

Link

May 2024

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Sing to Save Lives Concert
Saturday 18 May



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Thanksgiving for
Barbara Croley



Please give
to St Boniface

Christian Aid Week 2024 12 – 18 May

Seven days and so many ways to make a difference



Every Christian Aid Week, people across Britain and Ireland raise funds, act and pray for their global neighbours in a celebration of hope for a fairer world.

This year's appeal runs from 12–18 May and is focusing on the organisation's work in Burundi, one of the most densely populated and poorest

countries in Africa. Heavily reliant on agriculture, it's also one of the least prepared to combat the effects of climate change, including droughts, floods and landslides. The global cost of living crisis has intensified the challenges: more than 70 per cent of the population live in poverty and more than half of children are chronically malnourished.

Christian Aid has been working in Burundi since 1995 when it first offered humanitarian assistance to people surviving the civil conflict. Now, alongside local partners, the organisation helps establish Village Savings and Loans Associations (VSLAs). These community-led groups mean people can save and borrow money, making small businesses possible, offering reliable and diverse incomes so families can eat regularly, get medicine when they need it, and build safer homes.

35-year old Aline Nibogora is the chairperson of a VSLA which supports some 25 families in a remote village, in Makamba Province. Aline escaped an abusive marriage only to find herself on the streets begging for a place to stay. Her life changed when she went to a three-day, Christian Aid-funded community workshop. With a small start-up loan, Aline began trading avocados and peanuts locally. She's now a grocery wholesaler and living on her own plot of land where she's building a home for her family. In the next five years she hopes to expand, so one day she can buy a mill. This will provide a source of income without the need to transport heavy goods over long distances.

"I don't want my children to have a painful life like mine, remembering it makes me weep. I could never have dreamed I would one day have a brick house and be a successful businesswoman, able to feed and clothe my children. This is a plan and I will do it; I am a woman who is an achiever."

www.christianaid.org.uk

Please take your donation to Christian Aid in the envelope attached to this magazine to the Vicarage or Sunnybank Cottage, School Lane. Thank you!

A magazine for the parishes of
Bunbury and Tilstone Fearnall



Follow Bunbury Church on Facebook

Who we are

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The Link

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www.stbonifacebunbury.org

Community news

Congratulations to **Catherine Bull** and **Andrew Emerton** who were married at St Boniface on 6 April.



This month's **Bunbury Gardening Club** will be A Gardener's Question Time meeting at the Pavilion at 7.30pm on Wednesday 22 May. (Please note the change of venue and evening.) After recent interesting guest speaker meetings we are inviting anyone with garden-related questions to submit them for our expert panel to offer tips, advice and potential solutions. Let's learn from each other and our fellow enthusiastic gardeners! If you've enjoyed the Radio 4 show, then this evening is bound to make you get the most out of your gardening and help create some happy horticulturists. You too could have award-winning blooms, vegetables or produce at our forthcoming Annual Show on Saturday 7 September! See you there! Please send garden questions in advance to Keith.651@yahoo.com. New members always welcome. Please contact Margaret Bourne on 01829 260944 or email: mjbourne249@tiscali.co.uk, see news and events by joining Bunbury Gardening Facebook group.

Bunbury WI members enjoyed a quiz evening on 11 April and a cream tea afternoon is being hosted on 25 April. Meetings take place on the second Thursday of the month at Bunbury Playing Fields Pavilion starting at 7:30pm. The next meeting on 9 May is a Social Evening with Bingo. New members are warmly welcomed. For further information contact Lynda Davies 01829 260084.

The **church fete committee** are looking for volunteers for this year's fun and games. We need help setting up on Saturday 4 May, meeting at the church at 10:00am, collecting everything from the fete shed and then going to the castle to set up or, alternatively, meeting at Beeston Castle at 11:00am to set up. You should be finished by 1:00pm. We also need people to help tidy up and take down on



Monday 6 May from 4:00pm. If you are able to help we would be very grateful. We also need help in the tea tent, providing baking, manning stalls, stewarding, and helping with car parking on Monday. Tombola bottle donations can be delivered to Elaine at Sunnybank Cottage School Lane (Please contact Elaine

A word from the editor

Many thanks to all the organisers of our local fundraisers and the readers and friends who support them. The bellringing team raised a very respectable £1800 towards the clock restoration on St Boniface at the recent quiz night — special thanks to Lucy Munro and her team for catering, and Peter Jones for being the quiz master. It was a thoroughly enjoyable evening.

This month our focus is the annual fundraiser for Christian Aid. Christian Aid envelopes are attached to the magazines for you to use. The envelopes can be delivered to the Vicarage or Sunnybank Cottage School Lane.

Finally, thank you to all those who came to the Christian Aid Coffee Morning at St Boniface, and those who donated and bought plants at the plant sale. The total will be in next month's magazine.

before delivering). If you would like to be involved please contact Lucy on 07580066153 or Elaine on 07860128427.

Sing to save lives! A concert in aid of the **RNLI 200th Anniversary Campaign** will be held on Saturday 18 May at 7:30pm at the Tarporley Baptist & Methodist Chapel. Tickets £10 including refreshments available from: Tilly's Coffee Shop, Hair Academy, Tarporley, Ginger & Pickles Tearoom, Tarporley, or on the door (if still available).



Christian Aid Week:
14–20 May Look out for your collection envelopes in this edition of the Link. This year we are asking people to drop

their contributions in their envelopes either at The Vicarage, Bunbury Lane, or at Sunnybank Cottage, School Lane (Elaine Crotty's home). Otherwise please give online at christianaid.org.uk



Bunbury Village Fest is taking place on Saturday 8 June. The theme this year is Aquafest — celebrating the wonders of water. For more information www.facebook.com/BunburyVillageDay www.instagram.com/bunburyvillageday www.twitter.com/Bunbury

Day www.bunburyvillage.info

For press queries bvd@bunburyvillage.info



Breathe in... and breathe out

This month we celebrate Pentecost and the gift of the Holy Spirit. The festival reminds us we need to receive the gift of the Holy Spirit and rely on God's strength and breath to enable us to do the work that awaits each one of us and live a life filled with love.

Both scripture and prayer are absolutely vital in terms of how God changes us, both individually and collectively, and we can't have one without the other. One way to think of them is that as we read scripture, we are inhaling.

When we are reading scripture, we're taking oxygen into our spiritual lungs, so to speak. It's filling us up and it's helping us to be healthy. We take it in, but at the top of our breath (once you've inhaled) we then exhale. And, that's really what prayer is.

I like to think of scripture and prayer as inhaling and exhaling because it shows the two go together. The way scripture becomes real is by praying it. The way prayer becomes effective and meaningful is by being shaped and informed by scripture.

You may have heard about the oxygen mask theory — that if you're in the unfortunate position of being on a plane which is about to nose dive, you should secure your own oxygen mask first before helping anyone else — including children. If you don't, you risk not being able to help anyone at all. Because, to put it bluntly, you could be dead — or at least incapacitated.

Self care and self compassion isn't selfish. It's sensible. It means you can be the best, most valuable version of yourself. You're then in the strongest position to add value to others.

So during this time of Pentecost, never underestimate the importance of carving out time and space to take care of yourself and ask for God's blessing. Top up your reserves. Strengthen those foundations. This can take many forms depending on what is important for you. It might be more sleep, eating better, going for a walk, visiting a coffee shop, reading. It doesn't matter. If it relaxes you then you can be sure it's a good thing.

And breathe...

The copy deadline for the June issue is Friday 10 May. The magazine should be delivered from Saturday 25 May. The copy deadline for the July issue is Friday 7 June - this is unusually early to accommodate holidays. Thank you for your understanding. Please send notices to parishlinkeditor@stbonifacebunbury.org

Mike Rogers

A moment of stillness?



Perhaps I'm getting old, but somewhere between my teenage years and now, someone seems to have reduced the number of seconds in a minute leading to an impression that time simply flies by.

We live life at a frantic pace. The days of conducting business by letter, whereby an exchange of correspondence was measured in days rather than the seconds offered by email and text messaging have long since gone, and such is my reliance on technology that I can barely remember the last time I wrote a letter by hand.

In the face of such frenetic activity, it is good to stop from time to time and be still – still in body, mind and spirit.

How often do you just sit quietly and listen to the sounds of the world around you; the wind, the birds, the hum of distant traffic?

Or even just the silence?

We are fortunate in that both St Boniface and St Jude are open each day and therefore available for a moment's quiet reflection. If you are there on your own you might find yourself moved by the beauty of the building and deeply aware not just of the stillness, but also of God's presence and by the many, many years of prayer that are held within the walls.

At such moments you might like to think of Elijah who, whilst running away for fear of his life, stood on a mountain as the Lord passed by. And the Lord was not in the wind, neither was he in the earthquake nor was he in the fire. The Lord was in the gentle whisper that followed. (You may find the tale in 1 Kings 19:1-12).

It is in the quiet, when we are still in body, mind and spirit, that we may hear God speaking to us – probably not in a direct way, but in clarity of thought and sense of purpose.

So may I encourage you to take just a few moments each day to be still, to be quiet and to listen to what is within you.

A moment away from the wind, earthquake and fire of our 21st century pace of life is something to treasure and who knows, in the quiet, you may find, as Elijah did, that God speaks to you and gives you a new direction for your life.

Church diary for May

Wednesday 1 May	10:00am BCP Communion	St Boniface
Sunday 5 May	8:00am BCP Communion 9:30am Morning Worship 10:30am Holy Communion and Forest Church 11:30am Holy Communion	St Boniface St Jude St Boniface Calveley
Wednesday 8 May	10:00am BCP Communion	St Boniface
Sunday 12 May	9:30am BCP Communion 10:30am Morning Worship	St Jude St Boniface
Wednesday 15 May	10:00am BCP Communion	St Boniface
Sunday 19 May	09:30am Holy Communion 10:30am Third Sunday Brunch 6:00pm Evensong	St Jude St Boniface St Boniface
Tuesday 21 May	2:30pm & 7:30pm Contemplative prayer	St Boniface
Wednesday 22 May	10:00am BCP Communion	St Boniface
Sunday 26 May	9:30am Morning Worship 10:30am Holy Communion	St Jude St Boniface
Wednesday 29 May	10:00am BCP Communion	St Boniface

Our prayers

Sometimes we are not sure that the decisions we make are right. We doubt and worry.

Help us to understand that it is normal and human to be unsure.

We pray for all those countries afflicted by war and especially Ukraine, Gaza, Israel, Haiti and the long-running conflicts in Yemen, Syria, Sudan and the Democratic Republic of Congo. We think of all those people who work for charities trying to help in these war torn areas.

We also pray that you, Lord, give wisdom and direction to world leaders.

Amen

Have you ever wondered...

David Kendrick continues his series on the history of the windows at St Boniface using his rich knowledge of church records with a little help from Wikipedia: the north chancel windows

What is the connection between the remote village of Kasongo in central Africa, more than 6000 miles away in what is now the Democratic Republic of Congo and St Boniface Church? The answer to this intriguing question can be found in the small brass plaques that often go unnoticed on the lower windowsills of our two North Chancel windows.

The plaque below the east North Chancel window reads: *"To the Glory of God and in loving memory of Joseph Everett Dutton M.B. Bch fifth son of John and Sarah Ellen Dutton late of Brookdale, Bunbury, who died aged thirty years at Kasongo Central Africa while actively engaged in the investigation of Trypanosomiasis and other tropical diseases. This window was placed by his brothers and sisters. He that loseth his life for My sake shall save it"*

The plaque below the west North Chancel window reads: *"To the Glory of God and in loving memory of John and Sarah Ellen Dutton of Brookdale Bunbury. This window was placed by their children 1899"*

Joseph Everett Dutton was born on 9 September 1874 and attended the Kings School Chester, going on to become the British parasitologist who discovered one of the trypanosomes (parasites) that cause deadly sleeping sickness, which was rampant in Uganda and the Congo Basin at the turn of the 20th century. His remarkable story really begins in 1900, less than 30 years after the now famous meeting that took place between Dr Livingstone and Henry Morton Stanley near Lake Tanganyika, at a time when much of the African Continent was still remote and unknown.

In that year, after a perilous boat journey, this adventurous young man from Bunbury disembarked in Nigeria on his first visit to the African Continent. Having been admitted to the University of Liverpool in 1892, where he excelled and earned the gold medal in anatomy and physiology and the Medal in Material Medica in 1895, Joseph went on to win the medal in pathology at Victoria University in 1896. He graduated in 1897, and was appointed George Holt Fellow in Pathology. He then became a resident at the Liverpool Royal Infirmary, where he served as house surgeon for six months before becoming house physician. However his ambition was always to try to make a real difference in the world of tropical medicine and he was soon dreaming of Africa and the childhood stories he had heard of Livingstone.

Joseph was part of an expedition to Nigeria sponsored by

the Liverpool Medical School. This trip led to two reports, one on sanitation to avoid malaria and the other on filariasis (commonly known as elephantiasis). In 1901 Joseph, still aged only 27, was elected Walter Myers Fellow in Parasitology in recognition of his work.

He next undertook an expedition to the Gambia on his own, following which

he reported on the methods of fighting malaria, and on 1 September 1902 he returned to the Gambia once again on an expedition which facilitated a prolonged visit to French Senegal. On 13 September 1903 a new expedition of the Liverpool School of Tropical Medicine left for the Congo Free

State. Joseph was accompanied on this expedition by John Lancelot Todd and Cuthbert Christy. Christy went back to England in June 1904, while Todd and Joseph continued upstream to Stanley Falls, which they reached late in 1904. There they began investigating what caused tick fever, and discovered how it was transferred between humans and monkeys. Tragically, both men caught the disease themselves but were well enough to continue travelling, and reached Kasongo on 9 February 1905. Joseph's health then declined quickly. He wrote down his own symptoms until too weak, after which Todd continued to keep a detailed record that has survived to this day. Joseph sadly died at Kasongo on 27 February 1905. More than a thousand people attended his funeral and burial, mostly local people whom he had treated and whose respect he had earned. It took two months for the tragic news of his death to be carried to the nearest telegraph station and to reach family and friends in Bunbury. The chair of Entomology at Liverpool University and the Dutton Hospital in Kasongo were later founded in his memory. Both of the dedicated stained glass north chancel windows to which the brass plaques refer were destroyed in the WWII bomb-blast in 1940, so what of the replacement windows you see today?



David Kendrick

Bunbury School news



I can't quite believe we have come to the end of the spring term 2024 at Bunbury School. Life in Bunbury school as always has ensured that pupils experience a broad and balanced curriculum full of rich opportunities to enhance their learning. As I look back on this term I am amazed by all the fantastic things we have continued to achieve as a school and provide for the children of Bunbury so that they develop a true love for learning.

From Chester City football club and Cheshire Cricket club coaching our children, to Bike Ability back in January and World Book Day in March. Numerous school trips: Chester Zoo for years 1,3, and 6, Deva Chester Roman Experience for Year 4 and Jodrell Bank for Year 5. We promoted our own mental health during our Mental Health week in February. Year 5 also visited Kelsall Methodist Chapel where they took part in the Easter Hope journey experience. We have also welcomed numerous visitors to school: Chemistry with Cabbage led a science workshop with Year 5 and Prags Birk who led our world faith Day on Hinduism.

The staff and children have not forgotten those less fortunate than ourselves. We raised money for Red Nose Day, as well as a number of children instigating their own

fundraising projects for a number of different charities both local and international.

At the end of the term the school once again gathered to worship at the Easter service in St Boniface church. It was wonderful to welcome so many parents, grandparents and friends into the church. The Year 6 narrators told the Easter story through bible verse, poems and prayers whilst the rest of the school presented the key parts of the story.

As I look to the summer term I know that as a school there are a number of further exciting opportunities on the horizon for our pupils. The outdoor pool installation, which will enable us to provide onsite swimming lessons over a period of two weeks for children in years 3-6, will be installed at the end of the Easter holidays. A further World Faith day on Sikhism is planned. Some eggs will be welcomed into the school in the hope that we will hear the patter of some tiny chick feet. After the huge success of Schools Fest in 2021, 2022 and 2023 the event will be returning week beginning 6 July 2024.

The staff look forward to once again being able to challenge the children and provide them with rich and character building experiences.

Nic Badger
Principal

Gardener's May Diary

Do you sometimes regret choosing a plant for its spreading habit? I have two plants which initially gave me huge satisfaction however, they have now outstayed their welcome.

I have a member of the geranium family, the cranesbill perennial, with delicate purple and blue flowers and zonal coloured leaves, which are pushing their way into the borders, smothering some of my less thuggish plants. It is time to take back control! I initially had three plants but now I appear to have a dozen very large clumps. They have to go.

The other is a Japanese anemone which wishes to own the garden. It has made its way some considerable distance from the original plant. These two plants don't all have the spreading habit so seek out varieties which behave.

The garden club always has a stall at the Bunbury Village Day where we share our "little treasures", so if you see one of these plants labelled "bad habits", you will at least know what to expect.

Finally, whilst wandering around my garden yesterday I found the Lilly beetles are back. They are red and have a monstrous appetite. They are particularly early this year, they obviously hadn't packed and gone away for a winter break and they have got their timings wrong! The only way to deal with them is to pick them off and crush them. However, they are very cunning and tend to fall off the plant upside down so that you cannot find them in the soil, so ensure you pick them off carefully.

Spring is springing so enjoy your garden.

From your gardening correspondent, Keith

Sky notes for May

Will the Blaze Star grace our skies this spring?

Late in the evening of 12 May 1866 an amateur astronomer in County Galway was returning home when he glanced skywards and noticed a bright new star. John Birmingham was a “kindly landlord, scholar and intellectual”, who wrote a stargazing column for the local newspaper. He recognised this was a hitherto unknown object and reported his discovery to *The Times* in London. This allowed astronomers to study the star which turned out to be a nova. A nova is a runaway thermonuclear explosion which occurs on the surface of an old star. This causes the star to brighten, blowing away its outer layers into space. The nova was commonly referred to as the Blaze Star, but now carries the official name T Corona Borealis. After a few days, the Blaze Star faded from sight.

But the story didn't end there. For 80 years later, on the morning of 9 February 1946, the Blaze Star sprang back to life. It was discovered by amateur astronomer Norman Frank Knight of London. This second eruption was also well studied by astronomers around the world. The fact that the star had been observed in 1866 and 1946, the 80-year separation, has led to much anticipation of a further eruption in 2026. On the other hand, astronomers who have investigated these earlier eruptions, as well as the star's recent behaviour, speculate it might actually erupt this year. The most favoured date is sometime between February and August. However, eruptions of novae do not occur with specific regularity, so there is much uncertainty about when it will erupt. But erupt it will!



John Birmingham (1816-1884)

Corona Borealis is a small constellation also known as the Northern Crown. It is marked as “CrB” in the view of the midnight sky from Bunbury, facing south-east, and looks like a small semi-circle. The constellation lies midway between the bright stars Vega and Arcturus. The chart shows the location of where the Blaze Star will appear. It won't be as bright as Vega or Arcturus, but will still be easily seen with the naked eye. Keep an eye out for it as the year progresses. Telescopes across the earth and in space are ready to point towards it and it will doubtless be a major news story when it appears.

April was a poor month for planets being visible, but in May Saturn makes an appearance around 3am in the east. The crescent moon lies to the lower left of Saturn on the morning of 4 May. Then on 31 May you'll find Saturn to the left of the crescent moon. Next up is Mars, rising around 4am. *Clear skies!*

Bunbury Stargazer



The midnight sky in mid-May, looking south-east from Bunbury. The location where Blaze Star will appear is marked.

South African Knysna Education Trust Appeal Rotary Club of Tarporley

PLEASE DONATE YOUR LEFTOVER COINS and NOTES — ANY CURRENCY, OLD OR NEW!

All monies will be sent to the Knysna Education Trust which provides support to unfunded pre-schools in their area:

- * Providing practical accredited teacher training
- * Providing essential services to the Early Childhood Development sector
 - * Entrenching literacy and numeracy in the classroom
 - * Training and support to primary caregivers/parents;
- * Providing access to nutritional support. Please donate whatever you can.

Thank you!

Donations can be handed to any Tarporley Rotary member, addressed to the Treasurer, or put into the collecting basket at the monthly Tarporley Village Market. More information from Treasurer@tarporleyrotary.org.uk and <https://www.knysnaedutrust.co.za/>

Bunbury Medical Practice

May news

Over the spring/summer months, we are going to be using our Facebook page for our "Spotlight On" campaign. This initiative aims to introduce and remind patients about the individual roles of the GP practice team. We hope that this information will help with patient care navigation; if patients know the role of each professional, they can be confident that they are seeing the most appropriate member of the team from the outset. Similarly, the more information that you can give to our receptionists, the easier it will be for them to direct your care appropriately and for you to get the right result, the first time around.

The Practice Manager is responsible for overseeing all the administrative and business operational aspects of the practice. This includes hiring employees, ensuring compliance with regulations and managing the budget of the practice. Handling patient complaints and feedback. **Our PM is Stephanie Adams**

Receptionists are the first point of contact. Committed to confidentiality. Key role in care navigation to the most appropriate service or professional to help you. Receptionists may need to ask you for more information to do so. The duties are many and varied and include answering the phone, covering reception, booking appointments and sorting incoming clinical information. **Our receptionists are: Caroline, Christine, Kathy, Caroline and Kathy.**

The Medical Secretary provides secretarial support to the GPs and other member so the Primary Care team; typing letters, reports and referrals. They work with patients to resolve any referral queries. They also arrange aspects of private work, such as private referrals and processing firearms reports. **Our secretaries are Suzanne and Gail.**

Medical Experts treat all common medical conditions and can refer to hospitals and other medical specialists. They are trained to consider the patients' care and wellbeing needs holistically, beyond just ill health, combining physical, psychological and social aspects of care. They provide support to other primary care professionals. **Our GPs are: Dr John Berry, Dr Nick Dixon, Dr Caroline Hickley, Dr Victoria Woodhouse, Dr Lizzie Harding, Dr Charlotte Webb with registrars Dr Joanna Rayner, Dr Tehmina Rashid, Dr Ruth Pollard and Dr Mateus Molena.**

Advanced Nurse Practitioners are trained health care professionals who have undertaken extra training in clinical assessment. They provide crucial support to doctors. They can also make treatment decisions, including ordering necessary investigations, referring for further care and prescribing medication. **Our ANPs are: Steph Burrows and**

Ruth Thomas.

Practice Nurses. As well as administering injections, providing wound care and lifestyle advice and delivering childhood immunisations, practice nurses are qualified to carry out reviews for a number of long-term conditions such as diabetes, respiratory conditions and women's health, for example, cervical screening. **Our Practice Nurse is Emma Perry.**

Health Care Assistants (HCA) provide vital services within our GP practice, including taking blood, performing ECGs, administering vaccines, monitoring and recording patient conditions by taking temperatures, pulse, respirations and weight. They also support the nurses and patients in providing wound care. **Our HCA is Kate Bloor.**

Phlebotomists are specialists who uses their medical knowledge to take blood samples from patients which are then examined in the laboratory. The results can then be used to help diagnose or monitor diseases and conditions. They determine the correct venepuncture method based on each patient. **Our Phlebotomist is Amanda Naylor.**

Clinical Pharmacists provide specialist advice on medication. They can provide quick and efficient solutions to prescription queries and carry out medication reviews for patients with ongoing health problems and support for patients in managing their chronic conditions. **Our Clinical Pharmacist is Diane Bolton.**

First Contact Physiotherapists have expertise in the assessment and management of musculoskeletal conditions which includes all MSK pain, arthritis (any joint) and they offer treatment for those with injury, illness or disability through movement and exercise, manual therapy, education and advice. They can refer for imaging and surgical opinion where needed. **Our FCPs are Ruth Court and Helen Thompson.**

Dementia Nurse Specialists will lead, deliver and co-ordinate relationship-centred dementia care in order to improve the experience of carers/families affected by dementia. The nurse will help with complex needs as well as during an acute stay and transitions of care. **Our Dementia Nurse is Rachel Molony.**

Social Prescribers can help to reduce health inequalities by supporting people to unpick complex issues affecting their wellbeing and enable patients to have more control over their lives, develop skills and give their time to others through involvement in community groups. They can visit people in their homes, where needed, and encourage social inclusion. **Our Wellbeing Co-ordinator is Keli Fox.**

“Just one thing” for a healthier life



Our well-being expert brings us more ideas from the successful Radio 4 series

Read a novel

Many of us may already read fiction for pleasure, but with busy lives it can be something we neglect, or we choose to read non-fiction, news or social media instead. But neuroscience shows us that reading a novel, with characters in a story, increases blood flow across the entire brain. It's not fully understood how this works but it seems that descriptive words of sensory experiences e.g. lavender, cinnamon, hearing a voice or music, seeing colours and faces etc, recruit those parts of the brain as if they were actually experiencing them. It is known that reading fiction improves vocabulary and verbal ability, and it gives us a better understanding of others, thus enhancing our empathy. Stories force us to direct attention outwards, away from ourselves, which corresponds with reduced depression and anxiety, and it increases brain connectivity and social skills. Studies have shown that children with painful conditions experience less pain if they are having a story read to them, and other studies suggest that reading a novel gives better respite from stress than a spa day! Half an hour a day seems to be sufficient to bring about long-lasting beneficial effects, and may also protect against dementia and even increase longevity. Reading out loud increases the benefits further, perhaps because speaking words out loud means we

remember them better, but all leisure reading is good for us, and we should be doing it daily, so go get that novel and enjoy some guilt-free time getting immersed in a story!

Eat an apple

The old adage 'an apple a day keeps the doctor away' seems to bear some truth. Apple skins contain many flavonoids (also present in dark chocolate) which are powerful antioxidants which reduce blood pressure, lower cholesterol and lessen chronic inflammation; red or bluish-red apples contain the highest concentrations in their skins, but all contain some. These effects mean that blood vessel function is improved across the entire body, which reduces the risk of heart disease and vascular dementia; one study whereby participants ate two apples with skins per day for several months had 34% less heart disease than a control group. Apples also contain prebiotics such as pectin which significantly improve the ratio of good to bad bacteria in the gut, and this in turn helps brain function, and may help with diabetes and weight loss. Apples also contain vitamins C and E, and potassium, which are beneficial to the body in many ways. The good news is that they are just as healthy if they are cooked (including the skins), which can make them more palatable to some people, and of course they grow readily in the UK so are always available and affordable.

The trials and tribulations of bee keeping

Coming from winter into spring is always a challenging time for the bee-keeper and his bees and so it is proving this year. When a colony is in full swing at the height of summer there are probably about 35–40,000 bees in the hive — and this may rise to c. 60,000 for a really well developed colony. Over the winter this falls to only around 5,000 bees. The winter bee's only responsibility is to manage the survival of the queen over winter and coax her into activity at about this time of year. These bees have survived the vagaries of the winter weather; the warm weather in January/February gave them the impression that things were starting up again and they could hand over the responsibilities to new bees. The bees become very confused with the changes in weather from cold to warm and then back to cold and wet. The winter bees can live for several months, from around November until March/April, but they then they die and hand the responsibility over to new broods of summer bees who work like Trojans but only live for a few, intensely working weeks (perhaps 35 to 40 days). The problem is that these newbies (bees) have to take over the

responsibility of looking after the queen, making new comb or refurbishing old comb, tending even newer brood and foraging for pollen and making honey. Unfortunately, these bees, which are mainly ladies as the drones don't have any role yet, want to be out and about foraging and starting the whole cycle over again, but the wet/cold/windy weather we are having is having an impact on this.

The hive was doing well but over the last week I've noticed a very disturbing reduction in activity. I haven't opened the hives for inspection but I have peered through the removable window and they are concentrated in a small region of the hive, which is where I presume the queen is. It's not the weather to go poking around too much and my motto is: "Even if you don't know what to do, the bees probably do".

So, we will have to see how things proceed and hope for some warm sunny days for the bees to get going and for me to get the vegetable garden and greenhouse sorted.

Peter Styles

A day to celebrate the life and achievements of Barbara Croley

This is the edited eulogy given at Barbara's funeral by Ian Brackenbury, Barbara's son-in-law and her daughter Helen's husband

It is an honour and privilege to stand before you today to give the eulogy for Barbara, a truly amazing and inspirational lady.

Barbara Wardle arrived in this world on the 4 September 1937, the first born to Tom and Ellen Wardle. She was followed in due course by a brother, David. The family lived in Bootle, Liverpool, and she would remain in the area until the mid 60s. Barbara was proud of her roots and even in later years enjoyed trips back to the area to see her cousin Harry.

When Barbara finished school she worked as a telephonist in the Cunard building overlooking the Mersey. Barbara met and married Cliff, her first husband, in 1958 and they had three children: Stephen, Ian and Helen. Cliff worked for Limmer and Trinidad, a tarmac company, and was posted to Beeston sand quarry. Barbara and the boys decamped from Liverpool to Hartford and then settled in Tarporley in 1971, with Helen arriving in 1973.

Like most families from Liverpool their love of football crossed all boundaries, Barbara was a true Blue, Stephen a fellow Evertonian, while Ian and his dad Cliff were true reds supporting Liverpool – Helen wasn't much interested. Barbara and Ernest married in 1980 and moved to Bunbury. Barbara quickly became very involved at St Boniface and, with Helen being a pupil at Bunbury Aldersey School, she joined the PTA, growing strong and lasting friendships in the community.

Family life was a huge part of Barbara's life, she was a superb mum to Stephen, Ian, Louise and Helen, and a truly supportive mother-in-law to Sue, Andrew and Ian. She was an amazing Nana to Amelia, Steffany, Oli, Ellis, Harriot, Erin and Thomas. In later years she became an active great nana with the arrival of Lilli, Sophia and Arabella. When the grandchildren were younger trips to Nana Pips were filled with adventure and fun. Steff recalls pretend tea parties with Andy Pandy and Big Ed, when Barbara would sit for hours pouring tea into plastic cups, sitting on a rug on the living room floor.

Amelia remembers the fun that she and Oli had on trips to China with Barbara to see their dad. A sleep over at Nana Pips would of course involve a trip to church on Sunday, when the grandchildren were actively engaged and deployed. Favourite jobs were measuring out the coffee into the cups in preparation for the after service drink, or inserting the order of service into the hymn books. The church holiday clubs were another favourite activity when Nana provided them with "special jobs" to help and support. Ellis fondly remembers Christmas 2022 when after a hearty lunch and a little wine, a darker side of Barbara emerged. Games were played and eventually the dominos came out for a game of Maltese cross – sat with a poker face the silent assassin arrived and Barbara wiped the floor winning every game.

Barbara was an excellent cook and baker - her cakes were legendary, not only in Bunbury at Village Day, but featured frequently at the Beeston Open Day each August bank holiday. The grandchildren remember with affection their early instruction in cake making and the baking skills have even been shared with the fourth generation. Even as late as last September, despite not being able to eat the cakes herself, Barbara, to the delight of Erin and the others, was still baking cakes and using proper butter icing to meet the individual requests and demands. Another culinary masterclass that Barbara became famous for was her twelfth night supper, when friends would gather to mark the end of the festive period and enjoy her meat and potato pie. Following Ernest's death Barbara would often host a lunch with friends Mary Large, Brenda Fishwick and a number of other like minded single ladies from the village. The pleasure and companionship Barbara gained from these gatherings was clearly visible and the friendships developed important to all.

Being fiercely independent Barbara continued to travel and holiday both within the UK and further afield. She was a frequent visitor to the Far East to see Ian, and

more recently, Amelia and her great grandchildren in the Middle East, as well as venturing as far as Australia to visit friends in Perth. Helen and Ian were fortunate enough to share holidays in Portugal until recently, and Helen and Barbara regularly visited Lisbon in earlier years.



she shared. Barbara supported many in the village - in her own way, quietly and confidentially - never seeking or looking for recognition. Barbara enjoyed helping people, seeing the lives and spirits of others improve was reward enough for her.

In January 2023 Barbara was diagnosed with motor neuron disease, Barbara met the challenges of the disease in

Over the years Barbara supported this village in many ways, not only was she the organiser, motivator and chief bottle washer behind Ernest and his many projects, but she was also an active member of the WI, the school's PTA, and at 80 herself, she drove for the Meals on Wheels team. In the summer of 2022 Barbara was honoured to be recognised formally by the Village Day Committee for her support to the wider community. Barbara was a committed Christian and spent many hours here at St Boniface both in worship and supporting the church. She was church warden for nearly 20 years and there are not many church roles Barbara will not have undertaken. The church and her faith are an integral part of her life. It is a fitting tribute and recognition of her involvement in the church that the clergy are wearing white stoles today as a celebration of Barbara's life; the choir and the bell ringing team also asked to be part of the service.

Barbara's characteristics as a calm, warm, loving, genuine and caring individual naturally drew people to her, and over the years she established and built many lasting friendships through her volunteering roles. In the cards the family have received, many have commented on Barbara's magnificent strength of character and the love

typical Barbara Style: she didn't give in or moan but approached her challenges head on. Whilst aware of her failing health, Barbara wanted to remain in her home for as long as possible, and we celebrated her 86th Birthday last year in the garden with close friends. As a family we would like to thank you all for all the love and support you have shown not only in the last few weeks but also over the previous 18 months. We would like to thank the MND medical team at the Walton Centre in Aintree for the support shown to Barbara, and finally the amazing staff in the Isolation Unit at Leighton Hospital for their compassion, dignity and care shown to Barbara and us at her time of passing. Barbara had great belief in her faith and recognised that eventually she would be called away - you will not be surprised to learn that as organised as ever, Barbara planned her funeral: she picked the hymns, readings and prayers. The final piece of music selected by Barbara - Fields of Gold by Sting - links to the funeral of her eldest son, Steve, and recognises that she has risen to the golden fields above, to be reunited with family and friends who have gone before her, and in particular her husband Ernest.

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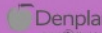


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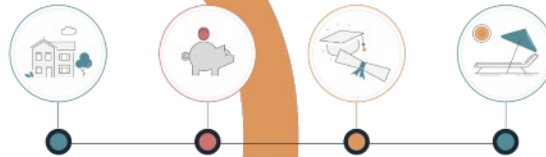
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