



Link

March 2023

Also in this issue...

QUIZ AT ST BONIFACE
31 MARCH
7.00 for 7.30pm start
£10 per person
For tickets message or
WhatsApp on 07580 066153

3

TURKEY-SYRIA EARTHQUAKE APPEAL
Disasters Emergency Committee

Quiz night for
Turkey-Syria
earthquake

SATURDAY 1st April 2023
COFFEE MORNING
ST JUDE'S CHURCH HALL
10 – 12.00 hrs

5

Proceeds towards
roof repairs

ST. BONIFACE
CHURCH FÊTE
AT BEESTON CASTLE
MONDAY 1st MAY
11AM-4PM

8

A GREAT FAMILY DAY OUT
ON MAY DAY BANK HOLIDAY
ENJOY A DAY OF TRADITIONAL FUN

Join the fete
committee and
make it happen

A magazine for the parishes of
Bunbury and Tilstone Fearnall

Forest Church leads the way to Eco-church status



St Boniface is working to achieve eco-church accreditation. The children at forest church have built a bug hotel to encourage small wildlife to use our garden. See page 6 for the full story.



Follow Bunbury Church on Facebook

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The Link

Please contact us if you would like to advertise your business or to send us your news, views and pictures.

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You can also read The Link online at: www.stbonifacebunbury.org.uk

Community news

Congratulations to Emily and Jonny Garnett on the baptism of their daughter **Grace** on 28 January. Grace is Anne Garnett's, and Alex and Nick Sanders' grand-daughter.



Congratulations also to Katie and Vince Walford on the baptism of their daughter **Mae** on 4 February, in the photo with big sister **Millie**.



Sue Watson wishes to thank Margaret and Mike Rogers, Lesley Moore, Sandra Saunders, Tim Jackson, Yvonne Fairclough, her lovely Bunbury WI family, her neighbours at Meadow House Park as well as staff at Leighton Hospital for their support over the past seven weeks as she continues to improve from a painful and debilitating attack of ophthalmic shingles. She feels truly blessed, grateful and humbled by the care and compassion she has received from everyone involved.

Rather than give Christmas cards to each other this year, staff at **Bunbury Medical Practice** decided to donate to charity. £50 has been given to the Alive Project in Bunbury to help with outings. **Thank you** so much to all the staff.

Bunbury Bowling Club is now preparing for the coming season. The green has been carefully

OPEN DAY
Sunday 16th APRIL 2023
2.00pm - 4.00pm
NEW PLAYERS WELCOME
MORE LADIES REQUIRED
COACHING AVAILABLE
Come along and give it a try!!!!

For more information contact:
Dore Evans 01829 262514 doreevans80@hotmail.com
Brian Blake 01829 260790 brian-blake@btconnect.com
Neil Fovkes 01829 260381 neil.fovkes3@gmail.com

maintained during the closed season and will be ready for play by Monday, 3rd April. For the 2023 season the Club will be entering two teams into three local

leagues: Norley afternoon league playing on Tuesday afternoon; Norley evening league playing on Weds evening; Crewe & Nantwich veterans league for over 60's playing on Thursday afternoon. The club also has a ladies team that play in the Mid Cheshire ladies league on Monday evenings.

The next **WI** meeting will be on the 9th March and it will be a quiz.

The next meeting of Bunbury Gardening Club will be a talk by Barbara Wilkinson on "Physic gardens and our ancestors" on Tuesday 21 March. The meeting will start at 7.30pm in the Village Hall. New members and visitors are very welcome.

Lent Series at St Boniface. Wednesday mornings starting on 22 February at 10am after communion with Rev Tim — see Tim's column on p3 for more details.

Dates for your diary:

18 March — Just Sing concert in aid of the Community Service at Tarporley Memorial Hospital (p3).

31 March — St Boniface quiz night for DEC Turkey - Syria appeal (p3).

1 April — St Jude's coffee morning (p5) raising funds for the church roof.

25 April — Christian Aid coffee morning in St Boniface Church from 10am-12pm.



A word from the editor

This year I will be taking on the role of Christian Aid coordinator in Bunbury from Joyce Buxton who has done it for many years. Thank you, Joyce. A small team and I will be putting the collection envelopes inside April's Link magazine. There will not be a door-to-door collection this year. Instead we will tell you where you can drop off the envelopes in the Link. It is a marvellous charity, and the money goes to the right place.



TIM HAYWARD

Your Vicar

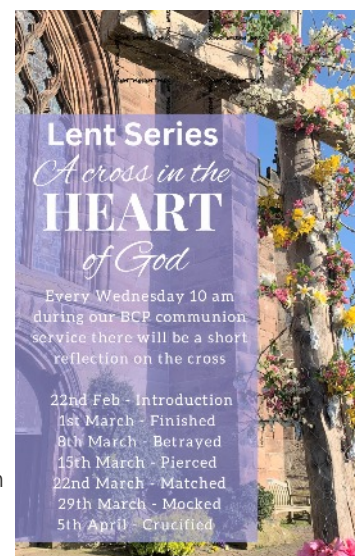
Lent Series: A cross in the heart of God

When I was at university, I went to hear a well-known evangelist speak at the big lecture theatre in town. He was quite something. He preached what we might call a Mel Gibson gospel. In other words, he gave us the third-degree, gruesome, vivid and unforgettable detail of the cross, in the style of the film the Passion of the Christ. In sweaty language and with wincing imagery, he described what the process of crucifixion did to the heart, lungs, rib cage, wind pipe, face, eyes, cheeks, hips, feet and hands. When 45 minutes was up and he'd made our nails curl, our stomachs wail, our throats dry and our eyes weep, he invited us all to come to the front and make a commitment. I didn't go. The next day I called my friend. He said, "Do you feel guilty about not going forward?" I said, "Yes." He said, "You shouldn't. If you look in the Bible, the gospels tell us almost nothing about the physical details of the crucifixion. Jesus suffered terribly, don't get me wrong, but lots of people have suffered then, some even worse than him, and lots of people have suffered since and still do. The gospel isn't about some contest of pain in which Jesus came out the winner. The gospel is not that Jesus physically suffered. It's that he was forsaken."

To be fair to the evangelist, I think a lot of preachers don't dwell on the cross because they believe it belongs to Good Friday; and then they find that a lot of people don't come to church on Good Friday. And I think a lot of Christians feel unease at the way the cross is spoken of in conventional theories of atonement - but don't quite know what to put in their place. Which leaves an abiding tentativeness that the cross is central, fundamental to our faith... but we're not quite sure what it actually means!

For our Lent Series: A cross in the heart of God - I will be exploring six key themes in the gospels relating to the cross.

The cross is, in the end inexhaustible, and if I find fault with conventional theories it's not because they're too outlandish but too narrow. The Bible has no single understanding of the significance of the cross. So I will try to set out my core understanding of the cross with these six largely but not wholly dovetailing reflections. You are most welcome to join me every Wednesday 10am for a short BCP communion service at St Boniface and reflection on the cross.



QUIZ AT ST BONIFACE
31 MARCH
 Doors open 7:00 for 7:30pm start
 Ploughman's supper
 Bar & raffle
 Teams of 8
 £10 per person
 For tickets please message or
 WhatsApp Lucy on 07580 066153

TURKEY-SYRIA EARTHQUAKE APPEAL
 Disasters Emergency Committee

Just Sing!
 Present
Songs of Ireland
 a celebration of St Patrick's Day
 Saturday 18th March
 7.30pm
 Tarporley Baptist & Methodist Chapel

Tickets £10 (includes glass of wine)
 Available from:
 The Corn Mill - 11, Mill Lane
 Gifford & Poles - Tarporley

Memory Art Club
 with Alison

10:30am - 11:30am
 Duddon Village Hall
 First Thursday of every month
 £10

A Dementia friendly art club for any ability
 Explore creativity through reminiscence, collage & painting to create memories and improve well-being

Please call or email to reserve your place.
 Space is limited. Refreshments provided.

07596-234-666 jonesalimac@gmail.com

Church diary for March

Sunday 5 March	8.00am BCP Communion 9.30am Family Worship 10.30am Holy Communion & Forest Church 11.30am Holy Communion	St Boniface St Jude's St Boniface Calveley
Wednesday 8 March	10.00am Holy Communion & Lent reflection	St Boniface
Sunday 12 March	9.30am Holy Communion 10.30am Family Worship	St Jude's St Boniface
Wednesday 15 March	10.00am Holy Communion & Lent reflection	St Boniface
Sunday 19 March	9.30am BCP Communion 10.30am Sunday brunch 6.00pm Evensong	St Jude's St Boniface St Boniface
Tuesday 21 March	2.30pm & 7.30pm Contemplative prayer	St Boniface
Wednesday 22 March	10.00am Holy Communion & Lent reflection	St Boniface
Sunday 26 March	9.30am Family Worship 10.30am Holy Communion	St Jude's St Boniface

The copy deadline for the April issue is Friday 10 March. The magazine should be delivered from Saturday 25 March. Please send notices to parishlinkeditor@gmail.com

Mike Rogers

Notices



We live in a world surrounded by a myriad of ways in which we might communicate with one another. Setting aside newspapers, (yes, there are still some of us who read such publications!), television and radio, we discover that there are other, often more popular, means available. Think if you will of email, WhatsApp, SMS, imessage, Facetime, SnapChat, TikTok, Messenger, YouTube, Messenger and Twitter, to name but a few. But amongst all these, I believe there is still a place for the humble notice board and its announcements. But however you communicate, you do have to make sure that your message is unambiguous, else it can be misinterpreted. Let me give you a few examples, each taken from church notice boards, of what I mean.

The ladies of the Church have cast off clothing of every kind. They may be seen in the vestry on Friday afternoons.

The Vicar unveiled the church's new 'Giving Campaign' slogan last Sunday: 'I Upped My Giving - Up Yours.'

For those of you who have children and don't know it, we have a nursery in the church hall.

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Don't forget your husbands.

The drama group from our local School will be presenting Shakespeare's Hamlet in the Church Hall on Friday at 7pm. The Congregation is invited to attend this tragedy.

But there is one notice in church which can never be misinterpreted. You'll find it in the bible. It is one quoted by Jesus and it has its origin in the Book of Leviticus. It says *Love your neighbour as yourself.*

As a notice it seems pretty clear to me, so I'll leave you to get on with it!

Layers of prayers

Prayer is the glue which holds all Christians together, regardless of creed, denomination, or tradition. It is the gateway to God. One of our traditions is to bring to God in prayer the needs of others, whatever their troubles, regardless of their beliefs, and we pray for those we know who are sick, bereaved or distressed. If you would like us to pray for you, or someone else, you can contact Kay, our Parish Administrator at bunburyparishoffice@gmail.com or me, Pat, at pat.ellis0612@gmail.com. If you would like us to mention you by name in church or in our virtual prayer group, let us know and we will be happy to do so. The virtual prayer group sends out an email each week including prayers for those in our hearts. This email covers not only our three churches, but the wider community as well. If you would like to be included in this group, please email me with your details and I will add you to the list.

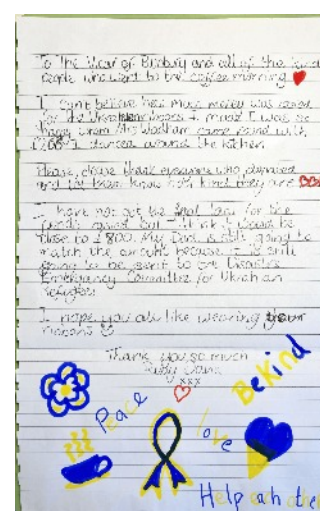
Pat Ellis

Claire Wilson

"It is better to give than to receive"



Bah humbug! I hated my parents saying this when I used to bewail my friends not reciprocating after I had given them a Christmas or birthday present. I would be waiting, with hands outstretched, to see if they would give something back to me – my focus would be on me, me, me! What was I going to get in return? How wrong could that have been? When we turn our attention from giving on to the recipient, we realise that the pleasure of giving is about honouring and blessing that person, by gifting something that they want, need or that's beyond their expectations.



And in this act of giving, our hearts are opened, and we experience joy of doing a good thing. God loves a cheerful giver, not someone who feels it's their duty, or feels compelled to but someone who has decided in their heart what is right to give and gives generously. You don't even need to know who the recipient is to experience the joy of giving, and an amazing by product of giving is that it can be contagious, it can inspire

others to be generous. For example, if someone in a queue pays for another's bill, the recipient of the kindness is more inclined to do likewise if they see someone struggling to pay a bill. It can create a simple cycle of giving that unites community and brings a smile to faces.

It doesn't matter how old you are to be able to give and it doesn't matter the size of the gift to make the biggest impact on the recipient. Earlier this year, a lovely young lady decided that she wanted to give to the Ukrainian crisis but she had little means to do so. She obtained some blue and yellow ribbon and made badges which she decided to give away for donations. As an encouragement, her father agreed to match whatever funds she raised, and Ruby's letter says it all... giving is generous, contagious and as her father will testify can also be costly but worth it.

Our prayer for February

Dear Father,
Let us see one another the way you see us.
Amen

“Just one thing” for a healthier life

Our well-being expert reviews the successful Radio 4 series

I have recently started listening to **Michael Mosley's 'Just One Thing' podcasts**, slightly misnamed as there are currently 35 episodes! However the suggestion is that any one of them practised regularly can make a significant improvement to some aspect of one's health, which is great news if like me, you sometimes feel overwhelmed by the sheer number of things that we are meant to be doing. Here is a summary of the first five.

Early morning walk - The benefits of a 30 minute walk outdoors within two hours of awaking seem to be many: exposure to natural light in the morning helps to reset the body clock so that it's easier to get up in the mornings; after exposure to bright light the body naturally produces a spike in melatonin about 14 hours later, and that is what helps us to get to sleep. Natural light is always brighter than standard indoor lighting and working from home may mean that many people who got natural light from their morning commute are now missing it. It also boosts one's mood directly by increasing serotonin, a feel-good and coping hormone. Research is also suggesting that a daily fix reduces cancer rates, and if it is a brisk walk (increasing heart and breathing rate) then cardiovascular disease incidence falls by 10-20%. This one sounds like a no-brainer to me!

Eat some bacteria - This sounds a bit off-putting, but most of us these days are aware of beneficial bacteria and their necessity for a healthy digestive system. Improving their proportion in your gut seems to promote better sleep, to have a positive impact on mood with less social anxiety and less stress, and to turn fibre into anti-inflammatory compounds that are absorbed by the body. Michael's suggestion is to make your own sauerkraut using crushed red cabbage, onion, salt, coriander and turmeric, mixed together and left to ferment for a week! Of course, sauerkraut can be bought, and kombucha, kimchi and kefir are all good sources too; kefir is dairy-based and has higher probiotic levels than standard yogurts, and can be purchased in the Co-op, so that's my preference for now.

Cold shower - This one is a terrible concept for me, but many people do regularly expose themselves to cold showers or outdoor swimming, and enthuse about its benefits. It is best to very gradually increase one's exposure, building up from a few seconds to start with. Practising controlling one's breathing whilst enduring this stress is excellent practice for responding better to unexpected stress, but it also increases anti-inflammatory production which therefore reduces inflammation in the body which is thought to underlie depression, Alzheimer's, diabetes and many other conditions. Maybe I will have to try it – in the summer!

Learn a new skill - Learning any new skill, physical or mental, is extremely good for the brain, improving memory and speed of thinking. It seems to reduce stress partly by keeping you in the moment or 'flow' as you concentrate on one thing only – similar to meditation in this respect. If it is an enjoyable activity it

releases dopamine, another feel-good hormone. Learning a new language – perhaps on an app like Duolingo – ticks all these boxes, but knitting, table tennis, drawing, playing a musical instrument, woodwork and almost anything else will be beneficial too.

Intelligent exercises - Many of us try to include some form of aerobic exercise in our routines but this episode suggests that resistance/strength exercises are even more valuable to our brain function. Press-ups and /or squats are the recommended ones, and research shows that 3-5 minutes of them increases blood flow to the hippocampus, which usually slowly declines with age, with a corresponding decline in learning skills, memory and spatial navigation. It is important to get your blood pressure checked before you begin these exercises, but if it's normal then build up your repetitions slowly, checking that you are doing them correctly. Apparently it is better to do 3-5 minutes of this high intensity exercise several times a week than 30 minutes of steady state exercise. If you can combine them with a cognitive task such as reading or listening to music the effect is even more marked.

So there's five to think about – maybe one will take your fancy. Next month I'll review another few episodes so don't lose heart if none of these suit you.

Livi Weller

COFFEE MORNING

AT

ST JUDE'S CHURCH HALL

Tilstone Fearnall

SATURDAY 1st April 2023

10 – 12.00 hrs

In aid of funds towards

Roof restoration

£3.00 payable on the door.

Cake stall, book stall & raffle

All welcome.

Bunbury School

news

On Friday 3rd February Bunbury Aldersey CE Primary held a Cape Verde day to further explore the new international link which the school has forged. The school were joined by school by Emilio who led workshops in the school hall for all the children teaching them traditional dancing and music.

As a Rights Respecting Silver school and with the increasing importance of global learning, it is vital that the children are provided with opportunities to learn about life in a different culture. As previously explained, in the last Link edition Bunbury has worked to establish an exciting link with Castelao Primary School in Cape Verde (located off the west coast of Africa).



The school has already received a video of Castelao Primary School and has also sent a video tour of Bunbury School to them to provide an insight into the similarities and differences between the two schools. The videos have been well received and viewed by pupils in both schools. The children enjoyed seeing the Primary school in Castelao as well as virtually meeting members

of the staff teaching team. I am sure the children in Castelao Primary had as many questions about the different culture as the children in Bunbury did!

During the day, the children learnt about the country's culture as well as learning traditional dances

and listening to music. The children thoroughly enjoyed drumming and learning different dance moves – even the staff were persuaded to join in. There were also art, geography and language activities taking place in classes throughout the day. It was fantastic to see the children researching, exploring and finding out facts so enthusiastically about our new sister school in Cape Verde.

The staff look forward to providing the children with further invaluable experiences and lessons, which teach them about life in Cape Verde as our link strengthens and grows. The children are also excited in turn to share their culture and traditions with Castelao Primary School.



St Boniface to become an eco-church

Eco-Church is a scheme for churches who want to demonstrate that the gospel is good news for God's earth. Becoming an eco-church considers five key areas of our church life: worship and teaching; management of church buildings; management of church land; community and global engagement; lifestyle.

We are starting to work towards becoming an eco church. Whilst we already do some things well, we have lots of opportunities to improve as we work towards official accreditation as an eco-church. You'll be hearing more about these as the year progresses. There will be opportunities for all to participate in various projects, whatever your age or interest. Our young people are already looking at ways of promoting wildlife on our land. Well done to Forest Church who have made a lovely bug hotel in the church grounds to start attracting wildlife and also provided the front cover to this edition.



Sky notes: March

Venus dominates the evening sky scene again this month as a bright white beacon in the west at sunset. On 1 March, Venus and Jupiter have a very close encounter when Venus skims past Jupiter. I say "skims past", but the motion is slow - try watching them through binoculars over a couple of hours to see their relative motion. They set about 8.30pm. They will be fairly close together the following few nights.

As the month progresses, Jupiter heads further towards the horizon each night. By contrast, Venus gets higher in the sky. By the end of the month, it doesn't set until 11pm. The Moon is near Venus on March 23 and 24. On March 23 there is an alignment, with Venus at the top, the crescent Moon below and Jupiter at the bottom.

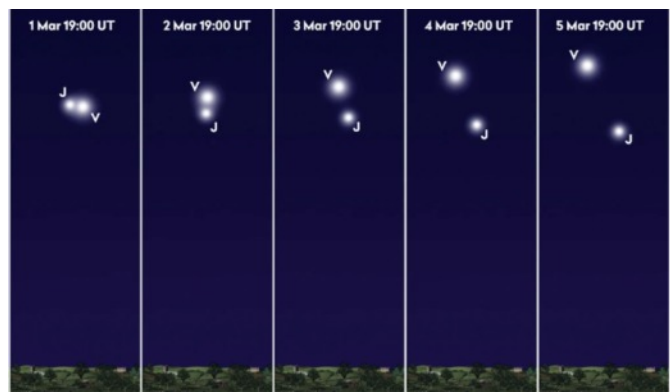
With all the action around Venus and Jupiter, don't forget Mars which is also very bright this month. The red planet lies in the constellation of Taurus, the bull. It sets in the early hours. The Moon is near Mars on March 28.

British summer times starts on 26 March at 1am. Don't forget to put your clocks forward an hour! The spring equinox is on

20 March at 9.24am. That means day and night are of equal length all over the world.

Clear skies!

Bunbury Stargazer



Hedgehogs in your garden

Did you know?

1. There are between 5,000 and 7,000 spines on an average adult hedgehog.
2. Hedgehogs **can climb very well**. Obstacles such as stone-faced earth banks and even small garden brick walls are easy going for them, but taller walls and solid fences are impassable for them.
3. In milder parts of the UK, instances of **pregnancy reach a peak between May and July, and then again in September**. The later breeding attempts make them vulnerable to losses over winter.
4. Other hedgehog superpowers include their **super speed** – they can run at speeds of up to six feet per second – that's four miles an hour, which is pretty impressive for their size!
5. While defending territories, **hedgehogs emit snorts, squeals and grunts** – just like pigs – hence the 'hog' part of their name.
6. **Shakespeare mentions hedgehogs** in *The Tempest* and *A Midsummer Night's Dream* as 'hedgepigs' as well as 'urchins' due to their spiny exterior.
7. **They also eat reptiles**, particularly juvenile snakes – hedgehogs are highly resistant to adder venom! A protein

called erinacin in the hedgehog's muscular system prevents a blood haemorrhage if bitten by an adder, should they accidentally disturb one during their nocturnal activities.

More facts to follow next month!

You can do your bit to help hedgehogs by installing a Hedgehog Highway Surround in your garden. A Hedgehog Highway Surround is a 5 inch lined gap in a fence or wall allowing access for hedgehogs. These gaps are essential in the battle to prevent the extinction of our endangered spiky friends, especially if your garden has solid fencing all around it, and borders other gardens or farmland.

Hedgehogs have been in severe decline for many years, and the Hedgehog Highways allow hedgehogs to forage for food, to meet mates to breed, and to access nesting sites. They also raise awareness of hedgehogs' struggle for survival and create a talking point, encouraging others to create a highway of their own and take part in the project.

Money from the sale of every Hedgehog Highway Surround is donated to help the rescue of sick and injured hedgehogs. Anyone can buy one, for £3, from Spurstow Parish Council; contact Katherine Hutchinson, chair@spurstow.org.uk – they have purchased 50 for this purpose.

Haughton hedgehog lady

Bunbury Medical

Practice news: March

Staff Update

We are very pleased to announce the arrival of our new Practice Manager. Stephanie Adams joins us from a practice in Shropshire where she has been deputy practice manager; she has been in management roles for the past three years. Stephanie started her NHS career as a receptionist in a dispensing practice and so understands NHS ethos. She is very excited to make the move to this key role at Bunbury Medical Practice. At the beginning of February, we were joined by three new registrars (qualified doctors who are GPs in training), all at varying stages. One qualified in Cardiff and has been working in Wrexham for the last few years, one comes from Canada and has been training in Chester for the last two years and one has been working in Eastbourne for the last 14 months.

Dispensary News

Our text service to patients to let them know that their medication is ready to collect has received very positive feedback. Please note that this is just a text service and we do not have the resources to telephone patients who do not have a mobile phone. If you would like to receive texts when medication is ready, please ensure that your mobile phone details are correct. If you do not have a mobile, please allow four working days from your request being made before coming into the surgery. Please also note that if you drop prescriptions off at the practice on a Friday afternoon, Saturday or Sunday, the first working day is the Monday. For Bunbury patients who are not able to access online medication ordering services or who are unable to deliver their medication requests to the surgery due to mobility issues, there is a dedicated one-hour slot between 12noon and 1pm, Monday to Friday, for them to call dispensary. Please do not telephone reception to ask if medication is ready as these calls unnecessarily block lines into and out of the surgery which can be needed for emergencies; if you have allowed four working days from your request, your medication will be ready to collect. For safety reasons, some medication requires

close monitoring by your GP, this might include blood testing and blood pressure checks. If you receive a reminder that you are due for a review test, please do not ignore this as it may delay your medication being safely dispensed; thank you.

PSA Blood Test

Please be aware that unless a patient is already part of our prostate recall system, it is not possible for our receptionists to book an appointment for a PSA blood test. Patients will need to book an appointment with one of the doctors in the first instance to discuss the test, check for any symptoms and consider a prostate examination.

No Smoking Day

Wednesday, 8 March is No Smoking Day, 2023. We thought we would take this opportunity to remind our patients of the Go Smoke Free help available to them. Patients can refer themselves to this Cheshire Change Hub quit smoking service without the need to visit their GP. The service recognises that giving up is not easy but that quitting with their help makes it four times more likely that you will be successful and that accessing support in the early days of quitting is essential. Cheshire Change Hub will provide up to 12 weeks of free nicotine replacement therapy and unlimited behavioural support for as long as needed. One-to-one support is available in the form of a weekly session, in one of 18 venues cross Cheshire West. Support is also available via telephone, text or via the Facebook page (@cchangehub). More information is also available at www.cheshirechangehub.org or by phoning 0300 777 0033 – information includes how to self-refer.

Flu Vaccines

In light of the current level of flu cases, we would like to make patients aware that it is still possible to book an appointment to be vaccinated, with appointments available during Extended Hours on a Monday evening at Bunbury. Please call reception to book an appointment.

Join the Church Fete Committee!

St Boniface church fete at Beeston Castle will take place on 1 May. The Beeston fete committee is community in action: engagement, connection and common purpose. The current team are looking for new members as they have around 60 years' service between them. The fete has a long history but it has always changed to survive. We need new ideas and new people to join us. Can you help? The villages in and around Bunbury are full of active, engaged neighbours that support long-standing traditional community events. We also meet in the pub – which helps. Please contact Lucy if you are willing to give it a go on 07580066153.



Ken Cheers

Ken Cheers was very well known around the village and always had time for a chat with everyone. He contributed greatly to the village over the years and was involved with the Parish Council, Village Day and scouts. Ken was born in Runcorn on 21 September 1925 to Cheshire Police Constable Charles Evan Cheers and Laura (nee Anderson) both formerly of Handbridge Chester. As a baby of a few days old, the family moved to Ellesmere Port to his father's new posting. Ken told the story of that particular move of him being wrapped in blankets and packed safely in a chest of drawers. The third of four children Ken's early life was full of adventures, but as the son of a policeman he was expected to behave well. A favourite past time with his brother Arthur and pals whilst at Ellesmere Port was to fish for crabs in the ship canal and then have crab races on the Quay. The winning crab was thrown back in and the rest cooked in a tin can and shared between the friends.

Ken went to school in Eaton near Congleton and later passed the entrance exam to go to school in Macclesfield. The family later moved to Mobberly and it's here that tragedy struck when Ken's mother died at the young age of 43. Ken moved to Spurstow to be with the family and support his father, and started an apprenticeship as a fitter and turner at British Rail Engineering in Crewe where he spent the rest of his working life.

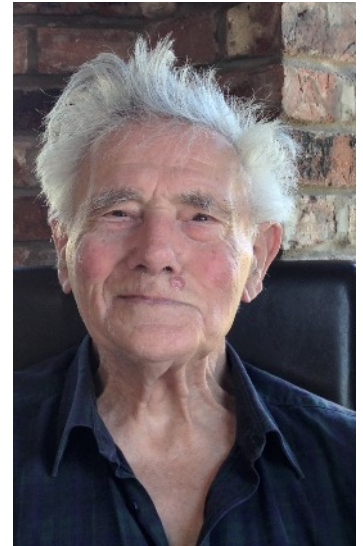
Ken's life changed when he met Freda Burrows at a local dance. Freda was the daughter of a local farmer and butcher in Bunbury. Freda had seven brothers and a sister. Ken had to be approved by all of them! Ken and Freda married at St Boniface church on 4 July 1951. At first taking rooms at the Burrows family home, the old Post Office Bunbury, where their son Andrew was born in November 1952 then Laura in March 1957. A few months later the family moved to Brook Cottage. Ken was able to finally put down some roots. Ken and Freda were never happier than when Brook Cottage was filled with happy smiling generations of both young and old, family and friends. He especially loved the children. Ken lived for his

family and his garden; both brought him great joy and contentment especially during his 33 years of retirement, 18 of which was spent with his soul mate Freda. The family used to worry more recently when he was double digging his garden ready for planting out at the age of 95. "Don't worry about me, if you find me in the garden just put me in the brook and point me towards heaven and the sea."

As Ken's condition deteriorated Laura and Andrew had to think about his long-term care and he moved to Beeston View. They are very grateful to all the staff at Beeston View for their care and support.

His grandchildren said that Grandad was a walking, talking encyclopaedia. He never ceased to amaze them with his knowledge of the latest news, people, places and historical events. They loved to hear his stories and he loved to sing. The 12 days of Christmas was a particular favourite with the booming emphasis of five gold rings. He also taught them old sea shanties which he would sing loudly on the Chester Show Boat trips and pedalos on holiday. Ken was there for every major event in their lives, birthdays (when there was always an annual trip to Chester for each of them), weddings, graduations, christenings and new homes. Ken was one of the first people the grandchildren would call with news and one of the first that they would go to for advice.

He will be sadly missed by Laura and Andrew and their families and all the grandchildren and great grandchildren.



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John Dook

John was born on the 14th of January 1944. He grew up in Wilmslow with his late brother Graham, mother and father, Mabel Florence and Joseph who was chairman of Manchester's Licencing Justice's and president of Markendales Meat Company. G Dook and Sons was one of the oldest butchers in Manchester in the day and renowned for its award-winning sausage.

John went to Terra Nova Prep School. John had very fond memories of his summer holidays spent with the family at their house near the beach in Rhosneigr. He then attended Tabley Boys School, becoming head boy.

John worked with his father learning about the meat trade and picking up his butchering skills, attending catering college and working in Scotland during his apprenticeship as a chef. He did immigrate to Canada for a short time, and it is believed there is still an unpaid speeding ticket over there with John's name on it.

John and Wendy eventually were married on 27 July 1998. Through the years, he was dad to his furry babies, Chablis and Alice, Josh and Sol, Okey, Cokey and Smokey the donkeys, Bonnie dog and Fat Boy Floyd.

Over the years he was known as John, JD, Dookie or as John, or, as quite often he said: Mr Dook to you.

From the early 1970s John took over the Tanronnen in Bedgelert. Then moved to the Denorben Arms in Bodfari. Starting the famous smorgasbord and chicken and chips in a basket for which people travelled miles to visit. The next adventure brought him back to Cheshire to the Shady Oak, which in its day became one of the busiest pubs in Cheshire. The good old days! It was also where John and Wendy first

met, or Miss Manley, as John used to refer to her, as not to be too familiar. Some friends still call her Miss Manley to this day. Staying in Tarporley, John took on The Crown for a short spell, as he developed a special friendship with many of the Licensees in the area,

John and Wendy returned to North Wales to Bryntirion Inn in LLander(v)fel and Bodwenni Hall. Many a time, if some of the locals from the choir came in, John would not let them leave without singing Myfanwy. John and Wendy stayed in Wales moving to The Plough at LLandegla.

By the time John and Wendy arrived at the Miners Arms at Rhes-Y-Cae, John was just recovering from major surgery for mouth cancer which saw John slowly start to wind down but not before converting the Miners Arms back to its original cosy size. Dabbling in building works and also finding time to fulfil his dream of life on board his beloved Malahide Trawler Yacht in Spain. The locals at the Miners were very accommodating with very flexible opening hours which allowed John & Wendy to spend months on end on their beloved boat. Following this, there was a short blast at The Thatch at Faddiley. Then a final move to Bunbury, not to another pub, but not far away from one either!

Sadly, John was suffering from COPD, which gradually slowed him down further, but he still managed to catch up with old friends. John enjoyed life in the garden, wearing his Panama hat, sipping a pint of beer, enjoying his love of music, or just listening to the birds around him, reminiscing of his time spent in North Wales and Cheshire.

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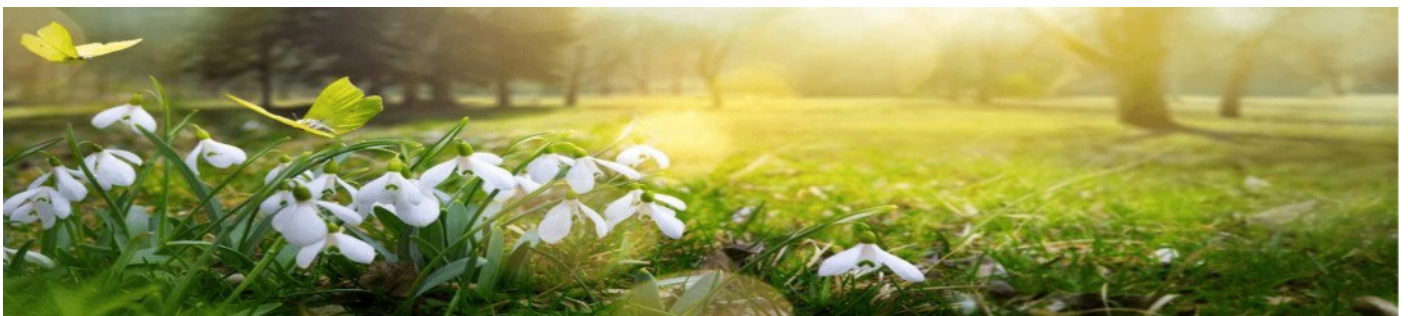
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