

## Ten Thousand Steps to Fitness



*The view from St Martha's*

According to the magazine "Country Walking," in 2008, 3.6 million people joined a gym at an average of cost of £372, yet 500,000 never went and a further 800,000 only went once or twice a month. If that strikes a chord, why not take up walking instead? It's not just your bank balance that will feel the benefit. Research from the US shows that just three hours a week of brisk walking can actually reverse the deterioration caused to the brain by the process of ageing and it also boosts the body's ability to fight disease by stimulating the production of white blood cells. Tony Reed has kindly provided the following article with his suggestions for walks from

## UPDATE ON THE PARKING MEETING

On Tuesday 7th April All Saints' Church Hall was packed with residents from Onslow Village. They had come to hear from Councillor Tony Phillips, who chaired the meeting, together with David Goodwin (Surrey County Councillor for Onslow and St Nicolas), Kevin McKee (Parking Officer for Guildford Borough Council), Andy Harkins (Street Parking Coordinator) and Chris Ward, (Councillor for Onslow).

David Goodwin spoke from his personal experience of living with parking restrictions, then asked the audience for their questions and comments.

The feeling of the meeting ran high, with people experiencing problems with parked cars from commuters, workers in Guildford and students attending Surrey University.

With the further expansion of the university's Manor Farm development and its policy of limiting the increase in traffic to the site to 5%, the problems may well get worse.

Whilst no solution was put forward, the panel will look at the problem and the concerns expressed. They will then call another meeting and will invite Dr Malcolm Parry from Surrey University to attend.

In the meantime, we have been advised it is essential that concerned residents lobby the local authority. To do so, write to Kevin McKee, Street Parking Coordinator GBC at Parking Office, Laundry Road, Guildford GU1 4PX.



to the Guildford/Godalming Road known as the Portsmouth Road, ultimately leading to St Catherine's and the River Wey footpath.

(4) Continuing eastwards along the Green Lane or the downland path there are further southward leading paths both about the St Nicolas Cemetery one at its western extremity, leading into Guildown, and the other bisecting the cemetery and leading into Beech Road and thence to Guildown.

Using all the variations of the Hog's Back pathways one can create a useful family stroll with great variation of outlook over Guildford and the surrounding countryside. Circular walks of between 2.5 and 3 miles are easily achievable.

Tony Reed

For more ideas for walking routes visit Guildford's Tourist

*Onslow Village to help you make the most of the beautiful countryside we are blessed to have right on our doorstep.*

Walking is a natural exercise of mankind using many parts of the body besides the legs, feet and heart. Regular outings using this form of perambulation will tend to maintain the body's fitness, although over time the knees and hips may suffer some wear. We are recommended to walk for at least twenty minutes everyday but although this may be adequate for the body it is not sufficient for the spirit. There is a definite uplifting of the spirit in undertaking two or three hours of walking in the countryside and some of the walks I am going to describe are both near at hand and certainly very satisfying on any measure of enjoyment.

All of my walks start from my home in Onslow Village and thence to the ridge of the downs known as the Hog's Back between The Mount and the point now known as Surrey Heights - formerly Sunnydown. From this ridge many paths fan out and allow us to undertake a whole series of circular walks - all with their own interesting features and history.

The first walk has to be the Hog's Back and the downland pathways to and from Guildford. Starting from the junction of The Drive and the Farnham Road proceed towards Farnham for about 200 yards and on the opposite side of the road is a pathway entrance on to the downs. Proceed up the hill towards Henley Fort to join the east/west pathway below the lip of the hill. Walk eastwards to Guildford via The Mount thus completing your first walk and being the easy alternative to using the car to go into the town and following the original route used by the stage coach to access the coaching inns in the High Street, namely, The Angel, The White Lion and The Three Tuns. You may not be able to park your horse/car in any of these places but you can at least get a cup of coffee in these locations thus fulfilling one of the functions of the old coaching inn: that is to give succour to the traveller.

Here are details of the alternative pathways which you could use:

- (1) Westwards towards Farnham brings us to Sunnydown/Surrey Hills and Down Lane. Following Down Lane for 25 yards there is a path leading downhill to The Pilgrims Way, Loseley, Watts Gallery & Tearoom and Compton.
- (2) Along the Green Lane about a 100 yards past the point where the radio pylons stand guard, cross a stile and a path leads down to Conduit Farm and The Pilgrims Way, Loseley, Watts Gallery & Tearooms.
- (3) Eastwards towards Guildford and on the westward side of The Fort is a path leading across the Green Lane to Guildown Avenue and Guildown Road, which in turn lead

Information Centre in Tunsgate or visit the website [www.guildford.gov.uk](http://www.guildford.gov.uk). Guildford Walking Forum is once again organising "Guildford Walkfest" from 18th July to 2nd August as part of the Guildford Summer Festival, encouraging people to walk and explore the Borough. For more information visit [www.guildfordwalkfest.co.uk](http://www.guildfordwalkfest.co.uk) or contact Lionel Smith on 01483 444549.

## A plea to anyone with a hedge alongside a footpath...

Please, please, please cut back your hedge if it is becoming overgrown and making it hard for people to walk past it.

*Thank you!*

## OVRA on Facebook & Twitter

In the last issue, we announced that we'd set up a group on Facebook; to join, just search for "Onslow Village Residents' Association". We use it to post details of our talks, social events and items we haven't had space for in the Village Voice, there are archive photos on display and there's a forum where you can raise issues about Onslow Village that concern you.

We're now on Twitter as well, so we can post updates on issues, reminders about events etc. Find us here: [http://twitter.com/OVRA\\_](http://twitter.com/OVRA_) (Don't miss off the underscore or you'll be wondering why all the posts are in Russian!).

# Forthcoming OVRA Events at Onslow Village Hall

# COMMUNITY NOTICE BOARD

If you would like to tell Onslow Village residents about your group's forthcoming events, or issues that might interest them, please email [mdk-ovra@ntlworld.com](mailto:mdk-ovra@ntlworld.com) or ring 07726 952466. Next copy date: 15th September.

## RECYCLING NEWS

### Bring and Take

This was once again a great success. Most of the items were exchanged: almost all the remainder was recycled and very little was thrown away. Although items were accepted from 9.30am the doors were not open to the public until 10.00, by which time a sizeable queue had gathered. We asked for no more items after 11.00 and by 11.30 almost everything had gone. The best advice for visitors is to come early to get the best bargains!

### Garden Tips (for the Credit Crunch)

- Use a wall of crushed eggshells around tender plants to keep slugs and snails at bay.
- Make a spray of weak washing up liquid and water to kill aphids and black fly.
- The top half of plastic bottles can be used as mini cloches.
- Old loo/kitchen paper rolls make perfect biodegradable pots for seedlings. Stand them in a tray, fill with soil, and add seed. When the roots reach the bottom they can be transplanted whole into the garden.
- Collect rainwater in a rain butt connected to your gutter downpipe, especially if your water is metered.
- Instead of buying your own garden shredder join the Onslow Recyclers (Shredder) Group for only £15 a year and borrow one as often as you like. Shreddings create excellent compost, especially when mixed with uncooked vegetable kitchen waste, and this saves purchasing compost.

### Guildford Furniture Project

If you visit the Guildford Furniture Project (GFP) you may be amazed by the variety and quality of their furniture, which is sold at very affordable prices. Everybody is encouraged to visit and buy their furniture; those in receipt of state benefits may be entitled to a further discount.

GFP is part of Guildford Action for Families and will accept donations of furniture in a reasonable condition. So if you are thinking of buying a new sofa, for example, see if they can take the old one. All unheated furniture must

## Strawberry Tea in aid of Breast Cancer Care

You're invited to drop in for tea, squash, homemade cakes and biscuits at Onslow Village Small Hall (opposite the shops, Wilderness Road)

on **Thursday 23rd July between 2-4pm**

Hosted by Sheila, Jemma, Clare, Anna and Ailish

**We hope you can join us! Every penny we raise will go towards helping to support people affected by breast cancer.**



18/19th September 2009

Onslow Village Hall

J.B. Priestley's acclaimed play

## "An Inspector Calls"

Box Office 01483 568023

(Open 20th July)

## Guildford Evening Decorative & Fine Arts Society at Onslow Village Hall

There are no meetings in July and August but we return in September for the Autumn season of lectures:

Wednesday 9 September **A Restless Imagination: Carl Fabergé's Life & Work** The speaker Kieran McCarthy is a leading expert on the work of Carl Fabergé – Goldsmith to the Tsars.

Wednesday 14 October **Annual General Meeting** 7.45 p.m. followed by: **Two London Porcelain Factories: Chelsea & Bow. A Study in Contrasts** In mid 18th

century London a silversmith and a portrait painter became pioneers in the manufacturing of decorative porcelain. The

## Shirley Rice - In Memoriam

9th September 1932 - 9th June 2009

"My mum knew Shirley's mother who, according to my Auntie Ada, was a very pretty lady. The whole of my mum's family were friends with the Rices when they were next door neighbours in Artillery Road. Later on both families moved to Onslow Village. My Uncle Alf was on duty as an ARP officer on the night in September 1940 when a stray bomb hit the police house which was the Rice family home. He carried Shirley down to the ambulance after a beam had fallen on her and driven a nail into her head. It was a story I grew up with - the miracle of Shirley's escape.

So I've always known Shirley but it wasn't until 1974 when I moved into Friars Gate that I got to know her properly. When I started having babies Shirley and Nita never missed the opportunity to celebrate the births and all subsequent birthdays, Easters and Christmases. My son Jack remembers with joy sweets, matchbox cars and armfuls of balloons after Christmas when Nita took down their decorations and handed the balloons to my boys.

Their house was fully decorated at Christmas with every conceivable tinsel, bauble etc just like an Aladdin's Cave. When my daughter Phoebe was born Shirley was in her element producing wonderful pink teddies and clothes for her, and with Phoebe she never missed an opportunity of delivering these gifts herself despite her poor sight and the long hazardous path that leads to our house. My friend Tracey, who lived adjoining their house, remembers receiving presents for her daughter Natasha ...and being woken in the night by loud screams at the horror movies they were watching in the small hours, due to their unusual body clocks!

I shall remember Shirley for her generosity and loving spirit. She loved Onslow Village and because of her miraculous wartime escape, her life will always be part of its history."

Amanda Beard  
Friars Gate

## A tree for Doris at last

We have at last received confirmation that the tree we sponsored to commemorate Doris Dow and her many years of service to the community in Onslow Village, has been planted in the arboretum.

The photograph shows a *Fraxinus Ornus*

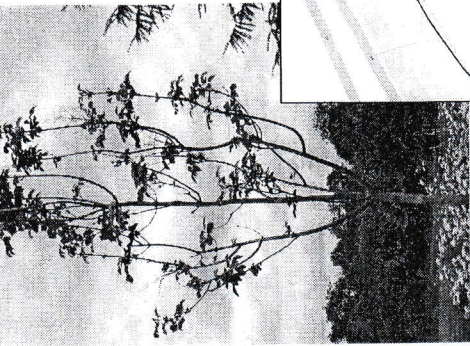


have a fire safety label attached. Staff will also collect items of furniture for a small donation for a full vanload. Unwanted duvets, pillows and sleeping bags, which cannot be put in your clothes recycling at the kerbside, are also accepted. Please make sure they are clean; they are given to the homeless in Guildford, who are very appreciative, especially when the nights are cold. The GFP always struggles to keep going and needs continuous inputs of finance and new furniture, but we can all do our bit to help them in their worthwhile project. At the end of the Bring and Take we had two bedside tables and a cot remaining; these were very well received. GFP is at Jacobs Yard, Woodlands Road, Slyfield. Their telephone number is 01483 506504. Duvets, pillows and sleeping bags can also be accepted at the Youth and Community Centre, Leapale Road. For further information on any of the above please contact Lesley on 01483 533762

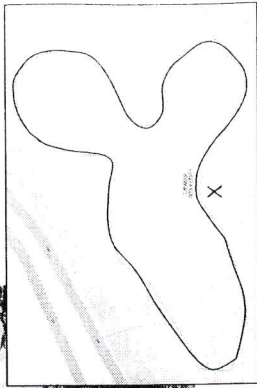
speaker is Anton Gabszewicz. Saturday 24 October **A Social Fund Raising Evening** with a concert by Farnborough Wind Ensemble. Raffle. Wine & canapés will be served during the interval. **Tickets:** £10 available from 01483 571807 or 01483 566704 The Committee look forward to welcoming you to the Hall. Refreshments are available at all the above from 7:15pm and talks start at 8pm. New members and visitors are welcome. Visitors' entrance fee: £5.00. Contact Membership Secretary: Angela Logan 01483 532223

### Are you a chess player?

One of our members is a keen chess-player who is looking for opponents. If you're interested or you know of a local chess club, please contact Lesley on 01483 533762.



Manna Ash and inset is a map showing its position. We hope everyone who sees the tree will enjoy it and that it will remind Doris's many friends of her indomitable spirit.



## VILLAGE VOICE 17 REPLY SLIP

Name: .....  
Address: .....  
Telephone No: .....  
E-mail address: .....

*You can unsubscribe at any time and we will not pass your details to any third party.*

### Membership (runs from 1 April–31 March)

I would like to join/renew my membership and enclose £4 per household. (Please make cheques payable to OVRA).

### Comments/views/suggestions:

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Please hand this form in at a social event, send it to OVRA Secretary, 68 High View Road, Guildford GU2 7RU or email your comments to [mdk-ovra@ntlworld.com](mailto:mdk-ovra@ntlworld.com).