



# Wargrave News

May 2019



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### Garage wanted

Garage wanted in Wargrave to rent for minimum 12 months, and probably longer. Please let me know if you have one available.

Thank you,  
 Simon  
 07920 237 356

### Help for those in need

Wargrave Parish Trust is a collection of bequests made many years ago to offer financial help to people in need. Anyone living in the parish may claim.

To claim, or for information about making a financial donation or including the Trust in your will, please contact Bob Austen at 7 Dunnock Way, Wargrave, RG10 8LR or email him at [austenrobert@hotmail.com](mailto:austenrobert@hotmail.com).

### Photographs

Our front cover photo was taken by Sharon Hewitt on the 'Straight Mile'. We welcome high-resolution, portrait-orientation photographs for our front cover (file size at least 1.5Mb). Please send your photographs to [editor@wargravenews.co.uk](mailto:editor@wargravenews.co.uk).

### Patio table for sale

Beautiful, dark smoked glass top (reinforced, shatter-proof glass) on a stainless steel frame. Length 205cms, width 96cms, height 71cms. Comfortably accommodates eight chairs. Custom-made PVC top-cover for winter storage outside. The glass top detaches for easier transportation. Price £100 (a bargain).

Contact Graham on 0118 940 6613 or 07876 490 511.

### The Piggott Trust

The Trust offers grants to young people of Wargrave/Crazies Hill aged up to 25 to help with further education or training costs and to help gap year volunteers. To apply, please contact Bob Austen at 7 Dunnock Way, Wargrave, RG10 8LR or email [austenrobert@hotmail.com](mailto:austenrobert@hotmail.com).

### June copy date

The next copy date is Thursday 30 May at 6.00pm (distributed 14–16 June). Please send items to [editor@wargravenews.co.uk](mailto:editor@wargravenews.co.uk). For copy dates and guidance for contributors, please visit [www.wargravenews.co.uk](http://www.wargravenews.co.uk).

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## “All the world’s a stage.....

....and all the men and women merely players”, so begins one of Shakespeare’s most well-known speeches, delivered by Jaques, philosophising on the Seven Ages of Man. This is just one of many gems in Shakespeare’s wonderful comedy, *As You Like It*, to be performed by WTW as part of the Village Festival. Currently in rehearsal, the play boasts an array of fascinating and comic characters as they navigate their bizarre and changing circumstances.

Driven by the plight of Rosalind, in search of her banished father in the Forest of Arden, the plot twists and turns. For safety, Rosalind disguises herself as a boy, calling herself Gannymede, and is accompanied by her cousin, disguised as her sister. She regrets the disguise when she discovers that Orlando, who had fallen in love with her earlier, now sees her as a male counterpart. Meanwhile, Touchstone, a Court Jester, falls for a simple goatherd named Audrey and Silvius, a young shepherd, pursues Phebe, who in turn has fallen in love with Gannymede, (ie. Rosalind). As a back drop to all these love tangles, the banished Duke together with a few of his loyal friends is enjoying an idyllic life in the forest unaware of the vagaries surrounding him. A magical ending brings everyone happily together.

We have a cast of 18 playing 22 characters and it is no mean task to dress them all, especially taking into account some pretty quick changes. Pictured below is the costume progress so far with nine of the characters fully costumed. We can promise that the final wardrobe will not disappoint.

Initial ticket sales have been robust with well over half the seats already sold. Performance dates are 8.00pm on Wednesday 12 to Saturday 15 June, with covered seating on our beautiful Mill Green; ideal for a picnic before the show. To book go to [www.wargravetheatre.co.uk](http://www.wargravetheatre.co.uk) or call 0333 666 3366.

Joy Haynes



*Ian Bacon as Silvius, Graham Howe as Sir Oliver Martext, Clive Dow as Jaques, Dan Brown as Orlando, Chris Pope as Duke Frederick, Graham Wheal - Oliver  
Linda Daman as Phebe, Jill Sikkens as Rosalind, Emma Cianthie as Celia*

## Champagne on the Green

**Date : Tuesday 25 June**  
**Time : 7.30pm**  
**Venue : Festival Marquee**

In order to provide a better ambiance, the Champagne tasting on Tuesday 25 June will be moved to the Marquee on Mill Green (not Woodclyffe Hall).

The host will be Pascal Henry, sixth Generation owner / producer of Henry de Vaugency Champagne. This is Premier Cru champagne from the village of Oger – next door to Krug so excellent quality.

There will be an opportunity to taste all six of his different Champagnes, with paired nibbles and Pascal himself will talk you through the history of his champagnes.

There will be opportunities to ask questions and for a lucky few, he has promised to bring along his military sabre (sword) and teach you the ancient art of sabrage – opening a sealed bottle with the sabre! Anyone who likes what they taste and wanting to order more, can do so on the evening at discounted rates. We will group people in tables of



up to eight but many tickets have already been sold to individuals and pairs so plenty of opportunity to make friends in the most relaxing way possible!



Please contact Danny Malone on [dannymalone13@gmail.com](mailto:dannymalone13@gmail.com) or 07767 202 769 for tickets (or more if you already have some).

Danny Malone



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Wargrave Village Festival 2019



# Paul Daniels' Magic Life

**Date : Wednesday 19 June**  
**Time : 8.00pm**  
**Venue : Festival Maquee**  
**Tickets : £12.00**

Paul and Debbie have been well known contributors to Wargrave life since they moved into the village 20 years ago. Paul and Debbie's ability to always make the people they met feel at ease and forget what amazing lives they have had.

Debbie was of course an integral partner of the Paul Daniels Magic Act which performed for many

years and renowned across the world. TV programmes since Paul's death in 2016 have broadcast admiration from many world famous magicians and entertainers.

But there are many incidents and stories which as yet, have not gotten into the public domain.

Debbie will uniquely reveal stories about people she and Paul met, tricks that went wrong and right. Debbie's revelation of the Daniels Magical life will be aided by

material never seen before. This is a rare opportunity to hear first hand, what it is like to live in the spotlight and if you will forgive the euphemism the reality of a star studied life. Debbie will be able to tell about life after Paul including Strictly facts and myths. The audience will have an opportunity to ask questions and the evening will give an insight into their incredible lives at the centre of the big time entertainment business.

Tickets contact is  
grahamahowe@gmail.com or  
phone 07540 193 239

*Graham Howe*

## Wargrave, That's Magic Walking Parade

**Date : Saturday 29 June**  
**Time : Gathering at 12.30pm, the parade will depart at 1.15pm**  
**Venue : Starting at the top of Victoria Road and ending on Mill Green**

It's time to start getting your costumes prepared and join everyone in this year's Village Parade. This year's theme is 'That's Magic!', which as you can imagine, provides the opportunity for an infinite variety of costumes, props & designs – The parade is a magical opportunity to join all your favourite wizards, magical characters and conjurers to lead everyone down to the Fete.

Whether you 'follow the yellow brick road', step onto the Hogwarts Express or impersonate your favourite conjurer, come down and join this great event.

Costume and prop designs are limitless; buy, transform, borrow or create, and join the fun. Both individual characters and team themes are encouraged, so from Fantasia to Dumbledore, you will

need to transport yourselves to Highfield Park on Saturday afternoon for this magical downhill journey to the Fete.

Everyone is welcome to join in, families to clubs, societies to groups of friends. Prizes for the best individual costumes, Family and team designs as well as runner up prizes will be announced at the Fete on Mill Green.

See you at the Fete!

*Paul Stanton*

paul.stanton@ouseleys.com





## Community, family and food at The Horns



*Chef Dan, the landlord's daughter Ellie, landlord Richard and his son Sam.*

Richard Chapman is a new landlord who wants to make community, families and food come together in his dream venture at The Horns in Crazies Hill.

Originally from Yorkshire, his father and grandfather were in the pub and catering business and with previous hotel and catering management experience, he has plans to give visitors and locals the real traditional pub experience.

With his chef, Dan Holloway, who has been at The Horns for 3½ years, they have restructured the menu and introduced pub classics such as ploughman's including individual deep-filled pork pie as well as honey roast bacon and cheese. There will be rib-eye and sirloin steaks to suit even the biggest appetite and daily specials. For those looking for a light lunch there will be eight small plate options that are priced for sharing.

Richard is running the pub with his son Sam, daughter Ellie, Ellie's boyfriend Liam and Gunnar, the family dog. Ellie is an accomplished pianist who will be playing in the bar. They plan to hold Wednesday music nights for solo artists. If you would like to perform, contact Richard direct to discuss a slot.

For the summer months, Richard is investing in new garden furniture and secure play areas for children and dogs. He will continue with the regular weekend barbeques.

The whole Chapman family look forward to seeing you in The Horns at Crazies Hill. For more information have a look at the website [www.hornscrazieshill.co.uk](http://www.hornscrazieshill.co.uk) or call 0118 940 6041.

*Sue Ferguson*

### **Whiteknights Studio Trail Saturday 15 and Sunday 16 June from 11.00am to 6.00pm daily There's something for everyone**

Thirty-eight artists, designers and makers of the Whiteknights area of Reading will once again open their doors, 21 venues in total, and invite people to come, view and buy their work as well as enjoy a pleasant stroll around the area and have cake and tea in various venues. As ever the trail will also showcase Reading's creative community by including events, activities and demonstrations. Visitors can see and buy artworks ranging from fine art paintings, ceramics and printmaking to jewellery, furniture and photography.

**For more information see the website at [www.studiotrail.co.uk](http://www.studiotrail.co.uk).**

## **wargrave in business** Thank you party

Over 200 customers of Hare Hatch Sheeplands recently enjoyed a thank you party at the plant nursery.

They were celebrating the official opening of the approved garden shop and enjoyed a buffet meal and drinks.

In his welcoming speech Rob Scott from Sheeplands said 'This is our way of saying thank you to all those loyal customers who supported us during our planning difficulties.'

He added 'we now want to continue to be a community centre and to welcome back families.'

During the party guests were offered the chance to go on a guided tour, which included a look behind the scenes where an impressive 120,000 geraniums were growing along with a full range of other plants.

*Hare Hatch Sheeplands*

## Cayton Park

Welcome to our seventh Cayton Park update. Despite the poor weather over the winter months excellent progress has been maintained on the project.

The house is now structurally complete, the roof is on and the internal fit out is now well under way. Infrastructure works are progressing well and we are on schedule to achieve project completion at the end of April 2020 in accordance with the original project plan.

You will have noticed that construction traffic is at a minimum and this is a direct result of the excellent progress made so far. We envisage further reductions over the coming months as the heavy construction and infrastructure work draws to a close. If you have any feedback on the site, please contact us on [caytonparkinfo@gmail.com](mailto:caytonparkinfo@gmail.com) and one of the team will come back to you as soon as possible.

*Rosscop Project Team*

*[www.rosscoproperty.com](http://www.rosscoproperty.com)*





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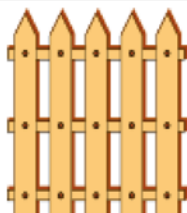
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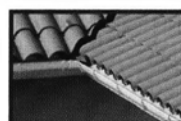
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**Copy date for June  
issue is Thursday 30 May**

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## Wargrave Dental Clinic

### Wargrave Dental Clinic supports The Village of Hope, East Delhi

In February Mandy Morris, Dental Nurse at Wargrave Dental Clinic, volunteered her time to work in the bandaging units at the Village of Hope in East Delhi. The Village of Hope is a leper colony providing homes for 4000 people, helping families build lives in a safe environment, which would not have been possible outside the village.

In addition to being a highly qualified Dental Nurse, covering dental radiography and phlebotomy, Mandy is also an advanced qualified Foot Health Practitioner.



She provides advice and treatment for general foot ailments and can also provide toe nail reconstruction (where the nail is damaged or missing), comforting warm wax therapy and medical pedicures. It was these skills that Mandy used at The Village of Hope on her recent visit. As a team of three, Mandy treated patients, re-dressed bandages and advised on at-home care of skin and ulcers. Overall 166 patients were seen, 94 wounds prevented, over 400 wounds dressed, 43 pairs of hands treated and 49 people were given hand-made insoles.

Operating costs at the bandaging are high so this additional education to villagers in how to manage their skin conditions will help greatly. Mandy's visit coincided with World Leprosy Day and she was able to donate tricycles sponsored by Wargrave Dental Clinic staff and their patients to The Village of Hope. The tricycles give independence and mobility to amputees and to those with foot ulceration. Mandy said of the day 'I was overwhelmed with the response that the tricycle donation received. Many were moved to tears. Simple actions as now being able to take your child to school using a tricycle was so rewarding. Thank you Wargrave Dental Clinic and patients for your donations'. Fundraising by Mandy and the team that travelled to The Village of Hope generated sufficient funds to donate 57 tricycles. Mandy is counting down the days until she can return, meet and treat more wonderful people in the Village of Hope.

*Lindsay Hammersley*

## Picture Puzzle

Where is this?



The footpath in the last issue leads up to Walled Garden.

## Pop-In Club

### Change of venue

As from 13 May we will be meeting in the lounge at Elizabeth Court on a Monday morning from 10.00am to 12 noon. Visitors are very welcome and we are looking forward to using the new facilities.

Our outing in April was to an old favourite, Longbridge Mill, Stratford Turgis, where we enjoyed fish and chips followed by dessert and coffee or tea. On the Monday before Easter we made Easter cards under the excellent guidance of Tess Morrison and the results were very impressive.

We have also had a morning playing games and the most popular were Scrabble and snakes and ladders.

Tess is going to help us make suitable hats and decorations for the Circle of Magic Festival Tea Party, to be held at Hennerton Golf Club on Tuesday 18 June from 2.30pm to 4.30pm. The event is open to all senior citizens. Tickets cost £5.00 and can be obtained from Karen Oliver on 07810 660 431.

To find out more about the Pop-In Club please contact either Mary Clifford on 0118 940 6846 or me on 0118 940 2267.

*Pat Jones*





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## Yoga with Josie

## Sarah Hart Nutrition

### Supta Padangusthasana (Reclining hand to big toe pose)

This is a pose that I recommend to a lot of my clients, particularly those who run/cycle and have tight hamstrings. Its great for an achy back and gives an amazing stretch to the hamstrings, hips and thighs. If you are flexible you will be able to do this pose gripping onto the big toe, using your index and middle fingers, but for most people a strap will need to be used at least to begin with. This can be a yoga strap or anything similar like a dressing gown cord.

1. Lie flat on the floor with your legs straight. Use a cushion for your head if it is uncomfortable. Bend the right knee and breath out hugging the leg into your belly. Keep the left thigh pressed down into the mat.
2. Loop a strap around your right foot and holding it in both hands straighten up the knee pushing the heel towards the ceiling. Extend the arms fully so they are holding the strap as close to the foot as possible. Gently press your shoulder blades into the floor.
3. You may find it beneficial to slightly raise the left leg on a block or cushion in order to make the position slightly easier.
4. Extend the back of the leg fully towards the ceiling and gently draw the leg towards you extending the stretch along the back of the thigh. Hold this position for at least a couple of minutes breathing slowly and steadily and gently increasing the stretch. Repeat on the other leg.



Josie demonstrating Supta Padangusthasana

Josie Fear

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

### The importance of sleep

Do you get eight hours sleep per night? Or like many, is your sleep disrupted by factors such as eating late, feeling stressed or anxious, suffering an injury or infection, being too hot, drinking caffeine and alcohol and looking at screens before bedtime?

During the day, brain cells build connections with other parts of the brain as a result of new experiences.

During sleep, the most important of these connections are strengthened and unimportant ones pruned out. Sleep is an opportunity for the brain to be cleared of waste too and is when the body replenishes its energy storages, regenerates tissues and produces proteins.

Medical research shows evidence that reduced sleep quality and duration may lead to metabolic abnormalities, such as insulin resistance and hyperglycaemia, which may increase the risk of conditions such as type II diabetes.

The hormone 'melatonin' is triggered by dim light causing drowsiness which prepares us for bedtime. Blue light from screens for example, causes the opposite and reduces levels causing wakefulness. The brightness or intensity of the light during the day, determines the boost in melatonin levels at night. Being outside for just 30 minutes before noon in fine weather or an hour if cloudy may really help to boost melatonin levels and improve our sleeping pattern. Research has also shown how exercise promotes deeper sleep stages and inhibits lighter sleep stages, suggesting improved quality of sleep after exercise.



Adopting a healthy sleeping pattern not only makes us feel less sleepy and more vigorous, but studies have shown that we crave less sugar and eat less calories. Sugar and caffeine are often called upon to boost energy levels during the day to keep us going when suffering energy slumps.

So, if you feel sleep deprived, you may wish to start by making small changes such as creating a dark and cool bedroom and avoiding screens late at night.

Sarah Hart

Registered Nutritional Therapy Practitioner BSc (Hons), mBANT, CNHC

07884 471 280

[www.nutritionist-resource.org.uk/nutritionists/sarah-hart](http://www.nutritionist-resource.org.uk/nutritionists/sarah-hart)





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# Wargrave Gardeners' Club

## An eggcellent evening!

It's true to say that we now know all there is to know about chickens and eggs, although we still don't know which came first! At our April meeting Andrew Cardy, founder of Riverways Farm, gave a fascinating and informative talk about his family-run free-range poultry farm and its contribution to the thriving egg business in the UK. He proved a popular speaker, being well-known to many in the tightly-packed room, including the former village policeman! Questions, anecdotes and reminiscences flowed freely, providing for a lively and enjoyable evening.

Andrew began by telling us how his family first began farming in Wargrave. His family took over Sheeplands Farm, then 330 acres, in 1962. They farmed as market gardeners until 1985, growing 40 vegetable crops and adding 40 acres of land along the 'Floral Mile' (from the current BP garage as far as the corner of Mumbery Hill) in the 1970s. The gathering pace of supermarket growth and the need for large-scale farming led to a change in approach. From 1985 the land was rented to growers of salad crops and then from 1995 for soft fruit production, which continues today. 70,000 raspberry canes and 860 tonnes of strawberries (2.4 million punnets) were grown in 2018. In the 1980s Goffs Farm was sold to become Loddon Park Farm and later some small plots of land off Braybrooke Road were sold. A reservoir was built in 2012 as water security against drought for the soft fruit. 800 solar panels provide sufficient energy to power 50 homes. Before developing Riverways Farm, Andrew ran the Sheeplands' farm shop for over 20 years.

In December 2011 Andrew established Riverways Farm and opened the Eggbox shop in 2013. The building of the farmhouse was part of the 2015 BBC Two series *The House That £100k Built*. The egg business is a growing industry with 12.5 billion eggs eaten each year in the UK. Riverways helps to supply some of this demand with 5,000 good-natured Lohman Brown chickens providing 4,400 eggs each day on the 10-acre farm. 166 dozen of these are sold a day at the 'honesty shop' at the farm; most people are apparently honest! A bitter experience with supermarkets resulted in a focus on supplying locally, including restaurants, pubs, shops and care homes, but the public is the main market. The Eggbox shop is open seven days a week, selling not only eggs but also local honey and jam, as well as bacon and sausages.

Chickens arrive at the farm at 16 weeks (POL – at point of lay), roaming freely and happily laying eggs until retirement at 80 weeks. We were heartened to hear that they then become pets or are re-homed at Fresh Start for Hens for the rest of their natural lives. Eggs range from small to extra large, but Andrew encouraged us to buy medium as laying large eggs can be hard for a hen! The farm now also keeps 14 reindeer which are popular for school educational visits, Christmas high street events, garden centres and corporate/private events. We learnt that antlers, consisting of bone, not horn, rely on blood supply and grow two inches a week and that reindeers' coats keep them dry and warm at 40°C.

Education is a focus for future development, while veterinary students from the UK (including Wargrave) and around the world already benefit from poultry education placements at Riverways.

Andrew eventually had to tear himself away from his captivated audience to tuck up his chickens safely for the night, but not before generously leaving everyone with a box of fresh eggs to sample for breakfast the next day.

Our next meeting is on Wednesday 29 May at 7.30pm in the Hannen Room, Mill Green, when Alice Vanden Bon of the British Cactus and Succulent Society will speak about these increasingly popular plants. Everyone welcome (visitors £2; annual subscription £10). We meet on the last Wednesday of the month. For more information, please contact membership secretary Caroline Davies at [c.a.davies@sky.com](mailto:c.a.davies@sky.com) or on 0118 940 2630.

*Wargrave Gardeners' Club Committee*

# Visiting scheme



## The Link Visiting Scheme: why is friendship so important and can you help?

One of the most overlooked benefits of friendship is that it helps keep our minds and bodies strong. In fact, it's as important to our physical health as eating well and keeping fit. A recent Harvard study concluded that having solid friendships in our life helps promote brain health. Friends help us deal with stress and make better lifestyle choices which keep us strong and allow us to rebound from health issues and disease more quickly.

In spending time with friends, we fill our lives with good conversation, heartfelt caring and support and laugh out loud fun. When we fall on hard times, friends are there to put things in perspective and help. When we have success, they're smiling at our good fortune. With down-to-earth, positive people in our life we will be more mindful of gratitude and doing nice things for others. We don't just live when we have healthy friendships, we thrive.

The Link Visiting Scheme supports older people in Wokingham Borough who are struggling with loneliness, who spend too much time on their own and who would love to see a friendly face. Can you help? If you can spare an hour or two once a week or once a fortnight, please get in touch. We'd love to hear from you and help you to reach out and be a friend to someone who really needs it.

*Marjie Walker*  
Scheme Manager  
0118 979 8019  
[marjie@linkvisiting.org](mailto:marjie@linkvisiting.org)  
[www.linkvisiting.org](http://www.linkvisiting.org)

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visiting scheme



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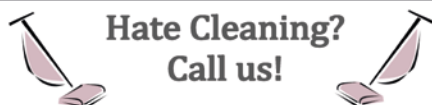
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## Wargrave Community Choir : *Let's Sing 2019 Finals*

Congratulations to Wargrave Community Choir who got through to the very last round of the finals of Reading's *Let's Sing 2019* competition last month at the Hexagon, Reading. What a fantastic achievement for their first competition entry! They came second to the competition's overall winners, Reading's Gospel Choir, and they look forward to their next public performance at the Wargrave Festival Folk Club on which will take place on Tuesday 18 June.



*Wargrave Community Choir singing at the Hexagon, Reading*

If you're interested in trying your local community choir for yourself, just turn up at one of their regular rehearsal sessions on Tuesday evenings at 8.00pm at Robert Piggott C of E Infant School in Beverley Gardens. No previous singing experience is necessary to join and there are no auditions. The first session is free. Rehearsal dates and joining information can be found on the choir's main website which is [www.wargravecommunitychoir.co.uk](http://www.wargravecommunitychoir.co.uk)

Kirsty Andrew

## Twyford Singers

*From Palm Sunday to Hollywood*

On Palm Sunday, in the beautiful setting of St Mary's Parish Church, Wargrave, Twyford Singers performed two stunning versions of the *Requiem*. The first by English composer, John Rutter CBE with its exquisitely challenging four-part harmonies and haunting melodies in the movements *Agnus Dei* and *Lux Aeterna*, and its uplifting *Sanctus* which contrasts with *The Lord is My Shepherd*. A short interval allowed the full-house

audience to refresh themselves in the delightful new St Mary's Church Centre, after which the singers launched into Gabriel Fauré's *Requiem in D minor*. This seemingly simpler version of *Requiem* replaces the full *Dies Irae* with *Pie Jesu* and was very much enjoyed by all who were left wanting more from a choir who could have sung it all again.

Twyford Singers were directed by their accomplished Music Director, Helen Styles, supported by an ensemble of seven musicians.

Contrasting the serious beauty of the *Requiem*s at Easter, Twyford Singers will be revealing their lighter side and great versatility in their Summer Concert on Saturday 22 June 2019. The concert will be featuring more than two dozen pieces of music drawn from opera, light opera and the biggest shows. To name a few, the singers will perform choruses of the *Hebrew Slaves*, *Humming* and *Soldiers*. Also included are Gilbert and Sullivan's *Policeman's Songs*, *Three Little Maids* and show classics from *Les Misérables*, *Phantom of the Opera*, and *Hollywood*. Finally, it will be one of their best ever concerts, so book tickets early as space is limited at Loddon Hall, Twyford. Go to their website, [www.twyford-singers.org.uk](http://www.twyford-singers.org.uk), for more details,

Graham Winder



*Twyford Singers at their Palm Sunday concert*





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# News from your Borough Councillors



## Food waste

Wokingham Borough residents have now experienced the first four weeks' collection of their food waste as part of the council's initiative to increase our recycling rates.

In week three, we hit our target of 1.49 Kg per property per week on which the business case was based.

In Wokingham Borough, some 30% of our blue bag rubbish is food waste. We hope to reduce this to 15% with the food waste scheme. This will help us recycle more of your waste, diverting it from the most expensive disposal costs and bringing our total recycling rates closer to 50%. From 2020, it is likely that councils not reaching a 50% recycling rate will be fined up to £500,000 per annum.

By reducing our food waste we also cut the levels of methane in the atmosphere. Methane is a dangerous greenhouse gas and by collecting food waste we can turn that methane into energy to use as fuel. The caddy liners are also recycled and used to generate electricity using Energy from Waste (EfW) technology.

## Food waste caddies

We apologise that some addresses were missed. Every household in Wargrave should have received caddies unless you live in a flat in which case we are resolving food waste collection household by household.

**If you have not had a food waste caddy delivered, please contact one of us and we will arrange for this to be corrected.**

## The environment

Wokingham Borough Council recognises the climate emergency. It also recognises that it could do more to help achieve the 'net zero' emissions target.

If the elections do not change the brief that we currently undertake, we will be leading in the Borough's ambitions and I look forward to reporting to you in the future as to what we are doing.

## Star works

A Draft Joint Minerals and Waste Plan was subject to consultation during the Summer 2018. The Draft Plan set the vision and outlined the future level of minerals and waste provision required to deliver the vision and meet national policy targets and objectives. Proposed

site allocations were also included in the draft plan. A summary of the consultation responses has been published and is available on the Hampshire County Council Website.

## Hare Hatch Sheeplands

As promised by the Leader at the last Council meeting, the Borough is conducting an internal review of the matters connected with the Court of Appeal decision.

Please be in touch if we can be of help

*John Halsall* 07939 041227

*johnashalsall@gmail.com*

*Graham Howe* 07540 193239

*grahamahowe@gmail.com*

# Turning Troubles



On Friday 3 May, the satellite navigation system of a very large lorry travelling from the Netherlands to Wokingham decided the best route incorporated School Lane in Wargrave.

Unfortunately, said satellite navigation omitted to include information regarding the very tight corners at the bottom of the road onto the High Street.

The result - a very, very stuck lorry and near demolition of two of our local drinking establishments.

After a significant amount of traffic control measures from local residents and patient drivers, some progress was eventually starting to be made.

Following a lot of 'trying different options' - reversing into the carpark and

Backsides to no avail, the lorry, its contents and very skilful driver managed to back up into Autumn Walk, turn and make their way, slowly, out of the village via Mumberry Hill.

Phew!

*Cath Forsaith*



# Could this be climate change?



Festival Tickets Day took us back to winter. Storm Hannah made it so different from the balmy days of the Easter weekend. People turned up in warm coats, hats and gloves - not a good morning to be sitting outside the Scout Hut.

The queuing had started at 4.35am. The gentleman who was first in line was very well prepared with a sleeping bag and a hot water bottle, and when the doors opened at 9.00am he got a big cheer from the ticket sellers inside!

We got there at 5.15am, fifth in line. Everybody was very well wrapped up (we needed to be!) and huddled on fold-up chairs.



Well wrapped up!



This picture - the first in the queue was Nick Blades, who is a habitual 'first-in-the-queue-er'

The shivering crowds in the queue watched the wicket covers blowing across the field towards them (see the photo of grounds man Martin Woods trying to rescue them). We were grateful to him and to the Guides and Rangers who started serving coffee, tea and bacon butties at 6.30am. They said that they were making a good profit, and they certainly deserved to.

Sales were also plentiful of Festival tickets, and of seasonal rhubarb from the allotments. By the time the first happy folks emerged from the Scout hut smugly holding their tickets, the Wolves footballers were warming up for their tickets.

Ellen Lindsay and Sharon Hewitt



Martin Woods restores the wind-blown wicket covers.

## Festival Tickets

Tickets sold well, but there are still some left for Paul Daniels Magic Life on Wednesday 19 June (see article in this issue of the *Wargrave News*) Wargrave Words on Thursday 20 June Dancing under a spell on Saturday 22 June



The queue lengthens

# News from St Mary's Church



## Sunday Services at St Mary's

Every Sunday 8.00am Holy Communion  
(1662 Book of Common Prayer)

19 May	10.30am	Holy Communion
26 May	10.30am	Morning Worship
2 June	10.30am	Holy Communion
9 June	10.30am	Morning Worship
16 June	10.30am	Holy Communion

At the 10.30am Service a crèche is available and there are Young People's groups

## A Meal of Remembrance: A different kind of service

On the evening of Maundy Thursday about 40 of us arrived at the Church Centre, maybe a little uncertain what to expect but thoughtful that this was the night before Jesus died and much was to happen before his Crucifixion the next day.

The scene was set with five round tables, each laid with eight places. At the centre of each table was a main candle and eight tea lights set on reflective silver



boards. Each place had a menu, a programme for the evening and a covered plate which had eight mini tasters of food significant, particularly to the Old Testament.

We started the evening as the leader, Steve, lit the main candle on each table, he said this prayer:

'Jesus Christ is the Light of the World

'All who follow him will never walk in darkness, but will have the light of life'

Our covered plates revealed our tasters and as we ate, each person lit a tea light and two from each table took turns to read relevant passages from the Bible, for example, we started with Gods' creation in Genesis 1 and our food was a wedge of water melon colourfully beautiful, sweet and refreshing with juice. Our fifth course, with the lighting of the fifth tea light was the Passover and the taster was flat bread, bitter herbs and lamb. The seventh course was a piece of lemon to signify the bitterness of oppression (and difficult to

swallow). Our final taster was a piece of Christmas cake marking the incarnation.

Throughout we had music, songs and prayers, our thoughts then turned to Jesus' last supper with his friends, teaching his disciples the significance of the bread and the wine. Steve and Hugh offered us Holy Communion, each table in turn going to them for flat bread and wine.

As we returned to our tables the lights were turned off and only the candle light remained; the atmosphere was quiet and reflective. Steve then read to us of Jesus and his friends going to the garden of Gethsemane, we know how distressed Jesus was and his wish to pray. He had asked three of his disciples to go with him to keep watch but they kept falling asleep. Then came the betrayal act and arrest of Jesus when his friends deserted him. The interrogation by Caiaphas and the high priests was demeaning and shameful, the denial of Peter shocking and human. Finally the baying of the crowds at Pontius Pilot to 'crucify him', the brutal treatment and torture of Jesus by the soldiers and Jews left a very quiet Jesus to face his crucifixion.

We very silently left the warmth and candle light of the centre to step into the darkness, deeply thoughtful of the cross awaiting the next day and much moved by a meal of remembrance.

*Sue McKenzie*

## St Mary's Church Centre

Now that the Church Centre is complete, we are looking to produce a board which acknowledges donations to the project (names, not amounts). Over 200 people have generously contributed.

If you have given a donation but wish to remain anonymous, please advise Andy Ferguson on [andyf@pursuitnha.com](mailto:andyf@pursuitnha.com).

## Contact us:

John Cook	Vicar	
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Andy Ferguson	Lay Minister	
<a href="mailto:andyferguson1@btinternet.com">andyferguson1@btinternet.com</a>		0118 940 2925
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**Our vision is to be a church  
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# Wargrave Theatre Workshop's production

## *We'll Always Have Paris*

by Jill Hyem, produced and directed by Ann Roberts



*A photo of the cast*

As warm as a croissant straight from the boulangerie and as sparkling as a chilled glass of champagne, Wargrave Theatre Workshop's production of *We'll Always Have Paris* charmed audiences at the Woodclyffe Hall from 10 to 13 April.

The elegantly styled set by Sheila Williams and Martin Lorenz, with art prints on the eau de nil walls and a distant view of the Eiffel Tower through the window, effortlessly transported the audience to the French capital for this laugh-out-loud comedy celebrating friendship.

Newly retired headmistress Nancy (played with panache by Lydia Massey) has sidestepped dutifully serving on endless committees in Haslemere in order to fulfil her teenage dream of a carefree life in a pied-à-terre, although the reality is a garret six floors up with dodgy plumbing. She invites a newly widowed, old school friend, Anna (Celia Reinbolt, in a delicately balanced portrayal) to visit. In contrast to the witty, yoga-loving Nancy, who is determined to enjoy life to the full, poor, dowdy Anna is worn down after 20 years of caring for her disapproving husband. She has forgotten how to laugh and, even when she risks a smile, she covers her mouth.

Joining them for lunch is another old school friend, Rachel, who has reinvented herself as Raquel (Grace Tye, in a crowd-pleasing performance with plenty of va-va-voom). Raquel is much married, nipped, tucked and enhanced, and in pursuit of a toyboy.

Flirtatious Charlot (Clive Dow, squiring his female co-stars with charm and great comic timing, all the more impressive in a bilingual role) is an odd-job man and out-of-work actor. He once starred in a film with Catherine Deneuve, but his scene was cut.

The only fly in the ointment is the formidable landlady, Madame Bousirron (Jo Cole, quivering with barely disguised disdain for 'les dames anglaises').

Anna, enchanted by the charms of Paris and the attentive Charlot, gets a new haircut, swaps her baggy cardigan for an elegant frock and rediscovers her joie de vivre, much to the audience's approval.

If this was a French farce, naughty Charlot would seduce all three friends, but this is a sweet, warm-hearted English comedy that gently pokes fun at its characters and cultural stereotypes. There are plenty of laughs with the sparring wordplay between Nancy, Charlot and petulant, attention-seeking Raquel causing havoc. The highlights are the disastrous game of Monopoly between the three friends - Nancy is the top hat, Anna is the iron and Raquel, of course, is the racing car - and the tentative, 'will they or won't they?' romance between Anna and Charlot.

It's a warm and affectionate happy ending for these memorable characters who have won the hearts of the audience.

After her success with the hit female comedies *Ladies' Day* and *Ladies Down Under*, director Ann Roberts has pulled off another triumph. Wargrave Theatre Workshop's able backstage crew ensured the production was as fluid and smooth as the classic French soundtrack.

Now, I'm just off to book a ticket on Eurostar ...

*Maria Marron*

## Graffiti knitting

The various knitting groups in the village have been clicking away to produce even more graffiti to make our streets as festive as possible for the up-coming events. We have dug out the 2017 stash and are in the process of sorting it so that it goes in the best places to be seen by as many people as possible (both locals and visitors).

As the festival approaches we still need your help! If you have any squares, bunting, magic symbols or other which you would like us to use please drop them into the library.

If you know of a bench, a tree, a box etc which would love to be decorated, let us know.

Alternatively you could help to put the knitting up. Contact me for details of when and where or to arrange pick up of your knitting.

Let 's make our village  
magical!!!!

*Cynthia Coombes*  
0118 940 2937  
cynthiacoombes@aol.com





# Elizabeth Court

## *50<sup>th</sup> Anniversary*

1969–2019



## The history of Elizabeth Court

250 years ago the Piggott family donated part of their Victoria Road estate to the parish for use as a workhouse. A parliamentary report of 1777 recorded the workhouse was fully operational with 50 adult occupants. In 1849 the buildings were adapted to include a Poor Law Board school for the children. And in 1858 an inspector recorded there were 69 boys and 86 girls attending. He also reported that the girls performed all the household duties including laundry, kitchen and dairy. The boys cultivated the adjacent fields and the report states they looked after four cows and a number of pigs and chickens.

In due course the school outgrew the Victoria Road site and the older children moved to a purpose-built school building on School Hill in 1862 (the present Robert Piggott Junior School). In 1931 the Council

used a part of the land to house a newly acquired fire engine. The Girl Guides were also able to have their HQ located in a wooden hut and they remained there until they relocated to a new brick building on the Recreation Ground. The infants remained on the Victoria Road site until their school moved to Beverley Gardens.

In 1961 the Wargrave Residents' Association was formed, following a suggestion made by the Reverend William Llewellyn-Jones, Vicar of St Mary's. They identified the, now derelict, Victoria Road location as a possibility for housing development. The Parish Council suggested the Residents' Association buy this land and build some flats for the elderly. The Residents' Association had no funds and experts advised that such a project was not feasible and the idea was shelved.

### 50<sup>th</sup> Celebration Open Day

**Saturday 22 June**  
**11.00am to 3.30pm**

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our new development**

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[www.wargrave-retirement-housing.org.uk](http://www.wargrave-retirement-housing.org.uk)





In 1967, a group of Wargrave residents met to discuss the Victoria Road site proposal. A Management Committee was formed and at the inaugural meeting set the objective 'To provide for aged persons in need thereof, housing and any associated amenities specially designed to meet the requirements of such persons'. And on 28 November The Wargrave-on-Thames Housing Association Limited – Elizabeth Court was formally registered as a charity. The Trustees were P E Axon, M D Symms, J McDonell and G R Bramall.

It was quite a challenge for the Management Committee to organise the finances required to purchase the land. To help achieve this, a fundraising leaflet was circulated throughout the village. To their credit, Wargrave residents and their friends rallied to the cause and without such magnificent support the Association would never have achieved its aims.

The land was purchased from the Parish Council and the initial plan submission provided for a laundry and 25 flats with underfloor central heating (very innovative in those days).

An article in the parish magazine invited applications from residents of Wargrave who would be interested in renting 'Flats for elderly or retired people, to be available 1969'. The Wargrave-on-Thames Housing Association was officially opened by Dr Black and was a great success. By the middle of 1971 all the flats were occupied and soon a considerable number of people were on the waiting list.

In June 1973 the District Council asked the Association if it would be prepared to purchase some adjacent land and extend Elizabeth Court with the condition that a new medical centre for the village be incorporated in the plans.



The Trustees of Elizabeth Court accepted the challenge and soon plans were approved by the Department of the Environment and planning permission granted. The project was funded with a loan from Wokingham District Council plus a grant from the National Housing Association.

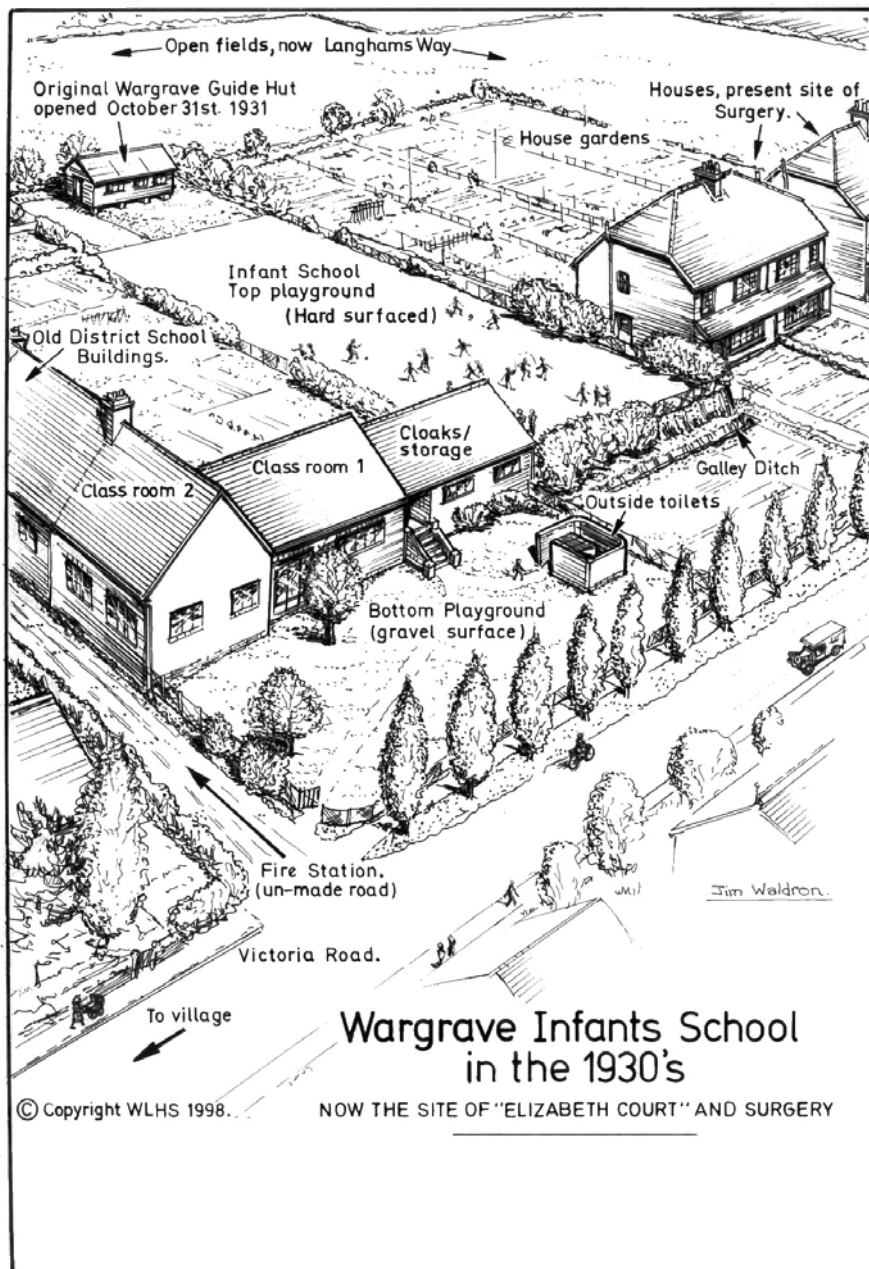
Building of the second stage and the medical centre started in January 1975 and was completed by the end of 1976.

In 2016 an additional four studio flats were added, giving a total of 39 studios and 10 one-bedroom flats, plus the doctors' surgery.

It is 50 years since our first Wargrave resident entered Elizabeth Court and, to mark this key milestone, the residents' lounge has been completely redesigned to increase floor space and provide an extended kitchen area. The entrance areas have been upgraded and the Manager's office will be relocated within the main reception area. There has also been an extensive upgrade of all external paving and landscaped areas.

Further development and upgrades are always under consideration.

The Trustees of Elizabeth Court would like to thank Vera Bird, Peter Delaney, Patsy Roynan and the Waldron family for their invaluable support in compiling this brief history of Elizabeth Court.



## Who are we?

The Wargrave-on-Thames Housing Association is a charity run by a Management Committee consisting of local residents who give their time voluntarily.

We have a House Manager who is responsible for the wellbeing of tenants and for managing the site. However, we do not provide any care, nursing or medical assistance.

## How to apply

Applications should be directed to the House Manager, Wargrave-on-Thames Housing Association, Elizabeth Court, Victoria Road, Wargrave, Reading RG10 8BP.

Telephone 0118 940 6116 or email [elizabeth.court1@btconnect.com](mailto:elizabeth.court1@btconnect.com).

For more information, please visit our website at [www.wargrave-retirement-housing.org.uk](http://www.wargrave-retirement-housing.org.uk)





# Elizabeth Court

## *50<sup>th</sup> Anniversary*

### Invitation

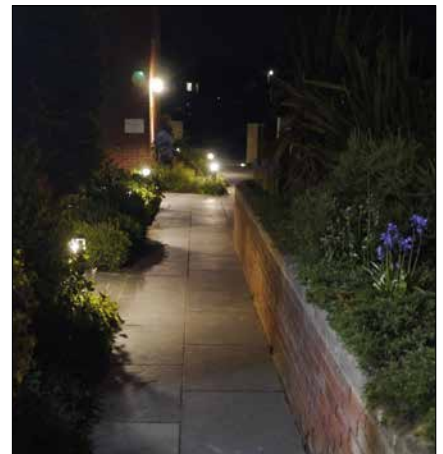
Please come to our Celebration Open Day on Saturday 22 June from 11.00am to 3.30pm.

Bring your children, parents and friends to see our new development.

Elizabeth Court provides housing for residents of Wargrave who are of retirement age, and for retired relatives of residents of Wargrave. We are only able to accommodate tenants who are capable of independent living with the support of their family and friends.

Elizabeth Court, Victoria Road, Wargrave, Reading RG10 8BP.

Tel: 0118 940 6116 email [elizabeth.court1@btconnect.com](mailto:elizabeth.court1@btconnect.com) [www.wargrave-retirement-housing.org.uk](http://www.wargrave-retirement-housing.org.uk)



Photographs courtesy of David Williams



## Robert Piggott Schools PTA

Summer has stealthily snuck up on the year and is nearly here in its resplendent glory. As per every other summer this means that the children will be training hard for their respective Sports Days. The Junior School Sports Day is on Tuesday 18 June from 9.30am – 11.30am. The Infants School Sports Days follows slightly later on Wednesday 3 July from 9.30am – 11.00am. The children would love your partisan support and the PTA will also be in attendance providing teas and coffees.

The Wargrave Festival also takes place this summer and the Glastonbury rivalling Festival's Festival takes place on Friday 21 June in the marquee on Mill Green. This year's theme is an Enchanted Forest so dig out any suitable attire. Negotiations have unfortunately broken down with Roy Wood and Twiggy so whilst they won't be appearing there will be live music and fantastic food provided. Tickets have unfortunately all already sold out.

There was recently an Online Safety Workshop for Parents at the Junior School. This was run by the NSPCC and gave some invaluable tools, support and guidance regarding your child's online behaviour. For anyone who was unable to attend further information can be found on the following websites: NSPCC and/or O2 NSPCC [www.nspcc.org.uk](http://www.nspcc.org.uk)

*Robert Piggott PTA*



## Crazies Hill PTA

With the children happily settled back at school after the Easter holidays we take a look back at another busy and fun filled Spring term up at Crazies Hill Primary School.

The annual Crazies Hill and Robert Piggott Quiz Night was a great success, both raising funds for both schools and giving a chance for some friendly inter school competition. Rounds included guess the local logo, Crazies Crackers and, my personal favourite, guess the mystery object. After a technical glitch which saw the trophy being handed over to the Musketeers from Robert Piggott, a 'Steward's Enquiry' saw team Number two from Crazies Hill being crowned the overall winners with a clear seven point lead. Our favourite team name had to be team Quiz Akabusi.

The school hall was transformed the following week for our World Book Day Disco. There were some fabulous costumes from the children (and adults) and lots of fun was had by all despite (yet another) technical hitch with our ageing DJ equipment. We are now looking at replacing this so if there are any local businesses that would be willing to help us with this then please get in touch. Big thanks to our resident DJ Ant and our wonderful creative team headed up by Catharine Davidson who can turn a cardboard box into any book themed game you desire. The children had great fun feeding the Hungry Caterpillar, pinning the tail on Eeyore and Hatching Hortons eggs. As well as visiting Zonko's joke shop and tasting Bertie Bott's Every Flavour Jelly Beans.

The children also enjoyed visiting our Mother's Day shop and carefully selecting presents for their well deserving Mummies. Lots of careful consideration went into all selections and only 70% of children selected the chocolates ('as they can be shared' one rather pleased six-year-old suggested). This was followed with a Mother's Day afternoon tea in the sunshine where the children and their

mothers (fathers, grannies and nannies) enjoyed tea and cake and some time together. We are very lucky to have some wonderfully talented bakers in the school.

Eco week saw the children collecting unused plastic bags to send back for recycling. We collected an astounding 320 bags in one morning. Do check your cupboard and recycle your bags. The children have also been filling Eco Bricks with non-recyclable plastic waste from their homes which they are planning on using to build a structure in the playground. Have a look at [www.ecobricks.org/](http://www.ecobricks.org/) for more information if you would like to start an Eco Brick yourself.

After all this hard work fundraising it was time to put some of it to good use within the school. The children enjoyed a whole school trip to Woburn Safari park, partially funded by the PTA. The monkeys on top of the bus and a tiger crossing the road appear to have been the highlights from the day. The PTA have also committed to fund an Owl Workshop for KS1, Maths Resources for KS2, an African Workshop for the whole school and new tablets for each class.

There is a team hard at work organising our Crazies Hill Comedy Club on Wednesday 26 June as part of the Wargrave Festival. We hope you all got your tickets on ticket day as this event is now sold out. We have some great acts lined up this year and one of them most definitely has talent. All funds raised from this event will go towards setting up a forest school at Crazies Hill.

This term has seen a new PTA team take the reins for fundraising up at the school. It has been a pleasure leading the fundraising these past two years and we hope the new team enjoy their new roles as much as we did.

*The Crazies Hill PTA Team*



## Wargrave Baby & Toddler group

Welcome back to the summer term at Wargrave Baby and Toddler group (WBTG). The sun has been shining and we have had our little outdoor area open again. The group has been consistently busy with lots of lovely regulars. We have such a great mix of mums, dads, grandparents and childminders that bring their little people to the group each week. And we have welcomed a few new faces too, so if you are new to the area please drop in to any session, the first one is always free. Before Easter we had another good sort through the toys and bought a few new bits for the kids to enjoy, plus some brilliant toy donations (gratefully received thank you) so there are some great things for the kids to amuse themselves with!

We meet every Tuesday morning during term-time from 9.30am until 11.00am at the Scout Hut Recreation Ground. Cost is £2.50 per adult. Nothing more to pay for extra children.

### Wargrave Festival

This year the WBTG will be hosting a stall at the Family Food and Fun Day on Saturday 22 June, 11.00am to 4.00pm on the Mill Green. We will be doing some simple flower arranging for children of all ages, hoping to encourage their creativity and try their hand at something new. The boys always love it just as much as the girls so come and see us on the day - it's a drop in so no need to book in advance and it is free of charge. There will be loads of other wonderful things going on in the marquee, especially for the kids - for more see [www.wargravefestival.org.uk](http://www.wargravefestival.org.uk)



Join us for flower arranging at the Wargrave Festival Family Food and Fun Day

### Next Year

This baby and toddler group has been running for over 40 years in the village. I recently found a photo of my mum running the WBTG stall at the festival in the early 1980s. Jenny and I are now coming to the end of our second year running the group and are looking for a couple of volunteers to take it over. Miranda, who has been helping us this last year has kindly agreed to stay on, but she will need a couple of people to help her. We have really simplified the roles since we took it over, for example we now have online banking, and the toys are all up-to-date and well organised. We also

have the amazing Tricia who kindly volunteers each week for us and does all the refreshments so it is mainly just a case of opening up and closing down at the beginning and end of each session. It would be such a shame to lose this group from the community so if you are at all interested in helping out then please do contact us on [wargravebabyandtoddler@hotmail.co.uk](mailto:wargravebabyandtoddler@hotmail.co.uk). or via our Facebook page.

Thank you.

Jenny, Miranda and Suzie

## Ladies Who Latte



Meet the team- Emma Hurll, Sarah Hart, Melissa Johnson and Asya Barskaya

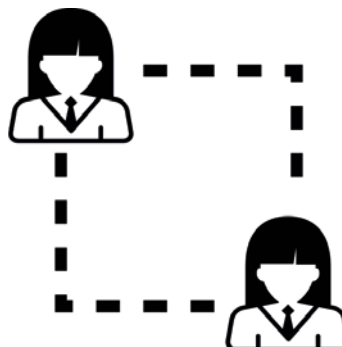
Local business ladies Emma Hurll, Sarah Hart, Melissa Johnson and Asya Barskaya are now hosting the business networking group, Ladies Who Latte – Twyford. The group is for women in business in the local area to network with a supportive, friendly group of fellow business women.

Meetings are 9.30 to 11.30am every third Friday at the Bird in Hand on the A4. There is plenty of networking and attendees have the opportunity to listen to, or even be one of the monthly spotlight speakers. There is no joining fee, just £3.00 per meeting with tea and coffee provided.



If you are interested, the next meeting will be on Monday 17 May and they would love to see you there! For more information and to introduce yourself to the group please visit and join the Facebook page: LadiesWhoLatte Twyford.

Sarah Hart



## News from your local WIs



### Mill Green Wargrave WI: *The John Lewis Partnership*

The history of the John Lewis Partnership was presented at our April meeting by David Sheehan, a volunteer at the John Lewis Heritage Museum in Cookham. The museum has a permanent display of memorabilia from the partnership and the Waitrose food sector. There is also an extensive display of patterns and fabric from the manufacturing company owned until quite recently by the partnership. The exhibition is open from 10.00am until 4.00pm on Saturdays.

John Lewis was born in the West Country. One of five children and orphaned at an early age, he and another brother were brought up by two aunts. He was apprenticed to a haberdasher and was immediately fascinated by the business. He trained later in Liverpool and after a year he moved to London to work at the department store Peter Robinson. He worked as a silk buyer – quite a prestigious job at a time when everyone bought fabric and either made their clothes at home or employed a dressmaker to do so. He was asked to become a director of the company but instead took the lease of an old tobacconist's shop in Oxford Street.

In 1864, he opened this property as a haberdashers' emporium. He took 17 shillings on his first day, and you can see the cash book in Cookham. Lewis was very industrious, had a wide assortment of stock and gave a very good service to customers. He was scrupulously honest, which in those days was unusual. He quickly built up a very successful business, acquiring more leases on shops adjacent to the original one. When permission was not granted to link all the shops, he decided to rebuild completely on the site, which is where the Oxford Street branch of John Lewis stands today. He later bought the Peter Jones store in Sloane Square for £30,000.

Lewis married late in life and had two sons, Spedan and Oswald, who came into the business straight from school and were each given a quarter share of the company. Spedan fell out with his father and moved to run Peter Jones, forfeiting his share of the John Lewis enterprise. Oswald lacked enthusiasm for the business, left to join the army and eventually became a very successful barrister and Conservative MP.

Spedan Lewis was far-thinking in the running of Peter Jones. Immediately on taking over the store, he put the employees' wages up, allowed three weeks' holiday, introduced a medical service and published a weekly gazette, which told the employees how the business was progressing. This gazette is still published today. He also bought the country club Odney in Cookham, where employees could take holidays.

John Lewis died in 1928 at the age of 92 and Spedan took over the running of the Oxford Street store as well as Peter Jones. He immediately set up the first trust, making the people who worked in the store partners. In 1929, he bought the Leckford Estate in Hampshire, which included a manor house, Longstock Park. Longstock Park has a world-famous water garden and 4,000 acres that is now the Waitrose Farm. The Waitrose chain of 16 small food shops was bought in

1937 and Selfridges small outlets around the country in 1939. The partnership also bought the castle on Brownsea Island for the partners to use. Latterly, five small hotels have been added to the company portfolio.

David's talk was well illustrated by many interesting photographs. Gina Foden gave the vote of thanks. Gina, in her professional life as a graphic artist, was involved in the design of some of the John Lewis logos.



David Sheehan with president Frankie Macmillan (left) and Gina Foden

### Next meeting

In June, we have an afternoon meeting at Dorney Court. Meetings are held on the first Wednesday of each month in the Hannen Room, Mill Green, at 7.30pm.

Penny Hampton  
0118 940 3080

### Cockpole Green WI: *Antiques Roadshow*

On 17 April, Diane Bush took her place at the president's table for her first meeting as the newly elected president. She welcomed members, guest Angela Thomas and the return of speaker Mr Simon Jones, whose talk was entitled *Our own Antiques Roadshow*. Two tables were laden with antiques brought in by members – all hoping perhaps for a high valuation!

This is Simon's third visit. He is MD at Jones & Jacob Fine Art and Auctioneers in Watlington. He has 45 years' experience, which held him in good stead as he examined a range of treasures. Most of the objects had been in members' families for many years, so each came with its own history.

The first item Simon looked at was a Sacha Doll, a very collectable item valued at £60–£70. One unusual item was a Masonic silver buckle belt. The Royal Masonic Hospital, which was built near Hammersmith in 1933, awarded buckles to nurses who trained there between 1948 and 1996. Our member who was trained there received the belt in 1980.

Some art deco bronzes were valued at approximately £500. Simon was intrigued by a papier-mâché tortoiseshell snuff box. There was even a flintlock shotgun cartridge filler/measure dating back to the 19th



## News from your local WIs (continued)

century, when black gunpowder was used. Simon valued it at £30.

Another unusual item was a military police truncheon valued at £30–£40. It belonged to a member's great-uncle who was a volunteer in the Special Constabulary in London and apparently used it at the famous siege of Sidney Street in 1911.

Simon used a pocket magnifying glass to examine smaller jewellery items. One diamond ring was valued at £3,000–£4,000. There were a few gold and enamel watches dated around 1886, which were 18-carat gold.

The largest item was a lovely large bowl, which was, unfortunately, silver-plated. It was dated around 1929, but having no hallmark, the value was only £50–£70.



There were some valuable pieces of Royal Worcester bone china. Simon was enchanted by a silver Victorian apple corer, with a handle made from a bone; he thought there should have been a parer with it. He estimated the value to be around £150. This was his favourite item of the day. He was also very enthusiastic about a statue of a fisher girl, handmade in ivory with a value of £150–£170.

Members learned that limited edition Royal Mint coins rarely increased in value unless they were gold. One member had a collection of Chinese coins, some of which were square with a hole in the middle, made of an unknown metal.

Finally, congratulations to our quiz team, Helen Perry, Ruth-Mary Vaughan, Sheila Brockelbank and Sue Griffiths, who participated in the Berkshire WI Inter Quiz Night in March. Our team were the winners for East Berkshire!

Selina Avent



**Have you previously been involved in Girlguiding in Wargrave as a Rainbow, Brownie, Guide, Ranger, or as a Leader?**

If you have, we would love to hear from you! We would like to invite you to come along and join in our centenary celebrations and perhaps bring some of your memories to share of your time in Guiding?

We are holding a tea party, plus additional activities, on Saturday 14 September 2019 at the Guide Hut to celebrate the fact that there has been 100 years of Girlguiding in the village.

Please send us an email ([GirlguidingWargrave@gmail.com](mailto:GirlguidingWargrave@gmail.com)) so that we can send you an invitation and to make sure that you don't miss out on any information.

We look forward to hearing from you.

## A warm welcome on ticket day



*Members of 1st Wargrave Guides provided much-needed hot drinks and bacon butties for those queueing in the cold on Wargrave Festival ticket day*

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## Physio Matters - Strengthen your core - or not

Unfortunately the phrase 'strengthen my core' continues to crop up most days in the clinic. Usually by somebody who gets back pain, or feels their tummy is a little large or maybe a young mum who has just started a family. But what exactly do we mean by the term 'core strength'? More often than not we are referring to our tummy strength or abdominal muscles.

I've had a recent run of patients telling me they work hard on their core so their episodes of back pain cannot be down to a core problem. Although the individual thinks they are exercising their core muscles, in reality they are probably not. Too often it is the exercises themselves that are contributing to the problem.

When considering a good core its not about how strong the muscles are but how well they function. The important thing to remember about the deep core muscles is that they should activate automatically just before movement occurs. They need to be able to work for long periods at low effort loads so affording the spine good control whilst allowing it to move freely.

The problem with many exercise programmes, gym classes and even Pilates classes, is that the exercises are aimed towards strengthening the tummy muscles. However the common problem with the core muscles is not that they are weak, indeed most of us have no need for strong core muscles, but that they are not activating properly. The neuro-muscular control is faulty. Despite their crucial role in protecting the spine the core muscles will switch off for a variety of reasons. Pain being the most common and even if the pain resolves they can remain switched off. Even fear of pain can alter their function. These deep muscles will also become sluggish following abdominal surgery, pregnancy and throughout life if we don't manage to maintain adequate levels of activity- so that includes pretty much most of us!

Without these muscles working well other muscles alter their roles to try and compensate for them. These are the larger trunk muscles, including the tummy muscles associated with a 'six pack'. They are long torque producing and are designed to produce movement and force so are not suitable for a stabilizing role. Exercises aimed at strengthening them tend to result in bracing and stiffening of the spine and in reality are probably the cause of many ongoing episodes of back pain.

At Physiocare, when somebody new joins one of our Pilates classes our main challenge is in educating the newcomer as to what constitutes good core function. Too often they are expecting lots of tummy strengthening exercises so will start commenting that the class is too easy for them. Core training really is a case of less is more.

*Elizabeth Jones MCSP HCPC MACP Clinical Lead  
Physiotherapist at Physiocare*

## Kiln Green news

Following calls from councillors in Twyford, Wokingham and Reading to tackle the poor air quality which has allegedly caused a worrying number of respiratory emergencies, I wondered how the communities of Hare Hatch and Kiln Green were being affected by pollution from A4 traffic – and from the increasing number of vehicles, including HGVs, using the intersecting lanes as a short cut.

I was surprised to discover that although Wokingham Borough Council had declared Twyford crossroads an Air Quality Management Area (AQMA) it had not monitored our neck of the woods. Its 2018 Air Quality Annual Status Report blames the M4 for much of the pollution; indeed, it has identified a corridor extending 60 metres either side of the M4 throughout the Borough as an AQMA. But the A4 doesn't rate a mention, even though neighbouring authorities have designated the A4 corridor around Reading and Maidenhead – and even at Knowl Hill – as areas of concern.

I asked WBC senior environmental health officer why the A4 at Hare Hatch wasn't on their radar. They replied: 'The Air Quality monitoring programme for Wokingham Borough concentrates on areas of known high traffic levels along with traffic hot spots and locations of congestion. We don't monitor the A4 in Hare Hatch.'

Why one of the busiest and most congested trunk roads in the country isn't monitored is a mystery and I have asked them to review our stretch of it.

Scarletts Lane already takes more traffic than it should – including HGVs which are above the 7.5 tonne weight limit and residents are dreading the nightmare scenario if 3,500 new homes are built on Ruscombe's Green Belt. But at least the number of HGVs may fall following the discovery by one resident that the weight restriction sign at the A4 junction had been obscured by tree foliage.

Thanks presumably to the world-renowned classic



*Eco thug: a V12 Ferrari roars  
through the trees*

Ferrari restorer in Hare Hatch, we also seem to get more than our fair share of highly-tuned V12 prancing horses roaring down the lane. Beautiful as they are, the noise is ear-shattering... and they pollute.

I have done my bit. My gas-guzzling, particulate-spewing 4.3 litre V8 convertible has been traded in for a Lithium-powered electric moped with 0% emissions and 0dB of noise. Official status: eco-smug.



*Eco smug: the  
battery powered  
electric moped*

If you have Kiln Green/Hare Hatch news, please drop me an email at [sc@pr100.com](mailto:sc@pr100.com) and I will include it here, space permitting.

*Simon Chapman*



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# RNLI Wargrave and Twyford branch

## Annual General Meeting

The Wargrave and Twyford branch of the RNLI held its AGM on 12 April at Hare Hatch Village Hall.

Chairman Paul Blair presented local supporters with the 2018 financial results, which in summary raised a total of £7,106. He then outlined key 2019 diary dates (see below) and thanked Cameron Floate, who has stepped down from the committee after more than 20 years' service, for his magnificent contribution to the charity. Cameron was presented with a gift token on behalf of the committee.

We were fortunate to have the RNLI's operations and safety director, George Rawlinson, join us as our guest.



*George Rawlinson, the RNLI's operations and safety director*

George kindly read out a letter of support from Michael Porter, president of the branch, who was unable to attend the AGM. He went on to provide a snapshot of recent activities at the RNLI. He said that every penny raised goes towards rescue, affecting tens of thousands of people.

Over 300 lives were saved in 2018, proving the inestimable value to the nation. Funds raised are mainly due to the generosity of the public.

One of the current RNLI programmes – the behavioural change effort to build momentum to wear life jackets – is so relevant to our riverside community.

## Support the RNLI locally: dates for your diary

9 June

Car boot sale, The Piggott School

17–19 June

RNLI school presentations, The Piggott School

29 June

Wargrave Festival fete

30 June

BBO Big Band: the final night of the Wargrave Festival

7 September

Quiz night at the Woodclyffe Hall

15 September

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October (date to be announced)

Annual dinner

6 December

Cake stall and lucky dip at the Twyford Christmas fayre

*Gaye Hudson*

# Royal British Legion, Wargrave branch

## D-Day landings commemoration

**Thursday 6 June at 11.00am on Mill Green**

On 6 June 1944, during the second world war, the Allied invasion of Normandy took place to begin the liberation of German-occupied France from Nazi control. The invasion, under the codename Operation Overlord, was the largest seaborne invasion in history. The attack involved 3,000,000 men, 11,000 planes and 4,000 ships.

The successful landings in Normandy laid the foundations for the eventual Allied victory in Europe. The amphibious landings took place on a 50-mile stretch of beaches in Normandy divided into five sectors. The battles for the beaches were fiercely contested by the occupying German forces, which were well embedded in fortifications along the coast.

Numbers of casualties on both sides were very high. Estimates have been made that between 4,000 and 9,000 German casualties were confirmed, and at least 10,000 Allied casualties, with 4,400 killed.

To commemorate the 75th anniversary of the D-Day landings, we plan to hold a short service on Thursday 6 June at 11.00am to remember those who were killed or injured. We will meet at the war memorial on Mill Green.

All are welcome and encouraged to attend the short service, which will be conducted by the Rev John Cook. A wreath will be laid to remember those who fell in battle.

Our records indicate that no Wargrave personnel were killed on D-Day in Normandy, but there are 14 names on the war memorial listing those who gave their lives in the second world war.

We Will Remember Them.

*David Smith  
Chair, Wargrave Royal British Legion Branch*

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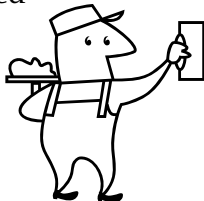
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# Wargrave Local History Society visit to the Leander Club



The Leander Club in Henley is the only club in any sport, anywhere in the world, to gain over 100 Olympic medals, and the Wargrave Local History Society paid a visit there for their April meeting. The evening began with an illustrated presentation on the 200 years history of Leander, given by Society member Brian Armstrong. Brian was the Head Coach for the British

rowing team at 12 World Championships and three Olympics, (for which he earned a lifetime achievement award at the UK Coaching Awards), and has subsequently been a coach at Leander.

Although there seems to be little formal record, Leander appears to have been founded between 1816 and 1818. There were two existing clubs that became associated with Leander – the Star Club which merged with Leander by 1818, and the Arrow club. The crest for Leander includes both a star and an arrow in recognition of its ancestry. The Leander part of the crest is a hippo – in African tradition a hippo is 'king of the river', equally at home in water or on land. Some people also consider a hippo to be the only aquatic animal - apart from Leander members - that keeps its nose in the air! The reason for the adoption of Leander as a club name came maybe from Greek mythology, or perhaps because the first boat used by the club, hired from Searle's Yard, bore that name. Searle's Yard, just across the Thames from the Houses of Parliament, (and now the site of St Thomas' Hospital) became the club's first base.

Initially, membership was limited to 15, with an entry fee of £5, and an annual subscription also of £5. In the early days it was all long distance rowing, and it was several years before the club participated in 'side by side' racing against other teams. 1860 was another milestone in the Club's history, for they moved to a site at Putney. Membership had risen to 440 by 1889, and during this period Leander won the Grand Challenge Cup at Henley Royal Regatta for 12 years out of 15.

A special general meeting in 1893 saw new rules adopted for membership. To be eligible, an applicant had to have rowed for Oxford or Cambridge in University Eights or Trial Eights, or in the Grand Challenge Cup at Henley, or been in one of the first three boats over the line at the major Oxford or Cambridge events. The result was that Leander changed from a small club to a really big one that would go on to dominate rowing.

A new clubhouse was then opened in 1897 – on land initially leased from Henley Corporation – and popularly called the 'Pink Palace'. The 1908 Olympic rowing events were held at Henley, with two Leander crews representing Great Britain – and winning two gold medals. In 1912, the King and Queen attended the Henley Regatta, while at the Stockholm Olympics that year, Leander's team beat Germany in the final. Royal patronage was obtained in 1936, and the Queen remains as patron.

After the second world war the freehold of the

clubhouse site was bought from Henley Council for £3,000. A class of 'associate membership' was introduced in 1975 – full members being rowers. A motion in 1987 to allow women to become members was defeated – they were accepted a decade later.

An outstanding feature of the post-war era has been the Olympic successes. In 1948 the Great Britain crews included 12 Leander athletes, and they achieved three gold and eight silver medals. By 1992, 16 Leander men and three coaches and the chef-de-mission came from Leander, and a similar contingent were in the GB team at Atlanta. This team included Steve Redgrave and Matthew Pinsent who remained unbeaten for many years. For the London Olympics in 2012 Leander provided 27 athletes and three coaches for the GB team, and they gained 14 medals – which is when Leander became the only club, in any sport, anywhere in the world, to gain 100 medals. For the 2016 Olympics, 23 Leander athletes – 14 men and nine women – together with three coaches, represented their country, winning seven golds and five silvers. 2018 was marked as the bicentenary of the club, with a series of special events. The year coincidentally included the two hundredth win for a Leander crew at Henley Royal Regatta – the six wins that year taking the total to 205. Other celebratory events included a special service in St Paul's Cathedral, and the unveiling of a commemorative stone on the St Thomas' Hospital site.

Society members were then given a tour of the clubhouse housing some of the boats. Those for Eights cost £38,000 each! Notable in the entrance hall is a large board – designed by Brian - and featuring, by special permission, the Olympic rings, in which are recorded the names of all Leander athletes who have competed in the Games, also recording those who won gold or silver medals.

## Next society events

These are part of the Wargrave Village Festival, with a Historic Village Walk on Sunday 16 June. Then on Tuesday 18 June the society hosts *The Magic of the Auction – an evening with Thomas Plant* (the popular television antiques expert and local auctioneer). To enquire about any remaining tickets, or for more information about the society, please visit the society website [www.wargravehistory.org.uk/](http://www.wargravehistory.org.uk/) or contact me on 0118 940 3121.

Peter Delaney



The Leander Club

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## Barbeque season

### Tips

Barbeque season is rapidly approaching; as an American with Texas heritage, this is by far my favourite way of cooking and is in my DNA!

The whole idea of a barbeque is to enjoy with family and guests, which is why I suggest getting everything ready ahead of time and outside near the meal.

There is an art to getting it right; often people make a number of mistakes. The following are a few tips to ensure success and avoid burnt outside raw inside which is far too often the case:

If a purist and using charcoal, be patient – the coals should be white, which will avoid flare-ups.

Pre-cook sausages and chicken, which will ensure they're cooked through and it is then easy to simply warm and crisp up faster (add sauces/marinades once pre-cooked).

If using wooden skewers for kebabs, soak in water for a few hours to avoid the ends burning.

This is my approach to an easy fun barbeque with something for everyone.

...

### Kebabs with a difference

#### Prawns (large raw peeled)

Marinate the prawns about a half hour prior to cooking (the lemon juice will start to cook the prawns)

Lemon juice, olive oil, splash of sesame oil, chilli flakes (be creative – use whatever you might have in e.g. ginger, garlic)

Thread onto skewers before adding marinade. Don't overcook; three to four minutes until pink; I generally have these as a starter prior to cooking the next course

#### Beef

Fillet steak chunks or your preferred cut, cherry tomatoes, baby new potatoes pre-cooked, red, yellow or green peppers cut into chunks, mushrooms – again combination works great

Marinade: olive oil, garlic, splash of red wine, oregano or any combination of herbs you like – prepare the kebabs and then add the marinade; allow a few hours to 'ruminate'.

Other combinations can include chicken chunks, meatballs and even sausages cut into chunks.... Let your imagination run wild! Serve with variety of salads, fresh bread. Happy 'BBQing' (Texan word)!

Cindy Knight

*Notice the salt block on the barbeque - it enables you to be sure that the cooking temperature is high enough. Use it with prawns, beef etc: it adds minerals and enhances flavours.*



## County cricket in Wargrave

Wargrave Cricket Club once again hosted a Minor County T20 competition on Bank Holiday Monday. The excellent pitch facilities have been enhanced by an electronic scoreboard and a new marquee which can be used as needed for special occasions.



The use of the Recreation Ground for major events has been further improved by the provision of a much-needed car parking facility thanks to the funding (mainly) by the Parish Council and the Football Club.

The cricket was played in cold conditions but the games (two twenty-over matches) proved interesting.

Berkshire won the first game: Berkshire 131 runs to Buckinghamshire's 124. but Buckinghamshire gained revenge in the second game: Bucks 127 to Berkshire's 123.

The club is to host a full Berkshire three-day county match on 1 to 3 September.

Sefton Hewitt



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# Wargrave Lawn Tennis Club

## Open Day – Sunday 19 May 1.00pm to 4.00pm

With the backing of the Berkshire LTA, try tennis for free and come and play at our club with our coaching team on hand; balls and rackets available. There are special offers, including discounted membership fees for those joining. Coaches will be organizing play for adults and children of all ages from four years old. There will also be refreshments and if you only want to come and have a look and a chat, we will be there, whatever the weather.

Offers last for the whole week if you join during that period.

## Charity Coffee Mornings

These took place on 29 March and 1 April:

The charity we chose this year is Headway, Thames Valley. This is a locally funded charity caring and helping those with head injuries. Their funding is all from donations and one of our much-loved members who passed away last year, Chris Palles, was much involved with it. Both mornings saw all our regular players taking time to munch a cake, have a coffee and engage in social chat for which we often don't have time. Grateful thanks to all the cake making/donating people, not only ladies I might add. Particular thanks go to Eilish MacBean, Clare Belton, Chris Cooke and Richard Perry. In all, we raised £259 which, considering the numbers, is a goodly sum. I would also like to thank all those who added a donation when acquiring a cap or visor that I offered for the occasion. Impossible to believe that, having had a good clear out, I found I had about ten redundant ones in a cupboard!

## Easter Monday American Tournament

On 22 April: we held our usual chocolate egg/hot cross bun busting tournament on a beautiful sunny Bank Holiday Monday. Curiously, only 13 turned up but with our Chairman and organiser Dave Smith and our wonderful Maintenance Committee member Sheena Darke alternating, everyone managed to play. There were five rounds of eight games, ladies swapping after four games but keeping individual scores. After 40 games of good tennis, everyone was exhausted so no final was held. The two with the highest scores, declared the winners, were Nicola Jones and Richard Perry, after which everyone retired to the clubhouse for tea and cake.

Summer League matches are well under way. Anyone wishing to play should contact the team captains.

Summer camps for juniors, with coaching and a variety of tennis skill-building games, are becoming available now so do visit the GDT website if you would like more information and discounts or to book. There are also some new adult courses being arranged for cardio tennis-fit sessions and an adult starter group scheduled for Tuesday lunchtime. If anyone is interested contact one of the coaches or GDTennis 0118 947 7885.



Sue Jones



# Roll Up! Roll Up!



If you are expecting to see a fair ground on the bowling green you will be disappointed even though it is Village Festival year.

On 20 April the Club Chairman Roger Prew invited the Club President Michael Pope to open the green by playing the first jack of the 2019 season (see photo). Then members were able to participate in practice roll ups.



The 2019 fixture lists includes over 70 games so it is going to be another very busy season.

In addition to the open morning on Sunday 19 May you are welcome to come to the club house which is open on most Monday evenings from 6.00pm and try your hand at a roll up. Just wear flat shoes such as trainers; bowls will be provided. You will be following in the steps of Elizabeth 1 who, it is recorded, may have played bowls at Raglan Castle and of course her favoured mariner Sir Francis Drake played on Plymouth Hoe. Henry VIII and James I banned ordinary people from playing bowls on a Sunday as they said it distracted them from archery practice! Gentlemen were however allowed to play on their own land.

David Voller

And finally a great photo taken by member Katy Freebody of 'Somewhere over the rainbow you might find a tennis ball....'!

# Wargrave Women's and Girls' Football Club

## The world of Women's football



is in the midst of an explosion of participation and spectator interest, locally and nationally;

the sport is thriving and it's an exhilarating world to be involved in.

But local excitement is not about the claim that

football is now the biggest female team sport in the UK, with over 147,000 playing in affiliated leagues or cups last season or an estimated 1.1 million

girls and ladies playing 'informal' or 'kickabout' football regularly; nor even the fact that this summer sees the latest FIFA Women's World Cup finals being played in France between 7 June and 7 July, with the English Lionesses team among the favourites.

Rather, the buzz around Wargrave is the fact that for another season the club has seen a number of successful league and cup campaigns, and children from U7 to ladies at senior level participating week in, week out, in training and friendly or competitive matches. Chances are that the next time you go past a football pitch it will be populated by girls or women endeavouring to get the thumbs up from a supportive parent or friend; or a player straining every sinew in pursuit of that perfect pass, text book tackle and ultimately that stunning feeling of achievement and satisfaction that being part of something special brings.

The joy of winning is the goal of a number of our teams that again have reached cup finals; with our U 11, 13, 14 and 15 age groups going head to head with local rivals for cup glory this season. Good luck to you all!

Another stunning year of growth in player numbers at the club is also a cause of optimism and celebration. From a handful of pioneering players and parents back in 2000, the club now boasts some 370 players with a whole flock of loyal supporters and a huge army of volunteers. What's so noticeable about the girls and women's version of the game is the huge amount of family groups that get involved in playing, supporting and volunteering. It's a welcoming



*Our U14 Leopards taking a well-earned rest in the dug-out!*

and enjoyable place to be. Both at local and national level a rapidly increasing number of girls and women players are enjoying and benefitting from the rewards that playing football gives. And it might be a cliché, but true, that enjoying playing isn't just about winning. The benefits can be seen across pitches every Saturday and Sunday, with sights of team work, physical endeavour, laughter and the hilarity of the odd calamity. And yes, unashamedly, the sound of celebration at scoring, a goal-saving tackle or save, and yes victory; but all in the spirit of fairness and respect. Of course, it's not all fun and joy; and there's no doubt that seventy minutes of play in the howling wind and rain on a December morning isn't everyone's definition of pleasure. But often the best fun, laughs and satisfaction are felt in such trying circumstances. Also, the biggest

physical benefits achieved. Those shared stories and jokes in the car on the way home, win or lose, can be the most cherished of moments, and you only get to experience them if you were there and taking part.

But be warned, as a parent, guardian or carer, if you're the one driving them to training and matches, it's very likely that you too will succumb to the allure of the beautiful game. I am just one of many coaches and volunteers who just started by lending a quick hand, only to find they couldn't resist a world of fun and rewards, challenges and disappointments and the sheer joy that comes from being part of this great game and this fantastic club.

Whether you, or anyone you know, is keen to embark on or return to playing girls or women's football, or if you feel like lending a hand by coaching or volunteering, then please do get in contact via our website [www.wargravegirlsfc.co.uk](http://www.wargravegirlsfc.co.uk)

The Club has been nominated for the Queen's award for voluntary service. The winner is to be announced on 2 June.

**Feel the excitement for yourself!**

*Ashly Catlin*



*Our club President Bob Austin and committee members Anthony Taylor and Stuart Edwards with the Lord Lieutenant of Berkshire; they are receiving the club's nomination for the Queen's Award*



# Wargrave Runners 5 Mile Race

9 June

For those of you who are runners, we hope that you are out enjoying this warmer, drier weather and not getting too covered in mud anymore. For those that aren't runners, why not? Give it a go!

As you may know Wargrave has been host to an annual road run since 1983. Initially raced over a non-standard distance of about eight miles before settling down to its recent 10 kilometre distance, it has in that time become a well-established race on the local circuit. As you may know, for 2019, we are making a change and the race will now take place over five miles. The course will be very familiar to those who have previously run the 10K, starting and finishing on the grass of Wargrave Recreation Ground with the rest of the course on undulating country lanes and some residential streets within the village.

So, why change what has been a successful and popular event? The explosion in the number of sporting events in recent years, not just runs but triathlons, swims and various adventure races, has created a lot of competition for events such as the Wargrave run. With this in mind we decided to try something different with a five mile road race over a certified course. In fact we believe it will be the only such event in Berkshire this year.

The proceeds from the race have been used to support a range of charities, both local and national, with over £3,000 raised by the 2018 event.

We will also be hosting a Fun Run for children aged 5 to 14. The course for this race will be about a mile in distance run entirely off-road within the Wargrave Recreation Ground, with marshals distributed around the field. The Fun Run attracted about 100 entrants in 2018 and it's a great way to encourage our children to take part in healthy pursuits.

One of our club goals is to encourage more people to start running and the shorter distance may motivate more of you to 'give it a go'. We are a very friendly bunch and currently have around 50 active members but we are always looking for new people to join us. You do not need to be a runner today, just willing to give it a go. We have runners of all abilities and ages and welcome anyone who just wants to be outdoors more! We run together on Wednesday evenings and Saturday and Sunday mornings so why not come and give it a go. If you decide to join Wargrave Runners it costs £11 for a single member for a year or £15 for a family – bargain!

Enter the 5 Mile by visiting [wargarverunners.org.uk](http://wargarverunners.org.uk) or if you'd like to find out about membership or try out a few runs with us email either Nick Flann ([nick@flann.me.uk](mailto:nick@flann.me.uk)) or myself ([karenreilly7@virginmedia.com](mailto:karenreilly7@virginmedia.com)) and we'd be happy to introduce you.

Facebook: Wargrave Runners and Wargrave Running groups

*Karen Reilly*

## Need any jam jars ?

About 20 clean empty jam jars with red Bonne Maman tops available. Free to a good jam-making home. Let's feel good about the recycling. Ring 0118 940 2909 and I'll bring them to you.

*Sharon Hewitt*

## Letter to the Editors

Dear editors,

Today I walked from Victoria Road to the Horse and Groom for lunch via Tag Lane. Obeying the Countryside Code, I walked towards the coming traffic on the white line at the side of the road. A number of vehicles passed me, in the oncoming direction.

Of these four were white vans – each one carefully reduced speed and pulled well over to the other side of the road to give me room. Seven were large four-wheel drive vehicles, all driven by women. Each one failed to reduce speed or give room to the oncoming pedestrian. For each I was forced to jump onto the verge at the side of the road and on one occasion was driven into a puddle.

Come on ladies, you can do better! Pedestrians have as much right to road space as you.

*Shirley Collie*

## Nature Corner

### Yellow crab spider

Several people have noticed one of these creatures in their gardens, generally lurking among the primroses. It is a yellow crab spider, and is unusual as it does not spin a web to catch its prey. Instead it has a venomous bite, the prey, often bees and wasps, are the same size as the spider. Don't worry, humans are safe!



### Turtle doves

There have also been two sightings of turtle doves strutting around Purfield Drive. Sorry, not quick enough with the camera to get a picture.

*Sharon Hewitt*



## Wargrave Lawn Tennis Club Open Day

Sunday 19 May  
1.00pm to 4.00pm  
Tennis Club, Recreation Ground

## Wargrave Bowling Club Open Day

Sunday 19 May  
10.00am  
Bowling Green, East View Road, Wargrave

## Commemoration of 75th anniversary of the D-Day landings

Thursday 6 June  
11.00am  
War Memorial, Mill Green, Wargrave

## Wargrave 5m Road Race and Fun Run

Sunday 9 June  
10.00am  
Recreation Ground, Wargrave

## RNLI car boot sale

Sunday 9 June  
7.00am  
The Piggott School, Wargrave RG10 8DS  
For more details contact John Gotherd on 07775 523 448 or johnww@gotherd.com

## Elizabeth Court 50th Anniversary Celebration Open Day

Saturday 22 June  
11.00am to 3.30pm  
Elizabeth Court, Victoria Road

50

## Our next issue

Copy date 6.00pm Thursday 30 May  
Distribution from Friday 14 June

TWYFORDSINGERS



A Night Out in the West End

Opera Choruses  
Gilbert & Sullivan  
Show Tunes including:  
Phantom of the Opera  
Cats  
Les Misérables  
My Fair Lady  
Oklahoma  
And much more!

Saturday 22 June, 7.30 pm  
Loddon Hall, Twyford

Advance tickets £10 (under 16: £5) from  
[www.ticketsource.co.uk/twyford-singers](http://www.ticketsource.co.uk/twyford-singers)  
or 07762 738384  
On the door £12/£6

Registered charity No 1035927

[www.twyford-singers.org.uk](http://www.twyford-singers.org.uk)

## One Voice concert

A gathering of three choirs: *Jewel Tones*,  
*Sapphire* and *The Young Voices of Colorado*  
Friday 5 July  
7.00pm  
Waingels College, Woodley  
Tickets £5 and further info from Suzanne  
Newman on 0118 934 0589 or  
[suzanneynewman@btinternet.com](mailto:suzanneynewman@btinternet.com)

## AGM of Hare Hatch Village Hall

Tuesday 23 July  
7.30pm  
Hare Hatch Village Hall RG10 9SL  
All local residents are welcome

## Wargrave Heritage Trust

Every day in May  
Shop opening hours  
Waitrose, Twyford  
Put your Waitrose green token in  
the Wargrave Heritage Trust slot.







Wargrave  
Village  
Festival  
2019

Thursday 20th June  
Arrive 7pm for a 7:30 start

Tickets £12  
which includes a glass of wine

# WARGRAVE WORDS

We are delighted to introduce an evening of conversation between three talented local authors. All three ladies are at slightly different stages in their publishing journey and are focused on wildly different material so it promises to be insightful in a number of ways. This curated conversation will cover all aspects of their publishing experience and provides insights as well as tips for anyone looking to follow in their footsteps.

For tickets email  
[Josiefear@me.com](mailto:Josiefear@me.com)

Kerry McKeagney is a local writer who released her debut novel *Tubing* to rave reviews last year. Having topped the Amazon Erotic Thriller chart she is currently writing her second book.



Vanessa Holburn is a journalist and campaigner whose debut book, focusing on the Amritsar Massacre of 1919, was published in March this year. She is currently in pre-publication with her second title, which is a 'how to' guide for activists.

Clare Rees will be showcasing her debut children's novel *Jelly* for which she was offered a contract when it was shortlisted in The Times /ChickenHouse competition in 2018. The book will be released in August so Clare will also give us a sneak peek.

