

Link

December 2023 - January 2024

*Merry Christmas and
a Happy new year, from
all at the Link*



***Please join us for
one or all of our
services – let's
share the joy of the
season!***

A magazine for the parishes of
Bunbury and Tilstone Fearnall



Follow Bunbury Church on Facebook

You are invited to
Advent and Christmas

Services in the parishes of
Bunbury and Tilstone Fearnall

Sunday 3 December

Christingle Service at St Boniface at 4:00pm
in aid of The Children's Society

Sunday 10 December

Carol Service at St Jude at 3:00pm

Wednesday 13 December

Carol Service at Calveley Chapel at 7:50pm

Sunday 17 December

DIY Nativity and Sunday Brunch at St Boniface at 10:50am

Carol Service at St Boniface at 6:50pm

Christmas Eve

Crib Service at St Boniface at 4:00pm

Christmas Communion at Calveley Chapel at 7:50pm

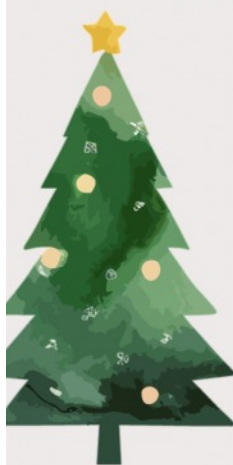
Midnight Mass at St Boniface at 11:50pm

Christmas Day

Christmas Communion at St Jude at 9:50am

Christmas Communion at St Boniface at 10:30am

www.stbonifacebunbury.org



Who we are

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The Link

Please contact us 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

Here to serve

We have increased the number of pages in the Link to allow us to publicise more local events and support local businesses — see our new notice board on page 14. Please contact the editor if you would like to advertise your charitable event, or parishlinkads@stbonifacebunbury.org if you would like to advertise your business. We look forward to hearing from you!

Community news

Congratulations to **Grace and Richard Sceats** on the baptism of their son **William** on 22 October.



St Boniface church has received a Bronze Award from the charity A Rocha in recognition of our progress as an accredited **Eco Church**. St Boniface is an ancient listed building so we are limited in what we can do to the building itself, but we recognise our God-given duty of care for the environment in our worship, we involve our young community in activities that engage them with the natural world, we seek to minimise resource waste, and we work to use our buying power to support sustainable businesses. If you have ideas to improve what we do as an Eco Church please get in touch.

To avoid a conflict with the School Carol Concert, **Contemplative Prayer in December** will be at 2.30pm and 7.30pm on Tuesday 12 December.



This is the second Tuesday rather than the third and the change is for December only.

St Jude is holding a Carol Service on Sunday 10 December at 3.00pm; all welcome. Refreshments will be served afterwards. Christmas Communion will also be held on **Christmas Day** at 9.30am.

Please see page 5 for the full list of services during December and January at **St Boniface, St Jude and Calveley Chapel**.

Rachel Overy has asked us to say thank you very much to everyone who attended and donated at the coffee morning at Lower Hall. They raised over £500 for The Robert Jones and Agnes Hunt Hospital. A great start to her London Marathon fundraising target in April 2024.

Bunbury WI meets on the second Thursday of the month at Bunbury Playing Fields Pavilion starting at 7:30pm. Members will enjoy an autumn lunch on 30 November. Hazel Griffiths will present a talk on 'Grace Kelly' at their meeting on 14 December. On 11 January they will have their New Year lunch, and at the meeting on 8 February Dr Karen

A word from the editor

Thank you to all those who have contributed to the Link over the past year, especially to those of you who do the door-to-delivery. It would not work without you. Thank you for all your support. We are always looking for advertisers and contributors so please get in touch.

The next Link will be out at the end of January. In the meantime the Link team wishes you a very happy Christmas and New Year.

Castle will talk about 'How I ended up in prison'. Guests and new members are always welcome.

Join **Just Sing** at Bunbury School on 4 December to sing Christmas Carols and songs. You don't have to be a member.

Join the Christmas Choir — The Christmas Choir forms and rehearses in St Boniface church Bunbury, in preparation for the Carol Concert on 17 December at 6.30pm. Rehearsals take place on the first three Saturdays in December from 10.00am to 12.00pm at St Boniface. The choir is led by Marcus Williams, who is the MD of Decibellas. Please come and join us. It makes the Christmas Carols special.

Decibellas, Cheshire upper voices choir, is holding their winter concert at St Boniface church on 9 December at 7.30pm — see the ad on p14 for full details. As well as audience participation carols and songs led by their MD, Marcus Williams, the concert will feature Decibellas' new Assistant Musical Director (AMD), Liv Westhead (30), a Cheshire-based singer and singing teacher.



Tom and Elaine Crotty wish everyone a very happy Christmas and New Year.

Wishing everyone a happy Christmas and a peaceful New Year from **Joy Parker and family**.

Wishing everyone a very merry Christmas and a happy and peaceful New Year. Love from **Graham and Sue Melia and family**.

Seasons greetings and a healthy and peaceful year ahead to all from **John and Jo Mason and family**.

Happy Christmas to all and every good wish for 2024 from **Anne James**.

Barbara Butchart would like to wish a very merry Christmas and happy and healthy new year to all those in the Alive club, including the staff at the Nags Head and all friends in Bunbury.

Tim and Judy Gray send their lovely Bunbury neighbours and friends the very best wishes for the festive season and an excellent 2024.

Wishing my friends in the village a very happy Christmas and a healthy 2024. **Frances Furber**.



TIM HAYWARD

Your Vicar

Imagine that one day Jesus came to your house. He rings the doorbell. You are delighted to see him, let him in, offer him a glass of wine and dinner. You phone up your family and friends to tell them the amazing news. Jesus asks to stay with you and you are thrilled — for the first week or two.

But then he starts bringing back people with him, they look a bit dubious, tatty, the sort that your neighbourhood doesn't really like. He was always being criticised for being in the wrong company and you start to see why. He lets these people stay for a while, gives them things, listens to them endlessly, laughs with them, doesn't seem to see in them what you can. Maybe he's a bit naive?!

After a few months, your neighbours begin to complain. House prices are falling. They don't want dodgy looking people coming to see this so-called friend of yours. And then the press turns up because of the things he's saying, upsetting the Church, the government, the lawyers, the academics: anyone with a bit of influence.

So you give a bit of thought to the situation. There's a very nice little room under the stairs that could be done up with expensive wallpaper and some thick carpet. You could put Jesus in there. It would stop him using the rest of the house and inviting all his friends. You could put him in the room and perhaps lock it, so that he's safe — but of course you would ensure that there were always fresh flowers outside his door and a candle so everyone who comes knows he's there. And perhaps you might bow very profoundly every time you walk by the little room. Yes. He'll be happy being there and so will I. It'll be much nicer.

But how long will he stay in this little tomb before his love forces himself out again?!

All through Advent we pray: Come, Lord Jesus! Is that what we really want? If so, we better brace ourselves. Jesus embraced untidy life not whitewashed tombs. He wants relationships, justice and compassion. So, better sweep the stable and work out what must change in us — so, when he comes, it's going to work out together.

The copy deadline for the February issue is Friday 12 January. The magazine should be delivered from Saturday 27 January. Please send notices to parishlinkeditor@stbonifacebunbury.org

Mike Rogers



Are we ready?

One of the challenges associated with writing a piece for The Link is that printing deadlines force you to think ahead. To prove my point, I'm writing this at the end of October when I'm not really ready to start thinking about Christmas, let alone write about it, and in the church's year we've not even got to Advent, the four-week preparation period that precedes the festival.

But then, are we ever ready for Christmas?

It should come as no surprise; we know full well that every year Christmas Day falls on 25 December. So why are the weeks before it so frantic in so many households?

Is it because we instinctively shy away from the inevitable?

For those who still send them, there are all those Christmas cards to write. There is the customary 'round robin' (have you ever seen a robin that is round?) letter to draft. There's the shopping for that 'perfect' gift. There's the cooking to be done; the cake, the mince pies, the trifle and the Christmas pudding. There are the presents to wrap; the Christmas tree to decorate (and why do Christmas tree lights always end up in a tangle even though last year you put them away so neatly?). There are decisions to be made; where are we going to spend Christmas? At home? With one or other of the kids? With Mum and Dad? In a hotel? And for some maybe, on a faraway beach? But just a minute — is that all there is about Christmas? Was the world ready 2000 years ago to receive the birth of the Christ child?

Well, if you read the Christmas narrative in the Bible, you will discover that it was not. An inconveniently timed census had been called which meant that Mary and Joseph had a long and arduous journey to make at just the wrong time in Mary's pregnancy and there was nowhere to stay in an overcrowded city.

Yet despite the unpreparedness and the chaos of that first Christmas, the Christ child was born and God himself was among us. And, as a result, the world was changed for ever.

So who says the age of miracles has passed?

May I wish you a happy and peaceful Christmas and may it bring for you your own miracle, be it large or small, expected or unexpected.

Our prayers

*Lord Jesus Christ,
your birth at Bethlehem
draws us to kneel in wonder
at heaven touching earth:
accept our heartfelt praise
as we worship you,
our Saviour and our eternal God.
men.*

*O God of all justice and peace, we cry out to you in
the midst of the pain and trauma of violence and fear
which prevails in the Holy Land, Ukraine and all other
areas of conflict in the world.*

*Be with those who need you in these days of suffering;
we pray for people of all faiths and nations — Jews,
Muslims, Christians and for all peoples.*

*While we pray to you, O Lord, for an end to violence
and the establishment of peace, we also call for you to
bring justice and equity to the world.*

*Guide us into your kingdom, where all people are
treated with dignity and honour as your children, for to
all of us you are our Heavenly Father.*

In Jesus' name we pray.

Amen



Although the outcome of the RBL Poppy Appeal is, at the time of writing, unknown, may I take a moment of your time to thank you for your generous support of this year's Appeal. Based on my own experience of collecting, the response has been excellent. May I also thank all those who gave of their time to take part in the house-to-house collections and particularly to Mairi and Bob Harris who not only put up the poppies that adorned the lamp posts and road names in Bunbury but also organised the whole Appeal.

*Mike Rogers, President Bunbury Branch, Royal
British Legion*

Church Diary

Church diary for December

Sunday 3 December	8.00am BCP Communion 9.30am Morning Worship 10.30am Holy Communion & Forest Church 11.30am Holy Communion 4.00pm Christingle	St Boniface St Jude St Boniface Calveley St Boniface
Wed 6 December	10.00am BCP Communion	St Boniface
Sunday 10 December	9.30am No service 10.30am Morning Worship 3.00pm Carol Service	St Jude St Boniface St Jude
Tuesday 12 December	2.30pm & 7.30pm Contemplative Prayer	St Boniface
Wed 13 December	10.00am BCP Communion 7.30pm Carol Service	St Boniface Calveley
Sunday 17 December	9.30am BCP Communion 10.30am DIY Nativity and Sunday Brunch 6.30pm Carol Service	St Jude St Boniface St Boniface
Wed 20 December	10.00am BCP Communion	St Boniface
Sunday 24 December	9.30am No service 10.30am No service 4.00pm Crib Service 7.30pm Christmas Communion 11.30pm Midnight Mass	St Jude St Boniface St Boniface Calveley St Boniface
Monday 25 December	9.30am Christmas Communion 10.30am Christmas Communion	St Jude St Boniface
Wed 27 December	10.00am No service	St Boniface
Sunday 31 December	9.30am Morning Worship 10.30am Morning Worship	St Jude St Boniface

Church diary for January

Wednesday 3 January	10.00am BCP Communion	St Boniface
Sunday 7 January	8.00 BCP Communion 9.30am Holy Communion 10.30am Holy Communion and Forest Church 11.30am Holy Communion	St Boniface St Jude St Boniface Calveley
Wed 10 January	10.00am BCP Communion	St Boniface
Sunday 14 January	9.30am Holy Communion 10.30am morning Worship	St Jude St Boniface
Tuesday 16 January	2.30pm & 7.30pm Contemplative Prayer	St Boniface
Wed 17 January	10.00am BCP Communion	St Boniface
Sunday 21 January	9.30am BCP Communion 10.30am Sunday Brunch 6.00pm Evensong	St Jude St Boniface St Boniface
Wednesday 24 January	10.00am BCP Communion	St Boniface
Sunday 28 January	9.30am Morning Worship 10.30am Holy Communion	St Jude St Boniface
Wed 31 January	10.00am BCP Communion	St Boniface

On Wednesday 6 December Santa will be visiting Bunbury assisted by the Rotary Club of Tarporley and the Tarporley 41 Club. Full details including times on page 14.

News from Bunbury School



School life continues to be busy at Bunbury Aldersey CE Primary with school and community events to celebrate. On Friday 10 November, Rev Tim and the Royal British Legion were welcomed into school for the traditional Remembrance Worship. The list of the fallen was read by Year 6 pupils during the service along with poems which had been written by Year 6. A number of open days have been held this term to share the school with prospective parents. Parents have been able to book an individual guided tour with the Principal, Nic Badger, to view the school in action. During the tour parents have been able to hear about the Connected Curriculum, see the dedicated PE teacher in action with classes, view the Forest School provision as well as see all the classes working. We have also been able to share the new mental health provision in 'The Nest' where a dedicated member of staff is available to support both pupils and their families.

Although all the dates for open days this term are booked, prospective parents for a school tour are



welcome at any time (diary permitting). Should you wish to visit Bunbury Aldersey CE Primary please don't hesitate to contact the school office for a tour.

There are currently spaces for in-year transfers in Year 1, Year 2, Year 3 and Year 4.

There will be a number of events in the run up to Christmas: Christmas Jumper Day, the Christmas Fair, the Christmas Nativity Play and the Carol Concert.

Nic Badger, Principal

Forest Church news

Forest Church made beautiful flowers using Autumn leaves. They then gathered as many leaves in their hands as they could. They imagined each leaf was a different stress in their lives and then, on the count of three, cast them away as far as they could. *"Cast all our cares upon God because he cares for you."*

They also found time to refresh the bug hotel that they built in the graveyard earlier this year. They cleared moss off the old graves and laid it on the palace to give protection to insects and small creatures using it as their adopted home.



Can you help the Bunbury Scout Group?

Bunbury no longer has Beavers, Cubs or Scouts sections — can you help bring them back to the village?

On Sunday 12 November the Remembrance Service took place at St Boniface Church. It is a time for reflection and remembering the sacrifice that so many brave women and men have made for our freedom.

It has been custom for many years that the uniformed groups in our village march proudly with the

British Legion to show their respect and dedication to the act of Remembrance. The groups also take part in clearing the War Graves in the cemetery and place poppies on each. This year, very sadly, there was no representation from our own Scout Group, the 25th South-West Cheshire.

The sections of Bunbury Scout Group — Beavers, Cubs and Scouts, have been run each week by volunteer leaders, people who give up a couple of hours each week to deliver exciting and interesting activities to our children. These sessions are structured, engaging and good fun and allow the children to gain many life skills, enjoy team building, exercise and engage with the natural world.

I have been part of the Bunbury Scout Group for over 20 years. I have enjoyed many wonderful times with adults and children within our Group, as have many other parents who have



URGENTLY NEEDED

BUNBURY SCOUT UNIT NEEDS YOU!

VOLUNTEER TODAY

Do you enjoy having fun and using your imagination?

Can you inspire young people aged between 6 and 14 years old to focus their energy and reach their full potential?

Call Andy for info: 07976363056

volunteered over that time. As well as volunteers running the sessions, we also have dedicated people behind the scenes who work on administrative and financial aspects of running the Group. In January this year, we began to realise that the need to find and recruit new leaders moving into September was going

to be a priority. We put out requests and advertised around the Village. No interest was forthcoming and so, sadly, with the stepping down of a number of leaders over the summer, we could not run Beavers, Cubs or Scouts in September.

This November has brought about, to my mind, what a loss to the village and our community not having a Scout Group is. It would be nice to think that, if anyone might be interested in helping to run a section, the next Remembrance Sunday at St Boniface will see us once again able to play our part in acknowledging and never forgetting those who suffered and died for our country.

To find out more or volunteer your services, contact me at 07976 363 056. Turn to page 8 for frequently asked questions about being a Scout leader.

**Andrew Fairclough
Group Scout Leader
25th South-West Cheshire**

Scout leaders' Q&A



25TH SOUTH-WEST CHESHIRE
BUNBURY & DISTRICT

Q — Do I have to be a parent or have a child attending one of the groups?

A — No, as long as you're over 18, you can help out as an adult volunteer in Scouting. There is no upper age limit for adult volunteers

Q — If I volunteer, will I be expected to run sessions by myself

A — No, we still have a handful of leaders, with a great deal of experience, who will work with you

Q — What's in it for me?

A — Volunteering can be a brilliant way to boost your mental well being. It's a great feeling knowing you're helping young people get skills for life, and you might even learn a lot about yourself along the way. Scouts can make you feel good in other ways too, including making friends, trying new things and challenging yourself, getting outdoors, positively impacting your community, making memories that'll last a lifetime.

Q — What if I can only help occasionally?

A — That's OK. Whether you'd like to be an activity planner, tea-maker or craft creator, we appreciate any time you can spare.

Q — Is Scouting just for boys?

A — No, Scouts is the largest mixed youth organisation in the UK. Individuals of all genders are encouraged to join.

Q — What are the age groups of the individual sections?

A — Beavers are six to eight years, Cubs are eight to ten-and-a-half years and Scouts are ten-and-a-half to fourteen years.

Q — How do I find out more?

A — Call Andrew Fairclough, Group Scout Leader, 25th South-West Cheshire on 07976 363 056



Sky notes for December and January

The nights are really drawing in. The Winter Solstice occurs on 22 December, when the Sun reaches its southernmost point. It also gives the northern hemisphere its shortest day and longest night. A couple of weeks later, on 3 January, the Earth is at its closest point to the Sun in its orbit at a distance of 147 million km. This is known as "perihelion". The word comes from two Greek words: peri, meaning close, and Helios, the Sun.

Shooting star season — and the opportunity to test an astronomical prediction!

Two of the best meteor showers occur in the next two months. On the night of 13/14 December look out for what is the most reliable display of the year of shooting stars. This night is the peak of the Geminid meteors, dust particles left behind by the asteroid Phaethon. Early in the morning of 14 December is the best time. The sky will be dark as it's close to New Moon. These shooting stars move much slower than most.

Then on the night of 3/4 January we have the maximum of the Quadrantid meteor shower. Sometimes these meteors are coloured. Meteor showers are generally named after the constellation they appear to emanate from. So where does the name Quadrantid come from? Well, when they were first observed two hundred years ago, they appeared to be coming from the constellation of "Quadrans Muralis", the Mural Quadrant, which is an old astronomical measuring instrument. French astronomer Jerome Lalande created this constellation in 1795, but it was eliminated from the official list of constellations drawn up by the International Astronomical Union in 1922. The stars of Quadrans Muralis are now part of the constellation Boötes, the Herdsman. So they should be called the Boötid meteors, but the old name has stuck.

But that is not all. This year we might be in for an unusual event. On the night of 2/3 December the Earth is predicted to encounter the dust left by Biela's comet. This comet no longer exists for it broke



up way back in 1846, first into two pieces as shown in the sketch made at the time, then disintegrating completely. So Biela's Comet is an ex-comet! But its leftover dust is still orbiting the Sun, occasionally appearing as meteors when Earth passes through the comet's orbit.

Usually this is not a good shower, but some astronomers who have studied past showers in detail have speculated that this year we might be in for a treat. They predict we might see a shooting star every minute. Or possibly even more. But we cannot be certain and the only way to find if the prediction is correct is to go out and look. Even if it doesn't occur, light will still have been shed onto the orbital properties of Biela's ex-comet. This is why astronomy is so exciting, you never quite know what you will see, but astronomers will learn something new, whatever the outcome. This early January shower, usually very weak, is called the Andromedids as they appear to come from the direction of the constellation Andromeda. Remember: you heard it here first!

I operate a meteor camera in my garden that automatically captures a video of any meteor in its field of view when it is dark and the skies clear. The accompanying image shows a meteor I caught on 24 October just before 3.00am BST.

I didn't actually see it myself as I was tucked up in bed, but it would have

been a spectacular sight, brighter than Jupiter. The meteor streaks from the top to the bottom of the image and finally ends with a dazzling explosive burst.

The reason why the meteor trail appears dotted is that this final image is made up of many individual video frames that have been combined.

Mighty Jupiter and brilliant Venus

The bright planet Jupiter dominates the evening sky in December and January. It is far brighter than any stars and shines with a constant light, unlike stars which tend to twinkle. Jupiter lies close to the Moon on 22 December and again on 18 January.

In December, brilliant Venus rises in the south-east at around 4.00am and around 5.30am in January. You'll need to get up early, but it will be the brightest object in the sky until dawn. There is a lovely pairing of Venus and the crescent Moon on the morning of 9 December. To the upper right you can spot the star Spica in the constellation Virgo. The next morning, 10 December, a very thin lunar crescent lies just below Venus.

There are some striking pairings of Venus and the Moon in January too. On 8 January the crescent Moon is again close to Venus. Then on 9 January the thin crescent lies between and below Venus and the much fainter Mercury.

I would like to take this opportunity to wish all stargazers a blessed Christmas and a New Year filled with wonderfully clear skies!

Bunbury Stargazer



Meteor over Bunbury

Bunbury Medical Practice

news: December and January

A message from our Practice Manager

As the saying goes 'time flies when you're having fun', and that certainly is the case for me, ten months I have been in my post at the Practice and already feel like part of the furniture.

As I'm sure you're all aware, we had a fire at the Practice in April which meant the whole first floor was inaccessible. I would like to take this opportunity to firstly thank the staff here at Bunbury, the resilience shown in a time of turmoil is something to be commended and everybody should be extremely proud. Secondly to our patients, thank you all for your cooperation and understanding, we received a phenomenal amount of support and well wishes. During my first ten months we have welcomed new faces to the Practice team and also said goodbye to others. As a training Practice we train and support Registrar GPs who take placement with us, over the summer months we said goodbye to Dr Soufan and also welcome Dr Rayner. We also recently said goodbye to Dr Elmasry who was with us for her final year as a Registrar. After completing her final exams Dr Elmasry has been successful in finding a position at a Practice in Shropshire and joins them in the new year after a well-deserved two months travelling. Earlier this year Bunbury Medical Practice became the host site for enhanced access appointments, meaning services are available Friday evening 6:30pm–8:00pm and Saturday 9:00am–5:00pm. This service can be used by all patients registered at any of the six practices that make up the Rural Alliance PCN and we are pleased to see many of our patients using this service.

Our new chronic disease recall system was also introduced this year, this is referred to as a Birth Month Review (BMR), meaning any patient who is on a chronic disease register such as Asthma, COPD, Diabetes etc. will be called for their annual review within their birth month. As this is a new system patients may find they haven't yet been called as we work our way through and catch up, if you think you are due an annual review, please contact our reception.

I'd like to wish all our patients a Merry Christmas and a Happy New Year!

Covid test kits

Last month, we mentioned that we were noticing an increase in respiratory illness amongst our patients, and we asked that anyone attending the surgery with a respiratory-related problem (cough, cold, sore throat etc) wear a face mask. It might also be beneficial to keep at least one Covid test kit to hand this winter, as patients may be asked to take a test if wishing to be seen with symptoms suggestive of Covid.

Dispensary News

The busy Christmas season is with us once again. Please be mindful of what you are ordering and only order the medication you need and then please collect your prescription in a timely manner. We are still finding that medications are being requested and then not collected.

The surgery will be closed for only three working days over the festive period: 25 and 26 December and 1 January.

Training Days

No training day is scheduled for December. A full up to date list of training days appears on the practice website.

We wish you all a healthy and happy festive season.

Please remember that help is available through the surgery with non-medical issues which are affecting your health and well-being:

We can refer you to the Social Prescribing service which helps patient over 18 who are

- feeling lonely or isolated;
- needing help with housing support, debts or benefit claims;
- in need of carers' or bereavement support;
- wanting access to social groups or activities in the area.

You do not need a GP appointment to be referred to the Social Prescribing service; any practice staff member can help you.

“Just one thing” for a healthier life: exercise and naps



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

Eccentric Exercise

Running downhill can be better for you than running uphill; this is because running downhill is eccentric exercise, which is lengthening muscles under resistance. It makes your muscles and bones stronger, and they resist injury and repair better too.

Two groups were asked to walk either up or down the stairs of a ten storey building twice a week; the group who only walked down were fitter — they had lower resting heart rates, greater insulin sensitivity and lower blood fat levels, better muscle function and strength, better bone density and better balance.

Contracting muscles is concentric exercise (eg a biceps curl) — lowering it is eccentric exercise. Lowering weights or our own bodies recruits fewer muscles than lifting, which means that those muscles have a much greater load, which causes microscopic tears which are then repaired (via rest and hormonal effects) and create greater muscle mass. This extra repair also stimulates the metabolic rate, which increases the amount of calories burnt after the exercise for a longer period of time.

Try lowering yourself into a chair very slowly, at least ten times. Or focus on lowering weights slowly, lowering your press-up slowly, or doing squats very slowly. Yoga is also a good way to do more eccentric exercise, and all of these help to improve joint flexibility too.

Take a nap

A short half hour doze after lunch can improve mood, cognition, attention, productivity and heart health, and it may even improve your creativity. Many of us have a pronounced mid-afternoon slump due to natural circadian rhythms, and this is an ideal time to do take a nap, around 1 or 2pm.

Sleep gives us a cardio-vascular holiday, because it allows the nervous system to calm down and the body to recover from the stresses of the day; a nap even once or twice a week may reduce your risk of a heart attack or heart failure. It also helps us to better regulate and process emotions and to perform better in a whole range of cognitive functions. If you don't get enough sleep at night then a half hour afternoon nap improves these things far more than getting an extra half hour in bed at night-time. After a few minutes of sleep we move into stage two sleep which is great for attention, memory and motor skills. More than five minutes is beneficial; the classic 20-minute power nap is probably the safest if you are worried about interfering with your night-time sleep. So setting your alarm for 30 minutes allows ten minutes to fall asleep, and then wakes you before you enter the deeper stage three sleep which will be harder to rouse from, though some people happily do 60 or even 90 minute daytime sleeps and feel huge benefits from them. Happy napping!

Liv Weller

Foodbank update

Thank you to everyone who continues to contribute to the foodbank via the box in the Village Hall porch. Below is last month's update which bears keeping in mind as Christmas approaches.

Message from Zoe at the foodbank:

"Thank you for your email and for the continued support from the Bunbury community.

We do get given a lot of mince pies and chocolate in the run up to Christmas, as well as donations from Cadbury's — so that side of Christmas treats is well covered.

What we try to do in the food parcels distributed throughout December is to add special items that can contribute to a celebratory meal: stuffing, tinned meat; cranberry sauce, bread sauce, gravy granules, custard (we can't distribute brandy



sauce), puddings, cheese crackers, pickles, chutneys, crisps and snacks that come in the tubes so they don't get squashed in transit (twiglets, mini cheddars, cheese balls, peanuts etc). We need smaller sizes of these items as we support many single people, so perhaps individual puddings. Ideally we need the Christmas related items with us by the end of November so we have time to pack them into the food parcels to distribute during December.

Going through into January we need staples: tinned meat, biscuits, tinned desserts (custard and rice pudding), tinned fish and cleaning spray. One thing we are always asked for and never have enough of is washing detergent, not glamorous, but very much needed."

The volunteers at the distribution point are always pleased to see us and comment on the generosity and thoughtfulness of those using the Bunbury drop off point.

Anne James

Have you ever wondered...

In the October Link article about local hero and Colditz escapee Ronald Littledale a brief mention was made of the WW2 bomb that dropped on Bunbury.

It was 27 November 1940, so almost 83 years to the day today, when out of the pitch black night sky a parachute silently drifted down towards Bunbury. Hanging beneath the parachute was a live German bomb.

It can only be speculated but it was believed that either a German plane had off-loaded its bombs after failing to reach the major target of Liverpool or that the large petrol storage dump located near Beeston Station was the intended target.

That night at least ten bombs were dropped over the Bunbury area with nine landing on surrounding fields, causing little damage and with many of the small craters still to be seen to this day. Sadly the tenth bomb, a so-called land mine, exploded within a few yards of the north-east corner of the St Boniface Church. The row of cottages that followed the original Bowes Gate Road around the church wall were destroyed and the church was severely damaged. The slight rise in the ground level of what is now the green, parallel to the east, is the only reminder of where these cottages, the original Church Row, once formed part of the heart of Higher Bunbury. The Bunbury Smithy which stood to the north, where what today is the Church car park next to the cemetery extension, was damaged beyond repair and was later demolished, but it was the church that took the full force of the blast on that ill-fated night.

The whole fabric was severely shaken, the nave roof (of nineteenth century date) and the late mediaeval roof over

the chancel collapsed, and almost the whole of the stone window tracery on the north side of the church and the glorious fourteenth century tracery of the great east window were completely shattered. With it went no fewer than 12 of our ancient stained glass windows, with only one escaping damage, as well as 12 clerestory coloured glass windows.

Fortunately no lives were lost but the sights that greeted the people of Bunbury when daylight came on 28th November were heartbreaking.

Temporary repairs had to be made to the roof with shorings and tubular scaffolding, covered with felting to try to keep out the rain, and the great eyeless spaces of the windows were boarded up, with a host of minor repairs far too numerous to detail were needed. Due to the huge cost and the post-war shortages of building materials it was then to be more than 10 years before a complete programme of restoration could be commenced. A portion of the total cost was met by the War Damage Commission, but the sheer scale of the restoration work needed is reflected in the appeal to the community by Rev. Maurice Ridgway to raise £20,000 (the equivalent of nearly a million pounds today) by public subscription.

Despite the cold and dark interior some services were restarted in the severely damaged church on 22 June 1941, only six months after the bomb explosion, and hundreds of services were carried out during the next ten years. These included the funeral service of Captain John Bolton Littledale, aged 74, who was buried 28 December 1942, and a Special Memorial Service which was held on 18 September 1944 for Lt. Col.



Photos by kind permission of the Museum of Policing in Manchester. The bombed church and cottages.

R.B.Littledale, aged 42, who had been killed in action in France.

Work to restore St Boniface Church to its former glory finally began in the early 1950's .

To be continued..

David Kendrick

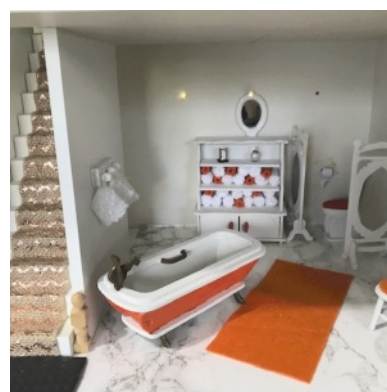
ALIVE news

The ALIVE project has very kindly been gifted a beautiful dolls' house. The house has been made and furnished by a very talented lady who lives in Bunbury village and it has been a real labour of love over many months.

The sale of this unique house will help to boost the ALIVE funds and will allow us to continue offering a free hot drink in the Warm Hub in the Nags Head during the winter months.

This would be a gift to be treasured for many generations. If you are interested in owning the house we are looking for offers over £250.

If you would like to view the dolls' house and make an offer to buy please telephone Patricia Blackwood on 0744 3653355.



Bunbury Bowling Club



Bunbury Bowling Club had a very good successful 2023 season. From a membership of forty nine (four new players this season) we run two teams who were successful in their various leagues.

Norley Evening and Afternoon Leagues

Our 'A' and 'B' teams have come first and second in the Norley Evening league Division 5 which means promotion to Division 4 next season. The 'A' team reached the quarter finals of the Coronation Cup competing against over 50 other teams. The 'A' team came a very creditable third in the Norley Afternoon league in Section 4, just missing out on promotion. One of our players, Alan Gregory, has come a close second in both the Norley League averages after winning last year.

Crewe & Nantwich Vets League

Our Teams have also had success in the Crewe & Nantwich Vets League, with the 'A' team coming top of Division 2 and therefore getting promotion to Division 1 next year. This is the second year running the 'A' team have topped the Division and been promoted. The 'A' team were also runners up in the final of the Knockout Competition playing against thirty other Clubs. Alan Gregory once again has kept Bunbury in the limelight by winning the Harry Pace Singles Competition, and Dave Evans, partnered with Steve Williams, were runners up in the Sam Basford Pairs.

Formstone Mixed Pairs

Our Annual Formstone mixed pairs competition run by Bunbury Bowling Club, and sponsored by our local garage D&M Auto Services, was played on Sunday 1 Oct this year and attended by over 70 people. It was won by two Bunbury players Linda Harding partnered by Dave Evans. The last time it was won by Bunbury members was 20 years ago by Elsie Taylor and partner Martin Lloyd.

Mid Cheshire Ladies League

The ladies played in the Mid Cheshire Ladies league again this year in which they managed to keep their place in the first division. Several of the ladies did well getting to semi-finals in a couple of the competitions and also played in a game for the county. As always, a very social and enjoyable season.

Bunbury Bowling Club are always looking for new players, especially ladies, to join us to help us keep up our winning ways.

Social Bowls on a Monday afternoons at Bunbury Playing Fields at 1.30pm from April to October.

Contact Dave Evans 01829 262 514 or Neil Fowkes 01829 260381

Community notice board

St Boniface

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More details from:
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St Luke's Hospice Christmas Tree Collection

For a donation to St Luke's Hospice, in January our volunteers will collect your real Christmas tree, which will be taken away and responsibly recycled. No more trips to the tip and needles in your car.

So when Christmas is over for another year, let us help you out with the dreaded job of getting rid of your tree. Registration is open from 15th November. Book your collection at: www.slhospice.co.uk/christmastree

After costs, 90% of monies raised will go to St Luke's Hospice, the remaining 10% will be distributed to charities in the local community.

Kindly sponsored by **HOWDEN**



SANTA'S ON HIS WAY TO BUNBURY

Santa will be waiting to meet you at the following locations - everybody welcome!
Wednesday 6th December 2023

- 5.00pm* Bunbury Primary School
- 5.30pm* Darkie Meadow
- 6.00pm* The Nags Head
- 6.30pm* Parish Church/Dysart Arms

* All times are approximate

Please note: Santa won't be touring the village this year - please meet him at one of the above locations. He'll be assisted by the Rotary Club of Tarporley and the Tarporley 41 Club. Donations to support charities and community projects are very welcome (but certainly not obligatory - smiles on kids faces is what Santa likes!)




Become a Friend of St Luke's...

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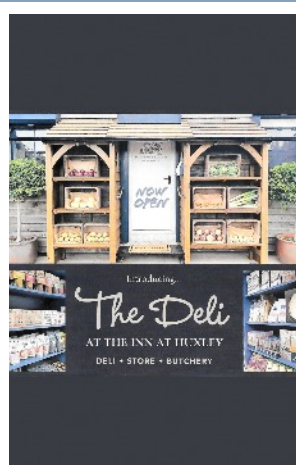
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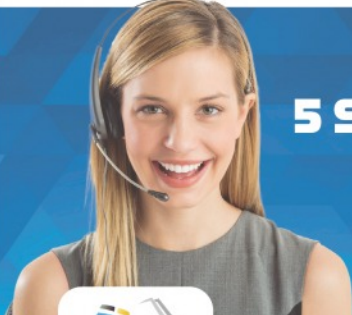
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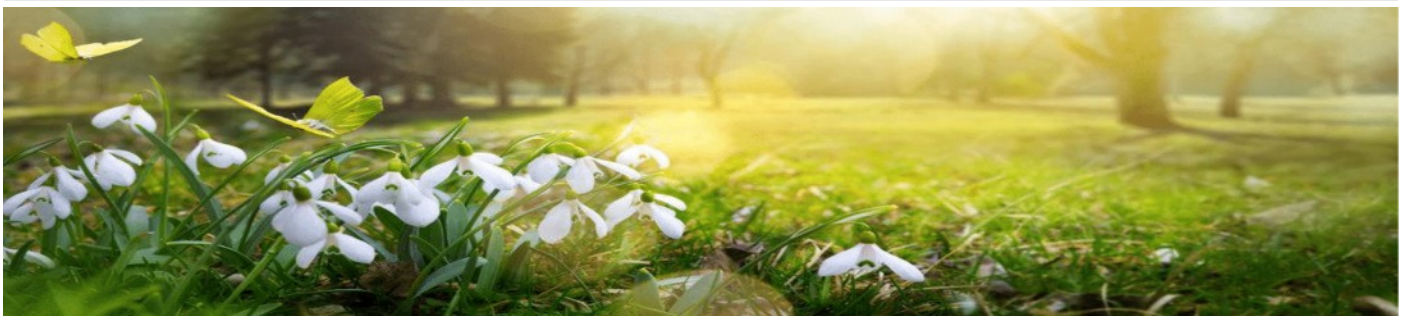
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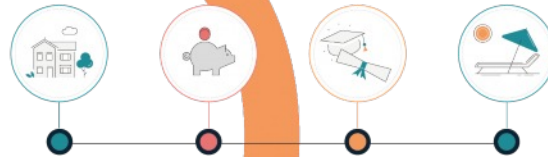
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