

Village View

WATERMEAD'S *FREE* QUARTERLY MAGAZINE

Winter 2019 Vol.26 Issue 4



Christmas Craft Fair

Saturday 7th December
Village Hall, The Piazza 11am - 5pm

Christmas Carols

Saturday 14th December from 6pm, The Piazza

Photography competition results



News from Watermead Parish Council & more!
watermead-pc.gov.uk / @watermead pc



Best Christmas

DECORATED HOUSE 2019

Join in Watermead's Christmas Lights display for a chance to win a bottle of Champagne to toast in the New Year!

Following on from previous years' success, we would like Watermead to be lit up like a Christmas tree and make us feel the spirit of Christmas. For over a hundred years it has been the tradition to decorate our homes at Christmas time and this has extended to decorate the exteriors too. This includes gardens which some people fill with Christmassy and wintry scenes. Some people say that our Carol Concert in the Piazza marks the beginning of Christmas for them. As Christmas approaches we hope that Watermead residents will join us to spread the message of hope, peace and joy through Christmas lights.

The Rules: Every home within Watermead will be eligible. Judging will take place between Christmas and New Year. The winner will be announced on the Parish notice boards and on our website.

Prize: Bottle of Champagne.

A photo of the winner's decorated house and those of the runners up (subject to their permission) will be published in the Spring edition of the Village View along with their tips for success (if they have any!).



WATERMEAD
PARISH COUNCIL

Parish Chairman's News

Welcome to the Village View Christmas edition. We have enjoyed summer and autumn and now look forward to Christmas. Once again the Village Hall and Piazza will host our **Craft Fair on Saturday 7th December.** All stalls were booked many months ago and will provide a good selection of crafts and Christmas presents without the parking problems and crowds in town! The added attraction of 'Dot's kitchen' from Dot Toler with hot dogs, toasted sandwiches and cakes make this a perfect morning out. **The Carol Service is on Saturday 14th December,** heralding the start of Christmas with the usual visit from Father Christmas with gifts for the children, music from our friends in The Earlybirds Band and delicious mulled wine, mince pies and sausage rolls kindly provided by the WI.

We would like to extend a warm welcome to Reverend Dan Beesley and his family and look forward to meeting them. It is hoped as many homes as possible join in the Christmas lights competition – all Watermead homes are automatically entered! Lights get better each year and are enjoyed by children and adults alike. Judging is always difficult!

Village Hall
The hall is looking its best with a light and practical new floor following the decorating carried out by our volunteer parishioner in the summer. We hope that it will prove as practical and

long-wearing as the original. We would like to thank New Homes Bonus for the grant funding which allowed us to carry out this work.

The very enjoyable film night in September raised £900 on the night for the British Heart Foundation. The Events Committee is a great asset to our community providing fun events fundraising for village amenities and good causes.

Our Photographic Competition in September was well attended with many entries. The judge this year was Richard Landy who was particularly taken with the wildlife shots. Richard, a television studio proprietor and producer, enjoyed the day very much, talking to the photographers and finding out more about the images. He found it hard to narrow down his choices; the overall winner was awarded the Sandy Landy Cup. The winning photograph and others will be reproduced in our Watermead 2020 Calendar. As numbers are strictly limited, please make sure you order yours from Noreen Shardlow as soon as possible. Calendars will also be on sale at the Christmas Fair and this year will be A3 size allowing more space for writing appointments.

I was delighted to present the Pamela Hughes Coney Cup, in memory of my mother, to the holders of the best allotment. The judge, Eric Rose, told me he had a difficult job in choosing a winner as there are some very keen and expert allotmenters in Watermead. Well done to all - the allotments are an enormous asset to our community.

Buckinghamshire's new Unitary Council
Buckinghamshire Council will commence in April 2020 with elections for Councillors being held covering the entire County. Plans by the District and County Councils are, we are told, progressing well, with key appointments made and decisions on locations etc, being taken throughout this year. More information and updates can be found at: www.buckscc.gov.uk/services/council-and-democracy/our-plans/unitary/

Parish Council
Elections for the Parish Council, delayed by the Unitary decision, will be held next year. Members have sat for an additional year to allow it to coincide with County elections, largely as a cost-saving measure. We may feel we have had enough elections by then!

Interested in becoming a Parish Councillor?

It's not too early to consider standing for election to the Parish Council. The Council has seven members, elected every four years (normally). The role of councillor is to represent the views of parishioners, to make decisions for the benefit of the parish, and to ensure prudent management of resources from precept, grant funding, commercial activities and to carry out ad hoc projects such as major repairs, events and so on.

Watermead's council has the General Power of Competence which is possible because we are fortunate enough to have a qualified Parish Clerk, and the required majority



Chairman:
Cllr Sue Severn
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...page 03

of councillors who have been elected, rather than co-opted. This gives it the freedom to act, as an individual can, within the law, in a less restricted way. With the changes in local government in Buckinghamshire and the possibility of further devolved services this increases the scope of activity for Watermead PC in a positive way. These considerations will make for interesting and challenging times for parishes. So, what's involved?

- Attendance is required at evening Parish Council meetings on the third Thursday of each month, apart from December and August. A budget meeting is held during December at which councillors consider next year's budget requirements. The Parish Precept (the council's income) is set formally at the January parish council meeting when it is debated.
- Getting involved in community activities such as the Film Night, Larks by the Lake, Carol Concert and Christmas Fair, always provide a great opportunity to meet people and find out what parishioners are worried about, need assistance with, or feel about current issues.
- Considering things such as planning matters, traffic and highways, land management, grant funding applications,

anti-social behaviour, ensuring the right level of provision of waste bins and dog bins, the village hall, allotments and so on, as well as other projects for the benefit of the community from time to time ensure a variety of skills are needed.

- Councillors need to make time available for council meetings, working groups if necessary and to work on individual projects from time to time. The work is interesting and rewarding, giving councillors a chance to get involved in the community for good and is a great way to meet new people and learn new skills. Training is provided.
- Candidates representing all sections of the community are most welcome. A short document explaining the requirements and criteria for standing and a 'person specification' can be obtained from the Parish Clerk. (Contact on 01296 395211).

If you are interested, why not get in touch and we can meet and talk about the role in detail. As explained, the next ordinary date for elections is May 2020 (subject to confirmation).

Lunch Club

This was started by Mary Singleton, continues to thrive enjoying the great value meals provided by Kelvin Wong and his team at Watermead Inn.

All you need to do to join is to call Mary Singleton on 07986 528903 to book your place. The cost is £8 for a two-course meal, meeting at 12:30pm on the second Wednesday of each month at the Watermead Inn.

Remembrance Day 2019

On 11th November we held our usual quiet act of remembrance at the Memorial Garden at 11am. The 'Silent Soldier' remains in place and new trees have been planted in memory of those with distinguished war records and with strong Watermead connections.

Speeding

Our Sentinel camera was out of action for a while but speeding is still a concern. We have some volunteers and will now continue to operate the Community Speedwatch scheme.

Please call Noreen Shardlow on 01296 336575 if you can help. Training is provided as well as high-visibility vest and safety instruction.

Parking

Concerns had been received regarding the issue of inconsiderate parking around Watermead. It was reported that residents could apply to Bucks County Council to have a white line painted on the road outside their property at

a cost of £100 although not enforceable, was a deterrent.

Thanks

Once again I would like to extend a sincere thank you to Dave Lang and Graham Severn as well as to our other volunteer litter pickers who pick litter every day, keeping our land as litter-free as possible.

We have found domestic waste in litter bins which not only fills them up but also causes a nuisance as foxes are able to pull food items out causing a dreadful mess. They are only intended for use by passers-by. The cost of emptying and maintaining bins is high and using them, instead of our own domestic bins for household rubbish, is inconsiderate and costly. Please do not do this.

The events committee has proved an enormous asset to Watermead. We have all enjoyed Larks by the Lake and the Film Night both of which take an enormous amount of organisation and effort which is much appreciated. If you would like to help next time, donate prizes, or sponsor the events, please get in touch with Noreen Shardlow.

Warmest wishes for Christmas and a happy and healthy New Year from all at the Parish Council.
Sue Severn, Chairman

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Book review Dov Alfon: A Long Night in Paris

An Israeli tourist is 'honey-trapped' by a gorgeous blonde at Charles De Gaulle airport. His disappearance is investigated by the French police and by the Israeli Security Service after they realize that another Israeli on the same flight, who works for them, may have been the real target.

A Long Night in Paris is written in short chapters (some only one page), so it zips along at a cinematic pace. Jurisdictional spats in Paris and promotion tussles back in Tel Aviv slightly skew the story, but they demonstrate that catching spies is dirty work in more than one sense.

There's a nice cynical tone (the author used to be an intelligence officer): news reports are "the twilight zone in which legitimacy is created". And a nice twist at the end

brings an echo of the Ocean's movies. I get the feeling that Mr Alfon is clearly keen to see film rights snapped up. Daniel Silva's Gabriel Allon is still my favourite Israeli superspy (his latest adventure is on my next-read shelf), but Dov Alfon gets a "highly recommended" from me.

David Gee



WATERMEAD CHRISTMAS FAIR

Saturday 7th December 2019
Village Hall, The Piazza 11am - 5pm

An arrangement of traditional and quirky gifts - there's a unique Christmas gift for everyone!

Plus 'Name the Dog'

Refreshments available too!

and don't forget:

WATERMEAD CAROL CONCERT
Saturday 14th December 2019. From 6pm

When it comes to food, are we Spoiled Rotten in Bucks?

At a time when environmental issues are quickly climbing the national agenda, it's sobering to be reminded that 7.1 million tonnes of food is wasted every year in UK homes. That's not only a massive waste of the Earth's resources, but a waste of money too – about £230 per person annually in the UK.

That's why the Waste Partnership for Buckinghamshire is joining the national 'Spoiled Rotten' campaign that asks people to consider ways they can act to reduce their own food waste, through:

- Only buying what's needed
- Storing things properly
- Ensuring everything gets used.

Speaking on behalf of the Waste Partnership, Buckinghamshire County Council Deputy Cabinet Member for Planning & Environment Clive Harris said: "Although Buckinghamshire has a solid record when it comes to green issues such as recycling at home, most of us could do a bit better when it comes to wasting food. It's so easy to be tempted while out food shopping, but we need to be realistic too – there's only so much an individual or family can eat. Wasting good food is not only terrible for the environment, it's expensive too!"

Even if you live a busy life, a few simple tips can make a big difference.

Check your fridge and your food cupboard regularly so you know what needs eating up and what's running out – especially important when you're heading off to the shops.

Make sure everything's stored properly so that it lasts as long as possible – if something's nearing its date, find a way of using it or – where appropriate – freeze it.

Make a shopping list, and when buying fruit and veg, be realistic about what you can eat – maybe it's better to buy one or two loose rather than a whole bag.

But we know lots of Bucks residents are really good at this already, so we're running a competition from 28th October to 7th December that gives residents the chance to submit their favourite tips, hints and ideas to reduce food waste through buying and storing food properly.

The best tip will win the big prize of a £100 hamper of Zero Waste goodies, with 10 runners up receiving a food waste survival kit. You can enter at www.recycleforbuckinghamshire.co.uk/spoiled-rotten-competition



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Tea Break Quiz



1. Candlemas falls on the 2nd of which month?
2. In 1989 18 year old Mandy Smith married which 52 year old Rolling Stone?
3. What was the suffragette Mrs Parkhurst's Christian name?
4. Which US town became known as the home of jazz?
5. Which toy was the brainchild of Ole Kirk Christiansen of Denmark?
6. What kind of orchard did Chekhov write a play about?
7. In which year did the £1 note cease to be legal tender?
8. Which language does the word ombudsman derive from?
9. Which US state gave its name to a musical by Rogers and Hammerstein?
10. Who founded Body Shop?
11. What is 50 mph in kilometres per hour?
12. Which prize was awarded to Desmond Tutu in 1984?
13. Whose motto is 'per ardua ad astra'?
14. Who wrote the novel Dr Zhivago?
15. Who wrote Animal Farm?
16. What colour head does a male mallard usually have?
17. Which is further north, Blackpool or Blackburn?
18. In which city was the Titanic launched?
19. Which flower is also called the woodbine?
20. Who painted The Starry Night?

Answers on page 19

What's on ...around Watermead

December

5th	Watermead & Weedon WI	Village Hall, 7:30pm
7th	Watermead Christmas Fair	Village Hall, 11am to 5pm
12th	General Election Day	The Piazza, 6pm
14th	Watermead Carol Concert	

January

2nd	Watermead & Weedon WI	Village Hall, 7:30pm
16th	Watermead Parish Council Meeting	Village Hall, 7:30pm

February

6th	Watermead & Weedon WI	Village Hall, 7:30pm
20th	Watermead Parish Council Meeting	Village Hall, 7:30pm

March

5th	Watermead & Weedon WI	Village Hall, 7:30pm
19th	Watermead Parish Council Meeting	Village Hall, 7:30pm

Watermead Events

Sunday 24th May 2020	Larks by the Lake
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Our regulars in the Village Hall...

Parish Council
3rd Thursday of the month
(excluding August & December)
Public meeting - 7.30pm
Council meeting - 8.00pm

Cygnets Pre-School
2.5 - 4 yrs: Monday, Wednesday -
Friday. 9.00am - 12.00pm
Tuesday 9.00 - 12.30pm,
3 & 4 yrs: Breakfast: Monday -
Friday 8.30 - 9.00am
Lunch: Monday, Wednesday -
Friday. 12.00 - 1.30pm
Dot Toler
cygnets.leader@gmail.com
07563 783464

Scrapbooking/Card
Making Any Craft Of
Your Choice Crafty Chicks
4th Friday of the month
from 6.30pm
Contact Daphne 393131

Watermead & Weedon
Women's Institute
First Thursday of the month
7.30 - 9.30pm
Julia Morgan 01296 487650

Soul Space
Wednesdays 8-9pm except
every 2nd Wednesday
£5 a session, Pre-booking advised
Holly Miller 07845 435619

Aylesbury & District
Philatelic Society
Second Wednesday of the month
7.30 - 10.00pm
Peter Barnes 612913

Kumon Maths
Monday & Thursday
2.30 - 6pm
Susan Jones 747469

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
Contact Judith Muston
01296 395211

Castielli Dance School
(for children) Monday 6 - 7.30pm
Janet Castielli 433956
www.luv2dance.co.uk

Yoga
Tuesdays 6.00 - 7.00pm
and 7.15 to 8.15pm
Carl 07946 281573
www.ardhmayoga.com
ardhmayoga@gmail.com

PUBLICATION
DATES
2020

SPRING
7th March

SUMMER
6th June

AUTUMN
5th September

Winter
28th November

Are you looking for a venue? 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 call Noreen Shardlow 01296 395211

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Give Bees a helping hand

Planning ahead in small spaces: giving the bees a helping hand without the green fingers. We love bees in my family. They have more than a few bamboo houses ready and waiting in the garden just in case they should happen to pop in; ever since I was very little it's been a tradition to announce when you see your 'first bee of the year'. There are many ways we can do our part for the bees outside in the garden, in order to look after ourselves and to brighten up our spaces as we begin to anticipate the arrival of Autumn. But plants seem to have a 'three birds with one stone' method to help them out. So, while it's past the time of year to be planting even some of the late bloomers, it is time enough to plan ahead for next year!

If you don't have the time to maintain a full garden or allotment, or if you're like me and have a less than settled permanent address (the pains of student life) and have a habit of killing any plant that doesn't mind being ignored for months on end, there are a few ways you can still do your part.

Herbs, for a start, are a surprisingly good way to attract bees. They can be the gateway drug to growing your own vegetables and tend to be happy enough on your standard windowsill by the sink. Plants like Mint, for example, are also very easy to grow and have the bonus of being a key ingredient in one or two cocktails; dinner, too, depending on the day. Other herbs of

the 'easy-to-grow but hard-to-kill' variety include Rosemary, Chives and Sage, all of which can be potted in a convenient part of the kitchen. If you're interested enough to want the particulars I'd recommend 'Ten Easy to Grow Herbs' - an article that can be found on the Friends of The Earth website. That, or a quick "google search" will help you out.

If you've got a tad more time to spare when summer rolls around and some kids you'd like to occupy with something green, you could always have a good go at growing some sunflowers. They're simple enough and present a great learning opportunity - it's why so many of us grew them in our science classes and it's a good excuse to get creative!

Painting flowerpots is good for any age and even if it's not exactly planting season - you can always paint some in preparation - it's good to feel organised and you'll get a pen pot out of it if nothing else.

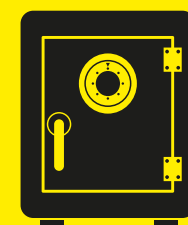
Finally, for us minimum commitment plant-lovers there's our ever-reliable succulents and cacti. They're everywhere in your local garden centre and even in a few general shops for those of us who like to impulse buy when we only went in for a tin of beans (you don't have to feel guilty if it's a plant, that's the rule). Your best bet is probably the hedgehog/strawberry cactus if you're still hoping for your best bee-friendly option. Really any flowering plant

is better than nothing and, if you're full of good intentions but not so good with being on time, get a Christmas Cactus. It does bloom and is hard to kill - it's just the wrong season. But hey, treat yourself.

Cherry-Mae Whitehead-Howse



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Watermead Pub Lunch Club

We shall be celebrating our second anniversary in December and the lunch club continues to attract new members and inevitably we lose some who either move away from Watermead or decide it's not for them. We shall also have a special Christmas menu in December.

Kelvin and his team make us very welcome and provide a menu with three choices of main course, including one for vegetarians, and three delicious desserts for just £8.00. You should advise if you have special dietary requirements and they will do their best to accommodate you. There is always someone there to greet you and take your money so please don't worry about coming along if you are on your own.

The Club is aimed at members of the community who would like meet others and especially those who may have been missing out on regular social contact. We now have a mixed group of 50 or so members of different ages and everyone appears to enjoy the food and the company. We usually see about 30 of them each month.

If you would like to come to the monthly lunch which is held on the 2nd Wednesday of the month at 12.30pm at the Watermead Inn, or 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.

Please note that bookings can only be made through the local organiser whose contact details are given above.



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Watermead & Weedon WI - no more violence against women

Tackling domestic violence has been a longstanding concern for the WI. The WI campaigned for the funding of refuges for survivors of domestic violence and their children in every county, to adequately define domestic violence under the law so that women and children in the home were protected, and to make sure that domestic violence survivors were able to access justice through the courts. Fear of violence and abuse, and survivors are able to access specialist support services, wherever they live. The prevalence of violence against women is alarming and unacceptable. Last year, an estimated 1.3 million women across the UK experienced violence towards them, including domestic violence, rape, forced marriage, sexual exploitation and other forms of abuse and harassment. Whilst the Government introduced its Domestic Violence and Abuse Bill this year, it is still lacking in key areas. The Bill gives little to assure the protection of specialist women's support services, which have been the victims of vicious funding cuts. The need for more refuge spaces is urgent. According to Women's Aid the number of refuge spaces continues to fall short of minimum standards by 1,715 bed spaces in May 2018.

Statistics:

- In the UK 1 in 4 women will experience domestic abuse.
- Experiences of abuse have serious psychological, emotional and physical consequences and may lead to substance abuse, gang involvement, homelessness, offending behaviour, mental health issues and prostitution.
- Women and girls are 27 times more likely to be harassed online.
- 2 women are killed each week by a current or former partner in England and Wales.

To find out about volunteering, donating or fundraising for your local Women's Aid visit: www.womensaid.org.uk/domestic-abusedirectory

Million Women Rise March

The NFWI will be taking part in the 'Million Women Rise' march on 7th March 2020, hoping to get an even larger turn out of members, and will be arranging a pre-meeting venue for members to attend beforehand. More information at www.thewi.org.uk

International Women's Day: 8th March 2020

International Women's Day provides a great opportunity to shine a spotlight on our campaign to end violence against women. It is also a chance to celebrate women's enormous contribution to humankind and the achievements – social, economic, cultural and political – that

women have accomplished.

For IWD 2020, the theme is 'Think equal, build smart and innovate for change'. As the largest women's membership organisation in the UK this is a key time to raise awareness of the WI campaign.

In December 5th we will be making a Christmas table decoration and in January there will be a social evening with drinks and nibbles. You are very welcome to join us for either or both of these informal evenings. We are now arranging our programme for 2020 which will be posted on one of the parish council notice boards in due course. There will be the summer lunch on 6th August, no doubt some food tasting, some craft work and at least one day trip by coach.

You don't have to live in Watermead or Weedon to join us. We welcome members from all over Aylesbury. You are welcome to come as a prospective member or as a visitor to a particular talk and you will be made most welcome. We meet at 7.30pm on the first Thursday of the month in Watermead Village Hall. Our programme is displayed on the Watermead notice board and contact details for the Committee members are under 'What's On' on page 08. We look forward to welcoming some of you.

Julia Morgan



Congratulations to Watermead & Weedon who won this year's Jigsaw Challenge - a 500 piece puzzle completed in around an hour and 47 mins! Seen here with Chairman of Leisure & Lifestyle Committee, Jenny Street, who presented the team with the Ruth Figgs Silver Bell trophy.

A view from Westminster

The General Election on 12th December will be the first since 1983 at which I will not have been a candidate. My decision to step down from the House of Commons after 27 years' service is one of the most difficult that I have ever made.

In the end, I concluded that, even though I still love the job, I did not want to commit myself for what may be a full five-year Parliament. There are other things in life which I've placed on the backburner for a long time and which I want to enjoy while I still have the energy and fitness to do so.

When I was first elected in 1992, Watermead was less than half built. Over the last quarter of a century, I have seen how the place has developed, not just in terms of bricks and mortar, but also as a thriving community. I have enjoyed working with the Parish Council and with Watermead residents on a range of local

issues. It has been an amazing privilege to have represented the Aylesbury constituency and I want to say thank you to everyone for returning me to the House of Commons in seven General Elections.

Politics itself has changed a lot in that time. Some changes I welcome, such as the increased independence of Select Committees from government influence and the greater use of Urgent Questions to allow the House to debate the immediate issues of the day.

Other changes have been damaging. In particular, the bitter and aggressive tone of political argument has damaged the reputation of the House and helped to corrode what was already fragile public confidence in democratic institutions. Social media has aggravated this trend. People put things in an anonymous tweet or post that they would never say to your face.

Most MPs are themselves deeply troubled by this trend. Most MPs get on well with their political opponents, however deep their differences on policy.

I don't think that there is a single neat, easy answer to all this, but a good start would be for editors and political leaders alike to stop using terms like "traitor" or "enemies of the people" and rediscover the truth that good people can reach different views on what is best for our country. We can debate those differences with passion, while respecting the integrity and honest motives of our opponents.



Sir David Lidington

Christmas Carol Concert

6-7pm Saturday 14th December 2019

Order of Service:

Welcome by Sue Severn, Chairman, Watermead Parish Council - 6 pm

	CAROL NUMBER
<i>O Come all ye Faithful</i>	12
<i>The First Nowell</i>	5
<i>We Three Kings of Orient Are</i>	21

Children to gather near the stage - Reverend address

<i>Children Sing Away in a Manger</i>	6
---------------------------------------	---

The Early Birds will play a tune to welcome Father Christmas who will distribute presents to children

<i>Good King Wenceslas Look'd Out</i>	15
<i>In the Bleak Mid-Winter</i>	2
<i>On Christmas Night All Christians Sing</i>	20
<i>God rest you Merry, Gentlemen</i>	16

Sue Severn – thanks and finale

<i>Hark! The Herald Angels Sing</i>	10
-------------------------------------	----

Mulled wine and a mince pie (made by Watermead & Weedon WI) or sausage roll. Donations to Tiggiwinkles Wildlife Hospital

O COME ALL YE FAITHFUL

O come all ye faithful, joyful and triumphant,
Come ye, oh come ye to Bethlehem
Come and behold Him, born the King of
Angels
O come, let us adore Him
O come, let us adore Him
O come, let us adore Him
Christ the Lord!

God of God, Light of Light
Lo! He abhors not the Virgin's womb;
Very God, begotten, not created
O come, let us adore Him,...

Sing, choirs of angels, sing in exultation
Sing, all ye citizens of heaven above
Glory to God in the highest
O come, let us adore Him,...

Yea, Lord, we greet Thee, born this
happy morning
Jesus, to Thee be glory given
Word of the Father. now in flesh appearing
O come, let us adore Him,...

THE FIRST NOWELL

The First Nowell the angel did say
Was to certain poor shepherds
in fields where they lay;
In fields where they lay, keeping their sheep,
On a cold winter's night that was so deep.

Nowell, Nowell, Nowell, Nowell,
Born is the King of Israel!

They looked up and saw a star
Shining in the East, beyond them far;
And to the earth it gave great light,
And so it continued both day and night.
Nowell, Nowell...

And by the light of that same star,
Three Wise Men came from country far;
To seek for a King was their intent,
And to follow the star wherever it went.
Nowell, Nowell...

This star drew nigh to the North-West;
O'er Bethlehem it took its rest.,
And there it did both stop and stay,
Right over the place where Jesus lay.
Nowell, Nowell...

Then entered in those Wise Men three,
Full reverently upon their knee,
And offered there in His presence
Their gold and myrrh and frankincense.
Nowell, Nowell...

Then let us all with one accord
Sing praises to our heavenly Lord,
Who hath made heaven and earth of naught,
And with His blood mankind hath bought.
Nowell, Nowell...

WE THREE KINGS

We three kings of Orient are,
Bearing gifts we travel afar,
Field and fountain, moor and
mountain,
Following yonder star:

O star of wonder, star of night,
Star with royal beauty bright,
Westward leading, still
proceeding,
Guide us to thy perfect light.

Born a King on Bethlehem's
plain,
Gold I bring to crown Him again:
King for ever, ceasing never,
Over us all to reign.
O star of wonder...

Frankincense to offer have I;
Incense owns a Deity nigh:
Prayer and praising, all are
raising,
Worship Him, God most high.
O star of wonder...

Myrrh is mine: its bitter perfume
Breathes a life of gathering
gloom;
Sorrowing, sighing, bleeding,
dying,
Sealed in the stone-cold tomb.
O star of wonder...

Glorious now, behold Him arise,
King and God and sacrifice.
Heaven sings, 'Alleluja!'
'Alleluja!' the earth replies.
O star of wonder...

AWAY IN A MANGER

Away in a manger, no crib for
a bed
The little Lord Jesus laid down
His sweet head
The stars in the bright sky
looked down where He lay
The little Lord Jesus asleep
on the hay.

The cattle are lowing,
the Baby awakes,
But little Lord Jesus,
no crying he makes,
I love Thee, Lord Jesus!
Look down from the sky
And stay by my side until
morning is nigh.

Be near me, Lord Jesus;
I ask Thee to stay
Close by me for ever,
and love me, I pray
Bless all the dear children in
Thy tender care
And fit us for heaven to live with
Thee there.

GOOD KING WENCESLAS

Good King Wenceslas looked
out
On the feast of Stephen
When the snow lay round about
Deep and crisp and even;
Brightly shone the moon that
night
Though the frost was cruel,
When a poor man came in sight
Gathering winter fuel.

'Hither, page, and stand by me
If thou know'st it telling,
Yonder peasant, who is he?
Where and what his dwelling?
'Sire, he lives a good league
hence,
Underneath the mountain,
Right against the forest fence
By St Agnes' fountain'.

'Bring me flesh and bring me
wine
Bring me pine logs hither;
Thou and I will see him dine
When we bear them thither.'
Page and monarch, forth they
went
Forth they went together
Through the rude wind's wild
lament
And the bitter weather.

'Sire, the night is darker now
And the wind blows stronger
Fails my heart, I know not how;
I can go no longer.'
'Mark my footsteps, good my
page,
Tread thou in them boldly
Thou shalt find the winter's rage
Freeze thy blood less coldly.'

In his master's steps he trod
Where the snow lay dinted
Heat was in the very sod
Which the saint had printed.
Therefore, Christians all, be sure,
Wealth or rank possessing,
Ye who now will bless the poor
Shall yourselves find blessing.

IN THE BLEAK MID-WINTER

In the bleak mid-winter
Frosty wind made moan,
Earth stood hard as iron,
Water like a stone;
Snow had fallen, snow on snow,
Snow on snow,
In the bleak mid-winter
Long ago.

Our God, Heaven cannot hold
Him
Nor earth sustain;
Heaven and earth shall flee away
When He comes to reign:
In the bleak mid-winter
A stable-place sufficed
The Lord God Almighty,
Jesus Christ.

Angels and archangels
May have gathered there,
Cherubim and seraphim
Thronged the air,
But only His mother Mary
In her maiden bliss,
Worshipped the Beloved
With a kiss.

What can I give Him,
Poor as I am?
If I were a shepherd
I would bring a lamb,
If I were a wise man
I would do my part,
Yet what I can I give Him,
Give my heart.

ON CHRISTMAS NIGHT ALL CHRISTIANS SING

On Christmas night all
Christians sing
To hear the news the angels
bring
On Christmas night all Christians
sing
To hear the news the angels
bring
News of great joy, news of great
mirth
News of our merciful King's
birth.

Then why should we on earth
be so sad
Since our Redeemer made us
glad
Then why should we on earth be
so sad
Since our Redeemer made us
glad
When from our sin He set us free
All for to gain our liberty.

When sin departs before His
grace
Then life and health come in its
place;
When sin departs before His
grace
Then life and health come in its
place
Angels and we with joy may sing
All for to see the new-born King.

All out of darkness we have light
Which made the angels sing this
night
All out of darkness we have light
Which made the angels sing this
night
'Glory to God and peace to men,
Now and for evermore, Amen.

GOD REST YOU MERRY, GENTLEMEN

God rest you merry, gentlemen
Let nothing you dismay
For Jesus Christ our Saviour
Was born upon this day,
To save us all from Satan's
power
When we were gone astray:

O, tidings of comfort and joy
Comfort and joy
O, tidings of comfort and joy

At Bethlehem in Judah
The holy Babe was born;
They laid Him in a manger
On this most happy morn:
At which His mother Mary
Did neither fear nor scorn:
O, tidings of comfort and joy...

From God our heavenly Father
A holy angel came;
The shepherds saw the glory
And heard the voice proclaim
That Christ was born in
Bethlehem
And Jesus is His name:
O, tidings of comfort and joy...

Fear not, then said the angel,
Let nothing cause you fright;
To you is born a Saviour
In David's town tonight,
To free all those who trust in
Him
From Satan's power and might:
O, tidings of comfort and joy...

The shepherds at these tidings
Rejoiced in heart and mind,
And on the darkened hillside
They left their flocks behind,
And went to Bethlehem
straightway
This holy Child to find:
O, tidings of comfort and joy...

And when to Bethlehem they
came
Where Christ the infant lay:
They found Him in a manger
Where oxen feed on hay,
And there beside her newborn
Child
His mother knelt to pray:
O, tidings of comfort and joy...

Now to the Lord sing praises,
All people in this place!
With Christian love and
fellowship
Each other now embrace,
And let this Christmas festival
All bitterness displace:
O, tidings of comfort and joy...

HARK! THE HERALD ANGELS SING

Hark! The herald angels sing
Glory to the newborn King!
Peace on earth and mercy mild
God and sinners reconciled.
Joyful, all ye nations, rise
Join the triumph of the skies;
With the angelic host proclaim
Christ is born in Bethlehem
Hark! The herald angels sing
Glory to the new-born King.

Christ, by highest heaven adored
Christ, the everlasting Lord
Late in time behold Him come
Offspring of a Virgin's womb!
Veiled in flesh the Godhead see!
Hail, the Incarnate Deity!
Pleased as Man with man to
dwell,
Jesus, our Emmanuel!
Hark, the herald angels sing
Glory to the new-born King.

Hail, the Heaven-born Prince of
Peace!
Hail, the Son of Righteousness!
Light and life to all He brings
Risen with healing in His wings.
Mild, he lays His glory by
Born that we no more may die
Born to raise the sons of earth
Born to give them second birth.
Hark, the herald angels sing
Glory to the new-born King.

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Places to eat

White Brasserie, The Black Horse, 11 Cornmarket, Thame 01844 219050 www.whitebrasserie.com

Part of Raymond Blanc's smallish group of restaurants the White Brasserie has the charm of a traditional English pub, with French brasserie food slightly anglicised. A set menu is available from 12 to 6.30pm Monday to Saturday which is an excellent deal at £12.95 for two courses (add a third for £3.50).

MIYA Restaurant, 23B Walton Street, Aylesbury HP20 1TZ 01296 399428 www.miyarestaurant.co.uk

A new upmarket Japanese restaurant has opened in the old Police Headquarters in the centre of Aylesbury. Whilst the exterior architecture remains unchanged the interior has been transformed into a truly luxurious establishment. You can enjoy a cocktail in the expansive bar and modern Japanese cuisine that is authentic but not traditional. The menu showcases a variety of dishes from its four kitchens: the main kitchen, the Sushi counter, the Robata grill and Teppanyaki. A Christmas menu is now available - 3 courses for £27.95.

The Grill Steak House, The Exchange, Aylesbury HP20 1UR 01296 313297 www.thegrillaylesbury.com

The success of The Grill Steak House has led to it moving to larger premises. They claim to cook the tastiest steaks in Buckinghamshire which has been borne out by its popularity. A wide menu is offered including vegetarian options. You can choose from an a la carte menu as well as lunch, brunch, and a set menu.

Please keep sharing your good experiences of eating places you have enjoyed. Contact the Editor mary.singleton@watermead-pc.gov.uk

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K2 adventure Pakistan

I recently completed a 3-week adventure in the Karakoram mountain range in Pakistan trekking to the Base Camp at K2. After many months of fitness training I flew to Islamabad to meet my 8 other companions. We had not met before but would become very close over the next 3 weeks.

A short flight into the mountains followed by a day's drive on hazardous mountain roads took us to the start of the trek. So, the 9 of us plus the support team of guides, cooks, helpers, mules and the lovable ambulance horse, Shazadar, set out on the trip of a lifetime.

K2 is the second highest mountain in the world, just a little smaller than Everest and its base camp is situated at 5,100metres above sea level at the end of a huge glacier.

Each day started as early as 4 am with a guide bringing tea or coffee to our tents. Breakfast would consist of porridge, eggs and chapatis and we would be on our way by 6.30am to avoid the heat of the day. The mountain terrain was very steep and rocky. We also had to negotiate our way over many rivers either by rock-hopping, wading or via precarious swing bridges.

We would trek for around 9 hours each day and would slump exhausted into our tents at night. Dinner would usually be soup followed by pasta, rice and curry.

As we got higher the temperature dropped well below freezing at night and sleeping on the glacier was particularly cold. Also, the effects of altitude started to hit the group. We all suffered to some extent with headaches, nausea and insomnia. Our group leader kept a close eye on us in case the symptoms became more serious, which was comforting.

The wilderness had a beauty all of its own. We were a very long way from civilisation with a welcome absence of internet and phone signal. Rough camping has no luxuries; toilets area hole in the ground, hot water is a rare privilege, so wet wipes come into their own!

The scenery became more and more dramatic with towering peaks on all sides. This area has 4 of the world's 8,000 metre mountains. Underfoot the glacier made progress slow and treacherous with a mixture of snow, ice and rock. Crevasses that were too large to be jumped over had to be walked around adding additional miles to the day's walk.

10 days later we reached Concordia and our first sighting of K2. A long day's walk brought us to our goal, the Base Camp at the foot of K2, where there is a memorial to those that have died on the mountain.

After 2 days we had to leave this magical place and retrace our steps back to Islamabad and a sad farewell to our magnificent guides and support staff.

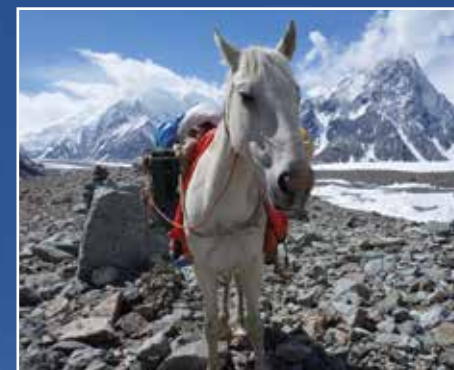
This was a magnificent trip that I am very proud to have completed; it is considered to be one of the world's greatest treks. An experience second to none.

The highlight of the trip was looking out of my tent at 4 am on a snowy morning to see K2 looming large above me, completely clear of cloud and bathed in early morning light.

John Mitchell



John - near the Base Camp



Shazadar. The ambulance horse



Swing bridge



Camp at Concordia



A Nice place for lunch!



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01296 745 373

www.hampdenvets.co.uk

smallanimal@hampdenvets.co.uk

Don't forget your pets feel the cold too

Winter is on the way and it brings with it some common things to look out for in order to ensure the health of your pets. Let's have a look below at common presentations we see here at Hampden Vets during these winter months.

As the days get shorter and the temperature drops, please share a thought for all your small furries. Rabbits and Guinea pigs need extra care during these winter months. If staying outside is the only option, cover their hutch with plenty of blankets to mimic their underground homes. Provide plenty of extra bedding and check water bowls and drinkers regularly to ensure they're not frozen.

Don't forget about your dog or cat either - they can be affected by the cold too. Keep your cat cosy this winter by making sure their bed is away from any draughts and providing blankets. Animals burn off more energy when trying to keep warm, so be aware that your pet may eat a little extra in a cold environment.

Consider keeping your dog warm this winter by buying them a coat. This is particularly important for very young or very old dogs but remember to check if your dog needs to wear it as some dogs can get stressed when wearing coats. If you need more information, please contact us.

It isn't just the cold weather which we need to look out for during these winter months. Let's analyse some of the most common winter poisons:

1. Food hazards: onions, nuts, blue cheese, fruit cakes, and other human foods can all be toxic to dogs.
2. Christmas trees and plants: most species are low toxicity but may cause a mild gastrointestinal upset (vomiting and/or diarrhoea) if chewed.
3. Batteries: ingestion of batteries is more common at this time of year. If the battery is chewed and pierced it can cause chemical burns and heavy metal poisoning. Button batteries can still be dangerous even if they're not chewed.
4. Antifreeze: Poisoning typically happens when antifreeze drips from a car's radiator, where it is licked off the ground and ingested by a pet. Be careful when you walk your dog and call us immediately if you are worried your pet has ingested antifreeze.

Any concerns please do not hesitate to contact Hampden Vets. We provide 24-hour care for your pets 7 days a week.

This information is given by Dr Kelly Gore at Hampden Veterinary Hospital. For any information or advice contact 01296 745373 or call in to see them in The Piazza or in Aylesbury.



Seasonal Affective Disorder (SAD)

SAD is a depressive disorder that some people experience at certain times of the year, usually winter. At other times of the year their mental health is perfectly normal. Many people, including some in the medical profession, were sceptical when this condition first started to be identified, but it is now a recognised disorder and is becoming increasingly common.

It is thought that the change in everyone's lifestyle from a couple of hundred years ago, when the majority of people's working lives involved being out of doors all year round, is something to do with the emergence of SAD. Less natural light and more artificial light appears to have diminished our bodies ability to regulate our 'body clocks'. In modern times it's not just our working lives that have changed – television, computers, mobile phones and all forms of screen-based entertainment have had an impact on lessening the amount of natural light our bodies have available.

Lots of people feel less comfortable at the change of seasons, but if what you experience interferes with your daily life and happens at the same time every year then you may have SAD.

The intensity of SAD depression varies from person to person. For some it is a relatively manageable experience, while for others it impacts to the extent that normal life is barely achievable. The symptoms include depression,

exhaustion, difficulty staying awake during the day but difficulty sleeping at night, anxiety and wanting to isolate yourself. It can also lead to over-eating and weight gain.

If you think you are struggling with these sorts of symptoms you should consult your doctor. They will rule out any other reasons for your symptoms and will advise you on possible therapies. You could try light treatment. This involves sitting in front of a SAD therapy light box. There are different strengths of Lux (as it's called) which need different amounts of time. You will need to do some research into what is available and what is most suitable for you. Whatever you choose, it should be certified and registered by the MHRA (Medicines and Healthcare products Regulatory Authority). Investigations and experiments are ongoing to identify the effectiveness of light therapy, but at the moment there hasn't been enough to draw a conclusion.

Lifestyle changes are useful too. Getting out in the open air is important, as is eating well. Confide in your friends about how you are feeling and get them to encourage you to go for walks with them. Invite them round for lunch or dinner.

And be reassured that Spring is not too far away!

Carolynne McKee

*'Tis the season to be jolly,
What idiot wrote that?
Pine trees, mistletoe and holly
And all the other Christmas tat
I'd put it all on Santa's sleigh
Set his SatNav to far away
And tell him never to come back.*

*For 'tis the season to be wet and cold
When night-time begins at four
When my 'Dark Cloud' has taken hold
Seeping in through every pore.
My heart and limbs weigh half a ton
Without injection from the sun,
Don't know if I can take much more.*

*But wait, what's this? I've seen an ad
In a woman's magazine.
It says there is a cure for SAD,
A lamp with sunshine's beam.
I order one, I cannot wait
To hear the postie at the gate
And find out if it's all it seems.*

*Now breakfast, lunch and dinner
Sees the sun shine out at me.
My mood has lifted – I'm a winner.
How easy could it be?
I plug it in and turn it on
Winter blues are all but gone –
With every session a little dimmer.*

Carolynne McKee

Eight tips to address your stress at Christmas

Christmas is fast approaching which means time off work, exchanging gifts, over-indulgence, seeing friends, family and loved ones, drinking, eating and being merry. What's not to like? Unfortunately, this time of year can be stressful for many people. Here are a few tips on how to navigate the holiday season and look after yourself in the process:

1. Compartmentalise your cognitive load
With all the stress that comes with a hectic workload, try to take one task at a time. Whilst it sounds overtly regimented, it creates the optimal conditions to effectively process what needs to be done and reduces the feeling of being overloaded with jobs.

2. Focus on what is important
Time and energy are precious but limited resources. It's easy to get caught up in a life where you are forever responding to the things which seem most urgent. You find yourself rushing from one emergency to another. Take the time to prioritise what is important in your life.

3. Make a list

Trying to keep everything in your head can be exhausting, so try writing it down and taking the load off your mind – it can be surprisingly relaxing.

4. Keep your expectations grounded

By comparing your time to other people's time means we sometimes come up short which can be upsetting. Try not to get hung up on what things are supposed to be like or how you are supposed to feel – take it as it comes.

5. Volunteer

You may already feel stressed and booked up, but maybe take some time to help someone less fortunate. It doesn't have to be a grand gesture, maybe it's just helping your elderly neighbour with their shopping or mowing someone's lawn.

6. Acceptance

We can't control everything that happens during work. However by accepting what we can control and influence at work allows us to be more productive and less stressed. Make a list of what you have control over and what you don't and remember to focus on what you can control/do.

7. Exercise

Exercise is the silver bullet for stress management; you don't have to take a trip to the gym. Try to build physical activity into your busy days by walking instead of taking the bus, or parking at the furthest point of the car park before doing your shopping.

8. 10 commandments to reduce stress

- Thou shalt not be perfect or even try
- Thou shalt not try to be all things to all people
- Thou shalt leave undone some things that ought to be done
- Thou shalt not spread oneself too thin
- Thou shalt make time for thyself
- Thou shalt learn to say NO
- Thou shalt learn to switch off and do nothing regularly
- Thou shalt allow thyself to be boring and untidy at times
- Thou shalt not feel guilty
- Thou shalt not be thine own enemy

Matthew Rodda is a Stress Management and Resilience Training Instructor in the Royal Air Force and Wellbeing facilitator in the Community. He lives in Watermead with his wife Louise and two girls, Alice and Rosie.

Transport for Bucks road safety update

Winter is here! Are you clued up about Winter Driving?
14th October marked the start of the ‘winter season’ here – we’re now ready and waiting to start gritting when the temperature drops! With lower temperatures and winter weather, it means there are more risks to consider when driving or using the roads.
Last year, we launched our award-winning Winter Driver Module, to help people out with driving in winter weather conditions. This module aims to inform people about driving during the winter period, as well as advising them how to prepare for the worst. Do you know what you should have in the boot of your car in case you get stuck in the snow? Take a look at the module to find out.

You can find the module: www.buckscc.gov.uk/services/transport-and-roads/road-safety/winter-driving/winter-driving-online-module/
In addition to promoting the module, we also have a winter driving radio campaign going live from 1st November 2019 on Mix 96. This campaign will run throughout the whole of November and December with plenty of winter driving tips and information being shared every day across the station and on their website too. Make sure you tune in to have a listen!

Remember to make use of the Morning After Calculator!
The festive season is fast approaching and a lot of people spend a large portion of this final segment of the year making rather merry with their family, friends and work colleagues!
We want everybody to have a good time, enjoying staff Christmas do’s and family get togethers. If alcohol is involved, please make

sure that you arrange for a taxi or lift home and don’t get behind the wheel.
It’s also important to consider whether or not you should be getting behind the wheel the next day. People don’t always realise how long it takes for alcohol to pass through the body, and that they might still be over the drink-drive limit the morning after. A handy tool you can use is the brilliant Morning After app. This app has been produced to help people calculate roughly when it will be safe to drive the morning after drinking alcohol. It can also help people to calculate when they need to stop drinking alcohol if they need to drive the following morning.
The app is available to download free of charge, or can be used online at www.morning-after.org.uk

Safe Drive, Stay Alive 2019
Once again, we have been working with local emergency service teams to deliver the successful Safe Drive, Stay Alive shows to thousands of pupils across Buckinghamshire. The shows are always impactful and hard hitting and leave students with a very important message about the importance of being a responsible driver, passenger and all-round road user. With appearances from a victim of a serious car accident, the mother of someone who lost her son to a car accident, paramedics, doctors, police officers and firemen, the stories shared are very emotional, and very real.

Interesting Road Safety News...
• 80mph motorway speed limit – the wrong message, or time for change?
www.roadsafetygb.org.uk/news/80mph-motorway-speed-limit-the-wrong-message-or-time-for-change/
• Speeding has become ‘socially acceptable’

www.roadsafetygb.org.uk/news/speeding-has-become-socially-acceptable-tfl/
• Film aims to turn the tide against road danger www.roadsafetygb.org.uk/news/film-aims-to-turn-the-tide-against-road-danger/
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The Road Safety Team



Traditional Christmas food



Turkey
For many British households Christmas means turkey and all the trimmings. But why? How did turkey become such an entrenched tradition.
Up until the 1500s people ate a variety of things for their Christmas meal; geese, boar’s heads, peacocks, chicken and cows. Then in 1526 a Yorkshireman called William Strickland, while on his travels in America, bought six turkeys from some Native Americans (called ‘Indians’ in those days) and brought them back to England and sold them for people to breed from them. They became increasingly popular for the Christmas meal, not least because farmer’s realised it was more profitable to keep their chickens and cows to produce eggs and milk rather than provide them for meat.
They were further popularised when it was rumoured that Henry VIII had eaten turkey for his Christmas dinner and a few hundred years later Charles Dickens increased their image as a food to be desired when his book A Christmas Carol has stingy old Scrooge having a Christmas change of heart and supplying Bob Cratchit with a large turkey to replace his scrawny goose for lunch at Christmas.
Turkeys received their final accolade when Edward VII replaced peacocks with turkey in the Royal Courts.

Mince Pies
Mince Pies, like Christmas Puddings, were originally filled with meat, such as lamb, rather than the dried fruits and spices mix as they are today. They were made in an oval shape to represent the manger that Jesus slept in as a baby, with the top representing his swaddling clothes. Sometimes they even had a ‘pastry baby Jesus’ on the top. During the Stuart and Georgian times, in the UK, mince pies were a status symbol at Christmas. Very rich people liked to show off at their Christmas parties by having pies made in different shapes; stars, crescents, hearts, tears, and flowers. The fancy shaped pies could often fit together a bit like a jigsaw. Having pies like this meant you were rich and could afford to employ the best and most expensive pastry cooks. Now they are normally made in a round shape and are eaten hot or cold.

Christmas Cake
The traditional Christmas cake has its roots in the Middle Ages and is the merger of two dishes traditionally eaten around the Christmas period, the original ‘plum pudding’ (as described above) and the Twelfth Night cake – so called because it was eaten on Twelfth

Night – although it was originally part of the Easter celebrations. Dried fruits and sugar were expensive imports, so using them in large quantity was strictly for special occasions like religious festivals and weddings.

During the 16th Century the oatmeal in the ‘pudding’ was replaced by butter, flour and eggs. This mix would still have been boiled and it was not until richer families had ovens in the home, that the mix was baked.

In the 17th century, like mince pies, Christmas cake was banned by Oliver Cromwell, so people covered them up with marzipan and royal icing to disguise their ‘cakeness’.

With the slow decline in popularity of Twelfth Night celebrations and the gradual increase in Christmas festivities in the 1830’s, the cake was eaten on or around Christmas Day. With this shift the bakers of the Victorian era started to decorate the cakes with winter snow scenes. They became very popular at Christmas parties and by the 1870’s the modern Christmas cake had developed.

Christmas cakes are traditionally made a month or so in advance of Christmas and kept upside down in an airtight container. A small amount of brandy, sherry or whisky is poured into holes in the base every week until Christmas. This process is called “feeding” the cake.

Carolynne McKee

Answers to Tea Break Quiz on page 07

1. February, 2. Bill Wyman, 3. Emmeline, 4. New Orleans, 5. Lego, 6. Cherry, 7. 1988, 8. Swedish, 9. Oklahoma, 10. Anita Roddick, 11. 80, 12. Nobel Peace Prize, 13. RAF, 14. Boris Pasternak, 15. George Orwell, 16. Green, 17. Blackpool, 18. Belfast, 19. Honeysuckle, 20. Van Gogh

The boy who laughed at Santa Claus

In Baltimore there lived a boy,
He wasn't anybody's joy.
Although his name was Jabez Dawes,
His character was full of flaws.
In school he never led his classes,
He hid old ladies' reading glasses,
His mouth was open when he chewed,
And elbows were to the table glued.
He stole the milk of hungry kittens,
And walked through doors marked No Admittance.
He said he acted thus because
There wasn't any Santa Claus.
Another trick that tickled Jabez
Was crying "Boo!" at little babies.
He brushed his teeth, they said in town,
Sideways instead of up and down.
Yet people pardoned every sin,
And viewed his antics with a grin,
Till they were told by Jabez Dawes,
"There isn't any Santa Claus!"
Deploing how he did behave,
His parents swiftly sought their grave.
They hurried through the portals pearly,
And Jabez, left the funeral early.
Like whooping cough, from child to child,
He sped to spread the rumour wild:
"Sure as my name is Jabez Dawes
There isn't any Santa Claus!"

Slunk like a weasel or a marten
Through nursery and kindergarten,
Whispering low to every tot,
"There isn't any, no there's not!"
No beard no pipe no scarlet clothes
No twinkling eye no cherry nose
No sleigh and furthermore by Jiminy
No one coming down the chimney
The children wept all Christmas Eve
And Jabez chortled up his sleeve.
No infant dared to hang up his stocking
For fear of Jabez' ribald mocking.
He sprawled on his untidy bed,
Fresh malice dancing in his head,
When presently with scalp a-tingling,
Jabez heard a distant jingling;
He heard the crunch of sleigh and hoof
Crisply alighting on the roof.
What good to rise and bar the door?
A shower of soot was on the floor.
What was beheld by Jabez Dawes?
The fireplace full of Santa Claus!
Then Jabez fell upon his knees
With cries of "Don't," and "Pretty please."
He howled, "I don't know where you read it,
But anyhow, I never said it!"
"Jabez," replied the angry saint,
"It isn't I, it's you that ain't.
Although there is a Santa Claus,

There isn't any Jabez Dawes!"
Said Jabez with impudent vim,
"Oh, yes there is; and I am him!
Your magic don't scare me, it doesn't"---
But suddenly, he found he wasn't!
From grimy feet to grimy locks,
Jabez became a Jack-in-the-box,
An ugly toy with springs unsprung,
Forever sticking out his tongue.
The neighbours heard his mournful squeal;
They searched for him, but not with zeal.
No trace was found of Jabez Dawes,
Which led to thunderous applause,
And people drank a loving cup
And went and hung their stockings up.
All you who sneer at Santa Claus,
Beware the fate of Jabez Dawes,
The saucy boy who mocked the saint.
Donner and Blitzen licked off his paint.

By Ogden Nash

NB This poem was sent in by Eric Rose who commented: I thought Jabez must be a made up name but apparently it is biblical and was very popular in the USA at the end of the 19th Century. It was less popular here but there was a footballer whose first name was Jabez who played for Tottenham Hotspur in the 30s.

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Watermead floodplain meadow creation day

On the 5th October a motley crew of Berkshire, Buckinghamshire and Oxfordshire Wildlife Trust volunteers and Watermead locals assembled on the land by the Watermead gatehouse with the aim of restoring an area of nationally rare habitat. The site, bordering the river Thame has now begun its transition to becoming a floodplain meadow. Throughout the country, there are now just 1170 hectares of floodplain meadow remaining. The site in Watermead is approximately a third of a hectare, so once it is established, Watermead will have an important little chunk of habitat

right on its doorstep.

20 people braved the wet weather on 5th October to help out with tasks such as raking off grass to create patches of bare ground, then sowing the seeds, rolling them in, and weeding the hedgerow planted on site last year.

A mixture of 32 meadow herbs and grasses were sown on site along with 5 species of cornfield annuals. The annuals will provide a flush of colour, pollen and nectar in summer 2020. They will provide a food resource for pollinating bees and butterflies and give the longer-lived meadow plants time to develop underneath. You can

expect the meadow plants to really start coming into their own by May 2021.

Watermead Parish Council chair, Sue Severn, said "We are grateful to BBOWT and to the volunteers who have worked so hard on this project".

The wildlife trust would like to extend a huge thanks to everyone involved in this project from start to finish. If you would like to get involved in any future projects please contact me marcusmilitello@bbowt.org.uk

*Marcus Militello,
BBOWT Hedgerow Havens Project Officer*

Watermead Wilderness Working Group Day

We had a great day with the Vale Countryside Volunteers on Wednesday, 4th September. I am pleased to say that this time we also had two very willing volunteers from the community. Two areas which had become overgrown have been cleared; they may look a bit bare at present but new growth will occur next year. They also cut a path through a mass of nettles by the little bridge on the big lake walk. This will enable people to take a short diversion to take a look at the river Thame.

It was great working with the Vale Countryside Volunteers. There were plenty of breaks for morning coffee (with cake), lunch and afternoon tea! I expect to invite them back at the same time in September next year and hope that a few more volunteers from Watermead will come out and help. I recommend it for getting some good exercise and fresh air!

Eric Rose



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www.heartofbucks.org



Reg. charity no. 1073861

Winter Warmth

I am writing from Heart of Bucks, the Community Foundation for Buckinghamshire. We are a grant giving charity that works across the county to connect people who care about their community with local causes making a difference. We currently run a number of funds that support charitable causes across Bucks. In the last year we funded 216 projects across a broad range of themes, giving out £650k in grant funding. You can read more about our work here: www.heartofbucks.org/annual-report/

Most of our work involves grant giving to charitable organisations but we also run two Crisis Funds, Family Angels and Winter Warmth, both of which are designed to help individuals or families with a small one-off grant to support them through times of particular crisis.

We are currently seeking the support of concerned community groups to help us in our campaign to develop our Winter Warmth fund. This is an emergency fund which provides much needed support to vulnerable people who are struggling with adverse weather conditions, whether through excessive fuel bills or lack of warm winter clothing or bedding. One of the main focusses for our campaign is to encourage those who are entitled to Winter Fuel payments, but are not personally in need of the payment, to donate it to help those worse off than themselves. The benefit of donating such a payment to a charity is that, if donors are taxpayers, they can gift aid their donation and instantly increase the value by 25%.

To ensure we achieve the maximum benefit for the recipients of the grants, distribution of this fund to those in need is managed via a county-wide network of Community Advocates. These are professionals working in positions where they are able to provide holistic support to the families in need, ensuring they are receiving all the care and support available, with the aim of hopefully preventing a crisis situation from arising in the future.



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Watermead Village Hall grant success

Watermead Parish Council and all users of the Village Hall are so delighted to have been awarded a grant to replace the Village Hall floor.

This project received a grant from Aylesbury Vale District Council's New Home Bonus Funding Scheme.

October half term was the ideal time for our project to begin - out with the old dark brown floor and in with the new. The hall

has now been modernised with a lovely grey floor installed by Folkspur Flooring who certainly faced many challenges when removing the old floor which was installed 30 years ago.

We now have a very bright facility to offer and this was noticed by all long-term hall users on their return from the half term break. They were amazed at how much larger our facility appeared and how much

brighter it is too.

The Parish Council would like to express thanks to Jan Roffe and the Grants Team of Aylesbury Vale District Council for all their assistance and support with this application. If you would like more information about the grants available, please call the Grants Officer, Jan Roffe on 01296 585186 or email jroffe@aylesburyvaledc.gov.uk



Below: Diane Lee and Tina were the overall winners of the Watermead allotments competition. The prize giving took place at the General Allotment Meeting in the Village Hall on Wednesday evening 30th October. Sue Severn awarded the Pamela Hughes Coney Cup to the winners.

Sheree Smith was presented with a bottle of wine for her highly commended allotment.

Allotment winners

We have just been awarded a trophy for the best allotment on Watermead after our first year of being there and we are absolutely delighted.

We started with our allotment in January 2019 and, as you can see from the pictures, it had been left in a real mess. For the first two to three months we worked extremely hard to clear it and design it and to get it ready to start planting in the Spring.

We started thinking about having an allotment when we were watering for someone who was on holiday. We really enjoyed going there and being out in the fresh air. We both have our own business to run and, even when we come home and think how tired we are, it's really refreshing to just forget everything and be out in the fresh air growing our own fruit and veg and, of course you get to make new friends.

For anyone thinking of having an allotment, it is a lot of hard work to start

with but worth the rewards when you can go and pick your own fresh fruit and vegetables. To keep your allotment under control you need to put in the hours doing weeding, watering, planting and keeping your plot tidy. So don't think it's easy because it isn't.

And now we have taken on our second allotment!

Diane and Tina

If you've got the time, gardening can take you away and you can forget your troubles. You have the freedom to plan your own area and plant the flowers and the foods that you want to. If you would also like lots of joy from having an allotment, please contact the Noreen Shardlow, Clerk to the Parish Council at noreen.shardlow@watermead-pc.gov.uk or call 395211 weekdays between 10am and 2pm.



When we took over the plot



Using your Christmas leftovers

Moroccan-spiced turkey pie Transform leftover turkey in this spiced filo pastry parcel, inspired by a Moroccan pastilla - a perfect main course for Boxing Day. (Serves 6).

Ingredients

2 tsp coriander seeds,
2 tsp cumin seeds,
pinch of ground cinnamon,
2 tbsp olive oil,
2 aubergines, cut into small dice,
2 banana shallots, sliced,
2 tbsp harissa,
2 peppers (any colours will do)
deseeded and diced,
227g can chopped tomatoes,
1 chicken stock cube,
500g leftover turkey (a mix of
leg and breast is best), chopped,
100g butter, melted, plus extra
for greasing,
250g pack (about 10 large
sheets) filo pastry,
25g flaked almonds

Method

1. Heat a large non-stick pan over a medium heat and toast the coriander and cumin seeds for 1-2 mins until fragrant. Add the cinnamon, olive oil, aubergine and shallots. Coat the

veg in the spices and cook on a medium-low heat for about 10 mins until the aubergine has softened slightly.

2. Add the harissa and peppers. Give everything a good stir, then add the tomatoes and crumble over the stock cube. Simmer, uncovered, for 20 mins until the veg is tender and the mixture is nice and thick.

3. Stir through the turkey meat and season well. Set aside to cool.

4. Heat oven to 200C/180C fan/gas 6 and grease a 23cm springform tin with a little butter. Lay two sheets of filo over the base of the tin and brush with the melted butter. Cross over another two layers of filo and brush again with butter. Repeat once more, then put the cooled filling in the centre. Using the remaining four pastry sheets, cover the filling and brush with more melted butter. Scrunch the top of the pie together and bake for 30-35 mins.

5. Remove from the oven and scatter the pie with the flaked almonds. Cook for a final 10 mins until the pie is golden and piping hot. Serve straight away.

Roast potato, turkey, sausage & stuffing pie

This easy pie has all the best bits from Christmas dinner in one: turkey, stuffing, sausage and roasties. You could also add left over veggies if you wished. Bake until golden brown and tuck in! (Serves 6).

Ingredients

1 tbsp olive oil or rapeseed oil,
knob of butter,
1 large onion, halved and sliced,
6 sausages or 8 chipolatas
(leftover pigs in blankets are ok),
2 tsp English mustard powder,
50g plain flour,
1 chicken stock cube, crumbled,
150ml white wine,
500ml chicken stock or gravy,
6 stuffing balls, shop-bought,
300g cooked turkey, shredded,
1 tbsp wholegrain mustard,
100g low-fat crème fraîche,
small bunch parsley, chopped,
800g leftover roast potatoes,
20g mature cheddar, grated

Method

1. Heat the oil and butter in a large, shallow ovenproof casserole dish. Add the onion and cook for 10 mins until really

soft. Push the onion to one side of the dish and add the sausages, browning them all over (skip this step if you're using cooked leftovers).

2. Remove the sausages from the dish and set aside to cool a little. Stir the mustard powder, flour and stock cube into the oil and butter for 1-2 mins, then add the white wine. Bubble for 1 min, scraping the bottom of the dish to release any tasty bits, then add the stock. Stir to make a smooth sauce, season and bubble for 5 mins. Heat oven to 200C/180C fan/gas 6.

3. Cut the sausages and stuffing into bite-sized chunks, add to the sauce with the turkey, mustard, crème fraîche and parsley. When bubbling, remove from the heat. Crumble the potatoes in your hands over the top of the filling, so you have some larger and smaller chunks. Scatter with cheese and bake for 40 mins until the potatoes are crisp and the filling is bubbling around the edges.

Recipes taken from BBC Good Food Guide





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Sally's Blog

It's been a good summer for me. I have been out and about, had a long holiday at the Arab Stud with my friends while my humans were away, and attended County Show.

Have also been to lots of outdoor events such as Chilli Fest at Waddesdon Manor, where I am now a regular visitor having behaved well on the bus. (Will we need Family NT membership next year?). I always enjoy these outings, I get lots of pats. Interestingly, if I am woofing or being a pain my humans are frequently told something along the lines of 'we have a spaniel, but we left him at home, he's such a naughty dog'. It's not just me!

I had some difficulty sleeping during the hot summer nights but shared this problem with my humans who I woke with loud woofing and even howling at around 2.15 am and then again at 4 am to make quite sure they didn't sleep either. I believe in

sharing. I was lonely.

My cousin Ronnie stayed for a few days in September and we often share outings. He will be with us for his next holiday this month. I'm looking forward to that - we love our long walks in the countryside dashing over fields finding lots of scents.

I made a very exciting discovery this summer - chocolate eclairs! We were at a buffet lunch and I managed to pull myself up on a chair to see what was on the table - it smelled so good. I managed to pinch an éclair - everyone was shocked. I have never done anything like this before. Dogs are not allowed chocolate, or cream, or pastry, or anything nice to be quite honest - huh! Needless to say it hasn't done me any harm, so now battle has commenced. Whenever I see cake, I try to get a small taste - problem is everyone seems to think it's bad for me and stops me from having it. I have to be really sneaky, distract people

then dash in, grab the food in my teeth and I absolutely refuse to let go by growling and being cross. I know it's awfully naughty, but I cannot resist. When Ronnie comes we can work as a pack. That should help. One of us will distract everyone while the other gets the food. I'll let you know how we get on next time.

Christmas is coming with all the attendant decorations, cards, trees and chocolate hanging on the tree. Given the éclair incident I suppose these will be well out of my reach. It's no fun being a dog I can tell you. I wonder if it will snow this year. I hope so. I love eating snow and trying to guess where the grass has gone.

I hope that everyone has a lovely Christmas and Happy New Year from me and Ronnie who also sends his love.

Lots of love from Sally



Nancy Astor - our first female MP

A hundred years ago in December 1919 Nancy Astor became the first British female MP. She was born in 1879 in the United States Nancy Witcher Lanhorne, where, in 1897 she married Robert Gould Shaw. But the marriage lasted only six years and in 1904 she came to live in England. Two years later she married Waldorf Astor, a wealthy newspaper proprietor, member of the British aristocracy and Member of Parliament for Plymouth. When his father died in 1919 Waldorf was forced to give up his seat in the House of Commons and take up his father's peerage and seat in the House of Lords.

Nancy then stood as the Conservative candidate for Plymouth to take up the seat that Waldorf had had to renounce. Their intention had been that this would be a stop-gap until Waldorf relinquished his peerage, but this proved to be not allowed. In anticipation of Waldorf returning as an MP Nancy had presented herself as a loyal wife, uninterested in politics or women's rights, despite which she was elected with 51% of the vote.

Astor had no record of supporting feminist causes and those who did were dubious about the possibility of receiving her backing, but she responded enthusiastically to their approaches. The campaigns she supported included nursery schools, widow's pensions, more women police and improved maternity services. However, as a devoted

Christian Scientist she opposed equal divorce rights for women and birth control.

Her religious beliefs also influenced her attitude towards alcohol. She frequently campaigned against the drink trade. She promoted the legislation to outlaw the sale of alcohol to anyone under the age of 18.

Milliners bombarded her office with dozens of hats, hoping to get some publicity when she wore them. She declined all this, choosing to wear very simple clothes to parliament, usually a white blouse and black suit, to avoid any media interest in her appearance.

In 1920 another woman was elected to parliament on the death of her MP husband, Liberal Margaret Wintringham. But for any woman without an MP husband to die and replace sexist prejudice prevented their selection for seats that could be won. It was 1924 before Labour had their first woman MP, Ellen Wilkinson. She and Nancy Astor became good friends.

In the 1930s she was a key figure in the 'Cliveden' movement, which supported Chamberlain's policy of appeasement. Having experienced the devastation of the First World War Astor was keen to avoid another war. Unfortunately, many members of the public perceived this as sympathy for Hitler and her popularity waned

for a while. But she was not a Nazi supporter and when Germany invaded Prague she abandoned her support for appeasement and was critical of Hitler, who put her on the Nazi Black List for arrest on his expectation of invading Britain.

She remained in parliament throughout the war continuing to campaign for women's rights and supporting the people of Plymouth during severe bombing.

After the war finished in 1945 it was clear that a Labour victory in parliament was imminent, so, having served as MP for Plymouth Sutton for over 25 years she reluctantly stood down.

She died in 1964, outliving her husband by 12 years.

Carolynne McKee



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watermead cygnets pre-school

'Rain, rain, go away Little children want to play' ...we sang quietly on wet and occasionally dry days this autumn. 'Here comes the sun, da...da...da...da'

Our new intake of children have settled in really well during this half of the autumn term.

They are getting used to the routine of the sessions, learning to share, take turns, make new friends and sample exciting snacks. The 'older' children have returned with enthusiasm, growing confidence and verbal prowess. They have showed a preference for role play and games, many involving the experiences in their lives. This has suited our first topic of the term 'All About Me' which includes families, senses and emotions. Besides naming and identifying their physical features, the children learnt about how we are different and how we are the same; different types and sizes of families and the importance of family members; what makes us angry, sad, happy, confused or surprised; good smells and bad smells.

October arrived with damp mornings and grey skies. However, when the sun did appear, we managed to go for lovely walks, looking at the changing colour of leaves and the abundance of fallen twigs, nuts and cones on the ground.

We gathered enough conkers for counting and painting. Have you tried rolling conkers in a tray of paint? A rather messy activity. Once, our lunch club children enjoyed an exhausting time on the trim trail too, stopping by the bins on the way to dump a bag of rubbish.

Another autumnal activity is Harvest time. The children looked at different types of food, talked about the role farmers play in food production and the importance of eating a balanced meal. We referred to the contents of their lunch boxes as examples of healthy eating. Our Harvest Concert was just before the half term holidays. Thank you to all who donated food which was then given to the Aylesbury Vineyard Storehouse. This organisation distributes food, clothing and furniture to people in need.

The weather has not put a dampener on our range of activities. Light/Dark, Shapes/Colours – topics covered by a celebration of festivals and events. Diwali, the festival of lights was shared through the story of Rama, Sita and Hanuman, drawing rangoli hand patterns and making clay bejewelled t-light lamps. Then there is Halloween - spooky and full of spiders and Meg and Mog tales. We examined a pumpkin – slimy beige seeds, stringy orange flesh, ridges of rock-hard skin and appreciated the skill of

the adult cutting triangular eyes and nose and a jagged saw-like mouth. The Watermead Inn held a Halloween party, ably assisted by staff and committee members. Thank you, Nikki and Kelvin, for the donation which will go towards our Christmas Zoomania party.

In the second half of the term, the night skies will be filled with bangs and showers of light from whizz popping fireworks. 10,9,8,7,6,5,4,3,2,1... Blast Off! An opportunity to count backwards and run around outside like spiralling rockets. We hope our pets were not too scared of the loud bangs. Talking about pets, that is our next topic.

We will visit our local Vet and maybe some of the children can bring their pets into pre-school. How do we care for them? Compare sizes and shapes. What do you like or not like about your pet?

And then it's Christmas... Preparations for Xmas bags, cards etc and of course the Nativity Play. How many sleeps is it before Santa comes??

As we are closing after the summer term in July 2020, we will not be accepting any more children other than those who have already been promised a place in January/April next year.

As mentioned in the previous issue of Village View, a new setting will be in the Village Hall from September 2020. Details will be in the next issue.

The Cygnets Team



Watermead photography competition

This year's photography exhibition and competition was held on September 21st. Our judge was Richard Landy who spent part of his earlier life in Watermead where his mother, the late Sandra Landy, was very active in our community including a spell as Parish Councillor until she moved from the area on retirement.

Sandra Landy also organised a photography competition some years ago and the cup given to the overall winner of the competition is named after her.

Compared with 2018 there were slightly fewer entries; it seems that some of last year's winners had deliberately held back to give others a chance. But once again the standard was very high.

The Competition winners were:
Watermead Landscape

Winner: Chloe Orwin
Commended: Matthew Watson and Dave Lang

Open Category

Winner: Paul Kettlewell
Commended: Matthew Watson and John Mitchell

Watermead Wildlife

Winner: Peter Harris
Commended: Ben Kinch and Matthew Watson

Peter Harris was also judged **Overall Winner** for his close-up shot of a bee. This came as great surprise to him as his daughter had entered his photographs without his knowledge. As well as the Sandra Landy Cup he was presented with a bottle of champagne and a block mounted copy of his winning photograph courtesy of Aylesbury Snappy Snaps.

Special mention should also be made of Matthew Watson who was a runner up in all three categories.

Thanks to everyone who entered, to the Parish Council for sponsoring the

competition, to Richard Landy for travelling up from the south coast to be our judge and to Snappy Snaps for their generous prize.

Eric Rose



Matthew Watson with his three prizes



Richard Landy with Overall Winner Peter Harris



Watermead Wildlife and Overall Winner by Peter Harris



Watermead Landscape Winner Chloe Orwin



Open Category Winner by Paul Kettlewell

Self-care with a Touch of Wellbeing – Shiatsu and Thai Yoga Massage

Shiatsu? Isn't this a Japanese dog? Ah, no. Actually it is a physical therapy that supports and strengthens the body's natural ability to heal and balance itself. Shiatsu originated in Japan from traditional massage techniques, with influences from more recent Western therapies.

Shiatsu translates to 'finger pressure' and I apply comfortable pressure with thumbs, hands and elbows. Gentle manipulative techniques are used to adjust the body's physical structure and to balance energy flow.

Traditional Thai Yoga massage is unlike any "conventional" massage. Sometimes also called "lazy yoga", it has its roots in India with links to yoga. If you are asking yourself "is Thai Yoga massage only for flexible people?" No, even though you may think you are not a "bendy" person – the (yoga like) stretches are applied gently with your physical limitations in mind. A treatment feels like a nurturing flow of gentle yoga, but you might also feel like you have had the best stretch for a long time!

Shiatsu and Thai Yoga massage can help with muscular aches and pain (especially back, neck and shoulders), release tension and stress and improve sleep. I gently move the whole body to increase flexibility, improve posture and to create a deeply relaxing effect which benefits the nervous system and helps to maintain a healthy immune system.

Either treatment will begin with a chat

and an evaluation of a client's health and lifestyle to assess and determine the most effective therapeutic session. Then each treatment will be tailored according to individual needs. If required I can also recommend simple exercises and stretches and will advise on lifestyle changes (eg. mindfulness techniques, meditation, nutrition).

Shiatsu and Thai Yoga massage are non-invasive therapies carried out fully clothed, without the use of oil, usually on a mat on the floor. Whether someone is looking for a relaxing or more invigorating treatment or maybe a bit of both, Shiatsu and Thai Yoga

massage are rewarding, deeply relaxing and therapeutic experiences. Shiatsu treatment sessions normally last up to one hour and Thai Yoga massage is offered as either 1½ or 2 hour treatments.

Gudrun Schneider (A Touch of Wellbeing) has diplomas in Shiatsu and Thai Yoga Massage and is based in Fairford Leys, Aylesbury. For more information go to www.atouchofwellbeing.com or telephone 07912 758575 or find me on facebook @ aylesburyshiatsu

Gudrun Schneider



Time to remember and reflect at the 2019 Tree of Light events

Florence Nightingale Hospice Charity has announced details of their 2019 Tree of Light commemoration events. The Charity recognises Christmas can be a very emotional occasion and hosts two Tree of Light events which are open to all, regardless of religion or spirituality, and whether or not your loved one was cared for at the Hospice or elsewhere.

"The Tree of Light events are designed to give people a space where a part of the season is set aside to remember and reflect on loved ones," says Ann Kenny, the Bereavement Support Team Lead at the Hospice. "Christmas can often be a time of conflicting emotions, or it can be so busy that those who are grieving can't find a time to process feelings of sadness which may come to the fore at this time of year."

This year's Aylesbury Tree of Light event has moved indoors for 2019 and will take place at Aylesbury High School on Walton Road on Sunday 1st December at 5pm. It will also have a change of format, with more secular readings and music, rather than carols and prayers.

"We are aware that many of our families are not Christians and may prefer something less religious but still thoughtful and meditative," says Vicky James, Events and Community Manager. "There are lots of other poems and readings which bring comfort, and beautiful music apart from carols, so we are trying something new to see what people think."

The Buckingham Tree of Light event will take place on Saturday 14th December from 5pm at St Peter and St Paul's Church, Castle Street and will retain its more traditional feel, with prayers, readings and carols, so the Charity hopes that there is something for everyone in the two events.

As well as attending the Tree of Light events, you can also sponsor a light in memory of loved ones and write a dedication which will appear in the Books of Honour which can be viewed at the Hospice in December and early January, and at the two Tree of Light events.

To sponsor a light in memory of someone go to fnhospice.org.uk/tree-of-light or call the Florence Nightingale Hospice Charity Fundraising Team on 01296 429 975.



TREE OF LIGHT 2019

A night at the movies

Yet again we were amazingly blessed with the weather on the evening of Saturday 15th September when our second outdoor Movie Night took place. We all very much enjoyed both the Lion King and Mamma Mia. We estimate a turnout of around 1,000 people on the Balloon Meadow. We even had a balloon flight go up so were completely surrounded by entertainment. The sunset was amazing and our beautiful home looked wonderful.

After the enormous outgoings that go into getting an outdoor Movie Night organised (screen hire, film licences, equipment hire, lighting, event licensing and more), we raised around £950 through public donations, sale of Glow merchandise and sweets, and profit share from food and drink vendors. This money will go to our chosen charity this year, The British Heart Foundation.

Putting on an event like this is a huge undertaking for all the volunteers involved and I would like to sincerely thank them for all their hard work and for working so well as a team.

The screen hire company are already booked for next year and we will be looking for film title suggestions nearer the time.

We are already starting to plan Larks by the Lake 2020 which will be on Sunday 24th May. If this event is a success we hope to put in another lottery bid for £10,000 to buy more play equipment plus donate towards chosen charities again.

We hope that everyone will join us again this year in decorating the Christmas tree in the Piazza at the beginning of December. Watch out for the Watermead Events facebook posts on 'All about Watermead'.

Karen Collett



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