

the magazine for town and parish since 1872

yB

Your Berkhamsted

October/November 2020

**The Heather Club -
Sponsored Walk**

History Ramblings

Chiltern Arts



Exploring the past, reflecting the present and looking to the future in Berkhamsted

In this issue...

WELCOME TO THE OCTOBER/NOVEMBER 2020 EDITION OF YOUR BERKHAMSTED.

Summer is now over and the dark nights loom in. I do not know how others feel but despite lockdown and semi lockdown time still seems to have gone very quickly. A warm welcome to Father Stuart Owen, the new rector at St Peter's, please see his introduction in this edition. Jenny Sherwood gives us a history of artists in Berkhamsted and we still have talent in Berkhamsted in the present day, see Mary Casserley's painting on the front cover. Our resident Natureman discusses the otter and the Hospice of St Francis gives their latest news. Please look out for YB tweets on @Yourberkhamsted. Do get in touch if there are any ideas or stories you may have, either to publish or additions/changes to the magazine for consideration. And please give us your feedback on the features.



JACQUELINE - YBEDITOR@GREATBERKHAMSTED.ORG.UK

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Front cover: Thank you Mary Casserley for your wonderful picture of Ashlyns School. Ashlyns School, Berkhamsted was established in 1935 as the final location of the Foundling Hospital, a childrens charity founded in London in 1739. The building converted into a school in 1955. This aerial view shows the fine example of neo-Georgian symmetrical architecture. It is a grade II listed building. www.marycasserley.com

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.

Rambles from Berkhamsted by Julian Dawson



Let's start with a continuation of our occasional foray into the world of Berkhamsted School alumni. en.wikipedia.org tells us that Jonathan Henry Bond is a professional goalkeeper who was educated at the school. He featured in a *Spectator* article "Why football is a league for gentlemen" (see what they did there?). He began his career at Watford having been through the academy structure. He has played for various clubs subsequently, including Forest Green Rovers, Reading, and finally West Bromwich Albion – he is now a free agent. He achieved international honours with Wales at under -17 level. At club level he has made a total of 118 appearances.

Reuters's Indian news page may seem an incongruous debut in this column – in.reuters.com. In an article reporting on the unexpected slowing in the UK construction recovery in August, they illustrate the story with a photograph of a construction worker building a new house in Berkhamsted, on August 6th. Tantalisingly there is no indication of where the building site is, though the worker is tiling a roof.

There is some hope that infrastructure projects might fuel or at least help kick-start a recovery in the construction industry and beyond. Interestingly figures show that demand for three-bedroomed houses has quickened, whilst that for single-bed flats has slumped. Lockdown seems to have driven people to the rural shires away from crowded cities.

All kinds of life seems to be virtual in these times, so there is no reason why magic tricks should not also fall into this category. According to mynewsmag.co.uk Martin Rees of this parish has created a Secrets of Magic Zoom Classroom on Airbnb's website – showing amazing tricks with cards, coins and (bizarrely) a roll of toilet paper. Remember when those were hard to come by? A Guinness world record holder, his online show replicates his one person show *Secrets of Magic at Kings Cross Station*.

At the time of writing, sport is back in various forms and guises, both professionally and for the amateur – particularly cricket and football. lutonto-day.co.uk reports on Luton's

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pre-season friendlies, which included putting Berkhamsted to the sword – perhaps not surprisingly considering the gap in class. The Berkhamsted Friendly League has begun its Sunday matches. A truncated Saracens League cricket season finished on September 5th. Northchurch's teams finished mid-table, a fate largely shared by Berkhamsted, though the V team did finish top of Regional Division C West. However, due to the nature of the season no promotion or relegation took place.

Finally another foray into the rabbit warren that is en.wikipedia.org. Another Berkhamsted business is brought to light in the form of Albatros Publications, which appears to specialise in books on early aircraft. Wikipedia's entry on the Fokker Scourge tells us all about the first aircraft to successfully engage in aerial combat with a synchronised machine gun – allowing the pilot to fire front on through the revolving propeller. Albatros publications is the place to go to find out about the Fokker E1/11, an early monoplane, in their Datafile series. An aviator's dream.



Drawings of Berkhamsted by Jenni Cator

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Berkhamsted Artists



Many a long-term resident of Berkhamsted will remember seeing a familiar figure complete with stool and easel

sketching the landmarks of our historic town. It was, of course, the late Harry Sheldon. A recent enquiry at the Town Council Offices asking for information about the works of Harry and memories of this local artist failed to elicit any constructive information. Is Berkhamsted Town Council and its staff not aware of the fact that in the Dacorum Heritage Trust Museum store among collections of the local History Societies there is a small collection belonging to Berkhamsted Town Council? Portraits of former mayors and chairmen of the Berkhamsted Urban District Councils form the predominant part but alongside these is a valuable box which holds the original pictures drawn by Harry Sheldon to illustrate the 'Story of Berkhamsted', a book which was produced at the time of the Millennium, a copy of which was given to all children attending Berkhamsted middle schools at the time.

Harry was not a native of Berkhamsted but grew up in Marple, Cheshire. He won a scholarship to Stockport

College of Art and later studied at the Whitworth College of Art and figure drawing under L. S. Lowry in Salford. Before WWII he worked as a commercial artist. At the outbreak of WWII, he joined the Coldstream Guards and was later commissioned into the Gurkha Rifles. His art work was seen by Field Marshall Sir Claude Auchinleck who put his name forward as an official war artist. Harry painted many scenes in Burma and the Far East. In 2000 he was commissioned by the 1st Battalion of the Royal Gurkha Rifles to paint a portrait of a rifleman to hang in the Mess at Church Crookham. In Berkhamsted Harry painted a Berkhamsted scene every year for the Berkhamsted Round Table christmas card.

As well as the town council's small collection of paintings, the Berkhamsted Local History & Museum Society has a much larger collection of paintings, some hung in the Town Hall, but most stored in the Dacorum Heritage Trust Museum store. Although some of these are largely of local interest since they depict scenes which no longer remain and are not necessarily of great artistic merit others represent local artists of national or even international



recognition. Among the latter are works by Edward Popple, an artist born and bred in Berkhamsted but with no training, yet also a talented musician with a sense of history and a distinctive style of his own. Although Edward Popple painted mainly landscapes he also depicted local events, such as the landing of a bi-plane in a field at Durrants Farm, Northchurch by Geoffrey de Havilland. One particular painting which stands out in memory is the one showing St Peter's and the Court Theatre lit up by search lights at night. This accompanied the campaign for National Tank Week. Edward Popple as Headmaster of Victoria Boys School helped some of the older boys to make a model of a tank, but his painting had a much more powerful effect.

Another remarkable and talented artist with no professional training is Reginald Knowles Drewe, who worked in the office of Matthews, the Builders and Undertakers, in Castle Street. His works have hung in London Galleries. Another painter who lived for a while in Berkhamsted and is nationally known is Agnes Turner.

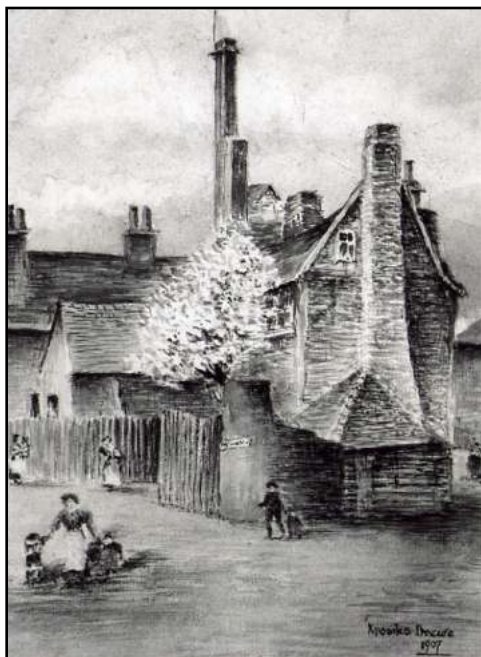
She is a landscape painter who has chosen to paint parts of the High Street not so frequently drawn. One might say why keep these landscape paintings when their historical information can be imparted, just as well by the large number of old photographs owned by the Berkhamsted History Society? We need to remember that photographs evolved from the prints and paintings of the past. It is for that reason that we have not only photographs by William Claridge but some of his paintings and etchings, such as his well-known recording of Queen Victoria and Prince Albert being welcomed at the Kings Arms in 1841. It was not until the 1860s that the first William Claridge photos became available. Most of his earlier photographs were portraits of local notables but his street scenes of the area near his house and of East's first timber works near the Black Horse show us the Berkhamsted of the mid-19th century.

Not for their artistic value, but for their important historical interest are the genre paintings of William Bailey. William Bailey worked for Coopers producing colourful posters. He has

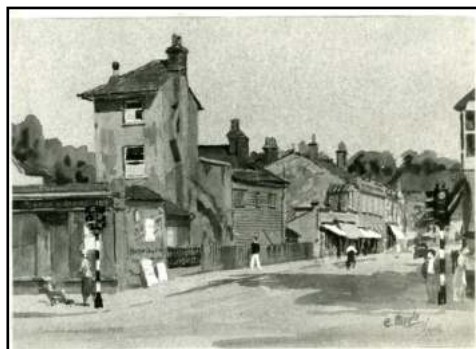


left behind pictures depicting not only everyday activities at Cooper's and the Clunbury Press but also the everyday activities of many other of the works of lesser firms in the Berkhamsted of the early 20th century. He has captured the day-to-day scenes of Berkhamsted in the early days of the motor car when many still lived in the crowded little yards of that time, for which only the names such as Red Lion Yard remain.

It would be interesting to do an analysis of all the etchings, prints and paintings and stage an exhibition perhaps in conjunction with the Art Society. It would be interesting too to learn more of those whose paintings are hidden away in the old Fire Station, now the museum store. Percy Birtchnell made a short film about Knowles Drewe. He was obviously intrigued by him. With the appropriate equipment we could view it. There is much more still to learn of Berkhamsted's artists.



Water Lane by Knowles Drewe



Lower Kings Road by Popple

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Observations by Dennis Furnell (The Natureman)

We are fortunate in our area in having several chalk streams. These rare, natural waterways spring, magically, from the chalk. Our pre-Christian ancestors worshipped the gin clear waters that bubble up from deep underground with little relationship to the amount of rain falling on the surrounding land and they were often dedicated to 'Sequana' Goddess of springs and streams.

Some of these beautiful streams appear and later disappear as if controlled by an unseen power. These intermittent chalk streams are known as "bournes". The Bulbourne that runs through Berkhamsted and the Box Moor Trust land in Hemel Hempstead is one such stream. The Environment Agency has returned the Bulbourne to its original course, resulting in such a dramatic improvement of the habitat that water voles, Ratty of 'Wind in the Willows' fame have been successfully re-introduced, having been absent for half a century. Driven out in the 1970's by American mink released from fur farms, water voles have found the streams so much to their liking that they are breeding and beginning to reclaim their old haunts. These fascinating, gentle, vegetarian rodents are not rats, but native semi-aquatic rodents.

As I have already mentioned, chalk

streams are a rare natural phenomenon and Britain plays host to more of these wonderful waterways than anywhere else in the world. Our complex geology is the driving force. The warm, lime-rich water is filtered by its passage through hundreds, sometimes thousands, of feet of porous chalk and supports a wonderful collection of insects, fish, amphibians, crustaceans and molluscs. On this bounty depends a host of birds, plants and mammals – and we humans, of course.

Another of the animals that once thrived in our chalk streams is the otter. I am enthralled by these endearing aquatic creatures, members of the weasel and stoat family. Fishers par excellence, we should welcome them as harbingers of a pure water environment. Sadly, they are not a favourite of most anglers although, to my mind, have an equal right to fish. On the plus side they predate the introduced American red clawed crayfish and the American mink. Both introduced pest species.

Having been absent from the rivers Gade and Bulbourne and the Hertfordshire and Bedfordshire canals since the middle of the 20th century, mainly due to pollution of their food sources by PCB's, I am happy to say that they are making a comeback

and, though once hunted for sport, with packs of otterhounds, are now protected by law.

Sadly, many of our chalk streams have suffered from pollution by agricultural run-off from slurry and agrochemicals and from untreated road drainage during periods of heavy rain. Increased industry and housing have meant deep well abstraction from chalk aquifers for drinking water, which is an additional pressure. Fortunately, the Environment Agency,

tasked with all things watery, have been busy in our area and have spent considerable sums of money and many working hours rectifying years of neglect and abuse.

I am joint president of the International Otter Survival Fund, based in Skye. It is a charity dedicated to the conservation of this beautiful and superbly evolved mammal world-wide.

www.otter.org



**Picture: Otter
by Dennis Furnell**

Welcome Father Stuart Owen



Like many of you, I found myself having to learn all sorts of new skills during the lockdown that started

in March. Like many clergy I had to become an online broadcaster, with rather mixed results; something as simple as remembering to look into the camera took a while to get to grips with, and I reached the conclusion that everyone who works in TV thoroughly deserves every penny they get paid. I also had to try to learn to offer pastoral care and prayer solely by telephone, which sometimes felt very frustrating, and yet at other times seemed to offer opportunities for a depth of conversation which doesn't always happen at the church door on a Sunday morning.

In addition to becoming a broadcaster and call centre operative, I became a teacher to my two children, who were in years one and four at the time. There were times when I felt utterly inadequate to the task, and other times when it felt like a real joy; seeing the boys delight in their own progress was hugely rewarding. However, trying to maintain any kind of structure to their 'home-school days' as I juggled my other responsibilities

was tough. One fixed landmark to the day which we did manage pretty much to maintain throughout was our morning poem; day by day the three of us would each pick a poem, and then read it to the others.

Those morning poems helped me to create a little bridge from our life in Edmonton to the unknown future that lay ahead of us in Berkhamsted. Now and then I would read the boys a poem by William Cowper, and tell them that the garden that they would be playing in as they did the next bit of their growing up, was on the grounds that Cowper would have played on as a child. I can't really articulate why, but it felt good to be making that connection with our future.

Indeed, there is another very tangible connection between All Saints, Edmonton where I served for twelve years and St Peter's. Just inside the main entrance to All Saints there is a twin memorial to the essayist Charles Lamb, who is buried in the churchyard, and to William Cowper, *'the poet born at Berkhamstead 1731.'* Cowper's link to Edmonton is a tenuous one, based solely on his comic poem *'The Diverting History of John Gilpin'*; the poem tells of poor Mr Gilpin's ill-fated attempts to celebrate his wedding anniversary with his wife at 'The Bell' pub in Edmonton.

Lockdown poems, church memorials, and two brothers playing in a Rectory garden; the connections we discover, and the connections our hearts and minds create.

The 'connections' in our lives can be a source of great strength. Indeed, during lockdown, many of us became more aware than ever before of the importance of maintaining good connections with those we love, and with those who need some love; we have been more aware than ever before of how painful and disorientating it can be when our connections with others are weakened or even severed for a time.

I write this less than two weeks into being Rector of St Peter's, and so who knows what the future will hold. However, I hope if nothing else, I will have some small part to play in helping to strengthen the connections that already exist between the church and the wider community, and creating some new connections along the way. As William Cowper once intimated, those connections which enrich our lives are a gift from God:

*'Society, Friendship, and Love
Divinely bestow'd upon man...'*

Revd Stuart Owen
Rector, St Peter's, Berkhamsted.



News from St Peter's Church

Please book for Sundays

To book a space for the Sunday 9.30am service, please go to the links below. **Please** ensure that you book in advance as we need to collect the data for **everyone** who is at church for NHS Test and Trace requirements as well as to ensure we have sufficient space for the congregation. Data will be stored for 21 days.

Sunday 11th October <https://tinyurl.com/y5s3384l>

Sunday 18th October <https://tinyurl.com/y536mntg>

Sunday 25th October <https://tinyurl.com/yvecx5dr>

All Souls Service - Sunday 1st November 6pm

See <https://www.stpetersberkhamsted.org.uk/>

for the booking link.

Church opening hours From Monday 5th October the church will be open Monday-Friday, 9am-5pm. The Lady Chapel and the St Katherine Chapel will be closed off, but some pews in the nave will be open.

Concerts

We are delighted to be hosting some concerts again at St Peter's:

Phill Brown and Jon Lee are giving a series of short song recitals on Wednesday evenings 7.00pm - 7.45pm:

Wednesday 14 October: Schumann, *Dichterliebe*

Wednesday 11 November: French Song Recital,

Tickets are £10 and numbers are restricted, so if you would like to come or for more information please email Phill: brown_phillip@yahoo.com

Clare O'Connell and Behind the Mirror will be performing 'Soundscapes', a programme of string quartets, on Wednesday 4th November at 7.30pm. Tickets and more information from <https://www.behindthemirror.org/>

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News from Rectory Lane Cemetery

The end of September was a milestone in the transformation of the Rectory Lane Cemetery from '**a dead space to a living place**' with the completion of the programme of capital works. The Rectory Lane Cemetery Project was launched in 2013 by the Friends of St Peter's - a group of volunteers determined to arrest the neglect and restore the three-acre green site to a condition where it could benefit the community. With an initial development grant from what was then the Lottery Heritage Fund and the Big Lottery, the group commissioned surveys into every aspect of the site, both built and natural, promoted it through community events and market stalls and sought public opinion to test out their concept of how it could be transformed into an asset for the town.

The three-year transformation programme to realise their vision commenced in 2017 with a further grant from the National Lottery Heritage Fund and local fundraising and donations in kind. With bespoke landscape design and architecture and the work of many skilled craftspeople, conservation professionals and landscapers, its memorials, gates and gatepiers, walls, railings, Memorial Arch and Sexton's Hut have been restored and strengthened; and

accessible paths and steps, new seats and a Garden of Remembrance have been installed.

Many of those involved have been local, the transformation has benefited from the work of our volunteers, including the construction of a volunteer facility on site as a base for working, and the whole programme was overseen by Dr James Moir. The dreadful weather towards the end of 2019 and start of 2020 and the arrival of the coronavirus made the landscaping work a lot harder and meant it took longer, but the programme was actually delivered on time and on budget.

The Cemetery, actually a detached burial ground of St Peters, was possible because of the philanthropy of the wealthy Countess of Bridgewater who bought and donated the first acre in 1842 and encouraged wealthy individuals and key institutions to contribute funds. In that way, it started as a community project. The sheer number of people who have contributed to the Project over the years and supported it by volunteering, coming to our events, donating time or services or goods or money or encouragement, means it remains very much a community project.

Cont page 22



A nondescript area without memorials - now a Garden of Remembrance with a new war memorial and beautiful Celebration of life wall



540 metres of failing walls - restored, buttressed, anchored and crack-stitched



Vandalised Sexton's Hut - restored and refurbished with displays and interpretation



Inappropriate benches with graffiti - replaced by comfortable, elegant seating, specially designed for each area of the Cemetery



Lack of volunteer facilities - rectified with an architect-designed and volunteer-built Retreat within the wildlife area

The Cemetery will be reopened fully on 1st November, by which time the grass-seeded areas will be a bit more robust. In the meantime, project volunteers are leading small group, socially-distanced tours which need to be booked: <https://www.rectorylanecemetery.org.uk/eventbrite/>

If you are a relative wishing to visit a memorial, please contact us to have the cemetery opened.

This is not the end of the Project - there is still another year of activities and events, COVID-willing, to come and plenty of opportunity to enjoy the space and get involved. Thank you for your support.

Kate Campbell

Please see pictures on page 32



Why was the Project launched?

By the 1970s, having long ceased to be Berkhamsted's main burial ground, Rectory Lane Cemetery had become neglected – overgrown with historic monuments damaged by invasive weeds and saplings. In 2013 the Friends of St Peter's Great Berkhamsted was founded as a registered charity with the aim of "the preservation, repair, maintenance, restoration, improvement and ornamentation of the fabric of the Parish Church of Great Berkhamsted and of the churchyards belonging to it."

Rectory Lane Cemetery offered great potential as a community green space and heritage asset – it could be revitalised to enhance Berkhamsted's amenities. In 2014 the Friends launched the Rectory Lane Cemetery Project to restore it, and a team of volunteers set about clearing overgrown weeds and recording the burials.

After much hard work, the Friends secured funding from the Heritage Lottery Fund and the Big Lottery Fund to carry out a major three-year programme to transform Rectory Lane Cemetery from '*a dead space to a living place*'.

Appledown Rescue and Rehoming Kennels



Big beautiful Yasmine came to us in a very sad state. A Presa Canaria aged 4-5 years, it was all too obvious she had not had the care and love she deserves. She is now healthy and ready to start a new life with owners who have experience of larger breeds and are happy to continue her training. Yasmine would thrive as an only pet in a child-free home with a nice big garden! She cannot live in Luton.

If you are interested in offering a rescue dog a loving home, please download an application form from our website where you will find information on the rehoming process. Our experienced staff make every effort to match

the right dog with the right owner. **Viewings are now by appointment only.**

For adoption information and application form visit our website

www.appledownrescue.co.uk

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e-mail: appledown.kennels@btinternet.com

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**Take a look
at our up-
coming
events**

Make a Will Month - October

The Hospice of St Francis has teamed up with a host of local solicitors this October as part of Make a Will Month, during which participating solicitors will waive their fees for writing a Will in lieu of a donation to the Hospice.

Peter, who took part in the scheme last year, shared his thoughts, "I was delighted to be able to show support for The Hospice of St Francis by making use of the Will writing scheme last September. It was very easy, especially having the opportunity to talk to a solicitor who showed such empathy, just a few weeks after my wonderful wife of 51 years Linda had died of cancer."

"Make a Will Month represented just one more opportunity for me to show appreciation of what St Francis gave to her in so many ways (and to me) at the end of her amazing life. I'm so grateful. The Will writing scheme was so helpful and timely at just the moment that I needed a new Will, and just when things were so difficult."

Jacqueline Almond, from IBB Law in Chesham adds, "It's important to make a Will for peace of mind. You know that you have done the right thing and your loved ones have the comfort of knowing what your wishes are."

The minimum donation, which will make a huge difference to the care of local people affected by life-limiting illness, is £140 for a basic Will or £200 for a pair of basic mirror Wills. Typically the cost of Will writing is much higher than these donation amounts.

Visit [our website](http://www.stfrancis.org.uk/wills) for more information and contact details for participating solicitors. We have solicitors located in Berkhamsted, Chesham, Amersham, Harpenden and St Albans... but a limited number of appointments so please book yours as soon as possible!

www.stfrancis.org.uk/wills



Christmas Cards galore

Christmas may look different in many ways this year, but one thing remains a constant and that is the high quality and fab designs available in the Hospice's new Christmas card range. They are available in all the Hospice's charity shops as well as online. Take a look at the new selection and get yours while stock lasts:

www.stfrancis.org.uk/christmas-cards



Accessing our Care

The Hospice of St Francis is here to help in any way they can, with care provided **Free**. If you, or someone you know, is living with cancer or a life-limiting illness such as a heart, lung, kidney or neurological condition we might be able to support you. (We support from early diagnosis and through treatment and remission). Please do fill in our short referral form online: www.stfrancis.org.uk/selfrefer

Follow us on Facebook

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@hospicstfrancis or call us on 01442 869555.

Our Shops



Your Berkhamsted Team

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CHILTERN ARTS ANNOUNCES LIVE, SOCIALLY-DISTANCED AUTUMN CON- CERTS IN HENLEY AND BERKHAMSTED

Following a long summer of churches and concert venues staying silent in the wake of Covid-19, Chiltern Arts is joining the organisations slowly braving the return to live music and has confirmed it will be presenting two, live, socially-distanced concerts in October this year.

Both concerts were originally planned for September, but various Covid-related problems have meant a reschedule and, for one concert, a relocation. Careful planning and close liaison with venues has allowed these two events to take place – and Chiltern Arts hopes to welcome as many people as is safely possible to rejoice in this renewed luxury of live music.

On Monday 5th October at St Mary's Church in Henley-on-Thames, violinist Fenella Humphreys is joined by Murray Grainger (accordion), Ben Griffiths (double bass) and George Barton (percussion) for the world premiere of a reworking of Vivaldi's Four Seasons, bringing a whole new world of diverse and brilliant sounds to this baroque masterpiece.

On Tuesday 6th October The Gatsby in Berkhamsted hosts an early return of Chiltern Arts' highly successful concert and dinner event, with the Consone Quartet (the first period instrument quartet to be selected as BBC Radio 3 New Generation artists) performing much-loved string quartets by Schubert and Beethoven. Tickets for this event include a glass of fizz, canapés and a two-course meal in fabulous art deco surroundings.

Two, unforgettable evenings await – the joy of sharing live music together after so long is something we have been longing to experience again for six long months. Now you can – right on your doorstep.

Tickets are available at chilternarts.com and start at £24.

For further information please contact Naomi Taylor:

naomi.taylor@chilternarts.com / 07943875640

Performance Details:

Fenella Humphreys & Friends: Vivaldi's Four Seasons Reimagined

Monday 5th October 2020, 6pm

St Mary's Church, Henley-on-Thames

The Consone Quartet: Concert and Dinner

Tuesday 6th October 2020, 7pm

The Gatsby, Berkhamsted

Tickets: Online: <https://chilternarts.com>

Box office: 01442 920303 (please leave a message if no answer)

Chiltern Arts is an exciting and distinctive initiative, now in its third year, bringing music, literature and art to the towns and villages in and around the Chiltern Hills. In Spring and Autumn each year, churches, stately homes and outdoor spaces across the region are transformed into stunning concert and arts venues, as a varied and exciting programme unfolds in beautiful surroundings: the Chiltern Arts Festival. Chiltern Arts event locations included Marlow, Hughenden, Henley-on-Thames, Great Missenden, Berkhamsted, High Wycombe, Wendover and Tring. The programme is created by Creative Director, Naomi Taylor.

www.chilternarts.com



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The list of benefits for walking regularly are as big as... your walk



A daily walk gives so many huge benefits, even beyond physical

fitness. In this short article I will be highlighting just some of the amazing things walking can do for us. The benefits we get do depend on how much we walk but moving just a little more than normal each day will have great effect.

There is a general recommendation of getting 10,000 steps a day to improve overall health and fitness which came from research completed by a Japanese researcher in the 1960's named Dr Yoshiro Hatano. The number was embraced globally by health organisations as a sensible goal to boost the general populations health and well-being. Since the 1960's life has become more sedentary and more and more of us are sitting at a desk 8 hours a day to work only to come home to sit watching TV etc. Life also seems so much more rushed, so time is 'short'. I tried to get as many walks in as possible through lockdown and it was great to see so many people taking the advantage of the extra time afforded the majority of us. I was brought up to walk just about anywhere we could, and it is something I am so grateful of. In recent

years I have found more and more excuses to not get out and walking and tell myself that I do not have time... this really is just an excuse though and I feel the difference immensely.

So why should we be making less excuses and just go walking?

- Boosts your energy levels
- Helps you relax and clear your mind, helping to reduce stress
- Helps slow mental decline and even Dementia risk
- Can make you smarter... the increased blood flow to the brain helps you stay sharper
- Helps you sleep better
- Helps promote better blood cholesterol and pressure
- Reduces your risk of heart attack and stroke
- Improves your mood and self confidence
- Helps move your lymphatic fluids
- Helps build stronger bones and muscles (especially in conjunction with a weights program)
- Low impact way to get fitter and to help stay in shape
- Increases your balance and endurance
- Can increase your lifespan
- Once you make it a part of your normal routine/lifestyle it is hard to stop

- Just about everyone can do it... 10,000 steps a day may not be easy for everyone, but it is easy on the joints and you can do it at your pace
- Boosts your Vitamin D levels

The list could be much longer, but these are the bigger reasons for many of us to get off the sofa and walking. It is easy to say we are too busy, but we all know that we do have time for a short walk at the very least every day really. So... want a reason to try and achieve your 10,000 steps a day for the next three months?

Great, because as it happens, I am running a challenge starting October 1st til December 29th (90 days) to complete 1,000,000 steps!!! This works out at 11,000 and change a day; so you will definitely start to see the benefits shown above if you commit.

It is a sponsored event and I am raising money for The Heather Club. The Heather Club is a local charity that was launched in 1981 to help anyone with memory, communication, or thinking impairment to maintain some independence, make friendships and uphold social skills and in the process to enable carers to have some respite from their duties. Like many charities they had to

temporarily close their doors for group sessions. They are determined to not let their members down and the money we raise on the challenge will go to great use as THC embark on a new service to visit their members at home.

To sign up visit: <https://susanbeddallholistictraining.co.uk/one-million-steps>

How can we make walking 10k plus steps a day easier?

There are several of us already signed up and we are all excited... and, to varying degrees, wondering how we are going to complete it. Here are some tips to help you step up the steps...

- Incidental walking – park further away from the shop/work entrance. Walk to the shops or work etc rather than driving (so long as it is not too far)
- Make it fun – find walks that have something for you to enjoy on the way
- Decent footwear and clothes – it is no fun walking with blisters and or soaking wet because we aren't wearing the best clothes. Investing in some new treats will be well worth it.

Cont page 30

- Walking Poles – walking poles are great at taking some weight/stress off the knees and help tone up those bingo wings too.
- Socialise – why not get together with friends and family to chat your way around your route... you will be surprised how quick the time can pass.
- Set yourself a goal – if you are not going to do something like the million-step challenge do still set yourself a target. It will help to motivate you when you see how far you have gone. Or maybe choose a long route to try and complete – something like The Ridgeway or The Hertfordshire way perhaps.



Making New Friends Has Never Been Easier

Types of Dog

Wordsearch



DALMATIAN
 DACHSHUND
 BEAGLE
 PINSCHER
 SHEPHERD
 MASTIFF
 SETTER
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From Dead Space to Living Place



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Rusting gates - removed, mended and painted: leaning gatepiers - straightened and underpinned: now a welcoming entrance



Crumbling Memorial Arch - underpinned, restored, re-engraved - its impact emphasised



Uncared for paths and steps - made accessible with wide, all-weather paths, new steps and handrails



1,000 decaying memorials - 60 of the most urgent and significant already restored, and people commissioning work on family graves