound to cheer everyone up!

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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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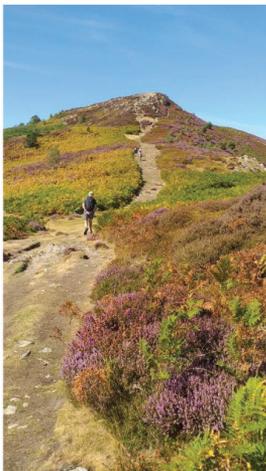
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Cestrian (Chester) Ramblers



Based in Chester, Cestrian (Chester) Ramblers attracts members from around the region, including Wirral, North Wales and Cheshire.



We offer Sunday walks, midweek walks - some with a pub lunch - and summer evening walks. Town trails are sometimes organised.

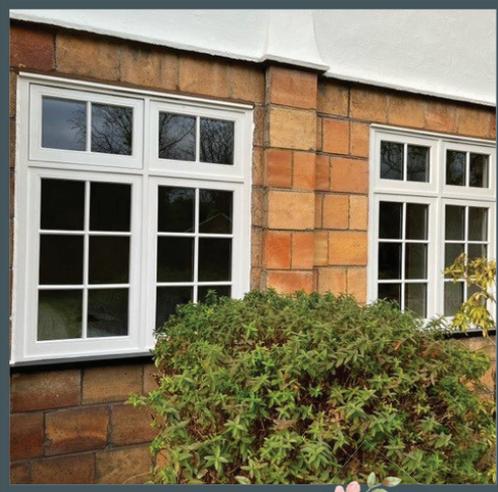
The group enjoys regular social events e.g. meals out, visits to places of interest and short walking breaks away.

Cestrian Ramblers Footpaths Group monitors the paths in Cheshire West, clearing and reporting problems to the Public Rights of Way Team. Normally, these inspections are twice a month.

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DO YOU KNOW?

1. About 90% of the world's earthquakes occur along the Ring of Fire, an area in the basin of the Pacific Ocean.

2. Harry Potter and author JK Rowling share the same birthday.

3. Instant Coffee was invented by a man called George Washington around 1910.

4. Widely regarded as one of the most notorious con artists of his time, Victor Lustig met with scrap metal dealers and convinced them that the French government wished to sell the tower for scrap. After one of them agreed to pay Lustig a large bribe to secure ownership of the tower, the con man took his bribe and fled to Austria.



5. In the Netherlands, there are dozens of public facilities where you can bring recreational drugs including marijuana, cocaine and ecstasy to test if they are safe.

6. The Amazon rainforest encompasses an area of 5,500,000 sq kilometres (2,100,000 sq mi), two times the size of Argentina.

7. Bill Gates aimed to become a millionaire by the age of 30. However, he became a billionaire by 31.

8. If the human eye was a digital camera it would have 576 megapixels.

9. There's a nude beach under the Golden Gate Bridge in San Francisco.

10. Despite its "Sunshine State" nickname, Florida is not the sunniest U.S. state. Arizona is, closely followed by Nevada.

11. Headless cockroaches are capable of living for weeks. They die from starvation.



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

13. The 9/11 attacks also destroyed US\$100 million in art including work from Pablo Picasso.

14. Life expectancy in Ancient Rome was from 20 to 30 years.

15. The wars between Romans and Persians lasted about 721 years, the longest conflict in human history.

16. Antarctica was once as warm as modern-day California.

17. Air pollution in China increases snowfall in California.

18. Dolphins Recognize and Admire Themselves in Mirrors.



19. There's only one STOP sign in the entire city of Paris.

20. Hawaii, Vermont, Alaska, and Maine have all banned billboards.

21. India's Hindu calendar has 6 seasons: spring, summer, monsoon, autumn, winter and prevernal.

22. Police officers in one state in India are given a slight pay upgrade for having a moustache.

23. Children's Day is celebrated in India on November 14th, 9 months after Valentine's Day.

24. Israel is the only country in the world to draft women into Military service.

25. South Africa is called the "Rainbow Nation" because it has 11 official languages.

26. 350 million people of all ages around the world suffer from depression.



27. Left-handed people have an increased cognitive flexibility, switching quickly between thinking about two concepts.

28. Global warming 'solved' a land dispute between India and Bangladesh - the island in dispute disappeared.

29. In 2012, divers discovered a 2,000-year-old Roman shipwreck that was so well preserved even the food was intact in its storage jars.



30. Cenosillicaphobia is the fear of an empty beer glass.

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Never heard of a ‘celebrant’? A celebrant works collaboratively with couples and families to plan meaningful and personalised celebrations to mark weddings, civil partnerships, renewals of vows, namings, celebration of life or memorial ceremonies. As everyone is individual, so too is a celebrant-led ceremony. In the course of your life, you may have described yourself as ‘non-religious’, ‘partly religious’ or ‘fully religious’. As such it’s possible to reflect this and include cultural, religious or spiritual elements into your ceremony; you might want the celebrant to tell your story; or you might like to include readings, blessings, a hand-fasting (or other ‘mini-ceremony/ritual), music or even a sing-song! With a celebrant-led ceremony you can acknowledge and weave in all beliefs, cultures and sentiments and create something that truly reflects you.

For weddings or civil partnerships, the most important day of your lives as a couple, it’s possible to complete the legal formalities at the register office leaving you free to hold your wedding ceremony anywhere and in any style you like - traditional or festival-vibe; grand or relaxed; from country estates to romantic, secluded woodlands - the choice is yours!

Naming ceremonies are a popular way of welcoming new members to your family and can be combined with other ceremonies such as a Renewal of Vows. Each ceremony is tailored to include the wishes, values and tastes of each individual family.

And, for those occasions where a life is to be celebrated or memorialised, a celebrant can work with the bereaved family to fashion a fitting ceremony that truly recognises the way that the deceased lived their life and wished to be remembered. Again, content can be cultural, religious, or spiritual.

In short, a celebrant-led ceremony gives you the freedom to choose the ‘what, when, who, why, where and how’!



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- Celebration of Life or
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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 MARCH

2nd March 1965

The Sound of Music was released in the United States, initially as a limited road-show theatrical release. Although initial critical response to the film was mixed, it was a major commercial success, becoming the number one box office film after four weeks, and the highest-grossing film of 1965.

By November 1966, The Sound of Music had become the highest-grossing film of all-time—surpassing Gone with the Wind—and held that distinction for five years. The film was just as popular throughout the world, breaking previous box-office records in twenty-nine countries. Following an initial theatrical release that lasted four and a half years, and two successful re-releases, the film sold 283 million admissions worldwide and earned a total worldwide gross of \$286 million.



Publicity poster

15th March 1964

Elizabeth Taylor and Richard Burton married for the first time.

The couple met in 1963 filming Cleopatra. Elizabeth was on her 4th marriage to Eddie Fisher at the time. Elizabeth and Richard's affair caused worldwide scandal at the time and was condemned by the Vatican.

They were married for 10 years before divorcing, they famously remarried in 1975 for a short time.

Elizabeth's wedding ring was later overshadowed by the so-called Taylor-Burton diamond which he gifted her in 1969 - it was valued at one million dollars!



Elizabeth Taylor late 1950's

17th March 1949

The first car with a Porsche badge was shown at the International Automobile show in Geneva.

Hand-built in an old Austrian sawmill, the 356 had modest poke from its Volkswagen derived air-cooled flat four which was offset by exceptional traction and handling. Within two years the 356 would be lining up at Le Mans, and these very early cars are now among the most highly prized among serious Porsche collectors.

The Porsche 356/2 with a price tag of £3,000 (now worth around £800,000).



19th March 1932

The Sydney Harbour Bridge opened.

Under the direction of John Bradfield of the New South Wales Department of Public Works, the



bridge was designed and built by British firm Dorman Long of Middlesbrough. The bridge's general design, which Bradfield tasked the NSW Department of Public Works with producing, was a rough copy of the Hell Gate Bridge in New York City. This general design document, however, did not form any part of the request for tender, which remained sufficiently broad as to allow cantilever (Bradfield's original preference) and even suspension bridge proposals. The design chosen from the tender responses was original work created by Dorman Long, who leveraged some of the design from its own Tyne Bridge which, though superficially similar, does not share the graceful flares at the ends of each arch which make the harbour bridge so distinctive.

It is the eighth longest spanning-arch bridge in the world and the tallest steel arch bridge, measuring 134 m (440 ft) from top to water level. It was also the world's widest long-span bridge, at 48.8 m (160 ft) wide, until construction of the new Port Mann Bridge in Vancouver was completed in 2012.

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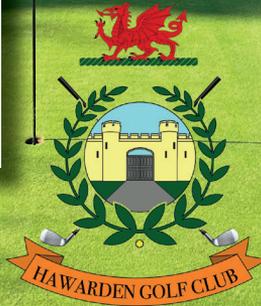
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OUR ZOO

What's happening at Chester Zoo.

European FIRST as rare 'dancing lemur' born at Chester Zoo



baby will cling tightly to mum's belly for several weeks, before riding on her back like a backpack until around six months old.

Zookeepers will determine the sex of the tiny primate once it starts to branch away and explore on its own.

Sifaka are distinguishable from other lemurs because of the unique way that they move. They maintain an upright posture and, using only their back legs, spring side to side along the floor and leap more than 20ft through the treetops in a single bound - this unusual motion has seen them nicknamed 'dancing lemurs'.

Currently only seven of the rare primates are cared for in three zoos in Europe and the family trio at Chester are the only Coquerel's sifaka to live in the UK. Conservationists at the zoo say the birth is a 'landmark moment' for the species that is on the brink of extinction in the wild.

Mark Brayshaw, Curator of Mammals at the zoo, said:

"It's really exciting to be the first team of conservationists in Europe to successfully breed this unusual and extremely rare primate.

"While it's still early days, both mum and baby are doing great. Beatrice is feeding her new arrival regularly and is keeping it nestled in her fur as she leaps from tree to tree. In a few weeks' time, the baby will graduate to riding on her back, before branching out and learning to climb trees independently at around six months old. It won't be long until this

Conservationists at Chester Zoo become the first in Europe to successfully breed a rare Coquerel's sifaka lemur.

The precious youngster arrived to parents Beatrice (10) and Elliot (10) – 18 months after the duo were translocated from the USA to Chester Zoo to begin a vital new conservation breeding programme, designed to protect the critically endangered primates from extinction.

Born with a thick fuzzy white coat and weighing just 119 grams, experts say the



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bright-eyed baby will be bouncing 20ft between tree to tree just like its parents.”



Found only in the treetops of northwest Madagascar, the Coquerel's sifaka lemur population has suffered an 80% decline in just 30 years due to widespread deforestation. As a result, the world's authority on the state of nature, The International Union for the Conservation of Nature (IUCN), upgraded the species to its highest conservation priority in 2018 and listed the primates as critically endangered in the wild.

Mike Jordan, Director of Animals and Plants at Chester Zoo, added: “The birth of a Coquerel's sifaka in Europe is a real landmark moment for conservation and, importantly, has kickstarted the endangered species breeding programme

in European zoos for the species – which could be the lifeboat that prevents them from becoming wiped out completely.

“Mass deforestation has swept across the island of Madagascar and it has lost up to 90% of its forests, taking with it thousands of species. But we refuse to let the devastation continue and our conservationists have helped our partners Madagasikara Voakajy – an NGO based in the heart of the island – to develop an official protected area spanning 27,000 hectares of forest, which is home to some of Madagascar's most precious species.

“While the situation is now quite desperate, it's the knowledge, skills and expertise gathered by experts at conservation zoos like ours that will play a vital role in preventing the extinction of highly threatened species, just like the Coquerel's sifaka.”

Chester Zoo has been protecting habitats and the unique species in Madagascar for more than a decade. In 2015, the Malagasy government established The Mangabe New Protected Area, co-managed by the zoo's field partners and the communities that live in the Mangabe region, providing a safe haven for nine species of lemur, as well as thousands of other threatened species living on the island.



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Sally Slater on **07711 374927** / springboard_sally@hotmail.com if you are interested in coming along. Take a look at our **website** www.chestercroquet.club
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For more information ring Brian on 0151 6481516, or Eileen On 01244 661873

HOROSCOPES FOR MARCH

BY JAMES GRIFFITHS

Capricorn

Your daily routine will change, and you'll develop a new level of discipline.

Aquarius

You'll see a rebirth of cooperation and trust as relationships become more central.

Sagittarius

You might discover that you and the people you care about grow closer than you anticipated.

Scorpio

Before making a choice, use caution and give yourself plenty of time to carefully weigh the potential advantages and disadvantages.

Pisces

Your life undergoes a dramatic transformation, and you meet some new people.

Libra

Spend some time unwinding and controlling your emotions. Take the time to relax.

Aries

You can view your position from a different point of view through doing tasks for others.

Virgo

At the conclusion of the month, have an open mind as new projects can come up.

Taurus

Accept the power of patience and observation, and see this as a chance to let go of prior commitments.

Leo

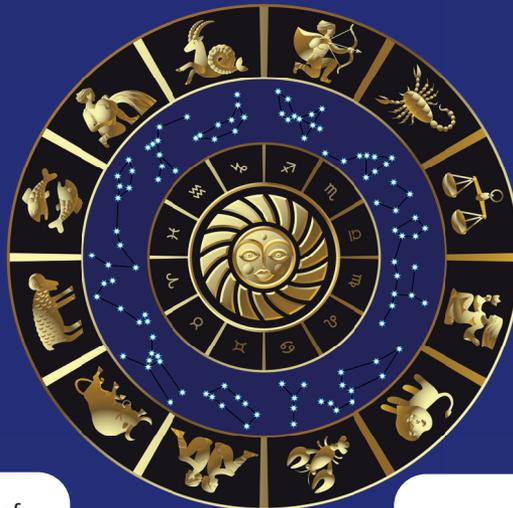
Keep an eye out for any new business prospects, but take some time to consider your options before taking any significant actions.

Gemini

Accept it as a change of pace that will result in new thoughts and encounters.

Cancer

Be wary because something or someone from the past could indeed reappear.





CHESTER CATHEDRAL

CATHEDRAL HAVING FUN WITH HERITAGE

Chester Cathedral celebrates the start of the first whole-building maintenance programme with huge playful artwork.

Chester Cathedral are marking the start of their first whole building maintenance programme in over 100 years with a huge, illustrated artwork depicting the exciting heritage work which is taking place and represented the different types of heritage on show in their work.

Starting later this year, the Works Department at Chester Cathedral will be carrying out maintenance of the exterior stonework on the south side of the building. As the first phase in a multi-year project, work taking place includes full checks on each section of the building, raking out and repointing and replacing masonry where required and will ensure that the friable Cheshire red sandstone that the building is made of will remain intact for years to come.

The scaffolding wrap was designed by Chester's own Graham Boyd – who also created the staircase artwork for Chester's New Market car park - and executed by the Cathedral working with Leftfield Marketing. On it, visitors get to see a fabricated 'x-ray' view behind the scenes of the work taking place. They can spot the welcoming Dean and Bishop of Chester, stonemasons at work, choristers practising for services and concerts, a tour taking place, cheeky characters, and many more.

Dean of Chester, the Very Revd Dr Tim Stratford says "This exciting project also addresses the ever-increasing need for heritage skills training, particularly in the north west of England. With the nearest skills training centre for stonemasonry located in York - and few opportunities to develop other types of skills such as heritage carpentry, joinery, or conservation in the UK – Chester Cathedral is leading heritage skills training in this part of the country. The maintenance work starting on the south side of the Nave is an exciting opportunity for the public to 'see' and hear more of the essential work being done at Chester."

Chester Cathedral's Works Department – the in-house team of heritage professionals carrying out this essential maintenance work – is made up of the Clerk of Works, two stonemasons, a conservator, a heritage conservation operative, and a collections manager. Together, they are the first in-house works team of the Cathedral for 100 years and carry out essential maintenance works to the Grade I listed building, host exciting events like the recent Heritage Discovery Day in October 2022, and inform on best practice in the sector. Two members of the Works Department are graciously funded by the Hamish Ogston Foundation via the Cathedrals' Workshop Fellowship.

The work starting on the south side of the building this year will provide opportunities for further training and engagement and – with the scaffolding wrap erected – entertainment and enjoyment for visitors to Chester.





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John Dwyer

Police & Crime
Commissioner
for Cheshire



Plan to protect improved policing confirmed at Panel meeting

Police and Crime Commissioner John Dwyer today (3 February) presented his proposal for next year's police precept to the Cheshire Police and Crime Panel.

The Commissioner proposed to increase the police precept – the part of Council Tax that funds Cheshire Constabulary - by £15 per year for a Band D property, following a public survey where 76% of residents backed such an increase or more. With two thirds of Cheshire properties falling in bands A-C, the majority of households will pay less.

Confirmation of the Commissioner's proposal now means more than £7 million in extra funding will help the police tackle around £14 million in additional costs caused by inflation. The overall budget set by the Commissioner prioritises protecting recent improvements including reduced call waiting times, quicker incident response times, and increased arrest and charge rates.

John Dwyer, Police and Crime Commissioner for Cheshire said: *"Residents should be in no doubt as to the difference their contribution via the police precept makes. For example, it's enabled us to hire the extra call handlers who have brought 101 waiting times down significantly, and we've also more than quadrupled the size of our Online Child Abuse Investigation Team to combat the growing threat that online predators pose to our children.*

"Setting the precept is not a responsibility I take lightly, and I know any increase will impact people differently. That's why I wanted to get as many views as possible in my survey and I am delighted with the emphatic backing people gave to my proposal.

"I am pleased that I can formally set a budget that gives our police service the resources it needs."

Confirmation of the proposed precept follows news that Cheshire has seen the lowest rise in crime in the country of just 1.4% - compared to the national average of 12.4% - with certain types of crime such as burglary (-2.4%) and residential burglary (-5.2%) falling.

John Dwyer added: *"This is further proof that public investment in our police service through the precept makes a real difference. People can be reassured that we are succeeding in our mission to make Cheshire a hostile environment for criminals.*

"I am committed to working with Chief Constable Mark Roberts, our record high number of Officers, and everyone in the Cheshire Police family to achieve the aims set out in the Police and Crime Plan and make Cheshire even safer."

Answers to frequently asked questions about the budget are available at www.cheshire-pcc.gov.uk/what-the-commissioner-does/setting-the-police-budget/budget-2023-24

The results of the Commissioner's survey can be found at: www.cheshire-pcc.gov.uk/get-involved/have-your-say/outcomes-and-results

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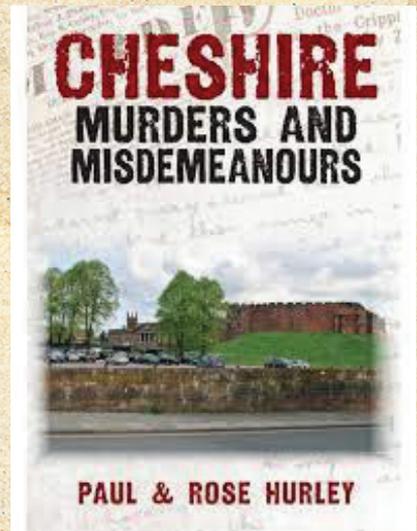
NEW BOOK RELEASE

Cheshire Murders & Misdemeanors by Paul Hurley & Rose Hurley

In the 19th and early 20th centuries Cheshire was a thriving part of the North West of England. Bordered by Liverpool and Manchester to the North, much of the county was rural and agricultural, centred in the historic county city of Chester and the market towns of Macclesfield, Winsford and Northwich and also the industrial towns of Warrington, Crewe, Widnes, Runcorn and Ellesmere Port.

It was a period of great social change as people from all walks of life moved with their families in search of work. Deprivation and poverty could often be found cheek by jowl with more affluent sections of society and crime, as always, knew no boundaries. The stories were often chronicled in detail in the local press of the time and in this book, the authors Paul and Rose Hurley have delved into the dark side of life of everyday people of Cheshire at this time, which could turn to murder and death by execution.

This collection of true-life crime stories gives a vivid insight into life in Cheshire in the 19th and early 20th centuries. This book will fascinate anyone with an interest in the history of crime as well as those who want to know more about the history of this area of the North West of England.



Released: 15th February 2023

Book Format: Paperback

Size: 234mm x165mm

ISBN No. 9781398111240

Price: £15.99

96 pages with 100 illustrations

Publisher: Amberley Publishing



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SIGNS - by John Fowler

“Oh what a beautiful day, my Old Hardbelly, the sun is shining, the birds are singing, spring is in the air. It’s the sort of day to go walking in the park hand in hand.”

“It would be even better if we were with our wives, your Handsomeness.”

“Those doggy dos are still causing a problem outside. What are you going to do about it, Flubber Chops?”

“I blame the owners, Darling.”

“No Dopey, it is definitely the dogs, and that’s another thing, I notice you have started calling me “Darling” lately and people are beginning to notice. I think people are misinterpreting our little get-togethers, Sugarplum. Even my wife said I was becoming more effeminate.”

“Not you, Boy Pablo!”

“The other evening, Mrs Pablo and I were getting ready to go out for dinner, and I said “that black slinky dress is rather sexy.”

“Well that’s rather macho and complimentary. What did she say to that?”

“She said “it will probably look better on her. Anyway, back to business, I gave you the task of thinking up some motivational sayings we could put up on the dressing room walls. Most clubs do this now so I think we should. We want something that will inspire the players before the match. What have you come up with, old Slobber Chops?”

“Well I have come up with an original idea, why don’t we put a sign up in the dressing room area---“WE ARE ROVERS”

“But we are not.”

“Exactly, this will cause confusion for the away side, They will think they have come to the wrong ground. And---another thing put a huge sign just over the tunnel entrance--“THIS IS WEMBLEY, or WELCOME TO THE SAN SIRO. “

“I would imagine the away side will fall about laughing.”

“Yeah, and they will lose all concentration. your Handsomeness.”

“What about sayings for the walls?”

“I’ve come up with a few, ---“THOSE WHO DON’T LISTEN, DON’T HEAR” ---“THROW THE BALL IN, BUT NEVER THE TOWEL.”

“Yeah, not bad, carry on.”

“THE NOSE OF THE LION”

“What’s that about?”

“You know, “EYE OF THE TIGER”, mind you I never knew what that meant. “WINNERS DON’T GET RED CARDS” and “NOT ONLY BUDGIES SUCCEED.”

“Some good ones there to consider. Well done. Scumbag.”

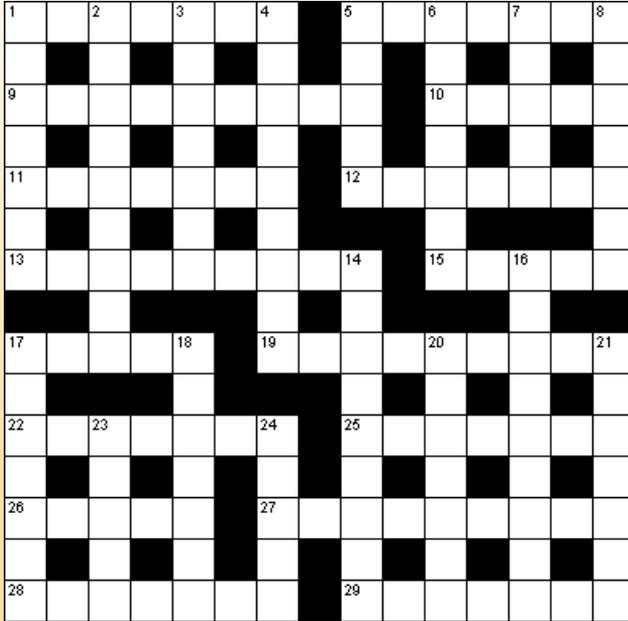
“I tell you what though, Big Boss Man, the only sign our lot would understand.”

“What’s that?”

“TOILETS, THIS WAY”



PUZZLE CORNER



Down

- 1 Preventing (7)
- 2 Not thinness (9)
- 3 Punches of sweetened milk and eggs (7)
- 4 Whipping boy (9)
- 5 An attribute of a people or era (5)
- 6 Female (7)
- 7 Poet T.S. _____ (5)
- 8 Searchers (7)
- 14 Frisky or flirtatious (9)
- 16 Not reproductions (9)
- 17 Asserts (7)
- 18 Pretentious talk (7)
- 20 Strange or rare objects (7)
- 21 Suppositions (7)
- 23 Caterwauls (5)
- 24 Strikes with the feet (5)

Across

- 1 Shackles (7)
- 5 Without ceasing (7)
- 9 Trademark or signature (9)
- 10 Long metal nail (5)
- 11 Tedious (7)
- 12 City in Washington state (7)
- 13 Estimate (9)
- 15 Whips (5)
- 17 A small picture inserted within another (5)
- 19 Unsteady in gait (9)
- 22 Frolic (7)
- 25 Affective (7)
- 26 Stitched (5)
- 27 Crooks (9)
- 28 Female siblings (7)
- 29 Funeral cars (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.

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

Solutions can be found on our website



Determination to overcome lows in life and celebrate successes

The First Half

Author - Gabby Logan

Publisher - Piatkus

In recent years an increasing number of people of all ages have had time to retreat to their thoughts for reflection on memories, both high and low, which have impacted on their life.

Gabby Logan "The First Half", reflects on individual events and turning points in her life that have impacted upon the routes she has taken both in her career and personal life.

In an absorbing, inspiring, humorous and at times emotionally challenging, free flowing style, Gabby takes the reader on a vivid and candid self appraisal of the key experiences which have been driving forces in her life. Gabby discusses her enjoyment of tennis and competing for Wales as a rhythmic gymnast at the Commonwealth Games in Auckland 1990. Unfortunately her sister Louise who was expecting to be chosen, was left out. I am certain that readers can empathise with the dilemma of Gabby's parents to be delighted for Gabby but trying to console her sister and compensate for her disappointment. **She recalls her selection as a life changing moment**, particularly the celebration party organised by her friends prior to her departure. **Her mother said "what you have with your pals is so important", emphasising how important it was to have a group of girls who weren't jealous or possessive about what she did".** As Gabby highlights, that conversation has stayed with her, although at the time she didn't realise how lucky she was.

Throughout the compelling text, Gabby pens up on the personal desire, determination and tenacity which drove her forward "to confront barriers", come to terms with tragedies and keep going. As a result she has achieved recognition as an outstanding presenter of rugby, football, athletics and other key sporting events covered by the television channels. In addition, she was awarded the MBE for services to women's sport and charity, and the proud mother of twin boys. **Throughout the text Gabby recounts the individuals, events and interactions that have "shaped her"** in terms of family, love, personal loss and the opportunities that opened up as a result of her Dad's sporting career.

Gabby reflects on the impact on all members of her family and community by the tragic death of her brother Daniel at the age of fifteen. Daniel was a promising footballer for Leeds United and whilst playing in the garden at home with his Dad and younger brother Jordan he collapsed and died of hypertrophic cardiomyopathy. I am sure that Gabby's vivid thoughts on **"how death weighs you down"** can be shared by readers as she emotionally reflects, "I loved him so much".

Gabby's Dad, Terry Yorath, was an outstanding player with Coventry City, Tottenham Hotspurs, Leeds United, Vancouver, Wales and manager of Wales and Bradford City in the days before players in the Premier league were paid the current "astronomical wages". **The author discusses how the transient or nomadic life of footballers can impact on family life.** He was a fervent Welshman, famous for his action prior to the kick off in the game between England and Wales at Wembley in May 1977. The FA refused to play the Welsh National anthem "Hen Wlad Fy Nhadau" after "God Save the Queen" before the game. The Wales team stood their ground, led by Terry Yorath, John Mahoney and Dai Davies. **They then sang "Hen Wlad Fy Nhadau" with tenacity and fervour without the band.**

Daniel's death had a significant and long term impact on her father, as he started to drink more heavily. The fire in a stand at Bradford City during a game became a "disaster" as a result of which 56 people died and many more were left with life changing physical and mental conditions. Terry was Bradford City's manager and the tragedy impacted upon his mental health, contributing to his mood swings and heavier drinking. **Readers may well find the details of Terry's demise and drift into alcoholism emotionally challenging.** When he was national team coach in war torn Lebanon, he was alone "with his thoughts" and there was no brake on his drinking. On his return her Mum and Dad split up and following



a period of detoxification and living with the Logans to help Terry build a life they have drifted apart. **I am sure that some readers may resonate with the issues created by alcohol and drug addiction and Gabby saying about her Dad, "In spite of everything he does love us".**

Readers will gain from the incidental motivational comments within the text which have been determinants of her self confidence and determination to progress and achieve. This is reflected in her realisation that it isn't enough to be clever and have good grades, you need to have a packed CV and "life experiences" to make you stand out. **Gabby comes across as a strong willed and confident individual who is forthright in her condemnation of certain situations or individuals.** This is evident when she recounts comments she had to endure as a female, particularly from Richard Keys and Andy Gray. Her response was as tenacious of the tackling of her dad

A key feature of this outstanding motivational reflection is the open honesty of the author as she discusses personal issues linked to her husband Kenny's dyslexia and problems with reading in addition her problems associated with getting pregnant. She emphasises how the "power of sport" in terms of determination and team spirit have held them together. **As Gabby highlights, the things in life that really matter are your family, your friends and your health. Well worth reading to promote personal tenacity to cope more effectively with the highs and lows of life.**

Kicking Back

Author - Nedum Onuoha

Publisher - Biteback Publishing

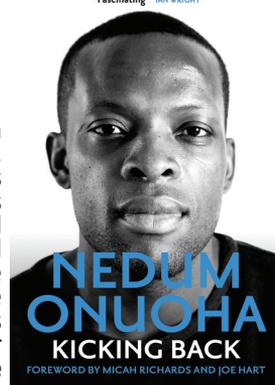
In an insightful, challenging and at times disturbing reflection on his search for identity as a person and footballer in England, **Nedum Onuoha "Kicking Back"** pulls no punches as he unravels and exposes, in a forthright manner, the highs and lows of his professional career. Nedum reflects in depth on the personal and family implications of the move from Nigeria to extend opportunities alongside the difficulties of "integration". He highlights the importance of education for all members of the family in order to promote personal potential and address barriers to fulfill ambitions. He highlights the experience of his mother who gained a PhD in environmental studies. **As Dr Onuoha she was labelled "overqualified for jobs" which in reality was a "smokescreen" to overcome the stigma of her being "firstly a woman and secondly a foreigner".**

He talks about his initial home in Miles Platting Manchester, a poverty stricken area with considerable low level crime. **He highlights how he admired his father** who stood up to the "bullying" of gangs of children in the community by showing them aggression by "fight not flight", and they wanted none of it. **Readers will gain from the discourse throughout the text of Nedum's "long journey" to discover the strength to face up to and confront bullying and stand up for himself.** He highlights his pride in his name "Chinedum" which in the culture of the Igbo, Nigerian, means "God guides Me" where faith and family mean everything. His three children all have Igbo middle names to attach them to their history.

For Nedum, the crucial time in his life was when "a lightbulb" was lit and his footballing skills were recognised and he joined the academy at Manchester City at the age of nine. He highlights the importance of education to the family and how his parents sacrificed and took additional work to meet the costs of Nedum and his three sisters going to private schools. The emphasis was on "school work" and no socialising was allowed on school nights. **Parents of "aspiring young footballers" on "academy ladders" will gain from the author's reflections on the importance of education as an essential option for "potential stars" since a "career in football" is not guaranteed.** For Nedum, football was an "enjoyable hobby" but he did A levels as an "insurance policy", emphasising that **players and parents have little or no control over their "career step ups", because "you can't select yourself".**

He emphasises that being at the "whim of a manager's ego" is a tough position for players. The vast majority of players change clubs during their careers which Nedum calls the career journey.

"Fascinating" IAN WRIGHT



A key factor is the ability of the manager to create a positive environment particularly with large squads. He notes that Sven-Goran Eriksson created a positive atmosphere, whilst Mark Hughes made sure that when everyone came to work we felt good. However, **the next manager, Roberto Mancini was “not a man with a sense of humour” and poor communication skills. In fact he made players, including Nedum, outcasts from the first team squad by sending them to train with the Under 21 or academy squads.** Readers will gain insight into the psychological and emotional impact **that this “rejection” had on Nedum and others.** **As he points out it was heartbreaking emotionally and Mancini’s treatment and attitude “dismantled” my self esteem.**

For any young footballer there needs to be a supportive system to safeguard against the “bully in the club”. Nedum highlights the support of Shaun Wright-Phillips as a chaperone/mentor when he first made the Manchester City squad. **In contrast, he condemns the attitude and behaviour of Joey Barton. Many readers may well be shocked and extremely disturbed as Nedum describes the atrocious bullying and physical violence perpetrated by Joey Barton.** As Nedum comments, **“he knew who to target and always backed out of arguments with people he couldn’t physically dominate.** As the author highlights, age wasn’t a barrier to Barton escalating a situation and causing physical harm was. **Unfortunately the manager at Manchester City at the time, Stuart Pearce, not only turned a blind eye to Joey’s behaviour but allowed himself to be “manipulated” by it.** He notes how Barton has his “own perception” on his misdemeanours and violent altercations.

This is an outstanding and honest insight into the beliefs, strengths and determination of a highly articulate professional footballer to address and challenge key issues that impact upon young players. Recommended reading for all football supporters.

About the reviewer

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

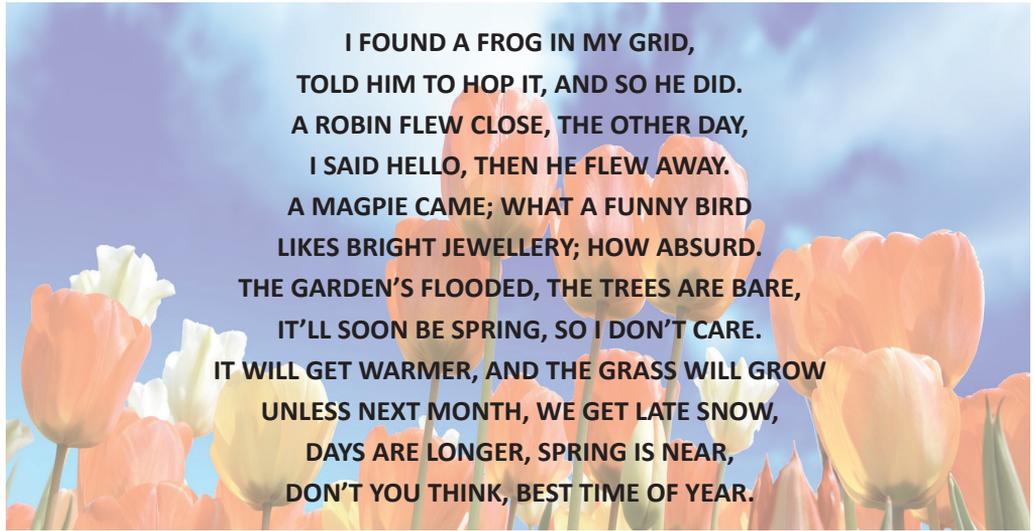
John taught PE at Isaac Newton school (Ladbroke Grove) and fitness at the Middle Row Boxing Club. On moving to Wales, he was headteacher of three specialist centres for young people in North Wales, fitness and weight training coach in Wrexham, fitness coach at Wrexham RFC and with the WRU. John currently works on promoting skills of personal drive, determination and tenacity to improve performance levels in sport and education.



Community

SPRING

Poem by John Fowler

A background image for the poem featuring a field of tulips in shades of orange, yellow, and white, set against a soft, out-of-focus blue sky.

I FOUND A FROG IN MY GRID,
TOLD HIM TO HOP IT, AND SO HE DID.
A ROBIN FLEW CLOSE, THE OTHER DAY,
I SAID HELLO, THEN HE FLEW AWAY.
A MAGPIE CAME; WHAT A FUNNY BIRD
LIKES BRIGHT JEWELLERY; HOW ABSURD.
THE GARDEN’S FLOODED, THE TREES ARE BARE,
IT’LL SOON BE SPRING, SO I DON’T CARE.
IT WILL GET WARMER, AND THE GRASS WILL GROW
UNLESS NEXT MONTH, WE GET LATE SNOW,
DAYS ARE LONGER, SPRING IS NEAR,
DON’T YOU THINK, BEST TIME OF YEAR.



What's on

Spring has sprung at a Plant Hunter's Fair Near You! There's nothing like getting out in the garden in March and April, digging over the soil and getting everything ready for a summer of bloom and fragrance. It's also a great time to revamp your beds and borders casting a critical eye over everything, finding gaps and perhaps shifting out those plants that aren't pulling their weight anymore. There's nowhere better to find something new, unusual and exciting to fill those gaps or perk up a dull corner than at the Plant Hunters' Fair at Arley Hall & Gardens on Sunday 26th March. The event is a great opportunity to visit a brilliant line-up of 25 specialist nurseries and artisans from near and far to get your gardening season off to a great start.



These wonderful specialist nurseries will come laden with flowering bulbs and shrubs to provide instant colour plus lots of later flowering plants to get planted now for colour into the summer and beyond. Now's the time to think ahead and plan that dream border for your garden. If you are new to gardening the stall holders are always happy to share their expertise to help you select the best plants for your own unique garden. **For full details of the nurseries attending please see www.planthuntersfairs.co.uk**

Spring Plant Hunters' Fair at Arley Hall & Gardens, Northwich, Cheshire CW9 6NA
Sunday 26th March 10am-4pm

Entry £2.00 to Plant Fair - free parking (If you choose to enter the gardens, then the £2.00 is discounted from the standard garden entry price on this day).

Details at www.planthuntersfairs.co.uk

Plant Hunters' Fair at Ness Botanic Gardens, Ness, Neston, Wirral CH64 4AY

Sunday 2nd April 10am -4pm

Entry £1.00 to Plant Fair (redeemable when paying for optional entry to the garden on the day) [Details at www.planthuntersfairs.co.uk](http://www.planthuntersfairs.co.uk)

The spring plant fair at Ness Botanic Gardens has a wonderful line up of 15 top nurseries attending including RHS Gold Medal Winners offering a tremendous variety of plants. The mix of nurseries ensures there's something for every type of garden; little gems to tempt the most discerning plants person and lots of help and advice for the new or less experienced gardener. Details at www.planthuntersfairs.co.uk



Plant Hunters' Fair at Cholmondeley Castle Gardens, Malpas, Cheshire SY14 8AH

Sunday 23rd April 10am-5pm

Reduced Entry to Gardens & Fair only £5.00 (standard entry is usually £8.50)

Details at www.planthuntersfairs.co.uk

Plant Hunters' Fair returns to the Cholmondeley Castle Gardens with a wide choice of quality, nursery-grown plants. The plant fair always attracts the best and most interesting nurseries and there's a great line up of 20 coming this time with a fabulous mix of easy-to-grow garden favourites and those rarer, more unusual plants to tempt the connoisseur.

The gardens, the most romantically beautiful in Cheshire, will have a stunning display from the drifts of bulbs and flowering trees and shrubs. Come for a great day out, find some lovely plants for your garden, get expert advice from the enthusiastic nurserymen, and take time to explore and enjoy Cholmondeley's beautiful spring garden.





Whatever the weather

Chester Rambling and Hill Walking Club tend to keep their winter forays closer to home, in order to avoid finishing a walk by torchlight! Cheshire, Wirral and north east Wales offer plenty of scope for shorter hikes, with journeys of no more than 15 miles to the start of a walk. You might think that few venture out in the wetter, colder months of the year, but the keen walker is a hardy breed of animal equipped with clothing to cope with all weather conditions, plus a 'get up and go attitude'. So whatever the forecast, and however dark it is when the alarm clock shouts in the morning, hardened hikers will spring into action like mountain goats. Well, something like that anyway!

One recent walk with an abysmal weather forecast was led by myself and my other half in nearby Hawarden. Given the promise of heavy rain, we had expected a less than average turnout, but a large group of eager members gathered at Tinkersdale Car Park on that dull grey morning, clad for anything the skies cared to throw at them.

The route started along the edge of Hawarden Golf Club before climbing gently to an elevated spot where the usual view across to the Wirral was tucked under thick cloud and unseen through the steady drizzle that had set in. Our footpath took us to the Old Warren, where the heavens decided to open with a vengeance. Undaunted, we sallied forth, taking a right hand track leading to an underpass beneath the A55. This emerges by Silverwell Wood, where, through the trees, a glimmer of unexpected sunshine appeared!

Hawarden Estates have opened up some permissive footpaths that now enable public access through Silverwell and Rough Piece Woods. One track leads off to a charming spot at the edge of a raised field, where picnic tables and a glorious vista across Cheshire offered the perfect opportunity to haul packed lunches and flasks from our rucksacks. Here, under a now bright sky, we dried off, admired the view and wallowed in the winter sun. Frodsham and Helsby Hills could be seen ahead, as well as Beeston Crag and the Sandstone Ridge. On the flat plain spread out below us, Airbus, Broughton and Dodleston were clearly visible.

Onwards we passed through Rough Piece Wood to a lane where the nearby village of Penyffordd came into view. From this point it's a short distance into Price's Hill Wood, where a footpath leads round to Dobshill. Here can still be seen a former lodge house for the Hawarden Estate, though the driveway is now severed by the A55.

A footbridge takes walkers over this major road, back onto the Old Warren. From here we followed a public footpath along the edge of Bilberry Wood and the outer wall of Hawarden Estate parkland. Along this delightful route, an overgrown, sheer cliff face and a pond mark the site of a former ironstone quarry. Another relic of long gone industry is a weathered old corn mill, which can be spotted alongside Broughton Brook, almost back at the car park.

This was a 7½ mile C grade walk, with a few gentle undulations and a surprising amount of sunshine. Whatever the weather, a decent hooded raincoat and sturdy boots are vital, though sunglasses and Factor 50 are optional extras, even in winter!

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 8 - 9 miles, and our Tuesday evening walks begin in May. Meanwhile, our winter calendar offers a programme of talks and social events until the end of April.

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 Joining details can also be obtained by emailing chesramclub@yahoo.com

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





What's on

THE high kings XV



JUNE UK TOUR 2023

THU 15	ILKLEY	TOWN HALL	TUE 20	BRISTOL	ST GEORGES
FRI 16	SALFORD	LOWRY	WED 21	LIVERPOOL	EPSTEIN THEATRE
SAT 17	EDINBURGH	QUEEN'S HALL	FRI 23	BIRMINGHAM	TOWN HALL
SUN 18	SUNDERLAND	FIRESTATION	SAT 24	LONDON	O ₂ SHEPHERDS BUSH EMPIRE

WWW.THEGIGCARTEL.COM

A Gig Cartel Presentation In Association With MPI Artists



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.

Bon Giovi - Friday 10th March

BON GIOVI are the World's Premier look-alike and sound alike Tribute to the New Jersey rockers Bon Jovi.

Formed in August of 1999, with over 23 years UK and International touring experience as a band, performed in 29 countries, this act is without compromise one of the best Tribute acts on the circuit today.



Barrioke - Saturday 11th March

There are icons of silver screen, there are Oscar winners, Bafta winners and Golden Globe winners, but are there any of these global stars that you would rather sing with on stage than the coolest man of TV – Shaun Williamson.

The star of EastEnders, Extras, Life's Too Short and more recently a million viral videos, Shaun has now taken the music festival scene by storm, bringing BARRIOKE to thousands of music lovers at Truck and YNot Festivals. The time has come to unleash this phenomenon onto the world, and Shaun is now available to book for your Festival, Party or Event.



Barrioke Saturday 11th March

March of the Mods - a celebration of all things Mod raising money for Teenage Cancer Trust.

Live Bands / Raffle / DJ afterparty (01:00 finish)

Bands: The Rics / The Modern World / Modrophenia



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