

SH NEWS

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PARISH COUNCIL NEWS

G.O.W. (not a spelling mistake - it's the turn of the Grumpy Old Woman)

MAVIS'S QUIZ

EVERYTHING BUT THE MOO

SPOTLIGHT ON 'LOUISA HARRIS'

READERS LETTERS

ARCHAEOLOGICAL OPEN DAY

BOOK REVIEW & MUCH MORE

SEPTEMBER 2018 Issue 9

www.stokehammondpc.com



Picture Courtesy of Megan F Webb Photography

St LUKE'S, STOKE HAMMOND

Rector: Revd John Waller 01525 261062

September 2 nd	11.00	United Service at Methodist Church
September 9 th	09.00	Holy Communion – Revd Norman Thorp
September 16 th	09.00	Holy Communion – Revd John Waller
September 23 rd	09.00	Morning Worship – Lay Leader
September 30 th	11.00	Holy Communion <i>at Great Brickhill</i> Revd John Waller

*PLEASE ALSO NOTE THE FOLLOWING DATES FOR COMMUNITY BREAKFASTS
AT THE COMMUNITY CENTRE, BRAGENHAM SIDE.*

Saturday 22 nd September	08.30 – 10.30 (Last Orders)
Saturday 13 th October	08.30 – 10.30 (Last Orders)

Church Wardens:

Diane Webber 01525-270409 and Harry Davies 01234-822780

METHODIST SERVICES

Minister: Revd Donna Broadbent-Kelly 01525 240589

September 2 nd	11.00	Harvest Festival – Mr John Shaw
September 9 th		Local Arrangement
September 16 th		Local Arrangement
September 23 rd		Local Arrangement
September 30 th		Local Arrangement

Coffee Mornings

Wednesdays at 10.30 - 11.30
(contact 01525-270287)

PARISH COUNCIL NEWS

In a similar vein to July and with there being no PC Meeting in August, Parish News for the last month is again rather short on supply. The Bypass resurfacing works are now well underway with the Northbound route closed for its entire length, and whilst the traffic through the village has increased, a lot of people are pleasantly surprised that it is not as heavy as they had feared it might be. Now some of this is no doubt down to the Summer school recess, so we might need to reserve judgement until the holiday season has finished and as to whether the Southbound closure has a more negative impact.

Many of us including your Council took the opportunity to visit the Fenny Road site during the Archaeological Open Day held on the 9th August. There is a fuller report elsewhere in this edition of the SH News, but we your PC welcomed this opportunity to have a 'nose' and see examples of the remains they had unearthed. A big thank you to the Archaeological Team for putting this on, as they were under no obligation to do so. Of course, many asked whether their findings would have any influence on the proposed development of this site, but sadly, unless they had unearthed something along the lines of a complete stone Roman Villa, the development in one form or another is likely to go ahead. Particularly, as we have now received the application 17/04457/ADP for appearance, landscaping, layout and scale for some 64 dwellings to this site, for which the outline permission was granted against planning application 14/03000/AOP. This application along with the following will be discussed at the next PC Meeting to be held on the 4th September.

18/02549/APP STOKE LODGE: For the erection of a 1.5 storey 2-bedroom dwelling with associated new driveway and entrance gates within the grounds of the Lodge.

18/027729/ADP KINGS FARMHOUSE: For the removal of an agricultural residence condition for Kings Farmhouse, Leighton Road.

Full details and your chance to make comment on any planning application can be found by way of the AVDC Planning Portal

<https://www.aylesburyvaledc.gov.uk/search-planning-licensing-applications>

Well the results are in for the 'Best Kept Village' competition and Padbury won the Morris Cup for villages with a population of 500-1500 with Hedgerley runners up. What we still await are the actual scores, for although we in Stoke Hammond didn't really expect to win, lots of people and the Parish Council put in much extra effort this year so one would hope that our score was an improvement on last years and we will be able to see what areas we need to concentrate on in the future. For given how rapidly our village is expanding in size, it might not be too long

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THE Lindens

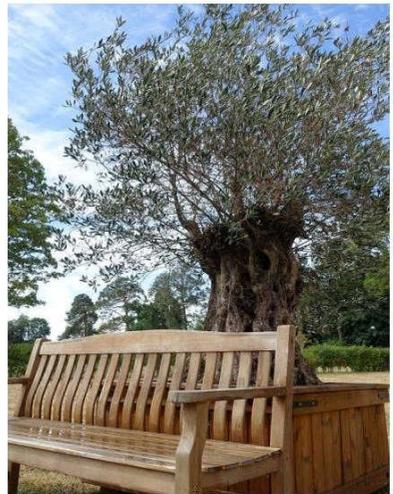
As the beautiful, hot sunny weather continued, so did our development of our “home from home”. We have recently installed a majestic Olive Tree in the Meadow Gardens to the side of The Lindens. As you can see, it is a large specimen, more usually found in the Mediterranean Basin, the Arabian Peninsula, southern China or the Canary Islands also, it is grown and cultivated in other place such as California. In some cultures, it is referred to as the eternal tree of life as it is possible for an Olive Tree to last indefinitely, if well kept.



Here you can see it in position in our Meadow Gardens, a lovely focal point near our fountain, a great place to take in the surroundings, read or chatter with friends and family.



The Olive branch has often been used as a symbol of abundance and glory as well as peace. Representations of the olive also appear on the tombs of the pharaohs.



Visitors are welcome at The Lindens, so if you would like to call in and join us for morning coffee, or if you are interested in volunteering here, please call us and ask for Tina or Milli. We look forward to meeting you.

Michael Hamnelly

Director, The Lindens.

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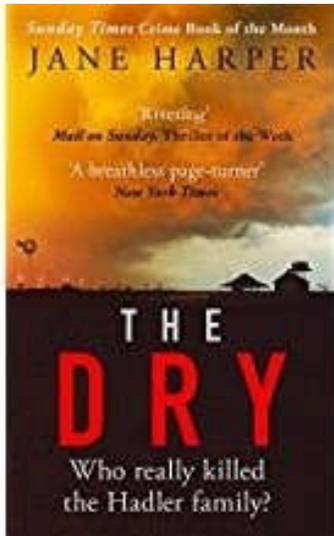
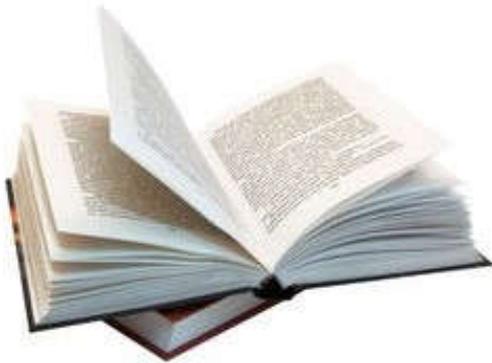
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STOKE HAMMOND BOOK CLUB



'THE DRY'

by Jane Harper

A real winner this month - at last a 'who done it' or rather 'did anyone do it'. The scene is a fairly remote Australian town called Kiewarra which is suffering the worst drought conditions for centuries. Everyone is facing ruin, crops failing, animals dying and the inhabitants keep telling one another "it will break" but it doesn't. No-one is surprised when one of their own appears to have finally snapped.

Three members of the Hadler family are found shot and the father Luke is blamed for killing them and then killing himself. The main character, Aaron Falks, a policeman and childhood best friend of Luke had left the town to live and work in Melbourne but returns for the funerals and doubts begin to emerge with further unanswered questions coming to light.

There were so many good characters described and all the Group found Falks an interesting and credible person. One of our number found the book depressing but most thoroughly enjoyed it and loved the twists and turns as the story unfolded. Top Marks !

The next month's book is '**Delilah**' by Eleanor de Jong.

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“EVERYTHING BUT THE MOO”

Now into our sixth extract from the book 'Everything but the Moo' written by Hazel Turner's late mother Pam Murphy. Last month it was all about 'The Age of Enlightenment' and the time Pam was invited to receive an award at Mentmore Towers. This month we find out about her life experiences with her pet dogs.

DOG TAILS

In the far dim distant days when I was at school, sex instruction, was taught via the birds and the bees. Botany, it was called then, and I have numerous books in the attic containing detailed drawings of the propagation of the broad bean, and the fertilisation of the female toad. In those days we were innocents abroad, and I doubt if the penny dropped with any of the School Certificate candidates that we were supposed to relate this to the human body. It did not with me, even though I had some inkling of what happened to produce Homo Sapiens. In the 1930's I know people did not relate nature to humans as far as propagation was concerned.

Even the child brought up on the farm, who takes conception, birth and death as a matter of course, doesn't really relate these acts to humans. Yet to watch the birth of an animal is probably the most wonderful and edifying experience one can probably undergo. Always providing it is normal. They are so calm and collected, and seem to know what is going to happen by instinct. They are not hamstrung by people draped in green overalls, drips, lights, operating theatres and all the paraphernalia of the maternity hospital. It really is natural childbirth.

I was seven months pregnant when I first saw a calf born. I was planting Majestic potatoes at the time, and was called to come and see, Fleurette, the mother, was comfortably ensconced in a loose box, well strawed. She was straining as if somewhat constipated, and had sweat on her nose, a few minutes later the feet and a little nose appeared, followed a few seconds later by the rest of the little fellow. She got up and started licking him, and within ten minutes he was on his feet. Immediately I christened him Majestic.

I was very anxious that my god-daughter, whose nuptials were due, should see parturition. There were a number of heifers in the field by the house and one called Clover, started to calve. She thought nothing to this, and having got the head out, decided to go for a trot round. Round and round she went; it was impossible to head her into the corner, or through the gate into the box. There was no one on the farm except myself, my daughters and god-daughter. Clover was quite happy with the situation, her friends wanted to investigate which they did, and she did a bit of eating, and then a jogging circuit around the rather large field she was in. Eventually I summoned neighbours to help, and we drove her into the yard and a calving box, where we managed to pull out a large bull calf.

But clover, my English Springer Spaniel was another story altogether, she tried to



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give birth while following her favourite occupation, watching television. It was her favourite programme, Blue Peter. Pushed back into the kitchen, she produced five puppies like peas out of a pod, before rushing back for the end of the programme! Springer Spaniels have some curious habits. There was Clover, who spent much of her life watching television, and who even knew the times that programmes came on, the signature tunes, and the actors, and who LOATHED Barbara Woodhouse - "You can't teach this old dog new tricks," she seemed to say to me when Barbara was doing one of her training sessions! Then there was Honey, who did a round of local farmyards to see if there were any dead chickens, and brought them home, until the place was fenced in like a Stalag. Bramble had an objection to anyone visiting unless they were dressed in Saville Row suiting, when she would fawn, Holly, a tricolour English Springer (*who was at my mother's bedside when she died and then came to live with me - Hazel*) collects hedgehogs. She brought a baby in on her last excursion one evening, and tucked it into her bed. I got it out, and her in, and fortunately it had scuttled away by next morning. Could it be the same one she brought in the following night? That one I put, with a pair of long handled tongs, in my wild life area, part pond, part bank, well netted off so the dogs and grandchildren can not get into it. The same happened again with the next one, and the next one, and the next one. It was getting boring!

A few nights went by, without hedgehogs. Then one night Holly came in, sat up in bed, looking so pleased with herself. There tucked in the corner of her wooden box, on her favourite furry rug, was **GREAT GRANDFATHER HEDGEHOG**. I picked him up, along with furry rug; he weighed all of five pounds, and I can not imagine how she managed to carry him inside. He went back over the fence too. I had a few nights peace. Then one night she came in, and settled herself down, along with Daisy, her Welsh Springer companion. I still do not know what happened that night, but I awoke to frenzied barking. All the dogs bedding was in the middle of the floor. Daisy was nearly demented. Holly was protecting the occupant of their enormous box - a teenager hedgehog! Holly picked her up, and tried to bring it through to the lounge. She, plus Tiggywinkle got chased out, and I.... put it over the fence! Well protected though I was it pricked me, and Daisy had a bleeding nose, yet it had let Holly pick it up and carry it around without causing her any harm.

Anyone else got a foolish dog who has a loving relationship with hedgehogs?

One of the hidden advantages of farming is that there is normally someone to look after the house and domestic animals while the family is away. It is quite a plus, as I found when I retired and moved to an isolated cottage in a very small hamlet. "we keep ourselves to ourselves", I was told firmly.

I employed house and dog sitters when I went away, for more than a couple of nights - and made extensive arrangements for my dogs as well as the house to be looked after for shorter periods. The house security had been checked by a firm



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who installed it, and the police, though I declined a burglar alarm - I find them a major bore! Welsh Springer who took large lumps out of anyone who crossed the threshold without an invitation saw off one attempted break-in. The police could have caught him if they had done the rounds of doctors and hospitals, since from the amount of blood, he needed medical treatment! But since he did not make it, they were not interested.

Bramble died before she had trained her companion, Holly, to take over guard duties. Holly is beautiful, but a "wet", and she hates me going out (***and likewise hated it when living with me and I went out - Hazel***). She cries.

As part of a farming delegation, I was going to Brussels, originally for one night, but when the check-in time was brought back to 7 a.m. and the weather was snowing, I went down to Gatwick the night before, by taxi and train. Terry, my son in law would let Holly out last thing, and I told him to leave lights on about the place. My elderly help and her husband were coming up early next morning to see Holly; another neighbour in the hamlet had a front door key and my immediate neighbour knew where I was and was also very friendly with Hazel and had her telephone number. I could not imagine anything could go wrong. I had a super time.

But Holly **CRIED!** At 3 a.m. a distant neighbour rang the police to say that he was worried about his "elderly" neighbour (and thanks a million, I am the same age group as Her Majesty the Queen and Lady Thatcher!), as the dogs were barking and lights were on. The message reached the local policeman, who with his car roared through the normally unpoliced hamlet. He saw the lights, heard Holly, and saw himself as a latter day Sir Galahad. He would break in. It took four windows, plus the one that he tried to force, before he broke one, which had secondary double glazing, security locked, which I did not think could be broken, before he gained access. He found the house empty, apart from Holly, who by that time must have been berserk, or probably glad to see him!

He eventually found the instructions for her feeding etc on an envelope. He tore off the back, and left a weird and wonderful message, to say he had broken in. The writing and the spelling would have shamed my eight year old grandson. The policeman went through the back door, pushing the key through the cat flap, and leaving the house open not only to the elements, but anyone else who might break in. Holly was left paddling about in all the broken glass, since she had the run of the downstairs rooms, until my help turned up at 7.30 a.m.

Postscript: Terry and I spent the rest of the next day driving to Dunstable and trying to purchase glass to fit the window concerned. The mess left was indescribable! - Hazel

I thought it was hysterically funny when my brother six years my senior, took to large horn-rimmed glasses. "You wait," he said. "You'll need them when you are forty."

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Three generations. One sense of duty

He was right almost to the day. I could no longer read the telephone directory, and took myself off to the oculist for my first pair of glasses. I have still got those, and I can't imagine they really did any good. Since then I have had dozens of pairs, which have suffered every possible fate, and at this moment I haven't even one pair. I will explain.

I lose glasses as other people lose bios (or perhaps they do not even lose those). I have left my glasses in planes, trains, shut them in car doors. I have chased after the dustbin men when I realised I have slung them out with a plethora of paper, and also dug some tatty remains out of the bonfire when I have burnt up "classified" documents. My present two dogs, and their predecessors have eaten at least a pair each.

I have now beaten all records, and lost or destroyed three pairs in just five days. I took the dogs for a long walk in the woods, and I left my handbag at home, putting a small sum of money in my pocket, along with some tissues and - I can not think why, my glasses. When I arrived home, I could not find my glasses, bifocals, new only three months previously at a cost of over £100. I did a thorough "mucking out" of house and car, and contacted the only shop I had been into. Well, I had got a chewed pair of £12.99 reading glasses, which I used until I could do a real recce. But my puppy, now a yard and a half of dog at full stretch managed to get them off the dresser and chewed up those too!

I re-did Friday's walk. Within 50 yards of the car I spotted some broken glass. Turned it over with my foot, and uncovered one complete bifocal lens and odd bits of blue plastic. I picked up the lens. Nearly in tears, I drove into town and bought another pair of reading glasses from the chemist.

And where they have gone to, in five miles, I just do not know. I did not leave them there, or in the other shop I went into, and I do know the puppy has not consumed them. So I found a, fortunately, left lensed pair, and stuck the right hand lens from the woods in the broken frame. It looks very odd, but I can (just) see to read.

My next purchase will be one of those horrible chains round the neck to imprison glasses, and we will just have to hope for the best.

For the past thirty years, I have been almost stone deaf, dependent on a hearing aid, which I only wear when I am in company - they are the most uncomfortable things. I leave those everywhere, and have lost a number of those, but at least I can insure them. But even my insurance company must dine out on the story of the one eaten by my avaricious dogs, when I packed the remains in a match box and sent them to them in a jiffy bag. Letter bombs were then suspect, and the packet rattled. They sent for the police - who sent for the Bomb Disposal Squad to open the packet! "Now where are my botched-up glasses? DAISY, HOLLY have YOU got them?"

Next month - Things Domestic

Come along to Great Brickhill Tennis Club... ...and try one of the new courses for Autumn

Our Autumn courses start in September and we have something for everyone, whatever age or level of tennis you are.

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- The 6pm coaching for 11+ years starts on Friday 28 September

* - you don't need to be a member to join the Cardio Tennis course but we hope you'll choose to join when you discover how much fun you can have!

Go online for more information and to book your place!



clubspark.lta.org.uk/greatbrickhilltc



STOKE HAMMOND GARDENING CLUB

Our August trip on Tuesday 14th was to the Swiss Garden next to Shuttleworth Aircraft collection at Biggleswade.



Every year we try to organize a 'shorter' day out for our members who do not want to have too much walking – and this was it. We did not expect herbaceous borders and lots of colour after all the extremely hot weather but nevertheless there was plenty to see. The garden was created by Lord Ongley in the 1820s and is the only example of a Regency Landscape in the UK. The wide walkways meandered through innumerable wonderful trees, some of which are 600 years old, and led to surprises around every corner. To introduce an air of drama to the garden a range of artificial rockwork features were created including a rock garden, pond cascade and a cave-like grotto and fernery. There were original and clever wooden sculptures all around particularly on the woodland walk and many listed buildings



including a Swiss Cottage beautifully decorated where you can get married! It seats 20 people and although it can't compete with the Elvis Chapel in Las Vegas it would certainly be a quirky and different place to tie the knot!!!

The large restaurant and shop were appreciated and we found it relaxing and enjoyable visit. Our next happening is a trip to Kew Botanical Gardens in September. We understand that there are lots of new things to see including the wonderfully restored Temperate House – the World's greatest glasshouse opened by Sir David

Attenborough after five years of constant restoration work. Should be a great day out.



Church News

Review:

Afternoon teas: The teas last month were a little subdued, but we were pleased to welcome all those who attended and had a convivial chat with them!

Community Breakfast: Community breakfast was also a little quiet – not surprisingly since there are lots of people on holiday, but we still welcomed over 40 people! Hope you enjoyed your breakfasts!

Forthcoming events:

Ride and Stride volunteers needed: The annual Ride and Stride will be taking place again on **Saturday 8th September**. As usual, our intrepid Churchwarden, Harry will be cycling round as many churches as possible on the day. If you'd like to sponsor Harry, his sponsor form will be available at church, on our stall at the village show or you can call him with your details. What we'd really appreciate though is if you felt you could join in and get sponsored yourself. Funds raised are divided between the Buckinghamshire Historic Churches Trust and a church of your choice. Hopefully that would be St Luke's Church in our own village! More details can be found on the websites: <http://www.rideandstrideuk.org/counties/buckinghamshire/> or <https://bucks-historic-churches.org/ride-stride/> or call Harry for more information.

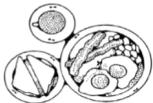


Village Show: The village show is also taking place on **Saturday 8th September** and the church will be holding a stall there, so please do look out for us.

Prayer meetings: Our prayer meetings will take place this month at **8pm on Wed 12th and 26th September at The Birches, Church Rd.** If you have anything you'd like prayers for, please let us know and if you'd like to join us, please be sure to call John, as we sometimes change times and dates last minute.



Community Breakfast: We will be holding our Community Breakfast again on **Saturday 22nd September** and serving breakfast from **8.30am**. You may have noticed that this is considerably later than usual, being the 4th Saturday of the month. The reason for the later date is that the Village show is being held on the 2nd Saturday of the month (8th September) so the community centre will be in use and Dave Webber (our chief chef for the breakfasts) will be taking part in a sponsored abseil (in aid of Cystic Fibrosis) on the 15th September and therefore unavailable. We look forward to seeing you on our later date!



Afternoon teas: Our last afternoon teas of the summer will be taking place on **Sunday 23rd September at St Luke's** between **3 and 5pm**. We'll be welcoming you with a choice of a cream tea, or home made cake, or both if you're feeling really hungry! Don't forget that if it's warm outside, it's always lovely and cool in the church! Hope to see you there.



Special services:

Harvest festival & lunch: Harvest is always a special time in the church and this year will be particularly significant. We all take for granted that when we pop out to the supermarket there will always be whatever we want to buy. This hasn't always been the case, and those brought up during the war will remember rationing. The fact is, that supermarkets are experts in logistics and know what we'll want and when, and can order to meet demand. Occasionally it goes wrong - like when you can't get



a packet of sage for your Christmas stuffing or the supermarkets are selling lettuces for 10p because the weather's suddenly turned cold. At the end of the day, they buy from global markets so if something's in short supply, we have to pay a bit more for it. This year, we've had unusual weather conditions again. Last year, broccoli fields were flooded. This year cattle are already being fed silage (fermented grass – usually a winter feed) instead of feeding on fresh grass because there just isn't any. On a more positive note, I've heard that there's set to be a bumper British grape harvest with the highest wine output for decades! Our harvest festival gives us a chance to thank God for providing for us even in difficult times.



Uncertain weather conditions caused by climate change may be responsible, but we'll still eat (probably too much) and have plenty leftover like those who feasted at miracle of the feeding of the five thousand. Come and join us to thank God for his bounty.



Our **Harvest festival** will be at **11am** on **Sunday 7th October**.

If you have any produce you'd like to offer - either from your own garden or something you've bought, fresh or packaged, feel free to bring it to the service and there will be an opportunity to lay it at the altar. All donations are given to a local food bank after the service. We'll be having our **Harvest Lunch** (with

pudding!) at **1 for 1.30pm**. **Please contact Harry, John or Diane by 1st October if you'd like a ticket.** Tickets are **£6 for adults (£3.00 for children)** and include a free glass of wine (not for the children!)

Church Benefice Website: www.brickhillschurches.org.uk. If you want to come to a service, all church service times are listed on the website, along with contact details for the Rector. His phone goes straight to an answerphone but he will reply as soon as he's able. The Rector's day off is Monday.

Church news articles are now available to read on the benefice website (click on Stoke Hammond in the list and scroll down to Stoke Hammond Newsletters) - handy for when you want to click on a web address instead of typing it out!

If you would like to come to church but have mobility problems please ring John (see below) regarding transport. If you would like to volunteer to help, have a prayer request or enquiry, please ring **Churchwardens: Harry, on 07773065271; Diane, on 270409 or Treasurer: John, on 270202.**



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TEBBUTT PAINTINGS





Nominate Your Best Neighbour of 2018

Neighbourhood Watch and our sponsor Co-op Insurance has just launched a nationwide search to find and celebrate some of the best and most considerate neighbours of 2018!

We're urging people to nominate the most deserving good neighbours and there is also an opportunity to put forward your 'Hero Next Door' for a true act of heroism.

Neighbourhood Watch and Co-op Insurance are working together on these exciting awards and **anyone** can nominate their good neighbours today!

We're talking about the local heroes in *your* street and community whose acts of kindness and neighbourliness really set them apart.

We want to recognise the people who are making such a vital contribution to community life and encourage others to follow in their footsteps.

You don't need to be a Neighbourhood Watch member to nominate and the person you nominate doesn't need to be a member either.

Just go to <https://joinin.coop.co.uk/opportunities/159> to join in – before nominations close on **September 5** – and you'll be taken to the nomination form where you can share your stories of great neighbourly activities and acts of kindness.

So nominate your good neighbours today! To read more about the awards on our website go to

<https://www.ourwatch.org.uk/nominations-are-open-for-our-neighbour-of-the-year-awards/>

With best wishes,

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READERS LETTERS



Dear Editor - On behalf of my family I would through the SH News like to thank everyone for their kind thoughts and help following the recent passing of my beloved mother Jean Garner.

There will be a plaque reveal ceremony in her and my late fathers honour at the Sports Club on Saturday 15th September from 10.00 am to which you are all cordially invited.

David Garner

MAVIS'S QUIZ

Answers to last month's quiz and if you remember it was the case of finding a word that could be placed either in front or behind each group of three words. Here are the answers and how many did you get right?

- (1) METAL (2) DOOR
- (3) MOTOR (4) POLO (5) BACK
- (6) DOG (7) HALF (8) NOSE
- (9) NEAR (10) NEEDLE



Apologies but it's hard to think up new ideas, so more of the same again this month, finding a word that can go either in front or behind the following group of words??

- (1) POLICE, FIRE, RAILWAY (2) MATE, OUT, POINT (3) LEADER, LESS, UP
- (4) WAVE, STORM, WASH (5) SUN, CORN, POT (6) GENERAL, SCHOOL, PLACE
- (7) BELT, PIN, NET (8) STUDY, HAND, TONE (9) SPLIT, SOUP, NUT
- (10) TABLE, STAR, STIFF

Best of luck, hope you can work them all out !!

Answers next month

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Local references available upon request.

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THE GREEN THING

“waving the flag for the older generation”

At the supermarket check out the young cashier suggested that the older lady customer should bring her own grocery bags in future because plastic bags aren't good for the environment. The lady apologized and explained 'we did not have this 'green thing' back in our earlier days.' The young cashier responded 'that's what has caused our problem today. We have you to blame because your generation didn't care enough to save our environment for future generations.' The older lady said that it was quite true - did not have the 'green thing' back then. She went on to explain:

Back then, we returned milk bottles, pop bottles and beer bottles to the store. The store sent them back to the plant to be washed and sterilized and refilled so it could use the same bottles over and over. So they really were recycled. But we did not have the 'green thing' back in our day.

Grocery stores bagged our groceries in brown paper bags that we always reused for numerous things, household rubbish bags were brown paper and they were also used to cover our school books etc. but we didn't have the 'green thing' back then.

We walked up stairs because we did not have an escalator in every store and office building. We walked to the shops and didn't climb into a car every time we had to go around the corner. Back then we did not fire up an engine and burn petrol just to cut the lawn - we used a push mower that ran on human power. We exercised by working so we did not need to go to a health club to run on treadmills that operate on electricity. But of course we did not have the 'green thing' in our day.

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Back then we washed our baby's nappies as there were no throw-away kind to add to the land-fills. Clothes were dried on a line out in the fresh air not in an energy gobbling machine burning up 250 volts. and we weren't bothered about hand-me-downs, we often darned socks and repaired our shoes instead of dumping them when they were worn but we did not have the 'green thing' back then.

No plastic cups and plastic bottles for drinking water just taps and fountains. Pens were refilled with ink instead of throw-away pens and we replaced razor blades instead of discarding the whole razor when the blade got dull. But we did not have the 'green thing' back then. Back then, people took a bus and kids rode their bikes or walked to school instead of turning their mums into a 24 hour taxi service and constantly adding to pollution - this is what we did before the 'green thing'. We had one electrical outlet in a room not an entire bank of sockets to power a dozen appliances and we did not need a computerized gadget to receive a signal beamed from satellites 23,000 miles out in space to find the nearest McDonalds. But isn't it sad that the current generation laments how wasteful we older folk were because we didn't have the 'green thing'. Please read this out to another selfish older person who needs a lesson in conservation from a smart ass youngster. It doesn't take much to wind us up especially from a tattooed, multiple pierced smart-ass who cannot give the right change without the cash register telling them how much to give !!!!!!!!!!!

GOW



Há, Há, Há...

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Teacher: Harold, what do you call a person who keeps on talking when people are no longer interested?? Harold: A teacher.

My Missus was moaning to me yesterday saying she had blisters on her hand from the broom. I said to her, next time take the car!!

Stoke Hammond local Store

Under new management, the local shop has been refurbished and re-opened on 1st January 2011. It is currently known as "Stoke Hammond Food and Wine".



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LOUISA HARRIS

By Barbara Munn



As a firm believer in the health and wellbeing benefits of Pilates I am delighted that this month's article focuses on Stoke Hammond's own Pilates teacher.

- **EARLY LIFE**

Louisa was born in Watford as the only child of two only children. Her father had his own garage where he did both mechanical and bodywork repair on cars and her mother dealt with all the administration. When she went to secondary school her mother went

to work in a solicitor's office. Louisa loved school and especially enjoyed Music and English. Outside school she played, "any woodwind instrument I could get my hands on" but especially the clarinet and saxophone in which she has a grade 8 qualification. Surprisingly, (her words) she was not especially good at sports or PE. Following A levels in Music, English and Theatre Studies Louisa went to Lancaster University to study English Literature with Linguistics and Music. In 1999 she graduated with a 2:1.

- **CAREER – before Pilates**

On leaving university Louisa worked in publishing; she was intending taking a PGCE and going into teaching but then discovered Human Resources (HR) while temping and went on to become an HR manager, completing the professional qualifications and becoming a member of the Chartered Institute of Personnel and Development (CIPD). During that career Louisa worked for CreoScitex, a printing company, Cable and Wireless and Rhodia, a French manufacturing company now known as Solvay since its' purchase by a Belgian organisation. The last position involved travelling



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every week to different sites across the UK as well as to Paris, the company's corporate headquarters. As a result of a stressful business life Louisa started to suffer from neck and shoulder pain. Despite seeing a number of practitioners Louisa found that as soon as she slipped back into old movement habits the aches and pains returned. Then she discovered Pilates and found it made an amazing difference because it helped her to move better all of the time rather than returning to her old bad habits and so she continued her Pilates practice for a number of years. Unfortunately work continued not only to be stressful but also to become increasingly negative as she had to manage restructuring and site closures as manufacturing continued to suffer in the UK. Feeling she needed something to counterbalance the negative aspects of her work Louisa decided to train to teach Pilates both to further her own interest and to share with others so that they could benefit as she has done from what she describes as this incredible method of staying active.

- ***PILATES***

In 2008 Louisa began to train part-time with Body Control Pilates completing the course in 2009 to become a Level 3 Matwork teacher. Initially she taught a few classes around her work schedule during evenings and weekends as well as teaching her work colleagues at lunchtimes. Then in 2011 she took a period of maternity leave during which her son Alex was born. A return to HR work on a part-time basis together with teaching some Pilates proved too much to juggle when combined with the needs of a very young child. Eventually Louisa was fortunate to have the opportunity to leave corporate life in 2016. Since then she has focused on her own Pilates business which she fits around family life. Louisa commented that she counts herself very lucky to be able to turn her passion into her own small business and to have had the opportunity to meet many more people locally than she otherwise would have done. Following a request by Donna Page and a "bit of a false start" – i.e. pregnancy and the birth of Alex - the classes properly started on Sunday mornings in November 2012. Louisa is very pleased that most of those who started with her then at the Community Centre are still attending now either at the Monday morning or evening Intermediate classes. From starting with that one Stoke Hammond class in 2012 Louisa now has five on a Monday (three daytime and two evening classes!). She also teaches at specialist Pilates studios in Aspley Guise and Dunstable and at a dance studio in Berkhamsted as well as offering private induction and rehab sessions. As well as matwork Louisa is now qualified to teach exercises on the Reformer, an amazing piece of equipment developed by Joseph

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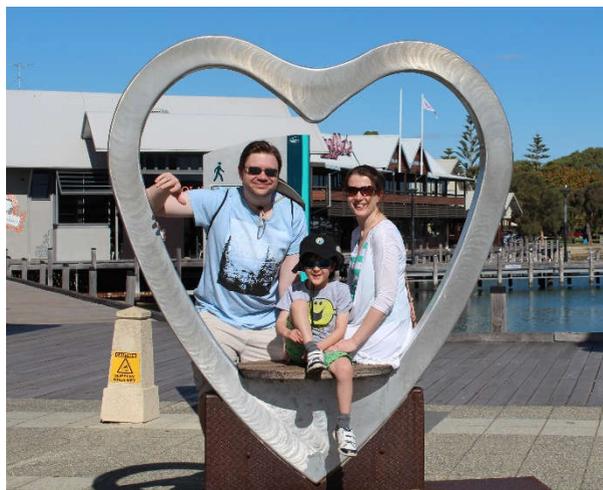
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Pilates. Louisa has done an extensive amount of continuing professional development over the years. Her portfolio now includes: small equipment such as overballs, toning circles, bands and the foam roller. She also teaches antenatal and postnatal Pilates, Pilates for children, and people with osteoporosis, scoliosis, low back pain and golfers. Although she enjoys working in a variety of locations Louisa admits that she would love, one day, to have her own studio.

Before leaving corporate life Louisa completed qualifications in Sports Massage Therapy. She doesn't have much time to use it now as the Pilates work keeps her so busy but she says that the training really helped expand her knowledge and enhance her approach to Pilates. As if all that wasn't enough Louisa also let slip that she is now also a Supervising teacher for Body Control Pilates so students spend time with her at her classes to complete their teaching practice hours as part of their training.

- ***HOME LIFE***

Louisa met Ben in 1997 when they were both at the end of their first year at Lancaster University. Since leaving they have lived in Watford, Essex, Dunstable and



Eaton Bray. They were meaning to move to Slapton but thankfully the house purchase fell through as they then discovered Stoke Hammond and moved into their current home in July 2010. Louisa and Ben married in 2006 and were delighted to welcome their son Alex into the world in May 2011. A bit of a hippie at heart Louisa has been vegetarian since she was

a teenager and is keen to have a more holistic approach to health and wellbeing for herself and her family. Last year she decided to join Neal's Yard Remedies Organic Products as she considers they fit into her ethos and is happy to share special offers and flash sales with her Pilates clients. At home food is veggie with non veggie additions at times for her meat eating husband and son. Ben is the much better cook she says. To eat out family favourites are The Three Locks, The Cod and Waffle in Leighton Buzzard and Lumpini Thai Restaurant in Dunstable.

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- **HOLIDAYS**

Louisa's favourite place in the world is Vancouver. "It's incredible to have the Pacific North West, mountains, forests and cities so close together". Other special places include Italy especially Luca near Pisa, and Florida – "Great fun for us all and so much more than just the Disney experience." They have family in Perth, Australia and hope to revisit next year. In England they enjoy the Suffolk coast especially Thorpeness.

- **DESERT ISLAND CHOICE**

Louisa admits to a weakness for dark chocolate, especially mint flavour. She would take a playlist including 80's music and indie music from the 90's, – "Showing my age." Not surprisingly she loves reading but, "Proper books not on-line." At the moment she is reading "The Girl Who Takes an Eye," by David Lagercratz which continues the Stig Larsson Millenium Series.

- **IF THE YOUNGER YOU SAW YOU NOW WHAT WOULD SHE THINK?**

Why on earth didn't you keep up your sciences and study Osteopathy or Physiotherapy at university?!

- **ANYTHING PEOPLE WOULD BE SURPRISED TO KNOW ABOUT YOU?**

My husband kindly said I am the last person anyone would have expected to make a career in health and fitness! I was not into sport at school at all.

My first Saturday job while at school was on a fruit and veg stall in Watford market, the next was my dream job at the time; working in Hammonds and Tuba Talk music shops following work experience there.

While we lived in Dunstable I'm proud that I helped set up the Luton and Dunstable branch of Cats Protection.

If anyone would like to contact Louisa about Pilates or Neal's Yard or anything else she will be helping at the village show or here are her contact details:

Email: louisa.pilates@gmail.com

Mobile: 07941 203589

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ARCHAEOLOGICAL OPEN DAY

When the posters went up around the village inviting us to the 'Discovering Roman Settlement' Open Day on the site off Fenny Road, I don't



think many of us knew what to expect. The poster claimed the Archaeologists had been recording evidence for late Iron Age to Roman enclosure systems that may have laid on the outskirts of a settlement, and into which pottery and a possible cremation were deposited. So, come the day of Thursday 9th August and despite the rather inclement weather, many villagers ventured out to have look at what had been going on behind



the tall hedgerow that borders the site on Fenny Road.

The first thing that struck you was the scale and size of the excavations, and because of our very hot and dry Summer

(unfortunately not the case for the Open Day) how clean the site was, no mud, all soil being 'rock hard'. The second thing that struck you was how much effort the Archaeological Team had put in for this Open Day, with four team members on hand providing informative guided tours around the

site. They had also laid out much of the artefacts they had unearthed on display, which one could actually pick up and handle. The team member in charge of this display was extremely knowledgeable and clearly



DISCOVERING ROMAN SETTLEMENT AN ARCHAEOLOGICAL EXCAVATION

The village of Stoke Hammond has a rich history, probably beginning with the foundation of a Saxon church, from which the old English word *Stoche* becomes Stoke. The settlement then takes its name from *Hamon*, a 12th century Lord of the manor. In the modern landscape Stoke Hammond maintains a rural village character distinct from the 'new town' of Milton Keynes to the north, which was designated in 1967. But the town masks a much earlier landscape in the valley of the River Ouzel; of rich agricultural fields and a dense network of farmsteads with origins in the late Iron Age and Roman periods (1st century BC to 4th century AD).



Recent excavations by archaeologists to the east of Fenny Road have revealed enclosures, including a 'ladder system', parallel drove way ditches and a 6m wide boundary ditch that may have formed the edge of such a farmstead, just 500m west of the river, and possibly part of the estate of a Roman villa located in the fields to the south-east. Archaeologists have been excavating sections through these ditches and recovering glimpses of the first settlement at Stoke Hammond



The Romans developed an extensive range of industries in the local area, and the domestic waster in the ditches included many utilitarian storage jars and cooking pots that represent some of the earliest wheel-thrown pottery in the country.

Pottery vessels had many uses, including as a container for an isolated cremation recorded in one of the ditches (top right); although on a more everyday level they would be used for the cooking of food, and the ditches have also produced ample quantities of butchered animal bone, mostly cattle and sheep (right), but also dogs and horses, which would have been essential farmyard animals.



In addition to the enclosure ditches, the archaeologists have been excavating rubbish pits and groups of postholes, some of which are arranged in lines (left) that suggests they had a structural function, possibly including outlying agricultural buildings or low status wooden structures occupied by those that worked the land. But no matter who you were, the Roman Empire provided access to a trade network and fine crafts that provided a wealth of goods.

Finds from this site have included a polished bone pin, possibly a hair pin or cloak fastener, and small copper alloy fittings (right), possibly part of a brooch or a fine box.





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STOKE HAMMOND COMMUNITY ASSOCIATION

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TAKE A LOOK AT OUR NEW WEBSITE

www.stokehammondcommunitycentre.com





enjoyed extolling this knowledge with all - I think he could have talked all day and no doubt probably did! They had also produced a hand out leaflet which is reproduced here in this article.

The guided tour certainly helped us understand how changes in soil colour identified the position of ditches and rubbish pits, and that a line of seemingly uninteresting potholes was likely to have had a structural function as the position of timber supports for agricultural buildings or other wooden structures.

For some there were two reasons for attending the Open Day, yes, a valid interest in what the Archaeologists had found, but also, would whatever they had uncovered have any



influence on the proposed development of new homes on this site? And the answer is a big fat "NO" - in the Archaeologists own words "the team would have had to have found some implausible amazing discovery, such as complete Roman Villa or the tomb of Julius Caesar"

Through these pages we should thank Archaeological Solutions for putting on this Open Day - something they were not obliged to do. Which gave us the opportunity to have a sneak peek at a small chapter in the early history of our community.

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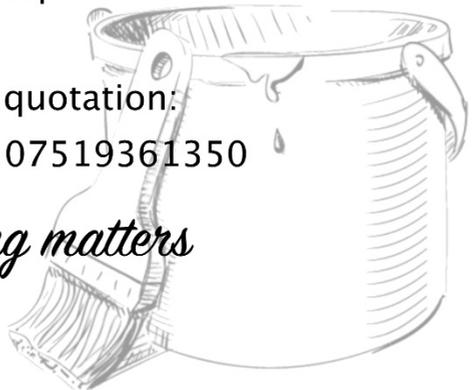
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STOKE HAMMOND COMMUNITY ASSOCIATION

Do You
an Event or



Need a Marquee for
Occasion?

Your Community Association in collaboration with the Village Show have two 8x12metre white marquees available for hire to villagers who are hosting a special event or party where a marquee would create that extra outdoor entertaining space. Here are some pictures for one of our marquees being used just last month for a wedding reception.



STOKE HAMMOND COMMUNITY CENTRE



Serving the community

Available with both plain or window side panels

With 4/5 people the marquee can be erected in approx. 3 hours and due to its ground tie bar design, the marquee does not require any guy ropes for ground securing.



Hire rate per marquee £200 for a 4 day hire period plus a £100 refundable deposit. Collection from and return to the Community Centre. If to be used in conjunction with a Community Centre hire, permission will need to be sought from the Parish Council for erection on the Community Land.

For enquiries and bookings please contact Greg Noble 01525 270744 or email shcommunitycentre@gmail.com



Whether you are looking for short or long term accommodation The Orchard Hotel has so much to offer. This old family home has been sympathetically and tastefully converted and now provides accommodation and assisted living for retired gentlemen.

There are five single and two double fully serviced guest rooms, each with:

- En-suite facilities
- Personal colour TV
- Drinks making amenities
- Courtesy tea and coffee
- Fridge, freezer and microwave
- Personal laundry service, if required

Residents are invited to make full use of the guest lounge and sun room as well as the indoor and outdoor swimming pools and the beautifully and lovingly tended gardens.

The majority of guests at The Orchard choose to be self sufficient and prepare their own meals or eat at nearby pubs and restaurants. However, hotel staff are happy to cater for guests providing this is arranged in advance.

The Orchard is fully accessible for anyone with limited mobility. It is regretted however that pets cannot be accommodated.

For more information please contact:

The Orchard Private Hotel, Stewkley, Buckinghamshire LU7 0HR

Tel: 01525 240 240 Fax: 01525 240 464

Email: orchardstewkley@supanet.com

WASTE COLLECTION DATES



EDITORS NOTE:

DATES CORRECT AS WE WENT TO PRESS – AVDC YET TO ANNOUNCE POSSIBLE NEW DATES

Waste Bin: 	Recycling Bin:  Paper, glass, cardboard, plastics, cartons, cans & tins	Food Waste Bin:  Non-recyclable or compostable.	Garden Waste Bin: 
	Thursday 23 August	Thursday 23 August	
Thursday 30 August		Thursday 30 August	
			Saturday 1 Sept
	Thursday 6 Sept	Thursday 6 Sept	
			Monday 10 Sept
Thursday 13 Sept		Thursday 13 Sept	
	Thursday 20 Sept	Thursday 20 Sept	
			Monday 24 Sept
Thursday 27 Sept		Thursday 27 Sept	
	Thursday 4 October	Thursday 4 October	
			Monday 8 October

EDITORS NOTE

This month's SH News is unfortunately light on a couple of regular features due to illness and it being the holiday season, but hopefully you've still found it an interesting read.

I would like to thank those people who have contacted me with some ideas and suggestions for future articles. One very good point made by one of our newer residents was to maybe add a bit more detail when referencing to a place or feature in our village. For whilst many of us will instantly know where for example the Old Village Pump is located, some may not – junction of Newton Road and Church Road by the way! Similarly, for the 'Spotlight On' features we don't always run a photograph (normally because the person couldn't provide us with one they would like to be used). So, for those of you who don't know Ted Andrews from last months 'Spotlight On' take a look at this month's report on the Archaeological Open Day – Ted is the grey-haired gentlemen with glasses and the fly-fishing vest studiously examining the Roman remains that are laid out on display.

May I please have copy for the October issue by **20th September**

Greg Noble, Oak Farm, Bragenham Side, Stoke Hammond. MK17 9DB
01525-270744 E-mail: gregnoble1980@aol.com

VILLAGE DIARY

Sunday 2 nd September	Harvest Festival – Methodist Church 11.00
Tuesday 4 th September	Parish Council Meeting – Community Centre 19.30
Saturday 8 th September	Village Show – Community Centre 13.00 – 17.00
Tuesday 11 th September	Ladies that Lunch – Sports Club Pavilion 12.30 -13.45
Saturday 22 nd September	Community Breakfast – Community Centre 8.30 – 10.30
Thursday 13 th September	Gardening Club Members trip to Kew Gardens
October	Quiz Night – Community Centre <i>date & times to be confirmed</i>
Tuesday 2 nd October	Parish Council Meeting – Community Centre 19.30
Sunday 7 th October	Harvest Festival – St Luke's Church 11.00
Tuesday 9 th October	Ladies that Lunch – Sports Club Pavilion 12.30 -13.45
Saturday 13 th October	Community Breakfast – Community Centre 08.30 – 10.30
Tuesday 6 th November	Parish Council Meeting – Community Centre 19.30
Sunday 11 th November	WW1 Centenary Commemoration – Village Green - Times TBA
Saturday 15 th December	Senior Citizens Xmas Lunch – Community Centre



ORGANISATIONS THAT USE THE COMMUNITY CENTRE

High Ash Scouts, Cubs, Beavers

Every Thursday 17.30 - 21.30hrs

Contact: John Till 01525 261444

Pilates - Group Matwork

Monday's 9.25am, 10.30am & 11.45am
7.10pm & 8.15pm

Contact: Louisa Harris 07941 203589

Buttons Pre-School

Monday - Friday

Contact: 01525 270501

**To Hire the Hall please telephone 07555 711929
or e-mail: shcommunitycentre@gmail.com**

SH NEWS – ADVERTISING RATES

For 12 editions: FULL Page - **£85.00** HALF Page - **£50.00** QUARTER Page - **£30.00**

To upgrade to full colour on rear cover, additional per month cost:

FULL Page – plus £15.00 HALF Page - plus £10.00 QUARTER Page - plus £5.00

Note: Upgrading to full colour is on a month by month basis, not a commitment for 12 editions

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Aylesbury Vale District Council	01296-585858
Gypsy Hotline	01296-383774
Litter Enforcement Officer	01296-585395
Social Care Services (<i>Emergency Duty</i>)	01494-817750
MK General Hospital	01908-660033
Stoke Mandeville Hospital	01296-315000
Luton & Dunstable Hospital	01582-491122
SH Gardening Club (<i>Eileen Curry</i>)	01525 270858
Clerk to the Parish Council	07743-355484
Parish Council Chairman (<i>Greg Noble</i>)	01525-270744
County Councillor (<i>Janet Blake</i>)	01525-261288
District Councillor (<i>Neil Blake</i>)	01525-261288
District Councillor (<i>Ben Everitt</i>)	07817-756158
High Ash School	01525-261620
M.P. (<i>John Bercow</i>)	020-7219-6346

Police non-emergency number 101

STOKE HAMMOND



VILLAGE SHOW

SAT 8TH SEP 2018

Live Bands • Bar & BBQ

Large Show Tent

Many Stalls & Amusements

Raffle Teas & Cakes

Fun Dog Show

Admission £1 Children Free

1-5pm at the Community Centre

Don't Miss This Exciting Village Event

Never have enough cash on the day?

Contactless/chip & pin card payments avail at the Bar & BBQ

www.stokehammondvillageshow.com

We're still looking for helpers to assist with the set-up on the Friday

Please contact Chris Page 270239 if you can help us.