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# Editors' Letter

## Welcome to the May/June issue of Chiltern View Magazine.

We do hope our front cover made you smile! These cute chaps are Fidget and Widget, who are currently residents at The Horse Trust ([www.horsetrust.org.uk](http://www.horsetrust.org.uk)). Sadly, they were found in a field in Hertfordshire, both underweight and with parasitic infestations and infections. They were taken in by the Horse Trust and, with careful management and veterinary treatment, these gorgeous boys are now on the road to recovery and looking for 'sponsors'.

When you sponsor a favourite horse, pony or donkey you become an official friend of The Horse Trust. Their work is funded 100% by public donations and is only possible thanks to

the generosity of their supporters. Sponsoring a horse means that they can continue to care for those horses who have publicly served our country or who have been neglected, abused or abandoned.

We have been busy on social media in the last few months and we would love you to follow us or like our page. Just type in Chiltern View Magazines on Facebook, Twitter or Instagram to find us. We will be running a 'just for fun' competition to see what you think Fidget and Widget might be saying to each other. We look forward to hearing your ideas.

Other events that are definitely worth adding to your diaries are The Chilterns Walking Festival (p.80), The Thame Carnival (p.38), Art at St Dunstan's (p. 82), Beacon Festival (p.28) and The Thame Duck Race (p. 72). All this plus all our other community events and our usual fantastic competitions!!

Until the next time

Jan & Coralie

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The magazine is available to view online at [www.chilternviewmagazines.co.uk](http://www.chilternviewmagazines.co.uk)

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## Meet the Team

Jan - Editor



Coralie - Editor



Steph - Production



Connor - Distribution and Social Media

Lacey - Marketing

Mat - Design



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## Missenden Walled Garden Charity at Missenden Abbey

### The 100Members Club celebrates it's first birthday.

The club, set up by Gary Pitt, Fozia Hill and Nicola Pitt, has attracted a diverse and interesting mix of local professionals who use Missenden Abbey as a co-working space and benefit from regular networking events including club breakfasts and social drinks evenings.

Members are mainly self-employed or freelance and value the flexible and cost-effective opportunity to co-work within the beautiful surroundings of Missenden Abbey in Great Missenden. Freshly prepared food is on offer to fuel creativity and private meeting rooms are available to book at preferential rates.

100Bucks members are also looking forward to working closely with the onsite Missenden Walled Garden Charity. The Walled Garden offers day support for people with disabilities and mental health issues, in the grounds of Missenden Abbey.



At the recent Corporate Day at Missenden Abbey, 100Bucks founder Gary Pitt ran a 'creative generosity' session for attendees, offering the chance to come up with suggestions and ideas that could further help the great work being done by the Charity. The gardeners are now maintaining the gardens and grounds at the Abbey and have been selling seasoned firewood alongside the hanging baskets and plants on offer from the Garden.

**For more information about the Missenden Walled Garden Charity and the work they do, search <https://www.facebook.com/MissendenwalledGarden> or contact them at [info@missendenwalledgarden.org](mailto:info@missendenwalledgarden.org) or 01494 864439.**







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## Chicken *Ramen*

This is my version of **Chicken Ramen**, a healthy **Pot Noodle**, popular at **Wagamamas** and **Noodle Bars**. Cook the noodles as instructed on the packet or buy fresh or straight to wok versions.



### *Ingredients for 2:*

- 2 boneless, skinless chicken breasts
- sesame oil
- 1 tsp Chinese five spice powder
- 2cm piece fresh root ginger, grated
- 2-3 shitake mushrooms, sliced
- 1 tbsp Shaohsing rice wine
- 1 tbsp light soy sauce
- 1 tbsp dark soy sauce
- 1 litre chicken stock
- 6 pieces of bamboo shoots
- 1 tbsp cornflour blended with 2 tbsp cold water
- 2 nests medium egg noodles or ramen noodles, cooked
- 2 handfuls baby spinach
- 2 spring onions, finely sliced
- salt and white pepper

**1.** Preheat a griddle or grill pan. Lightly oil and season the chicken breasts and sprinkle with a little Chinese 5 spice powder. Grill for 4-5 minutes each side until cooked through.

**2.** Allow to rest for 5 minutes then slice on the diagonal and set aside.

**3.** Heat a little oil in a wok, add the root ginger and mushrooms and stir fry for a few minutes until softened.

**4.** Add the rice wine, soy sauces, stock and bamboo shoots. Bring to the boil then add the cornflour mixture, stir to mix and reduce to a gentle simmer.

**5.** Layer the noodles in the bottom of a bowl, followed by the sliced chicken and a handful of spinach. Pour over the stock and finish with the sliced spring onions. Eat immediately.

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## Live music at *Aylesbury Waterside Theatre!*

Musical notes are in the spring air with some of the industry's finest artists being paid tribute to over the coming weeks. From pop songs to rock songs and even some musical theatre classics in the mix, there is something for every live music lover at the Waterside.

Celebrating the most iconic legs in the business, **Totally Tina** (Sat 4 May) promises high energy dance and humour alongside Tina Turner's classic hits, and is followed by the **Bowie Experience** (Sun 19 May), a must-see for David Bowie fans paying astounding attention to detail to Bowie's golden years.



Direct from London's West End, **Fastlove** presents a tribute to George Michael with favourite songs including Freedom and Faith to name just a couple, and **Money For Nothing** (Sun 23 Jun) faithfully recreates the distinct sound of Dire Straits and their instantly recognisable riffs.



For a visual treat do not miss **The Simon and Garfunkel Story**. Described as 'fantastic' by Elaine Page the show uses original film footage with projection promising the ultimate nostalgic evening. Equally sensational with a stunning light show and incredible string section is **The ELO Experience** (Fri 21 Jun). See the world's foremost tribute to Jeff Lynne and The Electric Light Orchestra and enjoy foot tapping along to Mr Blue Sky!

Musical lovers are in for a treat when **The Barricade Boys** (Fri 24 May) arrive. Showcasing four of the UK's finest male voices complete with breath-taking harmonies, the show features songs from many of the best-loved musicals from the West End and Broadway. As seen on ITV's This Morning and The Paul O'Grady Show, The Barricade Boys are quickly securing their place as theatre land's newest and most exciting male vocal group. Between them they have played nearly every major role in musical theatre from The Phantom of The Opera, Wicked and Billy Elliot to Jersey Boys, The Sound Of Music and of course Les Misérables!



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## Competition Time!

Join us and the Sultans of Swing!

For your chance to win 2 x tickets to **Money For Nothing** at Aylesbury Waterside Theatre on Sun 23 Jun at 7.30pm simply complete this well-known Dire Straits song title: **WALK OF**

a) Dreams    b) Doom    c) Life

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# A Life Like No Other

**Take a trip into another time and another life. Or stay in your own life and be inspired by ideas of self-improvement. This month's reads will certainly make you pause to reflect.**

## The Familiars – Stacey Halls

1612 is a dangerous time to be a woman in Northern England, as King James has declared war on witches. Fleetwood is 17 and pregnant for the fourth time. Her other pregnancies ended in miscarriage. Desperate not to miscarry this child or lose her own life in childbirth, she turns to a local midwife, Alice Grey. When Alice gets accused of witchcraft, Fleetwood has to decide how far she'll go to save her friend. Loosely based on the Pendle witch trials, this is a gripping, atmospheric page-turner.



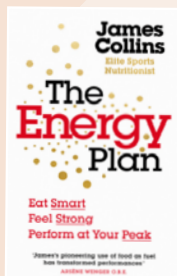
## Louis & Louise – Julie Cohen

A baby is born in 1970s Maine, USA. In one reality she's a girl – Louise; in the other, a boy – Louis. Both have the same friends, the same interests and the same ambitions. Both flee from their hometown after one fateful night that changes everything. Thirteen years later, Lou's mother is dying, so he/she returns to face the past. Original, thought-provoking and highly enjoyable, *Louis & Louise* is perfect for book clubs.



## The Energy Plan – James Collins

Nutritionist James Collins is a world leader in the field of performance nutrition. He's guided the eating habits of



Olympic athletes and premier sports stars. His first book, *The Energy Plan*, is not about cutting out food groups, quick fix diets or denial. Instead, it's about fuelling your body so it performs better and you feel fitter, have more energy and can fight off illnesses. *The Energy Plan* is well worth a read, whether you're training for a marathon or just want to avoid the 3pm energy slump.

## The Honey Bus – Meredith May

With a depressed single mother who could barely get out of bed, Meredith relied on her grandfather for love and solace. She also found another avenue for learning life's lessons – her grandfather's bees. Through the hive, Meredith learned about family, loyalty, self-sacrifice and resilience. A thought-provoking memoir.



## Voices of Powerful Women – Zoe Sallis

When Maya Angelou calls something a 'fascinating collection', you know you're in for a treat and *Voices of Powerful Women* certainly doesn't disappoint. Zoe Sallis interviewed 40 women for her book, including Judi Dench, Tracey Emin, Benazir Bhutto and Mariane Pearl. Each one gives us a glimpse into what made her who she is today. You'll learn what inspires these women, what angers them, who they admire and what advice they want to pass on to the next generation.



## Micro Living – Derek 'Deck' Diedricksen

This book takes the concept of downsizing to the extreme. Many of the 40 homes featured are smaller than 150 square feet. From a refurbished Airstream to a treehouse, what these homes lack in space, they more than make up for in character. The book includes floorplans, advice and lots of lust-worthy photographs. Whether you're thinking of building your own tiny home, want some tips to make the most of smaller rooms or just fancy taking a peek into how other people live, *Micro Living* is for you.







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## Villages Community Events



*May / June 2019*

### Thursday 2nd May

#### Lane End OPAG (a group specifically for 50 plus)

Fire Brigade talking about fire safety in the home  
(**May 2nd**) Cons, scams and cyber-crime awareness by Geoff Pegg of NHW (**June 6th**)  
Talk on Japan by Sheila Keatinge (**July 4th**)

**2.00pm** Lane End Youth & Community Centre, Edmonds Road, Lane End. Age 50 plus – all welcome. Jane Osborn 01494 881641 or email [janemosborn3@gmail.com](mailto:janemosborn3@gmail.com)

### Saturday 4th May

#### The Friendship Club at Stokenchurch Methodist Church

We meet on the **first Saturday of each month** and try to do something different each time. Don't spend Saturday on your own - come and join us. Bluebell Walk. Join us for a short (or longer) walk in the woods. Let us hope the sun shines! **May 4th** - meet at Stokenchurch Methodist Church at **2.30 pm**, return for tea at about **4.15pm** (or just come for tea if you like.) June 1st - we are hoping to go on another outing to look at gardens. Lifts available. For further information contact Jane on 01494 482880.

### Wednesday 8th May

#### Stokenchurch Women's Institute

Why not come along and visit us on the **2nd Wednesday in the month 7.30pm - 9.30pm** The Stokenchurch Centre Youth Room, Bartholomew Tipping Way, HP14 3RX  
Next meeting (June 12th). Visitors warmly welcomed. Entry £3.50 includes tea/coffee/biscuits. Contact Christine 01494 482888

### Thursday 9th May

#### STOPAG a group specifically for retired people.

Light lunch followed by a mystery speaker.  
A light lunch at **12.45pm** followed by a speaker:  
Meet at the Youth Area at the Community Centre in Bartholomew Tipping Way, Stokenchurch.



**12.45pm - 3.00pm. May 9th** - Songs for a Summer Afternoon - Lorna James. **June 13th** - Tales from the Auction Room - Steve Bruce. Steve is an antique dealer and would be happy to look at any items you care to bring. If transport is a problem we could arrange to pick you up in the village bus. Contact Joan 01494 483033

### **Saturday 11th May** **Hambleden Valley Gardening Club**

The Hambleden Valley Gardening Club is holding a Plant Sale on **Saturday 11th May from 10.00am to 12.00noon** at Manor Farm, Chequers Lane, Fingest, RG9 6QE. Tea, coffee and homemade cakes available. Contact: Celia Warren, cejwarren@btinternet.com

### **Saturday 15th June** **Shoppmobility**

25th anniversary celebrations. Fun and laughter outside Shoppmobility (Eden Centre) Tea, Coffee and cakes plus Prize Anniversary tickets on sale, lots of prizes. 50p each - 1st prize £100. More info contact 01494 472277.

### **Monday 20th May** **Lane End Evening W.I.**

We meet in the Sycamore Room, Lane End Village Hall at **8.00pm. Last Monday in the month** (excluding Bank Holidays). All are welcome. Do come along. **May 20th** - Tales from the Opera - Mrs Purcell. **June 8th** - Lane End Village Fete, do visit our tombola stall in the Village Hall. **June 24th** - Pamela Digby Churchill Heywood Harriman - Mr Wood. Please contact Ann Carter 01494 881987 for details

### **Saturday 25th May** **Stokenchurch Dog Rescue Tabletop Sale Dogged fundraising**

Donated new and nearly new clothes, household goods, bric a brac, books, DVDs, CDs, furniture, tools and toys at Longburrow Hall, Park Lane, Stokenchurch, HP14 3TQ. **11.00am till 1.00pm.** Summer Raffle Draw (**June 23rd**) The monthly sales will be at the Oxford Road kennels **10.00am - 12 noon (June 29th)**. More details on 01494 482695

### **Thursday 20th to Saturday 22nd June** **The Lane End Players**

Lane End Players will perform "The Boombastic 90s", a show of songs and sketches on **20, 21, 22 June**. Tickets, priced £12 Adult/£10 Concessions, will be available from **5th May** at [www.laneendplayers.com](http://www.laneendplayers.com), by phone 01494

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880662, and at the Village Hall on **Saturday mornings**.

### Thursday 27th June Four Ends Flower Club

**June 27th** - Jane Belcher demonstrating 'Intermingled'. In July we have our Mini Show entitled Alice in Wonderland, where members enter in Novice, Intermediate and Advanced categories in several classes. Also, on that day we have demonstrator, Daphne Grant, whose demo is entitled 'A Planting we will go'. All these are held at Lane End Village Hall, Finings Road, Lane End, HP14 3JE on the **4th Thursday of the month at 1.45pm** and visitors are charged £6. Tea and coffee are available. I hope people will come along for a friendly, relaxing afternoon watching expert flower arrangers.

### Saturday 6th July Friends of Stokenchurch Primary School (PTA) Summer Fete

**12 noon - 3.00pm**

Stokenchurch Primary School, George Road, Stokenchurch, HP14 3RN. Come along and join us at our summer fete for a fun-filled afternoon. All the usual activities plus a few extras to keep everyone entertained, including licenced bar, bbq, ice-cream, games, inflatable assault course, tombola, and much more. All welcome.  
[www.facebook.com/StokenchurchPTA](http://www.facebook.com/StokenchurchPTA) or  
email: [info@stokenchurchpta.org.uk](mailto:info@stokenchurchpta.org.uk)

### Ongoing

### Downley Bridge Club Every Thursday evening 7.00pm -10.15pm

at Downley Community Centre.  
We are a small friendly club and all standards of players are welcome, with or without a partner. Players who have not played in a club before are also welcome. For those wishing to learn bridge no previous knowledge is necessary. Lessons weekly at 6pm 01494 530558 or email [syme.pat@gmail.com](mailto:syme.pat@gmail.com) Website [www.bridgewebs.com/downley](http://www.bridgewebs.com/downley)

### Watlington Gardening Club

A small friendly group who generally meet monthly on the **first Wednesday evening of the month** in Watlington Town Hall at **7.45pm** for a specialist talk with tea and biscuits. Non-members welcome for a small fee.  
Chairman: Caelia Pereira 01491 612368  
[www.watlingtongardeningclub.co.uk](http://www.watlingtongardeningclub.co.uk)





### Over 65s Lunch Club Stokenchurch

Held **every third Tuesday** at a local venue. Cost under £10.00. Please contact Peter Lipman 01494 483523 for further details.

### Hambleden Community Market

On the **second Saturday of every month** except September. A showcase of local artisan food and craft stalls held in the historic, beautiful Village Hall in the pretty and much-filmed village of Hambleden. Organiser: Jo Flowers 01491 637827/07951 278706 jo@dovecote.vnworks.net

### Stokenchurch Wine & Beer Circle

We meet on the **2nd Tuesday of each month from September to June; 8.00pm – 10.00pm**. Not just about wine & beer! We have a varied programme of talks, tastings, & outings. (Recent talks have been on glow worms, English wines & the Queen's Butler). Longburrow Hall. For more details contact Larry on 01494 482189

### Lane End Bridge Club

Lane End Bridge Club meets in Lane End Village Hall on **Monday evening 7.30 pm and Wednesday afternoon 1.30 pm**. We pride ourselves on being a friendly club, welcoming players of all standards. There is a host system, so you can be sure of a game. Table money is £2.50 members and £3.50 for non-members. This includes refreshments. For more information [www.bridgewebs.com/laneend](http://www.bridgewebs.com/laneend).

### Stokenchurch Day Centre

The Day Centre meets on **Mondays and Wednesdays between 10.00am and 2.30pm**. Clients enjoy coffees/teas and refreshments, board games, quizzes and sing-songs before a freshly cooked meal, followed by cakes and Bingo! There are also occasional trips out and visitors come in to entertain us. Please call Alan on 01494 483937 or 07768 287806 [parsley.redkite@hotmail.co.uk](mailto:parsley.redkite@hotmail.co.uk)

### West Wycombe Chamber Choir

Summer Term starts **Wednesday 24th April 7.45pm - 9.45pm**. We usually meet for practices in West Wycombe Combined School. Our choir is open to everyone, there is no audition, you just need a love of music and singing, and singing with a group is even more enjoyable. Our new term includes some classics and popular music as well as a finale of music from the Last Night of the Proms! For more information phone Barry and Michele 01494 536617 or 07795 680223.

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## Stokenchurch Life Drawing Group

New members sought by small, not for profit, life drawing group. Anyone interested in drawing welcome. Our group has amateurs and art school graduates. **Wednesday afternoons 1.30pm till 4.30pm.** Three-hour session without formal teaching. Pay as you go. £15 per 3-hour session. Email: [join@lifedrawingstokenchurch.co.uk](mailto:join@lifedrawingstokenchurch.co.uk)

## Lane End Twinning Association

Lane End is twinned with St Pierre d'Oleron on the beautiful Atlantic West coast of France. 2019 marks the 20th anniversary of the ties between our two communities. To find out more or get involved visit our website <http://www.laneendtwinning.co.uk>

## Downley Gardening Society

Email - [downleygardeningociety@hotmail.com](mailto:downleygardeningociety@hotmail.com)

## High Wycombe Croquet Club

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## Probus Club - High Wycombe

Members are retired male and female professional business people, who would welcome new members to join them on the **3rd Thursday of each month** at the 'Honours Lounge,' Wycombe Wanderers Football Club, Hillbottom Lane, High Wycombe, HP12 4HJ, from midday, for lunch, followed by a guest speaker. Forthcoming talks include: "Hearing dogs for the deaf" by Ian Pike: "Trafalgar" by Roger Laing and "Bagels and Bacon" by Jeff Rozelear. If you are interested in joining us or would like further information please contact Jim May, the Membership Secretary on 07935 382832 or e-mail [JRM1406@gmail.com](mailto:JRM1406@gmail.com)

## Radnage WI

New to the area and want to meet people? Come along on **first Weds of month at 7.30pm** to Radnage Village Hall. Programme details in Contact and online at [www.radnage.net/village-life/organisations/wi-/](http://www.radnage.net/village-life/organisations/wi-/). All enquiries please email [radnage.wi@outlook.com](mailto:radnage.wi@outlook.com). We are a friendly bunch all living in or close to Radnage. A visitor fee of £3.50 helps cover hall hire costs.

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### Local Carers Support and Information Group

The Group meets on the **last Wednesday of the month from 1.30pm - 3.30pm** at Stokenchurch Medical Centre. **Wed 29th May** and **Wed 26th June**. The Group is supported by Carers Bucks and a member comes to meetings whenever possible. For further information, please call Carers Bucks - Tel. 0300 777 2722. Details of any Speakers will be posted on the main door at The Medical Centre.

### Downley Evening WI

We meet in St James Church, Plomer Hill, HP13 5NB on the **2nd Tuesday of the month at 7.45pm**. In April we welcome Peter Hague who will give us 'A Taste of Yorkshire Food & Traditions' and in May, Sandi Primrose talks about 'The Language of Flowers'. Visitors and New members welcome. [downleyeveningwi.weebly.com](http://downleyeveningwi.weebly.com)  
Janet Durkin 01494535662

### Lane End Junior Youth Club

Lane End Junior Youth Club. **6.00pm - 8.00 pm, Wednesday evening**, term time at the Lane End Youth & Community Centre. Youth leader - Jeffery Rodgers 07759 540921

### Downley Village Evening WI

**1st Tuesday of month at 7.45pm**  
Meet at the Community Centre, School Close Downley. Each month we have speakers and members are informed about future events. Refreshments, raffle and a competition make up the format for the evening. 01494 535998 or email [patheath@virginmedia.com](mailto:patheath@virginmedia.com). Pat Heath President

### Stokenchurch Medical Centre

The medical centre will be closed on the afternoons of **Wednesday 22nd May** and **Wednesday 19th June** for staff training. Have you downloaded the new NHS app, which contains a symptom checker, self-care, service finder and book/manage appointments via your smart phone/iPad? This is the future as we release more appointments via technological solutions.

### The Stokenchurch Educational Charity - Community Grants

Village Groups should apply by letter to Mrs P Colling (Secretary), Kinda Cool, Wycombe Road, Stokenchurch, HP14 3RR or email: [pcatkc@gmail.com](mailto:pcatkc@gmail.com) (Tel: 01494 483120). Strict closing date is **30th June 2019**.

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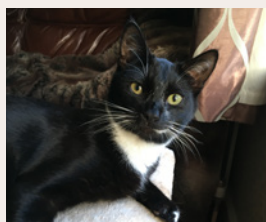
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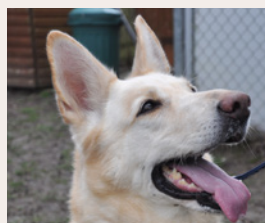
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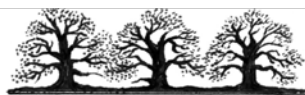
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**Can Beacon Festival 2019 beat the £13,000 it gave to Charity in 2018 and become Plastic Free?**

This is the challenge Beacon Festival organisers have set themselves as the event enters its 6th year. After giving away its largest ever donation to charity in 2018, the not for profit event is being held on June 21st and 22nd 2019 and the team are confident after last year's success that 2019 will be the first time Beacon Festival SELLS OUT!

If you are staying the weekend then book early, as



the Camper van area sold out in October 2018 and the campsite is filling fast!

We literally can't wait to welcome you at Beacon Festival on the 21st -22nd June 2019. Tickets are available from the website [www.beaconfestival.net](http://www.beaconfestival.net)

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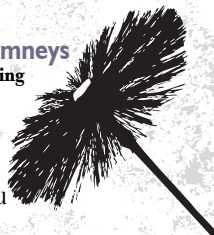
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# Geriatric Pets

*By Dr Kathryn Miller BVSc CertAVP(SAM) MRCVS  
Advanced Practitioner in Small Animal Medicine*

**Just like people, our pets get quietly older every year, some even start to go grey! And just like people, with age can come various medical problems.**

But not all of these will be very obvious - animals are masters of disguising their symptoms! It's a good idea to have regular check-ups with your geriatric pet as age related complications can be easily managed when found early enough, greatly improving the quality of a pet's 'golden years'.

What is a geriatric pet? This varies a little with species/breed. Generally, a cat could be considered geriatric when they reach the age of 12. A small dog would be considered geriatric at around 10, whereas a larger dog would reach this mile stone at around 8.

What is a geriatric health check? Your vet will take a detailed history to see if you may have picked up on any changes at home that could indicate a possible problem – for example; a cat that has stopped grooming or jumping may well be getting arthritis, a male dog that is having difficulty urinating may have an enlarged prostate, a cat that is losing weight could well be developing a thyroid or kidney problem. They will then perform a detailed clinical exam, checking your pet's vital signs and taking particular care to examine the body systems that can be most affected by age.

But can anything be done to help? Absolutely! Pain relief/anti-inflammatory medication can massively improve an arthritic animal's quality



of life. Blood pressure medication can help control high blood pressure, which is very important as, if left uncontrolled, it can lead to blindness, heart disease and kidney failure. An overactive thyroid can be controlled, allowing a cat to regain its weight and reducing the metabolic stress on its internal organs. And not every condition requires tablets, some conditions such as kidney disease do best with a simple change of diet.

Have you heard about our Pet Health Club? It is designed to help members spread and reduce the cost of veterinary care. We even have a specific 'Geriatric Plan' for our older patients – this includes a 6 monthly check up with a vet, and an annual blood test, blood pressure check and urine sample.

If you would any further details on how to give your pet an 'geriatric MOT' then please do not hesitate to call on 01494 459095 and our reception team would be happy to help.





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Our ability to hear is an essential part of understanding the world around us and it is critical for the development of a child's speech. Even a minor hearing problem in a young child may affect their language, development, confidence and education. Hearing problems may not always be obvious though and a child's ability to hear may appear to vary with their environment.

Here are some signs to look out for if you suspect your child has a hearing loss:

- Difficulty in understanding
- Speaking more loudly or quietly
- Asking you to repeat what you are saying
- Turning the TV or music up very loud
- Easily distracted when people are talking to them.

Unexplained tiredness and/or irritability in babies, early signs include not being startled by loud noises, being unable to hear different pitches and tones or not recognising a parent's voice.

Ear infections are more common in children and young babies and can cause temporary hearing loss. A doctor should be consulted if symptoms do not settle in a couple of days. They often follow a cold and the child may rub or pull at an ear, may cry more or be more irritable, have difficulty feeding and sleeping, and may have a cough.

Glue Ear is a condition that can affect us at any age but seems to occur more in children than in adults. It is when the middle part of the ear fills up with fluid, blocking the Eustachian tube. It can cause earache, pain and even tinnitus.

Glue Ear should be monitored and not ignored, especially if it occurs during your child's crucial speech and language development stages. Speak to your doctor or local hearing professional for advice.

Sometimes a hearing loss can be due to a build-up of ear wax and this must be professionally removed. NEVER attempt to remove ear wax from your child's ear yourself as inserting anything into the ear can cause permanent damage. Cotton buds may seem to be designed for the task but these only serve to push the ear wax further into the ear canal.

Try to protect your child's hearing wherever possible, especially with contact sports and in loud environments, and get their hearing regularly tested. Do not hesitate to seek help if you suspect a problem with your child's hearing or ear health.

Aston Hearing offer a child-friendly, age appropriate hearing screening service at all three of their practices. Call, email or check out the website below for more information.



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# Askett Nurseries

**With the threat of frosts now behind us, we can start looking forward to growing some fantastic vegetables. If you have a greenhouse, then you can grow perfect tomatoes, peppers and cucumbers etc.**

A very popular tomato to grow is the 'Shirley' variety. This is perhaps the earliest cropper and does well if the temperature drops, meaning that it will also perform well outside, in a sunny, sheltered spot.

'Moneymaker' is perhaps the most popular variety. Originally bred at the start of the 20th century, it is an ultra reliable, disease resistant choice that produces a heavy crop. 'Gardeners Delight' is a great choice if you like small cherry sized fruits. Sweet and tasty, a great choice particularly for children.

For a large, Italian beefsteak choice, we like to grow 'Costoluto Fiorentino'. Big enough to be able to slice, it's full of flavour and really delicious.

There are two definite types of pepper, the small fiery Chilli varieties such as Scotch Bonnet, Apache, Mohawk and Red Habanero. These types of peppers are very, very hot – so hot in fact, that it is advisable to wear plastic gloves when handling. Pop a couple in your Chilli Con Carne or a home made curry for that extra spicy kick.

The larger sweet peppers are a much milder choice. These can be sliced and used in salads or stuffed with rice or minced meat then baked.



Both these pepper types need the same conditions as tomatoes, consistently warm and watered regularly.

If you are growing cucumbers, choose an 'all female' variety. This means you do not have to worry about pollination. Once the seed germinates, keep a very close eye on the young plant. In the early stages you must not overwater, and the temperature needs to be just right. When the plant gets over this initial stage and begins to put on new, strong growth, all should be well. The cucumber is a big plant that will produce lots of heavy fruits, so make sure you have it securely fixed in the greenhouse.

Once the tomato plants set flowers, they will really benefit from regular feeding, the peppers and cucumbers too will need extra nutrients if they are to continue producing until the Autumn.

See you soon, Happy Gardening,

*Simon, Alison and all at Askett Nurseries*







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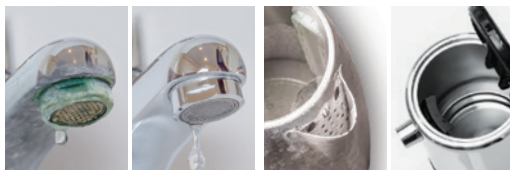
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# Thame Community Events



*May / June 2019*

### Saturday 4th May Witchert Choral

Concert in aid of the Haddenham Syrian Family Project at St Mary's in Haddenham at **7.30 pm** when we are joined by our friends from Berlin - the Golgatha Kantorei - for an evening of music from around Europe.

We would love to hear from any singers with experience and able to read music who are interested in joining this thriving and friendly local chamber choir. We exist to provide entertaining concerts for our audiences and try to raise as much money as possible for charity. We rehearse in Haddenham Methodist Church on **Sunday evenings** in term time from **8.00pm to 10.00pm**. Please see our website [www.witchert.org.uk](http://www.witchert.org.uk) or find us on Facebook, Twitter or Instagram.

### Sunday 5th May Music in the Park 2019

Get your dancing shoes ready! Music in the Park returns to Elms Park. Featuring more than 30 performers across three stages, Music in the Park offers music and dance acts across a wide range of genres. Topping the bill on the main stage are the popular Dung Beatles. Take a look at the website ([www.musicinthepark.org.uk](http://www.musicinthepark.org.uk)) or Facebook page ([www.facebook.com/MusicInTheParkThame](http://www.facebook.com/MusicInTheParkThame)) for the full line-up.

### Friday 10th May Thame Chamber Choir

Auction of Promises and Wine Tasting. Thame Town Hall, **7.30 pm**. Organised by Thame Chamber Choir as part of its 20th Anniversary year: Choir members offer their varied skills and services and lead a tasting of regional Italian wines. Free glass of Prosecco on arrival! Tickets from the Book House, from [www.wegotickets.com](http://www.wegotickets.com), and at the door. £10



with wine tasting, £5 without. **(May 10th)** Mozart and More. Thame Chamber Choir's main 20th Anniversary concert, in collaboration with the renowned Coull Quartet. Music by Mozart, including the famous "Ave Verum Corpus" is paired with the evocative sound worlds of contemporary composers Gjeilo, Skempton and Chilcott, before a party atmosphere descends as the choir revisits favourite popular song arrangements from its first 20 years **(July 6th)**, Thame Town Hall **7.30pm**. Tickets from the Book House, from [www.wegotickets.com](http://www.wegotickets.com), and at the door. £10 in advance, £12 on the door. St Mary's Church, Thame OX9 3AJ [www.thamechamberchoir.org](http://www.thamechamberchoir.org) [info@thamechamberchoir.org](mailto:info@thamechamberchoir.org) Tel: 01844-212900

### Saturday 18th May Crendon Chamber Orchestra

St Mary's Church, Thame **7.30pm**  
The orchestra's final concert of 2019 will be on **Saturday 18th May** and will include the American Quartet by Dvorak, (arranged for string orchestra), Howells, Elegy for Viola and Atterberg's Suite for Violin and Viola. There will also be a piece by Hubert Parry.  
Tickets for all concerts: Adults £13.50, Students £5, under 14 free. On the door or from Foregolf (now known as Dominos), Buttermarket Thame. For queries or additional information contact 07801 591730

### Saturday 18th May Sally Evans's Events

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### Wednesday 22nd May Thame Flower Club

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### Saturday 1st June Sydenham Village Fayre 2019

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<http://sydenham-fayre.com>  
<https://www.facebook.com/sydenhamfayre>

### Saturday 8th June Oakfest Music and Beer Festival

The gates to the school field on Worminghall Road, HP18 9QY will open at **12.45pm** and the crowds will be entertained through to midnight by 14 bands and artists. All monies raised will go towards providing much needed equipment and learning resources for Oakley C of E Combined School, Oakley Pre-School and towards the running costs of St Mary's Church, Oakley. Bring a deckchair or blanket. Be entertained. Have a fun-filled day! Friends and family all welcome. Tickets available now from the school office, on line via the website [www.cuatoakfest.co.uk](http://www.cuatoakfest.co.uk) or on the day – enquiries to 01844 238364 email [office@oakley.bucks.sch.uk](mailto:office@oakley.bucks.sch.uk). Adults £10, Under 18s and over 65s £5, advance ticket sale offer (ends 24th May), buy one Adult ticket get an under 18's ticket free. For full details visit our website at [www.cuatoakfest.co.uk](http://www.cuatoakfest.co.uk), follow us on Facebook Oakfest19. We look forward to welcoming you for the best music and beer festival in Oakley.

### Sunday 9th June Plant Sale

Warwick Farm, 31a Bicester Road Long Crendon from **12.00 noon until 6.00pm**  
We have a large selection of plants, annuals, shrubs, perennials, herbs and vegetables. Hanging Baskets and Troughs. Refreshments, Teas on the lawn. All in aid of Cancer Research U.K.

### Regular meetings

### Cuttle Brook Conservation Volunteers (CBCV)

CBCV is a group of dedicated volunteers that helps to maintain the Cuttle Brook nature reserve in Thame. We have two work parties per month, on the third Sunday and the last Wednesday. We meet at **10.00am** in the recreation ground car park. All tools are provided, plus refreshments. Work finishes around **1.00pm**. Email: [info@cuttlebrook.org.uk](mailto:info@cuttlebrook.org.uk)  
Website: [www.cuttlebrook.org.uk](http://www.cuttlebrook.org.uk)



## Thame Hockey Club

[www.thamehockey.co.uk](http://www.thamehockey.co.uk) We welcome players of all abilities - it's all about taking part and enjoying the company of fellow hockey players in and around Thame. We run 6 adult teams, training on a **Wednesday or Thursday evening** at Thame Leisure Centre, where we also run junior hockey training on a Saturday morning from **9.00am - 11.00am** for ages 6 to 14. From humble beginnings in 2008, the club is growing steadily, and our teams play at a variety of levels in the local league divisions.

If you are interested in playing, please contact the club secretary. Email: [info@thamehockey.co.uk](mailto:info@thamehockey.co.uk)

## The Rotary Club of Thame

The Rotary Club of Thame welcomes new members, both women and men. The club's meetings take place at the Spread Eagle Hotel on **Wednesdays at 7.30pm**. For more information about club activities or to enquire about becoming a member, please visit the Rotary Club of Thame's website: [www.thame.rotary1090.org](http://www.thame.rotary1090.org)

## Village Voices Towersey Community Choir

**Wednesdays 7.30 pm** (term time), Towersey Memorial Hall

All welcome at our fun and friendly choir, established in 2009, learning songs from around the world by ear (no need to read music). No auditions.

Occasional performances locally (Music in the Park, Towersey Festival etc.). £5 per week, £1 for students and your first visit is free.

[www.villagevoicestowersey.com](http://www.villagevoicestowersey.com)  
[villagevoices.towersey@gmail.com](mailto:villagevoices.towersey@gmail.com)

## Thame Concert Band

We are currently looking for new members and would be very welcoming to anyone who would like to come and have a go.

If you are interested in joining and would like to know more: Email us:

[thameconcertband@gmail.com](mailto:thameconcertband@gmail.com) or just turn up!  
[www.thameconcertband.org.uk](http://www.thameconcertband.org.uk)

We are also on Facebook Thame Concert Band

## Thame & Wheatley Ramblers

The Thame & Wheatley group of the Ramblers organise long and short walks throughout the year, locally and in the Chilterns and Cotswolds. We also work to protect and improve the footpath

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network. More details are on the website  
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01844 213608.

## Thame Bowls Club

Thame Bowls Club is now in its 95th year and is  
arguably one of the most successful clubs in the  
County (sociably if not competitively).

The Club will host rollup sessions for any new  
members, **every Tuesday Evening from  
6.00pm** starting from **May 7th, 2019.**

Why not come and try your hand at Lawn Green  
Bowls, friendly members will be on hand to  
show you the rudiments of the game; the only kit  
required is a pair of comfortable, flat soled shoes –  
bowls will be provided, and the bar will be open!

## Thame Town Cricket Club

On the playing side, indoor nets for junior  
cricketers (boys and girls - school years 1 to 10)  
will start on **Saturday 12th January** at Lord  
Williams' Lower School. Just contact Sheena  
Beard on [juniors@thamecricket.org.uk](mailto:juniors@thamecricket.org.uk) or  
call 01844-213695 for more details. Off the field,  
the fantastic, brand-new clubhouse at Church  
Meadow is ready to welcome you for events,  
hiring and parties. Just contact Jackie Phippen  
at [bookings@thamecricket.org.uk](mailto:bookings@thamecricket.org.uk) or on 07752  
261832 to find out more.

## Thame Town Cricket Club

On the playing side, indoor nets for adult  
cricketers, both men and women, has started  
at Lord Williams' Lower School gym, off  
Queens Road (**5.00pm - 6.00pm and  
6.00pm - 7.00pm**). Just contact Mike Higgs  
on [higgzee@hotmail.co.uk](mailto:higgzee@hotmail.co.uk) for more details.  
Off the field, the fantastic, new clubhouse  
at Church Meadow is ready to welcome  
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Just contact Jackie Phippen at  
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07752 261832 to find out more.

## Thame Choral Society

A friendly group of about 45 mixed-voice singers  
who perform a wide range of choral music.  
There is no audition and new singers are always  
welcome to try us out before joining. We  
rehearse in Haddenham Methodist Church on  
**Wednesdays at 7.30pm**. Visit the website  
[www.thamechoralsociety.org.uk](http://www.thamechoralsociety.org.uk) or email  
[thamechoralsociety@hotmail.co.uk](mailto:thamechoralsociety@hotmail.co.uk) for more  
details.



### T.W.C.C.

T.W.C.C. Thame Branch. Meetings are held on the **third Saturday in the month** in the Guide HQ In Southern Road, Thame at **2.00pm**. We welcome widows and widowers and anyone who has lost a long-term partner. Membership subscriptions are £20 annually and £2 on the door including tea, coffee and biscuits. Speakers and outings and entertainment. Sunday lunches at the Black Horse in Thame. For more information email [dhirst@btinternet.com](mailto:dhirst@btinternet.com)

### Thame Seniors Keep Fit

Term time **Mondays** at Thame Barns Centre Ladies **5.00pm - 5.45pm** Men **6.00pm - 6.45pm** Contact Stuart on 01844 215822 email: [thamekeepfit@hotmail.com](mailto:thamekeepfit@hotmail.com)

### The Greatest Hits Choir

**Thursdays 8.00pm** (term time). Guide HQ Southern Road, Thame OX9 2EP. New members always welcome. No need to read music, no audition. We sing a mixture of pop songs old and new, rock and show tunes. Come for a taster session! Easter Concert **7th April**. Contact: [www.greatesthitschoir.co.uk](http://www.greatesthitschoir.co.uk)

### Thame National Women's Register

Meet every two weeks in each other's homes for stimulating discussions on a wide range of topics. For more details phone 01296 614699 or check the website [www.nwr.org.uk](http://www.nwr.org.uk)

### Long Crendon Day Centre

Open **every Tuesday** for games, entertainment and exercises but most importantly our lovely hot fresh meal.

### Thame Pop Choir

Meetings **Tuesdays 8.00pm** (term time) at Guide HQ, Southern Road, Thame OX9 2EP. Sessions £5 a week or £35 a term. The choir is currently at full capacity - please contact Ian English 01844 261171 or via 'Contact' page on website [www.thamepopchoir.com](http://www.thamepopchoir.com) to join the waiting list.

### Haddenham Pop Choir

Fun choir at St Mary's Centre, Haddenham HP17 8AH. Weekly sessions **Mondays 7.45pm** (term time). £5 a week, first taster session free. The choir is currently at full capacity - please contact Ian English 01844 261171 to join the waiting list.

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# Kenzo's Diary - *A dog's life 2*

Today I decided that I was fed up and tired of being a white polar bear, and I had a plan.

Firstly, I needed food to fuel my antics, but one breakfast was simply not going to be enough. Daddy is a clueless hooman so I whined and cried in front of my food-hole they call a 'boooowl' and he filled it up with my tasty soft pebbles, giving me an early breakfast which I made disappear. Then I did the exact same tac-tic with Mum, fooling her into thinking daddy had forgotten poor little Kenzo's food, easy – 2 breakfasts!

The time then came for them to take me on my daily field romp, however with the wet and windy weather, my plan would work perfectly. It had created the one thing I needed, MUD!!! I pretended to be the good-est boy a hooman could ever want, jumping into the 'caaw' fearlessly, unlike my usual self, fooling mummy into a false sense of security. We were on our way, stage one complete.

We arrived, and the field was heaven; puddles of glorious mud 3 inches deep and grass ripped away revealing the gooey goodness I needed. I ran, speeding superbly, a missile with lock-on, straight to the dark oval swamp. "KENZOoooo!" Mummy screamed fearfully, but it was too late! I had reached the thick, brown liquid and rolled and rolled until there was no patch left untouched. I had done it, I was now a black bear.

It would be fair to say mummy was not happy, but it did not matter because my mission was accomplished. Back in the 'caaw' I went. We got home to the gaping jaws of my brother and sister who kept saying OMG! then they carried me AGAINST MY WILL, into a plastic hole known as a 'barrf', it was sickening. They were onto me, they had it filled with water and smelly stinky soap.



Before I knew it, I looked down, and to my despair, my hard work was undone. I was a white, polar bear puppy again.

Hoomans I, Kenzo 0, or at least that's what they think.....

Until the next adventure

*Kenzo*

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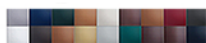
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# Cryptic Crossword

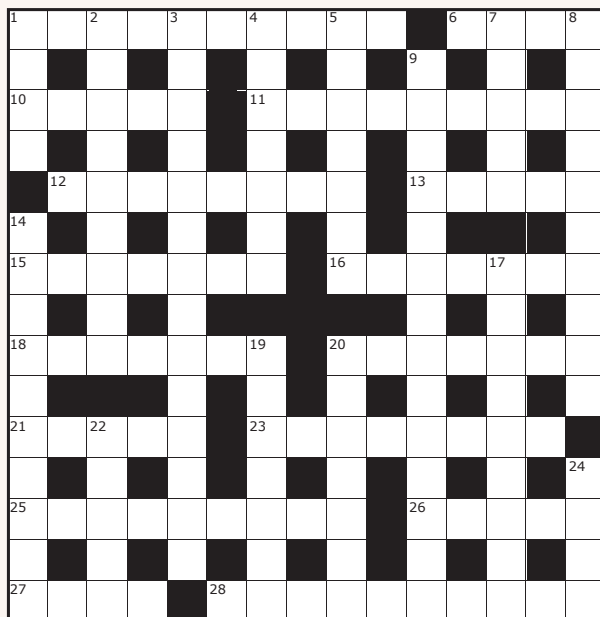


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**Solution on Page 90**



## ACROSS

- 1 Arrest aunt cooking here? (10)
- 6 Dash back for jazz. (4)
- 10 One might see a rainbow through it. (5)
- 11 Something like this might need proof. (9)
- 12 Old transport for comedians Laurel and Hope. (8)
- 13 502 following soldiers – they meet at the centre. (5)
- 15 Incorrect indicators for many double-hearted flowers. (7)
- 16 The French leave choice part. (7)
- 18 Put up with rude shape in the end. (7)
- 20 Footballer might be on the carpet. (7)
- 21 It happens in eleven towns. (5)
- 23 Boots always have them. (8)
- 25 Change half polo goalies to say sorry. (9)
- 27 The city house might rebound. (4)
- 28 Badgered pet reduces mauling. (10)

## DOWN

- 1 Mature leaders run in Port Elizabeth. (4)
- 2 Canonisation of George and Robin, perhaps. (9)
- 3 Correctly train maids into running the business. (14)
- 4 Thinks logically about motives. (7)
- 5 Greek character changed clues found in the middle. (7)
- 7 Delirious debt-free backing caused aggravation. (5)
- 8 Wordy reference book. (10)
- 9 Typical role – first in charge. (14)
- 14 Speed up, create lace production. (10)
- 17 I am in hospital rather irritated. (9)
- 19 Go downhill to say 'no'. (7)
- 20 Pierces drains enclosing muck at last. (7)
- 22 Many hope to return – about time. (5)
- 24 Dull sound in West Huddersfield. (4)



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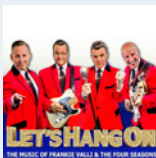


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### Let's Hang On

**Thu 2 May**

Four New Jersey boys from the wrong side of the tracks invented their own sound and wrote their own songs to become one of the biggest pop sensations of all time. Featuring Sherry, Why do Fools Fall in Love, Breaking Up is Hard to Do, Big Girls Don't Cry, Walk Like a Man & more.



### Paul Young - 35 Years of No Parlez

**Tue 7 May**

Everyone's favourite 80's crooner Paul Young returns for part 2 of the 35 years of 'No Parlez' anniversary tour!

### Fastlove - A Tribute To George Michael

**Thu 9 May 2019**

This is a spellbinding experience you don't want to miss. You'll be getting up (to get down) to all your favourite songs:

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### Sounds of the 60's Live with Tony Blackburn

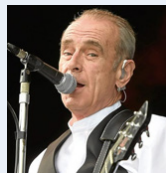
**Sat 11 May**

An evening hosted by Radio 2's legendary DJ, Tony Blackburn of 60s classics performed live by the Sounds Of The 60s All Star Band & Singers.

### Francis Rossi - I Talk Too Much

**Sun 12 May**

Legendary Status Quo lead singer Francis Rossi will share the extraordinary secrets of his 50-plus years in rock'n'roll when he takes to the stage for an intimate evening. In Francis Rossi: I Talk Too Much, the founder, lead singer and lead guitarist of Status Quo will talk about his mishaps and adventures of life on the road with one of the biggest and most loved bands ever.



### That'll Be the Day 2019

**Thur 16 May**

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### The Manfreds

**Thu 23 May**

Paul Jones, with his unique harmonica sound, will be joined by Mike Hugg on keyboards, Tom McGuinness on guitar, Rob Townsend on drums, Marcus Cliffe on bass, and Simon Currie on saxophone/ flute.



### Thank You For The Music

**Fri 24 May**

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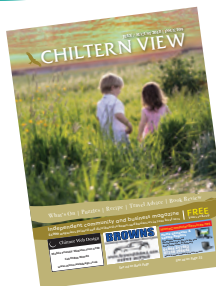
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### I am thinking about getting a dog. What do I need to consider?

It is an important decision. A dog could be with you for the next fifteen years or more. There are so many considerations: a puppy, an older dog, a pedigree, a crossbreed and which sex? It can feel daunting, but there is help available – you are not alone.

Not all dogs have the same requirements, yet they will all demand your commitment as a responsible dog owner.

Do you have a preference for walks around the block, or would you enjoy a dog that can climb those Scottish Munros? Will he or she be alone at home? If so, what is the cost of the nearest doggy day care? Remember that a working type dog will quickly become "self-employed" if not kept entertained.



How much will he or she eat and is this affordable? Then there is the cost of vaccination, parasite control and health care.

Good sites are accessible on the Internet. The Kennel Club have lovely descriptions regarding the character, feeding and exercise requirements of pedigree breeds. Rescue centres such as the Blue Cross help in the selection of a dog that needs rehoming including some of the pitfalls.

Your vet is an excellent place to start and staff are always ready to help with your questions.

Good hunting.

**Dr Mandy Elgin,**  
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# Local (Black) *beauty spot*

A couple of miles from Lacey Green lies the Horse Trust ([horsetrust.org.uk](http://horsetrust.org.uk)), the world's oldest horse charity.

It owes its origins to Ann Lindo from north London, who read Anna Sewell's novel *Black Beauty* - the story of a working horse's life told through the horse's own eyes, later a popular TV series. A working horse (and by 1900, there were 300,000 in London alone) had no rest, usually pulling a taxi cab or a delivery wagon. Ann Lindo's idea was to provide a place where sick and exhausted horses could rest and recover, lending in their place healthy animals so the owners could still earn a living. The Home of Rest for Horses (its original name) has been based at Speen since 1970.

Today the Trust provides retirement and respite for ex-police and military horses, and for ponies who have worked with charities that improve the

lives of disabled or disadvantaged children. It's also a sanctuary for horses, ponies and donkeys who have suffered cruelty or neglect, a professional training centre and a funder of equine veterinary research. These are worthy and serious activities, but it's also a pleasure to see the looks on young children's faces as they meet the horses and make new friends.



The Trust is open between February and November, from Thursdays to Sundays and on Bank Holidays, 2pm-4pm (admission and parking £5 per vehicle). There's an excellent tea room, too.

*Neil Matthews is the co-author, with his wife Helen, of *Slow Travel: The Chilterns and the Thames Valley*, a new guidebook available to buy online ([bradtguides.com](http://bradtguides.com)) or in local bookshops.*

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## Risborough Community Events



*May / June 2019*

### Saturday 4th May

#### **Rita's Charity Dances**

Princes Risborough Community Centre. Wades Park / Stratton Rd, Princes Risborough, HP27 9AX. **8.00pm - 11.45pm.**

50's and 60's Music with Live Bands. No bar, so bring your own favourite tipple & nibbles. Come & Join us for a good night out. All proceeds go to charity. Tickets cost £10, payable at the door. Next dance **June 15th**. Contact Mrs. Barbara Williams for Details 01844 345959

### Wednesday 8th May

#### **Princes Risborough Morning W.I.**

Resolution Meeting - Plant Stall (**May 8th**)

Unpaid Family Carers - Sandy Briscoe, Carers Bucks. Supporting adult and young carers in Bucks (**June 12th**)

**10.00am** Carrington Room of the Community Centre. Visitors and new members are most welcome. Information: 01844 344246.

### Saturday 11th May

#### **Green Living Event**

With Bike Exchange, Plant and Seed Swap and colourful gift and craft stalls

Presenting a great opportunity to sell or buy a second-hand bike, swap seeds or plants and enjoy a variety of information and presentations on Green Living, including Bee Keeping. Mill Lane School **10.00am - 2.00pm** Free craft activities for children. You can also deposit any of the following items for recycling on the day: household batteries, CDs, used postage stamps, foreign coins, mobile phones, printer cartridges and old reading glasses. Refreshments available throughout the day, including cakes and drinks and a selection of home-made soups. Entrance Free. Organised by Chinnor and Thame Friends of the earth. For more information ring Maureen on 01844 352816, [mdyroff@tiscali.co.uk](mailto:mdyroff@tiscali.co.uk).



### Sunday 12th May Chinnor Windmill

Along with many watermills and windmills across the country, Chinnor windmill will be open to the public on **Sunday 12th May** as part of 'National Mills Weekend'. From **12:00 noon to 5:00pm**, volunteers will be on hand to guide visitors round the mill, which is being completely rebuilt after it was bulldozed in the 1960's to make way for housing. If the weather is fair, we hope to turn the sails for the first time under wind power. See website for more details  
<http://www.chinnor-windmill.blogspot.com>

### Monday 13th May Forget Me Knot Café

We meet **twice monthly, 10.30am - 12.30pm** at Chinnor Village Centre. Hands on Heritage – Travelling Museums (**May 13th**). Bank Holiday - no club (**May 27th**). Kaleidoscope Art Therapies – Annabel Shilliday (**June 10th**). Singing for the mind – Julia Hollander (**June 24th**). For further information please contact Michele on 01844 353154 / 07779732097 or at [info@holisticmassageuk.co.uk](mailto:info@holisticmassageuk.co.uk) or Val on 01844 352254 or at [valerie.edwards2053@btinternet.com](mailto:valerie.edwards2053@btinternet.com) to find out more. Chinnor Village Centre [www.facebook.com/forgetmeknotcafe](http://www.facebook.com/forgetmeknotcafe)

### Saturday 11th May St. Dunstan's Church Princes Risborough

Manor House Music will play popular classics by Mozart, Vivaldi, Holst, Debussy, Bach etc. Tickets £10 from Sally's Sewing Box, Duke Street, Princes Risborough, Johanna Powell 01844 343996 or [www.ticketsource.co.uk/st-dunstans-church](http://www.ticketsource.co.uk/st-dunstans-church) Raffle and complimentary glass of wine/soft drink

### Thursday 16th - 18th May Chinnor Village Hall

Chinnor Players Spring Production of 'Confusions' by Alan Ayckbourn: series of five interconnected one-act plays. The scenes are all loosely linked by characters or locations, but more subtly through the common underlying themes of obsession, isolation and human desire for companionship. Chinnor Village Hall **7.30pm** curtain up. Tickets available from Chinnor Community Pavilion and on the door (**16th - 18th May**)

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## Saturday 18th May

### Princes Risborough Farmers Market

Market House, **9.00am - 2.00pm**

NEW! Quarterly Farmers Market featuring over a dozen local food producers, hot food Food & Cookery demo's, face painting and music [www.facebook.com/princesrisboroughmarkets](http://www.facebook.com/princesrisboroughmarkets)

## Sunday 19th May

### Priestfield Arboretum Open Day

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**10.30am - 4.00pm.**

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## Thursday 23rd May

### Chiltern Hills Vintage Train Group

St John's Methodist Church Hall, 60 Woodside Road, Amersham, Buckinghamshire, HP6 6AN **3.30pm to 9.30pm.** Layouts in Hornby O and Hornby Dublo, plus other makes. Trade support plus bring and buy table. Tea, coffee and light snacks available. Admission Charge £2 Contacts: Derek Smith (01895 672251) or Ron McCaskie (01494 875904)

## Saturday 25th & Sunday 26th May

### Railex 2019 Model Railway Exhibition

Presented by Risborough & District Model Railway Club. Stoke Mandeville Stadium, Stadium Approach, Aylesbury, Buckinghamshire. HP21 9PP **10.00am - 5.30 Sat and 10.00am - 4.30pm Sun.** Adults £9.00, Children £5.00, Family £20.00 (2+3) Up to two children can be admitted free with each paying adult on Sunday only. For full details see our website



## What's on Risborough

www.railex.org.uk or call David Lane 01296 437475. Email railexmanager@rdmrc.org.uk

### Saturday 29th June Movies in the Park

3 movies throughout the day. Ticket info & movie announcements will be made soon. Follow our Facebook page or visit our website for more info. FB: Risboroughtc  
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### Ongoing

### Lacey Green Singers - community choir

We sing a wide range of music, from choral classics to modern pop music, with termly concerts. Rehearsals on **Thursday evenings, 7.45pm - 9.30pm**, term time, in St John's School, Lacey Green. We love to welcome new members, so just turn up! laceygreensingers@hotmail.com  
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### Princes Risborough Methodist Church

Morning Worship **10.00am each Sunday**. Holy Communion celebrated on the **1st Sunday of each month** (may vary). Fellowship and refreshments after each service. Full details of church activities <https://www.aylesburyvale.org.uk>. Should you wish to come to any church activity but are a little apprehensive please telephone 07894159544 and a church member will arrange to meet and greet you and introduce you to members of the fellowship.

### Lacey Green Players

Amateur drama group, covering Risborough & surrounding villages – free membership. Performing "Groping for Words" by Sue Townsend on **May 4th & 5th**. Casting soon for our November Dinner Theatre. Writing our new Murder Mystery for Spring 2020. Raising money for charity. Details & tickets see website [www.laceygreenproductions.co.uk](http://www.laceygreenproductions.co.uk).

### Badminton in Chinnor

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## Princes Risborough Country Market

Under the Market House, Market Square,  
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**18th May** - do come and see us. For further  
information and any queries please ring Lorraine  
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## Princes Risborough Baptist Church

Morning Worship **10:30am each Sunday**, Holy

Communion **1st Sunday of each month**,

refreshments served after most services and

during Café Style, **2nd Sunday**. Evening worship  
**twice a month at 6.00pm**. All Welcome.

Details [www.risboroughbaptist.org.uk](http://www.risboroughbaptist.org.uk) email

[prbaptist@btconnect.com](mailto:prbaptist@btconnect.com) phone 01844 274499

## Princes Risborough Evening W.I.

A group of welcoming women who meet on the  
**first Thursday of the month** at The Princes  
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We enjoy speakers on a wide range of topics  
as well as organised trips and activities. If you  
would like more information, please email us on  
[risboroughewi@gmail.com](mailto:risboroughewi@gmail.com) We look forward  
to meeting you. We don't make a charge for  
entry, but any donation is welcome.

## St Mary's Church

Details of our weekly services and events  
for the month can be found at

[www.stmarysrisborough.org.uk](http://www.stmarysrisborough.org.uk). Everyone is

welcome to our regular events: **Thursdays**

**10.30 am:** Coffee in the Chapter House;

**First Sunday of the month at 3.00pm:**

Open Door in the Chapter House. All welcome

to join us for afternoon tea. We particularly cater  
for the lonely and those recently bereaved.

## Risboro' Lacemakers

We still meet at the Cherry Baker Room, Princes  
Risborough Community Centre on the **4th**

**Wednesday of each month 7.30pm -**

**9.30pm**. and usually the **second Saturday of**

**each month 9.30am - 4.30pm**. For more

details see our website <http://adkins61.wix.com/risborolacemakers>

## Lacey Green Windmill

In 2019 the windmill will be open on **Sundays**  
and **Bank Holiday Mondays from Sunday**

**7th April until Sunday 29th September**

**from 2.00pm to 5.00pm**. Admission is

£2.50 per adult and £1 per child (aged 5-15).



On National Mills Weekend we will be open on **Saturday 11th May from 2.00pm to 5.00pm, and on Sunday 12th May from 11.00am to 5.00pm**. The windmill is the oldest smock mill in the country, with wooden machinery dating from the mid-17th century, and has been restored by members of the Chiltern Society. Please park in Pink Road and walk up the path on the right-hand side of 'The Whip' pub. For further details about the windmill, including travel information, please see [www.laceygreenwindmill.org.uk](http://www.laceygreenwindmill.org.uk) or telephone 01844 275871.

### Risborough and District Bridge Club

The club is pleased to announce that they will, as from **25th April 2019**, hold an extra duplicate session each **Thursday afternoon from 2.00pm (for a 2.15pm start) until 5.30pm**. The sessions will take place in the Carrington Room of the Community Centre in Stratton Road HP27 9AX. Light refreshment is always available. There is a modest table fee (£2.50 for a visitor). Pairs of any playing strength will be very welcome. The club also holds sessions on **Tuesday afternoons** (which are over-subscribed) and on **Wednesday evenings beginning at 7.15pm**. [www.bridgewebs.com/risborough](http://www.bridgewebs.com/risborough) Tel. Barbara Oates 01844 344264 [theoates123@gmail.com](mailto:theoates123@gmail.com).

### Princes Risborough Bowls Club

Our club is situated in the centre of Princes Risborough, off New Road. We welcome new members both experienced and beginners, it's a very social activity and you will meet lots of new people. Why not give it a try? For more details, contact Richard Ferguson. 01494562954. Or email [richard@improvise.me.uk](mailto:richard@improvise.me.uk)

### Elm Church @ Risborough

Church but not as you know it! **Sunday Morning Worship 10.30am. Last Sunday in month: Café Church 10.00am**  
Evening IGNITE Service: **6.00pm last Sunday in month. Play Café Tuesdays 10.00am - 11.30am** (free Toddlers session) Coffee Lounge **Tues/Thurs 10.00am - 1.00pm. 9 Bell Street** 01844 275822

### Princes Risborough U3A

If you are retired or semi-retired. To find out about our activities and events come to an Open Meeting for new members on **Tuesday 30th April 2.00pm - 4.00pm** at Risborough Community Centre. For more information look on our website: [www.risboroughu3a.org.uk](http://www.risboroughu3a.org.uk)



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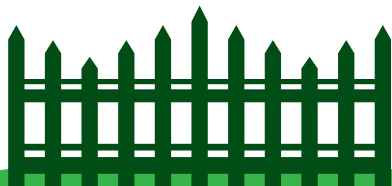
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# Thame & District Round Table *Duck Race 2019*

Join Captain Ducky and his pirate crew on Sunday the 16th of June and see the spectacle of thousands of rubber ducks being poured into the river Thame on a race to victory!

The Duck Race is a much-loved yearly event to raise money for local charities in a fun way for all the family. Your numbered ticket corresponds to an individual duck. The first three ducks to cross the finish line will win John Lewis vouchers, with all other proceeds donated to local causes.

The ducks will be helped along the route by the high-pressure hoses of the Oxfordshire Fire and Rescue Fire Engine. Additionally, to make sure no duck is left behind the Oxfordshire Lowland Search and Rescue team will be taking to the water to give all the ducks a fighting chance.



Alongside the professionals, local Pirate celebrity Captain Ducky, will attempt to navigate the river with an entertaining but less than seaworthy vessel. There may be a chance of a few leaks developing during the race which will only add to the enjoyment of the kids watching the show from the river bank.



The race starts on the old town bridge, accessed via Priest End, behind St Mary's church. Gates open at 10.30am and the race will start at around 11.00am.

Tickets are on sale for £2 per duck, from local groups, Thame Town Hall and at Thame Carnival held the day before the race. There may be a limited amount of tickets on sale at the start line on the morning of the race but in previous years the event has sold out so it's best to buy your tickets in advance if you can.

The Duck Race is run by Thame & District Round Table, the same guys who bring Santa around Thame and the local area at Christmas time.

To find out more and join the Thame & District Round Table team  
Visit our webpage <https://thameroundtable.org/>  
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## Japan for all seasons...

**Japan is a country that can be enjoyed all year round; here is our guide to what is happening and when, to help you decide what time of the year you'd like to experience it.**

### Cherry Blossom Season

The Japanese have been writing poetry about and painting pictures of cherry blossoms for centuries, and even have a dedicated word for going out to fields and parks to appreciate it – 'hanami', which literally translates as 'looking at flowers'. When you gaze on the sea of soft pink flowers it's easy to see why both they and many international visitors are so enamoured.

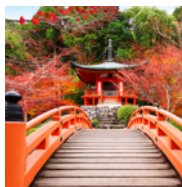
Starting in late January in the sub-tropical south, the blossoms sweep up the country, reaching Tokyo and Kyoto in the first two weeks of April, though this can vary due to the weather. In the two weeks after they first bloom, locals and visitors alike stroll, sit and picnic beneath the laden boughs, but we particularly like to enjoy them lit up by lanterns at twilight.



Cherry blossom season is extremely popular and our tours often sell out a long way in advance. If you want to travel during this period, make sure you book early!

### Autumn Leaves

Japan's deep and rich autumn colours travel the opposite way to the cherry blossom, starting in the very north in September and travelling downwards, reaching its peak in Tokyo, Kyoto and the surrounding areas from November.



In the parks and temple gardens of the cities, the leaves of the multitude of maple and ginkgo trees turn vibrant shades of red, yellow and orange; if you are travelling into the Japanese Alps, you're in for an even more spectacular sight...

### Sun and Snow

Japan's summer, June to August, may be hot and humid but it is the season for festivals and fireworks. Enjoy impromptu celebrations or escape to the mountains to find the cooler climes and maybe do some hiking – this is also the only time of year that you are able to climb Mt. Fuji.



In the winter, outside the cities, the country becomes a snow-covered wonderland. Vibrant ski resorts spring into action, ice festivals take place (Sapporo's is the world's biggest) and the Japanese Macaques earn their Snow Monkey moniker. Oh, and there is nothing better than the glorious warm waters of an onsen on a cold winter's day!

### Essential Info

Approx. Flying Time: 12 Hours Direct  
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Visa Required: No  
Currency: Yen

### Wish to experience the exciting seasons of Japan for yourself?

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# Midsummer *Meanings* By Catherine Rose

**The month of Wimbledon and Father's Day; synonymous with freshly mown grass, the first Pimmis and a sudden abundance of flowers, we welcome June as the beginning of summer.**

In Anglo-Saxon times, June was known as midsummer month or sera monath, meaning 'dry month'. It also brought with it the big pagan celebration of the summer solstice – the longest day of the year in the Northern Hemisphere.

It was the Romans who were responsible for giving the sixth month in their Roman and our Gregorian calendar its current name. Jun(e) is believed to be a shortened version of Junius - Latin for 'sacred to Juno'.

Juno was the wife of Jupiter and patron goddess of Rome. She was also the goddess of marriage and childbirth. The blessing she was said to bestow on couples who marry during this month has meant that June weddings remain popular to this day.

In early Roman times, June had 29 days, but Emperor Julius Caesar added an extra day, making it 30 days long.

People born in June are said to be ruled by the planet Mercury, representing youth, and come under the zodiac signs of either Gemini (the twins) or Cancer (the crab). Scientific studies have claimed that June babies tend to be physically stronger and suffer less with mental illnesses than those born in any other month.

June has three birthstones: the pearl, moonstone and the more obscure alexandrite. The birth flowers for this month are the rose and the honeysuckle.

There is a saying in folklore that in June, summer doesn't begin until the elderflower is in blossom.

Apart from the summer solstice, other festivals that take place in June include well-dressing,



Photograph Andrew Dunn, [www.andrewdunnphoto.com](http://www.andrewdunnphoto.com)

where natural springs are honoured with elaborate decorations that include intricate mosaic-like pictures made using flowers, grasses, moss, seeds, bark and berries. Well-dressing is particularly popular across Derbyshire.

The many significant historical events that have happened in the month of June include: the signing of the Magna Carta on 15th June 1215; the infamous Battle of Waterloo on 18th June 1815; the Queen's coronation on 2nd June 1953; and D-Day, on 6th June 1944.

The month of June has long fascinated poets, artists and lyricists from Shakespeare to Rogers and Hammerstein. 'Flaming June' is a famous painting by Lord Frederick Leighton completed in 1895. Scottish poet Robert Burns also paid homage to the month in the first lines of his well-known poem 'A Red Red Rose'. And there is no end of romantic ballads out there rhyming 'June' with 'moon'.

Believe it or not, June was a popular name for both boys and girls in the first part of the 20th century but over the last 40-50 years it has declined in favour in the UK. However, June has enjoyed a resurgence as a favourite girls' name in the USA during the past decade.



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**Wednesday 22nd**

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### June 2019

**Sunday 9th**

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Cost £5

Main Roast & Pudding Cost £16.50

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**Wednesday 26th**

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# CHILTERN WALKING Festival



**The programme for May's Chilterns Walking Festival spring event has been announced by the Chilterns Conservation Board, organiser of the popular festival.**

Running from Saturday 18th May to Sunday 2nd June 2019, the programme includes over 70 guided walks, events and activities covering the whole of the Area of Outstanding Natural Beauty (AONB) which stretches from Oxfordshire through Buckinghamshire and Bedfordshire into Hertfordshire.

The new programme includes specialist themed walks, and opportunities to discover lively stories and scenic landscapes associated with the Chilterns. Some walks include the prospect of sampling local food and drink, others provide 'have-a-go' sessions or chances to learn about the area's wildlife, history and colourful characters.

## The Spring programme opening week - highlights include:

• **Classic Chilterns Views** – join our knowledgeable guide and follow the ancient Ridgeway, taking in the views from Coombe Hill Monument before lunching in Buckmoorend at the Farm Shop café; returning past Chequers, country home of Britain's Prime Minister.



• **Midsomer Murders Revealed!** – explore Henley's historical past and visit Midsomer Murders locations; our guide will reveal filming locations, personal anecdotes & facts you won't find in the guide book.

• **Mindful Wellbeing Nordic Walk** – improve your health physically and mentally with a 2–3 mile Nordic trek through Chilterns Woodlands using walking poles; a feast for the senses discovering woodland plants and trees.



• **Bluebells and Blacksmiths** – this 'Meet the Maker' craft walk will introduce you to two workshops: Cobalt Blacksmiths and Gordon Kent Furniture Maker. The walk takes in beautiful scenery including beechwoods carpeted in bluebells (nature permitting).

• **Living History: Jordan's Village** – discover the history of this Quaker-founded village, including a tour of Jordan's Meeting House and optional tea & cakes at Spindrift B@B



Each walk is guided by an experienced leader who knows the area well and is keen to share stories of the people and places that have shaped the countryside.

Chilterns Conservation Board People and Society Officer Annette Venters said "The Chilterns Walking Festival is now a firm favourite with both tourists and residents: each year we see more walks, more guides, more local business involvement, and above all growing numbers of participants. This year the programme includes a huge variety of walks to enable everyone to explore The Chilterns and discover remarkable people and places within a beautiful natural environment. There's already been lots of interest, so please do book early to avoid disappointment."

Details of all guided walks, events and activities available in the spring programme can be found on the website [www.visitchilterns.co.uk/walkingfest](http://www.visitchilterns.co.uk/walkingfest).

Most are free of charge though some require a small fee which is clearly shown. To assist walk leaders with expected numbers, most events must be pre-booked.



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	3					1	6	
9		8						
	7						9	
						2		5
	9	1					5	
		7	4	3	9		2	
4					7			

## Art at *St Dunstan's*

**'Bucks Art Weeks' at St Dunstan's Church,  
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Photos and more info at  
[www.artatstdunstans.blogspot.com](http://www.artatstdunstans.blogspot.com).

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# Affordable *nutritious food*

Eating a healthy, balanced diet is an important part of maintaining good health. This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain health and a healthy body weight.

## Aim to....

- eat at least 5 portions of a variety of fruit and vegetables a day - fresh/tinned/frozen
- base meals on wholegrain bread, rice, pasta and potatoes
- have dairy or dairy alternatives daily (eg soya, nut or coconut based yogurts, milk and cheeses)
- eat some beans, pulses, fish, eggs, meat and nuts and other protein.
- choose unsaturated oils and spreads in small amounts
- drink plenty of fluids – especially water

## Eating a healthy nutritious diet doesn't need to be expensive – here are some tips to help feed your family for less....

1. Plan meals ahead
2. Cook in bulk and freeze leftovers  
(if not using the next day) to prevent wastage
3. Buy fruit and vegetables in season
4. Buy frozen fruit and vegetables
5. Visit the Market at the end of the day and buy the £1 bowls – if buying large amounts chop up and store in the freezer so they are ready to go when you need them
6. Take a packed lunch to work and on days out with the family
7. Try 'value' supermarket brands
8. Reduce meat and fish meals and instead have more meals using beans, lentils and chick peas
9. Reduce number of snack and take-away foods
10. Use 'value' wholegrain cereals and 'value' wholegrain breads/pitta's

11. Aim to home-cook most meals and choose quick simple recipes the family will enjoy
12. Cut down on fatty, sugary, salty snacks and choose fruit, carrot sticks, nuts or cereal instead
13. Make homemade soups - add lentils

## Nutritious affordable foods

- Baked beans
- Tinned chick peas, tinned lentils and beans
- Frozen peas and other frozen vegetables
- Fresh carrots, potatoes, swede and broccoli (especially 'less than perfect')
- Frozen berry fruits
- Tinned sweetcorn
- Tinned sardines
- Plain frozen fish
- Bananas
- Own brand cereals and porridge oats
- Eggs
- Tinned tomatoes
- Liver and bacon mis-shapes
- Cheaper cuts of meat and chicken to make slow cooked casseroles
- Value ranges of foods

### Eat less

Processed meats – sausages, burgers, fatty meat products  
Pastry - pies, pasties, sausage rolls  
Fast foods and takeaways  
Fizzy drinks  
Crisps, biscuits, cakes

## More information

<https://www.nhs.uk/live-well/eat-well/>



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# African countries Wordsearch



E	A	J	Z	U	N	E	O	A	A	T	N	H
A	G	Y	E	A	T	I	G	I	Y	M	I	E
A	L	Y	B	O	M	F	O	B	N	L	N	P
A	I	G	P	I	E	B	T	I	E	E	E	R
L	B	B	E	T	L	F	I	M	K	S	B	E
O	E	C	M	R	T	Y	G	A	B	O	N	D
G	R	A	O	A	I	S	I	N	U	T	A	J
N	I	G	E	R	G	A	U	N	G	H	D	I
A	A	S	E	N	E	G	A	L	C	O	U	B
E	R	I	O	V	I	D	E	T	O	C	S	O
M	A	L	A	W	I	U	G	A	N	D	A	U
R	W	A	N	D	A	S	G	H	A	N	A	T
C	O	M	O	R	O	S	U	M	M	E	R	I

Algeria  
Angola  
Benin  
Chad  
Comoros  
Cote d'Ivoire  
Djibouti  
Egypt  
Gabon  
Gambia  
Ghana  
Guinea  
Kenya  
Lesotho  
Liberia  
Libya  
Malawi  
Mali  
Namibia

Niger  
Rwanda  
Senegal  
Sudan  
Togo  
Tunisia  
Uganda  
Zambia



Find the names of African countries in the grid and the remaining letters will spell out a related phrase



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David Saint - Coco Accounting



## Do you suffer from Muscle or Ligament Pain?

Muscles and tendons can become painful for many reasons. One of the most common causes is when the body experiences an unusually high amount of exertion where the muscles have struggled to cope with a high level of activity.

Stiffness will normally occur a couple of days after the activity.

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## May & June Shows at Thame Players

### JOHNNY CASH

**Friday 17th May at 7.45pm**

Following a successful run at the 2018 Edinburgh Fringe Festival, The Johnny Cash Story takes you on an incredible journey through the career of the 18 time Grammy winner; featuring powerful renditions of Folsom Prison, Ring Of Fire, Man In Black, Hurt and many more.

### AMNESTY INTERNATIONAL - PATRICK COLLINS

**Sunday 19th May**

Another evening of poetry, readings and music in aid of Amnesty International

### EXTREME CHAMPIONSHIP IMPROV

**Friday 24th May at 7.45pm**

Extreme Championship Improv is the latest and greatest form of improvised theatre from Sparky Buddy Productions, a film and theatre company based in the UK. Originally founded in 2010 by artistic director David Pustansky, the company was originally formed as a pure improvisation theatre company

### HATSOFF TO LED ZEPPELIN

**Sunday 2nd June  
at 7.45pm**

Experience the power and the passion of a Led Zeppelin concert, played by one of the most exciting



Rock'n'Roll bands on the circuit today. These guys have performed with the best and are a truly professional outfit guaranteed to give you a night that you won't forget in a hurry!

### COMEDY @ THE PLAYERS

**Friday 7th June  
at 7.45pm**

Alfie Brown: Lunatic (plus supporting act) From a complete sell out run at the Edinburgh Festival, Alfie Brown is

coming to Thame on his first UK Tour. His latest show, Lunatic, is about identity politics and trying to be a good father in a horrible world. He provides no answers, only questions.



### DUNG BEATLES

**Saturday 8th  
June at 7.45pm**

Hailed by The British Beatles Fan Club as 'definitely not your average Beatles band', the band has earned high praise for its

authentic musical renditions and close-harmony vocals. Based in Buckinghamshire, The Dung Beatles got together in 2013, with Danny Prendergast on lead guitar and vocal, Mike Ashton on drums, Steve Hillier on rhythm guitar and lead vocal, and Phil Toler on bass and vocals. Martin Kent joined in 2017 on keyboards.



Tickets of various prices available online from [www.thameplayers.co.uk](http://www.thameplayers.co.uk) or from Spear Travels on **01844 217228**

## Exclusive Competition

For a chance to win two tickets to any Thame Players production in 2019 simply answer the following question correctly:

**Who is based in Buckinghamshire?**

a) Alfie Brown      b) Led Zepelin      c) Dung Beatles

Email your answers along with your name & address to Steph at [villageview@live.co.uk](mailto:villageview@live.co.uk) by **Thursday 20th June 2019.**





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# Crossword Answers



R	E	S	T	A	U	R	A	N	T	T	R	A	D
I		A		D		E		U		C		I	
P	R	I	S	M		A	L	C	H	O	L	I	C
E		N		I		S		L		A		E	T
	S	T	A	N	H	O	P	E		R	A	D	I
A		H		I		N		U		A			O
C	R	O	S	S	E	S		S	E	C	T	I	O
C		O		T						T		M	A
E	N	D	U	R	E	D		S	W	E	E	P	E
L				A		E		K		R		A	Y
E	V	E	N	T		C	H	E	M	I	S	T	S
R		P		I		L		W		S		I	T
A	P	O	L	O	G	I	S	E		T	E	E	H
T		C		N		N		R		I		N	U
E	C	H	O		P	E	R	S	E	C	U	T	E

# Sudoku Answers



8	1	4	9	7	6	5	3	2
6	5	9	1	2	3	4	7	8
7	3	2	8	5	4	1	6	9
9	4	8	2	6	5	3	1	7
2	7	5	3	4	1	8	9	6
1	6	3	7	9	8	2	4	5
3	9	1	6	8	2	7	5	4
5	8	7	4	3	9	6	2	1
4	2	6	5	1	7	9	8	3



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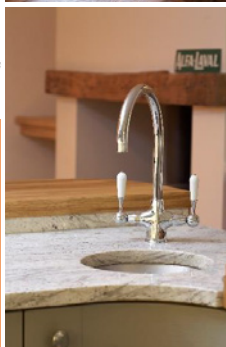
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**01296 395000**

[www.buckscouncil.gov.uk](http://www.buckscouncil.gov.uk)

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[www.transportforbucks.net](http://www.transportforbucks.net)

## Chinnor Library

**01844 351721**

[www.oxfordshire.gov.uk](http://www.oxfordshire.gov.uk)

## Chinnor Parish Council

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[www.chinnorparishcouncil.org.uk](http://www.chinnorparishcouncil.org.uk)

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**0344 4994108**

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[www.highwycombecab.org.uk](http://www.highwycombecab.org.uk)

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## Downley Community Centre

**07580 953181**

[www.downley.org](http://www.downley.org)

## Downley Pharmacy

**01494 513060**

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

## Environmental Health

**01235 422403**

[www.southoxon.gov.uk](http://www.southoxon.gov.uk)

## Highways

**08453 101111**

[www.highways.gov.uk](http://www.highways.gov.uk)

## Ibstone Parish Council

[www.ibstone.org.uk](http://www.ibstone.org.uk)

## John Radcliffe Hospital

**01865 741166**

[www.oxfordradcliffe.nhs.uk](http://www.oxfordradcliffe.nhs.uk)

## Lane end chemist

**01494 880774**

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

## Lane End Parish Council

**01494 437111**

[www.laneendparishcouncil.org.uk](http://www.laneendparishcouncil.org.uk)

## Lane End Surgery

**01494 88209**

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

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[www.oxfordshire.gov.uk](http://www.oxfordshire.gov.uk)

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Chinnor **01844 351340**

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

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[www.oxfordshire.gov.uk](http://www.oxfordshire.gov.uk)

## Oxford Tube

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

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Parish Council

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[www.piddingtonandwheelerend.org.uk](http://www.piddingtonandwheelerend.org.uk)

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[www.bucksfire.gov.uk](http://www.bucksfire.gov.uk)

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[www.wycombe.gov.uk](http://www.wycombe.gov.uk)

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## Social Services

[www.buckscouncil.gov.uk/social-care](http://www.buckscouncil.gov.uk/social-care)

## Social Services

**0845 0507666**

[www.oxfordshire.gov.uk](http://www.oxfordshire.gov.uk)

## S.O.D.C.

**01235 422422**

[www.southoxon.gov.uk](http://www.southoxon.gov.uk)

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

## Stokenchurch Fire Station

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[bucksfire.gov.uk](http://bucksfire.gov.uk)

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**0845 2303232**

[www.buckscouncillibraries.org](http://www.buckscouncillibraries.org)

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**08445 769633**

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**01494 482403**

[www.stokenchurch.org.uk](http://www.stokenchurch.org.uk)

## Stoke Mandeville Hospital

**01296 315000**

[www.buckshealthcare.nhs.uk](http://www.buckshealthcare.nhs.uk)

## Thame Community Hospital

**01844 212727**

[www.buckshealthcare.nhs.uk](http://www.buckshealthcare.nhs.uk)

## Thame Town Council

**01844 212833**

[www.thametowncouncil.gov.uk](http://www.thametowncouncil.gov.uk)

## Thames Water

**0800 6808800**

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

## Thames Water

**0800 714614**

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## Trinity Doctor's Practice Princes

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**01844 208228**

[www.trinity-health.co.uk](http://www.trinity-health.co.uk)

## Trinity Doctor's Practice Thame

**01844 212553**

[www.trinity-health.co.uk](http://www.trinity-health.co.uk)

## The Cross Keys Doctors Practice

**01844 344488**

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

## The Princes Centre

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## Wycombe District Council

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Wayne Twitchen (Osteopathy)	22

## Computer Services

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Chinnor Web Design	1

Jinca Ltd	7
PChelp4U	5

Stokenchurch PCs	24
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## Domestic Services and Appliances

Domestic Services	70
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Sharley Domestics	15

## Electrician

Altea Electrics	23
Amptec Electrical	35
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FW 4x4	45
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Devey Tree Care	36
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Tracey Davis	13
Yogil-Hinsley (Yoga)	25

## Home Improvements

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Allan Robinson (Painting & Decorating)	40
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Brian R Kinch	47

Completely Blinds	56
Constable and Phillips	89

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Garolla Roller Shutter Doors	53

Gary Burton	15
Green Space (UK) Ltd	61

HandY Decoration Services	29
Harry Styles (Plastering)	93

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Jon Woodbridge (Painting & Decorating)	22
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Leocraft (Furniture Restoration)	8
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NJB Roofing Ltd	57
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R S Hall Upholstery	39
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## Hotels, Restaurants and Cafes

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<b>Locksmiths</b>	
Promac Locksmiths	63

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## Windows and Window Cleaning

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The Window Doctor	33

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# A CHILTERN GARDEN CENTRE

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★★★★★

Lovely nursery and lovely staff. Very attentive and helpful members of staff.

★★★★★

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[www.capitalgardens.co.uk/studley-green](http://www.capitalgardens.co.uk/studley-green)

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