Village View

THE WATERMEAD VILLAGE NEWSLETTER

Winter 2013

WATERMEAD Christmas Fair

on Saturday 7th December

The Village Hall

11am to 5pm

CHRISTMAS SHOPPING

TALENTED CRAFTS PEOPLE

WATERMEAD PARISH COUNCIL Christmas Carol Concert

on Saturday 14th December 2013

The Piazza from 6pm

A VISIT FROM: FATHER CHRISTMAS

MUSIC & MULLED WINE

'Dog Control Orders'. Are you in favour of such an Order? Turn to page 20 for more details.

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Volume 20 Issue 4. Date of publication 7th December 2013

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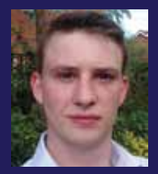

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Parish Chairman's View

As we prepare for another Christmas season it is a good time to keep warm indoors and reflect on the beautiful summer we have enjoyed. The long sunny days gave us plenty of time to enjoy spending time outdoors, which is now a slightly distant memory. Each season has its own pleasures of course and we have much to look forward to over the festive season with the Christmas Craft Fair, Carol Concert, social gatherings and opportunities to see family and friends.

The new Walkway opens

During the summer the new walkway was completed. See the full report in this edition of Village View (page 14). Obviously this has been the focus of our attention for several months, but work has continued on all areas of our land including re-planting of the copse opposite the Piazza and start of of the Community Garden. It is heartening to be able to report that with the exception of a few individuals who have broken into the closed off land with the intention of spoiling this for everyone else, the planting has been left undisturbed and we are hoping that the swans will choose this area for nesting next Spring.

We will also see the bulbs which were planted by the children burst into colour; they are looking forward to it very much. A big thank you to parishioners who have donated plants – there are even some strawberries. We still have room for more so let the Clerk know if you would like to donate any plants and she will arrange for them to be collected and planted. As before, if any of them are too large, our grounds contractor is able to help.

Memorial Trees

We now have five orders for memorial flowering cherry trees which will, initially, be planted at the road end of the small lake next to the bench. They will be planted as soon as the soil has been tested and the supplier feels it's the right time. If you are interested in having a flowering tree in memory of a loved one planted in Watermead do please get in touch with the Clerk who will discuss the choices and costs with you.

Speeding

We continue to be very concerned about speeding cars in Watermead generally and on the spine road in particular. Despite our having erected two pedestrian refuges, gates and a speed indicating sign, tragically some weeks ago a driver drove over the bridge early on a Sunday morning with perfect visibility and road conditions. It appears that the driver lost control and went through the metal crash barrier. We have not received any details from the police but assume that speeding was a factor. We are advised that the driver suffered 'life changing injuries' and his passenger was seriously injured. Had this accident occurred later in the morning the consequences might have been even more serious with injuries caused to pedestrians or other road users.

The message is very clear - speed kills. Please ensure you keep to the speed limit. The Parish council will continue to lobby the highways authority for repeater signs on the spine road to remind people of the speed limit. The police have also stepped up the use of mobile speed cameras.

Rubbish

At our October council meeting a young member of our community came to talk to us in the public session about the amount of litter she encountered on her walk between the school bus and Kestrel Way. She has regularly collected litter and the day before the meeting arrived home with an arm full of rubbish. She asked us to let everyone know that our younger residents do notice this problem and ask that you pick up rubbish, and if you are able when you are out walking pick it up and put it in a bin. We have two volunteers who walk around the lakes every day collecting rubbish. Without their efforts the situation would be worse.

The other issue mentioned was the selfishness of dog owners who do not clear up their dog waste. Please, pick it up and put it in a proper dog waste bin. We have more dog bins in Watermead than anywhere else in the area. It costs our community a great deal of money to maintain these bins and have them emptied. (Continued on page 4...)

In this issue:

Grandparents are you denied contact?	04
Twins celebrate their 90th birthday	06
Bucks Affordable Warmth Network	07
Ever wondered....Why?	07
Police warning over bank card courier scam	09
Drawing for fun!	10
Watermead street lighting	12
A new walkway for all to enjoy	14
Fish hook injury	15
Watermead hand over the reins	16
Watermead Community planting day	18
Watermead draws on	18
McMillan Coffee Morning	20
Walkies? Or not!	20
Should I keep the heating on all the time?	21
Yoga as mind - body medicine	21
Flying start to 25th anniversary at Florence Nightingale Hospice	23
PLUS OUR REGULAR FEATURES:	
Parish Chairman's view	03
Tea break quiz	05
Yes, there's plenty of room, come on in!	05
Autumn at the allotments	11
Watermead and Weedon WI	12
What's on	16
Pets' Corner	19
'Eat the World'	25
Watermead Cygnets Pre-school	26

(Continued from page 3...)

Dog Control Order
On the topic of dogs we are keen to consult the community on whether or not a Dog Control Order should be sought. We want to hear your views and you are asked to let us know what you think by contacting the Clerk. We will have a small stand at the Craft Fair where you can let us have your views. If such an Order were to be obtained we would all need to understand the implications and how it could be enforced for it to work.

Cricket Pitch
The cricket pitch remains a thorn in the side of the community and the Parish Council has spent time during the summer discussing what should be done. We are in touch with the relevant authorities and receiver and are determined to get this land returned to the community. Many of us remember when we first lived in Watermead cricket matches being played on many summer weekends.

While we appreciate that returning the pitch to a playable condition might now be impossible we believe that the first step, of returning the pitch to community ownership, the updating of the Section 52 notice (which prevents any form of building on this public amenity land, ever, still in force) and consultation of the use to which it should be put must take place as soon as possible. We will report progress regularly and very much hope that there will be good news next year.

Website
Our new website will be up and running shortly. We hope that you will find it vibrant, interesting and reflecting our local community. There will be opportunities to get involved and we are keen that you visit frequently to keep up to date with Watermead news and let us have your views. Our thanks to Helen Cook who has worked hard to create this new website and to Hany Girgis who continues to host it for us.

It just remains to wish you all a very Happy Christmas and a Healthy and Prosperous New Year. Do join us for the Christmas Fair in the Village Hall and on the Piazza on Saturday 7th December starting at 11am, fully booked with local craftspeople selling their unique gifts; and for the Carol Concert on Saturday 14th December in the Piazza at 6.00pm.

Cllr Sue Severn

Grandparents - are you denied contact with your grandchildren?

We can help you! We are a grandparents' support group.

We will listen to your story.
We will understand your pain and loss.
We will provide support, information and advice in a confidential environment.

Who are we?
We are a group of grandparents all of whom have been denied contact with our grandchildren. We offer support to help other grandparents manage their loss.

We are working to increase awareness of this growing issue both locally and nationally, supporting the view that grandchildren should have the right to see their grandparents (as long as it is safe to do so).

PLEASE JOIN US! THE GRANDPARENTS' SUPPORT GROUP

At The Holiday Inn Hotel, Aston Clinton Road, Aylesbury, on the 2nd Wednesday of each month from 7pm.

For more details phone
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Yes, there's plenty of room; come on in!

At this time of year there is always a great sense of anticipation and of hope. As we make our plans for Christmas, we anticipate the variety of services which help us to celebrate the birth of Jesus: school Christmas services, carol services, crib services, Christingle services and the uniquely special service of the midnight Eucharist on Christmas Eve.

One of my favourite stories about a school nativity service is of the little boy who wanted to play the part of Joseph. He was very disappointed to be given instead the part of the innkeeper, but he appeared to accept his teacher's decision and got on with his part in the play. However, on the day of the performance, in front of a school hall packed with parents, the boy took his revenge. When Joseph and Mary asked him if there was any room in his inn, he abandoned the script, stood back so that the door to the inn was wide open and said, "yes there's plenty of room; come on in!"

That might not be the way the familiar story goes but I think the little boy's actions have some things to say to us at Christmas. We all are invited to 'come in' to greet the holy child, born into such very humble surroundings. All will be welcomed to the variety of different services which our churches offer at Christmas as we join together in celebrating the birth of Jesus, the One who comes to save us and bring us joy. There literally is 'room for all' because God welcomes each and every one of us. He does not want anyone to be turned away, because He loves each of us so much. God has shown the depth of that love in His unique gift to us; the gift of His Son, born as one of us, part of a loving human family; the One who was willing ultimately to give his life for us, so that we might share in his life, for ever.

We anticipate the celebration of Jesus' birth, not only because it is a great excuse for a bit of a party, but also because his birth gives us hope. Hope for the future. Hope in the midst of much that seems to be changing all around us. Our Christmas celebrations lead into celebrations of the new year, with a heightened sense of anticipation for all that 2014 might bring. Many will be praying that the next year will be better than the last; others will be going into the New Year with a deep sense of anxiety and uncertainty. However we approach 2014, we should remember the wonderful promise which Jesus made to us: "remember that I am with you always; yes, to the end of time" (Matthew 28, verse 20). Jesus promises to be there with us in whatever it is that life brings; in the happy times and in the sad times; in the pain and also in the joy.

At Christmas, God welcomes us all to celebrate the birth of His Son, the One who brings hope to the world. God invites us to come in because He has made sure that there is room for us all, so please come along to one of our Christmas Services at St James Church, Bierton (details and times can be found by visiting our Parish website on www.aylesburychurches.org) and allow the Christ child to become a part of your Christmas celebrations this year.

With every blessing for the month ahead and for 2014.

Revd Mark Ackford, Vicar for St James the Great, Bierton and All Saints, Hulcott.

Watermead Parish Council, Watermead residents and the editorial team of the Village View all wish Mark a speedy recovery after his recent operation. We all look forward to seeing him at our Carol Concert on 14th December.

Tea Break Quiz

1. What is the name of the Paranoid Android in Douglas Adams' 'Hitchhiker's Guide to the Galaxy'?
2. In Monopoly, the green set consists of Bond Street, Regent Street and which other?
3. What does UNESCO stand for?
4. After how many years would you celebrate your crystal anniversary?
5. Which sign of the zodiac would you be if your birthday was on the 18th October?
6. Who was the first non-royal to appear on a UK postage stamp?
7. Which measurement of speed is equivalent to one nautical mile per hour?
8. What is the name of the official national anthem of the USA?
9. Which female politician was the Prime Minister of Australia between 2010 and 2013?
10. What is the capital city of Afghanistan?
11. Which two colours are on the flag of Poland?
12. Which is the only US state to begin with the letter 'P'?
13. On a Monopoly board, which street shares the same colour as Leicester Square and Piccadilly?
14. The bank Santander shares its name with a town in which country?
15. Which actor was the first to play Doctor Who?
16. The Eastenders theme tune was given lyrics and released as a single in 1986 by Anita Dobson – but what was the song called?
17. Which actress links 'The Darling Buds of May' and 'Rosemary and Thyme'?
18. Which band recorded the soundtrack to the first Highlander film?
19. In the 1994 Disney film the Lion King, which actor provided the voice of the evil lion 'Scar'?
20. Which book starts with the line 'It is a truth universally acknowledged, that a single man in possession of good fortune, must be in want of a wife.'

Answers on page 20

Twins celebrate their 90th birthday in Watermead

On Sunday 17th November 2013, Guillemot Court resident, Betty Plumbley, celebrated her 90th birthday with her twin sister, Ruth Bowley, who lives in Shoreham-by-Sea, Sussex, with her husband Don (aged 91). They were joined by family and friends in the Village Hall in the Piazza for a lunch party for 50 guests.

Betty was born at 4.30am on 17th November 1923 in Harpenden, Herts, to Harold Hale, a dispensing chemist and his wife Sarah - swiftly followed by a very unexpected surprise 40 minutes later by her twin sister Ruth. It was so much of a surprise to Sarah and Harold that they only had prepared 1 cot so a drawer was brought into action for little Ruth! Their brother Peter was barely a year old at the time. Their sister, Pauline, was born in 1925. So Sarah had 4 children under the age of 5 to care for without all the modern conveniences of today. Peter, a spitfire pilot during WWII, now lives in Portsmouth; Pauline, a WREN during the war, lives in Rustington and both came up to Watermead for the celebration.

At this time of remembrance it seems fitting to mention that Harold was in the cavalry during World War I and he met Sarah who nursed him after being injured.

Betty remembers that they moved to Guildford in Surrey when they were very young due to their father's promotion to be manager of a chemist shop. They moved again soon afterwards to Sidmouth in Devon where she has wonderful memories of a happy childhood. They then moved to Holland Park in London when the twins were aged 12, and later moved to Worthing, Sussex where they spent the war years.

Betty started nursing at the age of 16 at Midhurst Cottage Hospital and continued nursing at the Royal Sussex County Hospital in Brighton during World War II. She met her future husband, Ray (a soldier in the 8th Army under General Montgomery), at a tea dance and they married in 1945 at a pretty little church in Sompting, Sussex. After the war Ray joined the Metropolitan Police and they lived initially in Hounslow, West London, until they were given a police house in Hampton Hill, Middlesex; this is where Sally, Mary and Barbara spent a very happy childhood.

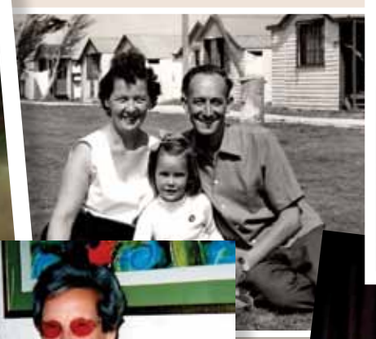
Betty and Ray bought their first house in Isleworth in 1964 for £4,500! When the children were all at secondary school Betty returned to work in a school for children with learning disabilities. She had to return to education in the 60's to a achieve the relevant qualifications; she loved this work and continued until she retired in 1983.

Betty moved to Watermead in May 1994. She is a member of the local WI and her hobbies include bowling (indoors and outdoors) and playing Whist. She has been a volunteer with WRVS for over 30 years, most recently at Stoke Mandeville Hospital. She joined the WRVS shortly after she lost her husband, aged 60, to cancer when she was only 56.

Ruth joined the Land Army in August 1940 and enjoyed six wonderful years as a dairy girl. She met Don (aerial photographer with the RAF) in September 1947 at the Battle of Britain Dance at the Assembly Hall in Worthing and they married in 1949. She has lived in Sussex all her married life and has played a very active part in her local WI having been president of the Mile Oak group for 8 years. She still plays a prominent role in the WI. She recently took part in an exhibition at the museum in Brighton on the part the Land Army played during World War II. Ruth and Don are members of Royal Air Force Association and still partcipate in fund raising events and air shows.

Betty and Ruth have always been very close and have spent lots of holidays together. Most memorable were family holidays in the 50's and 60's mostly in caravans on the Isle of Wight and in the west country with their children – Sally, Mary and Barbara (Betty) and Carole (Ruth). More recently they have been on a tour of Italy (in the late 70's), several trips to visit Carole and her husband Andre in the USA in the 80's/90's, trips to the Norwegian Fjords (in the 90's), trip to Portugal for their 80th birthday, and a cruise on the river Danube (Noughties). They attended the wedding of Amy and Alex in France this summer (Betty's granddaughter).

The party was a huge success and everyone thoroughly enjoyed themselves. Betty's niece, Nina, had flown over from South Carolina, USA, especially for the party. Other family members travelled from West Yorkshire, Berkshire, Sussex, Devon, and Hampshire. Steve Hunt (Bucks Home Improvements) played music on keyboards and this provided a great atmosphere for the event. Thanks go to Noreen and Les Shardlow who provided a delicious lunch for us all. The most important thing is that Betty and Ruth loved having their family and friends around them and just had lots of fun!



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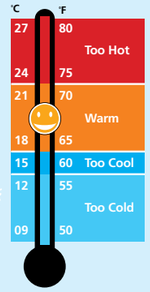

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Bucks Affordable Warmth Network

The Buckinghamshire Affordable Warmth Network is a longstanding service working to reduce the number of people in fuel poverty; and so improving health and wellbeing. There are three primary elements to delivery of this service.

Firstly, we run the Affordable Warmth Helpline 0800 107 0044, able to give impartial expert advice on all issues surrounding Affordable Warmth. This includes: reducing energy bills, increasing energy efficiency of properties, switching energy supplier and how to stay warm over winter and is promoted towards all residents likely to be struggling with rising energy bills, or those vulnerable to the cold.

Secondly, we undertake outreach activity. Engaging with the public on the subject of keeping warm and well; this includes delivering talks to lunch clubs, single parent groups, carers meetings (including Alzheimer's and dementia cafes), retirement or 50+ groups etc; and attending events such as Information days, health and wellbeing fairs and attending flu clinics.

Thirdly, we deliver training to front line staff promoting the importance of affordable warmth, the dangers of fuel poverty and of living in the cold home and including the signs to look out for, and the help available to alleviate the underlying problems. In the past we have delivered training to occupational therapists, district nurses, reception and housing staff with councils and to tenant engagement officers within housing associations, so they are also able to spread the message our service is promoting.

All outreach and training sessions are free of charge as we are kindly funded by Bucks County Council, the four district councils across Buckinghamshire and public health. The network also produces a range of literature, including a 28 page 'Easy Save' booklet packed full of tips to keep in control of energy bills, thermometer cards, posters and flyers. For more information on the Bucks Affordable Warmth Network please contact Dale Hoyland, Affordable Warmth Projects Manager 01908 256926 dale.hoyland@nef.org.uk

Ever wondered...Why?

Why do supermarkets make the sick walk all the way to the back of the store to get their prescriptions while healthy people can buy cigarettes at the front?

Why do banks leave vault doors open and then chain the pens to the counters?

Why do we leave cars worth thousands of pounds in our driveways and put our useless junk in the garage?

Why can't women put on mascara with their mouth closed?

Why don't you ever see the headline 'Psychic Wins Lottery'?

Why is 'abbreviated' such a long word?

Why isn't there mouse-flavoured cat food?

Why do they sterilise the needle for lethal injections?

You know that indestructible black box that is used on airplanes? Why don't they make the whole plane out of that stuff?

Why don't sheep shrink when it rains?

Why are they called apartments when they are all stuck together?

If flying is so safe, why do they call the airport the terminal?

Have a happy day!

Nisa local

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Police warning over bank card courier scam

Thames Valley residents are advised to be on their guard to a new type of scam which is becoming prevalent across London and is now spreading to other areas.

The courier fraud scam often targets the elderly and vulnerable and takes the following steps:

- The victim receives an unsolicited telephone call from fraudsters saying they are from their bank (or in some cases claiming to be the police), stating that their systems have spotted a fraudulent payment on their card or that their card is due to expire and needs to be replaced.
- The person may be asked to ring the bank back using the phone number printed on the back of their bank card. This helps to convince the person that the call is genuine. However, the fraudster has kept the telephone line open so even though the person has called the bank, the call does not go through. Instead they are unknowingly connected straight back to the fraudster.
- The fraudster then gains the person's trust by pretending to be from the bank and seeming to offer assistance. In many cases the person is asked to provide their full bank card details and key in their PIN so that their existing card can be cancelled and their new one activated or authorised. The fraudster will then explain that the bank will need to collect the card.
- The fraudster will then attend the person's address or send an innocent courier company driver to collect the card and sometimes provide them with a replacement card which is subsequently found to be fake.
- Therefore, the fraudster has obtained the person's name, address, full bank details, the card itself and the PIN. The bank cards are then used fraudulently without the victim's knowledge.

There are a number of variations to the scam, including:

- Fraudsters pretending to be from the police cold calling members of the public and telling them that their bank account has been compromised by criminals. The fraudster suggests that the person should transfer their bank balance into a 'safe' police bank account.
- Fraudsters pretending to be from the police attending people's addresses and retrieving the person's card and PIN.
- Members of the public receiving letters on bank headed paper informing them that their account has been the subject of a fraud. The letter advises them to transfer their funds to a 'safe' account and that an official will be in contact to provide them with a new card and PIN.
- Fraudsters contacting members of the public requesting them to cut their cards in half because their account has been compromised. They are then asked to post the cut card to an address where fraudsters simply tape the card together again and can use the details to commit fraud.

Between May and August, Thames Valley Police has received 17 reports of fraud of this type, all in the central Milton Keynes area.

Police advice is that if you receive such a call, end it immediately. If you have elderly or vulnerable family members, friends, or neighbours, let them know about the scam.

Please be aware that:

- Your bank will never attend your home
- Your bank and/or the police will never collect your bank card
- Your bank and/or the police will never ask for your PIN

If you receive this type of call, report it to Action Fraud on 0300 123 2040, or via their website. In an emergency, dial 999.

Crime Information

To find out the latest crime figures for your area please visit one of the following: www.police.uk or www.ionbucks.info.

If you want any advice or would like to contact the neighbourhood teams you can call us on the police non emergency number 101 or email: aylesburynorthNHPT@thamesvalley.pnn.police.uk.

You may also want to sign up for 'Community Alerts' whereby you will be notified of incidents in your area via email or text. Contact your local Neighbourhood Team for more information or sign up via the web site www.thamesvalleyalert.co.uk.

You can contact Thames Valley Police to report crimes or for any urgent matters. Alternatively you can visit the force website at www.thamesvalley.police.uk to view information on your neighbourhood.

Grasscutting Service

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If you have any suggestions for content/articles please contact any member of the team above.

Drawing for fun!

As the name suggests, this is an informal meeting of likeminded people who enjoy a relaxed afternoon together drawing, chatting and learning from each other. This group has been going for over a year now and slowly growing in popularity. The price is £7 and all materials are supplied. The only extra cost is 50p for the tea/coffee and biscuits (as much as you would like).

My vision for this group is that people come to relax and unwind, away from the pressures and worries of life. It is not important to complete great works of art, the important thing is to de-stress and enjoy each other's company. If you leave with a smile on your face, then I have succeeded in my mission. You might even learn a few skills along the way. There are still places left, so if you'd like to come along and join this friendly group you are very welcome. Most of us are beginners. There is no need to catch up with the others, just jump in right where you are and have a good time.

The first half term consisted of exploring the "Formal Elements" in Fine Art. Each week we looked at a different topic, drew Still Life items and did exercises which related to the particular topic ie. tone, line, shape, form, texture and colour.

In future sessions we will look at work from old Masters and also Contemporary Artists from around the World. We have covered Australian Artists since September and are travelling to France for the autumn, to explore French Artists. We shall learn how to copy images and enlarge them, how to draw figures, perspectives, architecture etc. However, I must emphasize that if you do not like the subject, you may draw anything you like. I supply books and magazines for inspiration and a Project File with step by step guides for drawing a variety of subjects.

If you'd like to come along, please call 01926 580495 or email avril.nurse@tiscali.co.uk

I look forward to seeing you on Wednesday afternoons from 2.30pm.

Avril Nurse

Pepita Drawing for fun!

Autumn at the allotments and looking into the future

When you're a child and you're told the time goes faster as you get older, you have difficulty believing it. This is our third autumn on the allotments but it only seems like yesterday that we were originally staking out the plots in an empty field. However, looking at the site it looks like we have been there for years, and in my opinion it looks great. I know that other allotmenteers agree with me. It is at this time of the year the majority of the hard work is done to prepare the ground, but also the fun part of deciding what to grow next year.

I have just got back home from the allotments; a few of us have just been having a good tidy around the entrance, cutting back the weeds and clearing bits and pieces of rubbish. We have to look after the majority of the maintenance on the site ourselves. This is always a good time to catch up with the other guys; a few ideas fly around, dates are confirmed for projects and growing tips as usual swapped, whilst getting a job done. We have decided to leave a pile of sticks that we were going to either burn or shred where they are until spring in the hope that a sleepy hedgehog might decide to hibernate there. It would be great to encourage these little slug munchers onto the allotments.

Looking into next year we will have a plant sale on the 8th June. We plan to split the takings for our project on the allotments and a local charity, so keep your eyes open for details on notice boards around Watermead, to confirm the time, place and charity we would like to support. Also we would definitely like to have a flower and produce show in September. This is something that would be great to involve the whole community so anyone living in the village could enter whether they have an allotment or not.

There are still a couple of plots left, so if you interested in this healthy, outdoors, sociable hobby please get in contact with me either at tanyawheatcroft@gmail.com or on 01296 435398.

Watermead and Weedon WI

Our year began with our usual social evening when we catch up with chat about our family Christmas and New Year activities. We also warmly welcome new members.

During our 2013 meetings there has been a demonstration of willow basket making, a gardening question time and an evening on the history of pearls where we were able to purchase beautiful pearl jewellery individually made by our guest. We were also introduced to the healing powers of Reiki and – something quite different – a talk focussing on '19th century Murders in Buckinghamshire' much to the amazement of the group!

During the lovely summer we held our own garden party where we donned fancy hats and enjoyed our own fruit punch. We have also undertaken day trips to St Albans Abbey and Stratford upon Avon.

Three of our members, Marjorie Hirons, Betty Plumbley and Mary Singleton, enjoyed an Italian themed evening of supper theatre. The pacey, comedy drama "Roma's Song", set in an Italian restaurant, was written by Caroline Graham, creator of Inspector Barnaby and Midsomer Murders and directed by Jane Trainer of Marlow Common WI. The play was performed by TV and West End actors Sally Nesbitt, Huw Parmenter and Jane Trainer at the Oculus room, AVDC, The Gateway in Aylesbury on Friday 27th September which was presented by The Bucks Federation of the WI.

Some of the items planned for the coming year include a craft evening, talks about the RNLI and the history of the River Thame and its Valley, and in the summer we plan a Beatlemania evening!

New members of all ages are welcome. Come along and meet us for our social evening on January.

Watermead and Weedon WI hold regular meetings on the first Thursday in the month, from 7.30 to 9.30pm, in the Village Hall, The Piazza, Watermead. We welcome any ladies who are new to Watermead, Weedon and Buckingham Park or any lady who would just like to see what we are all about. For further information please contact Carol Hiett – details under 'Whats On' on page 16.

WWWI President, Jenny, welcomed members to her lovely home in Whitchurch for a 'posh frocks and hats' garden party last July.

Watermead street lighting

During a recent survey, tests were carried out by Buckinghamshire County Council Street Lighting Department. Watermead Parish Council has since attended a meeting and can report the following:

The street lighting survey was due to a trigger of the majority of columns now being 25 years old. The results received so far has resulted in 11 columns being defective/not safe and had to be removed as a precaution.

In Watermead there are 289 columns and we have requested the exact numbers of columns tested and the full results. Bucks County Council have confirmed that they will be replacing the removed street lights in due course as part of their replacement programme. However, we have requested that these are to be replaced with like for like columns.

Once we have received the full results another meeting with Bucks County Council will be arranged so they can advise of the replacement programme. We have stressed to Bucks County Council the urgency on this matter.

Watermead street lighting May to July 2013
During a meeting held in May with Watermead Parish Council and Buckinghamshire County Council, BCC, confirmed that they would not replace the removed columns with "like for like" as they are not sustainable/not cost effective and Bucks County Council reported that they do not have the financial resources for our current lighting (current lighting £1,568 per column against sustainable new style lighting £892 per column).

The Parish Council was offered three options to replace the removed ones with standard grey columns (spine road style), no replacements or the following roll out programme.

An alternative column and light were presented to the PC of a cream design/ sustainable and Bucks County Council proposed that if the PC were happy with the design they would plan to put aside over a 3-4 year period budgets to replace the whole of Watermead street lights.

October 2013
Installation of the replacement street lights commenced on 7th October 2013. There is a plan to replace all street lights in Watermead with the same new style of lamp post which is similar to the original. The original style is no longer manufactured. Buckinghamshire County Council is currently making plans for next year's scheduling programme which will be sent in due course (upon completion of safety tests and engineers report). We anticipate that the whole programme to take 3 to 4 years, however there were more lamp posts installed than removed in this year's replacement schedule.

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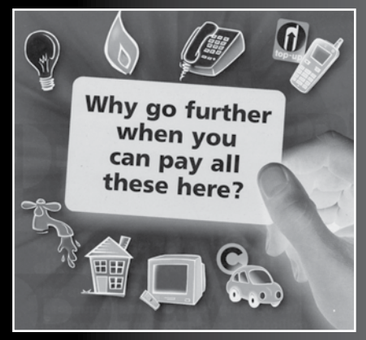

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A new walkway for all to enjoy for many years to come.

Jess tried most days to be the first across the new walkway, all she wanted was to take the short cut home. For many years Jess has been regularly walked around the lake by Dougle, a member of Piscatorials.

We have received complaints of dog mess on the walkway in front of the nursing home. We would be very grateful if dog owners would pick up dog mess and place it in one of the dog bins situated close to both ends of the walkway. Let's do our best to keep our new walkway clean and a pleasant place to walk. Many thanks. The Editor

On Saturday 13th October 2013, Watermead Parish Council accompanied by Watermead Pictorials' Association, officially opened the new recycled plastic Watermead Walkway.

The Parish Council is delighted that they have been able to replace this much loved feature and key link of the community in such an environmentally friendly manner built only using recycled materials.

Watermead Piscatorials who help the Parish Council with the management of the small lake in which the walkway is situated, led by Brian Rowe and Cllr Sue Severn, cut the ribbon and left Brian to be the first person to cross.

Design and construction works were carried out by Environments for People, who are approved designers and construction engineers of the material manufactured by Centriforce, a market leader in it's field, with organisations such as The National Trust, The Wildlife Trust, Natural England and The Environmental Agency.

Funding for this project so far has been received from Watermead Parish Council by means of borrowing from the Public Works Loan Board and a very kind donation from John Denis, proprietor of Lakeside Nursing Home.

Watermead Parish Council hopes that everyone agrees that the replacement walkway will be enjoyed for many years to come.

We are also very pleased to report that a resident of Watermead, Peter Stocker is kindly designing and creating a commemorative plinth for the new walkway. The structure of the plinth is being made from the original timber of the wooden walkway.

Brian Rowe was chosen by the Piscatorials to cut the ribbon to the new walkway. His 'buggy' was 'super' and the centre of attention!

Fish hook injury

I would like to make fellow dog walkers aware of what could end up being potentially both an expensive and traumatic accident caused by the few inconsiderate fishermen around the lake.

After an enjoyable daily walk around the lakes with my dog we were just walking up the steps opposite the bandstand by the Watermead Inn when my dog held up her paw and seemed irritated by her foot. On closer inspection she had a fishhook embedded in her paw with trailing line and weights hanging off.

I immediately rushed her into the Watermead Surgery of Hampden Veterinary Hospital in The Piazza and was promptly seen by vet Richard Rallings, despite not being a client. Thankfully Richard did an amazing job keeping by dog calm enough to remove the hook and single barb fully and she was lucky not to have to go through sedation and surgery for the procedure. Richard was excellent and could see my concern for my dog, thank you Richard and Hampden's for assisting us!

I've since heard quite a few dog walkers have been picking up discarded fishing hooks on walkways around Watermead. This is a real concern as if the unattended hook is still baited imagine the medical emergency if a pet swallowed it, or a child had caught their feet in the line wearing flip flops.

A few weeks previous to this I was amazed to see a family fishing off the Watermead Inn bandstand; surely licenses are there to be obtained and fishing only in approved areas around the lake?

Louise Riddiough, Watermead

This young Kingfisher was found by the small Lake by Dave Short, leader of The Barn Owl Project.
Kingfishers are small unmistakable bright blue and orange birds found by still or slow flowing water such as lakes, canals and rivers in lowland areas. They are vulnerable to hard winters and habitat degradation through pollution or unsympathetic management of watercourses. Occasionally they may visit garden ponds if of a suitable size. They are widespread, especially in central and southern England.

What's On

December

7th	Watermead Christmas Fair	Village Hall 11am-5pm
14th	Watermead Christmas Carol Concert	The Piazza 6pm
15th	Christmas Fair	Market Square, Aylesbury 11am-5pm

January

5th	Winslow Farmers Market	Winslow Market Square 10am-2pm
2nd	Watermead & Weedon WI	Village Hall 7.30-9.30pm
16th	Watermead Parish Council	Village Hall, Public Session 7.30pm

February

2nd	Winslow Farmers Market	Winslow Market Square 10am-2pm
6th	Watermead & Weedon WI	Village Hall 7.30-9.30pm
20th	Watermead Parish Council	Village Hall, Public Session 7.30pm

March

2nd	Winslow Farmers Market	Winslow Market Square 10am-2pm
6th	Watermead & Weedon WI	Village Hall 7.30-9.30pm
20th	Watermead Parish Council	Village Hall, Public Session 7.30pm

April

6th	Winslow Farmers Market	Winslow Market Square 10am-2pm
3rd	Watermead & Weedon WI	Village Hall 7.30-9.30pm
17th	Watermead Parish Council	Village Hall, Public Session 7.30pm
18th	Good Friday	
21st	Easter Monday	

Watermead Village Hall

PARISH COUNCIL
3rd Thursday of the month
Public meeting - 7.30pm
Council meeting - 8.00pm

CYGNETS PRE-SCHOOL
Monday - Friday
9.15 - 12.15pm
Lunch Club
Monday, Wednesday-Friday
12.15pm-1.15pm
Maree Van Danzig
maree-cygnets@hotmail.co.uk
07563 783464

SCRAPBOOKING/CARD MAKING ANY CRAFT OF YOUR CHOICE
CRAFTY CHICKS
4th Friday of the month
from 6.30pm
Contact Daphne 393131

KUMON MATHS
Monday & Thursday
2.30 - 6pm
Susan Jones 747469

AYLESBURY & DISTRICT PHILATELIC SOCIETY
Second Wednesday of the month
7.30 - 10.00pm
Peter Barnes 612913

NEIGHBOURHOOD POLICING ACTION GROUP
3rd Thursday on selected months.

YOGA
Tuesdays 6.00 - 7.00pm
7.15 - 8.15pm
Gale Smith 747900

WATERMEAD & WEEDON WOMEN'S INSTITUTE
First Thursday of the month
7.30 - 9.30pm
Carol Hiett 485385

JO JINGLES
Tuesdays
Music & Movement
1.30 - 2.15pm
18 months upwards
2.30 - 3.05pm
6 months to walking
(approx 18 months)
Debbie Bird 625599

DRAWING FOR FUN – ART CLASSES
Every Wednesday
2.30-5.30pm
Avril Nurse 580495

CASTIELLI DANCE SCHOOL
(for children)
Monday 6 - 7.30pm
Janet Castielli 433956
www.luv2dance.co.uk

BERRYFIELDS COMMUNITY CENTRE

TINY ACORNS
Mondays 9:30am-1pm
info@tinyacorns.co.uk

YOGA
Mondays 6pm
Tuesdays 9am
Fridays 9am
Julie Ayres
320688 / 07857216641

'STAY & PLAY' - QUARRENDON CHILDREN'S CENTRE
Tuesdays & Wednesdays 1pm
Advice/information for U5's
Helen or Kate 331495
or just pop along on the day

TWAKONDO
Tuesday 4-5.45pm
Adrian London 07979 524923

1ST BERRYFIELDS SCOUTS
Tuesdays 6 -7.30pm
David 07581 190730

KASO DANCE STUDIOS
Wednesdays
BALLET FOR ADULTS
6.30-7.30pm
ZUMBA
7.30-8.30pm
Kate 07985 048880

BERRYFIELDS PARENT AND TODDLER GROUP
Thursdays 10-11.30am
Drop in session

CALVARY PARISH
Fridays 8.30pm
Sunday 10.00am-12.30pm
The Redeemed Christian Church of God

KASO DANCE STUDIOS
Saturdays
YOUNG BALLET
9.30-10.15am
DANCE BLITZ
10.15-11am & 11am-12pm
Street, Jazz, Disco, Breakdance, Salsa, Jive, etc.
DANCE ARC
12-1pm
Kate 07985 048880

Watermead Village Hall is the ideal venue for young children's birthday parties, meetings or christenings, etc. If you are an organisation looking for a regular venue, the Village Hall or the Bandstand could be the perfect place. Please contact Noreen Shardlow on 01296 395211 / 07739 755411

Watermead hand over the reins

Watermead Parish Council has handed over the management of Berryfields Community Suite to the new Aylesbury Vale Academy. Our last booking was Sunday 27th October.

The new community facilities relocated on Monday 28th October and opened to the public Monday 4th November. The new facilities will be comprised of several sports halls, outdoor sporting hire facilities, five party size halls, dance and fitness studios and meeting rooms.

Watermead Parish Council would like to extend their thanks to all the hirers and the Berryfields community for all their support over the past eighteen months and wish them, the Aylesbury Vale Academy and the Berryfields Primary School continued success in their new facilities.

If you wish to use the new facilities please contact Graham Tunstall on 01296 428551.

Left to right: Laura from Tiny Tots, Farrah from Contact, Lyn from Kaso Dance School, Suzanne from Contact and Anita from Church Group.

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and all the team would like to wish all our loyal customers and everyone on Watermead a very Merry Christmas and a Happy Prosperous New Year!

We look forward to the opening of our new salon in 2014.

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Watermead Community planting day

The rain just about held off for the first planting day in the Watermead Community Garden on Sunday 8th September.

From 11am residents, or should I say teams, arrived fully equipped to help replant two Willow trees along the bank's edge and also bulbs so that there will be all year round colour from January - 750 King Alfred Daffodils, 750 English Bluebells and 500 English Wood Snowdrops (very patriotic).

Since the initial planting day residents of Watermead have also very kindly donated more semi-mature shrubs and strawberry plants, which have been planted by Graham Severn.

This garden is for everyone in Watermead to enjoy and we hope we will see this area being used once again by the Wildlife.

Stewart was absolutely amazing at digging trenches!

If you would like to donate any plants or trees please contact Noreen Shardlow on 01296 641423 or email noreen.shardlow@watermead-pc.gov.uk

A huge thank you to all those who helped on our planting day especially the children (even if some of our bulbs appear elsewhere/ down under!!)

Noreen Shardlow

Olivia, Joseph and Zachary getting stuck in!

Cllr Sue Severn planting a Willow tree with a little help from her husband Graham.

Winter draws on

Remember this: the lakes at Watermead will be frozen with just that patch around the Watermead Inn kept free of ice by the dabbling and paddling of the ducks and the ever warm presence of the swans?

But take a look beyond this oasis of bread and corn at the wildlife that really does struggle to cope when their food and fish are out of their reach. Always, it seems, on Watermead are the dejected, miserable statuettes of herons standing on one leg trying to keep one foot warm.

Those clowns, great crested grebes, have flown off to who knows where. But their tiny cousins, little grebes, sometimes get their evacuation wrong. I have rescued them sitting on roads, in the slush, and one memorable character swimming around in somebody's warm bath water that hadn't yet gone down the drain.

Not much we can do for the fish eaters, only pick up the starving and take them to Tiggys for a sprat supper. Mind you, all these fish eating birds have sharp, nasty beaks that can have an eye out in an instant. Be safe – call Tiggys.

The rest of the wild birds will thrive if they are given food and water. Obviously the ducks and swans on Watermead fair blossom on the always available bread, grain and bird seed and mealworms for the insect eaters. I don't like peanuts; I think they hold inner menace. Why not replace them with pecan nuts? A bit dearer but much safer.

The biggest killer of garden birds each winter is the lack of unfrozen water to drink. They need it. So put some out, replacing it every couple of hours. A simple nightlight underneath might keep it defrosted but do make sure the water does not get too warm.

One of the very few bonuses of winter is the visits of Scandinavian migrant birds. They love bushes full of berries. So if the weather gets too cold in the countryside, they will come into gardens. Look out for redwings, like a song thrush but with a stripe along its head and red flashes under its wing. Its cousin the fieldfare us much larger. A handsome bird of Scandinavia, its flocks and those of redwings colour many a winter's day.

But the real king of the winter birds and only regularly seen over the last few years is the glorious waxwing. Bold, bright pink with a resplendent crest is a bird you will never forget as it feasts on the winter berries.

However one rare winter visitor you might spot hunting on the shores of the lakes and nearby fields is the mysterious short-eared owl. It flies during daylight with its slow, almost casual flight, as its bright piercing eyes seek out its next meal.

Winter may produce hardships for some wildlife. Let's help where we can. In the meantime winter has so many so special birds visiting that you can tend to forget the cold.

Les Stocker, Tiggywinkles

Pets' corner

Would you like to show off your pet? Send us a photo (digital please) and tell us a little bit about him/her. Do you have a funny story to tell about an animal? Send it to the Editor.

Pet Passports

As the nights draw in and the temperature drops, our thoughts often turn to holidays in the sunshine. In the past, we would also have had to make arrangements for someone to look after our cats or dogs whilst we were away. However, since the introduction of the Pet Travel Scheme (PETS) in 2001 and subsequent further relaxation of the rules regarding pet travel in 2012, it is now relatively easy to take your companions on holiday too. Many countries now qualify under the PETS criteria including the European Union. The DEFRA website has a comprehensive list of all qualifying countries.

In order to travel with your dog or cat, they need to have been microchipped for identification. The next step is a rabies vaccination administered by the vet, who will then issue you with a pet passport. You are allowed to travel with your pet a minimum of 21 days after having the rabies vaccination. The booster interval for the rabies vaccination varies in different countries – one vaccine used commonly in the UK has a booster interval of 3 years but the same vaccination in France has an annual booster requirement.

The Pet Passports are not as sophisticated as our own. Essentially they record the owner's details, pet's physical description, microchip and vaccination details. There is a section for a photograph but, it is optional and at present does not have to be certified as a current true likeness by a professional that has known the pet for at least two years!

On re-entry to the UK, there is a requirement for tapeworm treatment to be administered by a vet not less than 1 day but not more than 5 days prior to re-entry. The vet must record the date, time and stamp the passport when this product is given.

There is no requirement at present for a Pet Passport when travelling within the UK or indeed from the UK to the Republic of Ireland. Some airlines may require an additional health declaration provided by a vet to the effect that the pet is free from signs of infectious or contagious disease and is in suitable health to reach their destination. This is not usually the case when travelling by ferry or train.

Don't forget that there are some unpleasant diseases on the continent that your pet may encounter for the first time. Babesia and Ehrlichia are infections transmitted by ticks and Leishmaniasis is transmitted by sandflies. Ask your vet about appropriate preventative products prior to travel.

Lastly, consider how well your pet will travel. If a ten minute car journey to the vet results in vomiting and diarrhoea, then travelling to the south of France may not be much fun for anyone! Consider the climate to which you are travelling and if possible make frequent stops and to take a supply of their usual food.

This information is given by Richard Rallings at Hampden Veterinary Hospital. For any further information or advice about your pets contact the surgery on 01296 745373 or call in to see them in The Piazza or in Aylesbury.

McMillan Coffee Morning

The doors opened at 2pm on Sunday 29th September in the Watermead Village Hall where a delicious array of homemade cakes and sandwiches welcomed patrons in support of our annual Macmillan Cancer Care event.

We were delighted to see so many familiar faces and many who enjoyed the afternoon tea party with us for the first time. Everyone agreed that the hall looked great, as it was dressed in all its finery for the occasion.

We had wonderful support again for this most worthwhile charity event. Our thanks go to our local Tesco store who supplied many of the goodies. We could not have put on such a wonderful spread without their invaluable help each year. Helen Wareham from Tesco's Community Team joined us on the day to help and was soon put to work serving tea and coffee. We would like to say thank you to her for volunteering to help again.

We would also like to thank everyone who helped to make the event such a success including all the cake makers, the helpers on the day, Party Packs in Somerset for the decorations, Waitrose at Thame for their generous donation of groceries and Ashco in Aylesbury.

Boomshackalack Disco provided the wonderful musical entertainment; Maria at Avanti, Kelvin at the Aeglesburgh, Reflexions gym and the Watermead Dental practice all kindly donated the raffle prizes. A huge thank you to them.

Finally, we would like to thank everyone who attended and helped make the afternoon an enjoyable success.

We hope to see you all again next year!

Marcia Lang, Graham Severn and Joanna Cripps

Tea Break Quiz answers from page 05
1. Marvin, 2. Oxford Street, 3. United Nations Educational, Scientific and Cultural Organisation, 5. Libra, 6. William Shakespeare (in 1964), 7. Knot, 8. The Star-Spangled Banner, 9. Hon. Julia Gillard MP, 10. Kabul, 11. Red and white, 12. Pennsylvania, 13. Coventry Street, 14. Spain, 15. William Hartnell, 16. Anyone can fall in love, 17. Pam Ferris, 18. Queen, 19. Jeremy Irons. 20. Pride and Prejudice (Jane Austen)

Walkies? Or not!

Unfortunately, the Parish Council has received a significant number of reports this summer of dog walkers failing to keep their dogs under control which has resulted in incidents of persons and other dogs being bitten.

We do accept this is a small majority of dog walkers, however it is a serious problem which needs to be addressed.

The Parish Council does have the power to introduce 'Dog Control Orders' which would state that all dogs must be fully under control at all times and on a lead in designated places. The sanction for breaking a Dog Control Order could be a fine of £1,000; the Order would be enforced by the Police and Parish Council designated officers.

The cost of introducing a Dog Control Order will not exceed £500 to cover legal fees and signage.

We do welcome considerate dog walkers, however our land is also used by families with young children and the elderly who may be nervous of dogs; children may be at particular risk if they are running towards them.

We want to know your views on this subject. Are you in favour of such an Order? Do you have any ideas to help us deal with inconsiderate dog walkers?

We will have a stand at our Christams Fair on the 7th December or you can email Noreen, our clerk, at noreen.shardlow@watermead-pc.gov.uk.

So please do tell us what you think.

Cllr Adrian Schwab

Should I keep the heating on all the time?

So which is the best option: having the heating on low all the time, or just turning it on when you need it?

If you're looking for ways to save on your energy bills you may be wondering if it is more energy-efficient to leave your heating on all the time or to turn it on and off as required. Read on to find out the answer.

When should your heating be on?
One key factor that gets people wondering whether or not to have their heating on all the time, is the idea that it will take additional energy to bring your home 'up to temperature' when the heating has been switched off.

However, if you leave your heating on 24/7, you will typically end up using more fuel in a like-for-like situation. This is because some heat loss will always occur due to the difference between the temperature outside your house and the temperature you are trying to maintain on the inside.

So, if you have your heating on all the time, your heating system will be using energy on an ongoing basis to maintain the inside temperature.

The greater the heat loss from your home, the more energy you will need to maintain the inside temperature, which means that the cost of leaving your heating on all the time will be especially expensive.

That's why ensuring your home is well insulated and draught proofed is vital to minimise this heat loss. Taking steps to improve insulation is a good way to save on your energy bills - this can include insulated cavity walls, a well-insulated loft, double-glazing and draught proofed doors.

Typically the most energy-efficient approach to heating your home is to programme your heating system so that it comes on when you need it most.

With many of the more modern room thermostats you also have the ability to set different temperatures at different times, and you may even be able to set up a separate programme for weekends.

When you use your boiler timer and room thermostat in combination with radiator temperature controls (TRVs), you really do have the most energy-efficient approach to heating your home.

How to test it
If you have a well-insulated home, you can test whether putting on the heating 24/7 is cheaper than programming your system to come on at certain times of the day.

To get a good idea of the energy usage for each option, you can leave your heating on constantly for a week, followed by a week of programming your heating to come on twice a day.

You will need to take a meter reading at the beginning and end of each week, and from the results you will be able to see - assuming the weather and temperature outdoors have been similar across the two weeks - which approach is the most energy-efficient for you.

Source: USWITCH.com

Yoga as mind - body medicine

The Yoga class at the Village Hall in Watermead has been running for almost 15 years. There are two classes held on Tuesday evenings from 6 to 7pm and 7.15 to 8.15pm. Both classes are suitable for all levels of experience.

We are a small group, maximum 15 people in each class and class members' ages range from mid 30's to 60+. The class is run by Gail Smith a qualified and registered Yoga teacher.

Gail has been teaching Yoga classes for over 15 years. Her main passion is how the benefits of Yoga can help improve general fitness, sports performance and injury prevention/rehabilitation. She believes that Yoga is a powerful, easy to learn and portable method of attaining good health and well-being. Some of the benefits a regular Yoga practice can bring are:

- greater core body power
- improved strength and flexibility
- increased mental focus
- improved visual recall
- enhanced concentration and confidence

Many people consider themselves to be inflexible, however, this belief often results from lack of adequate information on proper breathing and stretching techniques. Gail incorporates both breathing and stretching techniques into each class to help direct awareness into target muscle groups and also works with breathing control to improve body awareness, muscle memory, and mental calm. Restorative yoga postures at the end of each session help relax and balance the nervous system, deepen mental calm, facilitate relaxation, and promote restful sleep.

For further information or to join the class call 07976 500971 or email: g975smith@btinternet.com

AYLESBURY CHURCH OF CHRIST
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CHRISTMAS SERVICE
Sunday 15th December at 4.30pm

FAMILY SERVICE
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Sunday 1st December at 11.00am
Sunday 2nd February at 11.00am
Sunday 2nd March at 11.00am
Sunday 6th April at 11.00am

MORNING WORSHIP & COMMUNION
(not on family service days)
Sundays at 11.00am.
Bible Club for children aged 5 and over at 10.15am

BIBLE DISCUSSION
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aylesburychurchofchrist.org

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Flying start to 25th anniversary year at Florence Nightingale Hospice charity's Superhero Fun Run - despite rain!

Sunday (13th October), the final day of the annual Hospice Care Week, saw Florence Nightingale Hospice Charity's (FNHC) annual Aylesbury Superhero 5k fun run – with 246 superheroes showing support for the cause (despite wet and windy conditions) by dressing up in a variety of weird and wonderful costumes.

Superheroes donned an array of outfits including Wonder Woman, Batman, Superman and characters from the hit movie the 'Incredibles', to put their super powers to the test and take on the Aylesbury Superhero challenge.

The event, sponsored by Ginger Interiors is now in its third year and follows a circular route around the lake, which entrants had to complete TWICE!

With a fantastic warm-up provided by Nuffield Health, Aylesbury, superheroes of all ages set off from The Aeglesburgh Inn, Watermead, – with the first superhero over the finishing line in just 20 minutes to receive a well-deserved souvenir medal.

FNHC Fundraiser-Events spokesperson Ruth Early said: "I simply cannot put into words how amazing this morning has been. We've had over 100 more entrants taking part than last year and everyone who registered has turned up despite this awful weather – we've even had people signing up to take part first thing this morning! It truly shows the community spirit is alive and well in Aylesbury. On behalf of the Florence Nightingale Hospice Charity, thank you all so much."

She added: "I would like to say a very special thank you to our wonderful marshals and volunteers, to Kelvin and the team including the Dorr and Betts families at the Aeglesburgh Watermead Inn for your support and hospitality, to George David Estate Agents, who kindly produced boards free of charge to help promote the event for the third-year running and to our fantastic DJ Paul Biz."

The Florence Nightingale Hospice provides first-class specialist palliative care for local families affected by life-limiting illness across Aylesbury Vale and surrounding areas. For more information please visit www.fnhospice.org.uk

Celebrating 25 years of total Hospice care for local families affected by life-limiting illness. The Charity has some wonderful challenge events planned for next year including both Brighton and Milton Keynes Marathon places, a sky-dive day for all your brave people in April, a cycle challenge from London to Paris in July and a brand new Vietnam Trek in October! Plus a FANTASTIC event for kids aged 4-11 – Florrie's Scootathlon, which is taking place on Bank Holiday Monday 5th May. To find out more visit www.fnhospice.org.uk/challengeevents

www.scootathlon.org or email vanessasewsarran@fnhospice.org.uk 'Like' us on Facebook - #florencenightingalehospice 'Follow' us on Twitter - @fnhospice

25 YRS Florence Nightingale HOSPICE CHARITY 1989 - 2014

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Becks (330ml)	6 for £5.00
Corona Extra (330ml)	5 for £6.00
WKD Blue/Iron Brew(275ml)	4 for £5.00
Becks	6 for £5.00
WKD Blue/Iron Brew (275ml)	4 for £5.00
Bacardi Breezer (275ml)	4 for £5.00
Peroni (330ml)	5 for £6.00
Vodka Red Square (275ml)	4 for £5.00
Vodka Reef (275ml)	4 for £5.00
Smirnoff Ice (275ml)	4 for £5.00
Polish Beers (500ml)	4 for £5.00

500ml cans:

Kronenbourg 1664	6 for £5.50
Stella	5 for £5.00
Fosters	6 for £5.50
Carling Black Label	6 for £5.50
Holstein Pils	6 for £5.50
Grolsch	6 for £5.50
Fosters Export	6 for £5.50
Red Stripe	5 for £5.00
Old Speckled Hen	4 for £6.00
Boddingtons	5 for £5.00
Budweiser	5 for £5.50
Carlsberg	8 for £6.50
Draught Guinness	5 for £5.50
John Smith's Extra Smooth	5 for £5.00

Wines: Italian Wines (Villa Radiosa), Frascati, Soave, Pinot Grigio, Chardonnay, Valpolicello, Cabernet Veneto, Merlot, Bardilino
Any 2 for £5.00. Echo Falls any 2 for £8.00

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SATURDAY 12 NOON – 11PM SUNDAY 12 NOON – 10.30PM

158 Buckingham Road (Opposite Charles Douglas - the Land Rover showroom) **Tel: 436705**

'Eat the World' in this issue we are visiting Sweden

SWEDISH CHRISTMAS MORNING CINNAMON TOAST

Ingredients:
3.5oz / 100g sugar
2 egg yolks
1lb / 454g of cream cheese
2 loaves sandwich bread
8oz / 227g margarine
5oz / 140g sugar
cinnamon
(you don't have to be exact and alter sweetness if you want to)

Method:
1. Mix first three ingredients well.
2. Cut crusts off 2 loaves of sandwich bread.
3. Roll each slice as flat as possible with rolling pin.
4. Spread sugar, egg yolk and cream cheese mixture on bread and roll into crescent.
5. Melt margarine.
6. Mix sugar with enough cinnamon to make it dark.
7. Roll crescents in melted margarine, then in cinnamon-sugar mix.
8. Freeze on cookie sheet for 30 minutes and then put in plastic bags.
9. When ready to bake, remove crescents from plastic bags and place on cookie sheet. Bake from frozen at 200c or Gas 6 for about 10-15 minutes.

You can make a batch ahead of time and then pop it in the oven on Christmas morning.

SWEDISH GLOGG

A Swedish mulled wine to warm up cold winter evenings. Omit the alcohol and use fruit juice for a non alcoholic version.

Ingredients:
2 bottles fruity red wine
200g caster sugar
8 cloves
8 green cardamom, lightly crushed
1 sticks cinnamon
1 orange, peel only (cut away the white pith)
75g raisins
20g nibbed or blanched flaked almonds
1 tbsp angostura bitters
250ml Madeira or marsala
Generous slosh Cointreau or another orange liqueur

Method
1. Put the wine into a large saucepan with the sugar. Gently heat, stirring to help the sugar dissolve.

2. Put the spices and the orange peel in a little muslin bag and add this to the wine. Add all the other ingredients and simmer on a low heat for 15 minutes or so, but don't let the mixture boil.

3. Serve in glasses with small spoons so people can scoop out and eat all the almonds and the boozy raisins.

SWEDISH PHEASANT WITH A CREAMY MUSHROOM SAUCE ON CRISPY FRIED RYE BREAD

Ingredients:
4 slices rye bread
4 tbsp butter
4 pheasant breasts
(or use chicken or turkey instead)
50g dried oyster mushrooms
100ml beef stock
100ml double cream
12 brussels sprouts, leaves peeled
4 tbsp lingonberries (cranberries)

Method:
1. Fry the bread in 2 tablespoons of butter until golden and crisp. Remove from pan and leave to cool.

2. In a large pan, heat the rest of the butter and cook the pheasant breasts and the dried mushrooms over a moderate heat until the breasts are medium rare and then remove the meat and let the breasts rest in a warm place for at least five minutes.

3. Add the stock and cream to the pan with the mushrooms and let it all cook until the sauce is rich and creamy then season with salt.

4. Bring slightly salted water to the boil and quickly blanch the brussels sprouts peels for 10–15 seconds.

5. Serve the pheasant, the creamed mushrooms and brussels sprouts on top of the rye bread and garnish with lingonberries.

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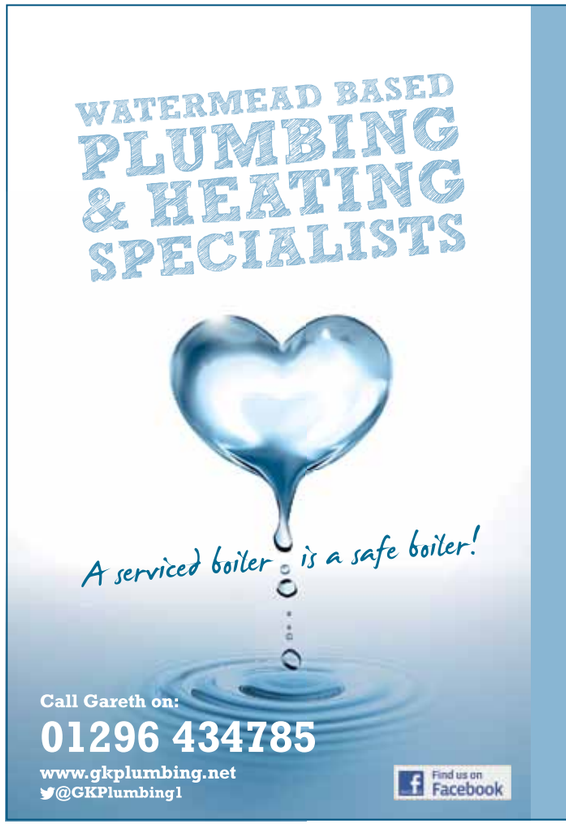

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Watermead Cygnets Pre-School

We would like give a big warm welcome to all the children who joined Cygnets in September. We are delighted that they have all settled in so well and are enjoying all of the activities.

We managed to take advantage of the good weather at the end of September, early October; the children had a great time in the Cygnets garden. They also enjoyed their Autumn walk which took them around the small lake and across the new walkway. They collected conkers, acorns and fir cones.

A real life learning experience presented itself when fire engines and fire fighters arrived on Watermead! The children used their listening skills and sensibly and calmly evacuated the building whilst being able to watch the fire fighters in action. The children learn about safety and we practice our fire drill every half term so they know what to do in an emergency. Thankfully there was no danger to the children and everything was resolved quickly.

Our learning theme this term is 'all about me'. The children have been learning about themselves, their homes and families; also about senses, growing ie their bodies, and healthy eating.

Families play a huge part in the early stages of a young person's life and we feel it is important the children learn about their families especially when it comes to helping out mummy and daddy at home!

Activities in October include Harvest Festival, lessons involved learning about different types of food and the importance of healthy eating. Our Harvest Festival took place on Friday 11th October and we would like to thank everyone who donated food. All the items collected were given to the Aylesbury Vineyard Storehouse which distributes free food, clothing and furniture to people.

During the Autumn term we will be learning about festivals such as fireworks, bonfire night, Diwali and Christmas.

The children all enjoyed dressing up for Children in Need in November and all the generous donations were gratefully received. On Friday 13th December the children have their exciting trip to Zoomania, with the parents and staff having their Christmas event in the evening. The Christmas play is on Tuesday 17th December which we are all looking forward to.

Cygnets accepts children from 2½ years to 5 years old. We open from 9.15 am to 12.15 pm Monday to Friday and provide a lunch club most days from 12.15 to 1.15pm. If you would like your child to attend Cygnets please visit us and ask to be added onto our waiting list. Please note there are limited spaces (even for Watermead children) so to avoid disappointment please call and ask to speak Maree on 07563 783464.

The Cygnets Team.

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waterrider 6 also stops directly opposite the train station, so if you are catching the train to work in the morning it makes sense to hop on the bus.

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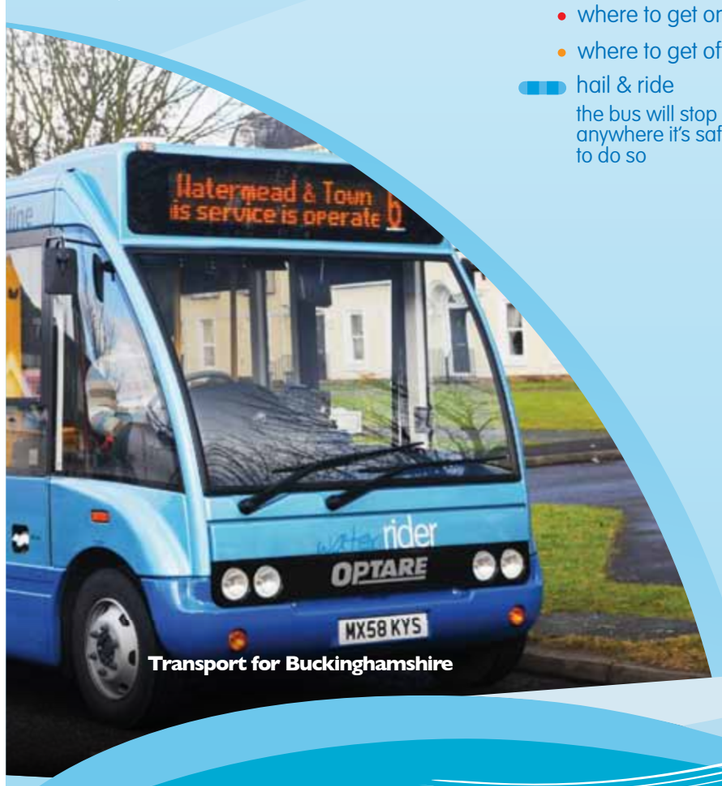

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Chloe our Lettings Manager says "The rental market is as fast paced as ever! We have renters ready and waiting to move, so call Ryan or myself as we are currently letting properties faster then we can take them on and have a large number of applicants looking for their next home."

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