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THE WESTON TURVILLE TIMES

December 2017

The Magazine for the Parish of Weston Turville Published by Weston Turville Parish Council



Wherever you celebrate your Christmas this year The Weston Turville Times Team Wish you a **'Merry Christmas'**

Contains Local Events, Features, Clubs and Societies, Useful Information, School News, Church and Chapel News for the residents of Weston Turville Parish <u>www.wt-times.co.uk</u> and <u>www.wtpc.org.uk</u>



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EDITORIAL

The current and all previous copies of the WTT are available on our website at <u>www.wt-times.co.uk</u> and <u>www.wtpc.org.uk</u>

WTT needs a new assistant editor and editor!

Hello and welcome to the latest edition of WTT, the end of our fifth year, all of which have been fulfilling and enjoyable. The current production team feel that fresh new eyes are needed as we progress and the village changes. We are of course able to see any new editors through the production process and welcome offers of help from those with IT experience.

Weston Turville Times is not a commercial publication. It is written, produced and distributed by volunteers. The cost of printing is met by revenue from advertisers who appreciate that Weston Turville Times is a cost-effective way to reach the local, growing population. It is currently published four times a year and is delivered to every house and business in Weston Turville. Extra copies are delivered to the shops, church and chapel and hostelries in Weston Turville. Past issues of WTT are available to view on the web site.

Weston Turville Times is intended to be a non-religious, non-political publication aimed at keeping everyone in the parish informed of local activities, which will also include public services and updates from various 'action groups' tasked with dealing with specific issues in the parish.

If you would like to be involved in the production or distribution of Weston Turville Times, please do get in touch. We can guide you and help you to produce a vibrant and informative publication.

Jill Todd Editor www.wt-times.co.uk

Please note that the views expressed in articles are not necessarily the views of the editorial team.

Boxing Day - the Day after Christmas!



Boxing Day became a public holiday during the reign of Queen Victoria and takes place on December 26th. It is only celebrated in a few countries; mainly ones historically connected to the UK (such as Canada, Australia, South Africa and New Zealand) and in many European countries. In some European countries, notably Poland, Belgium, the Netherlands and the Nordic countries, 26th December is celebrated as a Second Christmas Day, in Germany it is known as "Zweite Feiertag" and also "Zweiter Weihnachtsfeiertag" which translates as Boxing Day (although it doesn't literally mean that)!

Boxing Day was thought to have started in the UK about 800 years ago, during the Middle Ages. It was the day when the alms box, collection boxes for the poor often kept in churches, were traditionally opened so that the contents could be distributed to poor people. Some churches continue with this tradition today. Some historians believe it was the Romans that first brought this type of collecting box to the UK, and there is a theory they used them to collect money for the betting games which they played during their winter celebrations. Another theory is that the collection boxes were used to collect special offerings tied to the Feast of Saint Stephen.

Boxing Day was also the traditional day that servants got the day off to celebrate Christmas with their families. The employers would give each servant a box to take home containing gifts, bonuses, and sometimes leftover food. Before World War II, it was common for trades people (such as milkmen and butchers) to travel round their delivery places and collect their Christmas box or tip. This tradition has now mostly stopped and any Christmas tips are given prior to Christmas.

The 26th December is also St. Stephen's Day. To confuse matters, there are two St. Stephens in history. The first St. Stephen is believed to have been a very early follower of Jesus and he is said to have been the first Christian martyr. The Bible says that Stephen (who was a Christian Jew) was stoned to death by some other Jews who followed traditional Jewish teachings. The second St. Stephen was a Missionary in Sweden, in the 800s. He loved all animals but particularly horses. He was also a martyr and was killed by pagans in Sweden. In Germany there was a tradition that horses would be ridden around the inside of the church during the St. Stephen's Day service. St. Stephen's Day (or 'the feast of Stephen') is when the carol 'Good King Wenceslas' is set. In 1853, the English hymn writer John Mason Neale wrote the "Wenceslas" lyrics, in collaboration with his music editor Thomas Helmore, and the carol first appeared in Carols for Christmas-Tide, 1853. The carol is based on the life of the historical Saint Wenceslaus I, Duke of Bohemia. Wenceslaus was considered a martyr and a saint immediately after his

death in the 10th century, when a cult of Wenceslaus rose up in Bohemia and in England. A preacher from 12th century says: "But his deeds I think you know better than I could tell you; for, as is read in his *Passion*, no one doubts that, rising every night from his noble bed, with bare feet and only one chamberlain, he went around to God's churches and gave alms generously to widows, orphans, those in prison and afflicted by every difficulty, so much so that he was considered, not a prince, but the father of all the wretched."

Today, Boxing Day is associated as the day that pantomimes start to play, major sporting events, especially horse racing and football matches are held and when shops traditionally start the Christmas sales. The Boxing Day Hunt is still a traditional event even though the hunting of foxes is now illegal in most of the UK. A lesser known event is the 'Boxing Day Dip' which is held in several European countries. Participants raise thousands of pounds each year for good causes by dressing up in fancy dress and swimming in the sea. The biggest 'dip' is held at Seaburn beach in Sunderland where the North Sea has an average temperature of 9.5C or 49F. Over 1000 people take part with over 5000 spectators. The oldest known 'dip' is the Tenby Boxing Day Swim in Pembrokeshire, Wales, which started in 1970 and all swimmers are awarded a medal for bravery!



Photo courtesy of ITV.com. All information from Wikipedia and www.pauldenton.co.uk

Weston Turville Historical Society



Meeting Logistics

When: Last Friday in month, Sept – June; excluding December. Time: 20:00 - 22:00; Doors open at 19:30 for welcoming refreshments Venue: Weston Turville Village Hall; Cost: £2 for members, £3 for visitors

Upcoming events

24 th Nov	"Christmas at Sulgrave Manor" Thea Young (as Amy)
26 th Jan	"The old LNER Station - High Street Aylesbury" Tim Peacock
23 rd Feb	"Grandma Flew Spitfires" John Webster

Contact

For further information on the Society, visit www.WTHSoc.org.uk, or email: secretary@WTHSoc.org.uk. New members welcome.





Aylesbury High Street station entrance, 1953 The terminus of the ex-LNWR branch from Cheddington, seen on the last day (31/1/53) of passenger services; freight traffic continued over 10 more years, until 2/12/63.

Photo from www.geograph.org.uk/photo/4738 570© Copyright Ben Brooksbank Chartered Accountants and TaxAdvisers

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Apple Relish

Cox's apples-approx. 900gms Red onion-1 finely chopped Sultanas-75gms Pinch of salt Cider vinegar-200mls Water-50mls Light brown soft sugar-125gms Ground ginger- ¹/₂ tsp Allspice- ¹/₂ tsp



Cook the apples, onion, sultanas, salt and 100mls of vinegar gently for 15 minutes until softened and most of the liquid has evaporated. Then add; Light brown soft sugar Ground ginger Allspice Vinegar-100ml Simmer gently for 20 minutes until mixture is syrupy then spoon into sterilised jars (4 x 200gm) and seal.

Enjoy with left over Christmas meats!

Will keep in fridge for up to 1 month. Once opened, use within 2 weeks.







Vendover, John Colet School Gyn Wednesday 7.30pm

Weston Turville Combined Schoo Tuesday 7.30pm Thursday Strength45 7.30pm Stoke Mandeville Combined Schoo Saturday 9.30an The Grange School, Aylesbur Monday & Wednesday 7.30pm **Bierton Jubilee Hal** Sunday 10.00am





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Harvest home

It's September and we gather in front of the Cellar door to await instructions. We are a mixed crew – students, locals and hangers-on who want to earn that little bit extra. The owner comes out and issues a pair of secateurs to all and makes sure that there are enough baskets for everyone. All is spotlessly clean even if they have not been used since last year. We are split into teams where one of the 'old hands' becomes leader nominating a carrier and pickers. We head off to the vineyard on the back of the trailer, being towed by a tractor, wondering what the day will bring – well at least it is dry today.

We arrive at the vineyard and are given our rows. Today, as it is the beginning of the harvest, it is white wines; later if we survive we will pick the reds. There are two on each side of the row bending down and seeking the elusive bunches that are hidden in the foliage. Snip and snip it seems never ending and you have to ensure that all are picked so none are left on the margins.

Bunches, once picked, are placed into the basket awaiting the carriers to collect in their hods, before they head back to the trailer waiting patiently to be filled. After an hour or so the full trailer heads back to the cellar to tip the load. The work is relentless as you race to finish your row and start the next knowing that the team which completes the most will win a couple of bottles of wine for that night's 'celebration'.

Three weeks or so later it is all over - bruised hands from the secateurs continually sticky with grape juice which you can never seem to remove, backs 'broken' from the constant bending and lifting, a few extra coins in the pocket and some wine to drink at home as well as new friends made.

Dionysus



PARISH COUNCIL NEWS

Traffic Matters:

Over the past few months we have heard repeated

Weston Turville Parish Council

comments about the increase in HGV's and vehicles in Main Street so Cllr Patterson did some research on vehicles using Main Street in both directions for the first 6 months of last year and the first 6 months of this year. The results are: 2016 Jan to Jun: 3,983 HGV's and buses; 48,585 cars, vans and other vehicles. Totalling 52,568 vehicles.

2017 Jan to Jun: 4,286 HGV's and buses; 49,263 cars, vans and other vehicles. Totalling 53,549 vehicles.

As can be seen there is a total increase of 981 vehicles (or 1.9%) and an increase of 303 HGV's in 6 months which is not a significant increase due to the amount of times vehicles have been diverted off the A41 bypass! The MVAS (mobile vehicle activated speed sign) had been in Worlds End Lane for several weeks to monitor vehicle speeds in the 30mph restriction. The results are:

Traffic Report from 10/08/2017 through 19/09/2017

Average Speed: 30.3 mph: 85th Percentile Speed = 36.8 mph

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Count over limit	3338	2877	2908	3253	3577	3064	2708
% over limit	51.3	51.2	56.5	52.5	54.3	63.1	63.5
Avg speeder	35.1	34.9	35.0	34.9	35.0	35.3	35.3

This information has been passed to Thames Valley Police for information and necessary action.

The MVAS was then moved to Church Lane (facing towards Worlds End Lane) after complaints were received about speeding vehicles in the 30mph restriction. The results are:

Traffic Report from 26/09/2017 through 13/10/2017

Average Speed: 22.5 mph: 85th Percentile Speed: 28.1 mph

Total Vehicles = 9,477 counts

	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Count over limit	63	55	88	96	86	38	20
% over limit	5.7	3.9	4.7	5.0	5.2	4.4	3.1
Avg speeder	32.8	32.9	33.0	33.0	32.7	33.0	33.0

Whilst there appears not to be a large speeding issue in Church Lane, the perception of speeding vehicles is greater because of the narrowness of the road and lack of pavements in places. We will continue to monitor the situation.

Changes to the Village Hall

The Parish Council are planning some changes to the Village Hall to make better use of the facilities that are available. The changing rooms that serve the football pitches are no longer suitable for a number of reasons and will be newly built to meet modern requirements as a resource for the community. The space at the back of the hall which is vacated by the old changing rooms will be used to create additional facilities for the Parish Council to provide comprehensive services run



from a dedicated office at the heart of the village. It is not expected that these changes will affect normal running of the Village Hall during their construction. **Planning Permission** has been requested and will soon be available on the AVDC website. If there are any questions please contact the Weston Turville Parish Clerk.

We still hold a vacancy for a parish councillor. Please consider joining us to improve and maintain our parish! Speak to the clerk or any councillor for details.

A reminder that the Parish Council meetings are normally held on the 3rd Thursday of the month (excluding August and December when there are no meetings) at 7pm in the Village Hall. Everyone is welcome to attend. Planning meetings are at 6pm on the 1st Thursday in the hall. Check the website for any changes to dates.

The Clerk to Weston Turville Parish Council can be contacted on:



01296 53143207584 040264clerk@westonturvilleparishcouncil.org.ukWeston Turville Parish Council, PO Box 1062 Aylesbury HP22 9PD

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Booking Secretary 07909 85369

WESTON TURVILLE LUNCH CLUB

The Lunch Club has been going since 2015. We older members of the community get together each month at the Chandos Arms, usually on the third Tuesday of the month at 12:30, and enjoy conversation and laughter over a two course meal, reasonably priced at £8.

For some of our number living on their own, it is a chance to meet old friends and make new ones, to swap stories, and yes, sometimes to empathise with each other's ailments and operations.

If the idea appeals to you; why not give me a call or leave a message on 01296 612275. There is no membership fee. All you pay for are the cost of your meal, a tip if you are the generous sort and any drinks you may have from the bar. We only ask that you enjoy yourself.



Michael Foote

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The Clash of the Titans

Before

S. has been practising furiously. As she pads around the house, with hands gripped together she wields an invisible paddle from her left in a figure-of-eight and then a further figure- of- eight to the right. She is preparing for a trip to Shropshire where she hopes to master a coracle, the paddle being the means of propulsion. The coracle was used in ancient times around the waterways of Celtic Britain. Indeed it seems to have been employed in more distant parts since time immemorial. Improbably, it is a oval wicker basket sealed with tar without discernable bow or stern. Its buoyancy makes embarkation hazardous and may require careful rehearsal. Remaining seated and guiding it, while paddling, are the other problems.

The opportunity rarely presents itself for something unlikely and out of keeping with one's sense of the expected. There is no limit to senior endeavour or bucket lists. It is a good thing to be reminded of life's affirmations. I heartily support explorations of reality's byways.

Such frivolity would be open to me but my poor sense of balance just about keeps me upright. Instead, I content myself with uxorious support. I rather expect S, as does she, to fall into the raging torrent to arise Venus-like decorated with duckweed or to ascend proudly from the swirling waters, expelling an unwary tadpole.

During

The hard men and resolute women of the local U3A Extreme Activities group aggressively shifted up the motorways of central England to challenge the seasoned sailors of the Bath U3A in coracle surviving and racing at the Ironbridge Trust annual regatta. The location, outside Telford on a bank of the Severn is overlooked by the famous bridge and three vast cooling towers perched on the edge of the opposite bank. They were rather beautiful and not in the least forbidding. The site was informal and relaxed. Coracles are vaguely round but they come in all shapes and sizes even one in the shape of a shell. A continuous commentary kept us well-informed. I was intrigued by the remark, "now there is a significant coracle!" in a gentle Welsh-inflected voice. Weston Turville prevailed, none of our doughty warriors falling in. S. had to content herself with going round and round in ever decreasing circles to be rescued by a canoe which deposited her on the bank. There is even a kind of race called the '360' in which

the winner does the most turns in a minute. Frustrating as it was for S, she was not deterred and would welcome another opportunity.

After

In the evening, foe and friend alike enjoyed extreme wine tasting which involved unusual examples of wine making. Some were ghastly and others surprisingly good such as the Pol Roger Champagne Pure without dosage (minimum added sugar). But at £50 a bottle; perhaps not. Next morning we were introduced to the joys of pétanque, a game for the gently unathletic, which we all enjoyed thanks to the instruction of the Newport Shropshire U3A. A French national game, it was a hit. We expect to play it again very soon. I feel a certain enthusiasm coming on.



Michael Conolly

Picture of U3A member Jayne enjoying herself as a competitor fell in! Photo courtesy of www.theguardian.com



CHRISTMAS SALVATION

Bugles of joyful expectation rattled Tin cans with exhilaration, But, exultation was shrugged aside. Trampled by exasperation Exuded by a manic population intent on spending in the sales. For the smiling men in uniform, they would not spare a penny. Downcast averted eyes passed by. Homes bereft of charity, Too busy on their bargain hunts, To care for other peoples' wants. Salvation, it does not come cheap, Their pockets were a bit too deep. The captain called troops to retreat, Enough, for one day-- admit defeat, Replenish souls and weary feet. Back at camp, they counted coppers, Forgave those stingy Christmas shoppers. Said prayers for them, then rallied forces, Stalwart men make up God's armies!

SUSAN CONOLLY

USEFUL NUMBERS:

Allotment Association	01296 613998
Amersham Hospital	01494 434411
Aston Clinton Surgery	01296 630241
Aylesbury Vale District Council	01296 585858
Beavers, Cubs & Scouts	01296 422970
Bedgrove Surgery	01296 330330
Blue Badge	01296 382902
Brownies	01296 612632
Bucks County Council	0845 370 8090
Childline	0800 1111
Citizens Advice Bureau	03444 111 444
Monday to Friday 10am to 4pm	
Crimestoppers	0800 555 111
Electricity Emergency	0800 7838 838
Environmental Health (out of hours)	01296 585093
Environmental Health Helpline	01296 585605
Fly tipping Hotline	0845 330 1856
Gas Emergency	0800 111 999
GP Out of Hours	0300 130 3035
High Wycombe Hospital	01494 526161
Highways on Call (9am-5pm)	0845 230 2882
Highways on Call (out of hours)	01296 486630
Historical Society	01296 615733
John Radcliffe Hospital	01865 741 166
Libraries	0845 230 3232
Meals on Wheels	01296 383204
Neighbourhood Disputes	01494 520821
NHS Direct	111
Pest Control A.V.D.C.	0844 482 8348

Police non-emergency (National No.)	101
RAF Halton (Mon-Fri 9am-5pm)	01296 656367
RAF Halton (out of hours)	01296 656211
Registrars	0845 370 8090
Samaritans	08457 909090
School Weston Turville	01296 613436
Stoke Mandeville Hospital	01296 315000
Trading Standards	0845 404 0506
U3A Weston Turville	01296 613772
Village Hall Bookings (Weston Turville)	07909 485369
Volunteering (Bucks CC)	0845 370 8090
Wendover Community Car	01296 317769
Wendover Heath Centre	01296 623452
Womens Aid and refuge	0808 2000 247
WTVCS: Wheelchair for emergency use	01296 614751
Youth Café	01296 614751
Local Councillors	
Bill Chapple OBE (BCC)	01296 426814/382095
Mike Collins (AVDC)	01296 632039
Carole Paternoster (AVDC)	01296 630710/585717
Weston Turville Parish Council	07584 040264
David Lidington MP for Aylesbury	020 7219 3432



UPCOMING EVENTS

Every Thursday Evening 7.30pm Bellringers St Mary's Church Every Tuesday in Term time W.T. Youth Café Village hall 4 – 6pm Every Thursday Wendover Market, Manor Waste, Wendover Every Wednesday except the first in the month - Mid week Fellowship -Union Chapel 2.30 t0 4pm

25th November 2017 Christmas sale and coffee morning at WT Chapel 11-3pm 26th November 2017 Afternoon too at St Mary's Church with live music

26th November 2017 Afternoon tea at St Mary's Church with live musical accompaniment! 2.30-4.30

December 2017

02-12-17 Grand Christmas and Craft Fayre. Village Hall. 11am to 4pm 02-12-17 A Very Vintage Fair starts Worlds End Garden Centre 10-4pm including face painting, carol singers and children's story time

03-12-17 10.30am Morning Worship WT Chapel

03-12-17 A Very Vintage Fair starts Worlds End Garden Centre 10-4pm including face painting and children's story time

05-12-17 Wendover Christmas Lights switch on. 5pm to 7pm. Santa arrives at 6.30pm

07-12-17 Parish Council Planning Committee meeting. Village Hall. 6pm 09-12-17 A Very Vintage Fair starts Worlds End Garden Centre 10-4pm including children's activities and 1970's singing duo.

09-12-17 1st Halton Scouts Christmas Fair

10-12-17 Christmas Service - Charles Pope Choir WT Chapel. 10.30am

10-12-17 A Very Vintage Fair starts Worlds End Garden Centre 10-4pm including children's activities and children's story time

15-12-17 WT school Juniors Carol Service St Mary's Church 2pm

16-12-17 A Very Vintage Fair starts Worlds End Garden Centre 10-4pm including children's story time and singing.

17-12-17 A Service of favourite carols WT Chapel. 10.30am

17-12-17 Christingle Children's Service. 1130am. St Mary's Church

17-12-17 A Very Vintage Fair starts Worlds End Garden Centre 10-4pm including children's story time and community choir.

17-12-17 Festival of Nine Lessons and Carols is in St Mary's Church at 6pm

- 18-12-17 Christingle Service. St Mary's Church 11.30am
- 19-12-17 Weston Turville C of E School Term Ends



21-12-17 Soup Lunch St Mary's Church 12-1.30pm

23-12-17 A Very Vintage Fair starts Worlds End Garden Centre 10-4pm including magician and singing duo.

- 24-12-17 A Very Vintage Fair starts Worlds End Garden Centre 10-3pm
- 24-12-17 10.30am Morning worship WT Chapel
- 24-12-17 Carols by Candlelight at 6pm WT Chapel
- 24-12-17 Midnight Mass 1145pm St Mary's Church
- 25-12-17 Eucharist at St Mary's Church 10am
- 25-12-17 Short Christmas Day Service at 10.30am at the WT Chapel

January 2017

- 03-01-18 Weston Turville C of E School Teacher Training Day
- 04-01-18 Parish Council Planning Committee meeting. Village Hall. 6pm
- 04-01-18 Weston Turville C of E School Term begins
- 13-01-18 Bring and Buy (unwanted Christmas gifts) sale 2 to 4pm St Mary's Church
- 18-01-18 Soup Lunch St Mary's Church 12-1.30pm
- 18-01-18 Parish Council Meeting 7pm Village Hall
- 25-01-18 WT Allotment Assoc. AGM 7pm Village Hll
- 26-01-17 WT Historical Society. Village Hall 8pm
- 27-01-18 Quiz night 7pm start Village Hall (see ad)

February 2017

- 01-02-18 Parish Council Planning Committee meeting. Village Hall. 6pm
- 12-02-18 Weston Turville C of E School Term Ends
- 15-02-18 Soup Lunch St Mary's Church 12-1.30pm
- 15-02-18 Parish Council Meeting 7pm Village Hall
- 19-02-18 Weston Turville C of E School Term begins
- 23-02-18 WT Historical Society. Village Hall 8pm

Lasting Powers of Attorney What are they and are they safe?

There has been quite a lot of comment recently in the media about Lasting Powers of Attorney (commonly referred to as LPAs) and first of all it is worth explaining exactly what they are.

None of us like to think about losing capacity but, if we do, I am sure we would all like someone we trust to make decisions for us. That is where LPAs come in as they allow you to appoint, while you still have capacity, one or more people to help you in the future.

There are two types of LPA – one for Property & Finances and one for Health & Welfare – and you can make either or both of them. The Property & Finances LPA can, if you want, be used immediately by your Attorney(s) with your permission, but the Health & Welfare LPA can only be used when you no longer have the capacity to make decisions yourself. LPAs cannot be used until they have been registered with the Office of the Public Guardian but, as that process generally takes between two and three months, it is a good idea to register them immediately so there is no delay when they are needed. The registration fees are £82 for each LPA but if your income is less than £12,000 per year, you can claim a 50% reduction in the fees.

As to whether or not LPAs are safe, if retired Judge Denzil Lush is to be believed, the answer is "No"! According to reports, Mr Lush said that LPAs are open to abuse, that children are using them to take advantage of their parents and that he personally would not grant an LPA but would instead prefer a Deputyship Order (which is much more complex and expensive than an LPA). Nevertheless, the situation is not necessarily as clear cut as it first appears and, whilst not doubting Mr Lush's sincerity, it is worth delving a bit deeper.

Denzil Lush sat for many years as a Judge in the Court of Protection, and one comment I heard on the radio is that he said every case involving LPAs which came before him involved misuse of the LPA. However, that may be because only the problem cases came before him – after all, if an LPA is being used properly then there is no reason for it to go to Court! Also, there are something like 2.5 million LPAs registered in the UK so the problem cases are only a very small percentage, and some Deputies have also abused their position despite this, in Mr Lush's opinion, being a much safer option.

Ultimately, what it boils down to is that you should choose your Attorneys very carefully. One lady asked me recently what was to stop her children breaking into her house and taking the LPA to use it. I advised her that if she thought they might do that, perhaps she should reconsider her choice of Attorneys! You also have various options as to how your Attorneys should act - for example, you could appoint them jointly so that all the Attorneys must agree on any particular course of action.

LPAs are powerful documents which should not be entered into lightly, so please feel free to call me for further information or to arrange an appointment to learn more about the various options and exactly what is involved in granting LPAs. If you decide to go ahead with them, my charges are £90 for preparing one or £150 for two. I live in Weston Turville and am very happy to visit you at home at no extra charge.

David Price 01296 612955 www.probateandestates.co.uk



Weston Turville U3A

Question: What do creative writing, wakeboarding, quilting, wine tasting, book reading, photography,

playing table tennis, visiting churches, appreciating music, playing dominoes, flower arranging, walking and even axe throwing have in common?

Answer: They are just some of the recent activities that have been available to members of Weston Turville U3A.

As you will gather we are a lively group of almost 500 people who can choose from the wide range of activities that are available to the membership. With over 40 interest groups there is always something to suit everyone, although the emphasis is always on enjoyment.

All members and prospective new members are welcome to attend our general meetings which are normally held on the fourth Thursday of each month at Aylesbury Rugby Club in Weston Turville starting at 2.30pm. Notices and free refreshments precede a talk given by an accomplished guest speaker. Further details about the varied activities of the Weston Turville U3A branch can be found on their website: www.wtu3a.org, or from the Secretary on 01296

613772.



Church of St Mary the Virgin, Weston Turville

Concerts, FUNdraising FUNctions and events, 2017

The two concerts mentioned in the last



edition of WTT, Drop Another Hat and the Dung Beatles, were both very popular, raising over £900 between them. Conversely, the Harvest Supper had to be cancelled due to lack of support. We will be thinking about how to reverse this next year. We await the result of the Purcell School concert on 25th November but this is usually popular. We will be offering a number of concerts again in 2018, with a variety of styles of music and hope you will note the details as they are advertised and support our endeavours. Please remember that our refreshments are famous and, with a glass of wine, all included in the ticket price of only £10.

If you receive your copy of WTT in time, please support our Christmas and Craft Fayre in the village hall on Saturday 2nd December, from 11am to 4pm. There may still be tables available for anybody who wishes to hire one on the day at $\pounds 20$. Contact Roger Fellows for details, on 01296 424982

Our traditional Festival of Nine Lessons and Carols is in the church at 6pm on Sunday 17th December and features the Weston Turville School Friday Choir as well as our own wonderful Church Choir. Mulled wine and mince pies are served after this service, an appropriate start to the Christmas festivities. The Christingle service, especially for children and young families but to which everybody is welcome, will also be on Sunday 17th December at 11.30am. The main Christmas services will be the Midnight Mass, starting at 11.45pm on Christmas Eve, 24th December and the usual 10am Eucharist on Christmas Day, with special emphasis on children and their Christmas celebrations. Please join us for as many of these services as you can. They are all wonderful!

Our breakfast service, on the first Sunday in every month has proved to be a great success this year with all age groups from very young children to the other end of the age-scale enjoying one another's company while being served toast and marmalade, pastries, tea and coffee from about 9.45am with the main worship starting at 10.30. Puppets are welcome to join in this service. If you haven't tried this yet the one on 3rd December will have a Christmas flavour while 7th January will be a welcome start to the New Year. All are welcome!

Due to the numbers now attending events such as our breakfast service, cream teas and others we are short of trestle tables. If anybody is aware of tables, either short or long, becoming available from other sources, I would be very pleased to hear from you (Roger Fellows 01296 424982).

Dates for your diary:

Saturday 2nd December 11am to 4pm, in the village hall, Christmas and Craft Fayre Sunday December 17th, 11.30am, in the Church, Christingle Service and: 6pm. Festival of Nine Lessons and Carols

<u>St Mary's Weston Turville Improving Facilities</u> <u>T</u>eam, <u>SWIFT</u>

SWIFT was formed in 2011 to look into ways of improving accessibility to and within the Church for those with any sort of disability. The project now includes the provision of a small meeting room available for use by small groups (up to about 30 seated) from the village community, complete with wheelchair-accessible toilet and baby-changing facilities. The church will thus be better able to cater for children, the elderly and less able members of the community.

We are now looking to apply for grants, wherever these may be offered by charities or commercial concerns. The work in both identifying and applying for these is time-consuming and requires much effort. If you think you are able to help us in this please contact me or the clergy so that we can press ahead and reach our target as soon as possible.

We are also preparing a list of clubs or other local groups who may be interested in using these new facilities, once completed and look forward to hearing from you if this may apply. Please let us know what facilities you would wish for so that we can fine-tune the detailed plans for best effect. We are now offering the church building as an interim venue to help to raise interest and identify demand for the future. Obviously this has to fit around services and other regular use of the building but please contact us if you would like to investigate this use. Our annual bring and buy sale of unwanted Christmas presents will take place on Saturday 13th January from 2pm to 4pm. Please bring your unwanted or duplicated gifts and buy something you really want at bargain prices. Light refreshments available for this afternoon of relaxation and fun.

Please contact us with any ideas or offers of help to attract funding from any source. If you feel you can help or advise with any other aspect of this project please contact us. This is your opportunity to be a part of one of the most important community projects in the village for generations!

For information about SWIFT or how you can help by donating or raising funds for the project please contact us as below:

For standing order forms please contact me, Roger Fellows on 424982 Please use gift aid if you are a UK taxpayer. This will increase your donation to us by 25%

If you wish to receive regular information on our progress please give your email address to Joan or Roger.

Our regular Soup Lunches take place on the third Thursday of each month until the July/August summer break, in the church from 12noon to 1.30pm. If you would like to join the team providing and/or serving the soup and other refreshments on an occasional basis please contact Revd Susan Fellows or me on 424982. The larger the team the less frequently you will be needed to help and the more variety of soup for all to enjoy.

Dates for your diary:

Saturday 13th January 2pm to 4pm Bring and Buy sale of unwanted Christmas presents. See above.

Thursdays December 21st, January 18th, February 15th, March 15th soup lunch 12 noon to 1.30pm

Roger Fellows 01296 424982 or roger@rwfellows.co.uk



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DO YOU SUFFER WITH CHRONIC MUSCLE PAIN?

"SOMATICS" - A DIFFERENT APPROACH TO RELEASING CHRONICALLY TIGHT MUSCLES

Many people suffer with tight muscles and this can cause long term pain. The usual approach to finding relief is physical therapy, medication, stretching and massage. These methods can help but often symptoms return over a short period of time and you become trapped in a cycle of pain which can be debilitating and depressing.

However, there is an alternative way to relax the tension in your body that you may not have heard of. It is called "Somatics" (founded by Thomas Hannah) and once you understand the science behind it, you will be intrigued to find out more and perhaps give it a try.

Somatics works on the understanding that the only way to relax tight muscles is by getting the brain to let them go! It's common knowledge that your brain contracts your muscles and relaxes your muscles when you perform any movement. Therefore it makes sense to say, that a tight muscle needs the brain to send the command to relax.

How can your brain fail to recognise that the muscle has not been released? Well, when you repeat a movement time and time again the brain eventually does that movement in auto-pilot without you really having to concentrate. Think back to when you were learning to ride a bike for the first time. To begin with you really needed to be aware of all your movements to stay balanced, steer and look where you were going. Over time, you perfect this and eventually you could ride a bike with very little concentration as your brain had learned how to do it. This learned behaviour can happen if you repeat any movement over a period of time. If you sit at a computer all day with your upper back rounded, chest muscles tight and head thrust forward this becomes a habit. You go home in the car, sitting in the same rounded position and even once you're home you might sit and watch the TV still in that same rounded position. Repeat that for days, weeks, months, years and your brain will consider this position as "normal". Even when you think you are standing up straight your brain will hold onto tension in the muscles which have been shortened all day and your posture will look stooped or rounded and this could give you chronic pain. If you massage out those muscles or stretch them they soon revert back to the posture that your brain considers to be "normal" and you will be back to square one. Your brain can no longer let those muscles relax, they are no longer under voluntary control.

In Somatics this is called SMA (Sensory Motor Amnesia) and this is the reason other methods of pain relief only provide a temporary solution. The brain needs to get these muscles back under voluntary control and this can only be done through Somatic movements called "Pandiculations".

Pandiculations are mindful, gentle and less is definitely more. During these movements you work slowly so that your brain is aware of all the internal sensations in your body. Only by slowing down and moving gently can you discover and release the tensions within your body. The movements can be tailored to your specific requirements and with practice you can replace bad habits and pain, with better posture and relaxed muscles for a permanent fix to chronic pain.

Somatics can help you and if you would like to know more, contact Jill Currie. Mobile 07752 209286 E- mail jillpilates@btinternet.com

(Editor's note: You are advised to contact your Doctor in first instance!)

FUNdraising for Rennie Grove Hospice care



In the last edition of WTT I mentioned that I was raising money doing a skinny dip in aid of the Rennie Grove hospice Care: Well I did it and Yes, it was great fun and I raised £500 for this wonderful charity. The event took place at the Diogenes Sun Club in Chalfont (Check out their website for information). We were welcomed by our lovely hosts and other members of the club and by the sun which shone now and again during the day. I had a

lovely swim in the heated open-air pool followed by a guided walk of the beautiful grounds. As a naturist club, Security is a priority and as this is a family friendly club and strict membership rules apply. If you fancy joining in next year I will see you there! Jill Todd (Editor WTT)



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Topsy Turvy a great learning environment for our Children, they have a great time and the team is just fantastic! M Newark - Parent

For more information please contact the Pre-School

Leader Mobile Email Web Wendy Harrod 07920 425322 manager@TopsyTurvy-preschool.co.uk www.topsyturvy-preschool.co.uk





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Wendover Evening Women's Institute Registered Charity No: 284827 Wendover Evening WI

Our meetings are held on a Tuesday at 7.45pm in St. Anne's Hall, Aylesbury Road, Wendover, HP22 6JG.

December 12th 2017	7.45pm	St Anne's Hall
Vocal Lees - a musica	l evening	g for Christmas

February 13th 2018 "Flowers for Valentine's Day" - Dr John Noakes Competition: A flower from the Garden

All visitors will be made very welcome. Contact Sara on 01296 620005 or just turn up on the night.

www.wendoverwi.weebly.com <u>https://www.facebook.com/WendoverWI/ h</u> <u>ttps://twitter.com/WIWendover</u>

Christmas Services at Weston Turville Union Chapel

November 26 th	Will be a service with the Chiltern Hand Bell Ringers.
December 3rd	1st Sunday in advent normal service with communion
December 10 th	Service with the Charles Pope Ladies Choir
December 17 th	Celebration of Carols
Christmas Eve	Morning service at 10-30 am
	Candle Light service at 6-00 pm
Christmas Day	A short service at 10-30 pm

All the services start at 10-30am. All are welcome.



Matthew Battista

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Affordable Warmth Network

A Christmas Story

In my late twenties, I nursed in a terminal cancer unit in Aberdeen. Twenty one staff cared for twenty one patients, under the direction of one, Sister Mackie. To say that I adored her and would have walked through fire for her is an understatement. She was a rare individual. The majority of her life had been spent abroad, nursing in the Congo or delivering babies in India. She was in her sixties when I knew her, so slowing down; not for her the confines of an office, but a dynamic, sleeves rolled up on the ward nurse.

About a week before Christmas a young woman was brought in to the hospice. Her husband was a farm worker in Oldmeldrum. They had been childhood sweethearts and married early, already having produced five children. As she was in the final stages, he lived in with us, although in truth he never left his wife's side. They didn't speak as she was too weak, but he stroked her head or held her hand. Their love was palpable. It touched every one of the staff. The enormity of their grief hung like a crying cloud over the whole unit. Snow was falling fast and we were arranging the candle lit service and other Christmas festivities, when Sister Mackie broached us with her action plan. We would all contribute some money (however small) and with it would be bought presents. These, we hoped would go some way to cushioning not only the children's unhappiness, but also take some pressure from the young man. We all donated generously. How could we not, our hearts were breaking? Sister Mackie shopped for Scotland. We wrapped presents, tied tinsel, stuck on glitter and snow. On Christmas Eve, she set out in her little red Mini, though snow was heavy, country roads blocked. With her usual determination she reached her destination.

I often think about those children at Christmas time. Were their faces pressed up against the window pane? Did a sprinkle of magic fall on them all for a while, as Santa sped up the snowy track in a bright red Mini? I like to think so.

Susan Conolly



Weston Turville Youth Cafe

Whatever you're into: There's something for you at Weston Turville Youth Café:

X-box kinect, Nintendo Wii, pool, table tennis, cooking, art and crafts, games indoors and out, smoothies and toast and places to relax and chat. It is all free, and we open:

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For more details contact Rachel Blackmore 01296 614751 or 07792 475094



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WESTON TURVILLE TIMES

Our next magazine is due out in March 2018

www.wt-times.co.uk

If you wish to advertise in this space or elsewhere in future editions or would like to submit an article for publication, or can assist in any other way, please contact the Editor in Chief, Jill Todd.

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Good King Wenceslas

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Coffee Break Time: Sudoku

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