

the magazine for town and parish since 1872

YB

Your Berkhamsted

February 2014

Winter Olympics 2014

A walk around Tring

Story competition winners announced

50p

In this issue...

Welcome to the February 2014 edition of *Your Berkhamsted*

February always feels like a month when not very much happens, so we have lots of interesting articles in this issue to keep you occupied. Continuing our series of local walks provided by the Chiltern Society, we encourage you to take a winter stroll around Tring. To accompany you on your ramble, there's a heart-warming soup recipe which is definitely worth a try. We report on the Hospice of St Francis's Director, Ros Taylor, who has recently been awarded an MBE and also find out what the Hospice will be doing in the coming months. The first set of winners of the Berkhamsted Short Story Competition are announced and you can read their entries for yourself. If you're a sports fan Matt Dawson provides his guide to this month's Winter Olympics in Russia and there's the usual array of local news and happenings, as well as a book review, news from the Dacorum Community Choir and a final farewell from Father Michael.



Helen Dowley, Editor

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Front Cover: 'Hearts' by Sarah How, mixed media. You can see Sarah's work at Art at 88.



The Town and Parish Magazine of St Peter's Great Berkhamsted

Responsibility for opinions expressed in articles and letters published in this magazine and for the accuracy of any statements in them rests solely with the individual contributor.

Berkhamsted in the News

In this month's internet foray Julian Dawson has tales of tainted car use



Although discerning shoppers are getting more excited by the month with the imminent opening of the Marks and Spencer food store, fans of pies and sausage rolls were distraught to hear of the demise of Greggs in the High Street. I understand that the Ashlyns sixth form will be particularly badly hit by their departure, even if their waistlines may get some relief. The closure was reported in Berkhamstedtoday.co.uk, and was also mentioned in joshing fashion in the gossip column of decisonmarketing.co.uk.

Following news that a higher proportion of pupils are walking to Ashlyns, Tringtoday.co.uk announces the good news that Hertfordshire County are exploring the possibility of extending the 30 mph speed limit to the full extent of Chesham Road up to the roundabout rather than, as now, bizarrely switching to the national limit just beyond the school gates. Seems eminently sensible to me, also bearing in mind the sporting activities on the Berkhamsted School fields adjoining too.

According to ispreview.co.uk Berkhamsted businesses are revolting. That is in the 1789 Bastille sense you

understand. Firms are fed up that residents are getting better access to the internet than they are. High speed fibre access is available, I can vouch for that myself, but the many enterprises in places like Northbridge Road have to put up with slower connections. Brash Solutions, an IT company that clearly doesn't hide its bytes under a bushel, criticises BT for the anomaly, whose decisions they claim are entirely commercially based as residential usage gives them better financial results.

Well done if you recycled your Christmas tree using Dacorum's shredding services at the beginning of January. Owners had the opportunity of having their tree shreds returned for horticultural use. Watfordobserver.co.uk reported on the success of the exercise, evidenced by a trail of pine needles to the town's central car park. Believe it not, the service is now in its 18th year.

Berkhamsted is on the war gamers map. The soawargamesteam blog reports on the activities of Ancients on the Move (not as it turns out a geriatric's bus tour, but a society of ancients events team.)

(Contd on page 5)

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(Contd from page 3)

Their 2013 progress around the world of ancient war games included a visit to Berkhamsted castle. It was not sure whether they were unduly inconvenienced by the presence of badgers, but undoubtedly war gamers would take such unexpected events in their stride.

Other blogs are more strange. Inasmaseyes blog provides a torrent of consciousness sitting on a London Midland train, as the writer makes their probing observations of their fellow passengers. Just be careful you don't behave oddly on your commute. You might find yourself on a blog and trending globally before you can say mind the gap.

I have reported before on the independenthead blog, which contains Berkhamsted head Mark Steed's considered thoughts on education. His latest posting discusses whether enterprise and entrepreneurship should be taught in schools; an interesting proposition. He concludes that this doesn't belong to the classroom, though pupils do need to be exposed to risk in controlled situations. Sounds a bit like my latest culinary escapade to me.



Drawings of Berkhamsted by Jenni Cator
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Local noticeboard

Berkhamsted Art Society present:

'Gouache Impressionist Landscape' – A painting demonstration by Robert Newcombe. Tues 11th Feb, Civic Centre, 8pm – 10pm. £3 on the door.

"Walking the Line" An Exhibition of Drawing: 11th Feb – 1 March. Upstairs Gallery, above the Post Office.

Berkhamsted Music Society present:

Shiry Rashkovsky, viola, with Robin Green, piano: Clarke: Sonata, Vieuxtemps: 6 Morceaux, Jongen: Allegro Appassionato, Reger: Suite for Solo Viola in G minor Op 131d, Brahms: Sonata No 2 in E-flat major Op 120, Paganini: 'La Campanella'.

Sat 8th February, Civic Centre, 7:30pm, Visitors £13, U18s free; www.berkhamstedmusic.co.uk.

Berkhamsted History and Museum

Society present: 'The Ancient Art of Deception: Bletchley Park', Wed 12th Feb, Town Hall 8pm – 10.15pm. This talk by Hugh Davies embraces the history of Bletchley Park and its contribution during WWII. Free to members, Annual subscription £7, £12 to couples, £2.50 on the door; www.berkhamsted-history.org.uk.

Dance on for Alopecia

Local author Sue Hampton has recently become an (unpaid) ambassador for Alopecia UK, having lived with total hair loss herself for 33 years. Sue will be doing an event called 'Dance On for Alopecia', Thursday 27th Feb, 1pm – 5pm at Dar Papillon (High St, towards Gossoms End part of town, where Cooks' Delight used to be). This will involve her dancing

continuously for four hours, joined by friends and well-wishers who will pay £1 or more to participate.

Sue explains: "A few years ago, when I created a young character with alopecia in *The Waterhouse Girl*, she gave me strength. The fictional Daisy Waterhouse has since helped and encouraged readers who feel different (for this reason or any other). I'm always glad to support young alopecia sufferers by visiting their schools, but my new role will make this a more regular feature of my work. I've also decided to do some fundraising for this national charity, which is run by committed volunteers. In my story Daisy loves dancing, and so do I. Dance enables her to lose herself in a joyous creative response."

OXFAM lifts lives for good

Double the value of your donations to Oxfam in February and benefit poor women farmers across the globe. The Department for International Development is match-funding all sales of donated goods in Oxfam shops or cash donations given to the charity's Mother Appeal and this extra income will be used to help mothers in Zambia, Tajikistan and Bangladesh – women like Effnesi Bilita who will receive seeds, tools, fertiliser and training from Oxfam to improve her crops. Oxfam has given one mother Son Phalla in Cambodia a mobile phone. Now she can get weather updates, check produce market prices and ring the doctor when her sick son needs help instead of walking for hours. Tax-payers can Gift Aid their donation in cash or kind, making them even more valuable. Help Lift Lives for Good now.

Caring for the Chilterns

A report by Trevor Adams, from Hertfordshire Conservation Volunteers

The Chiltern Society, a registered charity, was founded in 1965 with the express intention, at that time, of fighting the proposals for the construction of the M40 motorway through the Chilterns and re-establishing the Chilterns rights of way network following the Second World War. Since then it has become an established organisation, extending its reach to other areas of importance including conservation, history, education and the enjoyment of the area of the UK known as the Chilterns.

The charity's vision is to maintain the unique character of the Chilterns, an area of about 650 sq. miles covering parts of Hertfordshire, Oxfordshire, Bedfordshire and Buckinghamshire. About half of the Chilterns is designated as an Area of Outstanding Natural Beauty (AONB), the closest AONB to London and, as a result, is easily commutable to and from the capital. Much of the remainder is protected by Green Belt status. The Chiltern Society aims to conserve and protect the natural beauty, environment

and heritage of the Chilterns. The charity takes positive action via its campaigning work on planning issues to protect the landscape and rivers, its practical work maintaining footpaths, conservation work



Redbournbury Mill, Redbourn St Albans – clearing weeds to improve water flow to keep this old watermill working

in woods and commons and its busy programme of leisure activities including weekly walks and cycle rides and a photography group. With over 6,700 members, and 500 volunteers, the Chiltern Society is one of the largest environmental groups in England directly associated with the conservation of one of the country's most distinctive protected landscapes. The charity relies on the income from membership and

donations from supporters to fund its activities as it receives no statutory funding for its core activities. It also relies on its network of volunteers throughout the Chilterns fulfilling a wide range of roles from regular checks on local chalk streams, walking the local paths, working on ponds, woods and common land, to monitoring and commenting on local planning applications.

Living amongst our communities is our newest conservation group, the *Chiltern Society Hertfordshire Conservation Volunteers*. The group consist of around 30+ volunteers, doing hands-on nature conservation work across a number of sites in Hertfordshire, with their most recent work activities accomplished at Rectory Lane Cemetery in Berkhamsted. Cemeteries are important areas for wildlife and this work included clearing sycamore and

other 'weed' trees that were taking over parts of the memorial park. A bonfire was also held with the friends of St. Peter's Church.

The group are a roving bunch and work with a number of local conservation and 'Friends of...'

groups to lend their expertise and skills to local conservation projects. Their work efforts include pond restoration, scrub clearance, tree planting, hedge laying and footpath work, which are all vital contributions to the conservation of our countryside, giving nature a helping hand by creating and maintaining native plant and animal habitats. Work parties normally take place from 10am–1pm on the second Wednesday of each month, and there are also Sunday work parties which may be more suited to volunteers who work mid-week. Because there are no connections to any single piece of land, this brings the freedom to work on a variety of conservation projects



Berkhamsted cemetery – clearing undergrowth

throughout Dacorum and West Herts as well as parts of Beds and Bucks. The main focus of the group is the areas of Hemel Hempstead, St. Albans, Tring, Berkhamsted, Kings Langley, Harpenden, Wendover (Dancer's End), Aston Clinton, Frithsden, Whelpley Hill, Abbots Langley, Redbourn and Amersham (Chalfont St. Giles).

It's transparent that we are almost totally reliant on our volunteers of all ages,

abilities and fitness levels, who help us to achieve our aims and objectives. Anyone offering to become a volunteer will be made very welcome, no previous experience is necessary and training will be given where appropriate. Each

work party starts with the appointed leader for the day outlining the task to the group and giving any instructions. If you would like to meet like-minded people and make a hands-on contribution to nature and the environment, then please contact the Hertfordshire Conservation Volunteers Coordinator Jay Wilson on 07526 281088 or via his email address: jbw243@gmail.com.



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Tring Winter Walk

Following on from last month's walk around Aldbury, we continue our new series of walks around the Chilterns with a Tring Winter Walk

Tring is a small market town lying at the edge of the Chiltern Hills, where the Roman Akeman Street meets the ancient Icknield Way. Probably the most famous resident of the town was Lionel Walter Rothschild, whose family bought the Wren-designed Tring Mansion in 1872.

Points of interest:

A. *Natural History Museum*: Rothschild was a keen naturalist and built a private zoological museum. It contained one of the largest natural history collections in the world. In 1937 the Rothschild family gave the museum and its contents to the nation and it became part of the Natural History Museum.

B. *Stubbings Wood*: A Site of Special Scientific Interest (SSSI) and one of the best examples in Hertfordshire of ancient semi-natural beech woodland.

C. *Hastoe Village*: Probably first recorded in the 13th century and most notably connected with the Rothschild family. On the right along Church Lane is the magnificent village hall built by the Rothschilds in 1898. Nearby is the highest point in Hertfordshire, standing at just over 800ft.

D. *The Ridgeway and Tring Park*: The Ridgeway has been described as Britain's oldest road and is thought to have connected the Dorset coast to the Wash. Opened in 1973, it is now an 87 mile National Trail. Tring Park dates back to 1066. For centuries it was linked to the manor of Tring and eventually became part of the Estate.

In 1937 the Rothschild family sold the Estate but kept the Park. When it was threatened with development, it was bought by Dacorum Borough Council and leased to the Woodland Trust.

E. *The Summer House and obelisk*: Both monuments are thought to have been designed by James Gibbs, who was also responsible for St Martins in the Fields. They are reputed to have been dedicated to Nell Gwynn who, local legend says, is supposed to have visited the Park with Charles II.

Start: The Forge car park, High Street, Tring HP23 5AH; **Distance**: 4.2 miles;

Terrain: Easy walking on paths and lanes, with c130m of ascent over the length of the walk; **Maps**: OS Explorer 181 and Chiltern Society 18. **Note**: on some older maps the Ridgeway Path is shown as a different route near Wigginton.

Refreshments: None on walk, plenty in Tring.

1. Leave the car park via the main entrance and turn right along the High Street. Take the second left up Akeman Street to the T-junction at the top. Turn right, then immediately left into Hastoe Lane.

2. Go under the flyover and after a few paces turn right onto a concrete track signposted to Stubbings Wood. The track becomes a path that runs parallel to the main road. After c200 metres bear left uphill, keeping to the right of a hedgerow.

(contd from p.11)

At the brow of the hill look back to see the fine views over Tring and beyond. Keep climbing, cross the next field and then along

the edge of a wood. Follow this path all the way to the top of the hill. For a short distance it enters and exits the wood, while maintaining the same direction. In the wood turn

immediately left, follow the path uphill and at the fork, branch left. After a few paces, fork left again to exit. At the top of the hill, the path passes to the right of a couple of barns and continues to meet a lane.

3. Turn right uphill to a road junction. Here, turn left along Church Lane and The Ridgeway National Trail.

4. At the junction, cross to the other side and turn left to use the grass verge up Marlin Hill.

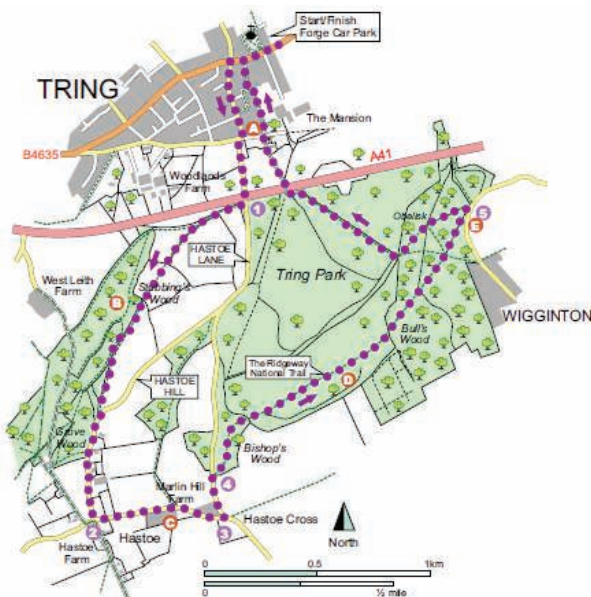
5. At the top turn right through the barrier and into Tring Park. The next section is called King Charles Ride and in winter has extensive views over the Vale of Aylesbury. After nearly a mile the Ridgeway turns right. Do not follow it, but continue ahead and down to a white building – the Summer House.

6. Follow the main path as it bends left downhill to the obelisk. Continue in the same direction down to a kissing gate. Go through it and then across the open area

of the Park towards a footbridge over the A41. Cross the footbridge and follow the fenced path to a lane. Go straight over on a path towards the town. Where the path opens out, follow the wall round to the right and walk down to

the High Street. Turn right for the car park. Please note that there may still be building works at Point A on the map. If so, turn left along Park Street and then right down Akeman Street to return to the car park.

All walks are kindly supplied by the Chiltern Society. Find out more about them on page 8 or at the website www.chilternsociety.org.uk.



The logo for National Short Story Week features the words "National Short Story Week" in a serif font. "National" and "Week" are in blue, while "Short Story" is in a larger, dark blue font. Below the text are three stylized icons: a person wearing headphones, an open book, and a person jumping or running.

13

Winner: Elizabeth Aston
Runner-up: Francesca Strachan

(Contd from page 13)

The Mistake, by Sam Misan

The sea shone in the luminescent light of the sun. As Sam ran out of his house onto the beach, the scorching sun encouraged him to get into the water. He dived amongst the fish into the flourishing reef energetically, swimming around in the palette of colours and the shoals of beauty. An assortment of species swam through the coral forest. As Sam swam through the reef, he could see eels and dragonfish slipping through the rocks and schools of lionfish glistening in the beams of light from the blazing sun. As he pumped more air from his tank he spotted an open cave under the reef and daringly entered the dark hazy cavern. He slowly swam through the dark cave, continuing on and on and then he stopped suddenly. He had spotted in the corner of his eye a glowing object. He swam down towards the object, finding a chest buried halfway in the sand. He could feel something telling him not to open it but his curiosity got the better of him and he opened the wooden box, slowly un-picking the rusty lock. Suddenly, the cave filled with a flash of light and taunting screams echoed throughout the reef. He dropped the box, leaving it to close and sink into the sand. He quickly swam out of the cave and back into the reef, but no fish could be seen and all the corals had died. The once vivid dream had turned to a terrible nightmare. He kept swimming and swimming until he reached the shore. The beach was empty and the sand had turned to shattered glass that cut his feet. Sam, (with agonizing steps) walked off the beach to his house and called for his parents. The

house was empty. Screams filled the beach just like in the reef. He kept searching the house and went around searching other beach-side houses for any sight of human life besides himself, but nothing could be found, just empty houses and vacant streets with empty cars. The only living things were the ravens that fed off the dead fish that had washed up on the glass shores. As Sam was watching the ravens he spotted a glow in the water. He dived in from the pier and saw the dying reef that had darkened but the glow was still there in the cave. The closer he swam to the glow, it became more clear that it was coming from the same area that the box was found. Closing in on the blinding glow he could see that it was coming from the box that had dropped. Then, Sam opened the box and out came a beautiful crystal sea-horse, and in that moment, he felt connected to it. Its desperate blue eyes shone as it looked at him, and Sam could hear it trying to speak and ask for help. The crystal sea-horse morphed into an amazing blue nymph-like creature, which then said to Sam "I can see you are frightened, you cannot find those you hold dear. You must overcome your temptations, and let your inner-self deliver them from evil". Sam knew what he had to do and left the reef to the top of the pier to look up at the hazy sky and he said "I will overcome my temptations, it was a mistake, I see that now. Forgive me, please. Bring everyone back, and I will help them do the same. I promise".

Judge's comment: This story showed a maturity of thought and language, and was very poetic.

The Mistake, by Elizabeth Aston

I was walking home from school. It was a dark autumn night, the wind was howling like a wolf losing its pack. I suddenly spotted an old crooked house that I'd never seen before, even though I had been coming along here for years. I decided to go and have a look. That was my first big mistake!

The walls were damp and sticky with muddy hand prints. I looked down at the floorboards, there were gigantic gaps in between them and then I saw a spider come out of the gap. A shiver went down my spine. But I had to keep going even if it killed me! I found a door way where I could see a light flickering so I went in. That was my second big mistake!

Just as I went in the light went out. I went over to the table where I could see something lying on it. I picked it up. It was a newspaper but it looked like it hadn't been read in months, no years, it looked like it hadn't been read in years. I rubbed off all the dust so I could see what the date was. 1888! I put the paper down so I could find out more about the house. That was yet another big mistake!

I decided to go upstairs next to maybe have a look in a bedroom or two. But when I got upstairs I found all the doors were locked but I was bursting to have a look so I forced a door open. That was a massive mistake!

When I saw what was in there I just ran back down the stairs. I decided to go and have a look in the kitchen, to see if I could find any food. But knowing my luck I wouldn't find anything which was not mouldy. When I found the kitchen, it wasn't like the kitchen was at home it had all these red rusty cupboards. The hob didn't even have any buttons to turn it on. So then I went to a rather large

cupboard and opened it. That was my fifth mistake!

As soon as I opened the door a fraction, a waft of mouldy cheese went up my nose. I decided even though I was hungry I wasn't hungry enough to eat mouldy cheese.

I didn't think there was anything in here I could eat so I went into the dining room to see what I could find in there.

The dining room was spectacular, the people who lived in this house were definitely rich. The cutlery was made out of gold. The napkin had a picture of a rose sewn on. Then I saw a bowl of fruit and by now I was so hungry I just had to take a bite. That was a very bad mistake!

By now I was starting to worry about my mum because I was supposed to be home an hour ago. Then I heard a noise, it was like someone screaming. I was petrified. I ran out of the house screaming myself.

That was definitely not a mistake!

Judge's comment: I liked this story because it had a clever structure and a nice pace. It kept you guessing as you read it, but along with the tension it also made me laugh!

Judge's final comment:

The standard of the entries was very high, showing lots of imagination, and all of the children should be proud of their entries. Thank you for all of your stories - and keep on writing!

We hope you enjoyed reading the winning stories from the Year 6 children. In next month's issue of *Your Berkhamsted* we will reveal the winners of the Years 7 and 8 category.

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Your Berkhamsted Clergy

By Father Michael Bowie



Farewell

As you may already know I am about to leave Berkhamsted for what the *Gazette* called 'pastures new', those being the decidedly urban pastures of central London, which I've always preferred to actual grass.

I have enjoyed living and working in Berkhamsted and have found St Peter's a particularly rewarding church community: it intersects with the town easily, and it is a church which people join enthusiastically and in which they find a welcome and opportunities to engage and participate, in worship and in Christian life and service.

I've also always enjoyed change (and even moving), and I am greatly looking forward to the new challenges of priestly ministry at All Saints Margaret Street in London: do call in there one day if you're shopping in Oxford Street. Like St Peter's it is always open, and provides a quiet,

beautiful and prayerful space in the busy city. And if you want to join in worship you will find there something to engage you and bring you closer to God, as I hope you do in St Peter's.

When I was asked by the *Gazette* for a particular favourite memory of St Peter's I said 'Easter morning'. They didn't print that answer but those of you who are in St Peter's for the Easter Morning Eucharist will know what I mean. The combination of excellent worship and music with a degree of comic anarchy which characterizes that Easter service has always greatly enhanced my enjoyment of the greatest festival of the Christian year and it is particular to this church.

Easter is also, as it should be, my favourite feast and this move, for me, is about new life, which Easter reminds us is at the heart of our faith. There will be new life in St Peter's too and I pray for you all as you engage with that and look to the future under God. And, as I wrote in my email to the parish, the best farewell you can give to me is the promise of warm and welcoming support for the priest who will come here soon.

Fr Michael Bowie

Regular Church Activities

- 3rd Mon Pastoral Network, 7:45pm, The Court House. Contact Philippa Seldon 871534.
- Tues Chuckles Parent & Toddler Group, 10–11:30am. All Saints' Church Hall. Song Time or short service as announced. Contact Jenny Wells, 870981.
- Tues St Peter's Choir, Children 5:15–6:15pm. St Peter's. Adrian Davis 01296 632263 or Jean Wild 866859.
- 1st Tues Tuesday Club, 7:30pm A lively women's group with guest speaker. The Court House. Contact Jean Bray 864532.
- 3rd Tues Mothers' Union, meet in members' houses at 2.30pm. New members always welcome. Contact Kathie Lally, 863526.
- 4th Tues Mothers' Union Prayer Group, 2:30pm. 17 Shaftesbury Court. Tell us if anyone needs your prayers. Contact Jenny Wells 870981.
- Wed Julian Meeting, meets about twice a month, 11:30am. All welcome. At Jenny Wells, 57 Meadow Rd, 870981 or at Ruth Treves Brown, 1 Montague Rd, 863268.
- Thu Bellringing, 8pm, St Peters. Contact Helen Ruberry, 890949.
- Fri Little Fishes Parent & Toddler Group 9:30–11:30am. The Court House. Weekly, with short service on 1st Friday in St Peter's (10am), Tracy Robinson 863559.
- Fri St Peter's Choir, Children 7–8:30pm, Adults 7:30-8:30pm. St Peter's. Adrian Davis 01296 632263 or Jean Wild 866859.
- 3rd Sat Berkhamsted Churches Prayer Breakfast, 8am, The Way Inn. Rachael Hawkins 866324.
- 1st Sun Sundays Together Lunch 12.30pm, Court House. For anyone on their own on a Sunday. Liz Jackson 864382.

Regular Church Services

St Peter's

Regular Sunday services

8:00am Eucharist

9:30am Sung Eucharist with crèche, Sunday School and Pathfinders

6:00pm Evensong

Regular weekday services

Morning Prayer Monday – Friday 7:30am; Saturday 9:30am.

Eucharist Monday 6:00pm; Tuesday 9:30am at All Saints' Shrublands Road; Wednesday 8:15am; Thursday 12:45pm at Thomas Coram School, Saturday 10:00am

Evening Prayer Monday 5:45pm, Tuesday – Saturday 5:00pm

This Month's Diary

St Peter's Diary

Events at St Peter's Church, Berkhamsted, presented by The Cowper Society supported by the Friends of St Peter's

Fri 7 Feb at 1:10pm: LUNCHTIME RECITAL in the Lady Chapel, St Peter's Church – Berkhamsted School. Free entry. Retiring collection.

Mon 10 Feb at 8:00pm: The Cowper Society WINTER TALK in the Court House – David Pearce 'Dr John Incent, GPF'. Free entry. Retiring collection.

Fri 14 Feb at 1:00pm: LUNCHTIME RECITAL in the Lady Chapel, St Peter's Church – Great Missenden School. Free entry. Retiring collection.

Mon 24 Feb at 8:00pm: The Cowper Society WINTER TALK in the Court House – Jenny Sherwood 'Noteworthy Names of Berkhamsted'. Free entry. Retiring collection.

Sat 1st Mar at 7:30pm: CONCERT in St Peter's Church - Bridgewater Sinfonia, Director Adrian Davis. Weber Overture: Der Freischütz; Brahms Violin Concerto; Schumann Symphony No 4; Tickets: www.bridgewater-sinfonia.org.uk, 873205, Aitchison's High St, visitors £15, U18s free, DC.

All Saints' Diary

2nd Feb: Candlemas, 8am Holy Communion, Revd Rachael Hawkins; 10am Christingle Service, Revd Rachael Hawkins

9th Feb: Fourth Sunday before Lent, 10am Holy Communion, Revd Valerie Rockall, 4pm Messy Church & Messy Church Group, Revd Rachael Hawkins

16th Feb: Third Sunday before Lent, 10am Morning Worship, Richard Hackworth & Penny O'Neill

23rd Feb: Second Sunday before Lent, 10am Holy Communion, Revd Rachael Hawkins

Registers

Funerals

3rd December Arthur George Pilgrim (St Peter's)

Key Church contacts

Parish Office, Hilary Armstrong & Kate Perera, Court House, 878227.

Fr. Michael Bowie, 864194 (day off Thurs), Team Rector, St Peter's; Fr. Tom Plant, 382633 (day off Fri), Curate, St Peter's; The Revd. Rachael Hawkins, All Saints'.

Further information available from our church websites:

www.stpetersberkhamsted.org.uk and at www.allsaintsberkhamsted.org.uk

News from the Hospice of St Francis

Fundraising News and Dates For Your Diary

Spring Courses

If you, or anyone you know, has received a diagnosis of a potentially life-shortening illness, please do check out the courses and workshops at our health & wellbeing hub, The Spring Centre. The purpose of the centre is to empower patients to manage their illness and its side effects in practical ways, as well as build resilience. Forthcoming courses, which are also open to Carers, include Fatigue Management, Breathlessness, Pilates for Men, Nordic Walking and Mindfulness which teaches stress reduction techniques.

New Year Donations Wanted!

Had a New Year clear out? Please donate any unwanted household items and clothing to help support the work of the Hospice! If you have any large donations or are unable to deliver it to one of our *Love to Give* shops CALL **01442 869565** for FREE COLLECTION.



Breathlessness Clinic



Student Volunteering Week

At the end of February, the Hospice will be celebrating the achievements of its student volunteers, who make up approximately 10% of its volunteer workforce, during Student Volunteering Week (24 February – 2 March 2014).

Students volunteer in a whole range of roles from direct patient care on the Inpatient Unit to helping out at fundraising events or working in one of the Hospice's *Love to Give* shops.

Angus Rolland, 19 from Northchurch, who is volunteering during his gap year and hoping to study medicine, comments "Volunteering on the Inpatient Unit is useful experience for preparing me for patient contact and also seeing what high-quality care looks like."

Gillian Van der Merwe, Voluntary Services Coordinator, adds, "The Hospice has a surprising number of voluntary roles to offer local students which would align with a degree module, give them valuable work experience to aid a future career or enable them to spend a few hours giving something back to the local community. Currently, I have a particular need for students to work in our shops or in administrative and social media roles, but would be delighted to hear from anyone interested in the Hospice."



Kenny and Anne cycling

Challenge yourself and Help us!

Taken up running or cycling this New Year? The Hospice is looking for keen cyclists to ride from London to Paris in July or participate in the Prudential Ride London-Surrey in August and fundraise for us. Alternatively, if you have a London marathon place and would like to use it to raise money for the Hospice, do get in touch.

Hospice Film Forum

The Hospice's regular Film Forum starts with *Holes In My Shoes* by acclaimed international director David Wachs on Wednesday 5th February at 5:45pm



The Film Forum

for a 6pm start. The film tells the story of inspirational 94 year old New Yorker Jack Beers who has enjoyed a rich and varied life! David Wachs also directed the much admired recent Hospice film, *The Extra Mile* and there will be a chance to view this short feature and quiz David about his movie-making career after the films. It costs just £5 to attend the Film Forum, including wine and snacks, with all profits going to fund care at the Hospice.

Other forthcoming films all starting at 7pm include:

Wednesday 19th February 2014:

Untouchable - Two men enrich each other's lives in unexpected ways. One of France's most popular films ever is based on a true story!

Wednesday 5th March 2014: *Song for Marion* - Arthur's hurt for his beloved Marion slowly loses its rage thanks to the kindness of her choir. Starring Terence Stamp and Vanessa Redgrave.

For further details on the Hospice please visit: www.stfrancis.org.uk or call 01442 865555.

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Hospice Director thrilled to be awarded MBE



Hospice of St Francis Director, Dr Ros Taylor DL, has been awarded an MBE for services to hospice care in the Queen's New Year Honours List.

The Member of the Order of the British Empire (MBE) is awarded for outstanding service to the community which stands out as an example to others and the award will be given at an Investiture during 2014.

Dr Taylor has been working at The Hospice of St Francis in Berkhamsted for 17 years. During that time the Hospice has grown from a small local hospice on Shrublands Road to a leading centre for palliative care and teaching. It now combines a 14-bed Inpatient Unit, supported by a specialist homecare nursing team and outpatient facility, The Spring Centre, reaching nationally and internationally in terms of care and impact.

Charles Toner, Chairman of Trustees at The Hospice of St Francis, comments, "This award is a richly deserved recognition of Dr Taylor's dedication to hospice care. Not only has she developed our own Hospice over the past 17 years, keeping it at the forefront of end of life care but she has also had a much wider influence in the medical profession through her trusteeship of

Help the Hospices and her teaching and speaking at conferences on both a national and international level.

"From the sheer number of congratulatory messages which the Hospice is receiving already on the phone, email and via social media from members of the local community, Dr Taylor is highly regarded and a very worthy recipient of an MBE."

Dr Taylor, adds, "I am absolutely honoured and delighted to receive an MBE for services to hospice care and would like to pay tribute to everyone who has supported me along my hospice journey over the years!

"My contribution wouldn't have been possible without the extraordinary hard work, talent and commitment of The Hospice of St Francis staff, its many, many hospice volunteers and the generosity of literally thousands of people who support us.

"Most of all though, my work has been inspired by the patients and their families who have faced illness and loss with resilience and humour, sharing their stories with me and showing me the value of hospice care and the difference it has made to them. It is this courage in the face of tragedy and sadness, which has made me realise how important it is to support people at the most difficult time of their lives and has fuelled my passion to ensure that hospice care is sustained and available to all those who need it.

"I hope to use this Honour to continue to raise the profile, not just of The Hospice of St Francis, but of the wider value of hospice and palliative care to the wellbeing of our society."

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Book Review

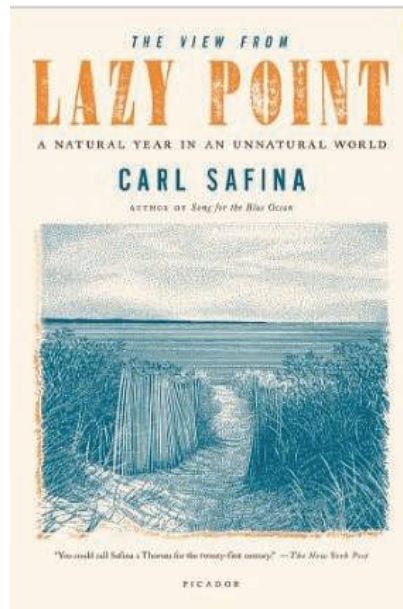
The View from Lazy Point by Carl Safina

It is not often that you can genuinely say that a book persuades you to look at the world in an entirely new way. But *The View from Lazy Point* will resonate through your mind long after you have read it. Carl Safina's book carries both stark warnings and a loving celebration of planet earth. It takes us in the course of a single year through the minutiae of his daily nature rambles in his beloved Lazy Point on the Atlantic coast of New York state. These are interspersed with his visits to Alaska, Svalbard, the Caribbean, Palau in the Pacific, and Antarctica. There he explores the environmental problems and solutions present in each of these far flung corners of the globe. Safina follows in a long line of nature writers from Gilbert White and Thoreau, and has been named by the Audubon Society as one of the leading conservationists of the twentieth century.

His lyrical writing brings to life the winter ducks that visit his local coast, including the scoter and eider ducks that behave like an everlasting conveyor belt as they dive for food offshore. But then immediately he expands his eye to the whole planet and the interactive ecologies that sustain it despite the best attempts at man to upset the balance. His premise is a strong one, that human beings are still living to values of finance, wealth creation and attitudes to ownership that were essentially established in medieval times. Our technology and scientific understandings might have developed, but our other values have been left behind. And, in a

self-confessed quasi-religious attitude he strongly argues that the only way to save the planet and ourselves is by being led by compassion in all things. For instance, where human rights are trampled, he states, the natural world is equally suppressed. Ultimately what could have been an angry exposition, at Safina's hands becomes both a paean of praise at the world's beauty, and an exhortation for us to each play our part in saving the world for our children and grandchildren.

Review by Julian Dawson



The View from Lazy Point
Carl Safina
Picador, 2012, 978-1250002716



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Recipe

Leek, Bacon and Potato Soup



There's nothing like soup on a cold winter's day to warm you up and this easy recipe will certainly do just that. Why not put it in a flask and take it on a walk in the countryside such as the one on page 12?

Leek, Bacon and Potato Soup

Ingredients

25g butter
3 rashers streaky bacon, chopped
1 onion, chopped
400g leeks, trimmed, sliced and well washed

3 medium potatoes, peeled and diced
1.4l hot vegetable stock
142ml pot single cream (or milk if you prefer)
Extra bacon, to serve (optional)

Method

Melt the butter in a large pan, then fry the bacon and onion. Stir until they begin to go a golden brown.

Add the leeks and potatoes, stir well, then cover and reduce the heat.

Cook gently for 5 mins, shaking the pan every now and then to make sure that the mixture doesn't catch.

Pour in the stock, season well and bring to the boil.

Cover and simmer for 20 mins until the vegetables are soft.

Leave to cool for a few minutes, then blend in a food processor until smooth.

Return the soup to the pan, pour in the cream and stir well.

Scatter with the extra bacon if using and eat with warm crusty bread or even cheese on toast!

Send us your recipes!

If you have any tasty recipes that you think may be of interest to our readers please send them to: editor@yourberkhamsted.org.uk.

If possible please also include a photograph of the finished recipe.



A Five Star Show for Dacorum Community Choir

Stan Gillon reports on recent events and invites new members to join its ranks



The festive season has given the Community Choir numerable opportunities to sing with and for so many people in Dacorum. The Choir performed in public on five occasions in the weeks running up to Christmas.

The first of these occasions on Sunday 24th November was for the Choir to take its turn on the bandstand in Marlowes to sing at the 'Switching On' of the Christmas Lights.

Secondly the Choir members joined Councillor, Terry Douris and Mike Penning MP for Christmas carol singing at Grove Hill. Other Councillors, families and friends formed a sizeable group and the youngsters in the audience did the count down to the switching on of the lights. Riverside, on the 7th December, was the venue for two short concerts. The Choir sang for the shoppers who stopped to listen whilst others hurried to and fro

buying their Christmas presents. The following day the Choir joined members of the congregation at Grove Hill Church to sing seasonal songs from their repertoire to slot in between the carols being sung during the service.

Finally the Choir presented 'Star Bright' – an evening of seasonal songs and organ music at Carey Baptist Church on Wednesday 18th December. The Deputy Mayor, Allan Lawson accompanied by his wife, joined the very large audience packed into the Church to be entertained by the Community Choir and two visiting artists. Rufus Frowde, the Musical Director of the Choir, had prepared a very interesting programme giving the Choir members significant challenges and opportunities to excel with a whole variety of songs. The concert opened with the bright, powerful song 'Star Light Star Bright'. Rufus then invited the audience to

join in the first of the three carols everyone would sing together. Spaced throughout the programme the Choir performed items which included 'We've been awhile a-wandering', a traditional Yorkshire carol arranged by R. Vaughan Williams, 'When Christ was Born of Mary Free' by John Gardner and 'Rise up, Shepherd, an' Foller', a traditional American spiritual. Charlotte-Anne Shipley, well known to Hertfordshire Children's Music, sang the solo 'O Holy Night'. Her soprano voice filled the Church with a beautiful clear sound which was much appreciated. Later in the programme Charlotte-Anne gave her own interpretation of the popular classic 'White Christmas'. Richard Hills, who is renowned in Hertfordshire for his brilliant playing of the organ, performed a long and improvised medley of Christmas songs. It was such fun and held the audience spellbound by its surprises and musicality. He received a tremendous ovation. Judi Kelly, the much appreciated

accompanist of the Choir, deserves a special mention for her encouraging, friendly and sympathetic support throughout.

The concert helped to raise £721 for 'Hope for Children', an international charity, which was founded in Hemel Hempstead in the mid 1990s. Chris Lyne, for Hope, gave an interesting address and was most enlightening. Readings, which were most appropriate, were given by Anne Lyne, Doug Forster and Sally Davies. Emma Reed, Chairman of the Choir, speaking after the event said, "We thoroughly enjoyed our last concert of the year and we were delighted to perform to such a large and enthusiastic audience. Our Choir is all about bringing people together to enjoy singing and I think we achieved that tonight".

Of course new members for the Choir are always welcome. Rehearsals take place at Astley Cooper school, Grove Hill, from 9.45-11.15am each Tuesday in term time. (Call: 07736 473069 or 01442 217340).



A Dummy's Guide to the 2014 Winter Olympics

Matt Dawson

When: 7th – 23rd February.

Where: Sochi, Russia. The Russian Federation fought off competition from Austria and South Korea to host the games.

Events: 98 events in 15 different disciplines:

Alpine, Cross country and freestyle skiing
Biathlon
Bobsleigh
Curling
Figure, short track and speed skating
Ice Hockey
Luge
Nordic Combined
Skeleton
Ski Jumping
Snowboarding

Motto: “Hot. Cool. Yours.”

Nations: 88 countries with over 2,500 athletes participating.

Budget: US\$51 billion – the most expensive games ever, surpassing the Beijing Summer Olympics by \$11 billion.

Time difference: +4 hours.

Mascots: The Polar Bear, the European Hare and the Amur Leopard.

Great British hopefuls: Although we're not renowned for doing hugely well at the Winter Olympics, we still do have some hopeful medallists:

John Jackson (Bobsleigh): Narrowly missed out on a medal at the 2013 World Championships.

Eve Muirhead (Curling): Led Scotland to a World title last March.

David Murdoch (Curling): Previously won two World and three European titles.

Kate

Summerhayes (Freestyle skiing):

Although she has a surname that indicates that she should be a summer athlete

rather than a winter one, she has a World Cup skiing medal to her name.

James Woods (Freestyle skiing). Won slope-style silver at last year's World Champs.

Elise Christie (Short track skating):

Reigning European champ over 1000m and 1,500m.

Shelley Rudman and Lizzy Yarnold

(Skeleton): Rudman is the reigning World Champion and won silver in Turin in 2006. Yarnold meanwhile is a world junior champion.

Billy Morgan (Snowboarding): Ended last season second in the slope-style world rankings.

Chemmy Alcott (Alpine skiing): A household name has come back from numerous injuries and is hoping for a fairytale ending in Sochi.

Andrew Musgrave (Cross country skiing): Stunned his Norwegian rivals by winning their national sprint freestyle race in January.



Winter sports in the local area: Hemel Snow centre, which I featured in YB around this time last year. It opened in May 2009 and offers lessons in skiing and snowboarding for people of all ages.

Young Berkhamsted

Can you find the 15 different disciplines of the 2014 Winter Olympics in the wordsearch below?

Alpine Skiing

Cross-Country Skiing

Freestyle Skiing

Nordic Combined

Ski Jumping

Biathlon

Curling

Ice Hockey

Short Track Speed Skating

Speed Skating

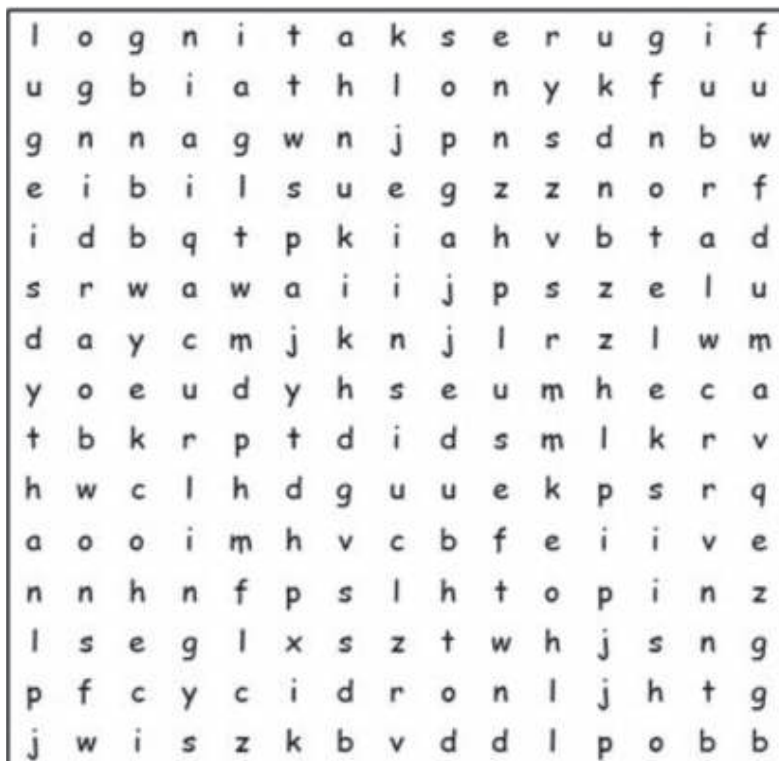
Bobsled

Figure Skating

Luge

Skeleton

Snowboarding



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