



# NEW YEAR'S RESOLUTIONS

Did you make a New Years Resolution and are still keeping to it?  
Kathy did last year here is her story...

## Kathy Thompson's 1000-mile Walking Challenge If I can do it so can you...

In January 2019 I felt I was not being that active, just a few walks here and there. It was while my daughter was visiting that she suggested I try and do 'the 1000 miles in a year Challenge' as advertised in the Country Walking Magazine. This appealed to me very much so I did and later that year my friend Dawn Foster (also of Great Horwood as of April 2019) joined me too. Counting all the miles I walked locally during 2019 I walked 890 miles but fell short of the Challenge's 1000 mile target so I was determined to give it another go!

In 2020 I signed onto the Challenge again and this time I counted only those miles I put my walking boots on for, doing 'proper' walks locally and I am proud to say I reached 940 miles. However, as I had also walked outside of the local area with my daughter, like in the Peak District and near my daughter's home in Carlisle pre lockdown and then post lockdown in the Summer, I calculated I did achieve the walking challenge after all, walking I estimate 1506 miles in total which I am very pleased about.

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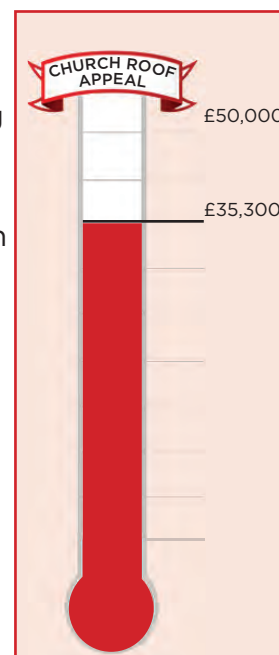
SCARPA | Calsan | #MyPedometer | FUJIFILM | Photo | Esham

I have just signed on again for 2021 and would like to encourage anyone reading this to take part in this years Country Walking Challenge.

Through our walking, Dawn and I have become the best of friends and many of you will see us walking together around the local area; Dawn has also done these challenges above and has signed on for this coming year too.

Together we are determined to do it again, giving each other encouragement and enjoying the exercise, fresh air and having a laugh, especially in these difficult times.

So here's to lots of walking in 2021.  
**GO ON GO FOR IT!**



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e-mail [alightbown@hotmail.co.uk](mailto:alightbown@hotmail.co.uk) phone 01296 712564  
[www.winslowbenefice.org.uk](http://www.winslowbenefice.org.uk)

We took the decision at the start of January to close the Church for communal worship and at the time of going to press we do not yet know when we will re-open. The Church is available for private prayer please call David on 714712 or June on 714554 to arrange for opening.

## CHURCH LIGHTING

The Tower was lit on the 5th of January in memory of Toby Terklesons birthday.

## GREAT HORWOOD VILLAGE HALL

The Post Office is now back in the Village hall every Wednesday from 9.30 to 11.00.

In view of the lockdown we have been unable to let the hall to anyone despite a good potential booking for puppy training classes which we hope to start once the regulations are relaxed.

In the meantime, the committee has been busy addressing health and safety issues and compliance with new regulations in order for the hall to be ready to welcome new visitors.

Clair has started the Spring-cleaning programme early and we are discussing the possibility of further grants which will enable us to make significant improvements to the fabric of the Hall.

All booking enquiries should be addressed to myself Ian Lamberton on 01296 715968.

## GREAT HORWOOD SCOUT GROUP

### 1st Great Horwood Scout Group

We would very much like to remind everyone we are still running, but very restricted with no face-to-face meetings in the Headquarters.

All our meetings for the 3 sections are now being done via zoom.

Beavers	Tuesdays	5:30pm
Cubs	Wednesdays	6:30pm
Scouts	Fridays	7:30pm

If you have a Young Person or know a Young Person that would like to join us for FUN online (Safely delivered) then please contact:

*Yvonne Taylor MInstLM, Group Scout Leader*

VIA Email: [adcbandc@uwclub.net](mailto:adcbandc@uwclub.net) or Mobile: 07931 585926

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## HORWOOD PECE

We send our condolences to James and Justin Waddington and their families at the sad passing of their mother Sally. Sally used the Rec regularly to walk her dog and was a volunteer for several years emptying the bin on a regular basis.

At the time of writing this, the Rec remains open in accordance with Government guidelines, though, as we can all appreciate, this may change as rules change. We would like to thank everyone for adhering to the social distancing rules within the Rec.

We are in the process of requesting up to date quotes for the rubber chipping base for the play area, in the meantime, whilst the wood chippings are low, they are still at a safe level.

During our Autumn Working Party, it was necessary to cut down the dead Elm tree (Donated by Mark and Yasmin Seddon) in the far corner of the Rec. We have been offered a Black Poplar as a replacement by Roger Jefcoate which will be planted imminently.

*Cathy Holland*

*Rec Committee*

## W.I.NEWS

Our Christmas meeting was very well attended online with festive hats on and trees in the background with Reverend Andrew drawing our Bake-Off Raffle and afterwards a quiz.

At January's Zoom meeting Jean Yeats gave us a very interesting and enlightened talk on Secret War in the Chilterns. She has written a book Dunstable and District at War and it is amazing how many different locations and existing buildings were used for the war effort and how important this work was. The Met Office in Dunstable had crucially to decide the best weather day for the D Day landings and Whaddon Hall was a transmitting station. Milton Bryan under Sefton Delmar was sending propaganda to every occupied country, Woburn was requisitioned for propaganda work, several exiled leaders were housed here and of course we all know about Bletchley Park.

On a lighter note, a panto is being planned by Monica for February's meeting and we await our scripts!

If you would like to join us or for more information please contact Angela Mayne on 715400 or [Angela.mayne@googlemail.com](mailto:Angela.mayne@googlemail.com).

*Sally Ahern*

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deadline for next issue of Focus  
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# A couple of VALENTINE'S DAY RECIPES

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*TOP TIP: Always read the entire recipe and method before you begin, that way you avoid any hiccups.*

## Steak with sticky shallot sauce.

### Ingredients

- 8 shallots peeled and quartered but left whole at the root.
- 2 sirloin/ rump steaks about 175g/6oz each
- 1 tsp crushed black peppercorns
- 25g butter
- 4tbsp balsamic vinegar
- large glass red wine,
- 150ml beef stock
- 1 tsp honey or brown sugar

### Method

#### Step 1

Simmer the shallots in a pan of water for 2-3 mins, then drain and set aside.

Season the steaks with a little salt and plenty of crushed peppercorns.

Heat half the butter in a pan until sizzling, then cook the steaks for 3-4 mins on each side for medium or until done to your liking.

#### Step 2

Remove the steaks and keep warm.

While they rest, add the remaining butter to the pan, throw in the shallots, then sizzle in the sticky pan until starting to brown.

Add the balsamic vinegar and bubble for a few mins.

Add the wine and boil down until sticky, add the beef stock with the honey and reduce until everything comes together and slightly thickened.

Spoon the shallots sauce over the steaks and serve with green beans and chips.

## Baked sea bass with a lemon caper dressing

### Ingredients

- 2 Sea bass fillets
- Plus Olive oil for brushing

For the dressing.

- 2 tbs extra virgin olive oil
- Grated zest 1/2 lemon plus 1 tbsp juice.
- 1 tbsp small capers
- 1 tsp Dijon mustard.
- 1 tbsp chopped parsley.

### Method

#### Step 1

To make the dressing, mix the oil with the zest, juice, capers, mustard and season. Don't add the parsley yet (unless serving straight away) as the acid in the lemon will discolour the parsley if left together too long.

#### Step 2

Heat the oven to 220c/ 200c fan/ gas 7.

Line a baking tray with baking parchment and lightly brush with oil. Place fish skin side up onto the parchment, brush with oil and season. Bake for 7 mins or until the flesh flakes when tested with a knife.

Arrange the fish on a warm plate and spoon over the dressing.

Serve with new potatoes and wilted spinach.

sarajwalsh@hotmail.co.uk

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**WDCB Coronavirus Update January 2021**

As the Government has put us into a further lockdown, and with the increasing numbers of COVID-19 cases, in the interest of the safety of our passengers and our volunteer drivers, it is with regret that we have taken the decision to suspend all services until further notice.

We will provide an update prior to the resumption of our services.

We all hope that you stay well during this difficult period.

*Lynne King*

WDCB Co-ordinator

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**WINSLOW & DISTRICT ART SOCIETY**

**JANUARY 2021 REPORT**

Winslow & District Art Society wishes all the readers of Great Horwood Focus a Very happy and healthy New Year

We have been able to organise some demonstration meetings for our members over the internet and our first, on January 28th, is an acrylic seascape which will be painted by Susan Gray. The Society hopes to be able to provide at least two more similar speaker demonstrations at the end of February and March, and we have plans to add further internet-based talks or demonstrations exclusively for our members should we be unable to arrange face to face meetings in April, May and June.

We have an exhibition scheduled for May but that is currently mothballed. If we are able to open up a 'proper' exhibition in May, it will be good to see what our members have been up to in the many months of lockdown and we will be very happy to welcome all our friends to join us for the weekend show. More information when we have some.

Our weekly painting get togethers are also still suspended in Winslow and the villages at the moment but the groups will hopefully be back in action before too long.

The groups enable members to work on their art in a sociable and supportive environment, well away from telephone interruptions, and with friends around who can give advice and suggestions (some of which will be safely ignored).

Our Treasurer Jackie Chambers is still signing up new members and all our members have benefitted from the reduction in subscription this year down to £10 a head, which runs through to September next year.

Unfortunately subscriptions are likely to return to more normal levels next Autumn (around the £25 mark).

We are hopeful that when you come to read our next report, it will be in a much more positive style, looking forward to the return of 'business as usual'.

If you are interested in knowing more about the Society, The new website gives more information at:

www.winslowart.org.uk and your usual local contacts are :

- |           |                   |              |
|-----------|-------------------|--------------|
| Treasurer | : Jackie Chambers | 01296 713607 |
| Chair     | : Maureen Barnes  | 01280 815691 |
| Secretary | : John Beckerleg  | 01280 816932 |

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## GREAT HORWOOD C.O.E SCHOOL

### PERSPECTIVES ON LOCKDOWN SCHOOLING ONE HOME SCHOOLED AND ONE IN SCHOOL FROM YEAR 5

#### THE GREAT HORWOOD SCHOOL EDUCATION SYSTEM BY ELIZA GUNN

This new method of learning may have a fault with the struggling internet and Wi-Fi, but other than that it is almost better than attending school, as the teachers still have to access to help all of their students.

The lessons we can do.

We can do Maths, English, Science and even PE. We have a normal schedule both at home and in school, and unlike the first lockdown, we have registration sessions in the mornings and afternoons with our teachers if we need any help. The computers, phones or whatever devices being used are pretty simple with Google Classroom and if we can't figure something out we can send a comment in the private chat directly to our teacher.

This helps us if we are struggling with a certain subject, so it is a perfect fit. We also do live lessons with PowerPoints on the calls and if your Wi-Fi (internet) does not work, the teachers will record the lesson so if you missed the call they can post the video.

What the children at school think of the new method.

We conducted a raised hand vote of the children in Year 5 and 6 in school which found that all of the children prefer this new method of learning. This is because it is easier to access and we learn new computing skills as we do Maths, English, Science, PE, RE and other subjects such as French. We also like this method as in spare time we have access to fun, educational games.

The Chromebooks

When in school, we all have separate headphone and chrome books to use in class. We may use the headphones on the Google Meet calls so we can join in and answer questions from the teacher, even though they are in the same room.

What we may need help with

There are many fun things about Google Classroom that are educational. However, we do sometimes run into difficulties with French or Maths when the boxes created do not work and we have to learn how to add in our own to complete our work.

#### LOCKDOWN 3.0 BY LUCAS EVANS

I feel that this last year has been hard on everyone especially people who have lost loved ones to Covid-19 or people who have caught it.

Fortunately, I have not lost anyone to the pandemic.

On the 1st of March 2020 everyone's lives changed as the first cases of Covid-19 crept into the UK. Boris Johnson announced there would be a mass lockdown for the whole nation.

September, or thereabouts, the Prime Minister announced that there would be a tier system ranging from rule of six to lockdown. This did not seem to be working, so they announced yet another lockdown!

People started getting fed up with lockdown although others were quite enjoying being with family.

Now that we have entered the third lockdown everybody is almost absolutely prepared. We have also all upgraded our technology knowledge as most have returned to home learning. Most people find it boring staying at home with your family, but you must try and get the best out of it.

The pandemic will stop at some point so just keep persevering no matter how hard it gets.

I am hoping everybody has a better start to 2021 than 2020!



### GREAT HORWOOD PARISH COUNCIL

#### Useful contact details

#### Members of the Parish Council :

Please note that councillors now have a dedicated Parish Council email address. This is in order to comply with new Data Protection Regulations that came into force in 2018. It is good policy to keep council emails separate from private emails.

**John Gilbey** Chairman 01296 711915  
johnwgilbeypc@gmail.com

**Caroline Cousin** Vice Chairman 01296 713548  
carolinecousinghpc@gmail.com

**Robert Davies** 01296 712763  
robert7\_daviesghpc@yahoo.com 07967 868881

**Dave Taylor** 07980 546484  
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**Angela Mayne** 01296 715400  
angelamayneghpc@outlook.com

**Jackie Goss** 01296 713135  
jackiegossghpc@gmail.com

**Julia Day** 01296 713752  
julia.day49@gmail.com

#### Clerk to the Council

**Mrs Sue Brazier** 01296 714712  
clerk@greathorwoodpc.org.uk

**Parish Council Website** www.e-voice.org.uk/ghpc/  
**Great Horwood Village Hall Bookings** 01296 715968

**Doctors Car Service** 07704 140110

**Winslow and District Community Bus** 01296 715786

**Aylesbury Vale Dial-a-Ride** 01296 330088

**Community Police Officers**

**PCSO Andy Piotrowski** Tel: 101

**WinslowandDistrictNHPT@thamesvalley.pnn.police.uk**

### FEBRUARY DIARY

<b>Tues</b>	<b>2</b>	<b>Bins: Blue, Brown and food bins</b>
<b>Mon</b>	<b>8</b>	<b>Council meeting (by Zoom)</b>
<b>Tues</b>	<b>9</b>	<b>Bins: Green and food bins</b>
<b>Tues</b>	<b>16</b>	<b>Bins: Blue, Brown and food bins</b>
<b>Tues</b>	<b>23</b>	<b>Bins: Green and food bins</b>



## PARISH PUMP



Great Horwood  
Parish Council

### LED LIGHTING

Thank you to all those who contributed to the LED Consultation at the end of last year. Approval for the interest free loan has now been granted by the Ministry of Housing, Communities and Local Government and we look forward to the new lamps being installed in a couple of months' time. Further updates will be written on this page and in the monthly minutes of the Parish Council meetings so all parishioners are aware when works are taking place.



### THANK YOU, IAN & JO WILSON

Some time back in January a huge amount of rubbish was dumped along the entire length of Pilch Lane, which included bits of wood with nails sticking out, bottles and other horrible waste. Ian and Jo went out of their way to bag it up and take it to the tip in Buckingham. Thank you so much for your thoughtfulness – this no doubt saved all sorts of incidents from occurring.

The date of the next meeting is Monday 8th February at 7.30pm. Minutes of meetings can be found on the noticeboard and the Parish Council website

[e-voice.org.uk/ghpc/](http://e-voice.org.uk/ghpc/)

Meetings will continue to be held remotely via Zoom as Government guidelines encourage this at the present time.

*Sue Brazier, Parish Clerk Great Horwood*  
[clerk@greathorwoodpc.org.uk](mailto:clerk@greathorwoodpc.org.uk)

### THE SWAN INN

The Parish Council has been successful in registering The Swan Inn as an Asset of Community Value. The village's only public house is an essential part of the community, widely used by individuals, families and larger groups including the Football Club, the Cricket Club and the Great Horwood Silver Band. It is important that these steps have been taken to ensure against permanently losing this meeting place.



### TRANSPORT QUESTIONNAIRE

In the December issue of Focus was a printed questionnaire in which I asked all households some questions about their use of bus services in the village, I received 48 responses, 26 used the paper copy and 22 filled in the online version. This represents only about 12 % of the households in the parish.

Four of the households had no access to a car and 2 others only had access to a car sometimes. 42 of the 48 households never or rarely used a bus service.

In response to the question *Is there anywhere you would like to go by bus but currently cannot get there?*

18 of the responses indicated that they would not use a bus service.

The most popular destinations for those who would consider using a bus service were MK – 13, Buckingham 12, followed by Aylesbury 5, Winslow 4, and Stony Stratford 3.

I have discussed the results with representatives of Buckinghamshire Council and they have advised that based on our survey it is very unlikely that we will be able to get any significant improvement in the commercial bus services for the village.

However, I am aware that for a small number of residents the use of a bus is very important and even vital.

So I am going to have further discussions with the Chairman of Trustees of the Winslow and District Community Bus to see if we can find a way of providing a more regular service by the bus, when the pandemic subsides, which may enable us to link in with the much more regular bus services that go through Winslow to Aylesbury, Buckingham and MK.

However, there is always a need for more volunteer drivers for the bus and so if have even a few spare hours a month you might want to consider signing up.

*John Gilbey, Chairman Great Horwood Parish Council*

### INFORMATION SHARING GROUP



This is a good way of communicating useful information to villagers. If you would like to receive information first hand, such as PC Agendas, Minutes, Thames Valley Police info, roadworks updates and other ad hoc information, please contact

me with your email address and I will add you to my list.

### WELCOME TO GREAT HORWOOD

A big welcome to our new residents! There have been many people moving in and out recently. We hope you are settling in and enjoying our lovely village community. Would you like to receive a Welcome Pack? This has recently been updated and includes information on village organisations, the School, Pub, Church and the local area. Please contact



*John Gilbey by email on*  
[johnwgilbeypc@gmail.com](mailto:johnwgilbeypc@gmail.com)

PS I would like to thank Andy Gibbs of Harlequin Press who produced the final format of the questionnaire, printed it, folded it and inserted it into every copy of December Focus.



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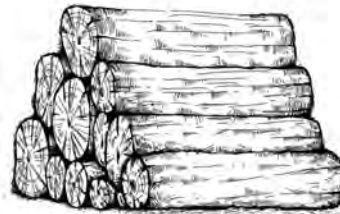
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## Thoughts From Lockdown

If I could pick one moment last year that I felt blessed, it was one beautiful, not a cloud in the sky day during the first Lockdown. Not a vapour trail or the hum of traffic, just the sound of wildlife going about it's business as usual. I am so grateful that I live here and have been able, unlike so many living elsewhere, to get out in the countryside every day often seeing someone to say hello to.

As well as Pilch Lane, Great Horwoods maintained footpaths have been a principal way for many of us to get that all important daily exercise, so I would personally also like to thank Mr Deuchar our footpath warden, who continues year after year to keep them trimmed and pruned, the Parish Council and residents that have sponsored kissing gates, so we do not have to climb or lift our dogs over many stiles, and lastly, after recently reading our village website, I believe thanks should also go to the volunteer rambblers calling themselves North Bucks 'rRIPPLE' rambblers Repairing and Improving Public Paths for Leisure and Exercise, for installing the gates.

Happy walking and stay safe.

*Jane Holland*

So, reading Jane's article got us thinking and we thought we could introduce .....

## THE FOCUS VIRTUAL HUG



Everyone needs a big hug from time to time and at the moment it is hard to get hold of them! Using the COVID-19 jargon we have thought of a way to 'pivot'. There are many ways of touching people and engendering that warm, safe feeling that hugs provide. One is to reach out with messages of cheer and hope.

We are asking you, our readers, to contribute to The Focus Virtual Hug by sending us just a paragraph or two, describing something positive you have taken from the COVID experience.

Perhaps you have done something that you would not have thought about without the lockdowns; designed something innovative, taken up a sport, started a course, gained a new job, become closer as a family.

There must be loads of stories, tips and advice that we can share with each other to inspire and encourage others through these next months just like Kathy on the front page and Jane above.

It will take just a moment to jot them down and send them for us to publish so please... send us your HUGS!

Email [editor@ghfocus.com](mailto:editor@ghfocus.com)