

# SH NEWS

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G.O.M.

MAVIS'S QUIZ

EVERYTHING BUT THE MOO

CHURCH NEWS & MUCH MORE

DECEMBER 2019/JANUARY 2020



*Happy  
Baaaa  
Xmas!*

**Looking out from Oak Farm  
across to the Grand Union Canal.**

# St LUKE'S, STOKE HAMMOND

**Rector: Revd John Waller 01525 261062**

December 1 <sup>st</sup>	16.00	Christingle Service Valerie Kerr & Revd John Waller
December 8 <sup>th</sup>	16.00	Carol Service – Revd John Waller
December 15 <sup>th</sup>	09.00	Morning Worship - Revd John Waller
December 22 <sup>nd</sup>	16.00	Nativity <i>on Village Green</i>
December 24 <sup>th</sup>	16.00	Crib Service <i>Christmas Eve</i> – Dave Webber
	23.30	Holy Communion – Revd Steve Barnes
December 29 <sup>th</sup>	11.00	Holy Communion Benefice Service Revd John Waller
January 5 <sup>th</sup>	11.00	Family Service – Valerie Kerr
January 12 <sup>th</sup>	09.00	Family Service – Leader tbc
January 19 <sup>th</sup>	09.00	Holy Communion – Revd John Waller
January 26 <sup>th</sup>	09.30	Café Church – Leader tbc

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

Please Note: There will be NO Community Breakfast in December  
Saturday 11<sup>th</sup> January 08.30 – 10.30 (Last Orders)

*PLUS, THESE OTHER SPECIAL CHURCH EVENTS.*

Saturday 30<sup>th</sup> November Christmas Fayre at the Community Centre

Saturday 7<sup>th</sup> December Christmas Tree Festival at St Luke's 10.30 – 16.00

**Church Wardens:**

**Diane Webber 01525-270409 and Harry Davies 01234-822780**

## **METHODIST SERVICES**

**REGRETFULLY THERE WILL BE NO FURTHER SERVICES HELD IN THE  
METHODIST CHURCH STOKE HAMMOND.**

**Should you require further information or details of Methodist Services to  
be held in Stewkley, please contact the Minister.**

**Revd Donna Broadbent-Kelly on 01525 240589**

**WE ARE PLEASED TO ADVISE THE POPULAR WEDNESDAY COFFEE  
MORNINGS CONTINUE, BUT NOW AT THE SPORTS PAVILLION,  
BRAGENHAM SIDE. 10.30 – 11.30**

**(For more information please contact 01525 270287)**

## PARISH COUNCIL NEWS



It is hoped that most of you will have by now have noticed the recent maintenance work carried out to the village entrance gates. The main uprights which were starting to rot through have been reinforced with new concrete repair posts. All woodwork has been treated with preservative/wood stain and the failing 'A Thankful Village' vinyl lettering has been removed and replaced with new rigid acrylic letters.

Something that sadly can't be saved is the Chestnut tree to the Village Green. Following recent winds, a large bough broke away from the tree, so it was thought best to ask our tree surgeon to inspect the tree, who found it was badly diseased and dead in many places, and the recommendation was to have it felled. Although not protected by a TPO (Tree Preservation Order) it does sit within the Conservation Area so Planning Permission had to be sought from AVDC which has now been granted. Once felled, it is the intention to replace by the planting of a new semi mature tree.

It's been relatively quiet on the planning application front over the last couple of months (thank goodness, no doubt many of you might say) with just a proposed new agricultural storage building at Burnell Farm, Drayton Road (application Ref 19/03768/AGN) and a loft conversion to 2 Manor Close (ref 19/03420/APP) both of which were supported by the PC. But we have just learnt that once again the AVDC Planning department has not exactly covered themselves in glory by failing to determine a planning application within the prescribed period. Sutton Properties launched an appeal relating to their application ref 18/00893/APP for the development of 4 new residential dwellings on land to the rear of 23 The Green. The Inspector appointed by the Secretary of State has found in favour of the appellant in both the granting of the planning permission and the awarding of costs caused to the appellant for and quoting from the decision notice against AVDC Planning "I therefore find that unreasonable behaviour resulting in unnecessary or wasted expense, as described in Planning Practice Guidance, has been demonstrated and that a full award of costs is justified".

For Remembrance Sunday the Silent Soldier Silhouettes that for last year's centenary commemorations sat beside the village entrance gates, were offered to St Luke's and were placed inside the church grounds. The Sunday service was very well attended and the PC was as ever most honoured to be able to place a wreath in memory of all those who have served, and with 2020 marking the 75<sup>th</sup>



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Anniversary of VE Day, plans are already starting to shape for how we as a village can mark and celebrate this event.

We are pleased to report that we have at last found and appointed a Highways Consultant to help prepare the design and budget costing for a new access road and car parking provision to the land adjacent to the Community Centre. Mr Philip Cunningham has much experience and qualifications, and acts as a consultant to Central Bedfordshire and Luton Councils. Philip has already visited the site so we look forward

to receiving his proposals in due course.

For the last Parish Council meeting held on the evening of Tuesday 5<sup>th</sup> November, it was rather disappointing that neither of our two District Councillors or our County Councillor were able to attend, and indeed for the latter it is now a year since our County Councillor attended a PC meeting.

As a trial for this year there will be no PC meeting in December albeit your Councillors will be meeting up to set the budget for the next financial year, which will also dictate the level of precept that you will see in your 2020/2021 Council Tax Notice.

So, as this is the last PC News of 2019 and the next PC meeting is not until the New Year 7.30pm Tuesday 7<sup>th</sup> January 2020 at the Community Centre, Bragenham Side, your Parish Council would like to take this opportunity to wish you all that live in the Parish of Stoke Hammond a Very Merry Xmas and all the best for 2020.



**Should you wish to contact your Parish Council, please do so via our clerk:**

Sue Severn, 19 Curlew, Watermead, Bucks. HP19 0WG 01296 331816

[clerk.stokehammondpc@gmail.com](mailto:clerk.stokehammondpc@gmail.com)

[www.stokehammondpc.com](http://www.stokehammondpc.com)

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LU7 2PJ

**Wednesday's 6.00pm - 7.00pm**  
Trinity Methodist Church Hall,  
North Street  
Leighton Buzzard  
LU7 1ES

**£8.00 per class**  
for block booking of 5-6 weeks

**£10.00 per class drop in**  
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Contact: 07974 141874

The Core Club or Nikki Gladlish

Email: [nikki@wiznt.co.uk](mailto:nikki@wiznt.co.uk)





# Your community Your care

Developing Buckinghamshire together

## **Together we can help Buckinghamshire stay safe and well this winter**

Health and social care organisations in Buckinghamshire are working together this winter to help residents and their loved ones stay safe and well whatever the weather brings.

Winter is a high-pressure season for health and social care services, when lower temperatures and harsher weather can lead to increased demands on all services, especially GPs and Emergency Departments as flu season begins.

Director of Urgent and Emergency Care and Winter Director for the Buckinghamshire Integrated Care Partnership, Frances Woodroffe said: "We've been working hard across Buckinghamshire with hospitals, GPs, local authority, mental health, ambulance and social services as well as the voluntary sector to prepare for the extra challenge of winter. By working jointly we can find new ways to improve services and ensure patients get the right care, in the right place, for their needs.

"There are many things being put in place to help achieve this, including support to help people remain well and independent at home, Children's Community Hubs and community and ambulance support for falls and frailty to reduce the need for hospital admission. The flu vaccination is offered to health and social care employees so that the workforce stays healthy to keep all services running, and we also offer a flu service to care homes.

"Integrating our out of hours services means NHS111 can book appointments directly with GPs, who are available for longer, on weekday evenings and at weekends to give patients more access and better convenience.

"But it's very important that people do not stay in hospital longer than necessary, so while hospitals will have more beds to help manage winter demands, we are making extra provision for care home beds as well as a range of community services to help people stay well and independent in their own homes. This is supported by adult social care working together with hospital discharge teams and is just another example of how integrated working is making a difference to patients and supporting our NHS."

But what should people do if they feel unwell?

"We want all Buckinghamshire residents to know what to do if they need urgent medical help or are unsure," says Dr Raj Bajwa, a local GP and Clinical Chair of Buckinghamshire Clinical Commissioning Group



# MD Autocare

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Facebook: [www.facebook.com/MDAutocare](http://www.facebook.com/MDAutocare)

“If you think you need medical help and it’s urgent, or you are unsure what to do, call 111 – the free NHS number which is available 24/7. Trained staff can connect you with a nurse, doctor, or mental health nurse. They can also give telephone advice, or book an appointment with a GP or the Wycombe Hospital Urgent Treatment Centre, if that is what is needed. It’s also available online: [111.nhs.uk/](http://111.nhs.uk/)

“Why not try the app Ask NHS – it’s free to download to any mobile device and provides patients with a symptom checker, self-care advice and access to book the most appropriate GP appointment.

“Of course a high street pharmacist is a great first port of call when anyone feels under the weather, offering clinical advice and over the counter remedies as well as the flu jab.

“But the flu jab is the best way to protect yourself and your family this winter from a nasty virus that can be life-threatening to vulnerable people – which is why it’s free to those who need it most.

“Many people find winter especially challenging to their mental wellbeing. So if you have concerns about stress, anxiety or depression talk to a GP or go online to Healthy Minds - an NHS service for talking therapies, and practical support for adults with a Bucks GP: [www.oxfordhealth.nhs.uk/healthyminds/](http://www.oxfordhealth.nhs.uk/healthyminds/) You could also try Every Mind Matters which offers practical advice [www.nhs.uk/oneyou/](http://www.nhs.uk/oneyou/)

“The important thing is to seek advice or help right away for any illness before it gets worse.”

Everyone can play their part this winter and take practical steps to help themselves and others to stay as well as possible. “By being a good neighbour to older people you can make a real difference to someone who may be lonely or vulnerable,” says Gill Quinton, Executive Director for Communities, Health and Adult Social Care at Buckinghamshire County Council.

“It’s as simple as offering to get some shopping for an older person– especially in icy weather so that they don’t struggle out and risk a nasty fall. It’s also a good idea to be ready for winter – so look out for road gritting and weather updates which are broadcast on local radio and social media to help all residents to travel safely and be ready for winter.”

More information about being prepared for winter including: staying healthy, flu; volunteering, roads; school closures; floods and emergencies can be found on the Buckinghamshire County Council

website [www.buckscc.gov.uk/services/community/ready-for-winter/](http://www.buckscc.gov.uk/services/community/ready-for-winter/)

[www.buckscc.gov.uk/news](http://www.buckscc.gov.uk/news)

<https://twitter.com/buckscc>

<https://www.youtube.com/user/buckinghamshirecc>

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*Local references available upon request.*

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## STOKE HAMMOND GARDENING CLUB

Having had requests from many members to have a get-together after all our trips were over, we decided to have a fish and chip evening as an experiment which took place on Thursday 31st. October.



We were delighted to welcome 60 of our members to the Sports Club where we enjoyed the supper and settled back to listen to our Speaker for the evening, the village's own Chris Page who, as you know, is a regular contributor to the SH News. Although we had to persuade him to come and share his gardening experiences with us, he did us proud. Between his amusing anecdotes he gave us lots of tips that he had picked up along the way and everyone thoroughly enjoyed the Talk.

So, we feel sure that the experiment worked as the evening seemed to be a great success but we must thank our willing helpers without whom we would never have managed. These include the Sports Club committee, particularly Valerie Blackshaw, David Venn and David Tooth. Also, our thanks to Allan Dykes, who can always be relied upon to offer help, likewise Margaret Correll and, as always, our busy Committee.

Our next event will be the Gardening Club Xmas Dinner on December 14th which we hope will go just as well.





# THE Lindens

**The Lindens is a privately owned care home, set in the tranquil Buckinghamshire countryside, offering individual care for our long-term residents and those visiting us for respite care. We provide a real 'home from home' experience for all our residents and their visitors.**

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- *Meals prepared in house using locally sourced ingredients, individual dietary needs catered for.*
- *Lecture theatre and cinema room.*
- *Sun lounge available for our residents, guests and visitors to take afternoon tea and enjoy family gatherings.*
- *Dedicated respite/convalescence suite with private patio.*

The Lindens Residential Care Home, Stoke Road,  
Stoke Hammond, Buckinghamshire, MK17 9BN

**Tel:** 01908 371705 **E-Mail:** [info@careatthelindens.co.uk](mailto:info@careatthelindens.co.uk)

**Web:** [www.careatthelindens.co.uk](http://www.careatthelindens.co.uk)

# THE Lindens

Here at The Lindens, during the Autumn our Maintenance Team have been working in the Meadow Gardens to the side of the home, creating a new raised bed for our majestic Olive Tree. A digger was used to sculpt the soil and terracing created with large garden stones, then the Olive Tree was lifted into place and gently planted. Around the terracing, bedding plants were then added which created a beautiful effect and it has been lovely place to enjoy a warm sunny Autumn day.

To the front of the old house the grounds have received a spruce up! Trees have been trimmed and branches lopped so that all is neat and ready to greet Spring in due course.



In our Tea Room, we now have special cups for use with the tea, coffee and hot chocolate machine as we endeavour to create a relaxing place for families and friends to visit their loved ones.

If you would like to call in to see us or if you are interested in working or volunteering here, please phone us and ask for Tina or Milli.

Now as Christmas is approaching, we are making our preparations for the festive period. Our residents and respite guests are starting to make tree table decorations for the special day and then floral table arrangements nearer to the day. Our Kitchen Staff are planning the festive season menus and party food for our Residents' Christmas Party celebration.

Season's Greetings to you all from us here at The Lindens!

*Chris Ryan*

**Manager, The Lindens.**

**The Lindens, Stoke Road, Stoke Hammond, Buckinghamshire, MK17 9BN.**

Tel 01908 371705 Email: [info@careatthelindens.co.uk](mailto:info@careatthelindens.co.uk) Web: [www.careatthelindens.co.uk](http://www.careatthelindens.co.uk)

New to Stoke Hammond...

# Joyful Tots

- A friendly place where we play, learn and share together
- For parents, Carers, or anyone looking after a baby or preschool child
- Our regular session is now **10 – 11.30am** on **Friday mornings during term times** at **Stoke Hammond Community Centre, MK17 9DB**
- £2 per family –refreshments provided - inc. hot drink for grown-ups and fruit for children (no charge for your 1st session!)
- Can't make the day but still interested? Let us know times and days you'd prefer



For more info Call Jacklen 07897 487657 or Diane 07739 392029  
Facebook: Joyful Tots

We've been having a great time lately (see photos) and have lots of new members. We've got loads more planned for Christmas including slide and soft play,



making decorations for our "Partridge in a pear tree" Christmas tree, Christmas paper chains and our Christmas party

on 20<sup>th</sup> December. We'll start back on 10<sup>th</sup> January for another season of fun filled activities!

## PAGEY'S SOW & GROW "PATCH"



So here we are deep into Autumn with winters cold tentacles reaching out for us all.....it's enough to send you to the nearest log fire with a hot toddy 🍷. It certainly doesn't encourage you to spend hours in the garden that's for sure, but there are a few things you should do before we plot and plan for the 2020 growing season. Gulp ....2020, why does the world spin so fast and time

fly off down the road before you can appreciate it!

Firstly, November through January is mega clearing up time - painful and boring I know but u gotta do it or the soil will not appreciate it and bugs and diseases will. Clear all old vegetation of annuals and vegetables and compost them (unless they are diseased, then bin or bonfire them). Clean canes, pots, buckets, tools (I know most of you won't) and put them somewhere dry for the winter if you can. All that I leave in the ground are hardy perennials, fruit trees, carrots and parsnips in raised beds, Brussels and Cabbages / spring greens, celeriac, fennel, winter lettuce and woody herbs (unless they are in a pot and then I cut them hard back and shove in the greenhouse) - I dry out the leaves for use as scent or cooking. Collect leaves and compost them, empty soil in your pots outside onto a flower bed (put new compost in next year) as the soil will be exhausted - unless they are the huge ones in which in case you will replace the top 10 inches next year before replanting or resowing. Clean greenhouse if you have one so no bugs over winter and hide away any sunflower heads that you put out for birds otherwise the mice will find them!!! (it happened to me last year). Prune fruit trees (not cherry, plum or peach - do that in spring to avoid silver leaf) and roses. Cut back globe artichoke hard and cut to the ground your asparagus (ok maybe it's only me who has that). Just basically tidy the garden and cover any beds with a mulch of compost or manure (no manure for vegetable root crops the exception) so that it looks neat. I love that for 3 months I look out knowing I don't have to do anything with the garden. Ok we have tidied, cleaned, composted, pruned and swept our garden. Hurrah what a good little chap we have been.

Let's look forward. What can we plant and sow now. Well garlic, onion sets (small, immature onions) and broad beans can go in well-drained soil in November and December provided the ground is frost free. I keep them in my shed for a week before I plant out so that they get used to the cold (I'm sure I'm mad but I can't

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# GET DOWN FEEL GREAT



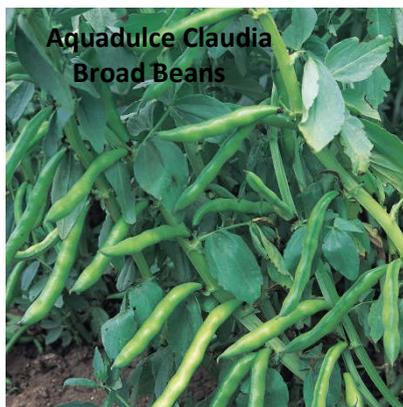
Beginners  
welcome  
at all venues

help thinking they would shiverrrr if they came from a warm kitchen straight into the cold ground). With garlic you get soft neck and hard neck varieties (a bit like rugby players have hard necks and footballers have soft wimpy necks lol). Hard neck produces a flowering spike or scape, which needs to be cut off and are a real delicacy, have smaller, stronger flavour bulbs - my favourite is Carcassonne Wight. Soft neck have no scapes, are milder with smaller cloves which store better (up to 10 months) my favourite being Solent Wight. I keep a bulb or two which I've harvested in June or July and plant now to give me 30 bulbs for the year. Just keep an eye on them as they peak out of the soil come February as birds pull them out of the ground (how they mistake them for worms I have no



idea, but just pop them back in the ground.) Broad beans are a favourite and do better if sown in the ground now - the best hardy variety is Aquadulce Claudia, which everyone grows. Lots of compost in the ground, push the beans 2 to 3 inches deep about 10 inches apart and you're done. Plant them in a block rather than a row and be prepared to support with canes and string in the spring as they can grow 4 feet tall - then April time watch out for black fly - deal with them in your own way! Also, at the end of December is prime onion seed sowing. Decide what type you want - large mild ones like the Exhibition variety, medium size stronger ones like Bedford variety or smaller stronger variety like Santero. Treat them all the same. Take 3-inch pots, fill with seed compost, water till moist, add a seed in each and keep at about 15 degrees. Keep moist and in a couple of months they will be sprouting everywhere. Plant out end of March to mid-April depending on weather, in well composted bed and by July and August you have wonderful onions to store. If you like red banana shallots (I do) then treat exactly the same. Go on grow some.! If you want to see how it's done contact me (see email below) and I will show you exactly how I do it with a demo class (free ! ) on the 27th and / or 30th December at 11am. Register by contacting me by email or phone.

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Lastly take cuttings of your favourite geranium, cut back a dig up your lily and dahlia tubers and store in dry, cool frost free place in newspaper or bone dry compost. And breath.

# BUTTONS Pre-School

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[www.buttonspreschools.co.uk](http://www.buttonspreschools.co.uk)



On the 31st of October I was asked to do a little talk to the gardening club. About 60 of you put up with me waffling on - so thanks for that. We had 2 winners of the guess the weight of the onion - Marilyn and Peter - who got it spot on at 3 lbs 2 Oz. Marilyn graciously let Peter have the onion, so Marilyn if you would like one the same size I have it here. Also, I've been asked for a list of my Do's and Dont's - so if you want them just contact me by email and I will get them to you. Also, I have excess lily tubers if anyone wants to collect some, contact me!!!

Happy Christmas all

Chris Page 07747018814 [page.chris1@googlemail.com](mailto:page.chris1@googlemail.com)

## READERS LETTERS



*Dear Editor - I think I speak for everyone when I mention the amazing Harvest Lunch last month at the Community Centre. It was all absolutely delicious and we wanted for nothing, so a huge thank you to St Luke's for such a treat. Eileen Curry*

*Dear Editor – Well, I'm sort of writing to myself here, but on behalf of the Stoke Hammond Community Association, I would just like to thank both the Stoke Hammond Parish Council and the Stoke Hammond Gardening Club, for their very kind and most welcomed donations towards the cost of putting on the annual Senior Citizens Xmas Lunch. I also thank in advance all the kind helpers on the day and the children (and their parents) from High Ash School choir who come along and entertain us with their Christmas Carols and songs. Greg Noble*



# Madisons Hair Salon

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Shamp, Set & Cut	£33.00
Perms	£70.00
Men's Cut	£12.00
Clipper Cut	£6.00
<b>Children:</b> Under 5	£6.00
Under 10	£8.50
Under 14	£14.00

## Beauty

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Eyebrow Wax/Tint	£12.00
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Lash Lift & Tint	£40.00
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Roots & Foils	£75.00
Ombre	£55.00
Ombre & Wh/Head Colour	£80.00
Colour Strip	£22.00
Toner	£12.00

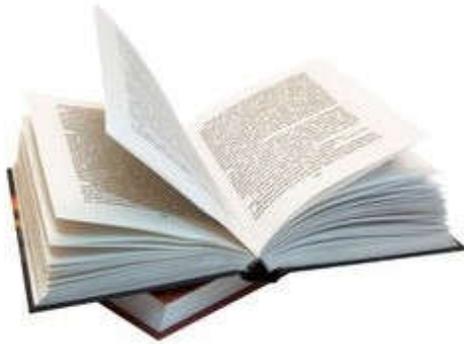
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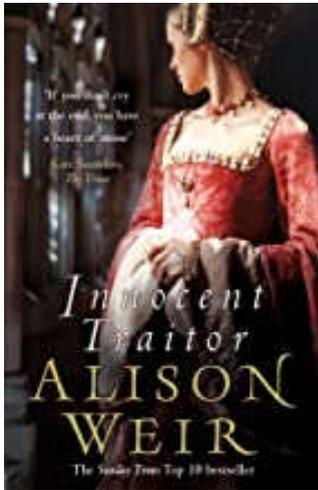
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Under Arm	£9.00
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Full Leg	£30.00
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ongoing offers & packages**

## STOKE HAMMOND BOOK CLUB

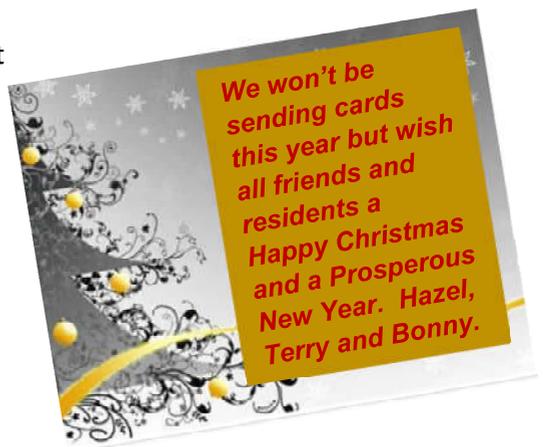


### Book One 'INNOCENT TRAITOR' by Alison Weir



At last - a book that we all thoroughly enjoyed. It was basically the story of Lady Jane Gray who, as everyone knows, was queen for 9 days. However, we learn how this fifteen year old girl, who the author describes as the bravest, most sympathetic and wronged heroine of Tudor England, was manipulated by a scheming father and ruthless mother entirely for their own ambitious ends. She was an intelligent girl who had no desire to rule preferring her books and study but was just a pawn in a mighty plan of her parents and others to gain positions of power and influence. The book is a mixture of historical fact, well researched, and fiction to tie it all together and as we know it ended in tragedy for Jane.

As mentioned, all the group enjoyed it and learnt from it and without exception they all agreed that they would read more of Alison Weir's many novels.





# High Ash C of E School Parish Council Newsletter



*Grow Together Shine Forever*

*'Let your light shine' Matthew 5:16*

**December 2019**

### ***Starting School in September 2020***

If your child is due to start school in September 2020 and you are currently looking at primary schools, it's not too late to book an appointment to come and visit High Ash C of E School. Primary School applications close at 3pm on 15<sup>th</sup> January 2020 so there is still time.

### ***The Festive Season***

We have lots of wonderful things planned before the end of the year that we are very excited about sharing with you...

### ***Whole School Christmas Tree Walk - Friday 6<sup>th</sup> December***

Our Christmas Tree Walk is a wonderfully special event as we walk down to the woods at Rushmere to choose the tree for our school. We sing carols around the tree and enjoy some very special time as a

### ***School Choir at Stoke Hammond - Saturday 7<sup>th</sup> December***

The High Ash Choir are looking forward to singing at the Senior Citizens Lunch at Stoke Hammond Community Centre on Saturday 7<sup>th</sup> December.

### ***Foundation & KS1 Nativity Productions***

We will have our Foundation and Year 1 & 2 Nativity Productions on Tuesday 10<sup>th</sup> December at 2pm and 5.30pm and again on Wednesday 11<sup>th</sup> December at 2pm and 5.30pm. There may be additional traffic around school for these particular occasions.

### ***Year 6 "Christmas Cracked" at Water Eaton Church Centre***

On Tuesday 10<sup>th</sup> December our Year 6 children will be travelling to Water Eaton Church Centre to join the Bridgebuilder Trust Team for a fast-moving and interactive presentation entitled "Christmas Cracked".

### ***Good Companions Concert - Wednesday 18<sup>th</sup> December***

Residents of the village are invited to come along to the Good Companions Concert at High Ash School on Wednesday 18<sup>th</sup> December at 1.30pm. If you would like to reserve seats to the concert, please contact the school on 01525 261620 or email [office@highash.bucks.sch.uk](mailto:office@highash.bucks.sch.uk).

Sara Boyce

Headteacher

[headteacher@highash.bucks.sch.uk](mailto:headteacher@highash.bucks.sch.uk)

## **STOKE HAMMOND COMMUNITY ASSOCIATION**

Why not hire the **Community Centre** or the **Meeting Room** for your party or business meeting. Discounted rates for residents of Stoke Hammond. To book or discuss your requirements please call 07555 711929 or 01525 270151 alternatively email your enquiry to: [enquiries@shcommunityassociation.co.uk](mailto:enquiries@shcommunityassociation.co.uk)

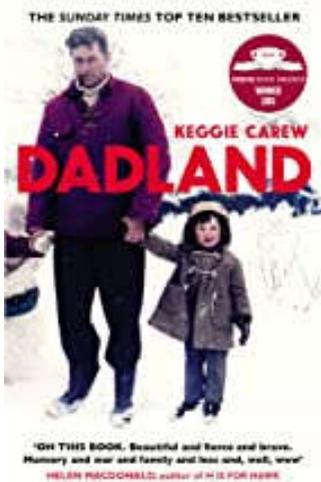


**TAKE A LOOK AT OUR NEW WEBSITE**  
[www.stokehammondcommunitycentre.com](http://www.stokehammondcommunitycentre.com)



# STOKE HAMMOND BOOK CLUB

## Book Two 'DADLAND' by Keggie Carew



Tom Carew was an Irishman and a war hero - an unconventional father with heaps of charm and charisma. When he began to lose his memory his daughter Kerrie set out to write his memoirs. He was, amongst other things, a parachutist dropping behind enemy lines in France and Burma to liaise with resistance fighters, a founder member of the SAS and a definite leader. His daughter's memory of family life dictated by him was both painful and glorious but she knew that he was a 'one off' and wanted to be sure that, as he was losing his past, she would do her best to retrieve it.

The group were unanimous in their praise of the book and found it well written, well researched and containing interesting details of his part in WW2. He was obviously rather eccentric but this probably added to his daring and it seems he remained rather eccentric even when dementia was taking hold. One of our group felt rather impatient with how it highlighted the British arriving in France and assuming they knew best even though the French Resistance were doing a pretty good job on their own. However, overall it was enjoyed by all, and everyone thought that the opportunity of being able to explore her father's past with him and his colleagues before he died was enviable. Summing up - we definitely recommend this book as a very good read.

The first book for next edition of the SH News is 'The White Woman on the Green Bicycle' by Monique Roffey

## POPPY APPEAL 2019



Soulbury and Stoke Hammond raised a total of £748.60p for the appeal this year, about £250 down on last year but of course the Dolphin is shut! Enormous thanks go to Kutty and his family their box raised a massive £158! The Sports Club did extremely well too it raised over £90! Thanks also go to: MD Autocare, Buttons, The Three Locks Public House, St Luke's Church (£138.60p), and The Boot. As PAO I also had a box and thank you to all who came and saw me for their specific requirements.

Over the whole of this year the two villages raised a total of £1400 as fund raising goes on throughout the year. Ex Servicemen and woman needing the help of the Royal British Legion need to get in touch as individuals. I tried to help someone earlier this year but unfortunately was told that I could only put them directly in touch with the Legion. Si if you are ex services please don't hesitate write to: The Royal British Legion, 199 Borough High Street, London SE1 1AA; or **By email:** Drop them a line at [info@britishlegion.org.uk](mailto:info@britishlegion.org.uk) and someone will be in touch. *Hazel Turner*

# Stoke Hammond Service Centre Bletchley

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## **“EVERYTHING BUT THE MOO”**

**After suffering the effects of the 1950 mini tornado and having not enjoyed the world of sheep farming, we once again delve into the era of cattle and calving, albeit the title of this chapter from Pam Murphy’s book ‘Everything but the Moo’ really has very little to do with that infamous girl’s boarding school!**

### **SHADES OF ST. TRINIAN’S**

A herd of cows is rather like the fourth form at a girl’s boarding school. On the whole, they are well behaved lot of girls doing what they are old and coming when called. It contains the bullies, the brilliant, the bone idle, the pet and pet aversion; there is always a laggard bringing up the rear; and every now and then one of those Holy Terrors, remembered with a certain amount of pride and affection long after the prize and diploma winners have passed on their way.

Take Rosey for example. Rosey was our very first cow – by all of sixty seconds. The time it took the auctioneer to knock down Lot 51. She was also the most expensive cow by about £1.00 a second. In 1950 Guernsey cows cost more than diamonds, not exactly weight for weight of course, but you could get a pretty good sparkler for less than one of those beautiful doe-eyed brown and white ladies. As always, when we started farming, we bought at the top of the market.

Rosey was not only a lay of impeccable lineage, whose pedigree could make many a noble scion look askance at his own background, but she also had a HISTORY. Her father was Herald of Maple Lodge. She further distinguished herself in my view by giving birth to a heifer calf on my birthday – August 19 – the very first calf we had, which was duly called after me.

Three months after she had calved, Rosy fell sick. Her milk yield dropped to almost nothing, her hair stood end; she hunched herself up, and very obviously had a “pain in her pinny”. She bellowed pathetically. Vets came and pummelled and pounded to no effect. Since a cow has four rumen, or tummies, it is a boit hard to find out exactly where the pain is and what is causing it, and he looked more and more like a case for the knacker for £5, leaving a very nasty hole in our bank balance.

Finally one vet said he thought she had “eaten a foreign body”, and suggested that we call in the army with a mine detector. The Royal Engineers were delighted to oblige, and a large three tonner arrived bearing a Sergeant, Corporal and Private, the latter carrying a fiercesome looking object, rather like a vacuum cleaner on a six foot pole; he strapped a large box on his back and donned enormous earphones. They were more used to operating on the seashore than inside a cowshed, but game to try anything once.

Certainly, nasty noises emitted from Rosey’s stomachs. A desperate decision to operate was made, though we knew the chances of success were not great. A loose box was prepared with bales of straw scattered all around, some covered with

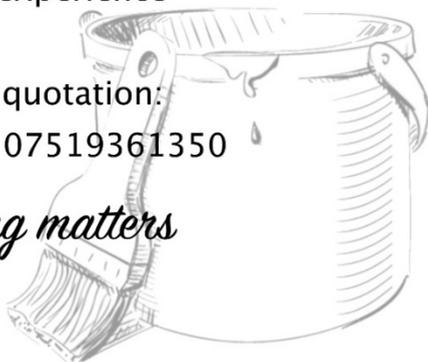
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TEBBUTT PAINTINGS



precious bed sheets (they were on coupons in 1950). Rosey's legs were tied up and she was given a local anaesthetic (a cow cannot be given a general anaesthetic). I was instructed to produce every wheelbarrow; we had plenty in those days. I did not see why, but I soon learnt.

The incision made and clamps in, the rather nasty half fermented contents of all four stomachs had to be removed and gone through – by me! I did keep mentioning that I was three months pregnant and morning sickness lasted all day, but was told just to keep sorting.

Eureka! The fifth barrowload produced a split pin and three inches of wire. The sixth a miniature iron pig with a hole in it, circa 1500, presumably someone's lucky charm. This was followed by some more wire and a hexagonal object of dubious origin.

Sewn up, Rosey bellowed to be released; she proceeded to drink five buckets of water and ate a large quantity of hay, carefully gone through for any ironmongery. The vet and I settled for half a bottle of black market whiskey (blow the baby – for the record she would not touch the stuff to this day, she probably had her lot then). Another cow that had an insatiable appetite was Rosia the Bessie Bunter of the herd. She would eat anything One evening she discovered how to open the parlour door, did an efficient Hoovering operation in there, sauntered through the dairy, leaving her card and sampling the detergent before going on a trip around the farm yard until she found a sack containing about half a hundredweight of damp barley that someone had misguidedly left about.

The early herdsmen found her staggering about like an inebriated duchess at 4.30 am. The barley had the same effect on her as a couple of bottles of whiskey on a tee-totaller, and she would have failed any breathalyser test. By evening she was a complete case of delirium tremens. Having four stomachs, she could not be subjected to the indignities of the stomach pump, and the vet felt an operation might ease the fermentation going on inside her, it could well be dangerous. So he suggested drenching her with black coffee and keeping her moving.

A human drunk is difficult enough to keep on his feet, a bovine one nearly impossible. As the night wore on, we pushed, pulled, and shoved her around, dosing her with coffee, and ourselves with the equivalent of Rosina's downfall. The Guernsey Society might well have had cause to doubt the veracity of Rosina's illustrious pedigree, and a Regimental Sergeant Major would have called for earplugs. It was worth it, she sobered up eventually, and lived to meet her doom several years later when she ate a large bag of nails swiped from a trailer!

Butterfly suffered from claustrophobia. She did not consider accommodation about five times as spacious as that recommended was adequate for her. When first incarcerated in the maternity ward she took a flying leap over the stable door, sticking half way, and teetering like a see saw. She would not be pushed back, and

no one could get behind her to push her forward, so eventually the door had to be broken down.

During her second calving she had both parts of the door firmly closed, so she charged at the top one and ended framed in the remnants. It was becoming a little expensive in carpentry, so thereafter she was allowed to calve in the paddock.



Pam with 3 prize winning Guernsey's

There is only one thing you could say about pampas. She was a bovine psychiatric case from birth. She was always as nervous as a spinster in a troop train. She was a thoroughly tedious calf; every time it turned cold she scoured as if she had been given an entire bottle of castor oil, and when it was hot she would seem to be in

imminent danger of expiring from heat stroke. She quivered like a jelly if anyone went past her box, and threw a fit if anyone except her normal Nanny went inside. In the course of time she was promoted and joined her companions in a field at the other end of the farm with William and his harem. Here she proceeded to try and commit hari kari with the most monotonous regularity by throwing herself in the river which adjoined the field. She would do her damndest to escape William's attentions, and if there was any wire she could get entangled in she would do it. She got stuck in the river on numerous occasions and once nearly drowned in a water trough. Heaven knows how she got her head under the bar, but she did. For the T.T. test the crush was brought onto a small bridge over the Grand Union Canal, where the heifers could be close penned for ease of handling. They all went calmly through bar one, Pampas!

Eventually she was caught, with the vet holding hard on one ear. She took a flying leap over the side of the bridge, the vet still firmly attached. I hate to admit that we left him to his fate, feeling that he could swim whereas Pampas indubitably would sink like a stone to the bottom of the lock, and I foresaw trouble with the Waterways Authorities.

Fortunately both survived, though the vet looked at her with disenchantment for the rest of her days. These type of heifers usually settle down when they have their first calf, and eventually become quite matronly and content, and as "placid as a cow" – as the saying goes. NOT Pampas! When, as the Good Book, puts it, her time

was nigh, for William had finally managed to have his way with her, she was introduced to her comfortable quarters in the maternity wing. She inspected them with her accustomed shyness, jumping backwards when she spotted a bale of hay, and almost flew out of the door when a friendly sparrow looked in at the window. Before long there was a series of bellows that would have done credit to a herd of stampeding elephants. Everyone dropped everything. There in the box was an infuriated Pampas and a very dead, crushed calf. Heifers, and some cows are so clumsy they tread on their calves, killing them and at first it appeared that this is what Pampas had done.

However her next three calves were also found dead. For her fourth, she was left to calve in the cowyard, and I volunteered to keep an eye on her while Hans, my foreman went for tea. When the feet appeared I sped off to fetch him. By the time we returned three minutes later, the calf had been born. Pampas was picking it up with her head and



tossing the poor little thing around like a football. It took three of us to drive her off with fencing stakes, and she roared out of the yard bellowing with rage at the top of her voice. She was addicted to infanticide. She was a good milker, but no one showed a trace of regret when the vet, with a certain amount of venom, pronounced her barren.

There is another Holy Terror coming up. At the last T.T. test she obviously felt that her last hour had come. She cleared a large four wheel trailer, gave us all good rugby practice around a ten acre field before she took off over a five barred gate and two Beecher's Brook type fences. She is very aptly named, Frolic!

Actually, if you are a bovine girl, the vet's your best friend, or should be. Cows will see a great deal of him, for injections, pregnancy tests, blood tests, or just generally waltzing around when they feel fit for a bovine nervous breakdown. He is just the chap (they can of course be girls!) who has to find the jugular vein if a cow has a nasty dose of milk fever; a very unpleasant and sometimes lethal complaint when the milk goes back into the blood stream just before calving and causes calcium and magnesium deficiency, or both. If the vet misses the right spot it's RIP. A good vet is very important to a girl, if you are a cow – or a bull for that matter.

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My cows have been lucky in that they have had super vets, who have come out if needed at any hour of the day and night and given a service that the NHS could not hope to equal. Not only to the animal but also to the client. I once had the misfortune to run over my own dog, who got up and ran into the kitchen. Calling the vet, who could find nothing broken or wrong with her, he left tranquillisers for the dog, and some for me! The same vet operated on the same dog who had terrible growths protruding from her vagina one Christmas Eve. It should have been a simple operation but he could not staunch the bleeding. In the middle of the operation, his bank manager, from whom he was hoping to get a substantial loan, walked in! Between the knowledge that, firstly that my dog would almost certainly die over Christmas, and that his apparent inefficiency would block the loan. The vet reckoned his life wasn't worth living especially as he returned a nearly moribund corpse that evening. He gingerly knocked on the door on Boxing Day, to be nearly eaten alive by his four footed patient, who had thoroughly enjoyed her Christmas turkey. I think his Bank Manager must have been forthcoming, that vet made it to the top of his profession.

**Next Time: ORGANISATION OF MANPOWER AND MACHINERY**



Invites you to a Christmas Open Evening on Wednesday 4<sup>th</sup> December  
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# Church News

## Review

**Community Breakfasts:** The last two community breakfasts have been incredibly busy for us and it has been lovely to see so many new faces. Lots of people have been bringing visiting family and friends and we have enjoyed meeting them and seeing them share a hearty breakfast! In November we raised the most money we have ever raised from a breakfast, and we also raised an additional contribution for the Poppy Appeal. We have received a certificate of thanks from The Food Cupboard for our contributions over the last year, which is displayed in church.



**Harvest festival & Harvest Lunch:** A joyous harvest festival was followed by a delicious lunch. All those who attended complimented the food. Many thanks to all those who decorated the church, prepared food and helped out at the lunch. Special thanks also to Toby Pollington for baking the awe-inspiring harvest loaf!

**St Luke's Gift Day:** The gift day was slightly quieter than usual, but those who came enjoyed homemade cakes and homemade soup. £754 was raised towards the restoration of the church. Many thanks to all who contributed!

**Remembrance Day:** The Remembrance Day service was led by Valerie Kerr and we were delighted to see Nancy, a previous resident of the village, making the return journey to honour her relative.



## Forthcoming events

**Prayer meetings:** Prayer meetings are open to all denominations so please join us if you want to! There'll be meetings at **8pm on Wed 11<sup>th</sup> Dec and 8<sup>th</sup> and 22<sup>nd</sup> Jan at The Birches, Church Rd.** At the start of the meeting we usually share any prayer requests,

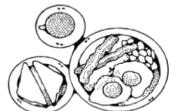


our hopes for the church (locally and nationally) any observations about the village and concerns about national and international issues (including politics, but without any partisan bias!). Praying is very therapeutic, but there's no obligation to speak. If you don't fancy coming to a meeting, why not try praying at home yourself! Alternatively, if you'd

like to join us or would like prayers for someone, please call John (we sometimes change times and dates). **Prayer request cards** are available at the Community breakfast and from the church, or call one of the church wardens with details of your request.

**Community Breakfasts: Please note there is no breakfast in**

**December.** The next breakfast will be held on **11<sup>th</sup> Jan.** Breakfast can be ordered **from 8.30 till 10.30am.** January can be a strain on the purse strings, so don't forget that while donations are greatly appreciated, the breakfast is free – especially useful if you've blown the budget over



Christmas! We've been delighted at the success of our breakfasts, but we encourage villagers who've not yet been to come along and bring your children if you have them!

**Christmas Fayre:** On **30<sup>th</sup> November** we'll be holding our fayre at the **Community Centre** between **2 and 4pm**. Father Christmas will be in residence and there will be children's activities as well as face painting /glittering and for the adults, various Christmas stalls (gifts, cards, poinsettia, advent goods, the Christmas hamper, a raffle, cakes) and the ever popular mulled wine! The Christmas Fayre is always a brilliant event and really gets us into the holiday spirit just before the start of advent! We do hope you'll be able to join us.



**Christmas Tree Festival:** On **December 7<sup>th</sup>** from **10am-4pm** the church will be open for everyone to come and see our decorated Christmas trees. The theme this year is The Twelve Days of Christmas, and several local organisations (Scouts, Joyful Tots etc.) are donating trees related to each day of the song. Come and see the beautifully decorated trees and make a donation for your refreshments. Please call Hazel 270404 if you'd like to help.



**Village Nativity with Carols:** On **December 22<sup>nd</sup>** at **4pm** we will be holding our nativity on the green. The event will feature the sublime acting talents of various villagers and animals telling the story of the birth of Jesus interspersed with appropriate carols. There will be mulled wine aplenty for the adults and squash for the children. Not to be missed!



## Special services

**Christingle:** We will be holding our Christingle service on **December 1<sup>st</sup>** at **4pm**. At the Christingle ("Christ light") service, participants are given an orange with a candle and sweets to represent Christ's light in the world. During the service, the candles are lit and the lights switched off and at the end of the service, you can take your orange (and sweets) home with you if you haven't already eaten them!



**Carol Service:** On **December 8<sup>th</sup>** we will have our annual carol service in the church from **4-5pm**. The service features a succession of nine short bible readings interspersed with carol and Christmas anthems sung by the choir. This is the perfect service to get yourself into the Christmas spirit and get your fix of your favourite carols.



**Crib Service:** The crib service is perhaps our most popular service of the year, and is held on **December 24<sup>th</sup>** at **4pm**. The service is aimed at children (adults are also welcome!) and reminds them of the Christmas story and the real meaning of this time of year.



**Midnight Holy Communion:** Midnight "mass" is our Christmas service as we don't hold a service on Christmas morning (we know you're all too busy cooking or travelling!). It starts at **11.30pm** on **Christmas eve (24<sup>th</sup> Dec)**. The communion is taken after midnight, so is actually on Christmas day. This is your chance to sing the ever-elusive final verse of O Come All Ye Faithful!

**Cafe church:** This is our most accessible service style (suitable for adults and children) and the next one will be held on **Sunday 26<sup>th</sup> Jan**. A simple breakfast of tea, coffee or juice, bacon or sausage butties, croissants, cereal or toast is shared **from 9.30am**. At about 10.15, the leader will ask for your attention and the “service” (lasting about **15 minutes**) starts. There may be a song or reading, and usually a prayer and thought-provoking comment, linked with how God fits into our modern lives. If you don’t have experience of formal services, but want to try church, this is the one for you!



## Dates for your diary

**Christingle Service 1<sup>st</sup> Dec 4pm**

**Carol Service 8<sup>th</sup> Dec 4pm**

**Nativity on the Green 22<sup>nd</sup> Dec 4pm**

**Crib Service 24<sup>th</sup> Dec 4pm**

**Midnight Holy Communion 24<sup>th</sup> Dec 11.30pm**

**Bible verse of the month: *Isaiah 9:2,6-7:*** <sup>2</sup> *The people walking in darkness have seen a great light; on those living in the land of deep darkness a light has dawned. [...] <sup>6</sup> For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counsellor, Mighty God, Everlasting Father, Prince of Peace. <sup>7</sup> Of the greatness of his government and peace there will be no end.* **See:** <https://www.biblegateway.com/passage/?search=Isaiah+9&version=NIV>

**What does it mean?** This verse is taken from the book of the prophet Isaiah who prophesied Jesus’ birth 750 years before he was born. Jewish people had been waiting a long time for a Messiah, and living in a desperate situation under Roman occupation by the time of his birth. Verses 6-7 describe what Christians understand to be Jesus’ story: A baby boy born to a human mother - and yet still our God and father. That means He knows what it’s like to be human. Jesus was “begotten” of God, which means He’s part of God. His kingdom will last forever and thanks to our salvation we can share in that!



**Church Benefice Website:** [www.brickhillchurches.org.uk](http://www.brickhillchurches.org.uk).



St Luke’s offers Baptisms, Weddings and Funerals and other services according to your needs (thanksgiving for the birth of a child, blessing of a wedding, etc.) Please contact the Rector or a Churchwarden if you’d like to discuss your situation.

The church is located at the top of Church Rd, off Newton Rd. If you’d like to come to a service, church service times are listed on the website, with the Rector’s contact details. His phone goes straight to an answerphone but he’ll reply as soon as he’s able, or contact a Churchwarden. The Rector’s day off is Monday.

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.**



**Happy Christmas from everyone at St Luke’s!**





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# The Pilates Workshop

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Pilates in Stoke Hammond

Group Matwork classes at the Community Centre  
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Small Equipment (Overball, Toning Circle, Bands),  
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Children, Osteoporosis, Scoliosis, Low Back Pain, Golf,  
Private Sessions (Matwork and Reformer) available

Classes also available: Aspley Guise, Berkhamsted &  
Dunstable Studios

[louisa.pilates@gmail.com](mailto:louisa.pilates@gmail.com)  
[www.ThePilatesWorkshop.co.uk](http://www.ThePilatesWorkshop.co.uk)  
Tel: 07941 203589



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## October Paah!

Me and Einstein have a lot in common – theory of relativity. The year to date has rushed past. Probably the same for most of us as we get older. However the last 10 days or so have been longer than the year.

4 consultations with 2 separate doctors have come up with a diagnosis of “we don’t know”. It’s only a rash (O K it was a pretty big one but I won’t brag) but it occasioned a private consultation with a skin specialist (bill still to appear). Two items were recommended and the prescription duly handed in to the dispensary. Returning to collect I received only one medication. “We’re not able to read his hand writing can you get back to him and fax through more detail?” Yet another trip.

At the same time puppy dog underwent a major operation and was put on 10 days “bed rest”. Have you ever tried to restrain a bouncy spaniel who after 24 hours was ready for normal service to be resumed? A testing time.

So in anticipation of a recovered dog and the opportunity of getting away I was swayed into updating the maps on the SatNav. This led to the SatNav throwing its brain into comatose mode, asking me to log onto the Internet and suggesting that I should know the g-mail account password. No chance! I didn’t set it up and have no idea. This action has been put on hold as the Internet connection took it into it’s head to go down permanently (unlike it’s previous sporadic behaviour). I am currently in the presence of a Plusnet engineer (who did arrive timeously) and await the autopsy. It has been suggested (wife) that the fault is with the green box in the village. An Open Reach operator has been observed “fiddling” no doubt connecting all our new houses and overloading the system.

AND of course the dry weather we’ve had for months decided to cease and turn to 10 days of perpetually warm precipitation. Ideal grass growing weather. Sadly this coincided with the ride-on mower suffering a terminal malfunction. A replacement machine is on order but the suppliers are awaiting delivery from the

# Stoke Hammond local Store

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



Opening hours are: Mon-Sat: 6am till 10pm  
Sun: 7am till 10pm

## Our products:

News & magazines	Beers, Wines & Sprits	Pet food
Confectionary & snacks	Soft Drinks	Health & Beauty products
Bread (inc. Turney's) & cakes	Tobacco & Cigarettes	Frozen food & Ice creams
Dairy products	Groceries	Greeting cards
Medicines	Baby food & other products	Household Sundries
Sandwiches & ready meals	Fruit & Vegetable	Stationary items

## Other services:

- Paper delivery available for local residents (delivery charge is 25p per day).
- Negotiation is underway to re-open the post office as "Post Office Local"
- Pay-point/Top up services will be available.
- Cash machine will be available.
- Photocopier & passport photos will also be available.
- Pies and coffee will be introduced in the morning.

## Exclusive Promotions:

Wines from <b>£2.99</b>	Beers from <b>6 for £5.50</b> <small>(500ml cans)</small>
-------------------------	--

Strong beers are from **£1.09** (500ml cans)

manufacturers and there will be a two week delay. No problem I thought. I'd been offered the loan of a neighbour's machine. Except that since it was last used (only a few weeks) an intermittent fault has developed and the machine only runs in 90 second bursts and is unfit for purpose.

On the bright side I have got Christmas to look forward to - *bah, humbug*

## Grumpy Old Man

Oooh nearly Brexit time!!

## MAVIS'S QUIZ

Answers to last month's quiz and if you remember you had to place a word that can be put either in front or behind the listed three words. So how did you do?

- |             |             |           |
|-------------|-------------|-----------|
| (1) GUN     | (2) DRESS   | (3) DOWN  |
| (4) DAY     | (5) DEAD    | (6) CROSS |
| (7) CREAM   | (8) COUNTER | (9) COURT |
| (10) CENTRE |             |           |



***Now for something completely different this month. Below are anagrams for ten famous car manufacturers – can you rejumbe the letters to work out their names??***

- |              |   |
|--------------|---|
| (1) SUINTA   |  |
| (2) YNEBTLE  |   |
| (3) RHYCELSR |   |
| (4) LIDAMER  |   |
| (5) DFRO     |   |
| (6) HDOAN    |   |
| (7) RJGUAA   |   |
| (8) AKI      |   |
| (9) SRMIR    |   |
| (10) NSISAN  |   |



***Best of luck, the answers in the next edition.***





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## NEWS FROM THE LORD LIEUTENANT OF BUCKINGHAMSHIRE

### Two Residents Receive Royal Recognition for Their Charitable Works.

Two residents have been awarded British Empire Medals in recognition of their charitable and fundraising work in their local communities.



Sean Wheeler, from Marlow and Trudie Bird from Milton Keynes were presented with their awards by the Lord Lieutenant of Buckinghamshire, Sir Henry Aubrey-Fletcher, at a ceremony at the Milton Keynes Council Chamber on Wednesday 13 November.

Sean has volunteered with the HIV charity, Thames Valley Positive Support (TVPS) for the past 26 years. Sean started out working as a buddy in 1993, supporting people who were too ill to come to the centre and assisting them in day to day tasks. Over the years Sean's role has grown and developed. He was invited to join the board of trustees, has held the post of vice chair and is currently the chair of the charity, having been in this post for the past 8 years.

Sean's successful career in transforming businesses in the hospitality industry has kept him busy but it hasn't stopped him using his free time to support the young and those experiencing challenge in the hospitality industry. He has served as a trustee for the Springboard Charity (which provides young people in the leisure, hospitality and tourist industry with advice and training) for 10 years and is also on the fundraising and events board of the charity, Hospitality Action which helps people in the industry who have hit hard times to get back on their feet.

Sean also chairs the Hospitality Employer-Led College Accreditation Board which awards the People 1st International College Accreditation to colleges that deliver first class training, promote innovation and nurture aspiring talent in the industry.

Trudie Bird has used her personal experience of the loss of a child and her passion for health and fitness to dedicate a great part of her life to supporting others and raising funds for charity.

Trudie, whose son Harry was born with Spina Bifida and died at birth, has used the experience to help others coping with similar circumstances. Trudie and her husband Paul, who have two other sons, used their experience to support another family in a similar situation, providing practical help and support. Trudie was spurred on to set up a running group to train for the London Marathon and went on to raise over £5k for the Spina Bifida research charity Sparks in the 2010 event. Trudie has since gone on to raise more than £4k for Shine, a more local charity supporting families and those suffering from Spina Bifida.

Trudie's passion for running, cycling and sport has seen her working with children with special needs to improve their confidence and coordination and running aerobics classes exclusively for men.

# TENNIS ANYONE?

The Summer Coaching Packages are now available to book on the Great Brickhill Tennis Club Website.

<https://clubspark.lta.org.uk/GreatBrickhillTC/Coaching>

Great Brickhill Tennis Club runs a continuous programme of coaching throughout the year led by Head Coach, Ross Neary.

There is something for everyone, whatever age or level of tennis you are.



**Adult Improvers** – designed to improve your overall game play. Running on Fridays from 8:00-9:00pm this course runs until Friday 12<sup>th</sup> July.

**Junior Coaching** – coaching for children aged 4 to 16 years. There are four groups based on both age and ability (4-8yrs, 7-10yrs, 9-12yrs and 11-16yrs). Junior coaching runs on Fridays from 4:00pm (term time) until 12<sup>th</sup> July.

**Cardio Tennis** – Even if you don't play tennis you may find our Cardio Tennis of interest. It's a great way to keep fit and you don't need to be a member to join this course. Cardio Tennis runs every Wednesday 10:30-11:30am until 10<sup>th</sup> July.



**Trudie Bird with  
the Lord Lieutenant**

Trudie was one of the founders of the Redway Runners in Milton Keynes and her achievements include helping the club to grow and improving the experience for runners in the popular MK Marathon which is now consistently ranked in the top 10 UK marathons.

In 2015 Trudie became the first woman in the UK to chair the League of Veteran Racing Cyclists at a regional level and has used her passion for the sport to oversee races and events in the region. She is widely respected and held in high esteem by everyone she has worked with.

Speaking at the event Sir Henry said: "Both these individuals have dedicated a huge part of their lives to helping others in a range of different ways. Their dedication, passion and enthusiasm for the work that they do must be applauded. It gives me the greatest pleasure to award them both with this formal recognition and to give personal thanks on behalf of Her Majesty the Queen."

[www.buckscc.gov.uk/news](http://www.buckscc.gov.uk/news)

<https://twitter.com/buckscc>

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**For further details and availability contact Susie**

**Phone: 01525 261270**

**Email: [ivyarthouse@icloud.com](mailto:ivyarthouse@icloud.com)**

# VILLAGE DIARY

Saturday 30 <sup>th</sup> November	Christmas Fayre – Community Centre 14.00 – 16.00
Saturday 7 <sup>th</sup> December	Christmas Tree Festival – St Luke’s 10.30 – 16.00
Saturday 7 <sup>th</sup> December	Senior Citizens Xmas Lunch – Community Centre – From 13.00
Saturday 14 <sup>th</sup> December	Gardening Club Xmas Party – Community Centre – From 19.00
Sunday 22 <sup>nd</sup> December	Nativity on the Green – Village Green – 16.00
Tuesday 7 <sup>th</sup> January	Ladies that Lunch – Sports Club 12.30 – 13.45
Tuesday 7 <sup>th</sup> January	Parish Council Meeting – Community Centre 19.30
Saturday 11 <sup>th</sup> January	Community Breakfast – Community Centre 08.30 – 10.30

## ORGANISATIONS THAT USE THE COMMUNITY CENTRE

### **Pilates – Group Matwork**

Monday’s 09.25, 10.30, 11.45, 19.10 & 20.15hrs  
Contact: Louisa Harris 07941 203589 [louisa.pilates@gmail.com](mailto:louisa.pilates@gmail.com)

### **Joyful Tots**

Every Friday 10.00 – 12.30hrs  
Contact Jacklen 07897 487657 or Diane 01525 270409

### **Innovations**

Tuesday’s & Wednesday’s 09.30– 15.30hrs  
Contact: Yvonne 07846 338153 or Alison 07714 664716

### **Buttons Pre-School**

Monday – Friday 09.00 – 15.00hrs  
Contact: 01525 270501/07973 158368

### **Slimming World**

Wednesday’s 19.30 – 21.30 hrs  
Contact Emma Yorke 07933 790954

### **High Ash Scouts, Cubs & Beavers**

Every Thursday 17.30 – 21.30  
Contact John Till 01525 261444

### **ART CLASSES – DJ Artworks**

Thursday’s 09.30 – 12.30hrs  
Contact Deborah Johnson [djartworks@hotmail.com](mailto:djartworks@hotmail.com)

**To Hire the Hall please telephone 07555 711929 or e-mail: [enquiries@shcommunityassociation.co.uk](mailto:enquiries@shcommunityassociation.co.uk)**

## **SH NEWS – ADVERTISING RATES**

For 6 bimonthly editions: FULL Page - **£85.00** HALF Page - **£50.00** QTR Page - **£30.00**

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

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

**Note: Upgrading to full colour is on a per edition basis, not a commitment for 6 editions**

Bucks County Council	01296-395000
Community Transport Co-ordinator	07729-699488
Registrar ( <i>Births, Deaths &amp; Marriages</i> )	01296-382581
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 ( <i>Sue Severn</i> )	01296 331816
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**

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## EDITORS NOTE

Well here we are at the end of another year with 2020 looming. So, I must first extend a massive thank you to everyone that helps make the SH News happen, from the contributors, advertisers, SHCA, SHPC and the small army of volunteers who deliver the SH News to your homes.



And to everyone out there, may I wish you



# A VERY MERRY CHRISTMAS and Happy New Year!



May I please have copy for the February/March 2020 issue by the **20<sup>th</sup> January**  
 Greg Noble, Oak Farm, Bragenham Side, Stoke Hammond. MK17 9DB  
 01525 270744 E-mail: gregnoble1980@aol.com



## WASTE COLLECTION DATES

**EDITORS NOTE: APOLOGIES TO THOSE FEW WHOSE  
 NORMAL COLLECTION DAY IS A TUESDAY**

Waste Bin: 	Recycling Bin:  Paper, glass, cardboard, plastics, cartons, cans & tins	Food Waste Bin:  Non-recyclable or compostable.	Garden Waste Bin: 
Wednesday 4 Dec		Wednesday 4 Dec	
	Wednesday 11 Dec	Wednesday 11 Dec	
Wednesday 18 Dec		Wednesday 18 Dec	
	Friday 27 Dec	Friday 27 Dec	
Friday 3 January		Friday 3 January	
	Thursday 9 January	Thursday 9 January	
Wednesday 15 Jan		Wednesday 15 Jan	
	Wednesday 22 Jan	Wednesday 22 Jan	
Wednesday 29 Jan		Wednesday 29 Jan	Wednesday 29 Jan
	Wednesday 5 Feb	Wednesday 5 Feb	