A Wistaston Community Council Publication

Summer 'ROUNDABOUT'

2012
ISSUE 126



Wistaston's Rose Queen and attendants at the Village Fete with the 1st Wistaston Guides Coronation Dancers in 1953 almost sixty years ago!
For who's who check inside Roundabout.

Move forward nearly sixty years and we are celebrating this special Jubilee event with the Queen's Diamond Jubilee Fete on Saturday 16 June see inside for details.

The Magazine for People Living 'Roundabout' Wistaston

www.wistastoncommunity.co.uk

Circulation: 4100

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Editorial

With very many thanks for all the continued splendid response you give to Roundabout for without your contributions and advertisements it could not exist! Please continue to send in your articles for our Autumn edition – due out in early September - by 15 July 2012.

Eileen Bamber
31 Broughton Lane
01270 569126

Geoff Poppitt
19 Byron Way
01270 569642

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Dates for your Diary in 2012

Sat. 2 June	Diamond Jubilee Concert– Memorial Hall
Sat. 16 June	Village Fete
Sat. 18 August	Flower and Produce Show
Sat.1 Sept.	Duck Race
Sat. 3 Nov.	Fireworks
Sun. 11 Nov.	Remembrance Service at 3pm

The Wistaston Community Council organises village events with some of these being run for charity. The Summer Fete, held this month, is organised in conjunction and with the kind support of St Mary's Church and is the biggest fund raising event of the year. We aim to help individuals or groups where a small donation would help with their local efforts. If you would like to know more send your details to the Secretary of the Community Council, 54 Sandylands Park, Tel: 01270 664467. The Community Council's other events are the Flower and Produce Show, Fireworks Display and the December Christmas Concert.

The schedules and entry forms for the Flower and Produce Show to be held on Saturday 18 August will be available in Spar, Kings Drive, from early June.

Wistaston's Queen's Diamond Jubilee Fete Saturday 16 June 2012

Rose Queen Procession From the Memorial Hall to Rectory Gardens 1.15pm

Opening of Fete 1.45pm

Crowning of St Mary's Rose Queen – Daisy Wybrow

Arena Displays: Scottish Piper : Dee Sign Choir
Jack Gresty –Trumpet : Rythmics Display Team
Miss Caroline's Street Dancing

Bouncy Castle : Swing Boats : Stalls : Games
Children's Fancy Dress Competition

Café in the Hall with the Wistaston Church Lane Primary School Choir : Zumba Display
Dee Sign Choir : Chris White and his Ukulele

Wistaston's Celebrations for the Queen's Diamond Jubilee

Wistaston Parish Council and Wistaston Community Council have each provided three members to form a steering committee to help Wistonians with their celebrations of our monarch's sixty year reign. This action mirrors the events of the Queen's Silver Jubilee in 1977 when a wonderful community spirit blossomed which has been maintained ever since.

Obviously people's thoughts will be turning to street parties, picnics and similar activities and throughout the year various happenings such as concerts and fun days will be held.

To help Wistonians with their celebrations Roundabout will carry information as will the web site: www.wistastoncommunity.co.uk and of course people will be able to use both these facilities for themselves and their activities.

To begin with use the web address of Cheshire East Council www.cheshireeast.gov.uk then the link ***leisure, culture and tourism in Cheshire***. This web site will be able to help in setting up street parties etc and if you don't have access to a computer phone Jane Kavanagh on 01270 685854 for assistance.

It is hoped that many people will take part and help to make 2012 a very memorable year in the annals of Wistaston. On the afternoon of Monday 4 June there will be bell ringing at St Mary's and there is to be a beacon in Wistaston, hopefully on our Church Tower, as the Queen would like a wave of beacons the length and breadth of the country between 10pm and 12 midnight (10.15pm in Wistaston) on Monday 4 June; the Scouts should be there with refreshments too! the Memorial Hall Management Committee is holding a Jubilee Concert on Saturday evening 2 June; many village societies are holding parties to celebrate the Jubilee; there will be a special Jubilee School event – lots of happenings in the pipe line – still to be determined. In fact everyone can do something to celebrate this event.

The Lord Lieutenant of Cheshire will officially open celebrations at the Rising Sun on Friday 8 June with a band etc. There will be an official 'unveiling' of a new beer called Joey the Swan which the Rising Sun's Brewery has made especially for the Jubilee. There will be the planting of a Rose Garden at the Rising Sun with help from the adjacent nursery. There is a lot happening in Wistaston this year – be part of it!

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Nature article for Roundabout, Issue 126

The vulpine theme continues with our first contributor, Cynthia Boston of Fuller Drive, a fox seen in her garden on 5 February. In mid March Noni Peters managed a brief movie of one sneaking round her garden in Mulberry Road, Wistaston Green. The Sandylands fox is also present, last seen by us, accidentally, near midnight, snuffling round our frontages on 5 March.

Amphibianwise, Mick and Helen Pierce (Sandylands Park) caught their frogs beginning to mate on 23 February. From outside the area we were receiving reports of spawn, and even brimstone butterflies, around this time, and it was uplifting to see that veritable harbinger of spring, the lesser celandine, flowering in our waste ground.

Joy and Mike Hassall of Waldron Gardens mention, of particular interest, song thrush, blackcap, pheasant, great spotted woodpecker, nuthatch and white-spotted blackbird (new species?), their wooded situation ideal for bird sightings. The twelve blackbirds the couple mention must be enough for half a pie if our nursery-rhyme is recalled correctly!

On adjacent land Noni is allowed to include as garden, she has had a fieldfare, great spotted woodpecker and sparrowhawk demolishing avian prey. Her amusing titbit of information is advice from the RSPB to put chilli powder in among bird seed to deter squirrels. It apparently doesn't harm birds, but squirrels don't like it. On 7 March a male sparrowhawk landed on Elaine Almond's fence near the Woodside and on 4 April a sparrowhawk seized a blackbird gathering nest material from Brian Blakemore's garden in Clare Drive, flying with it into Shelley Drive.

Along with other birding buddies we find that niger seed, once so beloved of goldfinches, is no longer attractive to them and rejected in favour of sunflower seed hearts. Even new batches of niger are spurned, birds unable to find vacancies at the sunflower feeders preferring to perch on branches and queue for a place rather than turn to their old staple.

A song thrush sang somewhere in Sandylands (nice alliteration!) on 24 February, albeit it just that one occasion, but the month brought visits to our feeders from bullfinches, and a rare goldcrest on 28th. Newly home from a birding weekend we were rewarded, the first full week of March, by appearances of male reed bunting, lesser redpoll and pied wagtail. The piercing cry of an owl late at night on 6 March woke us from our pre-sleep hallucinations. Since then only a pair of passage siskins on 7 April is noteworthy.

February/March being the season of passage, over twenty fieldfares arrived in the allotment trees of Sandylands Park one day during the second week of February, when temperatures were still very low, moving through after a brief rest, both early and late in the day. The pheasant still visits, having survived in the locality since before Christmas, 'though less frequently.

We don't know if our experience is widespread, but our birds are much shier these days, the slightest disturbance within the house close to the window triggering mass exodus from both hanger and ground-feeding birds.

Small tortoiseshell and peacock butterflies appeared during the sustained dry warmth of late March, but, to end on a 'cute' note, on 25 March, while walking the path adjacent to the brook between Rising Sun and Wistaston Green Road, Ian Evans was lucky enough to glimpse a water vole swimming and diving.

Our thanks to all contributors.

Trevor and Hilary Clowes
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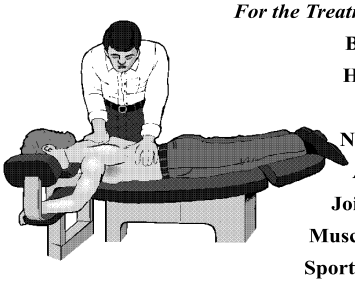
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Wistaston Conservation Group

The past months have seen, perhaps, a slight lull in our work, but we have still progressed several of our projects.

I have recently noted a considerable rise in our membership, which allows us to take on more ambitious projects. Unfortunately, this time I have to report a loss from our ranks, in that Les Fothergill, one of our long standing members has found it necessary to resign due to family health reasons. Les has made a considerable contribution to the work of the Group and the photograph shows Les receiving the Group's certificate, in appreciation of his work, both for the Group, and for the people of Wistaston in general. Thank you Les.

We have noted several times recently our interest in the Oak Avenue across the recreation ground and our project to replant where the trees are coming to the end of their life. I am indebted to Malcolm Bellis for the following:

"Often we look at things in Wistaston but do not see their meaning; the Oak Avenue apparently being in this gender. It comprises the remnant of two lines of Oak trees aligned with the front windows of Wistaston Hall. The remaining four mature Oaks are aged at some 150 years, the others not having survived. We are assuming that they were planted by order of the Walthall-Hammonds, the then owners of Wistaston Hall. The Wistaston Conservation Group has planted new Oak saplings at intervals in order to attempt to reconstruct this feature of the natural environment. For the Group, planting saplings is an act of faith, as it is unlikely that we will be around to appreciate them when they achieve their strength. We hope that each tree will be giving out oxygen, absorbing carbon dioxide, maintaining water levels and providing homes for the hundreds of creatures which contribute, often unrecognized, to our way of life"

We have also been told recently, and the early maps of the area would seem to agree, that the Oak Avenue was actually an extension of the driveway from Rookery Hall to the Middlewich Road, i.e. joining up Rookery and Wistaston Halls.
If anyone has any further information on this, please get in touch with us.

At the request of the Wistaston Parish Council, we have commenced a project to control the myriad paths in the Woodside Covert, and to improve the outer extremities of this woodland. There is still a lot more work to be done on this project.

We have recently been in liaison with the Rotary Club of Crewe and Nantwich, and Reaseheath College, re the planting of trees and bluebells alongside the new path to the Rising Sun public house. Most of this work is now complete, and there will be an official opening in late May. When the next stage of the Greenway is completed, later this year, we are looking at a further planting regime along its length to Nantwich, within the Wistaston boundaries.

Some of our recent work has been necessary due, once again, to vandalism. Readers of this column will



remember our work on the pond in Rookery Covert. Unfortunately, almost all the timber which was used to make the bund walls has been thrown into the pond. Recent working parties have again removed this timber, and rebuilt the bunds, a back-breaking job. Hopefully, this time our "friends" will leave the pond to regenerate, and once again become a home for local wildlife.

We are coming to the time of year when our attack on the dreaded Himalayan Balsam begins. If anyone would like to help to control this invasive species, please let us know, and we will contact you when the "pulling" starts.

I would like to thank David O'Hara for another superb report on the local bird sightings. This takes a lot of time, both in being out there to see the birds, and compiling the report—thank you David.

As usual, I extend a warm welcome to anyone who shares our aim "to preserve Wistaston's natural features for future generations" to come and join us.

John M Wood
Chairman, Wistaston Conservation Group.

Read-through of 'The Fellowship of the Ring'

There will be a live read-through of the script of the film 'The Fellowship of the Ring' on 23rd September here in Wistaston. Some of the parts have been already taken but there are lots of characters left if anyone wants to take part. Paul Mayes the organiser can be contacted at the special email address **sonofgondor@live.co.uk.** It should be a fun day.

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"Minister's musings"

I don't know about you, but my sense of direction is appalling! I remember one time I was travelling from South Wales to Southampton, and only when I started seeing signposts to Minehead did I realise I was on the M5 rather than the M4 – an unintentional diversion of approximately 50 miles, which resulted in me arriving over an hour late, and in an exceptionally bad mood!

Even on the shorter journeys I make, the likelihood is that I will get lost somewhere. And this failing meant that when I moved to this area, a place I had never been before - I naturally started to panic!

So I bought a Sat Nav.

And it is wonderful! A simple little box that attaches to my windscreen and tells me exactly which turns to make, and when to make them - even if I go wrong it quickly recalculates and directs me back onto the right course. As a result, I can now relax and enjoy each journey without getting stressed, and without getting lost.

Along with the physical journeys that we make day by day, I believe that we are also each one of us on a spiritual journey. When it comes to this journey, many people today seem to be suffering from a lack of direction. And this leaves them, like me without my Sat Nav, feeling stressed and constantly worried about when and where the next turn might be.

However, God has provided us with directions for this journey through the Bible – it is our spiritual road map. And that's not all He gives us - because He knows that some of us are capable of getting lost even with all the maps in the world to refer to, He also came himself in the person of Jesus to show us the way. And, knowing that even then some of us would in all likelihood get lost along the way, He also provides us with a Sat Nav – His Holy Spirit prompting us at each crossroad we face, and directing us back to the right road whenever we take a wrong turning.

So, as we journey through life my prayer is that we will all consult the map, listen to the one who gives us direction, and pay attention to the voice of the "Holy Sat Nav" guiding us at each crossroad we encounter.

Blessings,

Rev Steve Ingrouille

Tel: 666156

Dorothy Hall of Beech Drive, Wistaston contributed the following poem to Roundabout:

Someone Does Care

I found God in the Morning
We just sat and talked
And I kept Him near me
Everywhere I walked.

I called on God at the Noontide
A heart filled with despair
I felt His quiet Presence
I knew He was there.

We met again at Sunset
The waning of the Day
I had made Him Happy
I had lived His Way
And when I knelt at Bedtime
Silently in Prayer
Again His gentle presence I felt
And then I knew Someone Does Care
Yes, my friends – Someone Really Cares.

Helen De Falco updates us on the indefatigable 'Mr Scruffy'



Mr Scruffy – the 'stalker'

We feel as if we are being 'stalked' by a blackbird! I only need to open the front door and step into the porch and Mr Scruffy appears from my right, as if he is on surveillance duty during day-light hours.

He waits under the car until we enter the car port i.e. Feeding Station Number 1 and he arrives just as the food is put out. However yesterday his impatience got the better of him. My Husband appeared at feeding time but had to go to the greenhouse for a pair of scissors to open a new bag of mealworms which is Mr Scruffy's favourite food!! However he couldn't wait and he appeared in the greenhouse to watch the opening ceremony.

Mr Scruffy then enjoyed a double-helping between the shed and the wheelie bin, chaperoned by his best friend!

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Wistaston Green Townswomen's Guild

Behind the façade of the unpretentious emporium in Edleston Road lies a veritable treasure trove. Being something of a tardis the small frontage disguises the fact that there are many rooms filled with items of clothing, make-up and wigs, in fact everything theatrical is available. In February Mrs Taylor delivered a fascinating account of how she came to invest in the store, known as Bromiley's. She had many anecdotes to relate ranging from the request for six French maids outfits for some rather burly gentlemen. French maids outfits? – no problem but the shoes, well that could be difficult. Imagine her delight and astonishment when she witnessed them being worn some time later.

People come in with many strange requests, from outfits for fancy dress parties to actually wanting a disguise. All requests are dealt with, with professionalism, no matter how weird and we believe some of them are. She also specialises in wigs, a large percentage for fancy dress or for the theatre but she also caters for the unfortunate, who, through illness lose their treasured locks. It is an emotional time and Mrs Taylor spares them a great deal of time and effort to get it right. She brought along a large number of wigs in all colours and styles, some of which were real hair. I think most of us had our favourite.

March was our AGM and fish and chip supper, supplied by our local chippie in Bramhall Road and excellent they were too. This meeting is always well attended. A raffle for club funds was held and Jean Stubbs, our Treasurer, once again provided three Simnel cakes. An account of the year's activities was reported and it always comes as a surprise to hear just how much had taken place over the last twelve months.

Our new President, Wistonian Doreen Holmes, was presented with her badge of office by retiring Wistonian Ruth Bush. Doreen is a founder member and staunch supporter of the Guild which has just reached its 57th year, during which time she has been a committee member and only retired recently from her secretarial role. Our grateful thanks go to Doreen and we hope she enjoys her year in office.

During March some ladies from Wistaston Green and Nantwich Guilds travelled to Llandudno to a National event entitled 'A Welsh Experience' held at the Imperial Hotel to celebrate International Women's Day taking in an overnight stop. The meeting was opened by our National Chairman Pauline Myers.

The first speaker was Graham Roberts, a local historian, extolling the virtues of North Wales and its industry, covering from mining to its stunning castles.

He was followed by Wynn Davies describing how he produces Welsh love spoons and their history. A love spoon is crafted from a single piece of wood in which are carved a variety of symbols and given by a man to a woman as a love token. Following an excellent lunch they were treated to a musical interlude by the Llanddulas Male Voice Choir accompanied by a harpist. Leaving them wishing for more they headed back to Crewe after another successful event held by our National Association.



Photo of Doreen left and Ruth Bush

Rather like a good boy scout, our committee are always prepared. Our April speaker was unable to come at the last minute and a social evening was arranged educating some of us in the art of Uno playing. For those who are not initiated into this card game it can be frustrating and amusing, challenging and revenge taking but above all it is good fun and everyone enjoyed the experience.

Dates for your diary:

5 July Painting for Pleasure – Ms Gill Adlington
2 Aug. Work of North West Air Ambulance – Susan Powell
6 Sept. Harvest Table

Our meetings take place at 7.30pm on the first Thursday of each month at St Mark's Church Hall, Bramhall Road, Wistaston Green, Crewe.

Who's Who on the Cover?

L to R:
Joan Papworth, Sheila Sykes, Maureen Riley, Ruth Frazer Smith, Belinder Lesley, Pat Hudman, Jane Lesley, Valerie Hudman, Marina Rowlands, Alison Lesley, Joyce Millington, Hilary Wood.

Front:
Christine Pickard, Margaret Taylor (Attendants), Joan Atkinson (Queen).

Standing at the back:
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Wistaston Village Cricket Club *(Founded 1980)*

Our Ground Force week-end in early April went well and much needed repairs and general upkeep to the facilities at The Brittles were completed. As I write, the new **2012** season is less than a week away, with our first league matches in The Cheshire Alliance scheduled for **Saturday 21st April** Our **First Eleven** participating in **The Cheshire Alliance Division 1** are hosting local cricket club **Haslington,** while the **Second Eleven** will be travelling in the opposite direction to **Haslington** in **The Cheshire Alliance Division 3.**

Our Sunday Social XI (**Wistaston Wombats**), start their season by visiting **Wyncote Ramblers on June 4th** and in **The Cheshire County Cricket League, Division 4 West**, our **Sunday 1 XI** visit **Ashley C.C**. in their opening match on **May 6th**.

Our **Under 13 Girls** team will be participating in the **Cheshire Women's Junior League,** with their first match scheduled for **29th April** against **Stockport** and are hoping for yet another successful season to match that of the previous season. **The cricket club is extremely pleased to announce that it has received sponsorship from Giovanni's to aid the girls' cricket club kit and as we go to print we are well on the way to taking delivery of new kit with our new sponsors duly advertised and in time for the start of the new season.**

Our junior sides **(Under 9's, 11's 13's 15's and 18's)** commence their respective seasons in the **South Cheshire Junior League** during the **last week of April.**

Home Fixtures: (April – Sept 2012) (The Brittles) Saturday Matches (1330hrs) unless otherwise stated.

1st XI
23rd April Vs Haslington (1300hrs)
5th May Vs Saughall
19th May Vs Ellesmere Port
2nd June Vs Sandbach
16th June Vs Stalybridge
14th July Vs Old Parkonians
28th July Vs Trinity C.C
11th Aug Vs Frodsham
25th Aug Vs Rylands
8th Sep Vs Appleton (1300hrs)
15th Sep Vs Bowdon Vale (1300hrs)

2nd XI
28th April Vs Port Sunlight (1300hrs)
12th May Vs Eastham and Bromborough
26th May Vs Appleton
9th June Vs Sandbach
23rd June Vs Tranmere Victoria
30th June Vs Capenhurst
7th July Vs Haslington
21st July Vs Rostherne
4th Aug Vs Ellesmere Port
18th Aug Vs Frodsham
1st Sep Vs Kerridge (1300hrs)

Sunday Matches (1400 Hrs)
3rd XI
Home Fixtures:- The Brittles
20th May Vs Oxton
3rd June Vs Northwich
17th June Vs Tranmere Victoria
1st July Vs Alvanley
8th July Vs Ashley C.C.
29th July Vs Bowdon Vale
12th Aug Vs Mobberley
26th Aug Vs Warrington

Sunday Matches (1400 Hrs) unless otherwise stated.
Wistaston Wombats (Social)
Home Fixtures (Provisional):- The Brittles
24th June Vs Aston
15th July Vs Rainhill (1430hrs)
22nd July Vs Alder
19th Aug Vs MOB X1
2nd Sep Vs Audlem (1300hrs)
9th Sep Vs (TBA)
16th Sep Vs Fennsbank (1300hrs)
23rd Sep Vs Ashtree (30 overs) (1300hrs)

We held our annual **President's Day on Sunday 13st May at the Brittles (report to follow in Autumn's Roundabout)** and our **Awards Evening** will take place on **Saturday 15th September.**

We offer cricket to adults and juniors of all standards and we are proud on being very much a child friendly club and have been re-credited with the **E.C.B Club Mark originally awarded in May 2005**. The cricket club holds Bingo evenings every **third Friday** of each month at the Wistaston pavilion lounge to raise funds and a warm welcome is extended to anyone wishing to join us. Currently due to junior cricket being played on Friday evenings, bingo evenings have been suspended until the third week in September. Interested in joining W.V.C.C? Please contact **Kevin Jobbins: - Tel 663699** in the first instance.

For more details of our Bingo evenings please contact either **Kevin or Pauline Jobbins (663699).**

John Avery
"Zusammen", 13 Lear Drive, Wistaston.
Tel 0781 7082678

Congratulations to **Keith Thornhill** who achieved a creditable fourth position in the Division 1 bowling statistics.

Name	Club	Overs	Mdns	Wkts	Runs	Average
B.Cook	Langley	118	18	41	388	9.46
T.Gledhill	Haslington	268.1	69	69	791	11.46
M.Mallett	Stalybridge	256	68	63	742	11.78
K.Thornhill	**Wistaston**	**222.1**	**46**	**58**	**734**	**12.66**
S.Stanier	Glazebury	175.5	37	43	566	13.16

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Report from Berkeley School – Compiled by Year 5

The pupils and staff at The Berkeley have been fantastic this year! Many things, which have been really exciting, have happened, like: the new fun topics, cute little chicks, educational visits and lots of clubs! No wonder the children of Berkeley love their school so much!

Recently we had some very special fluffy new additions – Chicks! We had George who was born on St. Georges Day, Sonny, April and Tiger. Before they hatched, the more the eggs wobbled, the more excited we got! After we moved them out of the incubator, they moved into a big box where they could run and jump around. Eventually we had to let them go back to the farm in Willaston.

Years 5 and 6 have enjoyed a visit to the World Museum in Liverpool where they learnt more about Ancient Greeks and World Cultures. The very excited reception classes enjoyed a fun, but tiring day at Chester Zoo. Soon, the years 3 and 4 are going on their residential visit to Beeston. They are really looking forward to it!

Soon, there will be an inter-house Rounders competition where the whole school will take part in mixed age teams. Everyone has been busy practising during PE lessons! In June, all of the local primary schools will take part in Town Sports. The field events are held at Cumberland Sports Ground and the track events are on the following day at The Barony.

We have enjoyed a huge range of extra-curricular clubs this year too! Everybody is welcome to join and they include; eco-club, choir, orchestra, magazine, ICT, athletics, homework, judo, football and many more. The choir will soon be performing their musical called 'Commotion in the Ocean'. This is about a hammer head shark and a bottle nose dolphin and we are really looking forward to seeing it!

So, another busy year at The Berkeley is coming close to an end and we would like to wish all of the year 6s good luck as they move on to secondary school.

Wistaston Church Lane Primary School *Quarterly Report*



The children have been enjoying all sorts of field trips and residential visits over the last few months. Children in Year Two enjoyed a one night stay at Tattenhall where they tried lots of dance, and art activities. Year Four travelled to Burwardsley to learn about village life and also to explore a reproduction Celtic House. Year Five went to Shropshire where they tried all sorts of outdoor and adventurous pursuits like abseiling, potholing and canoeing. Various field trips have taken place with Year Two exploring Ellesmere Port Boat Museum. Year Three and Six went to Liverpool. Year Three enjoyed the art at the Walker Art Gallery. Year Six tried lots of Science activities at the World Museum.

The school Summer Fair was a huge success – one of our most successful fairs ever. There was a real community feel to the event in May and there were dozens of different stalls to visit. Thank you to the Friends of the School who put in lots of hard work to organise it. Our second book fair of the year was a success and we sold over £1000 worth of books. The school received a large sum in commission.

Zoolab brought in various animals for the children in the infants to touch and learn about. Crewe Alex Football Club ran some sessions on respect with our children in Year Five.

We've been busy with lots of sporting activities too. The football team played five games, winning two. The house netball competition at lunchtimes is really exciting! The house judo competition was won by the Mow Cop house. At the time of writing, the Infant Euro 2012 finals are due to take place this week. Norway and Denmark are the two teams who will play in front of the whole school.

The School Council organised a Tea Party for our Grandparents. It was a lovely afternoon and our grandparents enjoyed themselves listening to music, having a tour, sampling refreshments and exploring a gallery of children's work.

The Summer Term promises to be a really busy but very exciting one with lots of sporting events, Wistonia University, parent assemblies, visits, Tanzanian visitors and many other things happening too!

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Foot Advice from Maureen Craig

FOOTCARE FOR DIABETICS

As a diabetic, it is important to pay special attention to the feet with regard to cleanliness, cutting of nails, type of footwear and general matters pertaining to the care of the feet.

Peripheral Neuropathy

Some diabetics may suffer slight sensation loss of the feet. This is because nutrients are unable to circulate correctly in order to feed the nerve-endings which are responsible for feeling. This is called "peripheral neuropathy" and may prevent someone feeling heat and cold properly. Also diabetics are not always able to fully feel pain and/or discomfort (such as heat, cold and itching) in the normal sense. It is, therefore, very important that the feet are inspected daily to ensure there is no broken skin or irritation.

Hygiene

Feet should be washed daily. If it is not possible to bathe or shower, a soak in a bowl of warm (not hot) soapy water for about 10 minutes will suffice. The use of foot-spas is not advisable unless under supervision. This is because foot-spas contain a water-warming element which could overheat and burn the feet. The feet should be dried carefully with a ***clean*** (preferably freshly-laundered) towel, paying particular attention to in-between the toes.

This is a good time to inspect the feet: Check the undersides for injury. If the skin appears dry, apply a moisturising cream. There are numerous foot-creams on the market, but avoid using anything containing a caustic such as "salicylic acid". If in doubt, seek the advice of a pharmacist. Hard skin can be rubbed down with either a pumice stone (used wet) or an "emery-paper" type foot-file (used dry). Under no circumstances, use a metal "cheese-grater" style foot-file as this can tear your skin and cause an infection. If you find any corns or areas of excessively thick hard skin which can't be removed by abrasive means, ***consult a qualified chiropodist/podiatrist. Always make sure your chiropodist/podiatrist is HPC registered.***

If the feet perspire excessively, it may be necessary to wash them a couple of times a day and a perfumed talc or foot deodorant applied. It is not advisable to use any harsh antiseptic or antifungal products such as athlete's foot powders or creams. A charcoal insole worn inside the shoe can help eliminate foot odour. Socks should be cotton-rich. This will allow skin to "breathe". Man-made materials should be avoided.

Nails

Feet should always be soaked in warm water before the nails are cut using either scissors ,or clippers. Whatever tools are used they must be clean and not rusty. Where there is difficulty cutting the nails – or if there are problems such as ingrown or thickened nails, always consult a qualified chiropodist/podiatrist. Always cut toe nails straight across. Do not attempt to cut down the sides or "round them off" as this can encourage them to "grow-in". Don't cut them too short. Allow a centimetre or so length at the tip. Smooth off any rough edges with an emery board.

Footwear

Shop around for footwear – as with everything else – can be a nightmare, but it is very important to find the right sort Feet come in all shapes and sizes and what is right for one is totally unsuitable for another. Always go as late in the day as possible to buy shoes. This is when feet are at their most swollen due to having been on them most of the day and the body fluids, due to force of gravity, are drawn down to the extremities.

Consider the shape of the foot, not just the length and width but also the depth. Are the feet broad foot with plenty of flesh or narrow with little flesh? Is there a bunion or hammer toe that needs to be accommodated? It is important that there is nothing rubbing on your feet that could later cause a blister, inflammation or a corn. You should be able to wiggle your toes about freely in the toe-box part of the shoe. Shoes should never be "*broken-in*". If they are not comfortable when you walk up and down in them in the shop, don't buy them! Ask to have your feet measured. Any reputable shoe shop will do this. It is not just a service for children. Feet do not stay the same size and shape throughout our lives.

Materials are important too. A shoe should preferably be made of leather with a leather lining as man-made materials do not "breathe" or "give" the same as leather. The right shoe is first of all in a style that you find attractive and will want to wear, but also one that is suitable for the shape of your foot and does not squash your toes. The back of the shoe should fit snugly around your upper heel and lower ankle but

continued ...



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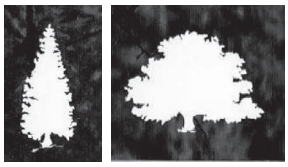
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Maureen's article continued ...

not so tight that it rubs. If the shoe fits well everywhere else but is loose in this area, you can ask the shoe-fitter to supply you with a "heel-grip" to stick in the back of the shoe to ensure a snug fit.

The heel height is also important. A heel above 3 centimetres is not recommended unless you have a particularly high instep. If you have been used to wearing a high heel, reduce your heel height gradually. It is not a good idea to go from a high–heeled shoe to a flat one as this can cause undue strain on the Achilles tendon.

Exercise

Walking is very good for you. It is, without a doubt, the best form of exercise as it is weight-bearing and strengthens the muscles in your feet and legs. Exercising the leg muscles helps to keep the blood circulating around your body. The more you walk the more blood is pumped back from your feet to your heart. Your heart then pumps the blood out again and keeps it circulating throughout your whole system. If you stop walking or doing any other form of exercise, your circulation will slow down and become "sluggish".

The best style of shoe for walking is a lace-up type as it supports the foot and is less likely to slip or rub. Try to get a "moulded" toe shoe rather than one with seams (i.e. the "moccasin"-style is to be avoided, though the soft moccasin is usually OK as a slipper). Trainers are great for walking short distances, running, aerobics, etc. but get them off when you get home and let the air get to your feet. Because trainers are so well padded they encourage bacteria and fungi, which can cause odour and infections.

If you intend to take up walking seriously, you need a good pair of walking boots or shoes with thick socks. A specialist shop is recommended for this type of footwear.

Always ensure you wear socks or stockings, preferably cotton or wool as these absorb perspiration which will otherwise penetrate directly into your footwear causing a lingering unpleasant aroma!

There are many specialist socks and stockings for diabetics on the market now, some of which are lined with silicone gel to cushion the foot. Try and choose seamless socks, stockings and/or tights in order to avoid irritation. Wear them inside-out so that seams do not rub. Also make sure the elastic at the top of the sock or stocking is not too tight as this can impair circulation. Change your hosiery daily. Even if you don't have sweaty feet, they can harbour bacteria and fungal spores.

At home wear well-fitting slippers. There is no point in wearing well-fitting shoes if your slippers are too tight. Open-toed, well-fitting sandals are good to wear in warm weather (again choose leather), but don't allow your feet to get cold in winter and never try to warm them up by putting them in a bowl of hot water, on a hot water bottle, in front of the fire or on a radiator. Instead put on an extra pair of socks and allow feet to warm up gradually. If you try to heat your feet up too quickly you could develop "chilblains": a condition where the feet become inflamed and itchy and can cause broken skin, especially if scratched.

Problems

Check your feet daily, especially the underside and in-between your toes. If you suspect any kind of problem such as a puncture wound, corns, verrucae (warts), hard skin, toe-nail problems, a rash or itching, ***consult either your GP or a qualified chiropodist/ podiatrist. Under no circumstances attempt to treat these problems yourself.*** If you do ever feel tempted to buy "over-the-counter" remedies from a chemist, ask to speak to the pharmacist and tell them you are diabetic.

Most diabetics do not suffer from foot problems, but it is wise to be aware of problems that may occur without appropriate attention.

Maureen Craig MSSCh MBChA
HPC Registered Podiatrist

St Mary's, Wistaston

I was recently passed an article from the Birmingham Newspaper the Sunday Mercury (13 May 12), which reported how the social networking site Twitter, can be used to spread the Gospel message! The website www.the140bible.com is working its way through the Bible in tweets (140 characters or less). For example, here is a summary of the New Testament in 140 characters, *"Jesus came, wept, was killed, and rose. Apostles preach and are persecuted. John sees heaven. The end will one day come."*

Whether you're a tweeter or not it's amazing how social media can be used so powerfully. Of course, the power of Twitter is how instant and accessible it is, the downfall of it may be that tweeters are limited to 140 characters!

Christians have been tasked to proclaim the Gospel afresh to each generation, to help people to understand God's love and care for us - and this they have done in many different ways. From the oral tradition of preaching, to the printing press, to radio, television or the internet and now social media, the church has embraced new ways through the centuries – so why not tweeting?

I hope you have a lovely summer, enjoy the Jubilee celebrations, the Olympics and hopefully have a chance for a rest.

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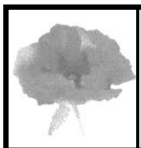
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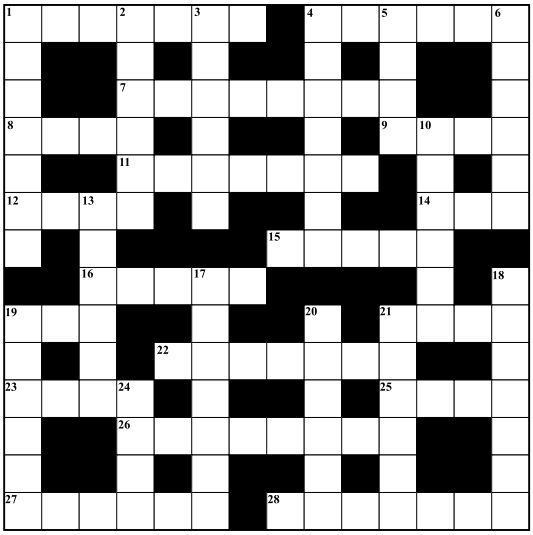
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Clues for Summer Crossword

Across

1 and 4 across. Author famous for Doctor in the House etc. (7,6)
4. See **1** Across
7. American dramatist who collaborated with George S Kaufman on plays such as You Can't Take it With You (4,4)
8. Swedish pop group who won the l974 Eurovision Song Contest (4)
9. Type of camera lens where the focal length (and thus angle of view) can be varied (4)
11. In Greek mythology, nymphs who guarded the sea (7)
12. Former county of S W England from l974 to 1996 (4)
14. Electrically-charged particle (3)
15. A sauce for pasta comprising basil, nuts, garlic, oil and Parmesan cheese (5)
16. Short musical composition or exercise (5)
19. The Sun, personified (3)
21. Adam - novel by George Eliot (4)
22. Son of Abraham and Hagar (7)
23. The Greek letter 'i' (4)
25. Local name for the Thames at Oxford (4)
26. Wrist or arm ornament (8)
27. One who counts votes in the House of Commons (6)
28. King of Lydia, famous for his riches (7)

Down

1. Month of the Muslim year when fasting is observed by day (7)
2. Dietmar – German footballer who joined Liverpool from Newcastle United (6)
3. String of beads used in counting prayers (6)
4. A Spanish or Portuguese nobleman of the highest rank (7)
5. Cesar -, Swiss hotelier who opened a hotel in London in l906 (4)
6. and 20. Novelist, best known for *The Naked and the Dead* (6,6)
10. Passiform bird with brilliant plumage (6)
13. An American member of the cat family, like a small leopard (6)
17. Giant who imprisons Christian and Hopeful in Doubting Castle in *The Pilgrim's Progress* (7)
18. Temperature scale formerly known as centigrade (7)
19. See 21 Down
20. See 6
21. and 19. Down. Well-known comedy by Noel Coward (6,6)
24. Second son of Adam and Eve (4)

Below we print Megan's Third Prize winning article for the 2011 Laurie Twiss Award

Mystery of the Sneak Thieves

Stanley is nine and lives in a flat with the Lambchops. A famous painting has been stolen and this all happened late at night in a famous museum. The robbers used a trap door to get into the Museum.

A big board fell on Stanley Lampchop and made him very, very flat! His brother, Arthur, got lots of books and put them on his tummy to make him flat because he thought it was very cool.

Stanley dressed up as a Shepherdess in a picture frame as the robbers were trying to steal 'Love in Heaven'. He shouted for Mr Dart; then the police came and it was all done.

Arthur is going to try and become flat and maybe more flat than Stanley!!

Megan Tew

The Laurie Twiss Trophy for Journalism - 2012

Write a story/article in not more than 200 words that could be printed in next Winter's Roundabout. The competition is open to young people in our area with ages ranging from 9 – 16 years.

The winner will be able to keep for one year the Laurie Twiss Trophy for Journalism together with his/her additional prize.

It's your choice - real or imaginary, fact or fiction – so do get into writing mode now. Good reporting!

Please include the following information about yourself: Name and address; Contact telephone number; Age; School attended; Title of Article/Story.

Entries should be submitted by 31 July 2012 to one of the following:

Barbara Brereton,
16 Prior Close, Wistaston, Tel: 569861
Greg Brereton,
7 College Fields, Wistaston, Tel: 560194
Eileen Bamber,
31 Broughton Lane, Wistaston, Tel: 569126

Dates of meetings of the George Formby Society and the Coin and Medal Society

George Formby Concert – Main Hall	
January	27
February	24
March	23
April	27
May	25
June	22
July	27
August	24
September	28
October	26
November	23
December	28

Coin and Medal Society			
Jan			No meeting
Feb	14	DR	Transporter Bridges of the World
Mar	13	DR	Auction of Coins, Medals & Numismatic Books etc
Apr	10	DR	Battle of the Somme
May	8	MH	The Spring Coin Fair
June	12	MH	The Inner Counties Numismatic Quiz
July			No meeting
Aug	14	DR	A Token look at the Black Country
Sept	11	DR	An Innocent Abroad – Graham Dyer
Oct	9	MH	Autumn Coin Fair
Nov	13	DR	My Other Collecting Interests
Dec	11	DR	AGM followed by Members Short Talks

DR – Dudley Room MH – Main Hall

WISTASTON PARISH COUNCIL
CHAIRMAN'S REPORT

1. ELECTIONS 2011

The Parish Elections on 5th May 2011, resulted in 12 Councillors elected unopposed. Three vacancies remain, one in St. Mary's Ward and two in Wistaston Green Ward. If any resident is interested in representing these wards they should first contact our Clerk in writing giving personal profile details. Information will be treated in confidence.

2. CHILDREN'S PLAYGROUND – VEHICLE PARKING

Currently limited parking is only available on our small Beech Drive parking area. We have recently received permission from the management of the Woodside Public House to allow short term parking on their general car park. Residents may find this safer than roadway parking and more convenient. Thanks are recorded to the Woodside Managers Mr. & Mrs. Marchant.

3. SPEED WATCH

We would appeal again for additional volunteers to join in our speed watch groups. Teams operate in groups of two with support by the Police Community Support Officers. Appropriate training will be given together with highly visible clothing. Times and frequency would be determined by the team with no fixed arrangement required. Interested volunteers should first contact our Clerk.

4. BEECH DRIVE – PARKING

Following a long period of antisocial behaviour mainly in late evenings, resident requests have resulted in the Council approving the installation of a lockable barrier which is now in place. The initial proposal is for a 3 month period to close the parking area from 6.30 p.m. to 7.00 a.m. each day, commencing week ending 14th May 2012. After this trial period the arrangement will be reviewed. Pedestrian and disabled access is available at all times.

Cllr. J. Moore
Chairman

Very many apologies for not having enough room to print the Councillor Contact details.



Solution to Winter 2011 Crossword

Wistaston Young Drama Group



Group 1 in rehearsal for their Annual Showcase

Wistaston Young Drama Group presented their Annual production in March which showcased the talents of the children aged between 7 and 16.

Rehearsals will shortly commence for the next production, to be performed at The Players' Theatre, Nantwich.

The play will be directed by Michaela Warrilow, together with Alexandra Craig-Colcombe. Michaela has received acclaim for her inspired and imaginative directing of *Blood Brothers* performed recently by the Youth Theatre in Nantwich, Coaching is provided in a fun and safe environment by professionally trained drama leaders. Lessons include creative movement, structured improvisation, drama games, language development and voice coaching which aims to build confidence, improve concentration and creativity.

The drama group was formed in 1994 and provides classes for ages 7 – 16 on Saturdays 10.30am – 12.45pm at the Memorial Hall, Church Lane, Wistaston. New members are always welcome.

Why not give us a try? Classes are £6.00 per week, part payable in advance. Free taster sessions are available for new members For further information regarding the classes contact Margaret 01270 668233 or Judy 01270 650341.

Report from Wistaston Jubilee Tennis Club

The tennis season is well underway as we start the year at WJTC where fees are due from the 1 April. The sunshine always adds to the pleasure of playing tennis but whatever the weather the courts have been well used throughout the Winter months.

In celebration of the Queen's Diamond Jubilee, the WJTC are holding their own event in the form of a Barbecue/Buffet Tournament on Sunday 3 June depending on the weather when, if necessary, the alternative date will be Monday 4 June. Starting at 2pm the cost will be £1.50 and hopefully the sun will shine for what should be a very enjoyable occasion.

As previously reported the fees for membership are the same as last year and any new members joining in October will qualify for the 60% reduction of the appropriate fee. Negotiations are underway to arrange coaching during the Summer months but further details can be obtained by contacting the Membership Secretary, Mr Bill Heath, on 01270 560471.

As in previous years WJTC have been involved in the activities in the village and look forward to doing the same in 2012.

Alice Chalwin

Audlem Aid to Charities
This year for St Luke's Hospice

Open Garden and Fair

Sat. 16 June 2012 10am – 3pm
The Willows, School Lane, Audlem

Sale of Plants,

Cakes, Clothes, Linen, Jewellery, Bric-a-Brac Books, Jigsaws, Games & Toys
Also refreshments and raffle Admission 50p – Children under 10 free

Diamond Jubilee Variety Concert

Saturday 2nd June 2012 at 7:30pm in the Wistaston Memorial Hall, Church Lane, Wistaston CW2 8ER

including: The Grove Singers, Jack Gresty and his trumpet, a Monologue by Tim Lloyd, David Clews on Harmonica, Magic by Richard Batty, and the South Cheshire George Formby Ukulele Society

Admission by programme £5
All proceeds will go to the 'Help for Heroes' charity

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