

February 2013

Village News: Long Marston, Puttenham, Wilstone, Gubblecote



Your independent village magazine - produced and delivered free to every home in the Tring Rural villages entirely by local volunteers.

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We depend on readers' articles and pictures. So let's have them!

Putting the 'brook' back into Sandbrook Lane

OVER Christmas, the small brook that you would hardly notice at most times of the year, which runs in a ditch the full length of Tring Road in Wilstone, burst its banks and flooded Sandbrook Lane.

At the field gate adjacent to the pumping station in Sandbrook Lane, the brook meets a stream which carries overflow from Wilstone reservoir, which quadrupled the amount of water which needed to flow through the narrow pipe underneath the field gate entrance. The result was that the pressure from the reservoir water was greater than the pressure from the ditch running down Sandbrook Lane, and effectively forced the brook water back up, creating the flooding, and making a quagmire at the field entrance and flooding at a nearby stable.



So just after Christmas, a stalwart band of volunteers comprising Colin Reedman, Councillor Briant, Robert Briant and Peter Walker, attempted to do what they could to assist in getting the water to flow faster. Brambles had to be cleared away to allow access to the pipe, where it was discovered that a considerable amount of debris had built up around an obstruction in the pipe. With the violent application of drain rods, some impact was made in clearing the debris and the effect on reducing the flooded area was perceptible.

However, overnight there was another deluge of rain, and by the morning the brook had once again flooded the lane.

Then the challenge was to find which agency would take responsibility for coming to our assistance. After several phone calls on Saturday night, the Environment Agency admit-

ted that they were responsible for the water from the reservoir to the canal—not the reservoir or the canal, just the bit in between, and to give them their due, they turned up at 9am on the following day, Sunday, and with chest high waders they managed to prise out a log which had jammed in the pipe, allowing a mini tsunami to run from the field gate down towards the canal.

At the time of writing, there is still a high level of water running through the ditch systems of the village and it is still well above average height in Sandbrook Lane. The ditch in Rosebarn Lane has been flooding parts of New Road for weeks. This is a highway



drainage problem which, hopefully, will eventually be solved by Hertfordshire County Council who are aware of

the matter, having tried to deal with it in recent weeks but without success.

Whilst this has been an unusual occurrence, we are warned to expect more severe and concentrated rainfall in the coming years. It is apparent that some of the pipework in the ditches is now inadequate to deal with high water volumes, and more attention must be given to clearing ditches before they become a problem. *See also letter on page 11*



Councillor Richard Briant, Colin Reedman and Peter Walker clearing the problem.

Wilstone Film Nights

Friday February 22nd



A Martin Scorsese film

starring Ben Kingsley, Jude Law & Ray Winstone

Hugo is set in Paris in 1931. It tells the moving story of an orphan who lives within the walls of a railway station, and is wrapped up in a mystery involving his late father, and an automaton. It is a brilliantly told film, with some stunning visual effects, and is captivating in its delivery.

Friday February 22nd

TICKETS £6

Available now from

Wilstone Village Store & Meads Farm Shop

Film starts at 8pm. Licensed bar opens at 7.15pm



Village News

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CHRISTMAS and the New Year celebrations are now all over and it is back to work for many of us (you)! As I write this, the snow is falling fast and blowing everywhere, I think we are in for a very white weekend so I am happy to be in the warm indoors carrying out this edition of Village News.

The weather has obviously been a feature of the past few months, let's hope that we have a good summer this year to make up for it.

You will notice that there is no VN Extra this month as Harriet is busy with exams- we wish her good luck..

Keep your items coming in, we could not produce the *Village News* without them.

Colin Davenport

Deadline for items for our next issue is Thursday 21st February 2013.

Village News is written, edited, produced and distributed entirely by local volunteers. Only the final printing is done by a commercial company. We aim to be local, interesting, informative, fun and a good read.

Let us know if we are not!

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Church services

at

**St Mary's Puttenham
St Cross Wilstone and
All Saints Long Marston**

You are most welcome to join us at any of the services.

3 February

10.00am

All Saints Morning Prayer

6.00pm

St Cross Evening Prayer

4 February

(Monday)

2.00pm

All Saints Toddler Worship

10 February

8.15am

St Mary's Holy Communion

10.00am

All Saints Holy Communion

6.00pm

All Saints Evening Prayer

13 February

Ash Wednesday

10.00am

All Saints Holy Communion & Ashes

17 February

10.00am

St Cross Holy Communion

10.00am

All Saints Morning Prayer

18 February

(Monday)

2.00pm

All Saints Toddler Worship

24 February

10.00am

All Saints Holy Communion and Sunday

Club

3.30pm

St Mary's Evensong



St. Cross, Wilstone.

Read Village News on line at:
www.tringruralpc.org.uk (Click on Village News)
www.wilstone.me.uk (Click on Village News)

What's on...

You are warmly invited to

Chris Milner (singer/songwriter)

Wilstone Village Hall
Saturday 16th March 2013, 7.45pm.



"This isn't background music.
His words are like poetry set to music,
not one word wasted or compromised."

plus: Rik and Ellie (jus'S'posin)

Voluntary contribution.
Bring your own drinks.

CJM Recording
www.chrismilner.com 01913 737101

Times for mobile library Route 72

Thursdays, fortnightly: 7th and 21st February 2013.

Tringford (Piggeries Pine)	11.00 to 11.20
Wilstone (The Half Moon)	11.25 to 11.55
Astrove (Astrove Lane)	12.50 to 13.15
Puttenham (Church Lane)	13.20 to 13.45
Long Marston (Queen's Head)	14.00 to 15.15

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Diary dates...

Tring Rural Parish Council meetings (8pm)
The public are welcome to attend these meetings.
Wednesday 20 February Puttenham Cecilia Hall.

Friday 25 January ** RESCHEDULED **

Film Night. Wilstone village hall, 8pm.

Tues. 12th Feb

St. Cross. Shrove Tuesday service to launch the DENS Appeal, followed by sausages and pancakes. 10a.m.

Thursday 21 Feb – Saturday 23 Feb

Panto — See full page 6 advert for more details.

Friday 22 February

Film Night. Wilstone village hall, 8pm.

Tuesday 26 February

2pm Social afternoon at All Saints

Friday 8 March

Cecilia Tea Rooms, 3pm. Cecilia Hall.

Wed. 13th March

Lent Lunch at Wilstone Village Hall. 12noon to 2p.m.

Saturday 16 March

Chris Milner concert. Wilstone Village Hall 7.45 See advert. on this page.

Friday 22 March

Film Night. Wilstone village hall, 8pm.

Tuesday 26 March

2pm Social afternoon at All Saints

Saturday 6 April

Jumble Sale. Cecilia Hall, 2pm.

Mon. 8th April

Flowers & Fun with Neil at The Red Cross Hall-
Tring 7.30p.m.

Tuesday 23 April

2pm Social afternoon at All Saints

Saturday 4th May to Monday 6th May

Festival of Flowers and Crafts. St Cross, Wilstone
10am-5pm

Wednesday 1 May

May Day Madrigals, 6am St Mary's Churchyard, Puttenham. Followed at 6.30am by breakfast at Cecilia Hall.

Saturday 11 May

Tea and Jazz. 2.30pm, Cecilia Hall, Puttenham.

Wednesday 5 June

MCCA Unicorns A v Essex11 (ECB Trophy competition)
12 noon start.

Friday 7 June

Cecilia Tea Rooms. 3pm, Cecilia Hall. TBC.

Sunday 9 June

Wilstone Fete.

Saturday 15 June

Midsummer picnic on the recreation ground behind LM
Victory hall.

... don't miss anything with our guide to local events! Free listings.

Sunday 16th June

Marsworth steam and classic vehicle rally 11am-5pm

Tuesday 25 June

Herts v Surrey (Spitfire 60+ County Championship Central division) 1300 start

Sunday 11 August

St. Mary's Festival. 2.30pm, St. Mary's/Cecilia Hall.

Sunday 18, Monday 19, Tuesday 20 August

Herts v Bucks (Minor Counties Championship) 11am start on all days.

Saturday 31 August

Jumble Sale. 2pm Cecilia Hall.

Friday 6 September

Cecilia Tea Rooms. 3pm, Cecilia Hall. TBC.

Saturday 5 October

October Supper. 7.30pm, Cecilia Hall.

Tuesday 17 December

Carols round the tree on LM village green 7pm.

up' for Lent. If you would be kind enough to bring a suitable item this will replace the traditional 'collection' taken during a service. Dens stands for Dacorum Emergency Night Shelter, and the church of St. Peter and St. Paul in Tring is now the local collecting point for this charity, which sadly is seeing an increasing demand for its services. The service will be followed by the traditional Tring Team **sausage and pancakes!!**

Wednesday 13th March at 12noon-2pm—Lent Lunch.

The annual Lent Lunch will be held in Wilstone Village Hall; a frugal lunch of soup, bread and cheese, plus tea/coffee to remember all those people across the world who have very little, if anything, to eat. There is no charge for the lunch, but donations for Christian Aid would be very much appreciated.

Sunday 24th March-- Palm Sunday

Time and details to be confirmed. A procession through the village to the church, to celebrate Christ's entry into Jerusalem.

Friday 29th March Good Friday at 12 noon

Raising of the cross in the church grounds.

Sunday 31st March Easter Day)

Monday 1st April Easter Monday)

Details of services/events to be confirmed.

Monday 8th April at 7.30pm.

An evening with **Neil Gurney**—fun and flowers!! –at the Red Cross Hall in Tring. Tickets will be £8; this is the inaugural event of the Friends of St. Cross Flower Festival which will take place in May.

Saturday 4th, Sunday 5th and Monday 6th May 10.00am to 5.00pm.

St Cross Flower Festival with displays in the church, crafts in the Village Hall, refreshments and a village Songs of Praise on the Sunday.

We look forward to welcoming you to St. Cross.

Community Shop Wilstone opening hours:

Monday to Saturday: 7.30am to 1.00pm

Sunday: 9.00am to 12.00noon.

Follow Long Marston Cricket Club at

www.pitchero.com/clubs/longmarstoncricketclub/



ST. CROSS WILSTONE
DIARY FOR SPRING 2013.

EVERYONE IS WELCOME

ST.CROSS will be hosting several services and events during the next few months and some of them will, of course, be accompanied by refreshments!!

Sunday 3rd February at 6.00pm.

Evening Prayer for Candlemas, with candles to light the church, and for personal use on the Votive Candle stand.

Tuesday 12th February at 10.00—Shrove Tuesday.

A short service to start Lent where we will launch our annual appeal for 40 items for the Dens project / Dacorum Food Bank. Last year St. Cross decided that 'giving something to someone else' was more beneficial than 'giving something

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BY
**NEIL
GURNEY**

AT THE
VICTORY HALL
LONG MARSTON

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SENIOR CITIZENS: £4.00
CHILDREN: £3.00



THURSDAY 21ST FEBRUARY 8PM
FRIDAY 22ND FEBRUARY 8PM
SATURDAY 23RD FEBRUARY 7.30PM AND
CHILDREN'S MATINEE 2PM



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WILSTONE VILLAGE STORES OR MEAD FARM SHOP, WILSTONE
OR SUNDAYS 2 – 5PM AT THE VICTORY HALL.
ENQUIRIES: 07855 369515

The Horti page

*Sponsored by
The Long Marston and Puttenham Horticultural Society*

A VERY Happy New Year to all our readers from The Long Marston & Puttenham Horticultural Society. Here's hoping all made it through the festive period and are now looking forward to a successful 2013 and the impending delight that is our annual village Pantomime!

This year we are staging 'Sinbad the Sailor' over the February half-term holiday and it is looking like another knockout production from the amazing Neil Gurney. With all the fun of a traditional pantomime, including great song and dance numbers, side-splitting slapstick and of course the obligatory sweets, this must be an essential part of any local's diary this month. We start on Thursday 21st then Friday 22nd, both at 8pm, followed by 2 performances on Saturday 23rd, at 2pm and 7.30pm. Tickets are available now at the Queens Head in Long Marston and both the Community Shop and Meads Farm Shop in Wilstone. Prices have been held at £6 Adults, £4 Senior Citizens & £3 for Children. For details, Please call 07855 369515.

A major production like this however requires a lot of help putting it all together. We have a hardy band of willing volunteers who help in all aspects from Costumes to Scenery, but we would still welcome anyone who would like to join us. We will be at Wilstone Village Hall for the next two Sundays (3rd & 10th Feb) and then move to Long Marston the following weekend for a week of rehearsals before the opening night on the Thursday. We need people to help with such things as make-up, scenery shifting, or even selling raffle tickets and programmes. If you can help IN ANY WAY, please contact Vicky Hayes on 01296 661586 or Toby Davidson on 07970 636168.

The Horti also have a number of other events planned during the year, including the annual village show and a midsummer picnic on the recreation ground. More details to follow next month.

Long Marston Cricket Club

NET practice for the coming year has started at Aylesbury Grammar School in an effort to hit the ground running at the start of the season. Both senior sides will hope to avenge last years relegations with a good solid start to the new campaign.

Cherwell League fixtures start on Saturday 11th May when our first team travel to Dinton and the 2nd team entertain Oxford Downs. Our third team will also be at home for the first game, playing at Mentmore against Kingston Bagpuize.

Representative cricket will again be a feature of the coming season at Marlins. On Weds 5th June the MCCA Unicorns A side will again play on our ground entertaining Essex II in the ECB 2nd XI trophy competition. Tuesday 25th June will see Herts over 60's take on their Surrey counterparts in the Spitfire 60+ 1st XI County Championship Central Division.

The last game in the Minor Counties Championship round for the season sees Herts entertaining Bucks in a three day game starting on Sunday 18th August. This promises to be a fiercely fought local derby and who knows what may be at stake by the time the game gets underway.

All are always welcome at Marlins. Why not come and join us for some relaxing cricket during the season. Social memberships always available. New players especially welcome.

Paul Dumpleton

Chairman



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The agricultural story line...

by David Mead

Winter wanderings

WELL, Christmas came and went. Teresa cooked a good breakfast on the Friday after Christmas and most of the immediate family sat round the kitchen table from 10 o'clock to mid-afternoon. Very enjoyable. Now January is nearly over, starting mild and, at the time of writing, refreshingly cold! I'm now rushing round the parishes delivering logs. There is something very satisfying about tending a fire. You could say it's more peaceful sleeping in front of a burning wood fire than in front of a radiator. The trouble is, with snow on the ground my truck is not at its best.

The late-drilled wheat is up and looking quite well. I think it continues to grow even when covered with snow. I saw Ben Stewart drilling in the snow today in the big field up Stable Bridge Road. The drill was moving well. We've been told that wheat must be drilled by the end of January. Prices for wheat in this summer's harvest are quite strong: £200 a ton, plus or minus. Someone has to make the decision as there is talk of it getting higher. The pigeons are still eating the oil seed rape; a bit more snow will give the crop a chance to recover. The ewes are enjoying some Long Marston grass. It's a pity we can't control where the snow falls, the girls will need some silage if we get much more. They will be brought into the lambing yard toward the end of February. The lamb trade has taken a bit of a knock. Traditionally the New Zealand lamb causes problems this time of year. I see Tesco is stocking it.

A keen naturalist told me a pair of otters was pictured on a night camera. They are very welcome but what of the now rare native crayfish and fresh water mussels? Buzzards are quite common now and what about Long Marston's little egret, the little white heron feeding in the roadside stream? I suppose there will have to be constant surveys with restocking as required. Don't mention those burgers, no I promised I wouldn't.

I can hear they have started building the houses at Dixons Gap. It seems strange that houses can only be built within the village boundaries but this development will need a community bus. Still, somebody will be very lucky to live there.

I believe the rapeseed oil is to be sold in some Waitrose stores; that's a feather in someone's hat. The new bottling plant is almost ready - very swish.

I would like to take this opportunity to thank our "paper boy" who manages, in all weathers, to deliver mine by 6.30am to be with us for my first cup of tea before I go out at 7am. Well, now I must mention the sausage rolls in the Village Stores, the film shows in the village hall - these things greatly add to the quality of life. And if we didn't have a village magazine I couldn't have said that!



Snow scene

No prizes for guessing where this watering hole is.

Hair Today Gone Tomorrow

By Andy Ashwell

BEING a bit of a tight-wad when it comes to spending money on unnecessary things (beer excluded), seeing an advertisement in the Village News for a £5 haircut (plus a 10% discount for showing them the magazine advert) at the new Radiant hair salon in Christchurch Road was an opportunity too good to be missed. My usual parlour – Vanity Fair in Western Road – although cheap by modern standards was, in comparison, astronomically priced at £7.90.

So as I was in need of a ‘Christmas haircut’ and without so much as a second thought I booked an appointment for the next day. Then I started to fret. Surely there must be a catch; £5 is rather cheap. Just in case, I arrived five minutes early and immediately checked with the receptionist that the offer was genuine and that there were no hidden catches. “Catches such as what?” she asked with a bemused smile. “Er, dodgy haircuts?” I suggested – not that I’d have noticed if I’d received one anyway – and immediately felt rather stupid for having asked.

She smiled sympathetically, showed me to a chair and, despite my impudence, offered me a cup of coffee. “No charge,” she whispered without the slightest hint of sarcasm. That’s good, I thought; even if the haircut’s ropey, with a free coffee (£2.20 saved on Costa) along with my 10% off, I will only have wasted £2.30 – and at worst Anna could always tidy up the mess using the kitchen scissors.

As it happens, I did get a good haircut and the coffee wasn’t bad either. But more importantly (to me, anyway) was the fact that it really had only cost me £4.50.

Feeling rather smart with my chic new look I then discovered that it might have all been in vain: the theme for the New Year’s Eve party that we were planning to go to had a competition for ‘best moustache’ and a moustache was not in keeping with my new, hip, well-groomed persona. Luckily I had some stick-on moustaches in a drawer ready for unexpected emergencies, but it was made abundantly clear by the rest of the family that ‘stick-on’ was not an option and that I would be growing a proper one.

So that the stick-on moustaches shouldn’t go to waste (and the fact that there was nothing to say that you had to be a man in order to win the competition) I made the suggestion that Florence and Anna should accompany me as the moustachioed-maid and the moustachioed-matriarch. Needless to say my suggestion was greeted with little enthusiasm so, once again, it was down to me to lose my dignity again and to grow my moustache all on my own.

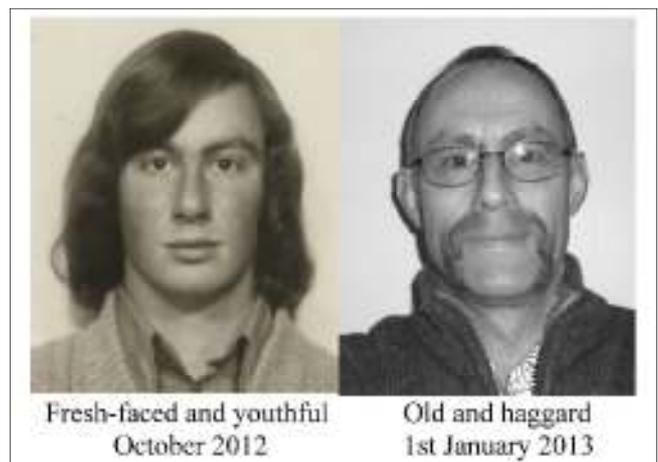
I had three weeks in which to get something reasonably macho-looking around my chops. I reckoned on 20 to 30mm by New Year’s Eve but by day 7 things weren’t going too well: 4mm of grey/ginger stubble that just made me look a bit unkempt.

Because it was after the November Movember (Grow-a-moustache-for-prostate-cancer) event, I had lost a great excuse for looking scruffy and I therefore had to constantly keep telling people why I was growing a moustache. Well, I didn’t have to tell them and, to be truthful, nobody actually asked – probably because they didn’t even notice my fur-filled fizzog – but it made me feel better, so I told them whether they wanted to know or not.

By New Year’s Eve I was sporting something almost resembling a Gringo-moustache but it was still a bit sparsely populated and rather anaemic (grey). I enquired at the chemist about moustache dye but at £7.37 for a teeny amount I decided that I wasn’t that vain and that Anna’s Lush-Lash mascara would do instead. All in all I think the result came out rather well and I think I would give any Mexican bandit or 70s cop (Jason King, Magnum, Frank Cannon, etc) a good run for their money.

Now to the result of the competition: well, at 10.15pm I was the firm favourite to win – but only because I was the only person foolish enough to have bothered to grow their own moustache. Unfortunately we had to leave before the results were called because Florence was getting a little tired. Consequently I wasn’t there to receive my prize in person and, thanks to a new rule made up at 11.45pm, I forfeited the dubious honour of becoming Mr Moustache 2012.

By 9.30 the following morning the moustache had gone. When I compared a photo of me taken in October (see photo, left) with one taken on New Year’s Eve (see photo, right) I was horrified to see how much the short hair and moustache had aged me. So the moustache will never return...but the long hair? Well, at worst it would save me £20 a year in haircuts.



No Comment ! Ed.

A Letter from the Canadian Prairies

By Helen Braginton

AS WE are approaching our fifth year on the Prairies I thought it was about time we contributed to the village magazine, as Dad told me he got asked by numerous people in the village how we are getting on over here. We keep in touch via e-mail, the magazine on the computer and Three Counties Radio which we can also receive on the computer, then broadcast it via the speakers around the house. Quite often I have told Dad over the phone about events in the three counties that he knew nothing about. The power of communications!! Bit different to smoke signals as we are told used by the Indians, sorry we must call them First Nation people.



Our first winter digging out our drive

I suppose the weather always is first on everyone's mind. Brrr.... Canada must be cold, yes it is in the winter, but dry cold with temperatures as low as -7°C being quite acceptable for working outside, dressed for it of course. Our first two winters were recorded as the worst for snow for many years. We experienced drifts of 14 feet or more as seen from our entrance drive. These last two winters, not much snow but very cold. Christmas day this year we woke up to -20°C and New Year was -30°C . That is cold. The chickens had to be put into the workshop under the gas heaters. Luckily we only lost one of the girls. The horses, we now have four of them, as long as they are rugged up and the barn doors are closed, don't seem to be affected by the cold. But to compensate for the winter we do have an average of 300 days of sunshine a year, with very hot summers. This is the cause of one of our concerns, prairie fires. There is a very good warning system linked to radio and television that gives a state of the alert. We have experienced one such event when a fire went out of control some miles to the south of us and travelled at a surprising speed across the prairie. We had the 30 minute warning. Had to box up the horses and chickens plus dogs and make our way north. Luckily for us one of the main highways double strip stopped it. But we were not allowed back home until the next day. The other weather phenomenon are the cyclones during the summer months. Taber, a town 35 miles from us to the north east, was hit destroying a large farm and buildings. We usually get the spin off, very large hail stones the size of walnuts. If we get warning of this everything goes under cover, because the damage they cause to vehicles and property is enormous. The repair shops are still catching up with the previous year's body work damage. We are lucky to have steel roofs on all our buildings. This year's storm killed our last remaining Long Eared Owl chick, they breed every year in the

Village News

pine trees that encircle our house as protection from the winds that blow for a good percentage of the year. The weather problems we have learnt to live with.

The Canadians are a friendly race, we have made plenty of friends and have very helpful neighbours. The farmers and ranchers all rally round when help is required. As an example, when I was out riding my competition horse a rancher stopped me to ask if I could help with the round up of his cows from the local coulee, a deep ravine formed by ground erosion. I returned to my barn, swapped horses for my quarter horse, specially bred for the work, returned and spent two wonderful days rounding up and separating 400 head with their calves. We also have two colonies of Hutterites near by, as within 4 miles of us. They are a religious sect who originate in Austria, coming to the States and Canada in the 1800's. They are excellent farmers, being entirely self contained in all trades. They have been a constant source of help in many ways when I have had problems while Simon has been away on the road, where for this year he has been mainly hauling potatoes in season and then cows, from Canada down into the States, mainly Washington, Idaho and Utah.



80 miles to the US border from our yard and nothing in between

He has changed companies from his original sponsors, because he could be away for weeks at a time, with his present company he is home to do jobs every weekend. Mind you, with his original company he must have visited every State in the Country, except Alaska. The nearest he has got to Ice Road trucker realm was up into the Yukon, to White Horse. He does report that the scenery through Montana, Idaho and Utah is magnificent and well worth a holiday tour for those minded to travel.

I have added to my two horses with the purchase of one filly at auction and one from an acquaintance in the horsey world. Therefore, with four horses and the various ones that come in for training in the summer, I am kept busy running the acreage, the Canadian term for a small farm. I also travel to a small town across the prairie by the name of Raymond, the original town where rodeos started, to teach a group of school-children to ride English style; while I go for lessons to ride Western Dressage. So you see we are well integrated into the Canadian way of life and enjoy the largeness of the country and the safety of being able to ride out in the countryside without fear of being run down. One can see for miles from the back of a horse.

Hope this has given you an insight into our move to Canada, as we now have our permanent residency status we feel very secure and hope to enjoy the rest of our lives here.

Helen, Simon and the prairie dogs.

More Letters...

*From Richard Jameson, Bramley, Guilford.
(Mayor of Dacorum, 2000 - 2001.)*

Councillor resignation

I WAS very sorry to see from your December edition that Abby Fermont had resigned from the Parish Council. I knew her when I was a Tring Town Councillor from 2006 until I moved to Surrey two years ago.

Abby did her best in many ways to ensure that local people derived benefit from the Parish Council's work, not least in the provision of affordable housing, and she was understandably dismayed when the Council decided not to support such housing in Wilstone where she lives. In her 12 years as a Councillor she combined all this work for the community with bringing up two young daughters. Perhaps she will think of returning to the Council at the next election!

A Villager's request

WASN'T it lovely to see the sun shining on the first two days of this year. With all the rain we received in 2012 it was surprising that Wilstone was not washed away down the canal. I know that Rosebarn Lane and Sandbrook Lane had problems, mainly due to blocked drainage according to the council men I encountered on my walk.

On the plus side most of the ditches and culverts, in and around the village, were dug out and completely cleared for the first time in many years, enabling the rain water to follow its intended course and keep the roads clear. But there was a problem in Wilstone which is man made and an annual occurrence. Towards the end of the year heavy tractors are employed, by farmers and private individuals, to cut their road side hedges. The drivers need to get as close to the hedge as possible so they drive along with the two inner wheels on the grass verges. Due to the verges being sodden from all of the rain they are very soft, thus the weight of the tractor wheels collapsed them and in doing so filled in all the culverts and drainage covers. The result ... water couldn't reach the ditches to get away, so it flooded the main road through the village. Now, having lived most of my life in the country and being a Wilstone villager, I believe in self help. Thus, on one very wet and rainy evening last December, as the usual rat-race of traffic made its way home through the village, spraying vast amounts of water over anyone unlucky enough to be walking on the pavement, I found myself, at the age of 66, digging out all the culverts from Chapel End Lane to the School Flats. With the use of a torch, to encourage the traffic to avoid me, an iron bar, a shovel, a broom and a lot of expendable energy I managed to dig out the culverts and clear the blocked drainage grates. Thankfully, most of the traffic slowed down when it saw a deranged lady wielding a shovel and then, after ¾hour, another local resident came to my assistance. It was a pleasure to see the water rushing into the ditches and the road cleared. Mad, you may say. Well not really, this is a village and we

should be prepared to help keep it safe and sound - and think of the calories I burnt off !

So my plea to those who use tractors to cut their hedges is PLEASE be aware of the damage to the grass verges and culverts that your tractor drivers perpetrate and the subsequent consequences for village life. In other words if your actions cause damage don't leave it for other people to repair - please get it done yourself.

Heather Davenport

Dixons Gap / Gubblecote project

I WONDER how long we are going to have our quiet village disturbed by this project.

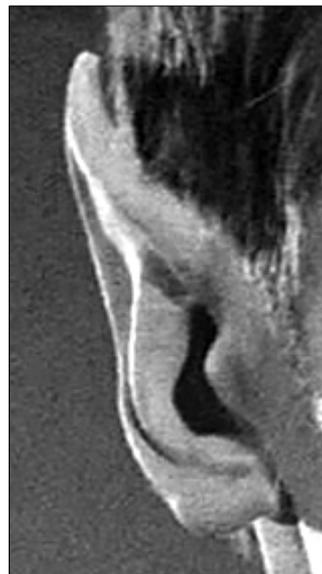
We are up at 5am Monday to Friday for work. Saturday we still need to be up fairly early, but not until 8am. A very nice lay in. Sunday we don't need an alarm, so therefore it is the one and only day of the week that we can sleep in to catch up with the weeks early rises.

But not this Sunday 14th January 2013. No, we had an early alarm which I think most of Wilstone and Long Marston all heard at 7am. Bang, bang, bang as they hammered to break up the old concrete bases. Was it really necessary to start that early on a Sunday?

I know we all need houses, but what a shame it had to be right next to our wild life sanctuary, be it ever so small. There are now going to be 19 families with dogs, cats and CHILDREN who will all enjoy getting into the sanctuary to play. A children's paradise. When it was industrial units there wasn't anyone to disturb the wild life. We have Deer, Foxes, Badgers and Pheasants, plus other wild life, living there. We often see them during the day, crossing the fields. Sadly all the rabbits seem to have got myxomatosis and are no longer around. The few we did have were a delight to see hopping about the field. I shall miss them all, should they leave this area. The early morning calls of the Deer and Foxes, as they give out their mating calls at 3am, is something I don't mind being woken for, it is a lovely sound.

Well, having spoken my thoughts, I must stop. However, I should be interested and pleased to read other villager's thoughts on this matter.

Pat Smith, Grange Road, Wilstone..



What is the connection between this photo and the Village view on the back page and Sunday 9th June?

Answer in next month's Village News



The Hospice of St Francis, Spring Garden Lane, Off Shootersway, Northchurch, BERKHAMSTED, Herts. HP4 3GW.
Tel: 01442 869555 Fax: 01442 879191

Make 2013 a year of Renewal

DON'T despair if you've already broken your New Year's resolutions. There are plenty of ways to still get fit, lose weight and, importantly, make a difference in 2013 by participating in one of The Hospice of St Francis' fundraising challenges.

Opt to enter our weight loss challenge, dare to do an abseil or skydive for the first time or be more adventurous and sign up to run a marathon, join a sponsored cycle event or do a trek.

The Hospice of St Francis cares for people with life-limiting illnesses in its purpose built Hospice near Berkhamsted and in their own homes. The charity needs to raise just under £4 million a year and relies on its fundraisers to help contribute to this total. Choose from:

Weight Loss

Biggest Loser 2013 13th March – early June

Take on a sponsored weight loss and fitness challenge and compete to become our Biggest Loser 2013 (the person who has lost the highest percentage of their body weight). Challenge includes free Sportspace membership and personal training sessions as well as a personalised nutritional programme for the duration of the event. Entries must be received by 27th February 2013. Minimum sponsorship - £500.

Trek

Trek Vietnam Wed 13th March

Join us for a special Open Evening to hear all about this once-in-a-lifetime challenge, taking place in May 2014, through the beautiful and remote forests in Vietnam. You will take in hillside villages, visit indigenous families and participate in a community project to help abandoned elderly and disabled people near Hanoi. Registration fee - £300 plus £2,950 sponsorship.

We also have places on treks leaving for Kilimanjaro, Machu Picchu and the Sahara in October and November.

Head for Heights

Abseil Challenge Sunday 24th March

Conquer your fear of heights and impress your friends by abseiling 100ft off the Dixons Retail Building in Hemel Hempstead! Minimum sponsorship - £100 plus £25 registration adults, £50 plus £20 under 18s.

Skydive Saturday 14th September

Dare to do a tandem skydive from 13,000 ft. Training given on the day and all that's required is a willingness to forget your fears and jump! Minimum sponsorship - £400, plus £50 registration.

Running

Brighton Marathon Sunday 14th April

If you've always fancied running by the sea, think about taking one of our 10 places for this increasingly popular event. Minimum sponsorship - £400, plus £40 registration.

Virgin London Marathon Sunday 21st April

We have one Silver Bond place for any runner who thinks they can raise £5k, but do get in touch if you've already secured a place and would like to run for the Hospice.

Great North Run Sunday 15th September

We have 10 places up for grabs in this iconic run from Newcastle to Gateshead. Minimum sponsorship - £500.

Cycling

London to Paris 3-7 August

For further information on all these challenges, please visit: www.stfrancis.org.uk/events or contact the Fundraising team on: 01442 869555 or email: fundraising@stfrancis.org.uk

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From our reporter at the Parish Council meeting

Airport expansion plans

PLANS have been submitted for an expansion of capacity at Luton Airport. The proposals - which are open for comment and consultation until 21st February - expect to increase airport capacity from the present 10.3 million passengers per annum to 18 million passengers per annum. Airport operators say that this will meet anticipated growth in passenger numbers until 2030. Included are: improvements to the terminal building and adjacent public transport, dualling of the Airport Way, a new multi-storey car park and pedestrian link, new aircraft manoeuvring and parking infrastructure, and a new taxi way to improve runway efficiency. The application says that the purpose is: "To enhance the passenger experience and provide additional capacity". The proposals appear to focus on getting more out of the existing single runway, and would allow an increase in what they call the 'peak hour aircraft movement rate' from 34 to 40. The detailed plans are available to view at www.eplan.luton.gov.uk, and the application number is 12/01400/FUL.

Self-help with flooding

THE Parish Council would like villagers to report flooding problems directly to Thames Water and the Environment

Agency as soon as they are evident. The Wilstone Brook, Long Marston Brook and the pumping stations at Wilstone and Long Marston have caused problems during the prolonged wet weather and phone calls from villagers to the appropriate authorities (and direct action!) have helped to fix them. As responsibilities between the two authorities are intertwined (the brooks are the responsibility of the EA, sewers and pumping stations belong to Thames Water), the official advice is to report all flooding to both organisations immediately as they both need to know. Call the Environment Agency on 0800 807 060. Call Thames Water on 0845 920 0800.

No grant for changing rooms

THE joint bid by the Parish Council and Long Marston FC to Sport England for funds to extend and improve the changing rooms at the recreation ground has been refused. £25,000 was the sum needed. Dawn Slade, Clerk to the Council, who coordinated the bid, said that it was very disappointing. But now that the detailed work had been done, she suggested that an application be made instead to "Awards for All", part of the National Lottery. Councillors agreed that this was a very worthwhile project, and the paperwork will be put together. Planning permission for the extension has already been granted.

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Wilstone land "will be sold"

DACORUM Borough Council has confirmed that Hastoe Housing Association have pulled out of the scheme to develop affordable housing in Wilstone as a result of the Parish Council's vote in November not to support the plans. A spokesman for Dacorum (who own the land) told Cllr. Olive Conway that the site will probably now be sold to developers.

Budget for 2013-2014

CLEARLY it requires some midnight oil to complete the annual budget submission, and Dawn Slade looked relieved that it was done. Councillors signed off the proposal which will now be sent to Dacorum for consideration. The Parish Council has requested a budget of £23,860 for the year beginning 1st April. This would apparently require a 2% increase in the local precept component of your council tax. It is interesting to see some of the items we get for our money. The services of the Clerk, for example, will cost us £3,600, and the Village Warden will get £3,295. Hardly large sums considering the work involved. Street lighting will cost £3,110. The now-devolved verge cutting will cost us £800 less than last year for a better service, now that the Parish Council have appointed their own contractor and Hertfordshire hand over the budget. A real saving for the taxpayer.

Your Parish Councillors are:

Mr Michael Tomlinson (Chairman) 01296 661 311
 Mr Chris Griffiths 01296 668 257
 Mr Alan Winfield 01296 668 977
 Mr Nick Murrell 01296 668 190
 Mrs Jill Finlan 01296 661 716
 Mrs Olli Wheeler-Cornell 01296 662207
 Mr Richard Briant 01442 825674
 One vacancy.

The Clerk to the Council is:

Mrs Dawn Slade 01442 824 138
 Email: clerk@tringruralpc.org.uk

The Village Warden is:

Mr Colin Reedman 01442 822 031

Parish Council Website:

www.tringruralpc.org.uk

You can view and comment on planning applications at

www.dacorum.gov.uk/planning

www.aylesburyvaledc.gov.uk

Read Village News online at:

www.tringruralpc.org.uk (Click on Village News)

www.wilstone.me.uk (Click on Village News)

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St. Cross Flower Festival

4th 5th & 6th May

ONCE again, after fifteen years, we are embarking on a Flower Festival, which Neil Gurney has again kindly agreed to design and coordinate. This is a wonderful opportunity to celebrate the life of the church within the village community and, at the same time, to raise funds to maintain the church buildings and furnishings, the current project being to provide new lighting and seat cushions (the pews are rather hard!)

As we have done in the past we are hoping to find sponsors to defray the cost of the flowers. These costs will vary between £8 (for a pew end) and £40 depending on the size of the arrangement, and we are happy to accept dual sponsorship on the larger displays. All sponsors will be acknowledged in the Festival programme, and will be invited to provide a short dedication – maximum number of words fifteen – not only ‘in memory of,’ but also to commemorate an anniversary or any other celebration of their choice.. Please contact Pam on 824394 regarding sponsorship.

St. Cross is very grateful for all the help and support it receives from the village and if anyone has a couple of hours to spare over this weekend to help stewarding, serving refreshments etc. we would be delighted to see you. Please contact Olga on 822894. We very much hope that everyone will enjoy this event and the Festival will attract many visitors to the village.
Please SPREAD THE WORD.

News from All Saints

HAPPY New Year to you all; we hope you enjoyed your Christmas festivities. All Saints is now looking clean and tidy – some glitter remains from Christmas Crafts but the crib and Christmas tree are stowed away for next year. Does anyone have a set of tree lights they no longer require? We could really do with a better set!

It's time to think about our fundraising in 2013. Anyone who would be willing to help us at future events would be welcome – dates will be advertised in the Parish magazine and any offers would be greatly appreciated.

We would also like help with the Church cleaning. This is on a monthly basis which allows the volunteer plenty of time to go into the Church when convenient to them. We do have a rota.

Sunday Club.

We welcome all children to all our services but on the fourth Sunday of each month there is an organised session for all children during the morning service.

Social afternoon.

On the fourth Tuesday afternoon each month we have tea, coffee and biscuits and an opportunity to chat. Again everyone is welcome to join us. The next date is Tuesday 26th February at 2pm. Any queries to Carole Harrison on 01296 668526.



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Sudoku Corner by Colin Moore

8			5	9				
7						9		
5		2			8			
				1	9	3	8	
9				2				1
			8		4		6	
		3			2			
4		5						7
					3			6

Good luck.

solution on page 21

New Year's Resolutions ?

Not being one for faddy diets but being a lover of good food, in moderation, I found these two quotes rather appealing:

Desserts are like Mistresses. They are bad for you. So if you are having one you might as well have two. *Alain Ducasse*

One cannot think well, love well or sleep well if one has not eaten well. *Virginia Woolf.*



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News from the LM & P WI

by Sue Barraclough

DECEMBER saw the Cecilia Hall, Puttenham, full of glitz and glamour as the ladies of the WI donned their bling and got together to enjoy the Christmas party. As usual we enjoyed a delicious spread contributed by the members and there was much hilarity as the secret Santa gifts were distributed under the direction of a seasonal tale of woe.

The January meeting was a social evening during which we shared our knowledge of various crafts, recipes and in some case just very interesting tales. It was a lovely opportunity to get together and catch up with friends old and new. We were also introduce to Tara Hawes who told us about a Viniyoga class that she is hoping to start in the village in February and led us in a breathing exercise which helps to relieve stress and tension. Expect to see lots of very chilled out women roaming the village after her classes!

Exercising their legs and lungs the Walking Group walked to the Arla site where they explored the perimeter and then made their way home along the canal – although January’s walk is not yet finalised it will be taking them further afield.

At the last meeting of the Theatre Group we had an interesting back stage tour of the Aylesbury Waterside Theatre and very much enjoyed an evening performance of “42nd Street”. This month should be a much more scary experience with “The Lady in Black”.

“The Dove Keepers” by Alice Hoffman was discussed by the Book Group at the January meeting and it was decided that the book for February will be “The Thread” by Victoria Hislop.

During January our Lunch Club has opted for dinner rather than lunch and will be enjoying it at The Bell at Aston Clinton.

Our next meeting will be at the Victory Hall on Feb 12th and will feature a talk on The History of Tring by Tim Amsden from the Tring History Museum. Visitors will be very welcome at this meeting

Why not think about coming along to sample one of our meetings and see if you might enjoy becoming a member – there will be no pressure and you will find us a very friendly group.

If you would like more information about any of our activities please ring Lynn 662466 or Sue 668272.

Sudoku No 72 solution

8	3	6	5	9	7	4	1	2
7	1	4	2	3	6	9	5	8
5	9	2	1	4	8	6	7	3
2	4	7	6	1	9	3	8	5
9	6	8	3	2	5	7	4	1
3	5	1	8	7	4	2	6	9
6	8	3	7	5	2	1	9	4
4	2	5	9	6	1	8	3	7
1	7	9	4	8	3	5	2	6

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The Puttenham Page

compiled by Christine Rutter

A Very Happy New Year to You All ... and welcome to The Puttenham Page for 2013.

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ADVANCE NOTICE.....

JUMBLE SALE
6th April – Cecilia Hall – 2 p.m.

Now is the time for a good Spring clear-out and put aside all your unwanted items for the Jumble Sale. We can accept items at any time, but for ease, it would be appreciated if they were left at Cecilia Hall on the week prior to the Sale. **A further notice will appear in the next magazine.** For jumble (or to help us on the day or for sorting) please contact Christine: 01296 668337.

“Friends of Puttenham Church” – NEW YEAR SOUP LUNCH & CONCERT.

Our sincere thanks to Richard Grylls and his group of young musicians for providing us with excellent entertainment during our lunch. It was a most enjoyable event, culminating in the pulling of crackers and Auld Lang Syne. After expenses, proceeds from the lunch and an excellent raffle raised £362 for the “Friends”. Thank you, also, to everyone who was most generous in their contributions to the raffle.

The “Friends” are currently raising money towards the cost of resolving the excessive damp problem within St.Mary’s Church and, until the damp is brought under control, we cannot proceed with renewing the deteriorating floor and lower plastering on the walls. Your help in any way is very much appreciated.

CHURCH CLEANING & FLOWERS - *Don’t forget to put your name on the diary list for 2013. St. Mary’s is a beautiful little church, and your efforts don’t go unnoticed by visitors.
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Contact Christine 668337 for further information. You don’t need to be an expert “floral” person to help us.*

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Tring Parish Men's Society

The story of Tring: the local history museum project

OUR Chairman, Martin Wells, who is also the Programme Secretary of the Tring & District Local History & Museum Society (LHMS), introduced the Chairman of the LHMS, Tim Amsden.

The two parts of the talk's title go closely together as the LHMS was founded in 1994 to set up a museum which would record the story of Tring – not in terms of the manorial history, which the Victoria County History had already done, but in terms of its townsfolk through archives and photographs. While there is evidence for the Romans in the area, written records (i.e. history) begin with the Domesday Book. So Tim's talk, admirably presented without notes, was the story of the setting up of such a museum, and of his part in it as Town Mayor and Chairman of the LHMS.

There had been several abortive attempts to set up a museum. One was in the 1970s when the Grace Brothers sold their seed mill in Akeman Street to Dacorum Borough Council to be used as a museum. However political changes meant that the site was sold on to a developer to convert into bijoux dwellings. Working with Dacorum proved to be slow, and any museum was likely to be established in Hemel Hempstead. How

ever a charity, the Dacorum Heritage Trust, was established and this continues to store historical material for several local

history societies.

In the early 1990s the centre of Tring was in decline, and to reverse this the Town Council instigated a number of improvements to the Memorial Gardens, High Street and Church Square, and the restoration of the old market hall. What proved eventually beneficial for the establishment of a museum was a land swap in which the Town Council gained the former cattle market, which is now the site of several markets. The LHMS looked at several buildings before choosing the former cattle market office, at an annual rent of £3000, though the Town Council do give a grant of £2000 per annum. While not a perfect building for the museum, it has the advantage of being next to the market place and near the popular auction rooms. To their credit the Town Council believed that the story of Tring, which Tim also outlined during the evening, was worth telling and that the museum could be another destination for tourists and locals.

Tim's talk came up to date with all the difficulties of funding and preparing display material. The museum opened two years ago, and 4000 people, including school parties, have visited it each year, while a team of 50 volunteers keep it open. The museum's policy is to keep it local, so although there are few artefacts amongst the illustrative material, those there relate directly to Tring.

The museum has temporary displays as well as the main collection so it is always worth visiting. A recent exhibition was of the Olympic torch which local resident Robert Winter carried through Stoke Mandeville for the London 2012 Olympics. The Museum is currently open on Fridays and Saturdays from 10 am until 4 pm. Admission is free.

Leslie Barker

Local restaurant review, by Gilly Mac The King's Head, Ivinghoe

A WEEK before Christmas my three friends and I went out for our girls' pre-Christmas lunch to the Kings Head in Ivinghoe. Arriving separately, we were all kept waiting in the corridor with staff walking past us. Eventually we were shown to a table in their bar area. We sat for some time waiting for the barman to come and take our much needed drinks order but unfortunately two key members of staff were having a very heated debate in French so the wait was, if nothing else, entertaining.

Drinks did arrive, and we all set about choosing from their set menu priced at £33 per head. Pumpkin soup was chosen by my non meat eating friend - and she said it was delicious. The other two decided on a pressing of pork belly and foie gras which arrived as a cold starter. The general view was it was far too fatty and not a lot of taste. My choice was oxtail and red wine left in the oven

and forgotten. Well I must say it was superb, full of flavour and very more-ish. Our main courses consisted of pan roasted fillet of Pollock with parmesan risotto which my good friend thoroughly enjoyed. It was light, fresh and full of flavour, she gave the thumbs up. The rest of us opted for the honey roasted turkey with all the trimmings. The turkey, I must say, had no taste whatsoever and we did leave a large amount on our plates. But the roast potatoes and seasonal veg were perfect. The gravy was too thin for our liking but had a good flavour. Dessert was from their famous trolley, but we were by now a little full.

Coffee was served back in the bar area and thanks to our two lovely waitresses we had a jolly good time. After drinks and tips the bill was £45 per head plus entertainment. I think the service in the restaurant was A-Star, but the way we were greeted upon arriving needs looking at by the management. I'm sure I will be going back at some stage, and hope that next time there will be no sagas to tell. *Gilly Mac.*

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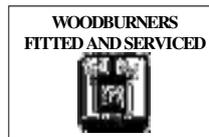
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From the Vicarage

by Rev'd Jo Wetherall

A NEW YEAR and new resolutions - have you been able to keep them? Or are they wobbling? Maybe you don't like making resolutions at all.

Apparently people who carry out research on goals have discovered that people who ask the question '*Will I go to the gym today?*' are actually more likely to go than someone who says '*I will go to the gym today*'.

It seems that holding a possibility in mind gives us choice as well as responsibility. These things free our minds and actions, we create a positive association with our resolution, it becomes part of our lives.

This is so much more constructive than an absolute which corners us and, if we don't go the gym, is followed by a sense of failure.

I wonder if the same could be true of our thinking about God?

If we consider God as the question 'will God be with me today?' then it gives us choice and responsibility and frees our minds and our actions to experience God. God right here with us going through everything we encounter, holding us and loving us through it all.

If we make God an absolute, believing in God as the cure all for the world's ills then God can only fail us and there is no positive association no room for a relationship to grow.

Resolutions can be painful relationships are painful too both are so much more fulfilling when we give ourselves possibility and choice along with responsibility.

Happy New Year.

SHROVE TUESDAY 12TH FEBRUARY 10 a.m. St Cross church Wilstone



A short service to mark the beginning of Lent followed by pancakes and sausages.

Living God's Love

Tring Team Parish Lent 2013 Bible Study

Through Lent we will be continuing our journey with St John's Gospel.

In Advent we explored how John the Evangelist got across his Christmas message. In the weeks of Lent we will look at some of the signs and wonders which make up the early part (1.19 - 12.50) of John's Gospel.

Week 1
w/c 17th Feb

The first sign John 2.1-12
Turning water into Wine at Cana

Week 2
w/c 24th Feb

The third sign Jon 4,43-54
the Healing of the nobleman's son

Week 3
w/c 3rd Mar

The fifth sign John 6.1-15
The feeding of the Five Thousand

Week 4
w/c 10 Mar

The seventh sign - John 11
The raising of Lazarus

Week 5
w/c 17 Mar

Johannine Themes John 12.44-50
A summary of the preceding chapters

More from the Vicarage

by Rev'd Jo Wetherall

Mondays 8p.m. and Fridays at 12.00 St Peter and Paul's Church Tring

In Holy Week Canon Martin Banister will give us the fourth of his Holy Week's lectures and will focus on John's passion story.



Ash Wednesday 13th February

A solemn service with the imposition of Ashes to mark the beginning of Lent
10 a.m. St John the Baptist Aldbury
8 p.m. St Peter and Paul Tring

RENEWAL OF THE CHURCH ELECTORAL ROLL.



The Electoral Roll is the proper name for for the membership list of the church parish, ideally anyone who considers themselves a member of the church should be on the Electoral Roll.

There is no membership fee and no special commitment that members make, other than to declare themselves to be a worshipping member of the Tring Team Parish.

The electoral roll is renewed fully every 6 years 2013 is such a year, all current members will be sent a form to complete if you are not currently on the roll or are not sure, forms are available from the back of the church or from any clergy/ church warden.

We value your membership the information on the form will not be shared with any other organisation we simply use it to keep in touch with our members.

There is a letter accompanying the forms which will help you to complete it and answer some frequently asked questions.

Lent Films 2013 "COMMUNITY"

Sunday 17th February

NO GREATER LOVE

An understanding of living as a community from a Carmelite Convent in Notting Hill.

Sunday 24th February

WITNESS

In this classic film an Amish child witnesses a murder. Worth seeing for the barn raising seen alone!

Sunday 3rd March

CITY OF GOD

An insight into Brazilian Gang culture.

This film rated as 3rd in Film4s list of films.

BUT PLEASE BE AWARE IT IS VERY VIOLENT

Sunday 10th March

ANTZ

Ant Z tries to find his place within the colony. Light relief for Mothering Sunday (and after last week!)

Sunday 17th March

THE NAMESAKE

American-born Gogol, the son of Indian immigrants, wants to fit in among his fellow New Yorkers

All films start at 6.30 pm in the Parish Hall in Tring



Tea, coffee, wine and popcorn will be available.

There will be a short reflective evening service at 6 pm in the Church.

A discussion time will follow each film.

Local names and numbers

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Claire Fordham 01296 668088

Cubs

Jane Dawson 01442 827410

Guides

Sheila Hill 01442 823463

Scouts

Kate Blanchard 07971 404465

Horticultural Society

David Severs 01296 661021

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Vicar

Rev'd Joanne Wetherall 01442 851200

Churchwarden

Andrew Minter 01442 823605

Ken Martin 01442 822894

Puttenham St Mary's

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Village News

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Changes or additions? Contact the Editor.

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**Deadline for items to go in the next issue is:
Thursday 21st February 2013.**

Editor next month will be Colin Moore

You can read *Village News* on line at:

www.tringruralpc.org.uk (Click on Village News)

www.wilstone.me.uk (Click on Village News)

The fresh face of local dance and fitness

New classes from KaSo Studios come to this area

WANTING a change or to try something new? Then have a look at KaSo Studios, Dance Fitness and Performing Arts, who are now running some unique classes for adults at the Red Cross Hall, Tring. There is **Ballet and Contemporary Dance** (Tuesdays 7pm and 8pm respectively). Dance is enjoying resurgence in popularity as the benefits to the body are being realised. If you're looking for strong, lean muscles and an elegant posture, these classes are for you. With Ballet and Contemporary, KaSo helps to firm up the core, tone the lower and upper body and all the little muscles that don't get a daily workout. The classes also challenge your mind giving you a chance to forget the stresses of your every day – a brilliant way to get healthy and happy, and suitable for those with no or little experience. Fun and friendliness is their key! They have over 30 years teaching and performance experience and so with KaSo you can exercise safely, learn new skills and meet lovely people in a truly non-competitive environment. Having recently moved to the area from the sometimes impersonal London, KaSo are intent on providing great value classes that benefit local communities.

The **Parent and Tots Movement to Music** class in Aldbury (Wednesdays 10am) uses movement, music and games to excite and inspire parents and their children. Following that at 11am, they look to help exercise the mind body and bones of the over 50s with a carefully planned **Fine Vintage Fitness** class. These are innovative yet gentle classes, and there are still spaces available so give it a go!

KaSo are in 15 locations in and around Aylesbury and Tring and everyone is welcome. Your first class is free so no obligation *and* they let you pay as you go. On top of that, no group class costs more than £5. Don't hesitate to call them for a chat (Kate on 079985 048 880), or head to the website for the full timetable: www.kasostudios.co.uk



JANUARY – the time for new ideas and resolutions.

WELL maybe, but I recently came across an old diary which had belonged to my aunt. In it were many ideas and tips that she had used and as I read through them I realised that they were quite relevant for today. Here are a few of them.

When I moved from Yorkshire with its soft water to Hertfordshire where the water is very hard I disliked the scale which formed in my kettle and tainted the tea. So I used this recipe *to descale a kettle* - Cover the element with 1 part vinegar to 2 parts water. Boil and leave overnight. Brush off the sediment and rinse thoroughly.

My father loved his kippers, but the smell lingered for ages so I discovered that -

To keep cooking smells at bay I would burn a large wax candle near to the cooker in the kitchen, during cooking and for 2 hours afterwards.

My one weakness has always been lovely food and on occasions I have been known to over indulge. As an aid to counteract over eating and thereby *reduce weight* without trauma I reduced the size of each meal and at the end I would take one table spoon of honey, if desired mixed in a tumbler of hot water. This gave the feeling of fullness and reduced the appetite.

Winters can be long and hard especially if one has an irritating cough. *To relieve coughs and colds* I use garlic syrup. Pour 20fl oz of boiling water over 2oz of finely chopped garlic. Leave in a sealed jar for 24 hours. Strain the liquid and add enough honey to form a syrupy consistency. Take 1 teaspoonful 3 times a day.

Garlic is lovely in many meals, but the aroma afterwards can be antisocial, so I always *chew fresh parsley after eating the garlic* to rid myself of the smell.

We often visited the seaside in winter. *To remove the salt stains on our shoes* I would wipe them with a solution of one tablespoon of vinegar in a cup of water.



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15 Years combined service comes to an end

by Mark Woodbridge

COLONY Leader Cougar (aka Jo Woodbridge) and Assistant Leader Pink Panther (aka Sheila Harvey) were invited to a surprise party and presentation at the last meeting before Christmas of the 1st Wilstone and Long Marston Beaver Colony. Jo and Sheila received flowers and gifts in recognition of their 15 years combined service to this thriving group, which meets weekly at Wilstone Village Hall. A banquet of food

was provided by loyal parents and all attending (especially the hungry youngsters!) enjoyed the offerings. Jo and Sheila will be greatly missed and Group Scout Leader, Jane Dawson complemented them both on their loyal service and commitment over the years. Jane originally ran the Beaver group and handed over to Jo over 9 years ago.

There is great news for the current Beavers in the Colony and any local youngsters hoping to join when they come of age, and that is a new Colony Leader has been appointed and officially started running the group from the start of January. The only significant change is that the Colony meetings have moved from Wednesday to Monday evenings. Updated contact details can be found in the 'Local names and numbers' section of Village News.



Jo and Sheila receiving gifts from the Beavers and Jane Dawson



Village view ! Watch this SPACE
Picture: John Painter & Dr Spock

