



You are braver than you believe, stronger than you seem, smarter than you think, and loved more than you'll ever know $\sim AA$ Milne

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Follow Bunbury Lent Easter Egg kindness trail

A magazine for the parishes of Bunbury and Tilstone Fearnall



St Boniface surprise in the Queen's speech

The Pattinson family in Newcastle upon Tyne gets a festive boost when they see the highly acclaimed photograph of St Boniface feature in the Queen's Speech on Christmas Day.

Who we are

TIM HAYWARD - Vicar

St Boniface, St Jude's, Calveley

t: 01829 261511

e: revtimhayward@gmail.com

Community news

For pastoral visiting team, please call **Amber Middlemiss**

t: 01829 261437

e: bunburypastoralteam@gmail.com

St Boniface

Churchwardens

Si Lees-Jones 07112 27617 Sean Augustin-Wood bunburychurchwardensaw@gmail.com

Vice-Chair

Vacancy

Treasurer

John Mason 01829 733971

Flowers

Margaret Bourne 01829 260944

St Jude's

Churchwardens

Elizabeth Marren 01270 528556 Vacancy

Secretary

Jenny Brooks 01829 730225

Organist

Ann Badrock 01829 260343

Calveley

Churchwardens

Si Lees-Jones 07112 27617 Sean Augustin-Wood bunburychurchwardensaw@gmail.com

Secretary

Yvonne Wood 01270 528442

The Link

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

Advertising:

parishlinkads@gmail.com

Editorial: Elaine Crotty **t:** 01829 260648 or 07860 128427

e: parishlinkeditor@gmail.com

Graphic design: Jo Mason

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

Santa and his little helpers visited Bunbury once again. Despite the pandemic Tarporley Rotary and Tarporley 41 Clubs were still able to take Santa, and his magic



flying float, to Bunbury and then on to other local villages. This year things had to be done a little differently – social distancing was maintained with no door to door collecting or house visits, but despite this we still made a lot of children. and parents, very happy. People have given generously to our JustGiving page in support of local charities including Tarporley War Memorial Hospital, Mid Cheshire Food Bank and the Neuromuscular Centre.

QR code for church giving

Make donations to the church using this QR code and your mobile phone.



Bunbury pre-school Early Birds has been chosen to benefit from the Co-op Local Community Fund.

At a time when funds for community groups and charitable organisations are becoming more difficult to access, the preschool is incredibly grateful for this opportunity to make a real difference in Bunbury.

Community Foodbank update

What a wonderful response to our Christmas appeal, writes **Alex** Sanders. Volunteer drivers were busy in November and December ferrying donations of food and Christmas presents from Bunbury to the foodbanks. Thank you so much to those who donated and transported. The donations were very much appreciated and helped to make Christmas - and everyday life much less of a struggle for families in need.

But the work still goes on, and with economic uncertainty and loss of jobs, plus the cold weather requiring more household money to be spent on heating, there are still people who cannot afford to buy enough food to feed themselves and their families. So do please continue to donate what, and when, you can – it really does make a difference. Thank you.

Urgently needed items:

Tins of meat stew, chicken curry, etc.) Tinned fruit Sponge pudding (tinned)

Custard (tinned)
Long life fruit juice
Toothpaste
Cereal
Coffee
Deodorant (female)
Washing up liquid

We are sad to report the death of **Ron Pulford** (pictured below). Ron was Chairman of the Parish Council for six years and



oversaw the creation of the Bunbury Neighbourhood Plan which now forms part of the Development Plan for Cheshire East Council. This month's edition of The Paper will feature a tribute to Ron.

We are also sad to report the death of **John Elsworth** (below).



A word from the editor

I asked Jane Thompson to write a day in the life of this month as she did it a year ago, the month before everything changed for fundraising at St Luke's Hospice and for all of us.

In the February issue of the Link 2020 there was no indication of what was to come. By the time this edition comes out the majority of the elderly will have been vaccinated. One of the memories of the early vaccination programme was the use of Salisbury Cathedral as a centre. Whilst people



were being vaccinated the organist played. People spoke of it as a spiritual experience and how moved they were as many elderly were vaccinated who had not been out for months.

Well done to the teams of volunteers at Cheshire View who have helped out meeting and greeting for the vaccination roll out. We are very fortunate that scientists have enabled all of this to take place and we have the systems within the NHS to enable the roll out. As ever, thank you to everyone in the NHS for all that you do.

Parish pursuits

The meeting started with a eulogy to Ron Pulford, our Chair, who sadly passed away just before Christmas. There is a full tribute to Ron in The Paper this month. We welcomed a new Parish Councillor, Laura Gregory, replacing Tony Greco who stepped down at the end of last year. Amongst the items under discussion this month were the future of the pavilion building, setting the precept for 2021/22 and responding to a Cheshire East consultation on transport. A new app-based flexible bus service is being launched in June for rural areas; we look forward to seeing the detailed plans. With another lockdown the bins are again full and we are working to ensure they are emptied as quickly as possible. Wishing everyone a Happy New Year. Bunbury Parish Council.

The copy deadline for the March issue is Friday 12 February. The magazine should be delivered starting Saturday 27 February. Notices to bunburyparishoffice@gmail.com



TIM HAYWARD

Your Vicar

A: 3½ mph

ut rain is on
I finish this ra walk. In it would be a mixture of the profound and the everyday. No

Q:How fast does

God move?

It's a lovely morning, but rain is on the way. So as soon as I finish this letter, I will be going for a walk. In fact, one of the redeeming features of this pandemic has been my daily walk. We are made to move. God has not created us to sit for hours at a time. In fact, my Garmin watch irritatingly keeps telling me to move. As I write I'm on a 70 day goal streak, dating back to the second lockdown in November. My daily step goal is now 16,590 not the much quoted 10,000 steps! That's just over 8 miles in old money.

Neurologist Oliver Sacks observes: "Much more of the brain is devoted to movement than to language. Language is only a little thing sitting on top of this huge ocean of movement."

However, some of us can even move and talk at the same time. That's why walking is good for relationships. It allows conversation but at the same time easily tolerates periods of silence and reflection. You can think. Moreover we bump into other people while maintaining, of course, our social distance. We say "Hello" to people and strike up short conversations, from the other side of the lane. It's a way of keeping in touch, of encouraging each other.

"Walking," comments journalist
Melissa Balmain, "is the best thing
for human bonding since the smile."
Jesus lived in a walking culture. And
he certainly covered the ground,
walking from town to town. And
walking, he noticed people. Like
Simon and his brother Andrew,
fishermen cleaning their nets on the
shoreline of Lake Galilee or
Matthew sitting at the tax collector's
booth. In fact, the first thing that
Matthew did in response to Jesus'
call was to walk! You see people
when you walk. But above all, Jesus

doubt he would point things out to his fellow walkers. Other times he would give them time to process their thinking. One of the most powerful conversations Jesus had was over a seven mile walk with Cleopas and

conversations Jesus had was over a seven mile walk with Cleopas and his unnamed friend. Luke selects this walk to Emmaus as the centrepiece for his gospel narrative of the resurrection:

"Now that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem. They were talking with each other about everything that had happened. As they talked and discussed these things with each other, Jesus himself came up and walked along with them." (Luke 24:13-15)

Japanese theologian Kosuke
Koyama has written a biblical
reflection on the "Three mile an
hour God." Why three mile an hour?
That's walking speed, at least in his
part of the world. He writes: "Love
has its speed. It is a spiritual speed.
It is a different kind of speed from
the technological speed to which we
are accustomed. It goes on in the
depth of our life, whether we notice
or not, at three miles an hour. It is
the speed we walk and therefore the
speed the love of God walks."

The good news is that we may be in the slow walkers group but Jesus walks at our speed, sensitive to our slowness. Jesus does not walk ahead, leaving us to find our own way. He stays with us, even if we find walking uphill difficult. It is not that we walk with Jesus. It is that he walks with us.

So say, "Hello" on your daily walk, you never know what you might discover!

A day in the life of...

Mother-daughter team Jane and Sophie Thompson

Jane Thompson

2021... I didn't think in March 2020, that I would still be sat in my pyjamas at a makeshift home desk!

The early days of the March lockdown were strange for St Luke's Hospice. The inpatient unit continued as normal and our day hospice adapted to support our patients and families. Our counselling and support teams moved to telephone sessions and the demand for services doubled as the pandemic took its toll. Fundraising was a huge change and we went virtual with a skeleton staff.

Early summer seemed to bring hope. Despite cancelling all other events we decided to go ahead and turn our Midnight Walk virtual. People walked in

their own way joining our online finishing post to share their photos and received their medal via post. It was a wonderful example of how people still wanted to help us and take on a challenge. Whilst not hitting the usual £150k, it brought us the joy of a very welcome £49k. As the restrictions relaxed a little, people took on individual challenges and 'our own parishioner' Caroline Briggs Harris raised a huge sum by throwing herself headfirst from a plane.

Now we seem to be back to where we began. We have just cancelled our Christmas Tree collection – a decision that gave us sleepless nights and tears. Our supporters have been unbelievable, most refusing refunds and there will be over 3,000 bins now full of chopped up trees.

Still wearing my pyjamas, and working my way through Christmas chocolates and leftover gin (is noon too early to drink sloe gin on a workday?), I am starting to create a new hospice fundraising campaign: Fabulous & Fit from February. It will be a version of our Biggest Loser challenge, created via Zoom and supported by local fitness, health and wellbeing experts. To join or if professionals would like to offer a session, follow our events page at www.slhospice.co.uk or contact jane.thompson@slhospice.co.uk.

Sophie and I are both home working and swap and share ideas to ensure two very special local charities can continue to raise vital funds to support our community. We are quite competitive though, and one did beat the other when we both launched our virtual online balloon races the same week. I won't admit who but if I cover myself by suggesting I taught her all she knows? Motherly love!



Sophie Thompson

Having grown up supporting my mum with her work as a fundraiser for St Luke's Hospice I loved helping with events but I never expected to take that path. I wanted to work with children but dithered a bit and next thing I was starting a degree in Event Management. How did that happen, Mum? I worked for several years after graduating in admin at Tarporley High School but then my ideal role came up at Tarporley War Memorial Hospital. I love every day at the Hospital. It's small enough to feel completely involved yet is a big part of the community. Last year the hospital celebrated its 100th year anniversary – it is the only remaining

hospital of its kind in the UK run by a charitable trust. It only exists because of the amazing people in our community who tirelessly generate the vital funds without which it simply wouldn't exist.

My day is varied. I love going out to talk to different organisations – often being fed, (sometimes I get to eat two hot meals a day at meetings, like the Vicar of Dibley at Christmas). It's rewarding to make people aware of the wonderful work we do. Few people realise that we operate a minor injuries clinic during the week, saving long journeys and waits that often occur at our two major hospital A&E units. People are surprised to learn there is an NHS physio unit in the hospital building accessible via GP referral. The accommodation, either funded or private, is a homely environment supported by wonderful, mostly local staff. The food is fabulous and if I fail to make my packed lunch I love the meals. Funny how often I forget on Friday when it's fish and chips! And I love our vintage charity shop, one of the most stylish charity shops on any high street. This year we have had to be more imaginative about fundraising when we can't put on events or run collection days (will the 'pound in the bucket' ever be a thing again now we all pay for a bar of chocolate on our credit card?).

We will come out of this the other side. After all, Tarporley War Memorial Hospital has seen everything that the last 100 years has thrown at us. How lucky am I to be able to play just a small part in moving it toward the next 100 years. Please do support your local community hospital if the occasion presents itself – it is here for all of us.

Sky notes for February

February evening skies are dominated by the magnificent constellation of Orion, lying due south. Unlike many constellations, this grouping of stars actually looks something like its namesake, the hunter of Greek mythology, with a sword below his belt and wielding a club. Two bright stars form his shoulders: orange coloured Betelgeuse to the left and Bellatrix to the right. Then the brighter star, Rigel, which is slightly blue, forms one of the hunter's feet. Saiph is the other foot.

Betelgeuse is one of the biggest and most luminous stars known. It is so large that it's disc can be imaged from earth by sophisticated telescopes. If the star were at the centre of our solar system, it would extend beyond the earth's orbit all the way out to Jupiter's. One day Betelgeuse is likely to explode as a supernova. Nobody knows when that might happen, but people guess in about 100,000 years. When it does so it might be visible in daylight for a few weeks.

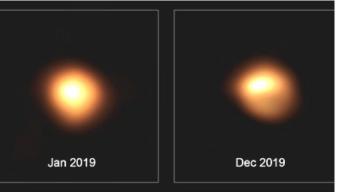
Betelgeuse made the news headlines around the world last year because it rapidly faded at the beginning of the year. Ordinarily, the star's brightness does vary, but the fading we saw last January and February was exceptional as you can see by comparing the two accompanying photographs of Orion taken eight years apart. Astronomers still can't agree exactly why it faded, but the favoured theory is that is emitted a cloud of dust or soot that partly obscured part of the star, as shown in the accompanying images taken with the appropriately named Very large Telescope, in Chile.

This winter Betelgeuse has returned to a more usual brightness, but it's worth keeping an eye on. Some astronomers think it might Images of Betelgeuse in January and December 2019 taken with fade again in early April, but not as much as last time.

Clear skies! Bunbury Stargazer



The constellation of Orion on 2012 February 22 (left) and 2020 February 21 (right). Betelgeuse is the orange star at top left. Images by H. Raab



the European Southern Observatory's "Very Large Telescope". Dust appears partially to obscure the star in the picture on the right.

Bunbury school news

The first week of 2021 was not quite as anticipated, however, that has not stopped the school demonstrating what it does best and rising to the challenge. Despite the short notice of the announcement on Monday we opened to key worker children on Tuesday morning with remote learning starting immediately for all those still at home. As one parent said to me this week, "You made the impossible, possible."

The onset of remote learning has brought about some fresh challenges for teachers, pupils and parents but it has been heartening to see the eagerness and regular high attendance on the Google

classroom sessions. Teaching staff have swiftly adapted plans so that lessons were more suited to online and pupils have readily applied their skills for Google classrooms taught during the autumn term. It will never be a perfect substitute; nothing can replace face-to-face teaching by a talented professional within the classroom. However, for the children of Bunbury we are able to keep that "love of learning" alive as much as we can and for that I will be forever grateful to our Bunbury teaching team.

Our key worker provision has been established once again and, due to the high numbers attending, we have a KS1 and KS2 key worker bubble. Our provision staff are working across age groups within their bubble supporting children after the live sessions with the class tasks which have been set. This week has again been one of the most challenging in my career, but as a team Bunbury school CAN find a way through this and provide what is needed for our community. I remain incredibly proud of every one of the children and staff and thank our school community for their patience, support and understanding once again this week. Outside the world may remain strange and uncertain but behind school walls wonderful things continue to take place.

Recipe for February: Sunday roast brisket



In a new column featuring members of the church's Parochial Church Council, this month **Anne James**, PCC Secretary, shares a great way to cook beef for those nervous about getting timings right. You can go out, have a walk, come back and the house smells amazing. It uses a less expensive cut of meat so it doesn't have to be a treat meal. It is from **Save with Jamie Oliver**.

Ingredients

Serves 6 with leftovers

2kg brisket
(flat, not rolled)
oil
2 large onions
2 tsp english
mustard
handful
rosemary

Preheat oven to 170°C. Place roasting tin on a high heat with the oil. Brown the meat on both sides. Remove from the heat and place the roughly chopped onions underneath the meat. Spread the mustard over the fat side of the meat and scatter the rosemary on top. Protect the meat by tightly wrapping it in wet greaseproof paper. Using double tinfoil tightly cover the roasting tin.

Method

Cook for 4 hours, for carving or 5 hours for pulled beef. Check roughly half way through cooking time and add a splash of water it needed. Make sure you reseal tightly. Remove from the oven and place the meat on a board, cover and allow to rest.

For the gravy;

2 tbsp plain flour 1 tbsp blackcurrant jam or redcurrant jelly 2 tbsp red wine vinegar 400ml boiling water

Put the roasting tin on medium heat on the hob. Stir the flour into the roasting juices. Add the jam, vinegar and the boiling water. Stir while it boils until you are happy with the consistency. He also has some great recipes for using the leftovers, if there are any!

Embrace the light of the world - St Boniface lantern installation



Since living in Cheshire, I've had a few phone calls from Beth Hayward, generally about the same time of year and about the same thing: lanterns! Over the years I have worked on several lantern parades all over the country. Beth has been keen to get one going in Bunbury for some time.

Back in November last year, Beth contacted me for an idea on materials and trying to work out the logistics of a lantern parade at a time when a celebration of light and hope was arguably needed more than ever.

We met at St. Boniface and Beth's vision for the lantern event became clear. For those who know Beth (probably better than I do), it may come as no surprise to hear "my philosophy" she said "is go big or go home!" I was invested already, I liked her style and standing there surrounded by the beautiful architecture of the church, I accepted the nativity challenge.

While I have made lots of big willow lantern sculptures in the past, from herons and spaceships to trees and boats I had never made a human figure before. Intricate details are not what willow is for – it's an organic material that lends itself to flowing organic shapes and builds. Also being an illuminated structure, lit from within, every line of willow is both visible and integral, so it has to be part of the design.

Often when I make sculptures there tends to be a symbolic element to my design; with mosaic, I put spirals into everything, aware of the suggestive nature of patterns towards the overall feeling of a piece. Here I created a very simple teardrop shape with a circle on top to make baby Jesus. This teardrop shape continued to emerge in Mary and Joseph and with the tail ends of the point left long, I recognised an adaptation of the Ichthys, the fish symbol. This pattern continued in the lines of the willow with the fairy lights and gave the piece a warm sense of familiarity.

The open-armed welcome of Joseph, the protective embrace of Mary and the brightest light emanating from Jesus – this light and much- needed warm embrace is especially important now and I hope you felt both this Christmas. I am grateful to have been able to contribute to the magical service of light at St Boniface.

www.sophiehandy.com

Give us 2 minutes

I grew up on Wyche Lane with my parents Tina and Sean, and sisters Rose and Charlotte. Bunbury was a fantastic place to be a child and the local schools, Bunbury Aldersey and Tarporley High School, afforded me so many opportunities. Some of these included the YC's annual panto, Mrs Hanlon's dance shows, Stars In Their Eyes at the village hall... I could go on and on. Being surrounded by such a loving and supportive community was, and still is, magic. I went to university in Sheffield to study medicine, where I then spent a couple of sleepdeprived and hectic years working as a foundation doctor. Around this time I met my now husband Tom, who was visiting Sheffield for

Katie Everton

admission to hospital. We have a one way system for vaccination clinics, with a marquee in the staff car park to observe patients post jab. The team have done a fantastic job managing the logistics of running the vaccination clinics alongside our normal services. Uncomfortable PPE is now a big part of our lives; though it is quite nice wearing scrubs every day as it certainly takes the pressure out of deciding what to wear in the morning!

What would you change about Bunbury if you could?

20 mph speed limit and limited parking in the centre of the village - it often feels quite dangerous pushing a pram around the triangle.

What is the best book you have read to date?

Harry Potter has brought me a lot of joy. On the way back

from our honeymoon Tom presented me with 'The Life Changing Magic of Tidying' by Marie Kondo. He was definitely trying to tell me something, but I must say the book does live up to its title.

What is one thing people would be surprised to learn about you?

I love the royal family and I can't help collecting royal memorabilia. I have life size cardboard cutouts of the Queen and Will and Kate, and I will proudly display them given half a chance

What would you like to achieve most over the next 12 months?

I think I have the same goal as a lot of other people: to cope through lockdown and COVID restrictions, managing work and home life. I would also like to successfully grow tomatoes. Last year's were an epic failure.

What is your favourite place and why?

When I was a teenager, my dad Sean worked in Vienna and we spent school holidays out there. I have so many happy memories of exploring such a beautiful city that bursts with art and music.

How would you spend your ideal weekend?

I would spend it with family and friends eating good food, helpfully taste-testing cake made by Mum, Susi and Liz (AKA The Watermill Café ladies), a walk to Raw Head, hugging my grandma, trips to the local pubs, a spot of gardening and a night out dancing if I'm lucky. I can't wait to spend time with my loved ones again.

convincing him to move to Bunbury. I now work as a GP at Weaver Vale Surgery in Winsford with an amazing and dedicated team. I can often be found taking our daughter Sophie to the park, or to feed the ducks at Bunbury Mill where I am a trustee.

It's a celebrity beer call who would you invite? Socially distanced of course

The Queen, Monty Don, Tom Hardy and Del Boy.

What was your first job?

the weekend I followed him

down to London where I

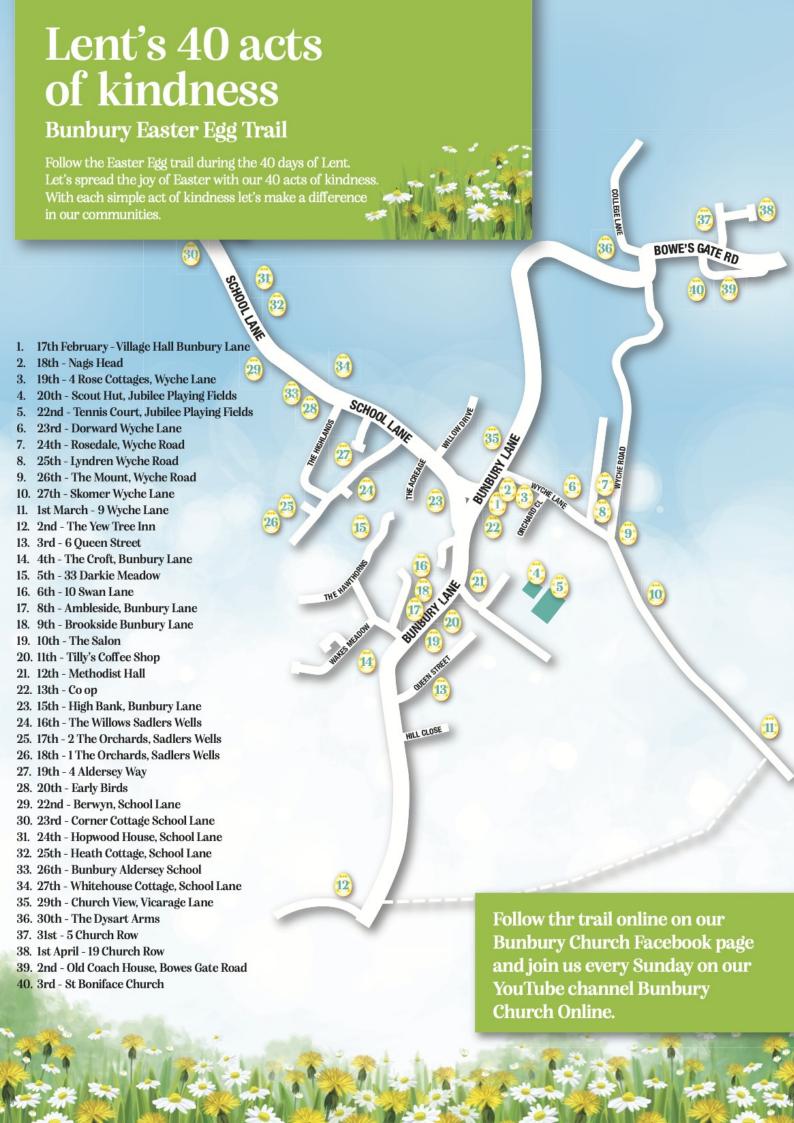
completed my training in

general practice, before

I worked at The Chestnut Pavilion gift shop in Tarporley for Cathie Broster. I had to gift wrap customers' purchases, which was initially quite scary! I have had a love of elaborate wrapping ever since and I still think of Cathie and the team when I am packaging a particularly tricky parcel. Later, I worked at The Dysart. A memorable moment was when I dropped a large dish of buttered veg into a customer's lap. Mortifying.

How has COVID affected your profession?

General practice has undergone rapid change to enable us to continue providing care in a way that is as safe as possible for our patients. We use video consulting, along with email, text and telephone triage to consult each patient remotely before arranging to see them in the practice or at home as needed. It has been a huge shift in the way that we work, but it has been essential to reduce the number of people in the waiting room at any one time. Patients with suspected or confirmed COVID are seen at a separate GP hub to reduce the risk of spread, and we can also loan out oxygen saturation monitors to patients with COVID to enable us to quickly identify those who need



Blanche Wilgose



Blanche was born in Newtown, Montgomeryshire, Wales on 27 December 1923 and was extremely proud of her Welsh heritage.

The family moved to Bunbury from where her father and all his family originated and went back several generations. Her great-grandfather was the village tailor. Blanche attended Love Street Central School for Girls in Chester until the age of 16 when the war broke out and

she found herself helping the war effort by working in a munitions factory in Crewe. After the war she took up a position in the Tarporley office of the Ministry of Labour, as it then was.

Blanche married George in 1949 and continued her work at the Ministry of Labour until the birth of Jackie in 1952. Paul followed in 1956 and the family was complete. Having spent 16 years in Spurstow, the family moved back to Bunbury in 1965. This was when Blanche came into her own and found her niche in life with all sorts of voluntary work. She served on WI committees in various offices including Chairman and was a big supporter of Bunbury Mill. She was awarded a framed certificate for serving for 25 years on the Parish Council and was instrumental in the setting up of the best village competition. She served for 17 years as a school governor and for this work was made a Freeman of the Haberdashers of London – a high accolade indeed. She was secretary of the British Legion and also a member of the Parochial Church Council. Blanche was on the Committee of the Bunbury Society and a member of the Journal Committee. In July 2017 Blanche

was awarded the Bunbury Village Day Chris White Award for her contribution to the community which appeared in the Link magazine. Both George and Blanche loved to dance. A particular favourite of theirs was, 'In the Mood" by Joe Loss & his orchestra. In her quiet moments & whenever she had any spare time she enjoyed knitting, embroidery and writing poetry. When George passed away in 2015 just before his 99th birthday, she missed him terribly but remained in their home of Lisadel until January 2017 when she decided to move to Elm House Residential Care Home in Nantwich. She made many friends there and spent the last few years of her life being well fed and and cared for until she sadly passed away in her sleep on 25 November.

Blanche had four grandchildren Charlotte, Jeremy, Simon and Andrew. Charlotte shares some of her memories:

Our school holidays spent in Bunbury are cherished memories; days spent trekking around Beeston and Peckforton castles or on the Crocky Trail, coming home to delicious casserole dinners, jam or banana sandwiches and jelly, lovingly prepared by nanny. We had great fun with Nan's beloved dogs, Tashie and Suki, who followed her around the house sniffing out their next meal or illicit snack. We spent the evenings doing jigsaws and were then allowed to watch all the soap operas, which was a real treat for us

We are so grateful she was healthy and had presence of mind right up to the end – she was still able to question incisively and rattle off memories of her professional and personal experiences. And we are delighted she met the next generation – I imagine their experience of the world will be rather different from hers, but our sense is that, despite the generational gap, we will all share many of life's simple pleasures such as a brisk walk in the woods or to the village shop, a hearty meal with family and good conversation! Rest in peace, nanny and granddad, now that you are together again.

Elizabeth Lea

Elizabeth Lea was extremely sociable and loved a good family gathering, writes her son James. From an early age, growing up at Church Cottage on the Doddington Estate, summer holidays were often spent with family in Hove on the south coast; Christmas & New Year's with her father's family. No doubt such gatherings set the scene for the many get-togethers and parties that she continued to help organise and participate in.

In becoming a doctor, Elizabeth was following in a long tradition of family medics. She worked for many years in anaesthesia in Manchester and at Leighton Hospital.

Elizabeth derived great enjoyment from singing and choral music. She made many good friends in choirs and most recently the Nantwich Choral Society and the Open University Choir. She sung many times at St Boniface and with the Alpraham Singers. Her grandchildren Elizabeth, Jessica, Alexandra, Benjamin and Phillipa have all been baptised here or at Calveley over recent years.

School was at Goudhurst College, from where she went to Queen's in Chester. She often credited Queen's for saving her education, by which I think she meant that it broadened her horizons and introduced

her to the wider world, in particular medicine.

Elizabeth was a strong character with a mischievous streak perhaps, but a definite force of nature. She loved to joke, often bordering on the inappropriate, but always with the intention of raising a smile where one may not have been forthcoming. Innately optimistic, she was not a fan of complaining or excuses. Her most famous exchange has to be trying to persuade her father-in-law Philip to stop smoking, eventually buying him a shovel for Christmas so he could dig his own grave if he didn't stop!



Claire Wilson New Year checks

If you have a car regularly serviced at a garage, during the last month you will likely have been offered a 'Winter Check' of your vehicle, to make sure that the wipers are in order, the anti-freeze is topped up and the tread on your tyres is sufficient for the more treacherous weather conditions. As well as this, you may well put a shovel and a blanket in your boot and have some snacks in your glovebox in case of a breakdown or snow-in. For all you girl guides and boy scouts the motto: "Be prepared!" will be ringing in your ears.

At the beginning of a New Year and the third Covid-19 Lockdown perhaps it is important that we take a moment to do a health check on ourselves:

Fuel - are we are putting into our body healthy food that will help keep energy levels high and boost our immune-system?

Body Work - are we taking time out of our day to exercise be it walking, dancing, keep fit with Joe Wicks or stretching in your armchair?

Battery - are we paying attention to when we feel anxious or stressed? Are we able to take time out to relax? Perhaps take a bath, light a candle, turn off the news and tell someone how you feel?

Engine: are we ensuring a smooth running life? In the monastic rhythm of the



day, they suggest you spend some time each day on five life practices:

- 1) Worship by spending time with God, in prayer, meditation, praise, singing and dancing.
- 2) Work we all need to work with our hands somehow, writing, manual work, cooking, creating, growing things, household chores.
- 3) Study to stimulate our minds and be teachable in all circumstances, read a book, do a course, be attentive to what is around you, join a quiz, do a jigsaw or crossword.
- 4) Solitude spend time in quiet, listen to our inner voice, acknowledge our hurts and pain, take note of what makes you smile or laugh.
- 5) Community stay connected, whether by phone, email, zoom, prayer, or letter. Reach out to others and learn from every encounter.

Then hopefully we will be able to face 2021 and beyond in better condition.

Mike Rogers writes...

Sharing



Ever since I began writing for The Link in mid-2017, I have shared the page with Pat Ellis. And it has been a joy to do so and I shall greatly miss the companionship of her printed word alongside mine

Pat and I have had an interesting time with these little pieces that we pen.

Unbeknown to you, the reader, there has been some good-hearted rivalry between us. Our habit of sharing what we had written ahead of its publication has led to a competition to see who was going to be first to submit their 'copy' to the editor and thus win the 'inky swot of the month' prize. There has been some hasty re-writing on discovering that the 'inky swot' had chosen the same or similar theme for that particular month as the other and there have been moments of pure admiration when Pat's offering has hit my in-box and I've thought, 'Why didn't I think of that?'

So, thank you Pat for your companionship and for your insight over so many issues - we shall miss you, we shall miss your wise words and I will miss the sharing of our friendly rivalry.

But sharing is nothing new. The early church was renowned for it and there is a passage in the Acts of the Apostles where St Luke tells us that '... there was not one needy person among them, for as many as owned lands or houses sold them and distributed the proceeds to each as any had need.' (Acts 4:32-37).

Now I'm not suggesting that we all go out and do the same - there are many other things we can share beyond our wealth - but the example of the early church does perhaps prompt us to think how we might be better neighbours.

There have been many acts of kindness in the course of the COVID pandemic and in truth, the world is a better place for them. But when the pandemic is over and we settle into whatever the new normality of out lives might be, will these acts of kindness continue?

I would like to think so, for as I have discovered with Pat's absence from these pages, when something you have shared is taken away from you, be it something given or something received – you miss it.



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From our bookshelf

Shuggie Bain by Douglas Stuart

A review by regular contributor, Paige Turner

I have a love/hate relationship with the Booker prize. I hate it when I disagree with their choices and I love it when they agree with me! I was incensed when I saw that Hilary Mantel's wonderful final novel in the Wolf Hall trilogy, *The Mirror and the Light*, had failed to make it from the 2020 Booker longlist to the short list and so approached the eventual prize winning book, Shuggie Bain with some trepidation and not a little ill feeling. What I encountered was a breathtakingly brilliant but harrowing novel that will stay with me.

Shuggie Bain is the youngest of three siblings growing up in the poverty of 1980s Glasgow with an alcoholic mother and a mostly absent father. It is a remarkable debut novel based on Douglas Stuart's own childhood. Shuggie's trials are deepened by his own sense of 'difference' as he comes to terms with his own sexuality in a macho environment where little boys are expected to act tough and enjoy football and not to covet My Little Pony toys and enjoy hairdressing.

This could be a desolate novel that drags you down but the

brilliance of Stuart's writing is to do the opposite. It is ultimately a story of hope and most specifically of love. As his two older siblings escape to develop their own lives, Shuggie is left to support his mother in her downward spiral and it is this relationship that drives the narrative and lifts this book to another level. This is the opposite of escapist fiction but as a raw and brilliant display of the human condition it is up there with the best. For once I can say through

gritted teeth, well done to the Booker judges – this was a worthy winner.





Our prayers for February

We give thanks for all those in our local hospitals working on the frontline in the fight against COVID-19 and pray for the vaccine rollout, for a smooth and speedy uptake. We pray for our local schools, teachers and young people as they learn remotely.

We pray for those living alone in these unsettling times that they would know God's presence and peace, especially remembering those who are mourning a loved one, particularly the families of Millicent Holland, Elizabeth Lea, Ron Pulford, Douglas Baines, John Wright and John Elsworth.

God, Keep us safe within your care, Warm our hearts with your constancy, And encircle us with your peace, This day and always.
Amen

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In such unprecedented times we wish to emphasise the thoughts of the nation in thanking our NHS doctors, nurses & staff, paramedics, all carers in our community and care homes and the long list of keyworkers keeping our country functioning. Our best wishes to everyone, stay safe.



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