

# VillageView

WATERMEAD'S FREE QUARTERLY MAGAZINE

Summer 2022 Vol.29 Issue 2



**HM The Queen's  
Platinum Jubilee event**  
5th June, Balloon Meadow,  
1pm to 6pm



**Open Gardens in Watermead  
Sunday 10th July**



News from Watermead Parish Council & more!  
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# Annual Report of the Parish Council



**Chairman:**  
Cllr Sue Severn  
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This year has been very much easier for most of us due to the availability of the Covid-19 vaccination programme and the gradual opening up of the country. This has given us the ability to see our friends and loved ones and to enjoy outings and a more 'normal' life.

Despite the difficulties the pandemic had some positive effects including the emergence of enormous generosity and kindness shown by Watermead's community to those in need.

Recently the terrible events in Ukraine have resulted in many families having to flee their homeland and at least one Watermead resident has already welcomed a Ukraine national into our community who is most welcome. Watermead residents rallied round to assist with the collections early on and, in one morning, donated five vehicle loads of requested items which have been transported to Poland and into Ukraine by Waddesdon's fantastic aid initiative. We are proud to be part of this effort. As always, when asked for help, it is given unconditionally.

Cyclists are numerous in Watermead. We all agree that this is a sustainable and healthy mode of transport, reducing car usage and helping the environment. We would like to ask cyclists to ensure they slow down for pedestrians and stop if necessary. If your bike has a bell please ring it to warn pedestrians. We're fortunate that our roads are mainly very safe for cycling and if you do use the pavement please remember to move over and wait for pedestrians, particularly those with dogs, children and the elderly or those with mobility issues.

It has become apparent in recent years that the path around the large lake has become so eroded that some parts are impassable in winter. Noreen Shardlow worked with FCC and the

Community Board to secure funding which allows us to reinstate the path with an Environment Agency approved design suitable for the area which we hope will last for many years, allowing us and our visitors to enjoy our fantastic lakeside walks. Please take great care.

The Parish Council has made a small contribution to the funds and, without the support of grants, we would have been unable to carry out this project. We are very grateful to the Brown family for their generosity in allowing us to use their land for the purpose of a site compound, without which we would have been unable to proceed with the project. We also appreciate Westerleigh's offer to help. We hope that the new pathway will be ready before autumn.

Cyclists are numerous in Watermead. We all agree that this is a sustainable and healthy mode of transport, reducing car usage and helping the environment. We would like to ask cyclists to ensure they slow down for pedestrians and stop if necessary. If your bike has a bell please ring it to warn pedestrians. We're fortunate that our roads are mainly very safe for cycling and if you do use the pavement please remember to move over and wait for pedestrians, particularly those with dogs, children and the elderly or those with mobility issues.

more on page 04



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Gomm. Kelvin will be providing a licenced bar and there will be ice cream and a catering van. Please come along with your neighbours and picnics, chairs, etc to enjoy our own community lunch. The event starts at 1pm, ending at around 6pm. We hope to see you there.

#### **Freedom of the Parish**

Since we couldn't hold events last year our two recipients of Freedom of the Parish will receive their Freedom during the HM Queen's Platinum Jubilee Community Picnic event on Sunday 5th June. The two recipients are Mr Dave Lang who works tirelessly to ensure our environment remains clean and tidy. He collects litter every day throughout Watermead and the road verges to the main road. It was felt that Dave's contribution is exceptional. The other resident being honoured is Mr Albert Stevens, known as Steve, known to many who meet him walking his French Bulldog and his granddaughter's black Labrador. Still very sprightly, Mr Stevens is a veteran of the D-Day Landings and a Chevalier Légion d'honneur, another richly deserved honour.

Roger Jefcoate CBE, a great friend of Watermead, former Deputy Lieutenant of Buckinghamshire and 'phantom Black Poplar planter', will present the Scroll and Key to the Village Hall; (the Freedom confers on the holder the freedom of the Village Hall). Our sincere congratulations to both recipients.

#### **Watermead Volunteer Army**

The Army is still needed and a small number of wonderful volunteers from Watermead open the community store at Roman Park next to Aylesbury Vale Parkway station every week providing families with much-needed food and other necessities. The generous donations made during the pandemic have allowed the food store to continue and it does seem likely that need will increase with increased living costs for all. Thank you to Debbie, Felicity, Kellie-Marie, Julian and everyone who helps. The difference you make to those needing help is incalculable. Roman Park Trust has a simple message 'restoring dignity' and your help does exactly that.

#### **Christmas lights competition**

The Christmas lights just get better every year. It has now become tradition for lots of families to walk round Watermead to see the lights. Kestrel Way residents provided an amazing display with so many houses lit up which really provided cheer. It seems that many of us add to our collection each year so we can expect to be brighter than ever this year, we hope.

#### **Front Garden competition**

Last year's front gardens were, as usual, absolutely lovely, particularly at a time when it was hard to visit garden centres. Perennials have become increasingly important to our colour schemes but those taking part make a real difference.

#### **Open Gardens**

Last summer's very hastily arranged Open Gardens day raised a significant amount for Florence Nightingale. It was held late in the summer when we were able to mix after lockdown but most of our gardens were past their best. Nevertheless, visitors loved walking round, getting and giving gardening tips, enjoying tea/coffee and snacks, and obviously sneaking a peek into others' gardens usually hidden by walls and fences.

#### **Village View**

The magazine continues to grow and this year it has been entered, once again, for Village Magazine of the Year, last won under Sandra Landy's

Editorship 20 years ago! Our brilliant advertisers allow us to deliver the View to everyone in Watermead free. Thanks also to the great editorial team led by Mary Singleton, Stuart MacKay who has taken on the task of finding advertisers from Phil Toler, and Rachel Seago for design. A wonderful team who always produce the goods. It's fantastic. Thank you all so much.

Mary welcomes contributions and articles for the magazine. Do get in touch with her if you have anything you would like to have included.

#### **Neighbourhood Plan**

Our Plan is now moving forward having stalled due to Covid. Public consultations can now take place in person which makes a significant difference. We have now engaged with local businesses as well as residents and the next stage will go ahead soon. This plan is for everyone, for the future.

#### **Recreation and Leisure**

The basket swing, kindly gifted to me by Proludic, will be installed shortly. Installation will be paid for by the funds raised in 2019 by the Events Committee.

#### **Larks by the Lake and Outdoor Film Night**

We were very disappointed that these events had to be cancelled, in common with so much else, but hope Larks by the Lake will return next year. This will be a fun day out raising money for four chosen charities.

The popular film night, organised by the Events Committee, will be taking place this year on 17th September. More details will follow nearer the time.

#### **Photographic competition**

The ever-popular competition was again held 'virtually' last year with some fantastic photography on display. We are very grateful to Eric Rose for arranging this. We look forward to this year's competition.

#### **Watermead Inn Pub Lunch Club**

Mary Singleton, with support from Kelvin and his team at the Watermead Inn, has re-started the Lunch Club. It is growing in popularity and much enjoyed by attendees. Thank you, Kelvin,

for helping Mary to facilitate this much appreciated event. Yet another return to normality.

It remains an honour for all of us to represent our community on the parish council. I would like to personally thank each Councillor, on your behalf, for their service and hard work on behalf of the community. Each brings their own skills and areas of interest, producing events, the Village View, undertaking legal work, marketing, interest in wildlife and environment, governance and finance. Their contributions are significant.

A

s we are now entering a period of good weather the water levels have fallen. It's certainly much better for both fishing and for carrying out works around the lake as the access to the swims is now available.

Watermead Parish Council retains the General Power of Competence, giving it the freedom to act, as any individual can, within the law, in a less restricted way for the benefit of the whole community. We are fortunate to have a qualified Parish Clerk and to meet other obligations to exercise the Power.

I

would like to end by sincerely thanking Noreen Shardlow and Michelle Jackson for their hard work. We also owe sincere thanks to Dave Lucas, John Hillier, Darren Adamson, Wayne Samuels and Martin Nolan who work with us, often during emergencies, to keep Watermead safe and attractive. Their work goes beyond the usual transactional relationship for which we are grateful.

T

hank you for your support,

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nd we wish everyone a

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ealthy and safe summer.

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# What's on

...around Watermead

## Our regulars in the Village Hall...

**June**  
5th Watermead Celebrates Queen's Jubilee  
11th - 26th Bucks Art Week  
15th Watermead Pub Lunch  
16th Watermead Parish Council Meeting

Balloon Meadow 1-5pm  
[www.bucksartweeks.org.uk](http://www.bucksartweeks.org.uk)

The Watermead Inn  
Village Hall 7:30pm

**July**  
6th Watermead Pub Lunch  
10th Open Gardens in Watermead  
21st Watermead Parish Council Meeting

The Watermead Inn  
Village Hall 7:30pm

**August**  
3rd Watermead Pub Lunch  
26th - 29th Towersey Festival @ The Claydon Estate

The Watermead Inn  
[www.towerseyfestival.com](http://www.towerseyfestival.com)

**September 2022**  
7th Watermead Pub Lunch  
15th Watermead Parish Council Meeting  
17th Watermead Photographic Competition  
17th Watermead Film Night

The Watermead Inn  
Village Hall 7:30pm

Are you looking for a venue? Watermead Village Hall is the ideal venue for young children's birthday parties, meetings and christenings, etc. Or are you an organisation looking for a regular venue? If so, to book the Village Hall or the Bandstand please contact Noreen Shardlow on 01296 395211 / 792137

## Advertise in the Village View 50% discount for Watermead residents

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Colour is extra - £30 - 1/4, £60 - 1/2, £120 - full page.

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## View from Westminster



**A**s I write in late April, my thoughts are with the people of Ukraine as they face an outrageous attack on their sovereignty. Putin's illegal invasion and the atrocities committed by Russian troops horrify us all. The resilience of Ukraine's people is awe-inspiring and humbling. I strongly support the Government's sanctions against Putin's regime and am pleased the UK is leading the way in military, economic and diplomatic efforts to support Ukraine. We are also providing sanctuary for refugees through the Ukraine Family Scheme and the Homes for Ukraine sponsorship scheme which builds on the generosity of many Bucks residents who have donated to those in need in Ukraine.

While much of my work has focused on Ukraine, two of the biggest issues I hear about from local residents are housing development and access to GP appointments. So I was pleased to speak in

a Parliamentary debate calling for all new large-scale housing developments to include GP surgeries. With the difficulties we have getting appointments locally, we need both the premises and the people to staff them and care for us. I was glad that in response, the Housing Minister said the Government is working on a simpler and more streamlined planning system where improved services are synonymous with development.

On a happier note, it's great to see businesses across Aylesbury thriving as we emerge from the pandemic. One example is Tiffin & Thali, a new Indian restaurant in The Exchange whose owner is building on the success of his existing restaurant, The Grill Steakhouse. It was good to attend the restaurant's official opening earlier this month.

Looking ahead to summer, I hope you will be able to spend some time with family and friends and make the most of Watermead's superb surroundings.

*Robert Butler MP*

## My Fit Pod - a private gym experience coming to Berryfields

app. Members can book 14 days in advance whereas our pay as you go members can book 7 days ahead.

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*Guy Woodliffe-Thomas, My Fit Pod Ltd, Director*

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# Platinum Jubilee Recipes

**Fruity Flag Traybake**  
Cuts into 15 squares

**Ingredients:**

100g butter or baking spread, softened, plus extra for the tin  
175g self-raising flour  
50g ground almonds  
2 tsp baking powder  
4 large eggs  
225g caster sugar  
125ml full-fat Greek yogurt  
zest 2 lemons

**For the butter icing:**  
175g butter, softened  
350g icing sugar, sieved

**To decorate:**  
300g raspberry  
175g blueberry

**Method:**

1. Heat oven to 160C/140C fan/gas 3. Sit the chicken in a large roasting tin. Mix together the turmeric, 1 tsp ginger, 1 tsp cumin, 1 tsp cinnamon and oil; then brush all over the chicken, making sure all of the spiced oil is used. Season well. Pour 250ml water into the bottom of the tin, cover with foil and seal around the edges. Put in the oven and cook for 2 hrs.
2. Remove the foil and increase oven to 220C/200C fan/gas 7. Cook for a further 30 mins until the chicken is cooked through. Remove from the oven and leave until cool enough to handle. Strip the chicken meat from the carcass in chunky pieces and set aside.
3. To make the salad, mix together the yogurt, mayonnaise, remaining 1 tsp each of ginger, cumin and cinnamon, cayenne pepper and pomegranate molasses or balsamic glaze. Add the chicken pieces, apples, all but a handful of the walnuts and parsley, and season.
4. Spoon the salad onto a large plate. To serve, drizzle with a little pomegranate molasses or balsamic glaze and scatter over the pomegranate seeds, remaining walnuts and chopped parsley.

**Wild Mushroom and Parmesan Vol-au-vent filling**

**Ingredients:**

10 vol-au-vent cases  
2 tbsp olive oil  
2 shallots, finely chopped  
2 garlic cloves, crushed  
25g dried porcini mushrooms, soaked in hot water for 30 mins  
100g chestnut mushrooms, roughly chopped  
1 tsp chopped thyme leaf, plus extra to serve  
4 tbsp mascarpone  
85g parmesan (or vegetarian alternative), finely grated, plus extra shavings to serve.

**Diamond Jubilee Chicken**  
Serves 10

**Ingredients:**

1 large chicken (about 2.25kg/5lb)  
1 tsp turmeric  
2 tsp ground ginger  
2 tsp ground cumin  
2 tsp ground cinnamon  
3 tbsp sunflower oil  
500g Greek yogurt

**Method:**

1. Heat the oil in a frying pan. Add the shallots and garlic, and gently sauté for a couple of mins. Remove the porcini mushrooms from the soaking liquid and squeeze out any excess. Roughly chop and add to the pan along with the chestnut mushrooms and thyme. Cook for about 5 mins. If the mixture seems dry, add a little mushroom soaking liquid.
2. Remove from the heat and stir in the mascarpone and Parmesan. Season and leave to cool. Chill until ready to use.
3. Divide between 10 vol-au-vent cases and serve scattered with Parmesan shavings and a few thyme leaves.

4. Divide between 10 vol-au-vent cases and sit an asparagus tip and sprig of dill on top of each.

**Smoked Trout, horseradish and asparagus vol-au-vent filling**

**Ingredients:**

10 vol-au-vent cases  
200g smoked trout  
1-2 tsp horseradish sauce (depending on the strength)  
6 tbsp crème fraîche

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08

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# Recycling

As we head into the summer months, it's likely that BBQ's will be out in Buckinghamshire. Remember all foil, drinks cans, plastic and glass bottles can be recycled at home. If you use a disposable barbecue, please make sure you're disposing of it safely and responsibly after use. For helpful hints and tips, please take a look at our online Waste Wizard.

Disposable BBQs can be a fire hazard and should be treated carefully. We recommend completely soaking the BBQ (inc charcoal/embers) to ensure the BBQ cools fully. Once cool, you can empty the cold charcoal/ash into your rubbish bin at home. Once emptied the aluminium case and grate can be recycled at your local recycling centre.

Before making a trip to the tip, please check the Council's website for all the latest household recycling centre information [www.buckinghamshire.gov.uk](http://www.buckinghamshire.gov.uk)

## Bucks residents offered discounted home composting equipment

Buckinghamshire Council is offering residents discounts of up to 40% on home compost bins, hot composters and food waste digesters. Many of these items are made from recycled plastic and all of them are made in the UK.

Composting is an inexpensive, natural process that transforms your kitchen and garden waste into a valuable and nutrient rich food for your garden. Compost is easy to use and a home composting bin can divert around 150 kg of organic waste per year from disposal per household.

Inspired by International Compost Awareness Week (1-7 May), Buckinghamshire Council is also offering an 'Introduction to Home Composting' webinar hosted by UK charity Garden Organic. During the free one-hour webinar, taking place at 7pm on 25 May and 6 June, residents will find out the:

- Benefits of home composting
- Composting process
- Bin types and methods
- Uses of compost in the garden
- Benefits to the environment
- Answers to common composting questions

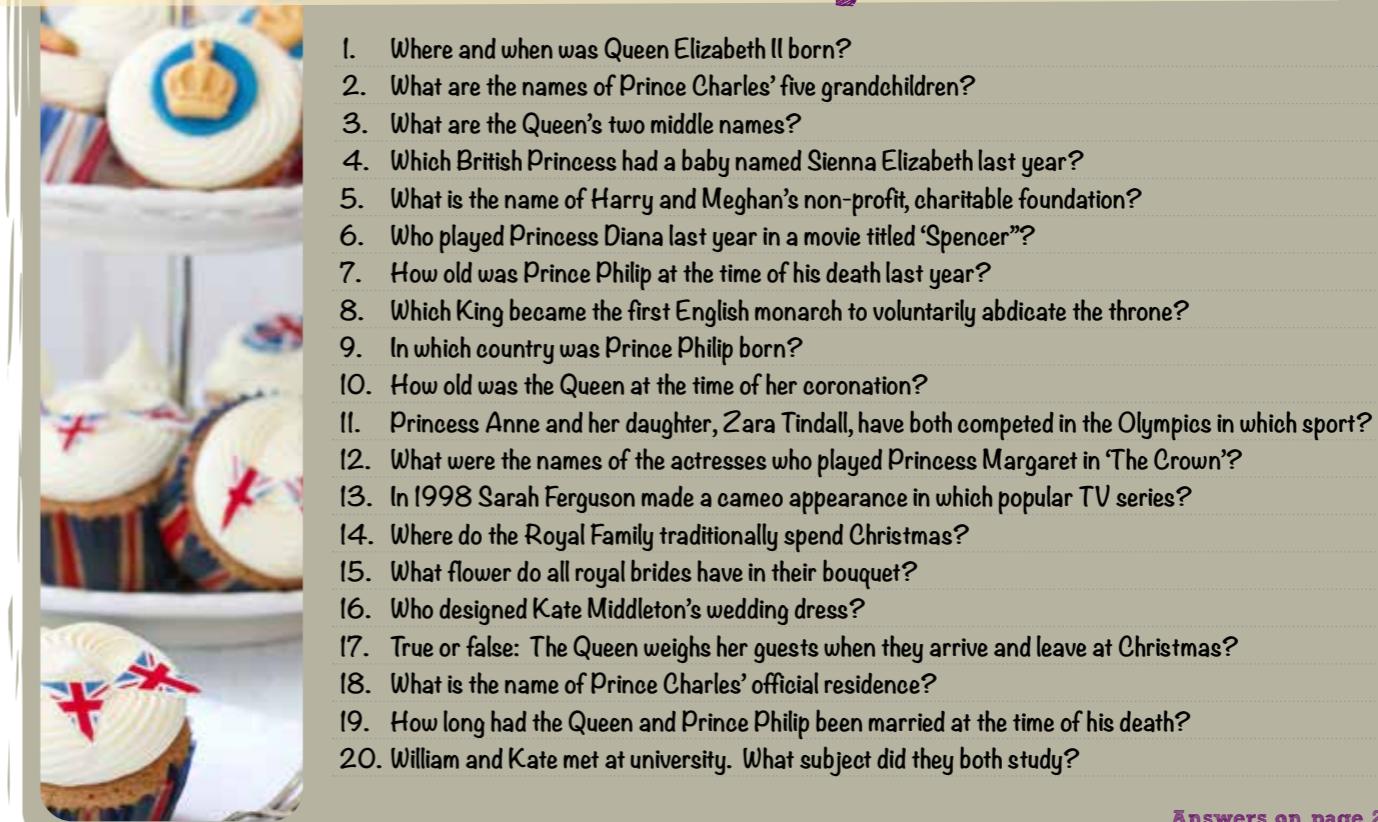
Jilly Jordan, Buckinghamshire Council's Deputy Cabinet Member for Climate Change & Environment, said: "Composting at home is a win-win. It reduces the amount of food and garden waste sent for recycling and residents benefit from home-produced compost, which is great for gardens."

"If you're curious about home composting, then please register for one of our upcoming webinars, where you'll learn all you need to know to help you get started with your composting. You can also pick up a discounted composter or food waste digester at our Recycle for Bucks website."



For more ways to reduce your carbon emissions and to help the environment, please see the Bucks Climate Challenge webpage.

# Tea Break Royal Quiz



1. Where and when was Queen Elizabeth II born?
2. What are the names of Prince Charles' five grandchildren?
3. What are the Queen's two middle names?
4. Which British Princess had a baby named Sienna Elizabeth last year?
5. What is the name of Harry and Meghan's non-profit, charitable foundation?
6. Who played Princess Diana last year in a movie titled 'Spencer'?
7. How old was Prince Philip at the time of his death last year?
8. Which King became the first English monarch to voluntarily abdicate the throne?
9. In which country was Prince Philip born?
10. How old was the Queen at the time of her coronation?
- II. Princess Anne and her daughter, Zara Tindall, have both competed in the Olympics in which sport?
12. What were the names of the actresses who played Princess Margaret in 'The Crown'?
13. In 1998 Sarah Ferguson made a cameo appearance in which popular TV series?
14. Where do the Royal Family traditionally spend Christmas?
15. What flower do all royal brides have in their bouquet?
16. Who designed Kate Middleton's wedding dress?
17. True or false: The Queen weighs her guests when they arrive and leave at Christmas?
18. What is the name of Prince Charles' official residence?
19. How long had the Queen and Prince Philip been married at the time of his death?
20. William and Kate met at university. What subject did they both study?

Answers on page 29



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# Heat Pumps - the future?

Over the past year I have seen some quizzical looks from people walking in the field behind my house wondering what on earth is that silently spinning contraption in my garden - is it a big air conditioner? Can't be as it's working during the coldest winter days! Like many people I had my doubts but after a lot of research I took the plunge and had a heat pump installed. It's been working for nearly a year now and I am totally impressed. I am convinced that they will make a massive contribution to our energy supply problems and environmental aspirations if, and it's a big 'if', they can be rolled out on a national scale. There are some major hurdles to overcome, the main one being upfront cost.

So what exactly is a heat pump? It's a very well established technology - an air conditioner in reverse! Heat pumps have been used extensively in North America and Scandinavia for many decades. Far less so in the UK which is surprising given our relatively mild weather.

Although my gas boiler was a modern design in a good state of repair, it had suffered a few malfunctions, and the rest of my central heating was over thirty years old and in need of an upgrade. A good friend of mine had a heat pump installed a few years ago and has been very pleased with it, inspiring me to have a serious look! With the benefit of the government's renewable heat incentive (RHI) I was able to afford an upgrade comprising heat pump, tanks, pumps and six new radiators, the net cost of which was about the same as an equivalent gas based upgrade. I was still a bit sceptical even after installation but almost a year later it has worked better than I had hoped! To give you some idea of just how well it performs, to save cost we used to have our gas boiler heating turned off during the day on all but the coldest winter days. With the heat pump we have kept

it going all day every day and still save on running costs. In terms of performance the new more efficient radiators work well and easily achieve our required room temperatures with headroom to spare especially important for those sub-zero nights! The most remarkable change is the reduction in energy consumption. Our gas boiler used around 21,000kWh per year. The heat pump has used only around 4,000kWh, a HUGE reduction!

There has been growing discussion in national and social media about heat pumps and the grant funding available. Modern heat pumps are highly effective but sadly many are unaware of this and their perceptions are based mainly on old and badly installed systems. Recent events show how important it is to reduce our energy consumption as a means of addressing energy market turmoil, skyrocketing fuel prices and the longer running issue of CO2 emissions and climate change. Insulation can also help but we need a much bigger change. Heat pumps are the answer.

If you are interested I would be happy to show you! Please contact me at [philtoler3@gmail.com](mailto:philtoler3@gmail.com) or give me a call on 07778 515194.

Phil Toler



# The 70-year reign of HM Queen Elizabeth II

The Queen's Platinum Jubilee was held in February 2022, meaning she has been Queen for 70 years. She would surpass Louis XIV of France as the longest-reigning monarch of a sovereign state in world history if she is still Queen on 27 May 2024.

Elizabeth II (Elizabeth Alexandra Mary; born 21 April 1926) is the Queen of the United Kingdom and the other Commonwealth realms.

She became Queen when her father, King George VI, died on 6 February 1952. Since 9 September 2015 Elizabeth II has ruled longer than any other king or queen in the history of the United Kingdom.

The countries of which she is Queen are known as Commonwealth realms. Their total population is over 129 million. Although Elizabeth II is the queen of each country separately, all are independent countries. Elizabeth II lives and spends most of her time in the United Kingdom. In all the other countries where she is queen, a person is chosen to represent her who is known as the Governor General.

Elizabeth II has few political powers and is not a ruler in the usual sense. She is Queen and interested in the running of her countries but she does not tell the governments what to do. She has regular meetings with people from her governments but it is they who run the countries. She performs ceremonies for the governments, gives out honours, and visits and supports many charities.

In 1947, the Queen married Prince Philip, Duke of Edinburgh, who died in 2021. The Queen and Prince Philip had four children, eight grandchildren and 12 great grandchildren.

## Early life

Elizabeth was born in her grandparents' home at 17 Bruton Street, Mayfair, London on 21 April 1926. Her father was Prince Albert, Duke of York, who later became King George VI. His brother was the Prince of Wales. Her mother was Elizabeth, Duchess of York.

Princess Elizabeth was the granddaughter of King George V and Queen Mary. She was named after her mother. Her nickname was "Lilibet".

Princess Elizabeth had one sister, Princess Margaret who was born in 1930. The two young princesses were taught at home. They had a governess named Marion Crawford.

Princess Elizabeth was third in the line of succession to the British Throne. The first in line was her uncle, the Prince of Wales.



Elizabeth with Queen Mary & Princess Margaret

Westminster Abbey. She wore a dress that was decorated with the national flowers of the countries of the commonwealth. Many people bought TV sets to watch the event.

## Life as Queen

In 1952, Her Majesty the Queen and Prince Philip moved into Buckingham Palace in central London. This is the main official home of the monarch. Her early years as Queen were spent traveling to many places. In 1953, the Queen and Prince Philip began an around the world tour in the Royal Yacht, Britannia, which lasted for 6 months. She was the first reigning monarch to visit Australia, New Zealand and Fiji.

In October 1957, she made an official visit to the United States. She spoke to the United Nations General Assembly. She toured Canada and became the first monarch to open the nation's Parliament. The Queen likes to go to Canada and calls Canada her "home away from home".

In February 1961, she visited India, Iran, Pakistan and Nepal for the first time. Since then the Queen has made visits to most Commonwealth countries. She has also been to most European countries and many countries outside Europe. In 1991, she



Elizabeth II in 1953

became the first British monarch to speak to a joint session of the United States Congress. She goes to the Commonwealth Heads of Government Meetings. She is the most widely travelled head of state in history.

## Changes to the Commonwealth

When Elizabeth became Queen on 6 February 1952, she was officially Queen of the United Kingdom, Canada, Australia, New Zealand, South Africa, Pakistan and Ceylon (now called Sri Lanka). These were the Commonwealth countries. She was also Queen of the Union of South Africa (which became a republic in 1961). There were many more countries that she also ruled, because they belonged to the British



The Queen's personal standard, used in her role as Head of the Commonwealth

asked in a referendum whether they wanted a republic. The decision of the people was to remain a monarchy. The Queen visited Australia the following year and said that she would continue to serve Australians as she had done for 48 years.

Elizabeth II is friends with many world leaders. Her first Prime Minister of Australia, Sir Robert Menzies called her "My Dear" and recited a poem that said "I will love her till I die". She has friendships with Mary Robinson, President of Ireland (1990-1997) and George W. Bush, who was the first American President in more than 80 years to stay at Buckingham Palace. In May 2007, the Queen and Prince Philip made a state visit to the United States, in honour of the 400th anniversary of the Jamestown settlement. In a BBC documentary Nelson Mandela called her "my friend, Elizabeth".

## THE QUEEN AS A PERSON

### Faith and duty

Elizabeth II, as the Monarch of the United Kingdom, is the "Supreme Governor" of the Church of England and sworn protector of the Church of Scotland. She is very interested in the Church of England but the Archbishop of Canterbury runs the church. She rarely attends the yearly meeting of the General



Queen Elizabeth on a "walkabout" to meet members of the public

Assembly of the Church of Scotland. The Queen is deeply religious. In her Christmas Day television broadcast in 2000, she said:

*"To many of us, our beliefs are of fundamental importance. For me, the teachings of Christ, and my own personal accountability before God provide a framework in which I try to lead my life. I, like so many of you, have drawn great comfort in difficult times from Christ's words and example."*

The Queen regularly goes to church wherever she is at St. George's Chapel at Windsor Castle, St. Mary Magdalene Church at Sandringham House, Crathie Kirk at Balmoral Castle and Canongate Kirk in Edinburgh when she stays there in Holyrood House, her official home in Scotland.

Recently some people in Australia wanted a republic with an elected or appointed president as Head of State instead of the Queen. In 1999, the people of Australia were



At a state banquet at Buckingham Palace, Her Majesty wears the Grand Collar of the Brazilian Order of the Southern Cross and a necklace of Brazilian aquamarines

II. She made another visit twenty years later on 17 October 2000. Queen Elizabeth II is Patron of "The Council of Christians and Jews" in the UK.

Ever since she was a girl The Queen has shown a very strong sense of duty. Her father, King George VI, was not meant to be king. Her uncle became king when her grandfather died. But he fell in love with an American woman who was divorced, and that wasn't allowed. So he had to give up being king very shortly after ascending. George VI didn't want to be king because he was quite nervous and had a stammer. However, Elizabeth's grandfather said that he didn't think her uncle was very good as a king and



*The Queen with Prince Charles and Prince Philip at the "Trooping the Colour" in 1986, riding her favourite horse, Burmese*

wanted George to reign, then Elizabeth. From the moment she realised that one day she would be Queen she became very interested in her duties and did all she could to help her father. Her promise to serve her people all her life has always been very important to her.

#### Courage

The Queen has often shown courage, ever since she joined the military at 18. During a trip to Ghana in 1961 she was warned that it was dangerous to be near the President Kwame Nkrumah because people wanted to kill him. But she refused to stay away. The Prime Minister of the United Kingdom, Harold Macmillan, wrote that the Queen got very impatient with people if they tried to treat her like "a film star".

In 1964, when the Queen was invited to Quebec, there were fears for her safety because there was opposition to her visit. There were suggestions that the tour should

be cancelled. But the Queen's secretary said that the Queen would not want to be stopped from going to Quebec because of any danger. During the Trooping the Colour in 1981 she was shot at but she carried on. The Queen was praised for her courage and for her ability to keep her horse calm. It was later discovered that the shots were blanks. In 1982, a man called Michael Fagan broke into Buckingham Palace in the morning and found the Queen's bedroom. He woke her up and sat on her bed until the guards came to take him away.

#### Family relations

Throughout her long reign, Queen Elizabeth II has been supported in her duties by her husband, Prince Philip, Duke of Edinburgh. Prince Philip promised to help the Queen on the day of her Coronation. The Queen was also helped by her mother Queen Elizabeth, known as "The Queen Mother", who lived to be 101 years old and stayed very active in her old age. The Queen is the patron of many organisations and charities. She has many invitations and official duties. Many of the duties have been shared by other members of the Royal Family who have also become patrons of many organisations.

The Queen was sad about the broken marriages and divorces of three of her children, Prince Charles, Princess Anne and Prince Andrew. Prince Charles's marriage to



*The Queen and Prince Philip on the balcony of Buckingham Palace, 2007. Left is Prince William talking to Viscount Linley. Right is the Princess Royal, in Colonel's uniform,*

Lady Diana Spencer was thought to be a fairy tale wedding because Diana was young and beautiful and they seemed very happy. But soon the marriage became troubled, and after their divorce, she was killed in a car accident in 1997. On 9 April 2005 Prince Charles married Camilla Parker-Bowles whom he had loved for many years. In 2002, within seven weeks of each other, the Queen's mother and sister, Princess Margaret, both died on 30 March and 9 February respectively.

As the Queen is old, people worry about her health but she is rarely sick. However, she is leaving more duties to the younger members of the Royal Family, particularly to Prince Charles, who will become King when she dies.

For more information see [www.wikipedia.org/wiki/Elizabeth\\_II](http://www.wikipedia.org/wiki/Elizabeth_II)

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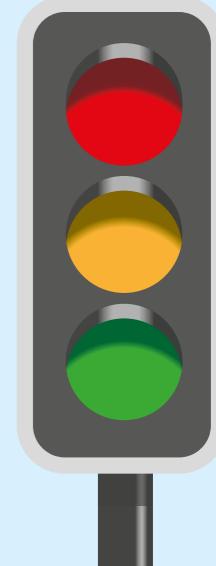
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## Guide to Traffic Light Labelling

The Traffic Light Labelling Scheme allows you to see at a quick glance nutritional content of the product or recipe. Research shows that even small changes to the diet can have an impact on your health and spread over the week it will become significant.

To put into context the criteria for 100g of food is:

	LOW	MEDIUM	HIGH	
	Per 100g	Per 100g	Per 100g	Per portion
<b>Fat</b>	<b>3.0g</b> or less	<b>3.0g - 17.5g</b>	<b>More than 17.5g</b>	<b>More than 21g</b>
<b>Saturates</b>	<b>1.5g</b> or less	<b>1.5g - 5.0g</b>	<b>More than 5.0g</b>	<b>More than 6.0g</b>
<b>(Total) Sugars</b>	<b>5.0g</b> or less	<b>5.0g - 22.5g</b>	<b>More than 22.5g</b>	<b>More than 27g</b>
<b>Salt</b>	<b>0.3g</b> or less	<b>0.3g - 1.5g</b>	<b>More than 1.5g</b>	<b>More than 1.8g</b>



### TRAFFIC LIGHTS

Details of total fat, saturated fat, sugar and salt content are categorised as low, medium or high using different colours for each. Green indicates the recipe is low in that nutrient, if the recipe's label has mainly greens it will be a healthier choice. Amber shows the recipe has a medium amount of that nutrient and can be eaten in moderation as part of a healthy balanced diet. Red colour coding doesn't mean you can't eat that food but try to keep an eye on how often you choose these foods, and portion sizes.

### FAT

Fat is essential in your diet for fat-soluble vitamins and essential fatty acids the body cannot make itself. To reduce your risk of obesity and heart disease you should aim for a total intake of no more than 70g a day swapping saturated fats for unsaturated fats found in vegetable oils, nuts and oily fish. Saturated fat raises blood cholesterol, so an average man should have no more than 30g and an average woman no more than 20g per day. Foods high in saturated fat include fatty cuts of meat, sausages, butter, cream, cheese, chocolate, cakes and biscuits.

### SUGAR

The reference intake for total sugars is 90g a day which includes sugars that occur naturally in whole fruits and milk, those foods we don't need to cut down on. It is regularly consuming food and drinks high in added sugars (also called "free sugars") such as sweets, cakes, biscuits and those naturally present in honey, syrups and unsweetened fruit juices that can lead to tooth decay and weight gain.

### SALT

Reducing your salt intake to no more than 6g a day, which is about a teaspoonful, can help maintain normal blood pressure so lowering your risk of heart disease and stroke. As most of the salt we eat is already in everyday foods such as bread, breakfast cereals, pasta sauces and soup checking food labels can help you keep track of your intake.

# Why allotments are so good for you

I will start about ME, because I am writing this from MY perspective.

Maybe some of what I write will reflect your thoughts too.

I took on my allotment just over a year ago. I was told by many people who knew and love me: "you will NEVER have time." "You work 50-60 hrs per week, when will you find time?" "You will lose interest." Well, I must be honest, I did hesitate. I was not even sure if I would enjoy it, but do you know what? You find time for the things you love, and I LOVE it. I think I have become obsessed for the first time in my life!

I used to think an allotment was for 'old' people! How wrong I was? There are people of all ages working at our allotments some of them young enough to be my grandchildren. And I am not old!

## SO WHY HAVE AN ALLOTMENT?

### Energy levels and health

Not only is it good for your energy levels because you do have to do physical work, but it is also good for your mental and physical health. I have a sedentary job, so a good work out at the allotment now and again keeps my engine going.

If you suffer from depression, OCD, PTSD, loneliness or just want to connect with other people, an allotment is a wonderful hobby. It has been proven that getting outdoors, connecting with nature and the seasons, is very beneficial for your mental health and general wellbeing. So much so that doctors in Scotland have piloted 'prescribing outdoor activities'.

An allotment is great for you to 'just get away' from it all and have some peace and quiet (well except when the fair is in town but, hey, other people get their enjoyment in another way).

It is amazing how euphoric planting a seed can be. You wonder if it will survive the frost or the heat or the dry because you forgot to water for a while; then you see it grow and have broccoli, some spuds or lettuce at the end of it and you think to yourself 'I grew this from scratch'.

### Community

People will not bother you at the allotment but will always say hello and pass the time of day; if you want more interaction, we have a 'WhatsApp' group and regularly stay connected and exchange ideas. We help each other and have been known to have the occasional cheeky BBQ or a drink in the pub. To give some examples of how helpful fellow allotmenteers can be:

- I wanted to build a fence and a neighbour helped start me off - well probably did a third with me.
- Another neighbour helped me make a potting bench out of old palettes.
- Another neighbour helped me put up my polytunnel because it is a 2-person job - she saw me struggling and came over to help.

We all help each other; there is a real community spirit with like-minded people. It provides a safe haven to work in, chill, bring your children to play, or even bring the mother-in-law for a coffee, as I did last year when I first had the allotment. She does not get out of the house except when I take her to the supermarket, but she came to the allotment. I wrapped blankets round her and we had a drink together and listened to the birds, something she would not have done if I had not had the allotment.

Around the outskirts of the allotment there are lots of fruit trees (plum, apple, pear) and oodles of blackberries for you to help yourself. We all swap and exchange seeds, plugs, fruit and vegetables, and then occasionally you will have a pot of jam, marmalade or chutney left in your shed with a little note. I had some on toast on Easter Sunday.

### The food we eat

With an allotment you do not get fruit and vegetables which have been blasted with pesticides. Yes, you may lose some to the insects, birds, badgers, rabbits and deer, but they need to survive too! You do not get any waxing of the fruit, no copper sulphate, rhodamine oxide, carbide or malachite green to keep the tomatoes shiny and red or the green cabbage leaves beautiful and green, the side affects of which are 'said' to cause Alzheimer's, dementia and are carcinogenic - there is plenty of evidence from reputable sources. Whether you believe that or not, the fact is that home grown food is so much tastier, nutritious and fresher. With the current climate of food cost increases and some lack of availability, your home grown crops are much cheaper (depending on how much you have spent on compost, of course, or how good your animal defences are).

So, with loneliness on the increase in the UK, mental health issues, the hectic pace of life, the chemicals in our food, the availability and the sheer cost of food, why not consider having an allotment and really feel the benefits. I should have done this years ago!!!!

Alison May



# Our beautiful wildlife



Greylag Geese pair up for the mating season. Taken by Graham Severn on 20th March.



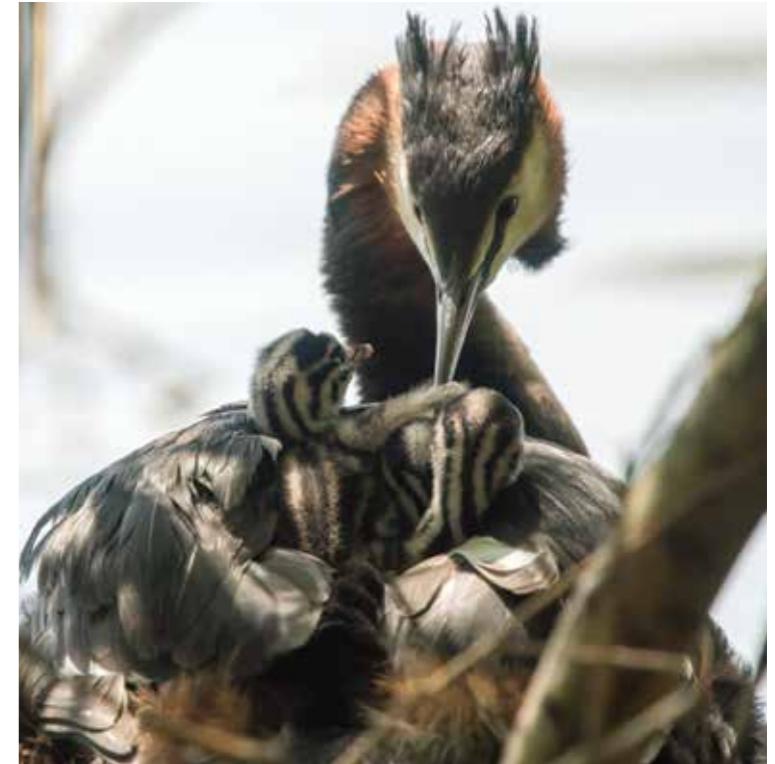
John Foster took this photo of a Brimstone Butterfly in his garden at lunchtime on 10th March.



This little hedgehog visited the garden at 21 Kestrel Way one evening of 30 April. Photo taken by David Tugwell



Reed Bunting, Eric Rose



John Mallaney captured this lovely shot of three chicks courtesy of the Great Crested Grebes on our small lake on 4th May.

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## Midnight Walk returns for one last night

**Florence Nightingale Hospice Charity's annual Midnight Walk returns to Aylesbury for the final time after a two year hiatus on Saturday 16th July.** Since it began in 2010, the Midnight Walk has seen hundreds of men and women come together and take to the streets of Aylesbury, walking over 50,000 miles and raising over £650,000 for the charity over the years. But this will be the last opportunity to take part in the event.

The charity is hoping its local community will support their Farewell Midnight Walk, with walkers joining them to remember loved ones and support their local hospice as they walk the final miles for one last time.

Walkers can choose from 5 mile or 10 mile circular routes – both starting from Aylesbury College at midnight on Saturday 16th July with refreshments at pit stops along the way. Each walker will also receive a commemorative Farewell Midnight Walk 2022 T-shirt as well as a Finisher's medal and complimentary breakfast at the end of the walk.

For more information and to sign up, please visit [www.fnhospice.org.uk/midnightwalk](http://www.fnhospice.org.uk/midnightwalk) or call 01296 429975.

*Florence Nightingale Hospice is located at Stoke Mandeville Hospital and provides first class specialist palliative care which is accessible and free of charge to those with a life-limiting illness in Buckinghamshire. The Hospice also provides other services such as the FNH@Home services, providing end-of-life care for patients in their homes, Florrie's Children's Team respite care for families, the Day Hospice and Bereavement Support.*

*Florence Nightingale Hospice Charity commits to fund over £1,000,000 of hospice services each year, supporting local in-patient and at-home palliative care services. For more information, visit [www.fnhospice.org.uk](http://www.fnhospice.org.uk)*



## Restaurant Review The Ivy

Recently, I was fortunate enough to visit a theatre in London to see the musical Wicked. Whilst the show was entertaining, Mary Singleton and I also took the opportunity to have a pre-theatre meal. We have both been to various Ivy restaurants, myself to a number of the London venues and Mary to ones in Richmond and Oxford. On this occasion we visited the restaurant in Victoria, London as our show was at the Apollo Victoria Theatre, just five minutes away.

We had an early time slot, the only one left at the time of booking. It is advisable and sometimes necessary to book ahead as popular times seem to go quickly. We started with a cocktail each from the extensive drinks list. We both had starters of scallops, followed by mains of shepherd's pie and fish. We declined desserts but had tea and coffee to finish. The menus appear to be updated regularly as there is a different selection now to when we visited. There is a classic set menu of two courses for £24.50 and three courses for £28.50. A la carte menu choices range from £14.25 (The Ivy Hamburger) to £44 (whole lobster).

Further information about the various establishments can be seen below.

The Ivy Grills and Brasseries offer extensive all-day menus featuring the best of modern British dishes in a relaxed dining atmosphere. They are sophisticated yet approachable, casual yet polished and can be found in carefully selected locations both in London and beyond.

The Ivy Cafes are positioned in London neighbourhoods such as Blackheath, Marylebone, Richmond and Wimbledon known for their chic village-style surroundings. They offer accessible all-day dining in a local, relaxed and friendly environment.

London Ivy's can be found in Kensington, Cheltenham, Chelsea, St Johns Wood, Victoria, Soho, The City and Tower Bridge as well as the original, which opened in 1917, in Covent Garden.

Whilst you can obviously eat cheaper elsewhere, we both thought the food was very good and the service and ambience were excellent. Ideal for a special occasion or celebration, either when in London or other areas around the country.

Susan McCabe



## Take part in this year's Watermead Photo Competition Open to all Watermead Residents

Following on from our previous successful events we will be holding another Photo Competition this year. The Exhibition and judging will be in September.

You can submit up to 2 photos in each of 3 categories:

**Beautiful Watermead** - Landscapes and Wildlife

**People and Events\*** - We would particularly like to see photos of this year's Jubilee celebrations in this category

**Open Category** - shots of anything you want

NB Entries in the "People and Events" category can include photos taken before activities were restricted due to Covid-19.

The first two categories are open to anyone who enjoys Watermead whilst the third category is only open to Watermead residents.

It is not necessary to have an expensive camera - some of the winners in previous years have been photos taken with phones. Get shooting now and save some of your best shots for the competition.

If conditions improve and we are again able to have an exhibition in the Village Hall entries will need to be in print form, otherwise we will call for digital files and the exhibition will be on the Parish Council website.

The closing date for submission of photos for the competition will be 5pm on Monday 12th September 2022. The photo exhibition will take place on Saturday 17th September.

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# Tour de Vale

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## Turn pedal power into pounds at the 2022 Bucks Radio Tour de Vale

**O**n Sunday 12th June Buckinghamshire's biggest charity bike ride returns with the 2022 Bucks Radio Tour de Vale. Organised by WheelPower since 2003, the annual event has become a highlight on the local cycling calendar, as riders come together to turn pedal power into vital funds for the Stoke Mandeville based charity. There are three fantastic routes to choose from, all starting and finishing on the famous track at the Birthplace of the Paralympic Movement. The routes take the riders out into the beautiful Buckinghamshire and Oxfordshire countryside and are supported by regular water stops, volunteer marshals, first aid points and support vehicles for your safety throughout.

Choose from 25, 65 and 110km routes and join riders of all ages and abilities in completing this fantastic charity bike ride. The 25km route is ideal for families, with all under 16's and hand cyclists going free. The two longer routes go through Eyrthope Park, Waddesdon and Quainton and are for keen individual cyclists, or club members who want something a little more challenging.

All cyclists will be rewarded with a well earned medal after crossing the Stoke Mandeville Stadium finish line, where you will find massage tables, a barbecue and a bar so that you can recover and relax with your friends and family after the event.

The Tour de Vale is a unique ride and one that is loved by so

many members of the local community here in Buckinghamshire. It is family friendly, inclusive and en-route you will discover a great atmosphere to help you along the way.

Jo Hall, WheelPower Event Organiser adds, "Since 2003 over £850,000 has been raised from the Tour de Vale, supporting the life changing work of WheelPower. It is more than just a bike ride, and by taking part and cycling together you too can help us transform more disabled lives through sport. The money raised this year will help us with the return of our in-person sports events, providing new opportunities to support disabled people lead healthier and more active lives through sport and exercise.

To find out more about this year's event and to sign up for the 2022 Bucks Radio Tour de Vale please visit [www.tourdevale.com](http://www.tourdevale.com)

### Volunteering at the 2022 Tour de Vale

If cycling isn't for you, you may like to volunteer instead? To deliver a safe event we rely on the support of 150 local volunteers to marshal the routes, support at the sign in tent or on the many water stops throughout. You would need to donate a couple of hours, with full instructions, a high vis jacket and packed lunch supplied. Please contact [info@tourdevale.com](mailto:info@tourdevale.com) or call 01296 395995 to find out more.



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## Sally's Blog



Hello everyone! It's lovely to see everyone again. We're enjoying lovely walks around Watermead, meeting lots of people and their canine companions as well as the huge number of resident birds with their babies.

I was 7 last month, which I am told is 49 in human – golly, middle aged. Never mind, like my humans, I refuse to worry about it. It's only a number, isn't it! I received

a very special card from Ronnie - his writing has really improved now he's 5! Here's a photograph of me with my card and gifts. Who says dogs don't need a birthday? We do!



The garden centre remains one of my favourite outings. At Easter Ronnie came to stay and we went to help choose plants and shared the humans' bacon rolls as well!



I receive many special offers as a member of the exclusive (?) Pets at Home reward scheme. I saw lots of very good offers in the last update I received from them and sent my humans shopping straight away for my favourite organic chews. They really have proved simple to train. Can't understand why they can't seem to reciprocate – I think I'm just too determined!

I hope that everyone has a lovely summer. Looking forward to the Platinum Jubilee event. I will be there and I know that the great bands will drown out any barking (singing) from me – never mind!

Love Sally x

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# Lindengate Charity – better health and wellbeing for all through nature

Now the clocks have gone forward, there is an air of anticipation for longer and warmer days. Our resident ducks are back and sampling our new ponds, one within the Heritage Orchard and another 3 in our 1.5 acre Nature Reserve, where we also have a thriving community of bees and are hoping for our first pots of honey later this year. Now the clocks have gone forward, there is an air of anticipation for longer and warmer days. Our resident ducks are back and sampling our new ponds, one within the Heritage Orchard and another 3 in our 1.5 acre Nature Reserve, where we also have a thriving community of bees and are hoping for our first pots of honey later this year.

We are delighted to be able to continue to welcome visitors to Lindengate, with new extended Summer opening times, enabling everyone the opportunity to enjoy our unique 6 acre gardens. Wander at your own pace through the gardens, marvelling at all the new sights and sounds that have been created over the past few months, including our Yurt Garden, Forest Walk and Heritage Orchard.

We have wifi across our site, so why not bring your laptop and a flask of coffee and work in calm and creative surroundings, by yourself, or bring a group for a team meeting.

Come and enjoy our gardens with friends and family – bring a picnic and sit amongst the wildlife. Children can take part in a nature trail around the site where we have plenty of new areas to explore. Please check our website before visiting.

From 19th April – Summer opening times (please note last entry 30 minutes before closing)

Wednesdays 4.30pm – 7.30pm, Saturdays 1.30pm – 4.30pm

For more information on our programmes, events, volunteer opportunities and opening times go to: [www.lindengate.org.uk](http://www.lindengate.org.uk)



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# Brill Village, a brief history and its little secret!

Brill is a beautiful historic village in Buckinghamshire equidistant from Aylesbury and Oxford. It is blessed with a position on top of a hill that gives excellent views over the counties of Buckinghamshire and Oxfordshire. This location has shaped its unusual and varied history.

The name "Brill" is of historic importance since it is one of the few places in Buckinghamshire to have a name with a Celtic element – "bre" meaning hill. The Domesday Book records in 1086 that Brill had been a Royal manor owned by Edward the Confessor. The King had a hunting lodge which remained a Royal manor until 1337.

Brill has three Grade 2 listed buildings - All Saints Church from the 12th century, Brill windmill from the 17th century and the 18th century Manor House on Oakley Road. There are a further 50 listed buildings in the village. Brill was within the Royal Forest of Bernwood and remained the main settlement until its deforestation in the 17th century. Many grand Manor Houses were built in Brill in the Royal era and many fell into disrepair. The current 'Manor House' is assumed to be built on the site of the earlier Manor House.

Brill industry focused on pottery. This was evident in 1210-1220 and continued until the 20th century. Brill houses and buildings are constructed from stone and brick, not the traditional thatch which is a feature of many Buckinghamshire villages.

The Civil War in the 17th century was important to Brill. Brill Hill was the divide between the Aylesbury Parliamentarians and the Oxford Royalists.

For many Brill has a little secret! Despite its well documented walks, iconic windmill, amazing history and its glorious views over the hills towards Oxfordshire and beyond, one more thing remains to discuss! Brill was once the terminus of the London Metropolitan Railway!

Brill enjoyed a brief spell as a small spa resort in the 1830s. The iron-rich springs at nearby Dorton had a pump room and baths. The Brill Spa Hotel was built at the end of the road "The Green" about 30 years before any later train activity started. Unfortunately, Royal patronage didn't take place and so the project withered. If it had taken place the role of the tramway and a possible extension to Oxford may have been significant as well as the role of Brill village itself.

In the 19th century it was not uncommon for landowners to want their own railway for various reasons. Consequently in 1870 the 3rd Duke of Buckingham started to build a 6½ mile railway for his estate at Wotton. It ran from Quainton Road to Brill including stops at Waddesdon Road, Westcott, Wotton and Wood Siding. Like many rural villages there was little population and these stations often were not near residential places. The completed railway was called the Wotton Tramway (Brill Branch). All carriages were horse drawn initially and subsequently it took nearly two hours to travel between Quainton Road and Brill at approximately 4mph which is brisk walking space.

Initially the line was only authorized to carry goods such as milk, coal and bricks from the local kilns. Small spur lines were built at Brill and Westcott stations for the transfer of the building materials, especially bricks, used for the building of Waddesdon Manor which took place between 1874-1885. This used about 25,000 bricks a week from Poore's brickworks at Brill. Due to the speed of the horses and volume of goods two



basic locomotives were used and these were later upgraded to cope especially with the gradients involved.

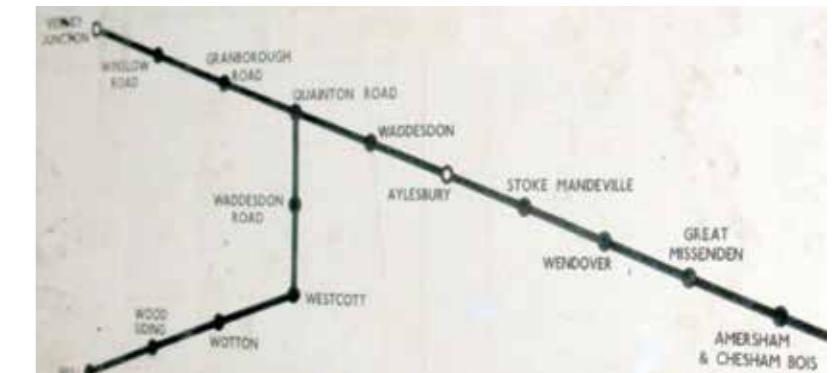
In 1892 the line was approved for passenger use after upgrades to stations, trains and the track. The tramway had been renamed 'The Oxford and Aylesbury Railway' despite not serving either town! Faster journeys were available with the journey to Quainton Road now about 45 minutes and a trip to London Baker Street taking about 2½ hours.

By 1903 The Metropolitan Railway took over the operation and running of the tramway. At a similar time, Grand Central Railway built the railway from London to High Wycombe and beyond. A station was built at Wotton making it one of the smallest places to have two stations! A station called Brill and Ludgershall also was built but was several miles from Brill itself.

In 1933 the Tramway became part of the full London Underground network with the setup of the London Passenger Transport Board. Further improvements to the track, signaling and electrification to Amersham continued. The tramway was soon closed down by the operators in 1935 who just couldn't see a way of it being commercially viable, only two years after being the end of the Underground! If the proposal to make Brill a Royal spa town had happened the railway may still be here.

Any visit to Brill will have reminders to the past such as Tramhill, Tramway, Spa Close, "Sleepers". Here are also station buildings at Westcott.

Richard Clark



# Superfast Fibre Broadband coming to Watermead

Openreach have been around Watermead in the last few weeks installing Superfast Fibre Broadband to the village. They were due to finish on Friday 8th April but they must then wait for the correct permissions before they can activate the system. Openreach's Press office gave me the following link to get up-to-date information on progress:

[www.openreach.com/fibre-broadband](http://www.openreach.com/fibre-broadband). You can find out if your property is on the system and Openreach will keep you informed of progress and let you know when the system will become live. Below is the reply I received from their website:

Dear Stuart

Great news. Your area is in our plans for Ultrafast Full Fibre broadband with speeds of up to 1Gbps. (That's 1,000Mbps!)

The benefits in a nutshell

1. 10x faster\* than the average UK broadband connection
2. 5x more reliable\*\* than any previous network
3. Connect all your devices at once with more reliable speeds

## What is Ultrafast Full Fibre broadband?

Simply put, it's the UK's most reliable broadband. Most homes and offices in the UK have 'Fibre to the Cabinet' which uses part fibre, part copper to get you connected. But with Ultrafast Full Fibre broadband there's a fibre optic cable all the way from the exchange directly to your

door. Built by Openreach, supplied by our partners.

## Sign me up, Scotty?

Are you ready? Find out all there is to know about Ultrafast Full Fibre here. You are already on our email list, so we will drop you a note as soon as it is available to order.

Sam, Openreach

That's great news for Watermead especially for those who work from home.

Stuart Mackay

## Front Gardens Competition

Due to the success of our Front Gardens Competition in past years, we will be running this again in 2022. Our judges will be out and about in Watermead looking for lovely front gardens during the coming months and expect to announce a winner at the end of July. If you would like to nominate a front garden, either your own or someone else's, please send an email with the number and road name of your nomination to [mary.singleton@watermead.pc.gov.uk](mailto:mary.singleton@watermead.pc.gov.uk) who will pass them on to the judges for their consideration.

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It has been a busy time at Footsteps Watermead and we are really egg-cited to let you know about all the fun things we have been up to.

## A time to celebrate

It was a flipping wonderful day as we celebrated Pancake Day on the 1st March. We made playdough pancakes in the home corner and did some brilliant listening and following instructions as we followed the recipe to make some real ones too. We added fruit and toppings for a very special snack time - yum yum!

Mother's day is one of our favourite celebrations and we took the time to talk about all the amazing things our mums, grandparents and carers do to make us feel special. We hope all our mums loved the cards and gifts and had a chance to take a well-deserved break.

What fun we had dressing up in our favourite costumes and reading our favourite stories to celebrate World Book Day! We loved seeing all the characters from Paddington to Dogs Don't Do Ballet. We all practised writing or telling our own stories, visited a Peppa Pig themed reading corner, and enjoyed some book themed small world play as we used our imaginations to retell some jungle themed travels.

## New books for new adventures!

This March we took part in a sponsored Listen. This was an initiative in partnership with Usborne Books and the aim is to allow children to develop a passion for reading and listening for pleasure.

The children were sponsored to listen for an amount of time per

day with their parent, an adult or older child. We are proud to report that we have raised an unbelievable £341 to spend on new books for us to read and enjoy.

## Spring is in the air

We have certainly experienced all the seasons over the last month. From glorious sunshine to snow – we have made the most of every opportunity from some mucky fun in our mud kitchen, climbing trees and making snow angels to spotting all the new flowers, bugs and birds building their nests on our walks. We have also been starting all the preparations for our allotment and have already planted potatoes.

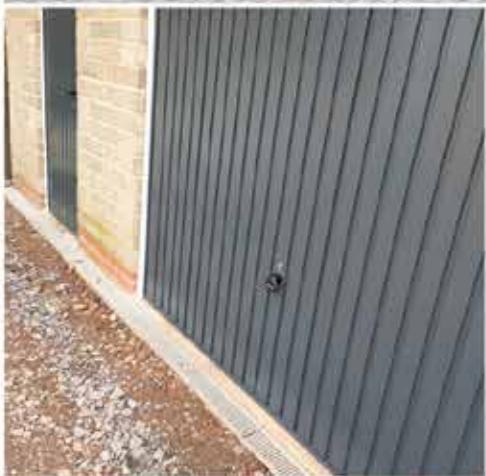
## Easter eggs-travaganza

It's been a busy month of cutting, sticking, splashing, moulding, stirring, pouring, painting and colouring. All designed to work on all the important muscles to get our children ready for writing. These skills also come in very handy for all our Easter activities! We've been practising our maths as we put numbered eggs in order, learning Easter songs, making chocolate Easter nests and lots of egg, chick and rabbit themed crafts. We also went on an eggs-tremely fun Easter egg hunt in the garden. Our favourite eggs to find though were under a swan as we spotted her on a nest on a lovely Easter walk.

We hope our families have a lovely break and can't wait to Spring into action after Easter with our Spanish, music and yoga lessons to help enrich our fantastic activities planned.



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## Book review

### State of Terror

The principal character in Hillary Clinton's literary debut is – can you believe it? – a female US Secretary of State. With terrorist bus bombings in three European cities and a clear and present danger of outrages in the US, Ellen Adams, newly appointed to the administration of President Douglas Williams, goes on the diplomatic offensive, jetting to Kabul, Tehran and Moscow to meet leaders who may help to defuse the situation. She is handicapped by hard-right 'moles' in Washington who are in league with the Pakistani mastermind of the terror plot. It's very gung-ho, very Jason Bourne, and Ms Adams is frequently in the firing line from fisticuffs in the Oval Office to shoot-ups in mountain caves in Baluchistan.

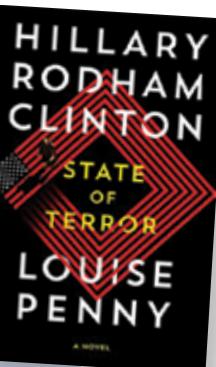
President Williams has a potty mouth which calls Richard Nixon to mind more than any recent incumbent. His predecessor, Eric Dunn, presided over "four years of chaos" and now lives in kingly splendour in Florida – hmm, who could that be? Other world figures, up to and including Iran's Supreme Leader, are lightly (very lightly) fictionalized. Russia's President Ivanov was famously photographed shirtless on a horse!

The sheer geopolitical scale of this taut and tense thriller suggests that Mrs Clinton has contributed more than just her name to the project. I'm guessing it's the Second Lady rather than the Former First Lady who's responsible for the actual writing.

Characters are pithily described. The pithiness extends to the staccato prose style: short sentences, short paragraphs – a style practised by the late Jackie Collins, among many others. Not a style

I warm to but the exhilarating plot and the sheer pace kept me engaged through to the nerve-shredding (if slightly daft) conclusion.

David Gee



## Watermead Pub Lunch Club

Our Watermead Pub Lunch Club continues to meet on a monthly basis on the first Wednesday of the month at the Watermead Inn. Over 40 people attended in March, April and May and enjoyed a limited menu for a very reasonable price and convivial company. It's a great opportunity to meet people and make friends. Exceptionally our June lunch will be held on Wednesday 15 June 2022.

The Club is aimed at anyone within our community especially those who may have been missing out on regular social contact. We now have a mixed group of over 60 members and everyone appears to enjoy the food and the company.

Kelvin provides us with a varied menu with a choice of three main courses including one vegetarian, and a choice of delicious desserts, or you can have tea or coffee, all costing just £10 per person which includes a tip for the staff.

If you would like to join us the Pub Lunch is held on the first Wednesday of the month at 12:30 in the restaurant of the Watermead Inn. If you know someone who might benefit from getting out and about a bit more, then please do get in touch. All you have to do is book at least a week in advance by calling Mary Singleton on 07986 582903 or text her on that number providing your email address and she will provide you with all the information you need.

This is a Community Impact Bucks initiative and bookings can only be made through the local organiser whose contact details are given above.

### Answers to Royal Break Quiz on page 11

1. Elizabeth was born in her grandparents' home at 17 Bruton Street, Mayfair, London on 21 April 1926. 2. George, Charlotte, Louis, Archie and Lilibet. 3. Alexandra Mary. 4. Princess Beatrice. 5. Archewell. 6. Kristen Stewart. 7. 99. 8. King Edward VIII. 9. Greece. 10. 27. 11. Equestrian. 12. Vanessa Kirby (seasons 1/2), Helena Bonham Carter (seasons 3/4), Lesley Manville (season 5). 13. Friends. 14. Sandringham. 15. Myrtle. 16. Alexander McQueen. 17. True – the Queen weighs her guests as part of a tradition that dates back to Edward VII. 18. Clarence House. 19. 73 years. 20. History of Art



# Five Famous - Infamous Female Artists

In the National Gallery collection spanning from the 13th to the early 20th century, of over 2,300 paintings, there are only 21 paintings by women. Below are brief descriptions of just five female artists, one Italian, one French, one American and two English. Some were married, some were mothers, some are single, and some had fathers who were painters. But all defied the conventions of their time and stepped beyond contemporary societal boundaries.

## Artemisia Gentileschi (1593 – 1656)

Artemesia Gentileschi was an Italian Baroque painter and one of the most famous painters of the 17th century. She was born in 1593 in Rome. Her father Orazio was an accomplished painter himself. They both painted alongside another Baroque painter, Caravaggio, and historians say it's difficult to tell the difference in early paintings by father and daughter. When she was 17 years old Gentileschi was raped by another artist, Agostino Tassi. The subsequent trial scandalized Rome and Gentileschi was tortured with thumbscrews during her testimony. She channelled her

anger in classic Baroque biblical paintings for the rest of her career. Gentileschi was illiterate but spoke volumes with her paintbrush. One of her best-known works is Self-Portrait as the Allegory of Painting which depicts her with a paintbrush. Little is known about the latter years of her life except that she died in Naples around 1656



## Elisabeth Vigée Le Brun (1755 – 1842)

Elisabeth Vigée Le Brun was the daughter of a minor painter and born and brought up in Paris. She became a member of the Académie de St-Luc in 1774 and of the French Academy in 1783. She was a highly fashionable portrait painter. In 1778 Vigée Le Brun painted from life an official, full-length portrait of Marie Antoinette whose consistent

patronage she enjoyed until the outbreak of the French Revolution. Between 1789 and 1805 she travelled in Europe and visited Russia.

A portrait of Yolande Duchesse de Polignac can be seen at Waddesdon Manor. Vigée-Le Brun shows the duchesse in a style of naturalistic clothes that became popular in the late 1770s. In the new Alice's Wonderlands Exhibition at Waddesdon Manor, you can also see another Le Brun painting, a portrait of Madame Le Couteux du Molay purchased by Alice de Rothschild in 1909.

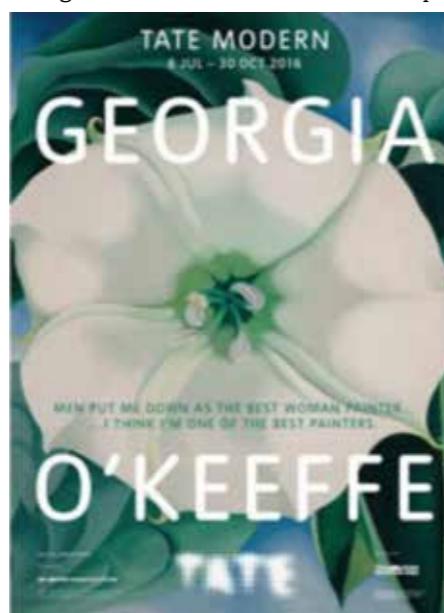


Holman Hunt and John Everett Millais, students at London's Royal Academy. Today Lizzie Siddal's willowy build, gaunt features and lustrous copper-coloured hair are considered signs of beauty, but in the 1850s being very thin was not considered attractive, and red hair was described by one female journalist as "social suicide". Through her modelling work and the success of the paintings she appeared in, Lizzie helped change the public opinion of beauty. As the model for Millais's celebrated Ophelia (1851–1852) her face became famous.

In 1854 Siddal's began her own career as an artist when she was taught by Rossetti. Her paintings were often derided by art critics, yet Siddal had only just begun learning, whereas the men of her circle had been honing their craft, under expert tutelage, for many years. She earnt an annual salary of £150 compared to £24 a year in the hat shop. In 1857 she was the sole female exhibitor at the Pre-Raphaelite Exhibition in London. A jealous Rossetti had asked her to model only for him and after a ten-year love affair they finally married. After a honeymoon in Paris, Lizzie gave birth to a still born daughter in 1861. She died at the age of only 32 in 1862 after an overdose of laudanum. Lizzie's story does not end with her death. To enable Rossetti to retrieve a book of his poems, macabrely Lizzie's coffin was exhumed in 1869 and when the coffin lid was lifted, her body was said to be beautifully preserved.

## Georgia O'Keeffe (1887 – 1986)

Georgia O'Keeffe is known as an abstract painter and grew up on a farm in Wisconsin and showed early signs of artistic talent. In 1909 she took a job in Chicago drawing lace embroidery advertisements. In 1915 her charcoal drawings were seen by Alfred Stieglitz, the celebrated photographer and owner of the avant-garde New York Gallery 291. O'Keeffe wasn't happy about her work being shown but this meeting led to a long professional and personal relationship between O'Keeffe and Stieglitz.



The eighty-seven-year-old Madame Le Brun died in 1842 in her Paris residence and was buried in the cemetery of the church of the village of Louveciennes, where she kept a country house.

## Elizabeth Siddal (1829 – 1862)

Lizzie Siddal worked at a milliner's shop in central London before becoming a model for the Pre-Raphaelite Brotherhood who were a secret society of seven young men founded in 1848 by Rossetti,

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between O'Keeffe and Stieglitz.

During the 1920s O'Keeffe began to paint simplified, abstract and magnified representations of flowers, city scenes and farmhouses. In 1929 O'Keeffe began to spend her summers in Mexico and produced many notable paintings such as Cow's Skull (1931) and Pelvis with Blue (1944). In 1946 O'Keeffe was given the first retrospective of a woman artist ever held at the Museum of Modern Art in New York. She died at the age of ninety-eight having "succeeded in achieving life and work completely on her own terms".

## Tracey Emin (1963 – Date)

Tracey Emin is a contemporary artist who creates works rich in autobiographical detail. She is known for her works in drawing, painting, video, photography, installations and sculpture. She was born in 1963 and is a part of a group known as 'The Young British Artists' who became famous during the 1980s. In her 1998 work 'My Bed' Emin brought her own messy, unmade bed into the Tate

Gallery. The exhibit was shortlisted for the Turner Prize. Her work is on display in museums in New York, London and Munich. In 2011 Emin became a professor at the Royal Academy and she is one of the first two female professors appointed since the Academy was founded in 1768. Emin was appointed a Commander of the Most Excellent Order of the British Empire in 2013. She continues to live and work in the UK, specifically Margate.

This list of five female artists is obviously only a snapshot of still a very small number of female artists. Some others include Lavinia Fontana, Sofonisba Anguissola, Angelica Kauffman, Mary Cassatt, Berthe Morisot, Rosa Bonheur, Tamara de Lempicka, Judy Chicago, Barbara Hepworth and Frida Kahlo. Let us hope that with more awareness of the gender gap, especially in art, we see many more successful and famous female artists in the future.

Susan McCabe

Below: John Everett Millais, Ophelia (1851–52)





# Come & celebrate HM The Queen's Platinum Jubilee

**Sunday 5th June 2022**  
**Balloon Meadow, Watermead**  
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or bring your own picnic  
Licensed bar

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commemorative medal on the day

Family and friends also welcome! Bring picnic blankets and chairs