

# VillageView

WATERMEAD'S *FREE* QUARTERLY MAGAZINE

Spring 2015 Vol.22 Issue 1

**Annual Parish Meeting**  
from 7 to 7.30pm  
Village Hall 21st May

**800th anniversary**  
of the Magna Carta

**The Easy Living Company**  
move in

**THE HOLOCAUST  
AND AUSCHWITZ**

**Hold a Fish and  
Chip supper**

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# Parish Chairman's News

**Welcome to our  
spring edition of  
Village View. This is a  
good opportunity for  
me to review progress  
to-date on the Parish  
Council's activities over  
recent months on a 'you  
said, we did' basis.**

The council is sad to say goodbye to Pam Stocks who has been a stalwart member in recent times, providing much-needed and appreciated professional planning advice. Pam's input has allowed us to understand the strict planning issues surrounding our various planning battles and to help us rehearse speeches, ensure we were making sense, and generally teaching us a great deal of invaluable planning law and practice. We will miss you Pam and wish you well with your many activities and voluntary work.

As we say goodbye to Pam we welcome Phil Toler who has been co-opted to the council. Most Watermead residents know Phil, Dot and their family. They have lived in Watermead since the beginning, bringing up their family here and always involved in village groups and amongst the first to volunteer when something needs to be done! Phil is a great addition to our team.

Read about the Christmas Craft Fair and Carol Concert, well up to

their usual standard, on page 06. Thanks are due to all the organisers.

The Parish Council undertakes much work in Watermead on our own land and for the community. We have not increased the precept over recent years and this year we are going to undertake work previously carried out by Bucks County Council cutting verges and other work on the highway within Watermead. This year, we will receive a 'devolved services' payment, which will help towards the costs of these services, however these will reduce annually. We have also seen an increase in work required to our land due to weight of numbers visiting and using the facilities and have made provision to permit us to take the absolute minimum of professional advice particularly in the area of planning. We have also been advised that the National Grant level of precept will also be reduced, therefore this year's Parish tax is increasing by 5.49% which equates to £3.74 per Band D property per annum; a Band D property payment will be £71.08 in 2015/2016 and it was £67.34 2014/2015. This will allow us to maintain adequate reserves and provide existing and enhanced services.

**You said, we did...**

**We don't want Hallam  
Land to build so many  
houses to the East  
of Watermead; the  
Parish Council must  
represent our views to  
the planning appeal**

- Save Watermead Village (SWV) was set up. A group of concerned residents and community stakeholders worked together. Over the first weekend of the campaign they delivered leaflets to every household, receiving back 425 signed letters which were sent to the Secretary of State requesting that he called in the plans.
- Commissioned a flood survey, took professional advice and presented a reasoned and reasonable set of objections.
- Representing Watermead views, based on residents' comments and requests, to AVDC Development Control Committee, the Secretary of State, and publicising our opposition whenever the opportunity arose. We worked with the community and many residents attended and spoke at the committee meeting against the proposal. We also formed strong relationships with neighbouring villages, Birtton and Weedon.
- Attended each day of the subsequent inspector's hearing, with villagers,



**Chairman:**  
**Cllr Sue Severn**  
T: 336575  
sue.severn@watermead-pc.gov.uk

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**Vice Chairman:**  
**Cllr Adrian Schwab**  
T: 338118  
adrian.schwab@watermead-pc.gov.uk

VACANCY

PLEASE  
CONTACT  
THE PARISH  
CLERK IF  
YOU'RE  
INTERESTED  
IN JOINING  
OUR TEAM



**Cllr Helen Cook**  
T: 399749  
watermead@helencook.co.uk



**Cllr Mary Singleton**  
& Editor of the  
Village View  
T: 428569  
mary.singleton@watermead-pc.gov.uk



**Cllr Phil Toler**  
T: 432405  
philtoler3@gmail.com



**Cllr Phil Bennison**  
T: 07835 063227  
philip.bennison@watermead-pc.gov.uk



**Parish Clerk and  
Halls Manager:**  
**Noreen Shardlow**  
T: 641423  
(Call weekdays  
10am to 2pm)  
noreen.shardlow@watermead-pc.gov.uk



**Assistant  
Parish Clerk:**  
**Michelle Jackson**  
T: 481554  
michelle.jackson@watermead-pc.gov.uk



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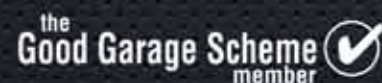
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**T**he new wind turbine, very visible on Watermead's horizon, has caused much debate. Its construction has been met by many different opinions. We make no comment on the planning issues, but thought you might like to have some of the turbine's vital statistics against an image of our own 'dinosaur' shaped tree.

The wind turbine is 149

metres tall (25 metres higher than any other on-shore wind turbine in the UK). To put this into perspective, County Hall is 60 metres while the tower of Big Ben is 96 metres.

Originally given planning permission as part of the failed application to build 1,337 homes at Quarrendon Fields, the turbine is capable of providing enough electricity for 2,000 houses.

## Aylesbury North neighbourhood update

**H**ere is the latest neighbourhood update from your Aylesbury North Team (Elmhurst, Watermead, Buckingham Park, Berryfields and Weedon village).

The team consists of Inspector Nicola Murphy, Sergeant David Washington, PC Russ McFarlane, PC Faraz Vakani, PCSO Lisa Steward, PCSO Danny Fahy and PCSO Dawn Alderson. Editorial from Inspectors James Davies and Nicola Murphy.

We often talk about our priorities around burglary and violent crime. What

often underlies these crimes is substance misuse. This takes many forms but have you heard of Mephedrone? MCAT, meow meow and so? This was until fairly recently a 'legal high' and may well be why the sale of MCAT has increased so quickly; surely if it was only recently legal it cannot be too bad? MCAT is one oxygen molecule away from Methamphetamine and as such is extremely addictive. It is also incredibly destructive to the human body. MCAT use is on the rise nationally and, as we know, drugs use links to a large proportion of crime, therefore it

is right that your neighbourhood police teams are working on problem solving this issue. It is as big a problem in rural areas as it is the towns and I would ask that you take a moment to look at [www.talktofrank.com](http://www.talktofrank.com) and educate yourselves on Mephedrone so that you can discuss it with younger family members.

The Community Safety Partnership are dedicated to working in partnership to highlight the dangers and target the dealers as part of Operation Awareness. We cannot do it alone. If you have information in relation to the supply of

drugs then please contact us on 101 or anonymously via Crimestoppers on 0800 555 111.

### Local priorities

We have been focussing on suspicious and drug-taking related activity around Watermead. Patrols continue around the Riviera and lake. We have been out within these areas through the evenings. However, it seems the cold weather has been keeping people indoors and there have been no arrests in relation to drug or anti-social behaviour. Despite this, drugs paraphernalia continues to be found and, as such, our patrols will continue.



the clerk and councillors which culminated in making our submission in January.

We are awaiting a date for the hearing to reconvene. We will continue to represent the community and will attend and speak as necessary.

- Watermead is not a suitable location for a crematorium.**
- SWV swung into action immediately the public exhibition was announced. Comment cards were collected to give us a mandate to take action.
  - Leaflets were delivered within days to all our households and 480+ letters of objection were received and sent to AVDC, Development control and individual councillors and to the Secretaries of State responsible for crematoria and the environment.
  - The Clerk and Chairman spent many days understanding

the Crematorium Act and its many regulations, at the same time ensuring we prepared a reasoned and persuasive argument against a speculative and inappropriate development proposal.

- The Development Control committee meeting was, in our view, flawed. The official's report to the committee contained inaccuracies which were pointed out by our speakers. The decision of the committee was to allow the decision to be made by the officials. Not good enough: We then worked with our MP David Lidington and his own team over Christmas and ensuing weeks and have succeeded in getting the matter referred to the Secretary of State, Eric Pickles, who may determine the outcome and look at the entire application process and decision-making.

We continue to seek technical

evidence against this wholly inappropriate application. The idea of driving past a busy crematorium every time you come into or leave Watermead is unthinkable.

**We want our cricket pitch back and the land to be returned to community use.**

- We have undertaken searches and spoken to former cricket club members in order to research what happened when the original developers went into liquidation and the land was transferred to two cricket club members.
- We are now attempting to meet and discuss the situation with one of the owners and will report back on progress. We hope that we will be able to report positive progress very soon.

**And, finally...**

We are always keen to hear from parishioners with

views, issues, offers of help, suggestions. Keep an eye on our website at [watermead-pc.gov.uk](http://watermead-pc.gov.uk).

We have our Annual Parish Meeting from 7 to 7.30pm in the Village Hall on Thursday 21st May 2015. I will be reporting on the activities of the Parish Council over the past year. There will be an opportunity for Watermead residents to ask questions or make comment if they wish. Please come along and meet your Parish Councillors.

Please also join us in congratulating Phil and Nadine Bennison on the birth of their son. What a great start to the new year!

We look forward to installation of our Barn Owl box and thank Graham Severn for donating this; hopefully we will soon see a Barn Owl in residence.

*Cllr Sue Severn, Chairman*

# Safe Drive Stay Alive Milton Keynes

**I am a sixteen year old student currently studying for my A-Levels at the Cottesloe School in Wing.** My seventeenth birthday is quickly approaching, and as the date draws nearer, I can sense my anticipation growing. This is because of the great significance the age holds and the momentous freedom it brings. No longer will I have to ask my parents for a lift anywhere or catch a bus to school, because once I have turned seventeen I will be eligible to learn to drive!

Common conversation amongst my friends often revolves around the topic. I rarely go a day without being asked when my birthday is and I often come across people preparing for their theory tests. When you're still sixteen and other people around you are already learning to drive, you begin to long for it even more.

However, it is important not to get ahead of yourself, since knowledge of the road and its hazards is essential. Records show that young drivers are most at risk to the danger the road presents because their inexperience and lack of knowledge makes them significantly more vulnerable. **Last year alone 1,204 people between the ages of sixteen and nineteen were injured on roads in the Thames Valley and Hampshire district.** An average of four young people per week are killed or seriously injured and one in four deaths involve young drivers. For this reason it is

extremely important for young people to be educated and enlightened in all aspects of driving.

In late November of last year my school arranged for pupils to attend a talk in Milton Keynes initiated by the 'Safe Drive Stay Alive' team. It was shocking. It shone a new light on driving and has been extremely influential on my attitude to driving. 'Safe Drive Stay Alive' is a road safety partnership made up of members of the Thames Valley Police, emergency services and local councils. Each speaker had a different story to share. An emotional police officer expressed the horror she experiences when investigating car incidents. A paramedic gave us an insight into the reality of life on the road. She described a distressing story of how a young student, not much older than I am, had died in front of her eyes. What's more, a nurse spoke of how rarely a day goes by without having to deal with a seriously wounded driver.

The presentation seemed to go on for an eternity. As one person left the stage, another entered with their own personal story to tell of the dangers the road presents.

The talk concluded with Shelly. Unlike those before her Shelly wasn't a police officer, paramedic or nurse; she was just an ordinary person like me. Shelly didn't talk about an incident she had seen or dealt with, instead she spoke of one she had experienced herself, first-hand. Shelly told

her own story - the incident that changed her life forever.

Her speech was impaired and she required assistance even to get up the steps to reach the stage. This struggle I witnessed was almost a metaphor of her new life. It was difficult to believe that just a few years ago this now disabled young girl was a sporty and athletic individual. After her accident Shelly was on life support for three weeks and in a coma for two months as medics battled to save her life. As she spoke, fighting off tears, Shelly managed to say "*It wasn't like in the movies. I couldn't walk. I couldn't talk*". Those words have stuck with me. They stayed with me as I was leaving the hall. They were still in my mind as I gazed out of the coach window on the way back to school. And they are still in my thoughts today.

It really made me think. 'Safe Drive Stay Alive' changed my outlook on driving. Of course, there are many positive aspects to driving, but that day I learned to understand fully the life-changing, or even fatal, consequences that are possible.

If you have children of a similar age to me, I strongly recommend that they attend a 'Safe Drive Stay Alive' event as I truly believe it makes a difference and saves lives. [www.safedrive.org.uk](http://www.safedrive.org.uk)

*Adam Kellett*

# Watermead Christmas Craft Fair and Carol Concert



The winner of the "Name the Bear" competition was Danny Roberts seen here with his mother, the bear and Mary Singleton



**Many thanks go to Graham Severn who, with a loyal team of Dot Toler and Noreen Shardlow, organised our annual Christmas Craft Fair** which took place on 6th December 2014 in the Village Hall. Once again this event proved very popular with a full complement of stall holders selling a variety of hand made goods such as pottery, Christmas cards and decorations, jams and chutneys, jewellery and gifts. It was a crisp, bright day and there was a steady stream of customers throughout the day including David Lidington MP.

Dot did her magic in the kitchen providing tea, coffee, soup and a tasty range of sandwiches, hot dogs and other snacks raising £67, towards the total of £194 which will go towards future events.

Mary Singleton's "Name the Bear" competition raised £56 for the charity Children's Health & Therapy (CHAT).

Remaining proceeds have been kept to fund future events. Several of the stallholders also donated profits to their own charities.

**Carol Concert**

We were once again lucky that the weather stayed fine for the

evening of 13th December 2014 and the Carol Concert was well attended. We all enjoyed singing carols accompanied by Thame Concert Band who provided the music for us. We decorated our Christmas tree specially for the occasion and placed our special fairy on the top.

The children sang Away in a Manger and then Rev Mark Ackford related the Christmas Story with a "chocolate" theme which amused not only the children but also the adults. Chocolates were distributed to those quick enough off the mark to recognize when a word or phrase related to a chocolate bar!

Father Christmas took time out from his busy schedule to visit Watermead and he spent time with the children giving out presents and some good cheer. The grown-ups enjoyed mulled wine with a mince pie or sausage roll for which they made a donation to CHAT. A total of £109.96 was raised for this deserving charity.

Thanks go to Father Christmas, Dot and Phil Toler, and all the other volunteers who helped to make this a successful start to the Christmas in Watermead.

Clever stuff when you rearrange the letters:

PRESBYTERIAN	BEST IN PRAYER
ASTRONOMER	MOON STARER
THE EYES	THEY SEE
THE MORSE CODE	HERE COME THE DOTS
SLOT MACHINES	CASH LOST IN ME
ELECTION RESULTS	LET'S RECOUNT
A DECIMAL POINT	I'M A DOT IN PLACE
ELEVEN PLUS TWO	TWELVE PLUS ONE
MOTHER-IN-LAW	WOMAN HITLER

## VillageView needs you!

**Would you like to join our vibrant team of volunteers in the production of our award-winning, quarterly village magazine, Village View?**

Or perhaps you are a whizz with a camera or you just like talking to people and finding newsworthy information; we would like to hear from you.

**We urgently require an Advertising Manager**

Our publication is provided *free* to all households in Watermead and beyond. We rely on our advertisers who provide the funds to do this. The job involves liaison with our advertisers regarding positioning of their ads and relevant costings, finding new advertisers and managing renewals.

This could be your next big challenge! Training will be provided.

**To apply for these positions please write to our Parish Clerk, Noreen Shardlow at [noreen.shardlow@watermead-pc.gov.uk](mailto:noreen.shardlow@watermead-pc.gov.uk)**

## Smiles needs you, and you need Smiles

**Smiles is a new charity established last year for learners with learning difficulties and run not-for-profit.**

**Why are we here?**

Smiles exists to assist adults with improving fitness, co-ordination, physical wellbeing and social skills by way of providing varying activities in a safe environment. This will be pursued to begin with by offering football coaching with a view to entering a league in 2015 and then to branch out into other activities. These activities will include archery and kayaking.

**Other activities**

Smiles have recently had bookings for 8 full days of archery in the Summer of 2015 by Harrow Mencap. We very

much look forward to these and expanding the activities for all of our clients in the Aylesbury area.

Smiles is a user led organization and are currently in talks with the current clients as to the next regular activities on offer.

Smiles currently have three Directors: Mick Dorr, FA trained football coach, first aider and has many other strings to add to his bow; Graeme Catten who is a practicing accountant in Chinnor for Operam Ltd; and Rolande Burrows who is a retired teacher.

These people together with their wonderful volunteers will ensure many years of fun filled activities for their clients.

If you would like to know more please contact us: 07939 396314 [graemecatten@btinternet.com](mailto:graemecatten@btinternet.com)



# What's on IN AND AROUND WATERMEAD

## March

5th	Watermead & Weedon WI	Village Hall 7.30pm
15th	Mothering Sunday	
19th	Watermead Parish Council Meeting	Village Hall 7.30pm
22nd	Rennie Grove Hospice Care's Chilterns Cycle Challenge Kingsbury Square 8am	

## April

2nd	Watermead & Weedon WI	Village Hall 7.30pm
3rd	Good Friday	
5th	Easter Sunday	
15th	Watermead Gardening Society AGM	Village Hall 7.30pm
16th	Watermead Parish Council Meeting	Village Hall 7.30pm

## May

4th	Bank Holiday	
7th	Parish, District & General Elections	Village Hall 7am-10pm
14th	Watermead & Weedon WI	Village Hall 7.30pm
21st	Watermead Parish Council Annual Parish Meeting	Village Hall 7pm
21st	Watermead Parish Council Meeting	Village Hall 7.30pm
25th	Bank Holiday	

## June

4th	Watermead & Weedon WI	Village Hall 7.30pm
6th	Watermead Gardening Society Plant Sale	Village Hall 10am-1pm
18th	Watermead Parish Council Meeting	Village Hall 7.30pm
21st	Fathers Day	

## 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,  
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Maree Van Danzig  
maree-cygnets@hotmail.co.uk  
07563 783464

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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

**WATERMEAD & WEEDON  
WOMEN'S INSTITUTE**  
First Thursday of the month  
7.30 - 9.30pm  
Julia Morgan 487650  
julia-morgan@sky.com

**JO JINGLES**  
Tuesdays  
Music & Movement 1.30 - 2.15pm  
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6 months to walking  
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Debbie Bird 625599

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Janet Castielli 433956  
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**YOGA**  
Tuesdays 6.00 - 7.00pm  
7.15 - 8.15pm  
Gale Smith 747900

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

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

Resident Rates - 1/4 page - £25 1/2 page - £50 full page - £100

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

10% discount for resident advertisers committing to 4 issues. 20% discount for non-resident advertisers committing to 4 issues. Special prices apply for back, inside front and inside back cover. Please call the Advertising Manager for further details.

### The Team:

Advertising Manager	Paul Wilson	Tel: 488066	pwilsonofc@btinternet.com
Editor	Mary Singleton	Tel: 428569	mary.singleton@watermead-pc.gov.uk
Assistant Editor	Carolynne McKeen	Tel: 435096	carolynnemckeen@btinternet.com
Graphic Designer	Rachel Seago	Tel: 712545	rachelseago@sky.com
Distribution Manager	Dot Toler	Tel: 432405	dot_toler@hotmail.com

**Read by over 1,200 homes**

Creating or modifying the adverts will also be charged for separately. Please arrange advertisements at least 4 weeks prior to publication date and send to the Advertising Manager (see above). Publication dates are subject to change depending on local events at time of publication. Payment of advertising space must be paid one week prior to artwork of publication going to print. If you have any suggestions for content/articles please contact any member of the team above. Design by Rachel Seago. Printed by Eagle Graphics Limited.

# Hold a Fish and Chip supper to help spinal cord injured people

**Great British Fish and Chip Supper**  
**Friday 15th May 2015. Want to**  
**eat Fish and Chips, while raising money**  
**for charity?** Hold a Fish and Chip Supper on Friday 15th May 2015 whilst raising awareness of spinal cord injury and supporting SIA's vital services.

You can hold a Fish and Chip Supper in your own home, at work or hold a larger supper at your local community centre.

SIA will provide a fundraising pack containing hints and tips, recipes, invitations and donation envelopes. By inviting 8 friends and asking them to donate an additional £5 means you will raise at least £40 from your supper but we will also give you additional fundraising ideas to raise even more money for SIA.

In 2015 we want to make the batter matter and raise £40,000 from everyone holding suppers. Last year we raised £20,000 from the suppers.

The money raised from the suppers will help the Spinal Injuries Association offer support to individuals who become paralysed and their families, from the

moment a spinal injury occurs, and for the rest of their lives by providing services and publications which enable and encourage paralysed people to rebuild lives after spinal cord injury.

Every year in the UK over 1,000 people experience a spinal cord injury and there are an estimated 40,000 spinal cord injured people in the UK alone.

Community Fundraising Manager, Elizabeth Wright, says, "The Fish and Chip Supper is a wonderful opportunity for a great evening with friends and family. We are also encouraging people who work to hold a Fish and Chip Lunch in their work places to raise even more funds. You may be even a local community group wanting to run a fun evening with your group."

**For more information or request a fundraising pack call Elizabeth Wright on 0845 071 4350 or email fundraising@siafishandchips.co.uk or visit www.siafishandchips.co.uk**

**Paul Wilson, our interim Advertising Manager, celebrates his 65th birthday with his wife, Su, family and friends just before Christmas.**



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# Eat the World Greece

**In the 1970's I, the Editor, collected the Encyclopedia of World Cooking in 112 weekly parts – "Supercook". I have them all in 8 collectors' folders.**

*One of my favourite recipes is Arni Psito - roast leg of lamb - it is considered a great delicacy in Greece and is traditionally eaten at Easter.*

## Arni Psito

### Ingredients:

- 5 lb leg of lamb
- 1 garlic clove, crushed
- 2 teaspoon grated lemon rind
- 1 teaspoon salt
- freshly ground black pepper
- 1 oz (2 tablespoons) butter
- 2 tablespoons oil
- 2 tablespoons lemon juice
- 4 fl oz stock or water
- 2 onions, chopped
- 2 tablespoons chopped parsley
- 6 oz mushrooms, sliced

### Method:

1. Preheat the oven to very hot 475 degrees F (Gas mark 9, 240 degrees C)
2. In a mixing bowl put the garlic, lemon rind, salt and 6 grindings of black pepper. Mix well. Spread the garlic mixture over the lamb. Place the lamb, skin side up, into a roasting tin.
3. Place the butter and oil in

a small saucepan and melt over a low heat. Add the lemon juice and stock or water. Bring to the boil and pour into the roasting tin. Cook in the oven for 20 minutes.

4. Reduce the heat to moderate 350 degrees F (Gas mark 4, 180 degrees C). Add the onions, parsley and mushrooms and continue cooking for about 2 hours.
5. Place the meat on a serving dish and arrange the onion mixture around it with cooked rice sautéed in butter.

### Baklava

*A rich cake made of thin layers of crisp pastry, filled with chopped almonds or walnuts steeped in syrup or honey, baklava is made throughout the Middle East and Greece. Baklava varies in detail from country to country, town to town and even from one household to the next. But in one respect it must always be the same. The pastry must be paper thin, for that is the secret of good baklava. The recipe below is from BBC website: [www.bbc.co.uk/food/recipes/baklava\\_80243](http://www.bbc.co.uk/food/recipes/baklava_80243)*

### Ingredients:

- 18 sheets ready-made filo pastry (unwrap and keep under a damp tea-towel until you are ready to use),
- 150g/5oz unsalted butter, plus extra for greasing,

- 200g/7oz mixed pistachios and walnuts, roughly chopped,
- 2 tbsp granulated sugar,
- 1 tsp ground cardamom

### For the syrup:

- 300g/10½fl oz granulated sugar
- 250ml/9fl oz water
- 1 tbsp lemon juice
- 1 tbsp orange blossom water

### Method:

1. Preheat the oven to 180C/350F/Gas 4.
2. Grease a 17cm x 28cm (11in x 7in) baking tray with butter.
3. Melt the remaining butter in a saucepan over low heat or in a microwave.
4. Lay 10 sheets of filo pastry, one at a time, into the tray, brushing each sheet with butter before adding the next.
5. In a clean bowl, mix together the nuts, sugar and cardamom and spread the mixture over the pastry in the tray.
6. Layer up the remaining sheets on top of the nut

mixture, brushing each sheet with butter, as before.

7. Using a sharp knife, cut a criss-cross pattern into the top layers of the pastry.
8. Place baklava in the preheated oven for approximately 20 minutes, then decrease the oven temperature to 150C/300F/Gas 2 and cook for an additional half hour to 40 minutes, or until the pastry is slightly puffed and golden on top. Do not allow the top to burn. Remove and allow to cool slightly.
9. For the syrup, heat the sugar, water, lemon juice and orange blossom water in a small, heavy-bottomed saucepan and cook over a medium heat until the sugar has melted and a syrup is formed. (This will take about 20 minutes or so.)
10. Pour the syrup into the slits in the baklava and leave to cool. Cut into small diamond-shaped pieces and serve.

## Phil Toler - our newest recruit



My wife, Dot, and I moved to Watermead over 20 years ago. We have two children, Michele and Paul, who have now moved away from home and are working in Oxford and London. I have worked for Dairy Crest as Finance Controller for the past 25 years.

When I first moved to Watermead, as a founding

shareholder I helped to establish the residents company Lakeside Land Ltd in 1994 and served as Finance Director through to its dissolution when the land was transferred to the Parish Council in 2009.

Dot and I help run the annual Christmas Carol Concert and I am a volunteer distributor of our 'Village View' magazine. At age 61, I have just joined Watermead Parish Council as a Parish Councillor. I have a strong interest in protecting our village from undesirable development eg the Hallam Land application to the East of Watermead.

I am also a member of the band The Dung Beatles!

Phil Toler

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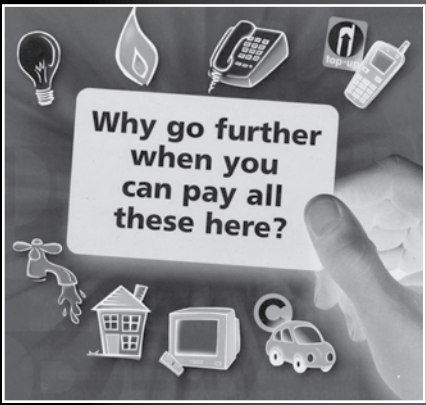
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# Does your pet have a drinking problem?

**An increase in thirst can be an early sign of a range of diseases. If you notice that your water bowl has to be topped up more regularly or you notice that your cat has become less fussy about where they obtain water then it could be the start of a problem.** Diseases which cause an increase in drinking include diabetes, liver and kidney disorders, urinary tract infections, hormonal/endocrine disease and some types of cancer. In many of these conditions the increase in thirst is a compensation for an increase in urination (rather than the other way around). You may notice that the litter tray needs changing more frequently or that your dog has the occasional accident in the house or is unable to make it through the night without needing to go outside to urinate. The upper limit of normal water consumption in dogs and cats is considered to be 100ml/kg/

day (for example 1 litre for a 10kg dog). By measuring the amount of water in your pets bowl over a 24 hour period, you can determine whether their intake is excessive. Obviously it becomes more difficult to quantify if they drink from other sources such as puddles and ponds!

The first step when investigating an apparent increase in thirst is testing a urine sample. In dogs, this can be collected in a clean, shallow container and emptied into a sterile collection pot available from the vet although a clean jam jar or plastic container will do. Cats are usually less obliging at providing samples. If they use a litter tray, vets can provide non-absorbent plastic beads to replace their usual litter and therefore enable you to collect a sample with a syringe or pipette. If several cats use the litter tray you may need to temporarily confine the affected cat to one room with the tray until you

obtain your sample. The other method of obtaining a sample is called "cystocentesis" and involves the vet passing a small needle into the bladder to suck out a urine sample. This can often be done in the consulting room but does depend on the individual cat's demeanour!

The "dipstick" test is used to look for evidence of diabetes, kidney disease or urinary infections and the urine concentration is measured using a hand-held refractometer. A reduction in the normal concentration of urine can be an early sign of kidney disease – often before any abnormalities are detected on a blood test. Sometimes the urine sample will be cultured to look for evidence of a bacterial infection and to determine the appropriate antibiotic for treatment.

Infections can occur secondary to other diseases such as kidney disease (creating dilute urine) or diabetes (glucose in the urine).

After the results of the urine

test have been interpreted, and in conjunction with a physical examination by the vet, a blood test to assess the internal organs may be necessary. This may be followed by x-rays or an ultrasound examination to further pinpoint the underlying problem causing an increase in thirst.

Many of conditions that cause an increase in our pets' urination and drinking can be treated and are much more effectively managed if treated at an early stage. If you have noticed that your pet seems to be drinking more than previously, contact your vet and if possible bring a urine sample to your appointment.

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

## Tea Break Quiz



1. What fruit is named from medieval Latin meaning seeded apple?
2. 'Little Briar Rose' (German Dornroschen) by the Brothers Grimm is an early version of which popular 1959 and 2014 films?
3. Which creature is mythically said to sing before it dies – thereby giving the name to a grand final performance before retiring?
4. What media technique was first used successfully in a live CBS TV transmission of the 1963 US Army v Navy football game?
5. What abbreviated company/brand stands for, translated, Spanish Touring Car Company?
6. What modern word for careless writing is derived from the Latin 'to write'?
7. Which 2 English Cathedrals have copies of the Magna Carta?
8. Which 2 organic stimulants formed the basis of the original Coca-Cola?
9. King John signed the Magna Carta in 1215. What year was he crowned?
10. In what city did a nurse become the first person outside Africa to be infected by Ebola in the 2014 outbreak?
11. Betty Joan Perske died in 2014. By what name was she better known as a film actress?
12. When did King John die?
13. What was the cause of his death?
14. In 2014 who became the oldest person to be identified using DNA analysis?
15. As well as for signing the Magna Carta King John is famous for being the evil King in Robin Hood. Which great actor voiced King John in the Disney version of Robin Hood? Sir Peter O'Toole, Sir Peter Ustinov, Sir Alec Guinness or Sir Ian McKellan?
16. Is it true that King John approved the Magna Carta by using his seal rather than signing it because he was illiterate?
17. How was Oliver Cromwell rumoured to have referred to the Magna Carta to demonstrate his disregard for it?
18. The world's oldest original model village is in which English county?
19. Dr Tom Parry Jones, who died in January 2013, developed and marketed which 'road safety device' in 1967?
20. King John had many illegitimate children by many different women, but they almost all took the surname Fitzroy. Why?

Answers on page 15

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# The View from Westminster

**In Britain, every Government Minister also has to be a member of one or other House of Parliament.** Even the Prime Minister holds constituency surgeries and has to deal with the same kind of mailbox as any MP, full of individual and local problems over benefits, housing, immigration casework, anti-social behaviour, school admissions, planning and so on.

I've been keeping in close touch with Watermead Parish Council about the crematorium proposal and I have lobbied firstly AVDC and now Ministers to try to get the proposal shelved. It seems crazy to me for this scheme to go ahead when all the Bucks District Councils have agreed on a plan for a site at Birtton where there is far less local opposition.

In my ministerial role as Minister for Europe at the Foreign & Commonwealth Office, I am responsible for our relations with 49 European countries (including Russia and Turkey) and the British territory of Gibraltar.

At the risk of over-simplifying, there are three over-arching themes to what I do as a Minister. The first is about enhancing Britain's security. For example, I've worked with Theresa May to negotiate the right terms for the UK to take part in key EU-wide police co-operation measures. We are now pushing for all EU countries to agree to share airline passenger name records with each other's police and intelligence agencies so we can track terrorists and other criminals more effectively. In the last year, I've also spent a lot of time on Britain's policy response to Russian aggression in Ukraine.

The second big theme is action to promote greater prosperity and economic growth for Britain. We trade far more with Europe than with any other part of the world. So the rules for trading within the European market matter hugely for Britain's businesses including many local employers.

So I talk to governments, EU Commissioners and MEPs to build coalitions of support to cut red tape, create a European market in digital trade, make it easier for service businesses to trade throughout Europe, and strike free trade deals between the EU and other countries. In the last four years we've achieved free trade agreements with South Korea, Singapore and Canada, giving enormous new export opportunities to UK businesses and talks on an EU/USA agreement are now under way.

The third priority is work to help British citizens overseas. Well over a million of our citizens live in other European countries and many more travel as tourists or business visitors. Most cases where British citizens get into difficulty are dealt with by consular teams in our embassies, but MPs of all parties write or come to see me about particularly complex or tragic cases involving their constituents.

I've also lobbied Spain and Cyprus about property disputes affecting British expatriates, helped Thalidomide victims talk to the German government about compensation, and I also decide changes to official travel advice after reading intelligence reports about possible threats.

The work is both stimulating and pretty relentless. And the constituency work, whether emails or surgery, makes sure you keep your feet on the ground.

*Rt Hon David Lidington,  
MP for Aylesbury*



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# The Easy Living Company move in

**A new shop is opening in February at Watermead Piazza, right on the lakefront.** I stopped by today to meet its dashing Managing Director, 27 year old Chris Walsh, who co-owns the shop with his father, Alan. When I visited, the shop was being fitted out with modern wooden flooring and an arty wooden wall, lending a light, airy and modern feel to the shop.

The shop is in a delightful location. One side has windows facing directly onto the lake with views of ducks, swans and sunsets to enjoy. Chris himself is also a breath of fresh air. He's young, ambitious, warm and very approachable. His goal is to bring independent living services to people in a positive way, focusing on life enhancement rather than on disability.

*"Buyers are not all older people,"* Chris explains. *"There are plenty of younger people who need living aids because of accidents or long-term illness. But sometimes people don't like to think that they need a certain aid, even though it could really help them."* He wants to create a welcoming, aesthetically appealing environment which will encourage people to come in and find out what's available. Too many people struggle on their own, unaware that their lives could be easier.

Chris is very much against a hard sell; his focus is on wanting to help people. He

says that, in many cases, he'll let people take items home on trial (with a deposit for larger items) so they can see if they work for them. The new shop can also deliver items over £20 and next day delivery is available on many items. They will accept the PIE (Partners in Equipment) vouchers from Bucks County Council, which make it easier for people to afford the items they need.

Chris's family have been involved in independent living retail for about 18 years, since his mother, Maureen Cole, a social worker, set up a shop in High Wycombe. A further shop was opened in Princes Risborough 9 years ago and Chris started working there when he was 18. Because rival shops in their retail sector have recently closed down in Stoke Mandeville and Leighton Buzzard the family felt that moving into Aylesbury made a lot of sense.

Unfortunately Chris has recently been diagnosed with epilepsy, and is currently trying to find the right medication levels. Despite this setback he is full of enthusiasm for his new business, and is not going to let obstacles get in his way. The new business, 'the easy living company', will support the Epilepsy Society, which is based in Chalfont, by hosting a collection box on their counter. I put it to Chris that his own medical problem could make him more approachable

to customers, and he certainly hopes that will be the case. I wish him all the best with his new venture, and with his health.

Find them on facebook -  
[theeasylivingcompany](http://theeasylivingcompany)

*Debbie Clarke*



## Random People

**The first in our new series of 'Random People' spotted around Watermead is Dave Lang,** who has lived on Watermead with his wife Marcia for 16 years. Nearly every weekday morning, Dave selflessly goes out to pick up litter from the Piazza, the car park, and around the small lake and the large lake. He does it because he hates mess and wants the area he lives in to look nice. He's been doing it for years, but stepped up his efforts after he retired. He finds all sorts of things - some unsavoury, some just strange, such as odd socks. Unfortunately, a lot of bread bags are left

behind by people feeding the ducks with young children. In the summer months the litter problem gets much worse, with overflowing bins, and so many people from Watermead and around Aylesbury coming to use our leisure areas in warm weather. Dave is sometimes joined by Graham Severn, who concentrates on the wooded area on the far side of the lake from the pub. I'm sure you'll join me in thanking them both for doing such public-spirited work and making our home environment so much cleaner, safer and more pleasant.



### Answers to Tea Break Quiz on page 13

1. Pomegranate, 2. Sleeping Beauty and Maleficent, 3. Swan (Swansong), 4. Instant replay, 5. SEAT (Sociedad Espanola de Automotiv de Turismo), 6. Soribble (Soribere), 7. Salisbuty and Lincoln, 8. Cocaine (from the coca leaf) and caffeine (from the cola nut), 9. 1199, 10. Madrid, 11. Lauren Bacall, 12. October 2016, 13. Dysentery, 14. King Richard III (died in 1485), 15. Sir Peter Ustinov, 16. Yes, 17. Magna Farta, 18. Buckinghamshire, 19. Electronic breathalyser, 20. Fitzroy is Norman-French for 'son of the king.'



# The Holocaust and Auschwitz

**2015 sees the 70th anniversary of the end of the Second World War and also the liberation of the Nazi concentration camps.**

There were around 20,000 camps. Initially, they were used as forced labour and transit camps, but were actually built for mass murder. Building began in Germany in 1933 when Hitler became Chancellor of Germany. That same year a law was passed which prohibited any Jew from working in the legal profession, the civil service and many other occupations. German Jews began to be subjected to harassment and violent attacks. In 1935 a law was passed which prohibited Jews from marrying people of other religions. Neither could they be classed as German citizens, because they were not of Germanic heritage. Jews, and other minorities, were given no choice but to emigrate.

In September 1939 the Nazis invaded Poland with the intention of continuing their anti-Semitic behaviour by exterminating all Jews from Europe, simply because they were Jews. This mass extermination was known as “The Final Solution”. Hitler’s refusal to withdraw from Poland prompted the start of the

Second World War.

During 1940 the Polish Jews were herded into ghettos, leaving behind their homes and most of their belongings. They were made to share houses, perhaps having only one room per family. Even though they were still in their own country they were prisoners of the Nazis; they were given the most menial jobs and made to build high walls around their ghettos with barbed wire on the top. Anyone who tried to escape was shot on sight. Many did and many died.

In 1941 Germany invaded the Soviet Union. The Jews from there and around Europe were transported to the ghettos and then to concentration camps that had been built in Poland. As well as the main camps there were many sub-camps close to factories, where the prisoners were needed to make materials for the war effort.

One of the best known camps was Auschwitz 1. Built originally to hold Polish political prisoners, by 1940 it was being used to house Polish Jews and by 1941 the Nazis had started exterminating them.

The Jews were packed onto trains for transportation to Auschwitz. Many died during

the long and arduous journey. On arrival their luggage was piled onto the railway tracks. The SS promised they would be reunited with their belongings so they wrote their names on their suitcases. Next came “selections” conducted by an SS doctor identifying those deemed fit and able to work. The rest, which included children, the sick and the elderly were either killed on the spot or immediately sent to the gas chambers. It is estimated that 70-75% of the people transported were sent immediately to their deaths.

The Jews who could work were registered - tattooed with a prisoner number, undressed, deloused, and all their head and body hair was shaved. They were given striped uniforms with a Star of David sewn on the front. Only then were they allowed to enter the concentration camp. Once installed, they were sent either to nearby factories making chemicals and materials to help Germany win the war, or to help build other concentration camps.

Their belongings, including the clothes they arrived in, their hair, jewellery, spectacles and gold teeth were placed in a warehouse. “Trusties” sorted

these items for shipping back to Germany to help with the war effort.

It soon became apparent that Auschwitz I was becoming overcrowded and larger accommodation was needed. Nearby were a few small villages. The Poles who had lived there had been expelled, so their homes were demolished and the building of Birkenau or Auschwitz II began.

There were 62 residential barracks and 10 barracks for washrooms, toilets, kitchens, bathhouses and storage. The work was completed in 1943, but the two gas chambers, known as bunker one and two, were first used in May 1942. Later that year a gigantic complex of 4 gas chambers and crematoria was constructed. The Germans estimated that 1.6 million people a year could be killed and burnt there.

Every day the prisoners were woken at 4 am. They then rushed to the toilet facilities. Hundreds of prisoners and few facilities resulted in those that couldn’t finish in time being killed. Breakfast was meagre; if they were lucky they received some stale bread and coffee. Then there was the first of the two “roll calls” of the day. Prisoners had to stand in rows

of 10; everyone had to be present including those who had died during the night. The counting began. If there was a mistake it could take many hours, but they had to remain standing, even in rain or snow, in just their flimsy uniforms. They were then escorted on foot to their various jobs. The builders were lucky if they were given tools - mostly they had to use their bare hands. Some were taken to nearby factories. They worked 12-14 hours a day without rest. They were then escorted back to camp where the second roll call took place, which could take up to 10 hours.

**All prisoners were treated barbarically. They lived as slaves on a starvation diet in rough, unsanitary and freezing conditions. They were not thought of as human beings, especially if they were Jewish, so the SS used them for medical experiments.**

They were particularly interested in twins, often injecting one with a disease which killed them, then killing the other twin so they could perform comparative autopsies. Other experiments were hoped to enable German women to produce more twins to build up Hitler’s ‘pure’ race.

Hitler’s ‘ultimate killing machine’ went on for many years. Any attempt by prisoners to protest quickly resulted in death. Survival was paramount, sometimes even turning prisoners against each other.

But then, the German army at the front started losing the war. In November 1944 the Soviets were advancing from the east, the British, French and Americans from the west. The Nazis ordered gassing to stop and evidence of it to be destroyed. In mid-January 1945 the Nazis ordered a ‘clean up’. They destroyed documents, dismantled buildings and attempted to blow up the gas chambers. They started evacuating the concentration camps, moving as many prisoners as possible to other camps. From Auschwitz 58,000 prisoners had to march 35 miles to freight trains which would take them to other camps. One in four died during the march, either from cold and exhaustion, or they were shot. These became known as the “death marches”.

On January 27th 1945, the Soviets liberated the camp. They found about 7,000 sick or incapacitated prisoners and about 600 corpses. Among the items the Red Army discovered were 370,000 men’s suits, 837,000 women’s garments and 7.7 tonnes of human hair. Many suitcases still had the owners’ names scribbled on them.

After liberation, Auschwitz was turned into a hospital, because many of the prisoners were too weak to be moved.

Estimates of deaths in the Holocaust vary. The exact figure will never be known. Eleven million dead is often stated, but it is unclear where this figure comes from or how it was calculated. Many people think it is far too low and estimate 11-17 million.

**Six million of these victims were Jewish - almost two thirds of Europe’s Jewish population, from 35 different countries - and about a quarter of these were children. Up to 270,000 victims were Roma/Sinti (gypsies).**

These figures include the camps, mass graves in the countryside, killings in the street and organized mass shootings. Hitler also targeted homosexuals, communists and other political dissidents, Slavs, Jehovah’s Witnesses, some Protestant pastors and

Catholic priests, black people, the mentally and physically disabled and others. The Wannsee Protocol makes it clear that the Nazis intended to carry their “final solution” to Britain and all neutral states in Europe, such as Ireland, Switzerland, Turkey, Sweden, Portugal and Spain.

**Historians estimate that between 2.1 million and 4 million people were murdered at Auschwitz, the vast majority of them Jews.**

On 2nd July 1947 the Polish parliament declared that the whole area of Auschwitz should be turned into a museum. In 1979 it became a world cultural heritage site and visitor numbers increase every year. It is a peaceful but sad experience and one that I would recommend for everyone. Take a look at this link for more information and images; <http://youtu.be/449ZOWbUkf0>

*Marcia Lang*





# New-ears early bunny offer for sixth Gemstone Midnight Walk

**F**lorence Nightingale Hospice Charity (FNHC) is already gearing up for the annual Midnight Walk taking place on Saturday 11th July supported by local radio station Mix96 – the Charity’s biggest fundraising event of the year, and is delighted to announce the launch of a brand new neon theme ‘GLO for FLO’!

The annual Midnight Walk around Aylesbury, starting at Aylesbury College, now in its sixth year, saw over 600 ladies light up the night sky with their pink flashing bunny ears hence the event’s new theme: “The trend to do an electric, colour or

neon-themed event is really big at the moment, so we thought it is the right time to introduce something different to this year’s event, which we hope will appeal to those walkers who have done the event before, and new walkers who have never done it before,” said FNHC’s Sam Heggie. “As well as the traditional bunny ears on offer, we’ll have a range of ‘glow-in-the-dark’ accessories to buy on the night, which can be added to jazz up t-shirts, hair and even faces, plus our neon face-painters will also be back!”

Two route options are once again available to take on either the six or 13-mile (half marathon) challenge, with top

training tips to get you limbered up well in advance of the event available to download online and as part of every walker registration pack.

Local businesses including George David Estate Agents, Fresh Design & Print, Aylesbury College, Glow Fitness, Premier Windows, Mix96, Bucks Herald and Class Act, have already confirmed their support.

“This truly is a wonderful event, and you don’t have to travel very far to take part,” explained Sam. “It’s open to individuals and teams anyone over the age of 12 (if accompanied by an adult), so do something special this year and show your support for Florence

Nightingale Hospice, a worthy cause, helping local families through specialist palliative care right here in Aylesbury Vale.”

To register to take part in this year’s ‘GLO for FLO’ event, simply visit [www.gemstonewalk.co.uk](http://www.gemstonewalk.co.uk) and enter online or call the Charity office on 01296 429975. £17 entry fee includes walker t-shirt, training plan, refreshments on route and a hot or cold breakfast plus souvenir medal on completion of the challenge.

Follow the dedicated Midnight Walk Facebook page at [#gemstonemidnightwalk](#) and on Twitter at [@gemstonewalk](#)



## A year in the life of Watermead and Weedon WI

**2015 will be an exciting year for WIs all over the country as we celebrate our Centenary.** There will be lunches, garden parties and all manner of other special events to mark this important anniversary. Any excuse for a good party! The membership of Watermead and Weedon will join in these events whenever

and wherever possible but we shall be following a busy programme of our own in 2015.

That said, it will be quite hard to improve on all that we did in 2014. We began the year with a new President, a new Treasurer and a much smaller Committee that we were used to. Our membership increased by four, meetings were well

attended generally and we listened to a variety of speakers including Bill Hamilton who spoke about his life as BBC correspondent and Air Vice-Marshall Graham Skinner who explained about the London Livery Companies. A craft evening in April involved us all making small Easter boxes full of chocolate eggs (well,

the ones we didn’t eat at the meeting) and Beatlemania was our August meeting. It was good to see how many members had raided the backs of their wardrobes to dress appropriately for the Sixties and to throw themselves into the beetle drive we organised followed by the Sixties influenced buffet.

An outing took place September to Brighton and in early December we went to the Christmas market in Bath. Whilst there is never a big group who attend these outings, those who do always enjoy the day and it is amazing how many different things we all find to do in one place. We open most of our outings to friends and families of members so there is always a variety of age groups.

WWWI has not had any sub groups until recently, but in March 2014 a craft group formed. It meets every month, usually on a Tuesday afternoon for a couple of hours. The venue moves from place to place, members taking it in turn to host and provide light refreshments. The most popular choice of craft is knitting, followed by embroidery, some quilting, tapestry and really any portable craft that allows spare attention for talking as well! In early 2015 a jigsaw group will begin with about 5-6 members initially.

Eight of our members attended the Bucks Federation WI Annual meeting at Waterside in April and WWWI had an added interest this year. We entered the Wright Cup for the first time; we were required to generate publicity material for our WI. Four of us spent some lively meetings putting the information together and managed a very creditable second place. Flushed with our success, we decided to enter an exhibit at the Bucks County Show later in the year. The theme was “A Commonwealth Country” and we picked Australia. This required a much wider range of skills, far more meetings and lots of practice. Expenditure was limited to £25 so much of the items used to make up the display were discovered in cupboards, scrap bags, and gardens of members or members’ friends. We were very pleased with the result of our efforts although we didn’t win any prizes. Our third and final foray into competition was a jigsaw competition. The jigsaw was difficult and we didn’t really get much done but then the other teams didn’t complete the puzzle either. The competitive spirit may have waned slightly...until the next time!

The programme for 2015, which is published (on the right), covers a wide range of activities from the more traditional WI activities like baking and crafting to square dancing and chocolate tasting. We welcome new members at any point of the year, or if you are unsure whether the WI is for you, visitors are always welcome as well.

## Watermead & Weedon WI Programme of Events 2015

- |                                   |   |
|-----------------------------------|---|
| 8th January                       | <b>Science Magic</b> Some experiments for you to try  |
| 5th February                      | <b>A talk by the Red Cross</b> Bring & Buy Sale. All items £1   |
| 5th March                         | <b>A recorder recital &amp; talk by the Galliard Band</b>   |
| 2nd April                         | <b>Treasured Items:</b> “I’ll never throw this away because.....” Competition - a decorated hard boiled egg Refreshments will include an Easter cake to try |
| 14th May                          | <b>Resolutions</b> home-made biscuits, cakes & cookies Bring in a taster for all to try and the recipe to share   |
| 4th June<br>4th June<br>16th June | <b>Square Dancing with Alan Covacic</b><br><b>The National Agm Live Broadcast</b><br><b>The WI Centenary Garden Party</b> at Waddesdon Manor                |
| 2nd July                          | <b>Quiz Night</b><br>Bring & Buy Sale - bring in a mystery wrapped parcel All items £2  |
| 6th August                        | <b>Summer Lunch</b> Join us for lunch. Venue to be decided.   |
| 3rd September                     | <b>A talk by the Fire &amp; Rescue Service</b><br>To complete the evening join in with a puzzle or game.  |
| 1st October                       | <b>Card making</b> Make a Christmas Card with Carol Bring & Buy Sale. Seasonal items  |
| 5th November                      | <b>Annual meeting</b> Chocolate tasting. Get those taste buds working! Pick up your Christmas Tree card to decorate for December’s competition.             |
| 3rd December                      | <b>Christmas Party</b> Bring in some nibbles, drinks will be provided. Competition: A decorated Christmas tree card   |

Every month at our meeting we hold a raffle, run a book stall and a trade table.

Our afternoon craft group meet up once a month to knit, sew and natter!

New for 2015: join our Jigsaw Group, help complete a 1,000 piece jigsaw.

*New members are always welcome. We meet at the Watermead Village Hall at 7:30pm. On the 1st Thursday of the month (unless advised otherwise).*

**Further details can be obtained from our Secretary Julia Morgan 01296 487650 or our President Jackie Hawkins 01844 299429 Bucks Federation WI [www.bucksfwi.org.uk](http://www.bucksfwi.org.uk)**



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# Is fashion's most noble form a dying craft?



**As I am writing this Apiece, the first Haute Couture (High Fashion) collection of the new season is to be shown in Paris. Over the years the term "Haute Couture" has lost its status and meaning due to the term becoming worn out and being used too liberally.**

Yet the nobility and exclusivity of Haute Couture still remains today. It is thought of as being the most skilled and artisan form of fashion. The uniqueness of couture lies amongst the main principles set by the Chambre Syndicale de la Couture (the regulating commission that determines which fashion houses are eligible to be true haute couture houses). This criteria was established in 1945 and each couture house must follow regulations:

- Design made-to-order for private clients, with one or more fittings.
- Have an Atelier (workshop) in Paris that employs at least fifteen staff members full-time.
- Must have twenty, full-time technical people in at least one Atelier.
- Every season, present a collection of at least fifty original designs to the public, both day and evening garments, in January and July of each year.

Well-known official members of the Chambre Syndicale include Chanel, Christian Dior and Jean Paul Gaultier. Unfortunately, Haute Couture is an industry with little money in it. Special made to order clothing is no longer a profitable source of income and in many cases it costs more to make the garment than the price it is actually sold for. Only 2,000 women purchase

Haute Couture garments and 60% of these women are American. The craftsmanship that goes into Haute Couture is unimaginable. The typical time it takes to craft one item is 100-400 hours. Despite all this time being somewhat wasted, considering the minuscule purchasing demographic, the status of being a Couture house significantly elevates sales in other aspects of the brand including perfumes and cosmetics.

A new Atelier arriving on the scene is London based Ralph & Russo, the first and only British house to be chosen by the Chambre Syndicale, with their garments being shown amongst the most esteemed houses in fashion. Founded in 2007 by Australian duo Tamara Ralph and Michael Russo they selected some of the best couturiers in the world - each couturier has at least 15 years of experience.

Back in October 2014 Ralph & Russo presented their latest



collection at the Victoria & Albert Museum, making Haute Couture accessible to the public, I was included in this audience, unbelievably sitting front row. The setting of the Raphael Gallery instantly created an ethereal tone for the show. Haute Couture coming to London is an incredible deal and to be part of this is thrilling.

With a wedding dress taking approximately 4,000 hours to hand stitch, innovators like Ralph & Russo cancel out our woes of couture becoming a dying tradition.

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# Eggs - more than a nice Easter decoration!

**Over Easter you get them in every form and colour. A big plastic one as decoration on the windowsill, boiled and painted from the kids or, probably everyone's favourite, chocolate!**

There is no Easter without it: the Easter egg! But do you know that the egg is such a super food that you should eat at least one a day. No, sorry to disappoint you, I don't mean the sweet, unhealthy, chocolate version, I mean the real egg!

Just a few years ago we were told that too many eggs are bad for us because they are high in cholesterol. But a lot of studies have shown that the cholesterol in eggs and dairy products is NOT affecting the cholesterol level in the blood. Eggs are low in calories and high in protein. They keep you full for longer than a lot of other foods. So, actually, eggs for breakfast can

help you lose weight. A lot of tests have shown that people who eat eggs/protein in the morning are less hungry during the rest of the day, so tend to eat less. Also, eggs are full of Vitamins such as Vitamin D, B vitamins, selenium and Choline. Choline is an important vitamin for brain function. They are rich in antioxidants too. One of them is Lutein, which protects against age related eye diseases. And if that is not enough they are so easy to cook! You can get so much more out of them. Boiled, scrambled, fried, poached, egg salad, in a sandwich, in a salad and so on. Try to be creative!

## Having an Easter dinner?

You might want to do something special this year. See below an easy and delicious canapé recipe for you:

**Stuffed eggs (for 4 servings):**  
4 boiled eggs

a bit of cream cheese  
some mayonnaise, salt, pepper,  
mustard, parsley,  
icing bag or freezer bag

- Peel the boiled eggs, chop them in half lengthways (just for the look later on try to be accurate with it), and take the egg yolk out.
- Arrange the white halves on a plate and put the egg yolks in a bowl.
- The fun part begins with mashing the egg yolks up! Best thing to do this with is a fork, but even a spoon would do as they are soft enough to mash up easily.
- Next add a bit of cream cheese and mayo and mix it all up. Don't add too much at the start - just keep adding more until you have a nice, creamy texture.
- Season the mix with salt, pepper, mustard and parsley. Be careful with the mustard as

it has a really strong taste.  
• Now simply put the filling in your icing bag and fill the egg white halves with it. Some fresh parsley on top is the perfect decoration. If using a freezer bag you simply cut a little hole in one of the corners and use it the same way as an icing bag!

Bon appetite and Happy Easter!

*Nadine Bennison,  
Feel Good Nutrition*

More information about the benefit of eggs can be found at [www.bbcgoodfood.com/howto/guide/ingredient-focus-eggs](http://www.bbcgoodfood.com/howto/guide/ingredient-focus-eggs) and [www.authoritynutrition.com](http://www.authoritynutrition.com)

The opinions expressed in this article are those of the author. Always seek the advice of a doctor or other health professional with any questions you may have regarding a medical condition.

# Bending down

**A Rabbi once asked God “How is it that people no longer hear you speaking to them?” And God answered “Because they don't bow low enough.”**

When I heard this I was reminded of how, when speaking with young children, we often bend or even kneel down so that we're on the same level as them. Why do we do this?

We do it so that we're able to hear more clearly what they're saying. If we apply this to our conversations with God, and wonder why we don't hear Him speaking to us, it may be because we don't get into the right position and the reason for this is that we don't really want to hear what He is telling us. It's not that God isn't speaking but that we're not listening. We

don't mind listening to God as long as He's telling us things that we want to hear. It's surprising how very passionate and committed Christians often hear God speaking to them in words that fit in with their plans and schemes. Is this really what God wants? It may suit our purpose and keep us happy but oh so often we don't bend down to hear him because we're too busy standing on high and filling our ears with words we would like to hear.

Another reason we bend down to speak with children is to avoid distractions because children speak in low voices and, usually with so much going on around, it's difficult to catch what they're saying. We need to focus on them alone. But when it comes to speaking with God I'm very content to have as many distractions as possible because

I don't find prayer very easy. I'd rather be doing things, getting on with the job, than just sitting there speaking with God and so “my doing” is often a good excuse for not listening. And, of course, if we're not listening then we're not going to hear what God has to say.

And the last reason for kneeling down when speaking with children is to get on the same level and not to loom over the top of them like some two-legged mountain. Also to kneel or bow is to express humility.

The period leading up to Easter, which we call Lent, is all about humbling ourselves before God and being truly sorry, indeed broken-hearted, for our wrongdoing and the injury we've caused to others. Part of The Lenten Prayer goes “a broken and contrite heart God will not despise” and so we're invited

to humble ourselves before God. This, of course, is the very last thing that most of us want to do and so we continue to stand proud and tall in our self-centredness and self-delusion.

So I encourage us all to humble ourselves before God and to bow down low enough so that we can hear Him speaking to us. It's worth remembering that there would have been no Easter had not God humbled himself by becoming a child on earth and then being humiliated and crucified. Let's try and follow in His footsteps and bow our knees, so that we might hear Christ speaking to us.

*With every blessing,  
Revd Mark Ackford,  
Vicar of St James the Great,  
Bierton*



# There goes 2014 - a fab year for the Dung Beatles

Last year was a busy one for us. We were so pleased to have been invited to perform at so many great events, including...

- Royal Brompton & Harefield Hospital Trust Charity Gala (Hilarious Harry Enfield featured us in his pre-dinner speech)
- Aylesbury's 'Parklife' Festival
- Watermead World War One event
- 'Hobble on the Cobbles'
- Beacon Festival
- Liverpool's Cavern Club
- Missenden Abbey in support of the Thomas Ball charity
- The Turk's Head pub in Twickenham - Hard Day's

Night 50th Anniversary celebration

- Missenden Abbey in support of the Thomas Ball charity
- The Limelight Theatre.

Here comes 2015 – another 50th anniversary tribute! 1965 was an important year for The Beatles and saw a significant change in their writing and playing style. Help!, the Beatles' second film, released in July that year, was described as a Bond spoof. It received a mixed reaction from reviewers and the band. The soundtrack was dominated by John Lennon, who wrote and sang lead on most of its songs, including Help! and Ticket

to Ride (two songs that we regularly perform). December saw the release of the innovative and influential Rubber Soul album, described by critics as a major step forward in the maturity and complexity of the band's music, by Lennon as 'the pot album' and by Harrison as his favourite. Among many innovations was the influence of classical brass and strings and George Harrison's introduction of a sitar on the track Norwegian Wood. While many of Rubber Soul's notable songs were the product of collaboration between Lennon and McCartney it also featured individual compositions from each of them, although

they continued to share official credit. The song In My Life (also a Dung Beatles favourite) is considered a highlight of the entire Lennon/McCartney catalogue. We have many great gigs already planned for 2015, including The Limelight on 6th/7th March. You can see more about the band, including the full gig schedule, on our new web site [www.thedungbeatles.co.uk](http://www.thedungbeatles.co.uk) (for which we owe many thanks to David at Aylesbury Music, Temple Street).

Phil Toler



## Eating in the fifties in the UK

1. Pasta had not been invented.
2. Curry was a surname.
3. A takeaway was a mathematical problem.
4. A pizza was something to do with a leaning tower.
5. Bananas and oranges only appeared at Christmas time.
6. All crisps were plain; the only choice we had was whether to put the salt on or not.
7. A Chinese chippy was a foreign carpenter.
8. Rice was a milk pudding, and never, ever part of our dinner.
9. A Big Mac was what we wore when it was raining.
10. Brown bread was something only poor people ate.
11. Oil was for lubricating, fat was for cooking.
12. Tea was made in a teapot using tea leaves and never green.
13. Coffee was Camp, and came in a bottle.
14. Cubed sugar was regarded as posh.
15. Only Heinz made beans.
16. Fish didn't have fingers in those days.
17. Eating raw fish was called poverty, not sushi.
18. None of us had ever heard of yoghurt.
19. Healthy food consisted of anything edible.
20. People who didn't peel potatoes were regarded as lazy.
21. Indian restaurants were only found in India.
22. Cooking outside was called camping.
23. Seaweed was not a recognised food.
24. "Kebab" was not even a word never mind a food.
25. Sugar enjoyed a good press in those days and was regarded as being white gold.
26. Prunes were medicinal.
27. Surprisingly muesli was readily available, it was called cattle feed.
28. Pineapples came in chunks in a tin; we had only ever seen a picture of a real one.
29. Water came out of the tap, if someone had suggested bottling it and charging more than petrol for it they would have become a laughing stock.
30. The one thing that we never ever had on our table in the fifties...was elbows!

# News Watermead allotments

I am writing this in January due to deadline dates for the Village View. I hope that by the time you read this we will be seeing the first signs of Spring with scenes like the picture below.

The majority of Watermead allotment holders will have been hard at work planting and getting their plots into shape for the coming season. Although a sharp frost and the cold can help some plants, other suffer, so we hope the weather has been reasonably kind.

The winter months give allotment holders the chance to decide what they are going to grow in the coming year. Perhaps a disappointing yield from some crops will result in them trying something different - especially as changing from root crops to above ground crops helps the soil.

Most of us grow potatoes, tomatoes, carrots, leeks, parsnips and a variety of soft fruit. Last year's produce has saved us having to buy at the supermarket during the winter months. Our frequent raids on our freezer stock have cleared a space for this year's crop.

Many of us will grow much the same again this year. My wife and I are trying again with asparagus and hoping for a better crop this time round. And we plan to protect our red currants better this year to keep away the marauding animals which had a feast last year. We will be growing Crystal cucumbers again. They are round, about the size of a tennis ball, yellow and are wonderful pickled. We ran out in January this year, so will be planting a few more this time. We will

also be revisiting the beetroot relish which was wonderful with cheese and French bread.

Some of us grow flowers as an encouragement to bees and other insects that help pollinate the fruit bushes and plants and to bring some colour to brighten up the odd dull days.

There have been some changes in recent months as some people have given up their plots due to work or family commitments. But others have joined and some current tenants have taken on an extra plot. There are still plots available for both Watermead residents and non-residents.

**We will be having a plant/early produce sale at the Village Hall in June so keep your eyes out for the posters advertising the event.**

Come along and have a chat with current allotmenters and get a first-hand idea of what it's like to keep an allotment and perhaps pick up a bargain plant.

If anybody wants a stall at the plant sale to sell any crafts or other merchandise please contact either Sheree Smith on [sheree31@sky.com](mailto:sheree31@sky.com) or Sheena Hudson on [derekandsheena@btinternet.com](mailto:derekandsheena@btinternet.com). Stalls will cost the standard rate of £10. Any money raised from the plant sale will be split equally between the allotment society and the Alzheimers society.

If you fancy trying your hand at an allotment, in the first instance, please contact Noreen Shardlow, Watermead Parish Clerk via the Parish Council website or 01296 641423.

Colin Smith





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# Watermead Cygnets Pre-School

**A belated Happy New Year to you all and a big welcome to our new intake of children.**

The Festive season seems like such a long time ago, but the Children enjoyed a magical time during the run up to Christmas. Everyone was really excited and the children enjoyed making Christmas cards, Christmas crackers, tree decorations and Christmas sacks.

The Children all worked especially hard rehearsing for our Christmas performance of "Our First Nativity"; they all performed brilliantly on the day and we were all really proud of them. It was a wonderful performance and one full of memories to treasure.

The new term started on the 6th January and one of our learning themes is space – learning how we travel in space to the moon and planets; another is winter – discussing the weather changes and what

clothing we wear, and the snow we ordered arrived just in time! We have also been looking at patterns, colours, opposites and shapes using many types of creative tools. We are organising a sponsored obstacle course to raise money for the pre-school and next half term the children will also be learning about the Chinese New Year, lifecycles, growing and planting as well as farm animals and Easter.

We are pleased to announce that the outcome of our recent Ofsted inspection was a grade 2 'Good' rating. Thank you to all staff, committee members and parents/carers for their support and hard work. The full report is available at <http://reports.ofsted.gov.uk/inspection-reports/find-inspection-report/provider/CARE/140883>.

Cygnets accepts children from 2½ to 5 years old. We open from 9.15 am to

12.15 pm on Monday to Friday and we provide a lunch club most days from 12.15 to 1.15 pm. If you would like your child to attend Cygnets, please visit us and ask to be added onto our waiting list. Please call to speak with Maree on 07563 783464.

*Happy Easter from the Cygnets team.*



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# 800th Anniversary of the Magna Carta

**In June it will be 800 years since King John ‘signed’ the Magna Carta at Runnymede. But the history of the principles of Feudal Law contained in it go back a lot further than that – to William the Conqueror, 1066 and all that.**

When William conquered England he had to find a way of controlling the whole of the country and still find time for regular trips to France (where he was Duke of Normandy) to maintain his control there.

So he divided the country up into large sections – a bit like the counties we have today. He ‘gave’ them to noblemen who had fought bravely for him in battles – barons, dukes and earls – on the grounds that they must feel loyalty to him to have put their lives at risk fighting for him. They had to swear an oath of loyalty, control their areas, collect taxes and provide soldiers from the population when required.

These noblemen divided their large areas into smaller sections and ‘gave’ them to Knights, who swore their oath to the barons, collected taxes and provided soldiers to him, for him to pass to the King. Their job was also to maintain law and the population was treated harshly to keep them under control.

The Barons were called tenants-in-chief and the Knights sub-tenants, words still in use today in connection with people using property that they don’t own.

In those times all the land was owned by William the Conqueror and he made sure that everyone knew he was ‘the boss’ by building many castles and ordering a survey of the whole country so he knew who owed him money - the Domesday Book.

This arrangement continued successfully throughout the reigns of many kings who used the taxes and soldiers to mount military campaigns to maintain our lands abroad.

## Run up to Runnymede

But then in 1199 along came King John, an unpleasant and unreliable man, prone to fits of great rage. He was ruthless in the abuse of his power. No-one was spared from his constant demands for money and his relationship with the barons was severely damaged.

It wasn’t just the barons that John fell out with. The Roman Catholic Church was angry with his behaviour too and in 1207 the Pope banned all church services in England. Religion was very important to everyone, from the lowliest inhabitant to the barons and knights. The fear of going to hell was very real. Only the Catholic Church could assess people as good enough to go to heaven and no-one could demonstrate their goodness if they couldn’t go to church.

For John, things went from bad to worse. In 1209 the Pope excommunicated him. This meant that John could never get to heaven. That was a sufficiently disastrous prospect that by 1214 John had no choice but to back down and accept how powerful the Catholic Church was and he gave them many privileges.

By 1212 he had amassed a vast amount of money, which he spent trying to recapture our territories in France. In 1214 John and his armies had fled from France having failed to do so. He returned to England and introduced more high taxes without even consulting the barons – which had always been the procedure previously – and which was definitely in contravention of the Feudal System. The barons had had enough and rebellion began in earnest.

In the past, rebellions had involved deposing one king in favour of another, but there was no alternative king, so the rebellion was based on the desire for principles, rules and law.

The barons used as their precedent for this the Charter of Liberties, from a 100 years before, and in January 1215 the

barons confronted King John and demanded that he reaffirm the Charter of Liberties and return to the rights and liberties previously enjoyed.

King John not only refused, he ordered the barons to re-swear their oath of allegiance to him – but with an extra clause – that they would support him against the return of the Charter of Liberties.

The barons anticipated his lack of co-operation and were ready with armed forces. They renounced their allegiance to the King and their forces took London. England was on the brink of civil war and John had no choice but to negotiate.

Runnymede was chosen as the site for the negotiations because the area was so boggy that, if things turned nasty, the land could never have sustained a battle.

Several meetings took place and by 10th June an outline of a settlement document was produced, called the Articles of the Barons. The King confirmed it with his great seal.

**The document was written in short sentences, almost like a list, but it clearly demonstrated that the barons were seeking fairness and justice for everyone – ordinary people, not just themselves.**

The Articles of the Barons were then written up in greater detail into a document that became ‘The Magna Carta’. Thirteen copies were made and distributed throughout England, four of which still survive.

## What happened next?

John had no intention of keeping his word and he appealed to Pope Innocent III to have it annulled. The clause which disturbed John the most was Clause 61, which dealt with how the Magna Carta should be enforced and effectively destroyed royal sovereignty and would also have impacted on the power of the Pope.

So, only 10 weeks after it was sealed at Runnymede the

Magna Carta was declared null and void by the Pope – the highest authority in the known world.

But the barons ignored the annulment and both sides prepared for civil war.

The barons offered the crown of England to Prince Louis of France and he arrived with thousands of troops to lay claim to the throne. Meanwhile, John and his army of mercenaries travelled north to recapture the castles that the barons had seized.

Magna Carta looked doomed. But an entirely unexpected occurrence was to be its saviour. On 19th October 1216 King John died of dysentery.

His 9 year old son was crowned Henry III and William the Marshall became his regent. William immediately reissued the Magna Carta, but with one amendment – Clause 61 was removed.

When Henry III reached adulthood the Magna Carta was reissued with an important amendment. It stated that it was granted with the full agreement of the King. The King was now accountable under the same law as his subjects and the foundations were laid for the method of government that we have today.

There are 62 clauses to the Magna Carta but probably the most famous and important are Clauses 39 and 41.

Clause 39 *No freeman shall be taken, or imprisoned, or disseized, or outlawed, or exiled, or in any way harmed - nor will we go upon or send upon him - save by the lawful judgment of his peers or by the law of the land.*

Clause 41 *All merchants may safely and securely go out of England, and come into England, and delay and pass through England, as well by land as by water, for the purpose of buying and selling, free from all evil taxes, subject to the ancient and right customs - save in time of war, and if they are of the land at war against us. And if such be found in*



The Magna Carta being signed by King John in 1215, illustration by John Leech published 1875

*our land at the beginning of the war, they shall be held, without harm to their bodies and goods, until it shall be known to us or our chief justice how the merchants of our land are to be treated who shall, at that time, be found in the land at war against us. And if ours shall be safe there, the others shall be safe in our land.*

## Continuing influence

Throughout the following centuries the enforcement of the principles of the Magna Carta has been influential in many conflicts, not least the English Civil War and the triumph of Oliver Cromwell. (Unfortunately his military dictatorship was just as abusive as that of any megalomaniac king and he ridiculed the Magna Carta by calling it the Magna Farta).

James II came to the throne in 1685 but later converted to Roman Catholicism and fled abroad to avoid conflict with the powerful Protestant elite. His daughter Mary and her husband William of Orange were offered the crown, on condition that they accepted the terms of the Magna Carta,

which had been updated and renamed the ‘Bill of Rights’. They accepted and in 1689 they were pronounced William III and Mary II of England.

Those that sailed across the Atlantic to colonise and settle in America took with them a belief in the rights and freedoms that they were used to back home. The Magna Carta is still held in high regard today in the USA: 17 of the 52 States include all clauses of the Magna Carta in full on their statute books; there is a gold copy of it in the Congress of Parliament and in 1957 the American Bar Association erected a memorial at Runnymede which is engraved with the words ‘To commemorate Magna Carta, symbol of Freedom Under Law’.

The Magna Carta is still cited in modern times, including at the proposed impeachment of the American President Richard Nixon and lawyers acting on behalf of those detained without trial at Guantanamo Bay.

In the UK it was mentioned by David Davis, then Shadow



The Magna Carta penned in Latin on parchment (stretched pig skin) - Museum of Fine Arts, Boston USA

Home Secretary, when he resigned in 2008 over the decision to allow detention of suspects for six weeks without charge (a response to the terrorist crisis at the time).

We can only hope that the

principles of the Magna Carta stay alive and well during the ever increasing conflict between the need for security and our history of freedom.

Carolynne Mckee





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