


# SC

# SONNING COMMON MAGAZINE



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APR/MAY 2020



box financial planning

## Free Equity Release and Later Life Planning Seminar Thursday 14<sup>th</sup> May 2020

Box Financial Planning invites you to attend our first free seminar, covering the main aspects of Equity Release\* and Later Life Planning at Sonning Common Village Hall on Thursday 14<sup>th</sup> May from 5.30 pm.

Booking is not required, but further details can be obtained by calling 0118 3320022 or visiting our web site [www.box-financial-planning.co.uk](http://www.box-financial-planning.co.uk).

For those attending the seminar, there will be time after the presentation to have an informal chat and free refreshments will be provided.

In the interim, if you have any Pension, Investment, Mortgage, Protection or associated advice needs or would like to arrange a confidential meeting, please contact us for a free and without obligation financial discussion.

\* To understand the features and risks ask for a personalised illustration

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# FROM THE EDITORIAL TEAM

"What a difference a day makes!" In this case it is almost 2 weeks.

When I wrote my editorial at the beginning of March it was upbeat and light-hearted. Now with the current coronavirus news, we are looking forward to a very challenging 3 months.

At least Spring is in the air, daffodils and crocuses adorn the streets, thanks to our village gardeners. Nottakwire celebrated 10 years of singing and Green Hearts brought together the children and more senior members of our community in a day of Reduce, Re-use and Recycle ideas. Undaunted by the weather forecast the SoCo spring clean went ahead and was very successful.

Looking back, a resident tells his story of the VE day celebrations in May 1945. The review of the NDP appears In Focus and requests your read and response to the consultation process. Jackie's craft page will be on our website in preparation for the Easter holidays.

The favourites, as always, are included in this issue and hopefully, it all makes for a vibrant and interesting read.

So if we all make sure our neighbours, who are in isolation are well and have all they need, some good may come out of this.

Hopefully



**Diana Pearman** Editor

Email: [editor@sonningcommonmagazine.org](mailto:editor@sonningcommonmagazine.org)

Please check the events publicised in the magazine may have to be cancelled.

## MEET THE EDITORIAL TEAM ...



Diana Pearman



Christine Atkinson



Joan Grumant

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**Design & Artwork:** Kevin Taplin  
TenSevenNine.com  
[hello@tensevennine.com](mailto:hello@tensevennine.com)  
07887 902376

**Print:** Rick Peedell  
Xplor Ltd  
[rick@xplor-pm.co.uk](mailto:rick@xplor-pm.co.uk)  
07766 254422  
0118 9471955

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L-R: Carol Williams, Sue Hedges,  
June Fisher, Lyndsay Henderson

While every effort is made to ensure the accuracy of information printed in this magazine, the editor and the publisher cannot accept any responsibility for the consequences of errors that occur.

**SC** SONNING COMMON  
MAGAZINE

## USEFUL CONTACTS:

**Chairman:** Geoff Adams  
1 Woodlands Road, Sonning Common RG4 9TD  
[chairman@sonningcommonmagazine.org](mailto:chairman@sonningcommonmagazine.org)  
Tel 0118 972 2134

**Diary dates:** Helen Barker  
[helen.barker75@outlook.com](mailto:helen.barker75@outlook.com) Tel 0118 972 1241

**Distribution:** Helen Gavin  
[distribution@sonningcommonmagazine.org](mailto:distribution@sonningcommonmagazine.org)  
Tel 0118 972 4680

**Advertising:** John Pearman  
[advertising@sonningcommonmagazine.org](mailto:advertising@sonningcommonmagazine.org)  
Tel 0118 972 2381

# A COMMUNITY WHERE SIGNIFICANT CHANGE WILL BE POSSIBLE

**It has been 7 weeks since I began my tenure as Headteacher of Maiden Erlegh Chiltern Edge and I have been delighted at the changes that have been enacted in the school. A school is a multi-faceted place and there are many moving parts to the machine but I feel like I am getting my head around most things!**

What has stood out for me is what a lovely, warm, family school MECE is and how it is definitely a community. The conduct of students at lunch is a great example of this, wherein a large proportion of students keep busy playing sport or sitting in the canteen in nice, sociable groups. As a result, behaviour in these times is excellent and so much better than my last school. Of course, there are many aspects I want to improve and move forward but it is clear that with such nice students, significant change will be possible.

Since I began I have worked hard to enact a more settled learning environment and all the feedback tells me there has been a marked difference. Alongside this, I have

been working hard with teachers to increase the level of challenge in lessons, to ensure that every student is provided for and can progress, however that pastoral support is also provided wherever is necessary.

In addition, I have been working hard to source a wider range of activities for the students beyond the classroom. The school has always prospered in the performing arts with great plays, dance and musical talent but I have tried hard to broaden our offer beyond the classroom. On 13 March we are taking 12 students to St Hugh's College, Oxford to work with a PhD student on a research project as part of the Brilliant Club initiative. We have also introduced the Maths Challenge for our most gifted mathematical students with the first one taking place in May. On a sporting front we will be working with Radley College in June on an introduction to rowing course and with Reading Rockets basketball team delivering extra coaching. Finally, we will be taking all of Year 7s to the Trust outdoor centre, Tyr Abad, in the Brecon Beacons from next

year. Outdoor education is a wonderful way of ensuring students take managed risks, work cohesively in teams, get physically active and build the relationships with their peers and staff that will serve them well for years to come.

Finally, it has been a pleasure to make links with so many members of the local community. I have met members of the Memorial Hall Field committee, some representatives with regard to traffic calming, alongside visiting all of the local primary schools. It is clear what a lovely place Sonning Common and its environs are.

I look forward to developing close working relationships and strong partnerships with many of you. ●

**ANDY HARTLEY**  
Headteacher



**MAIDEN ERLEGH**  
CHILTERN EDGE

## KITES GO TO THE TEA PARTY

Nine members of the youngest year group at Sonning Common Primary School, Kites, visited the monthly tea party at the village hall hosted by FISH. FISH is run by volunteers and provides support and transport for the elderly and disabled within and around Sonning Common. The children performed a story and then had a lovely time chatting to the people and telling them about what we had been getting up to at school. Kites are very grateful for the opportunity to visit and would love to continue this in the future. ●



## ACTS OF RANDOM KINDNESS

Year 6 have been making plant pots from recycled paper, planting narcissus bulbs into compost made on the site, and then distributing them anonymously on random doorsteps around the village. A very lovely community thing to do, and those who received one were very pleased and look forward to seeing them grow.

Headteacher Chris Hirst said 'We love our neighbours and our proud to be part of our village.'

One lucky recipient said 'Thank you SCPS. We will wait and see what colour, type it is!' ●



# CELEBRATING 10 YEARS OF AN INCLUSIVE CHOIR THAN BRINGS PLEASURE TO MANY

**Nottakwire has been successfully running in Sonning Common for 10 years now.**

On 6 March, the members held a 10 year Anniversary morning, singing together and entertaining each other with songs, poems and jokes followed by celebration cake made for the occasion.

Over the last 10 years Nottakwire has given 19 public concerts and has donated to over 40 different causes, groups and charities - many of them local - to the tune of £23,565. The village Youth Club has received donations twice yearly - thus linking together the younger and older members of the community. The group is currently full - but we will always consider

gentlemen! We hope to continue running Nottakwire for the foreseeable future and see you in September after a short break. ●

**MARGARET MOOLA & ELAINE WILLIAMS**  
Nottakwire Founders/Directors



## SONNING COMMON & DISTRICT TENNIS CLUB

**Want to take up tennis or give it a try? Our tennis club is ideal for beginners and young families and this is the perfect time of the year for getting outdoors, keeping fit and having fun. Our two hard courts are in excellent condition and suitable for anyone who wants to simply play tennis with their friends or family, you can just turn up and play in a casual and informal environment. There is no club house, we do not have any competitions, there is no dress code, we just want people to enjoy themselves playing tennis.**

We are on your doorstep, off Horsepond Road next to Bishopswood Day Nursery, between Gallowstree Common and Peppard crossroads.

Our new season starts in April and we are hoping to keep the fees the same once again; for many years we have only charged £30 for a whole family and for this amount you can play tennis any time you like. Interested? Want to find out more about our club? Then please contact me for more information by email at [info@sonningcommontennisclub.org](mailto:info@sonningcommontennisclub.org) or see [www.sonningcommontennisclub.org](http://www.sonningcommontennisclub.org)

**GILLIAN LAST**



## THANK YOU

I would like to say a big THANK YOU to all my neighbours, friends (and, at the time, "strangers"! ) who have helped me so much following my fall and subsequent hospital stay / enforced recuperation. I was overwhelmed by the number of wishes from so many people. With the very kind help of everyone, I am doing very well and hope to be visible around the village and at various activities in the very near future.

Many thanks to everyone again. ●

**CHRISTINE GIBSON**

# CORONAVIRUS

Latest guidance, dated 17th March 2020:

If you live alone and have symptoms of coronavirus illness however mild, stay at home for 7 days from when your symptoms started. If you live with others and you or one of them has symptoms of coronavirus, then all household members must stay at home and not leave the house for 14 days. The 14 day period starts from the day when the first person in the house became ill.

**If you have coronavirus symptoms: A high temperature, a cough and shortness of breath.**

- do not go to a GP surgery, pharmacy or hospital.
- you do not need to contact NHS 111 to tell them you're staying at home.
- testing for coronavirus is not needed if you're staying at home.

**Germs can live on some surfaces for hours. To protect yourself and others:**

- Always carry tissues with you and use them to catch your cough or sneeze.
- Bin the tissue, and to kill the germs, wash your hands with soap and water for 20 seconds or use a sanitiser gel.

More information is available at [gov.uk/coronavirus](http://gov.uk/coronavirus) and <http://www.nhs.uk/coronavirus>

# VOLUNTEERS PLEASE

**Sonning Common Pre-School has been at the heart of childcare in the village for over 50 years.**

We are fortunate enough to have a fantastic setting, located next to the primary school and a wonderful team, many of whom have been with us for a great number of years.

Our Pre-School is run by a small committee which, in conjunction with the manager, ensure everything runs smoothly and raises valuable funds.

At the end of this school year however three of our pivotal roles within the committee will become open.

**These roles are:**

- Chair of the Committee
- Treasurer
- Secretary

We are looking for volunteers to help fill these positions to ensure

the future prosperity of our wonderful Pre-School. Ideally volunteers will have some relevant background experience, some free time and plenty of enthusiasm. It is not essential that volunteers have a child at the Pre-School, however they will need to complete the necessary checks to ensure their suitability.

This is a great way to do your bit for your community and to make a difference to a small local charity that needs help.

For further information about what each of the roles involves and to express your interest, please contact the Pre-School.

**Email:**  
[info@sonningcommonpreschool.co.uk](mailto:info@sonningcommonpreschool.co.uk)  
**Call:**  
**01189 724 760**  
[www.sonningcommonpreschool.co.uk](http://www.sonningcommonpreschool.co.uk)

# SOCO CORONAVIRUS GROUP

If you are elderly, vulnerable or having to self-isolate please know there is a group set up in the village to help support you through this worrying time.

## WHO ARE WE?

We are all just concerned residents of Sonning Common who are in a position to lend a helping hand at a difficult time.

## WHAT CAN WE DO TO HELP?

Members of the group can help with shopping, collecting prescriptions or any other day to day task that you are currently prevented from carrying out yourself because of a need to stay at home.

The group can also help those who are feeling isolated and lonely during this time and may just want to receive a call every now and then to speak to someone.

## HOW TO GET IN TOUCH AND ASK FOR HELP?

**Telephone : 07468004541**

**Email: [socohelpers@gmail.com](mailto:socohelpers@gmail.com)**

**Facebook: SOCO Corona Virus Support**

We will do our best to help out.



# A MURDER MYSTERY TO REMEMBER



**Professor Plum wasn't involved and there were no candlesticks to hand, but the murder mystery evening organised by FoSCL and the Chiltern Players foxed many of the 90 amateur sleuths who attended. However, there were plenty of laughs along the way and the evening raised more than £700. A big thank you to the Players for kindly allowing all the profits to go to the library. Many thanks also go to Sonning Common fish bar for their efficiency in providing 100 portions of fish and chips.**

FoSCL are now busy organising something for the library's younger supporters – particularly those with an artistic nature. We're asking children aged 11 and under, and who live locally, to design a new cover for their favourite book – gift vouchers will be presented as prizes. Entries can be submitted between June 1st and 12 September so

the competition offers an excellent holiday activity. Full rules can be found on the FoSCL website: [www.friendsofsonningcommonlibrary.org.uk](http://www.friendsofsonningcommonlibrary.org.uk)

To give them some inspiration Korky Paul – the celebrated illustrator of the Winnie the Witch series – has very kindly agreed to do a workshop at the library for Key Stage 2 pupils from Sonning Common Primary on 19 May. At the end of the event he'll be selling and signing copies of his books – the exact time will be advertised in the library.

It's twenty years since the library moved out of the portakabin and into its current home, so look out for other events and activities to help us celebrate. A BIG thank you to all those Waitrose shoppers who supported the library through the company's Community Matters scheme – which raised £277. ●

HELEN FORT

# THAMES HOSPICE IN CAVERSHAM



You may have noticed our new shop in Caversham. We have been open since September 2019 and have loved being part of the community. We have received some amazing donations and are beginning to build a pool of regular volunteers. If you have some spare time we would welcome up to five volunteers at a time so it's a sociable place to volunteer! ●

# £1,400 PRESENTED TO LOCAL CHARITIES

theWI  
INSPIRING WOMEN

**During 2019 Sonning Common WI hosted monthly, free Coffee mornings for residents to have the opportunity to get together, meet new people, have a chat and meet Oxfordshire Age UK local Community Information Networker.**

There was a tombola and sales tables with handcrafted cards, books, jewellery and craft items. Thanks to generous support the sum of £1400 was raised and this was divided between seven local charities, all of which do so much to improve the lives of those in Sonning Common and the surrounding area.

On 5 February cheques were awarded to Sonning Common Youth Club, NOMAD (Henley), Greenshoots, Riverside Counselling Trust, FISH, Sue Ryder and Sonning Common First Responders.

Sonning Common WI is one of 6,300 WIs in the Country. The WI was formed in 1915 to revitalise rural communities and encourage women to become involved in producing food in the First World War. Over 100 years on we are proud to continue the tradition of serving our local community be it in town or country. ●

JENNY WARD



**L to R:** Gill Hayward (WI) Amanda Collins (Riverside Counselling) Chris Brook (First Responder), Sue Prior (Nomad), Christine Chatfield (Sue Ryder), Chris Fuller (Ways and Means), WI President Jenny Ward, Richard McQuillan (FISH), Sunny Smithers (Youth Club)

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10 to 3pm

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## NOTICEBOARD

### VILLAGE CHARITY LUNCH

In Support of The FISH Volunteer Centre and its Move to New Offices

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(jacket potato, fruit juice, fruit, tea/coffee)

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'Springhill', Kennylands Road RG4 9JT  
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### HEALTH WALKS

New timetables for the summer (Easter - September/October) are available from the Health Centre, the library and the Herb Farm - or online at: [www.sonningcommonhealthwalks.co.uk/timetable](http://www.sonningcommonhealthwalks.co.uk/timetable).

To talk to someone about any aspect of the Health Walks

Phone Chris Brook on 0118 924 2515

### HENLEY GRAMMAR SCHOOL REUNION SATURDAY, 18TH JULY 2020

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### LIBRARY EASTER OPENING TIMES:

Friday 10 April: closed

Saturday 11 April: open as usual (9.30 - 12.30), with storytime at 10am

Monday 13 April: closed

Tuesday 14 April: closed (we're always closed on Tuesdays!)

All activities (Rhymetimes, Storytimes, Gadget Sessions, Scrabble Club and Knit & Natter) carry on as usual - except on Bank Holidays

There will be a special storytime on Saturday 23 May to celebrate Elmer Day  
stories at 10am, followed by crafts for children - and homemade cakes for sale

### Henley Stamp Club

Our Auction over meetings return to normality and with, hopefully, the better weather we begin to welcome visiting speakers to our meetings

**April 8**

Members evening when displays on 'summer' will given

**April 22**

Competition and Quiz - competition covers all classes and will have a visiting judge. All members to bring 3 philatelic questions for the quiz.

**May 13**

We welcome back Gerald Mariner who will display 'Belgian Congo'

**May 27**

AGM and members to bring 5 pages each on any topic.

Meetings are held the 2nd and 4th Wednesdays of the month at Bix Village Hall at 7.45 p.m. Visitors and new members are welcome. Further details can be obtained by phoning 01491 681739 or on our website: - [www.henleyphilatelic.org.uk](http://www.henleyphilatelic.org.uk)

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**wildcats**

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# WILD CATS

By **CHRISTINE ATKINSON**

Rotherfield United FC is your local boys and girls football club. It's based at their own ground (Bishopswood Sports Ground) on the Horsepond Road and runs teams from the under 5's up to under 18's. This season it has over 240 youth players plus a senior mens team and a walking football team.

The committee told us *'we are a friendly, family based club which is completely run by volunteers. All the age groups are managed by volunteers who are FA qualified, 1st aid trained and DBS (police) checked, and assisted by other volunteers. The main committee of chair, treasurer, membership, welfare and development roles are all also volunteers. The aim of the club is to include all children who want to play football, have fun and exercise. We play teams in leagues throughout Berkshire and Oxfordshire, and have had great success this season within all the age groups.'*

There is always a need to keep growing a healthy football club, and to that end

Rotherfield have just been accepted as a venue for the Football Association's new initiative to encourage girls into football - WILDCATS!

WILDCATS football centres offer girls aged 5-11 a chance to try the game and play regularly. The sessions will be run every Sunday morning at Bishopswood with a fully trained FA coach, and the first 3 are FREE.

To assist with this new venture Rotherfield have also recently partnered with local company Active Leaders to invest in girls' football, running taster sessions in the primary schools, and then feeding into Rotherfield. Active Leaders train both primary and secondary-aged students in programmes to develop confidence, leadership skills, physical activity and to run/plan events themselves. Older students who train as Active Leaders are also offered the opportunity to support the holiday and community activity programmes which Active Leaders are developing with Sonning Common Parish Council.

One of the trained Active Leaders, Dan Clokey, will be helping with the new girls' football club at Rotherfield.

Amanda Watkins Cooke of Active Leaders is running the girls' football sessions in schools and said 'Active Leaders, along with RUFC, are running sessions within schools for year groups 1/2 and 3/4 during February and March. The aim of the sessions is to enthuse the girls about 'the beautiful game' in the hope they would be inspired to play more regularly and join the local Wildcats club. The response so far has been fantastic and there is certainly some talent out there. Who knows, we might have even found the next Fran Kirby!'

Do go along and join in for an hour of football fun!

For more information about Active Leaders contact [Amanda@activeleaders.co.uk](mailto:Amanda@activeleaders.co.uk) or check out the website [www.activeleaders.co.uk](http://www.activeleaders.co.uk) ●





# SoCo SPRING CLEAN

In 2019 the UK experienced the hottest February day on record, this year has been the wettest February on record. Needless to say, the SoCo Spring Clean team ie Geoff Davis, Mark Weston and I, were relieved to see the back of storm Jorge and the weather forecast for the SoCo Spring Clean 2020 turn from heavy rain to sunshine and showers.

Over 140 volunteers of all ages joined us on Sunday 8 March, to pick litter along Kennylands Rd, Peppard Rd, Blounts Court Rd, Blackmore Lane, Reade's Lane, The Old Copse at the end of Woodlands Rd, Brinds Corner and many other areas. Our teams of volunteers were led by team leaders; Vicky Boorman, Matt and Daniel Beech, John Stoves, Leigh Rawlins, Alex Lawrence, Geoff Davis, Mark Weston, Gill Last, Jessica Philbrick and Sonning Common Scout group.

This year we were thrilled to receive permission to close Reade's Lane

for the duration of the event, which meant that we could safely pick along the roadside and access far more litter. About 30 volunteers, many of them children, worked on Reade's Lane, where we retrieved some of the highlights of the pick: a Christmas tree, a TV and a toilet!

A team from Sonning Common WI led by Sue Frayling Cork, ensured that everyone received a drink and a piece of cake after the pick.

We were overwhelmed by the turnout and everyone's enthusiasm for the event. The beautiful spring day certainly helped and the showers held off until the very end.

At the time of writing, half a million people have signed up to take part in litter picking events for the Great British Spring Clean, including over 120,000 kids. The month long Keep Britain Tidy campaign encourages us to come together to clear the litter that builds up in our towns, villages, countryside and beaches.

Our next event will be Sunday 7 March 2021. Please find, like and share our page on Facebook The SoCo Springclean. You can also email us at [soco.springclean@gmail.com](mailto:soco.springclean@gmail.com).

We love seeing your photos, hearing your feedback and ideas for our next event. ●

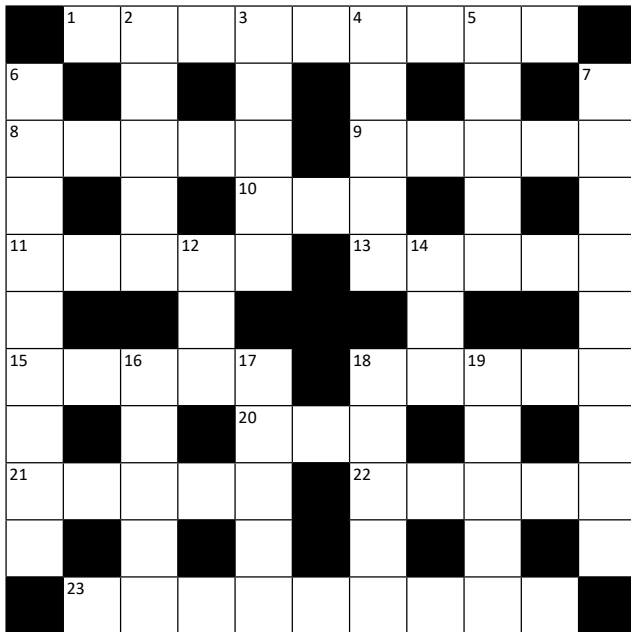
Emma Lawrence



# PUZZLE PAGE

By SHEILA WALKER

## CRYPTIC CROSSWORD



### ACROSS

1. Harlem Zoo could be a lane in the village (9)
8. Watering hole in Krakatoa's island (5)
9. Holst composed an animal (5)
10. Sounds like a yes for scan (3)
11. Good person with a fish of metal (5)
13. Small fruit for Lance (5)
15. Portugal charity for trees (5)
18. Put rug before Switzerland game (5)
20. Field a road in the village (3)
21. For Iran a new currency (5)
22. Tool on credit for creep (5)
23. We will follow southern boundary for road in village (9)

### DOWN

2. Sounds like I will go down here for the match (5)
3. Comfort left the frame for an artist (5)
4. Lachrymose servant reveals basket (5)
5. Love a region for the sea air (5)
6. Rod phones excitedly from this road in the village (9)
7. PM's crescent in the village (9)
12. Tiller loses head in wood (3)
14. Pulse found in 13 (3)
16. Role I mistake for a flower in France (5)
17. Some people's language is jargon (5)
18. Scotsman with a Western parrot (5)
19. Turkey upset dog (5)

## SUDOKU

Grading: Medium

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

## CRYPTOGRAM

The following quotation has been encoded using a simple letter substitution. What does it say?

OR OE J RSTRU THONISEJVV L JYCHAKVIWDIW, RUJR J  
EOHDVI GJH OH MAEEIEEOAH AP J DAAW PASRTHI GTER  
FI OH KJHR AP J KOPI. — BJHI JTERIH

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

## QUIZ: BRITISH INVENTORS

1. Inventor of the World Wide Web; he implemented the first successful communication between two computers via the Internet in 1989.
2. An inventor of television; he demonstrated the first working television system in 1926.
3. Inventor of the first practical telephone, 1876.
4. Builder of the first public inter-city railway line to use steam locomotives, 1830.
5. Inventor of the marine chronometer, a device for solving the problem of calculating longitude while at sea, 1736.
6. Inventor of the jet engine, 1930.
7. Inventor of the Dual Cyclone bagless vacuum cleaner, 1983.
8. Inventor of the hovercraft, 1959.
9. Inventor of the wind-up radio, designed to be used in Africa, 1994.
10. Inventor of the first mechanical computer, called the Difference Engine; he began building it in 1822.

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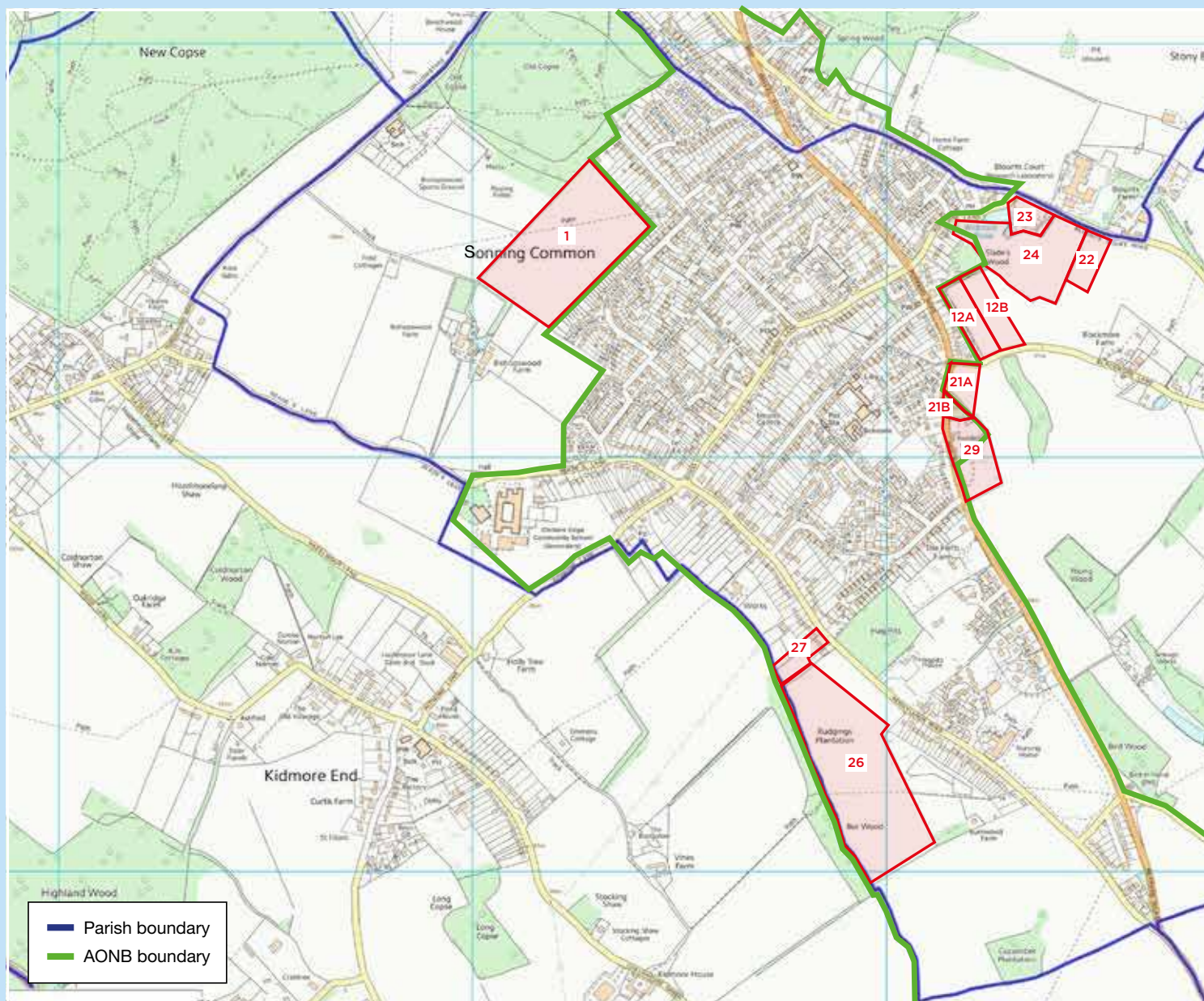


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# WHY DOES THE NEIGHBOURHOOD NEED TO BE REVISED?



2011 Core strategy 138 homes allocated to Sonning Common	2016 Neighbourhood Plan examined and adopted 195 homes allocated with 45 in reserve	SON 2 50 homes	SON 5 22 homes	SON 6 26 homes	SON 9 60 homes	SON 15a 37 homes	Total = 195	Reserve sites	SON 7 22 homes (subsequently withdrawn)	SON 7a 5 homes	SON 8 4 + 14 homes
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**scnp** SONNING COMMON  
NEIGHBOURHOOD PLAN



# HEALTH MATTERS



By **SUE LITCHFIELD**

## EYE HEALTH

A talk about eye health organised by the Patients Participation Group held recently at Sonning Common Health Centre was attended by about 30 people. The first class talk was given by Neil Frost and Catalina Borneo of Frost Borneo opticians from Henley on a range of conditions including glaucoma, macular degeneration, cataracts, blepharitis and dry eyes. This was followed by questions from the attendees. The aim of the talk was to discuss the conditions that affect the health of our eyes especially as we get older and the importance of regular eye checks which can show up possible eye defects before they become more serious.



Feedback from the attendees was very positive who found it very interesting and informative. Keep a 'healthy' eye out for more health promotion talks being organised by the Patient Participation Group.

## TREE POLLEN ALLERGY

Approximately a quarter of all hay fever sufferers in the UK are allergic to tree pollen. Tree pollen allergies are seasonal, mainly occurring between February and June. As some shrubs and trees start releasing pollen as early as January, hay fever can be triggered very early on into the New Year, with people often confusing the symptoms for those of a common cold. Some varieties of tree including willow, elm, birch, ash and alder are at their peak of releasing pollen in March and April, so

be sure you know what to look out for this springtime.

### Symptoms

- Runny nose and mucus production
- Sneezing
- Itchy nose, eyes, ears and mouth
- Stuffy nose (nasal congestion)
- Red and watery eyes
- Swelling around the eyes

Recommended treatment for pollen



allergies is over-the-counter and prescription antihistamines. Day Lewis pharmacy is happy to give advice.

## LOCAL HEALTHY ACTIVITIES FOR ALL AGES BOOKLET

A new edition will be available at the Health Centre, also the Chemist, Dentist and Library. There is a link on the home page of the SCHC website [www.sonningcommonhealthcentre.co.uk](http://www.sonningcommonhealthcentre.co.uk)

## THE TOPIC TABLE

This information table continues to be popular covering conditions and information for the young and the not so young. There is the annual Flu topic in September/October reminding patients to get their jab and its benefits. This year already we have featured Eyes, the conditions and problems they give in later years, and Raynaud's Disease, understanding very cold hands especially in the winter.



We will feature Child Immunisations, Lyme disease, the 50th Anniversary of SCHC and the Middle Years. If you have any particular topic you would like featured please email Sue [sue.HAT1999@gmail.com](mailto:sue.HAT1999@gmail.com)



# A FORUM FOR LOCAL ENTREPRENEURS



**The Sonning Common Business Collaboration group provides a forum for those entrepreneurs with small businesses in and around Sonning Common to meet. There they discuss matters of mutual interest and hear from guest speakers. Formed nearly 7 years ago by Kathryn Fell the group has proved a resounding success. When I attended a meeting on a wet Monday morning at The Butchers Arms a dozen people were present. Members had an eclectic range of interests, including commercial and family photography, financial and**

**business planning, accountancy - including help dealing with probate, and Lasting Power of Attorney. Marketing, PR, Holistic Treatments for Women. DJ ing and Pest Control.**

At our recent meeting the speaker, (Joanna Feast ) who was a model of brevity, gave some very useful suggestions on Improving Productivity for Small Businesses that could equally well apply to managing our domestic lives, e.g. know your rhythms both on a personal level, (e.g. am I better at detail in the morning?) and in business (e.g. is there a time of day, month, year

when you are particularly busy or when you are quiet and could put effort into say marketing, undertaking training, going on holiday?) The group then broke into small informal, friendly and clearly enjoyable discussion groups. A potential benefit for me, and I am retired, was to obtain the name of an app that will help me manage my emails.

Running your own business can be a bit lonely and certainly most business owners, large or small need stimulation and someone on which to test ideas to help develop the business. This group clearly provides that - otherwise it would not be here seven years after start up. The next meeting is on Monday 20 April 2020. For more information contact **Kathryn** - [kathrynfellphotography@hotmail.co.uk](mailto:kathrynfellphotography@hotmail.co.uk) ●

**Geoff Adams**

# WASTE WIZARD

**Oxfordshire is the top performing county in the country, recycling 58% of household waste. Our residents help to make that happen but there is still more we can do to increase the county's recycling.**

The Waste Wizard is the county council's response to the evil spell that no-longer-needed items sometimes cast over residents when it's time to recycle or reuse them. The online tool allows anyone bewitched by the bin to find out whether it can be repaired, reused, donated, recycled.

There's lots of different ways to get rid of waste but you only need one Waste Wizard to help make sure you do the right thing.

- Boost the number of items that get repaired locally
- Increase the number of items reused or donated
- Cut the amount of contamination in kerbside collection bins

- Ensure anything that can't be reused, repaired or donated is properly recycled or disposed of

Get your waste to the right place

Type in your postcode and the name of any item to find out whether it can be reused, repaired, donated, recycled, if it needs to go into a specific bin or can be disposed of at a Household Waste Recycling Centre - [oxfordshire.gov.uk/wastewizard](http://oxfordshire.gov.uk/wastewizard) ●



# ENTHUSIASTIC LAUNCH FOR GREEN HEART CAMPAIGN

By **JOAN GRUMMANT**

Sonning Common Village Hall was full of very enthusiastic members of the public on Saturday 8 February. All wanted to learn more about the WI's "Show the Love" Green Heart Campaign.

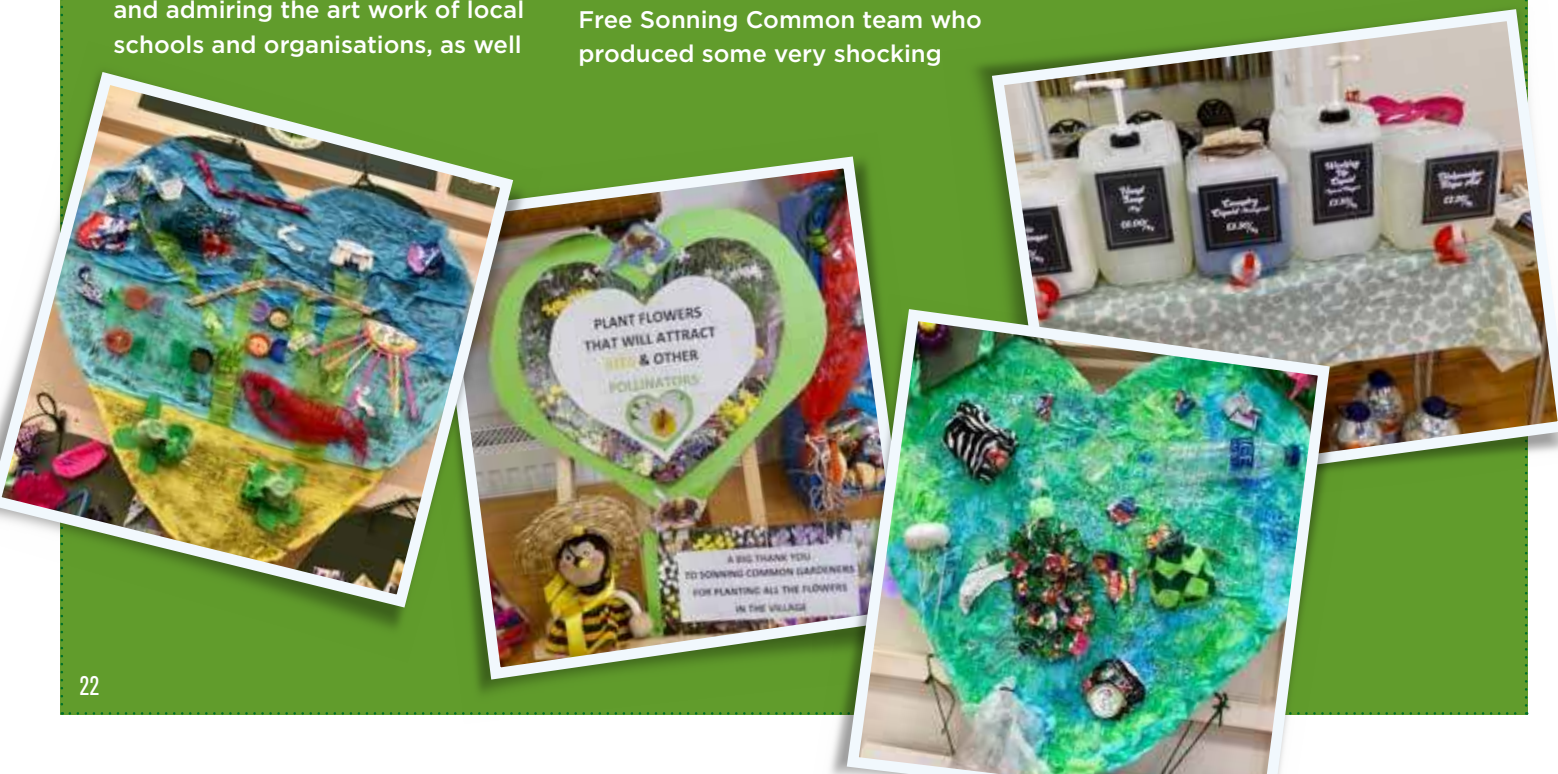
The National Federation of WIs is a founding member of the Climate Coalition and the Green Heart Campaign was an event that sought to engage participants in a conversation about climate change and to highlight the impact it is having on the people and places we all love. The event was hosted by Sonning Common WI and was ably managed and organised by Sue Hedges of the WI and by Lyndsay Henderson of Plastic Free Sonning Common. Both must have been delighted to see so many people attending and admiring the art work of local schools and organisations, as well

as gaining information from the speeches and stalls. The aim of reducing the avoidable single use of plastic in Sonning Common was supported by many different interesting stalls and activities. There was a lot to see, including displays of green hearts from local children, swap shops for clothes and toys, a display from Sharona Fairweather of Heath and Watkins that encouraged the reusing and refilling of containers with all sorts of products from laundry powders and liquid to grass seed. There was also a stall providing tea and cakes manned by members of Sonning Common WI.

The message of caring for the environment we live in was very hard hitting. Facts were presented and illustrated in the launch speech from Merlin Meyer of the Plastic Free Sonning Common team who produced some very shocking

statistics about everyday single use of plastic- the fact that 7 million plastic coffee cups are thrown away every day shocked many people present. Small steps are already happening in Sonning Common and many residents are already supporting the recycling of crisp packets, beauty products etc at Sonning Common Library as well as small businesses and schools looking for ways to reduce their carbon footprints.

The message of this significant launch was very clear. Merlin Meyer summed it up by stating that everyone can make changes until it eventually becomes socially unacceptable to be using plastic. This event certainly raised awareness and will hopefully lead to greater things. ●



# PLASTIC FREE SONNING COMMON/ECO SOCO UPDATE

By **LINDSAY HENDERSON**

I would like to thank Sue Hedges and the Sonning Common Women's Institute for hosting the amazing Green Hearts display and the official launch of Plastic Free Sonning Common. I cannot overstate the efforts that they went to run such a joyful and vibrant event to raise awareness of climate change issues and the importance of looking at the amount of avoidable single use plastic we use in the community.

I would also like to thank our volunteer team who ran the stalls and talked to people attending, particularly some of the pupils from the Sonning Common Primary School's Eco Council who, together

with their parents, collected and inspired pledges from those attending.

And finally, to the village for attending the event and committing to and sharing your fabulous and eclectic selection of plastic free inspiration, including:

- Swap to a bamboo toothbrush and use loose-leaf tea
- Make my own yoghurt
- Start a nappy library and spread cloth nappy love
- Make my own Christmas Crackers
- Always take a shopping bag with me

As a Plastic Free initiative, we will now be talking to community groups and businesses to ask them to find out more about reducing the amount of avoidable single use plastics they use and if they could become a Plastic Free Ally. We will help identify what items they could swap or avoid using – to start with we will just look at three items! Please do get in touch to ask more. Next time, I hope to be able to report on our first group of Plastic Free Allies! ●

## GOOD DEEDS FOR OTHERS

The children at youth club spent one of their evenings making sandwiches for Piaroo's Wish, a homeless charity in Reading. The charity provides hot and cold food every Wednesday and Sunny Smithers who runs the club dropped them off the following day.

"So many people help us keep the Youth Club going so I think it's only fair that we give back when we can" said Sunny.

They also had a special bike repair evening where they had to locate and repair a puncture! A very useful skill. Pancake Day was

celebrated, pom poms were made and a special green heart that was displayed at the WI Green Hearts event. A very busy term... ●



# Church *news*

## 11TH ANNUAL HENLEY CHOIR FESTIVAL

This prestigious musical event took place at St Mary's church on 25 January.

Our own choir, Kidmore End with Christ the King, conducted by Frances Brewitt-Taylor performed a 13th century piece "Blessed be Thou" and Patrick Hadley's haunting composition "I sing of a Maiden". All offerings were very warmly received by the audience.

After a welcome glass of wine, the second half of the evening was Haydn's Creation Part 1 expertly conducted by Frances Brewitt-Taylor. Combined choirs of about 150 voices gave a spirited yet sensitive performance of this work which was enhanced by beautiful solo renditions. As ever, the church made a perfect environment for the ethereal combination of soaring organ and voice.

Our special thanks go to James for his splendid contribution and to Frances for her commitment, inspiration and sense of fun. Bring on the next event. ●

Rosemary House

## HERALDING THE ARRIVAL OF THE DAFFODIL SEASON

With a distinctly spring feel, three gifted musicians treated us to a cornucopia of lovely pieces at St John's Church Kidmore End on March 1st - St David's Day.

Talented local sopranos Karen Broadbent and daughter Charlotte brought us a delightfully varied selection of vocal duets by composers from all over Europe. Kicking off with a simple 16th century folksong. Frances Brewitt-Taylor accompanied the singers but also gave stunning performances of

four organ solos. Charlotte performed a lovely recorder solo, Faronel's Ground, which appears in various European translations. Frances chose to end the programme with March 'On Ilkley Moor' a piece arranged by Noel Rawsthorne, demonstrating that organ music can be rousing and fun too!

Initiated by Charlotte and her support of charity GIFT (Gastroparesis and Intestinal Failure Trust), the concert raised £600 for a small worthy charity seeking to fund research in a disease which Charlotte suffers as a result of her Ehlers Danlos Syndrome (EDS).

Charlotte is a brave young woman with a serious condition but a great musical talent. This year she looks forward to her wedding in October with excitement and happiness. ●

Rosemary House and Linda Martin



## THE LEAD UP TO LENT WAS A BUSY BUT FRUITFUL TIME FOR US AT SPRINGWATER

A 'Pre-loved Sale' which attracted a lot of interest and many connections with local people, who were not aware of us as a church.

The local Woman's World Day of Prayer gathering, which is an international event, was hosted by Springwater this year. The prayers were for Zimbabwe

and several ex pats from there, who live locally, were in attendance.

Compassionate Loaf have had another successful bread sale and continues to engender warm friendships and raise considerable sums for charity.

The Steering Wheel Fellowship goes from strength to strength, encouraging friendship, camaraderie and much laughter!

A very happy Easter to you all, may this deeply important time in the Christian calendar touch you, and of course, we look forward to the possibility of you joining us during this time.

Our website is:

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

Chris Girdler

## CHURCH SERVICES

5 April	Palm Sunday	Eucharist	CTK	9.30
		Sung Eucharist	SJB	11.00
9 April	Maundy Thursday	Sung Eucharist	SJB	20.00
		(Benefice)	SJB	10.00
10 April	Good Friday	Walk of witness	CTK	10.00
12 April	Easter day	Eucharist	CTK	9.30
		Sung eucharist	SJB	11.00

CTK = Christ the King

SJB = St John the Baptist

# PUZZLE PAGE ANSWERS

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

## Sudoku

Jane Austen

It is a truth universally acknowledged, that a single man in possession of a good fortune must be in want of a wife. —

## Cryptogram

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

## Cryptic crossword

## Puzzle Page Answers

## Quiz: British inventors

1. Tim Berners-Lee
2. John Logie Baird
3. Alexander Graham Bell
4. George Stephenson
5. John Harrison
6. Frank White
7. James Dyson
8. Christopher Cockerell
9. Trevor Bayliss
10. Charles Babbage

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# VE DAY CELEBRATION

*It must be a sign of old age when you well remember an event that happened 75 years ago, but I am not yet an old crock. Our mother took me and my sister from home, in Streatham, to Trafalgar Square, by bus, to join the million revellers celebrating Victory in Europe, following the suicide of Adolf Hitler and the surrender of German forces.*

I didn't have a good view, but I remember being lifted onto the shoulders of an American serviceman to enjoy the fireworks, the music and singing (and, apparently, Princess Margaret joining the party in the fountains). Even for a child, it was an evening to treasure. I also remember that the homeward bus stopped at the Streatham Hill bus garage at 3 am, so we had a long walk home.

I was born in January 1938, my sister Anne in an air raid shelter on Hallow'een, October 1940, at the height of the blitz. I was in the garden shelter of family friends at Crystal Palace, which was bombed flat. They dug us out in the morning, but I was crying for the

dog, which had been left "to guard the house". That made me popular.

I had a healthy dislike of everything German, and became an avid reader of the morning newspaper to see how the war was going. My sister and I attended a kindergarten school in West Norwood and were taught to read with Lexicon cards, often in the shelter.

We quickly picked up on two, three, four and five letter words, and were fluent readers by the age of six. After D-day in June 1944 I was first down in the morning to read the Daily Mail, to see how Monty was getting on in northern France, while father was occupied in REME servicing and repairing tanks in Italy. We were en route for the doodlebugs, jet propelled V1 bombs that sometimes rumbled over our house, making doors and windows rattle. Alright, so long as the engine didn't stop!

Everyone was so happy that the war in Europe had ended, and three months later it finished too in Japan. We no longer had to listen for air raid sirens,

day and night, and dads came home to head the household. Food was rationed (who remembers powdered egg, and snoek?) but we never went hungry.

My interest in newspapers continued through my teens, and at the age of 17 I was accepted by The Croydon Advertiser to train as a journalist. This became the happiest time of my working life, and I am still proud to call myself a journalist (so much better than 'retired') into my eighties. I specialised in motor racing, travelled the world, and today I have many German acquaintances who are friends. It's best to forget the bad bits of 20th century! ●

**Michael Cotton**



# FUN AND LEARNING

**Sonning Common Primary School, otherwise known as SCPS is a highly recommended school by a wide range of pupils.**

**Lessons:** In most lessons we have a great time. Like in art when we make decorations for Christmas and hang them up in the hall. We also make a big mess and have lots of fun. In computing (ICT) in Year 6 we get to program robots and make them go on a catwalk, it really gets you thinking, we get to name them too. But my favourite part is when we do baking sometimes. Once we made fridge cake, and another time we made pitta bread.

**Library:** At SCPS there is a public library that is open for pupils on Tuesday break time and at lunch too. On Wednesday (only at break time) there is a book shop in the library where you can buy books and stationery. Feel free to go and borrow a book at break time, lunch or even after school.

**Forest Camp:** Sometimes at school you go to forest camp. There is a little wood with quite a few trees and there are wooden swings, tyre swings, trapeze swings, lots of swings... But the best part is... you get to roast MARSHMALLOWS in the fire (highly supervised and very safe)! Plus you get HOT CHOCOLATE AND BISCUITS! They are DELICIOUS!

**Clubs:** At SCPS there are lots of clubs before school and after school for people to go to. There are things like: Art Club, Ballet, Judo, Street Dance, Recorder, Roller-skiing, Football, Running Club, Performers Club, Tennis and toys at After School Club.

**School Lunches:** They are very delicious and sometimes you can smell them from the playground which makes my mouth water. You can eat fish and chips or pizza on Fridays. There are a lot of things to choose from, one day it will be curry, the next day it will be pizza,

the next roast dinner, it's lovely. If you don't fancy it feel free to bring a packed lunch and sit in the classroom with your friends.

**Teachers:** None of the teachers are ever strict unless you have been doing anything wrong or been naughty. Just make sure you're always doing the right thing and you won't get into trouble.

Looking for a new school? Come to SCPS! ●

by Charlotte Lewis



# TOO COOL FOR SCHOOL...

**I'm 'not too cool for school'... nearly but not quite! To be honest I love school because the lessons are fun, we do lots of sports and the teachers are okay(ish). Actually the teachers are more than okay(ish) and you wouldn't know just how many things they do for us! If you've not visited Sonning Common Primary School before, I recommend you really should (like now)!**

I could list all the activities and clubs which run during and after school but that would just be a long, long boring list. Let's just say there's something for everyone! Personally I have found out that I can actually sing (sort of) by doing a duet at the school's Christmas

Carol Concert. On Thursdays I arrive at 8am for 'Running Club' and leave school at 4.30pm after 'Football Club' (I do a lot of sports) - that's like a full working day!

Actually, I told a 'white lie' as I am going to have to write a list after all or this article will go on forever! Okay, here we go - there's art club, basketball, craft, cricket and football clubs... music, jazz, choir, judo and forest school... plus street dance, glee, tennis and performers club...and there are still more including activities you can pay to do!

Phew that's about it...it's a busy life going to Sonning Common Primary. Life moves pretty fast

and if you don't stop once in a while and take a look at what's on offer you really could miss out! So I just paraphrased 'Ferris Bueller' but even he wouldn't want to take a day off if he went to my amazing school... ●

by Tommy Handley



# JUMANJI THE NEXT LEVEL

FILM REVIEW by Emily Eames

**JUMANJI THE NEXT LEVEL** was the latest film in the adventure trilogy. The original movie was made in 1995 and was about two children who find a board game which they become immersed in and it brings the jungle and all its perils into their living room. The second movie made in 2017 brought the concept up to date where a group of college students who get detention, find an old 90's video console. When they plug it in and start to play the Jumanji video game it sucks them into the jungle. They soon discover their video avatars only have three lives to try and complete the various levels within the game otherwise they die or stay trapped in there forever.

The latest offering; 'Jumanji The Next Level' is about a young, teenage boy from the previous movie who re-enters the daring game to go back and re-experience being the brave, butch, good looking avatar that he was before. But the game is broken so this time

he doesn't get to choose his avatar! His other college friends (who had just come over for the holidays to meet up again) follow him into the game to try to rescue him but they too end up with different Avatars to their previous experience.

This latest offering also adds Danny De Vito and Danny Glover to the already star studded cast playing the fathers of two of the teenage cast. They too inadvertently get dragged into the game which only adds to the humour.

Not everyone goes in and not everyone comes out. This movie includes: adventure, fantasy action, comedy, a touch of romance and real-life lessons about friendship, courage and empathy.

I found this film full of humour and adventure. I found the funniest bit was when they came back as the wrong characters but they were all terrible at playing their avatars role. The adventure and settings were varied. They started

in a desert not at all dressed for the weather and situation and after completing each challenge they ended up in a different location. The finale setting was high up in the snowy mountains before they returned home. Overall, I would highly recommend this film as fun and entertainment for the whole family. ●



## SO COME ON, WHAT HAVE YOU GOT TO LOSE? COME TO THE NEXT CROSS-COUNTRY!

**Cross-country running is an excellent thing to do and it's a great way to exercise outside. If you have never tried it before and are free on Saturday mornings once a month in the autumn and winter, perhaps I can persuade you to give it a go. Boys and girls are welcome.**

This season's cross-country started on Saturday 14 September 2019 at Grey's Court with races for years 1- 6 around its grounds.

The Autumn/Winter Series was held at Maiden Erlegh Chiltern Edge School with a monthly Saturday morning race in October, November and December 2019. Apart from an uphill climb through the woods (it wasn't that bad) the course was quite flat. The race distances start at 640m for years 1 and 2 and up to around

1700m for year 6. There are medals for 1st, 2nd and 3rd positions but it's all about taking part and enjoying yourself.

I started cross-country running in Year 1. I have enjoyed it every year since then and try to make all the races. I love running outside in the open space. It can get quite muddy and slippery at times with wind and rain but I promise you it is fun. Everyone runs well and finishes the race. I love representing SCPS.

There is always a great atmosphere at the races with lots of cheering from the mums and dads and you also have a chance to meet boys/girls from other local primary schools who like running too. This year I am looking forward to some more races. ●

by Joshua Hatt

### CROSS-COUNTRY RUNNING WORD SEARCH

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

Words to find:

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Woods

Winner

Medal

Rain

Wind

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# NEIGHBOURHOOD WATCH REVISITED

(With thanks to the Parish Council for allowing me to use the Parish Page for this article)

**As residents may recall the 2019 October/November issue of the magazine last year featured an obituary for Mike Brennan, the Neighbourhood Watch Coordinator for Sonning Common who died last May.**

Several months before his death Mike had made contact to ask if I would consider taking over the role of Area Coordinator for Neighbourhood Watch in the village, a position he had held for many years.

Mike was looking for a successor having reached his ninetieth year and now spending most of the winter months each year visiting his family in Florida he thought it time for someone else to take over the reins.

I had been a street coordinator for some 30 houses in Kennylands Road for some years and had several contacts with Mike during that time. I agreed to a preliminary discussion with Mike and we met together in October 2018. We talked about the responsibilities of the role and the tasks involved also a little about the development of Neighbourhood Watch in Sonning Common. As some may remember it all began in 1992 and at one time covered some 70% of residential homes in the Village.

Soon after that meeting Mike was to journey to Florida for his annual family

visit returning in the spring. We agreed to meet and continue the discussion on his return by which time I would have decided whether I could follow in his footsteps.

Alas, that second meeting never took place and an email to Mike in early June asking if he was back in the UK was replied to by one of his daughter's telling me that Mike had died the previous month whilst still in Florida. At that time both daughters were back in Sonning Common sorting his affairs and were able to let me have all the paperwork they could locate relating to Neighbourhood Watch.

Although not having formally taken on Mike's role I do feel some 'acquired' responsibility to carry on, or at least make a start on continuing his good work for our community.

So, I think my first task is to get an overview of the current situation regarding active Street Coordinators (a Street Coordinator for Neighbourhood Watch has oversight of between 10 and 50 homes in a residential road or area).

So, can I ask any reader of this article who still considers themselves a Neighbourhood Watch 'contact' to please respond to the few questions on the reply slip below. I would be most grateful for any details to update the 2013 register, the most recent one I hold. I will acknowledge all responses received and will also provide a more general update on the Neighbourhood Watch 'coverage' across the Village in a future issue of the Magazine. ●

John Pearman



Responses can be emailed to [sonningcommonwatch@gmail.com](mailto:sonningcommonwatch@gmail.com) either by scanning the completed slip or just providing the information requested. If you don't have an email address, then please 'post' the completed slip through the Parish Council letterbox next to the entrance of the Village Hall.

Name: .....

Address: .....

Telephone: ..... Email (if any): .....

I am Neighbourhood Watch Street Coordinator for the homes as below:

.....

Any other relevant information: .....

.....



**TOM FORT** ZZZZZZZZZZZZZZZZZZZZ

Those who know me well know better than to try to get hold of me between 1pm and 2.15pm in the afternoon. I do not respond to texts or emails, and if I am dragged to answer the front door I do so with extreme irritation. As far as I am concerned it is a time for peace, quiet and spiritual refreshment.

Or, to put it another way, I am having my afternoon nap.

I get a lot of stick for this habit. When I say that I won't be present for such-and-such an event, or that the meeting has got to end by one o'clock, people give me funny looks. The editor of this magazine gives me funny looks. The implication is that I am a dozy layabout.

They're all wrong, of course. They would all feel much better if they did

the same. The world would be a better place if everyone lay down for three quarters of an hour in the afternoon, read an improving book for ten minutes or so, then closed their eyes and drifted off to the Land of Nod.

The benefits are massive. All right, for a short while after rousing yourself you may feel somewhat dopy and off the ball. But give it time, and you will experience a surge of energy and renewed powers of concentration.

Tasks that seemed impossibly complicated and draining at 11.30am – when your energy levels were beginning to flag – are tackled with ease.

Many scientific studies of sleep have shown the benefits of the afternoon kip. As a species we were programmed

to sleep at night and then to rest at some point in the day.

Those who claim to maintain top performance from morning until evening are deluding themselves – they peak, and then they decline. By four o'clock they're no use to anyone.

Try it – twenty minutes to half-an-hour is ideal. You'll be amazed at how your afternoons are transformed.

Now, if you don't mind, I think I'll go  
and lie down. ●



# COOK'S CORNER

By **SANDY ONOFRIO**

Spring has arrived, try these recipes to have out in the garden enjoying the lighter (& warmer?) evenings.

## PITTA BREAD – serves 12

- 450 g strong white flour
- 1 tsp salt
- ½ tsp caster sugar
- 1 sachet yeast
- 300 ml tepid water, or as needed



Sift the flour and salt into a bowl, stir in the sugar and yeast. Mix in enough water to make a soft dough.

Turn out onto a lightly floured surface and knead for about 10 minutes or until it is smooth and elastic. Place in a lightly greased bowl, cover and leave to rise in a warm place for 1 hour or until doubled in size.

Turn out onto the lightly floured surface and knead for 2-3 minutes. Divide it into 12 pieces and shape each into a ball. Roll out to an oval about 5 mm thick. Leave on the floured surface to rise for about 30 minutes.

Preheat the oven to 230c/Gas 8.Place 3 non-stick baking sheets (or 3 floured baking sheets) in the oven to heat for about 5 minutes. Place the pitta breads on the hot baking sheets and bake for 8-10 minutes or until firm and golden brown.

Place on rack to cool. Serve warm or reheat under the grill. Pitta breads will keep, wrapped in foil, for 1-2 days. ●

## SUPER EASY AVOCADO DIP – serves 12

- 2 Avocados
- 1/2 lemon, juiced
- 2 tablespoons chopped onion
- 1/2 teaspoon salt
- 2 tablespoons extra virgin olive oil



Cut the avocados into halves. Remove the stones, and scoop out the pulp into a small bowl. Use a fork to mash the avocado. Stir in lemon juice, onion, salt and olive oil. Cover the bowl, and refrigerate for up to 1 hour before serving. ●




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## APRIL 2020

### Saturday 4

7.30pm

SC Rossini "Petite Messe Solonnelle". Great Hall, University of Reading

### Tuesday 7

2 - 3.30pm

Late Spring Bereavement Support Group. Fish Volunteer Centre

### Wednesday 8

Henley Philatelic Society - Displays on summer. Bix Village Hall

### Monday 20

8pm

Sonning Common Parish Council. Village Hall

### Tuesday 21

2 - 3.30pm

Late Spring Bereavement Support Group. Fish Volunteer Centre

### Wednesday 22

7.45pm

Henley Philatelic Society - Competition and Quiz. Bix village hall

### Thursday 23

FISH - Henley Farmers' Market

### Thursday 23

7.30pm

Chiltern Players present: "Forget me knot". Peppard Memorial Hall

### Friday 24

7.30pm

Chiltern Players present: "Forget me knot". Peppard Memorial Hall

### Saturday 25

7.30pm

Chiltern Players present: "Forget me knot". Peppard Memorial Hall

**The FISH Volunteer Centre** runs regular door-to-door shopping trips to Henley and Reading every month. The programme of shopping and leisure trips is published and distributed on 20th of the preceding month. Copies of the programme are available from the FISH Office, the Library and the CCA shop and posted on all village noticeboards. If you would like to receive a regular copy by email please send the message 'bus programme please' with your name to [busmanager@fishvolunteercentre.org.uk](mailto:busmanager@fishvolunteercentre.org.uk)

The programme is also posted on the FISH website [www.fishvolunteercentre.org.uk](http://www.fishvolunteercentre.org.uk)

To book any trip call **0118 972 3986** any weekday between 09.30 and 11.30 a.m.

## MAY 2020

### Sunday 3

2pm

SC Village cricket vs Nettlebed

### Sunday 10

2pm

SC Village cricket vs Ipsden

### Monday 11

2.30pm

FISH - Tea party please check Village Hall

### Sunday 17

2pm

SC Village cricket vs Pangbourne

### Monday 18

8pm

Sonning Common Parish Council. Village Hall

### Thursday 21

11.30am

FISH - Pub lunch (please check)

### Saturday 23

10am

Elmer day storytime. Village Library

### Thursday 28

FISH - Henley Farmers' Market (please check)

### Sunday 31

1.30pm

SC Village cricket vs BBC Caversham. Woodcote Cricket Club

# ADVERTISERS DIRECTORY

A B Walker & Sons Ltd Funeral Directors	30	Milo Technical Support (Computers)	35
Adams Cars	9	Mike Dockree Windows	12
AMAXS Plumbing Heating Electrical	13	Moore's Painting, Decorating & more	8
Arbocare Tree Surgery Ltd	26	Paul's Painting, Decorating and more	Back
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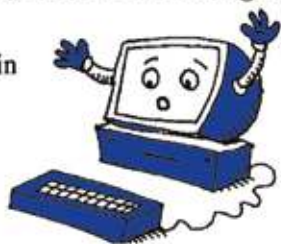
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