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Totteridge and Terriers News

Issue 28

Summer 2014

T&T NEWS



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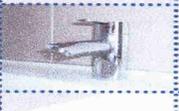
The sun shone for the Big Lunch on 1st June. Our picture shows young singer Amber taking the stage at the Windsor Drive lunch.

See inside for all your community news from Totteridge & Terriers.....

<h2 style="text-align: center; margin: 0;">Computer Services</h2> <p style="text-align: center; background-color: #333; color: white; padding: 5px; margin: 5px 0;">Independent Specialist</p> <ul style="list-style-type: none"> ● Desktops & Laptops ● Full Diagnostic & Repair Service ● New Systems Supplied ● Laptop Screen Replacement ● Virus Removal ● Media Sharing Installation ● Back-Up Solutions ● New Systems Set Up & Data Transferred ● Home Networking ● Software Trouble-shooting ● iPad Setup and Trouble-shooting 	<h2 style="text-align: center; margin: 0;">Computer Tuition</h2> <p style="text-align: center; background-color: #fff; border: 1px solid #000; padding: 5px; margin: 5px 0;">One to One Computer Training</p> <ul style="list-style-type: none"> ● Beginners & Intermediates ● Introduction to Computers ● Internet & E-Mail ● Organising Photographs ● Managing Attachments ● Help With Updates and Back-Ups
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Soapbox Double - Speeding & Keeping the Streets clean

20's Plenty for us

Local resident Tamoor Zafar has started a petition to reduce the speed limit along Arnison Avenue and Bowerdean Road. Both roads form a secondary main route linking London Road to Terriers carrying local traffic, busses and other vehicles. Speed is an issue for some local residents and the case for reduction from 30mph to 20mph has according to the proposer strong evidence to support it.

You can find out more about this petition to Bucks County Council on Facebook at www.facebook.com/20forArnisonBowerdean and can register your vote for this at www.change.org

Love Where You Live

Keeping Wycombe & Chiltern's streets and roads clean costs the Councils approximately £2.1 million pounds a year. The councils arrange for roads to be swept, litter to be picked and street litter bins to be emptied and after all this the rubbish still needs to be sorted and disposed of.

Recently the Council's contractor Serco cleaned the Marlow Bypass (A404). Serco collected more than 2 tonnes of litter and wish to urge motorists to help tackle the problem by bagging their rubbish and taking it home. Litter thrown onto our roads and streets can cause a safety hazard to pedestrians and other vehicles whilst the task of clearing roadsides puts workers at risk.

The cost to clean Marlow Bypass nearly £8000 and this is done up to three times a year. The rubbish which they collected was either thrown from vehicles or illegally dumped. Approximately 75% of the litter collected was recyclable and can be recycled at home. The most common items were cans, plastic, paper and cardboard. Some of the more unusual items which were collected were bits of metal, tyres and even a pushchair.

The Councils spends millions in street cleaning and car litter is a considerable factor in this. People should take responsibility for their environment, locally and further afield. Just because you are on the move is no excuse for despoiling the area you're driving through and leaving others to deal with your thoughtlessness.

Anyone that drops litter in a public place is committing a criminal offence and they can be fined under the Environmental Protection Act 1990 and the Clean Neighbourhoods and Environment Act. The fine is between £50 - £80, and if not paid a magistrates' court can impose a fine of up to £2,500. If you see anyone dropping litter please report this online at [Keep Britain Tidy](http://KeepBritainTidy)

Totteridge and Terriers News

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T & T News is published four times a year in March, June, September and December. We aim to get the magazine distributed by mid month of issue. In order that we can achieve this deadline we need your articles and advertising as early as possible. Our deadline for the autumn 2014 edition is 20th August.

We thank all our advertisers and contributors for their support. However T & T News cannot endorse any product or service contain within this magazine. You are advised to check details of all goods and services offered. All contributions are excepted in good faith and opinions expressed are not necessarily that of the editor or T & T News.

That's about it...Join us again in September 2014. In the meantime you can catch up with all the latest news on our web pages at:

www.bucksvoice.net/tandtnews



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WELCOME TO T&T NEWS

Hello,

Welcome to the summer 2014 edition of T & T News.

As this edition went to print we had just enjoyed the day at the Big Lunch held on our estate. If you had an event in your street then do let us know how it went. We could not have had much better weather and lets hope it's a sign of many more warm and dry days to come over the summer.

Inside this edition we have once again packed the pages full of local news. However, if you do not see anything from your club or organisation then please let us know so we can include something in the next edition.

The football season is over but already Totteridge FC are looking forward to the next and asking for adult helpers and coaches. If you have a few spare hours then why not put your time to good use helping young players?

Our soapbox this time around looks at too issues that of speeding and keeping the streets tidy.

David Winterburn, Editor



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ALL THE FUN OF THE FAYRE !!

For the 3rd year running we will be at the August bank holiday Hazlemere Fete with our ever so popular 'beat-the-keeper' penalty shoot-out. This year we will be working alongside Wycombe Wanderers who will have their inflatable pitch to give the fete a real football festival feel in this World Cup summer. The fete (free to enter) is definitely worth a visit with numerous stalls and side shows, if you haven't been before make time this year and come and say hello to us (and see if you can beat our keeper while you're at it - he's not that good, honestly).



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To advertise your business in T & T News see page 26 for details and advertising rates.

Introduction to Pilates

Pilates is a type of exercise which considers your whole body posture during strengthening and stretching. It emphasises strengthening the deep stability or 'core muscles' and also considers breathing techniques and relaxation to try and promote smooth efficient movements. Joseph Pilates opened studios in New York in the 1950s and 1960s and worked closely with the New York Ballet. His exercise regime at the time focussed on correct posture, breathing control and starting all exercises from a strong centre.

Pilates today: Today many of the original Pilates exercises are still used but most have been adapted to try and make the exercises safe and effective for all levels.

People from all fitness levels use Pilates to try and help improve their postures and techniques and to help prevent injuries as well as helping recover from injuries more quickly or improve their sporting performance.

Different types of classes: There are differences in how Pilates is taught as sadly there is no one regulatory body that instructors have to belong to. There are some key differences between drop-in Pilates classes and structured Pilates programmes with accredited instructors which it is useful to be aware of:

- 1: A good instructor should insist on a 1:1 initial session to allow an assessment of individual posture, flexibility, strengths and areas for improvement before starting the classes.
- 2: The classes need to have individuals of similar abilities to allow everyone to progress at an appropriate level.
- 3: Class size should be a maximum of 10-12 people.

Overall Pilates is a great way to improve posture, strength and flexibility. The body awareness that comes with a well structured course and good instruction can carry over into day to day life whether that's helping to sit better at the desk or improve your technique for high level sport.

For more information on classes please contact nawarfield@hotmail.com.

Article by: Neil Warfield Chartered Physiotherapist and Pilates instructor.

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Course instructor: Neil Warfield MSc HPC Registered Member of the Chartered Society of Physiotherapy, Experienced Pilates Instructor with clients from beginners to professional athletes. Classes suitable for all fitness levels.

Local News Round Up (1)

Terriers Evening W.I.

Abandoned babies, cats and dogs was our theme for March and April. In the 18th century, Thomas Coram became aware of the plight of babies born out of wedlock. These children were often abandoned on church steps or left to starve to death. Thomas Coram spent twenty years campaigning to provide a safe place for these babies and eventually won the financial support of the aristocracy which enabled him to build the Foundling Hospital in Bloomsbury. On the day it opened more babies arrived than there were places. Each baby was renamed and the only connection with the mother was a scrap of material. Should the mother be able to support her child in the future she would be able to prove her identity by producing her matching piece of material. The Hospital closed in 1954 but the work of the Thomas Coram Charitable Trust continues today supporting vulnerable children.

In April we turned our attention to cats and dogs when we heard about the work of the Battersea Cats and Dogs Home. Both cats and dogs are rescued and rehomed. Many of them are strays and people come from all over the Country to buy a cat or dog knowing that they are in good health. Every effort is made to match owner to animal and there is a careful vetting procedure to ensure that the placement is appropriate. A great deal of work is done in schools etc. to promote responsible dog ownership as most of us would agree that the owners need to be trained as much as the dogs.

The Bucks Federation of W.I.s hold an Annual Council Meeting in Aylesbury which is attended by representatives from W.I.s across the County. Business matters are discussed and well known speakers attend. This year our members were particularly touched on hearing about a charity "Dreamflight". They charter a Boeing 747 and take 192 disabled children on the holiday of a life time to the theme parks of Florida, giving these children, who suffer so much, some fun and joy in their lives. An impromptu collection was taken at the end of the meeting and £882 was raised.

Future programme

3rd July Garden Party

August No meeting

4th September Seeing Stars Wycombe Astronomical Society

We meet on the first Thursday in the month at Cedar Park School, Cedar Avenue, Hazlemere at 7.45 p.m. and are always pleased to welcome new members. For further details contact Margaret Rogers Tel. 01494 524947

Lungworm watch out!

We are all aware of the need for pet prevention against fleas and worms but another important one to protect against is canine lungworm.

Here at Vets4Pets High Wycombe we recently met Coco, a lovely young Staffie who had symptoms including coughing, going off her food, weight loss and lethargy. She was a very poorly girl; we admitted her for tests which revealed anaemia and irregular lungs on an X ray, so a follow-up instant blood test for lungworm was done proving this was indeed the cause of Coco's problems. Thankfully, after treatment, Coco is making a quick recovery back to her lively, loveable self.

In its lifecycle lungworm commonly passes through slugs/snails as hosts so any dog with access to gardens, parks or woodland is potentially at risk. With cases now being reported in the High Wycombe area we strongly encourage dog owners to use a simple monthly spot-on treatment to prevent lungworm.

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THE FINAL COUNT DOWN

After a horrendously wet winter and an enlarged league, the UNDER 13's spent the past couple of months playing catch-up with their fixtures. This included playing our first ever 'double header' (two games back to back) as we got through some 11 matches since the start of March. There were some good and not so good results but a strong run-in at the end of the season saw 3 wins and a draw as the team secured a solid mid table position. The UNDER 8's, not tied to a league table finished their fixtures a short while ago after making steady progress throughout the season. Both teams are now looking forward to a series of 6-a-side tournaments; these are always good fun for both the players and spectators alike and make for an excellent day out. To kick-off the summer season both the UNDER 13's and UNDER 8's put in some fine performances in the sun at the Risborough tournament, the UNDER 13's reached the final before losing 0-3 to Chesham while the UNDER 8's, winning 4 out of their 5 matches finished in 2nd place in their group to keep up our excellent record over a number of years in this competition.

LOOKING AHEAD

With the season barely done & dusted we start looking towards the next one. Both last year's teams are raring to go again and hopefully build on the progress they achieved in the last year.

The UNDER 8's have grown in numbers to a size where we could be looking to start-up a new team. But as always, it's not attracting players that is the problem but finding willing volunteers to coach and manage the teams.

I don't like repeating the same material, but making good use of the 'copy and paste'- If you've considered taking up a volunteering role in what is a very rewarding environment but are concerned as to whether this is right for you, come along to our training sessions and meet the coaches and players. They will explain how the role works and give you an insight into why they do it, or alternatively, please contact the club secretary for more information.

The club are committed to helping volunteers by subsidising the cost of training on various courses and in the last year have helped the training of two individuals on the FA Level 1 coaching and basic referee courses.



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Local News Round Up (2)

News from Bucks County Council - Val Letheren updates us on her work.....

Roads and pavement update.

Be assured that the remainder of the footway that needs it will be repaired in Gerald's Road. Sorry it has taken so long but that is how it and I have also asked for Amersham Hill footway to be repaired where it is bad.

Regarding the roads in our area:

Chippendale Close is now down to be jet patched for the first 50 metres as is Windsor Drive which is also causing complaints and looks bad. These roads are of concrete base and we have many in the town which are certainly beginning to show their age. Kingshill Road is completed but still does not look perfect but is a much smoother ride.

Regarding my continuing work with scrutinising services for young people. Having completed the inquiries into how much is going on to help our young people decide what to do when they leave school, and also how the pupil premium grant can be used more effectively to help young people from hard up backgrounds achieve their potential, our next is to explore cyber safety. There seems to be a lot of bullying young people experience on the web and there is also concern about the various web pages they can access regarding porn and violence. Parents and schools have a role to play to make the children aware of the dangers of giving personal information on line and we intend to explore how we can help to prevent this. Any experts out there who would like to give advice would be welcome to talk to us, and as with our two other reports we have completed this year it will be available on the County Councils website after we have taken it to the BCC Cabinet.

I hope that this finds everyone ready to enjoy the sun when at last it returns again. At least we should not have to face a hose pipe ban this year

Best Wishes

Val Letheren

01494 528691

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Have you got The Bug! See P.10 for more details

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CHRIS SAUNDERS MCFHP MAFHP
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Cont from P.19....

Which brings me on to one last thing. I am writing this just after the European election results have been declared. It's worth remembering that the turnout in Wycombe District as a whole — somewhat larger than the constituency — was 41,381, or 32.84%. It is clear the majority of people did not vote. I'm sure the reasons for this were many but it is a tragic fact that politicians have failed to inspire the public and are once again talking to themselves. The challenge after this election is not how to respond to UKIP. It is how to speak truthfully, hopefully and realistically to a population thoroughly disenchanted with the entire political system. We must explain how liberty under the law, personal responsibility, compassion and mutuality are a better basis for a good life and a good society. I'd like to hold a public meeting to discuss the state of our Town, our District and our Country. I want to hear from normal people — those of you who don't much like politics and don't usually attend such meetings. You can express an interest here: www.stevebaker.info/contact/meeting

Please feel free to let me know your views on national issues, or if you would like help with a local problem. You can contact me by emailing steve.baker.mp@parliament.uk or by writing to the House of Commons, London SW1A 0AA. Alternatively, you are welcome to ring my West Wycombe Road office on 01494 448408.



A new, friendly, art appreciation society is coming to High Wycombe – why not join us?



NADFAS, the National Association of Decorative and Fine Arts Societies, is establishing a new society in High Wycombe, giving people interested in the Arts the opportunity to listen to entertaining, informative and thought-provoking lectures on a wide variety of subjects. These monthly lectures will be given by nationally recognised experts.

NADFAS has long been popular in our area, so much so that most of the existing societies have either reached their capacity or have waiting lists for members. It has therefore been decided to establish a new High Wycombe society. The new society will give members the opportunity to meet like-minded people when attending lectures or days of special interest.

The society welcomes new members and we currently have vacancies.

We will meet at The Hub (Union Baptist Church), Easton Street, High Wycombe on the second Monday morning of every month, excluding August and September. There is a 'Taster' Lecture in June when Valerie Woodgate will talk on "Picasso and his Women".

Please visit our website: www.highwycombedfas.org.uk or contact our Membership Secretary, email address: info@highwycombedfas.org.uk or telephone: 01844-342653

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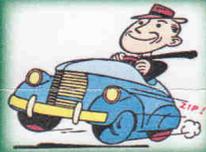
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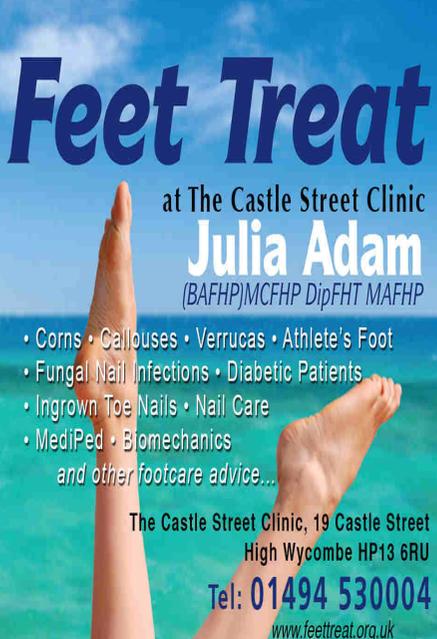
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Local News Round Up (3)



South Bucks Hospice
Palliative Care & Lymphoedema Clinic

Green Fingers needed

The hospice is looking for volunteers to help maintain its beautiful garden over the summer. The hospice which has been established in the local area for over 28 years needs someone with a spare hour or two a week to do general maintenance such as watering or weeding. If you can help then get in touch with Mary-Ann Leader on 01494 464045 or e-mail:

mary-ann.leader@sbhospice.org.uk

Hazlemere shop gets a makeover

The Hazlemere shop began a re-fit on 2nd June in a bid to increase floor space and provide a better shopping experience to supporters. The existing different levels will become one flat level with dedicated sorting and preparation areas at the back of the shop. Some of the existing partition walls will be removed to increase sales space. The shop plans to re-open between 23rd and 28th June 2014 depending on the completion of the building works. An official grand opening will take place on Saturday 12th July with ribbon cutting, entertainment and refreshments.

Jolly Jaunt in Marlow

The Jolly Jaunt comes to Marlow on 12th July in Higginson Park. Naomi Riches, Marlow's Paralympic Gold Medallist is due to lead the walkers. There will be both short and long routes available with entertainment and refreshments along the way. There will also be prizes up for grabs for the best fancy dressed.

Both South Bucks hospice and Scannappeal will benefit from the event. Sign up sessions for those who have yet to register will take place at ASDA High Wycombe on 14th June and at Sainsbury's High Wycombe on the 27th. Individual entry is £15 or for a team £100. The registration fee includes a pair of flashing bouncy boppers, refreshments generously provided by Marlow Thame Rotary and ASDA High Wycombe. Medals are issued to those completing. Minimum age is 16.



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News from Wycombe and Westminster - Steve Baker MP



One of the most interesting things about being the MP for Wycombe is the variety of the constituency and the people I represent. Wycombe has its traditional industries such as furniture making but also new high-tech business, and there is a large rural area which is mostly designated as being of Outstanding Natural Beauty. Some of my constituents are extremely wealthy and some have come to this country as asylum seekers. It is often difficult for people to know how they fare in relation to others, so you might be interested in some facts and figures which were passed to me recently.

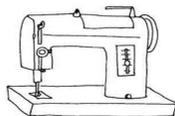
Wycombe is considered a prosperous constituency with earnings, educational attainment and employment all above the national average, and offers a high ratio of jobs to working age residents. The numbers claiming unemployment benefits has fallen by 28.3% over the year to December 2013, which is a quicker rate than the country as a whole. Wycombe's economy has strengths in sectors that are expected to show strong employment growth and feature in the Government's Plan for Growth and Industrial strategy. However, it is worth noting that 40% of part-time workers in Wycombe earn less than the living wage; 33 % of women in work are employed part-time and 8% of men.

There are 5,200 businesses in the constituency, employing 51,700 people, but of these only twenty companies employ more than 250 people. At 18% Wycombe has a lower share of employment in the public sector than England as a whole. There are particular strengths in information and communications, wholesale and motor trades, and the retail trade employs the most people (6,600). Wycombe's residents are more likely than the national population to be employed in the most highly-paid and knowledge intensive occupations. Overall, employment in Wycombe District is expected to increase 13.7% to 2021, representing the 21st strongest performance forecast for any local authority in Great Britain and the 8th highest outside London. The median hourly pay in Wycombe is £12.77 which is 10% above the national level.

Deprivation is very low by national standards across Buckinghamshire, and no part of Wycombe ranks among the most deprived areas. However, there are parts of Totteridge which are in the lowest quarter and people here must be given opportunities to gain skills and employment in order that they can better themselves.

Whilst these figures are – I hope you agree – interesting we must never lose sight of individuals. People are not statistics, and we must always see everyone as a person in their own right and respect their own choices and circumstances. However most governments, be they at a local, national or even European level, do not seem to be able to do this. We have targets for many aspects of government which sometime work in favour of the individual but more often than not curtail an individual's freedom and choices.

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What's Going on in Girlguiding?

During the Spring term the Guides have been out and about – they enjoyed an evening bowling in High Wycombe and overcame their fears scaling the indoor Climbing wall at 'The Climb', Amersham (part of the Chiltern Pools). They had a variety of activities at

indoor meetings including an international evening run by some of the older girls who are working towards their Baden Powell Award.

The Rangers held a film night and have been making soft toys from recycled materials (socks!). They also enjoyed a meal out together.

Several of the girls from both Guides and Rangers took part in the High Wycombe Scout and Guide Gang show, the units thoroughly enjoyed being entertained to a very high standard when we went along to support them

Brownies

On the 16th May 2014, my brownie pack, 1st Terriers set off to PGL Liddington to celebrate the Big Brownie Birthday. It took a good two-hour journey, but we got there in the end!

The food was lovely, I think most people liked it. Activities started after breakfast which was about 7.30ish. I did a vertical challenge which I found scary, but got to the top. On this course many brownies conquered their fears. We learnt how to belay which is basically making sure the person climbing is safe. We went rafting and had to paddle all the way around the island. Most of us fell in! We played a game with groups on other rafts seeing who could make the biggest splashes using our paddles. We also played a game called dominos, we had to stand in the lake linking arms. The person at the end of the line would lean back into the water, this caused us to go down in the water like a Mexican wave. The challenge course was really fun. We had to go around in pairs to do challenges. There was so much other exciting activities, Trapeze, climbing wall, real life cluedo, a zip wire and a censery course. The Glitterbug ball was awesome, we danced away until 10pm! PGL was the best brownie trip ever!

Emma – 1st Terriers Brownie and a leaders view

The celebrations for the Brownies 100th Birthday came to a head on the Sunniest weekend of the year. As 88 excited Brownies waited to board the coaches headed for PGL Liddington in Wiltshire to join more than 500 brownies from all over Buckinghamshire to celebrate 100 years of Brownies.

Although some of the girls were familiar with PGL for most of the leaders it was a new experience. It became very clear that the planning had been carried out by an amazing team of 3 Guiders who greeted us with calm efficiency amongst the excitement of the girls.



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Keep Fit for the not-so-active in the church hall at 3.00 p.m. on **Tuesday afternoons** during school term-time.

The **Julian** Meetings for people interested in exploring meditation and the way of contemplative prayer. These take place in church on the first and third Mondays of the month, alternating between 8.00 and 2.30 p.m.

The **Walkers** United group, who meet on the first Saturday of each month for a walk and a pub lunch.

The monthly **working** parties keeping the church grounds tidy on the morning of the second Saturday of each month (weather permitting) from around 9.30 a.m.

Tony Dickinson

Totteridge Baptist Church

Located at the top of Hilary Road the church has a regular Sunday service at 10:30am. Reverend is David Hazledine.

Tel: 01494 - 263359

Clubs and groups that use the church and hall include Beavers, Cubs, Genesis Club, Xodus Club and Tumbling Tots. There are also various house groups and a Coffee Morning on the first Wednesday of the month from 9:30 - 11am.

St Andrews Church (C of E)

Located on Hatters Lane, High Wycombe HP13 7NJ.

Services are every Sunday at 9:15am

Tel: 01494 - 529668

St Wulstans Catholic Church

Located on Hollis Road, Totteridge, HP13 7UN

Regular Masses both on Sunday's and at other times during the week.

Tel (Parish office) 01494 - 438300

St Augustines Church (Catholic)

Located on Amersham Hill, High Wycombe

There are regular Masses on Saturday's, Sunday's and during the week.

Tel: 01494 - 523969

Totteridge Mosque

(Wycombe Islamic & Mosque Trust Limited)

24 Totteridge Road, High Wycombe, HP13 6EB Tel: 01494 - 513440

Also Muslim Education Centre at 4 The Parade, Totteridge Drive Tel: 01494 - 522786



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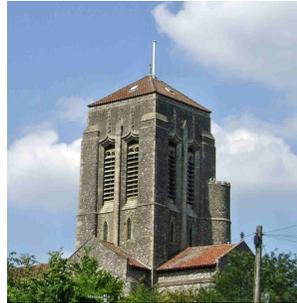






Summer at St Francis

After the busy time of Lent and Eastertide, Church life begins to relax a little. Pentecost (8th June) marks the end of the Church's seven week-long party celebrating the resurrection of Jesus. That morning St Francis will again welcome Dr Angus Crichton of SPCK Worldwide, presenting him with a cheque for nearly £1800, the total raised through this year's Lent Project. This money will enable SPCK to send a library of books to twenty-two trainee pastors in Africa, Asia and Oceania.



In addition to this special fund-raising, the congregation continues to support the One Can Trust's food bank and to provide, though the church hall, a meeting-place for local groups and organisations. We had hoped to have news about Phase Two of the church Restoration Project, but delays at English Heritage mean that we do not yet have a start date for the work necessary to bring the interior of the church building back into a good state of repair and to make it a true centre of community for people living in Terriers and Totteridge.



One date for your diary: the **Messy Garden Party** on the afternoon of Saturday, 19th July.

Regular parish events:

Sunday services at 8.00 a.m. and 10.00 a.m.

Communion services each **Wednesday** at **10.00** a.m. in the traditional style of the Book of Common Prayer.

Communion services on Saints' days and other holy days (details on the parish website: www.terrierschurch.org.uk).

Cont from P.11....

On arrival the 'Groupies' - PGL staff, took over and made it a weekend to remember.

Friday evening launched weekend with a Treasure hunt with the Groupies. For all activities, the girls were given the opportunity to go just a little bit further and to be a little bit braver. A hesitant Brownie coming down the zip wire, after a couple of failed attempts with a big smile on her face, and me being encouraged to do the same, I remembered how lucky I was to be their Brown Owl!! Other activities included climbing, abseiling, assault courses, canoeing, raft building, and others. Saturday evening peeked at The Glitterbug Ball where girls and leaders alike were dressed in neon, tinsel and tiaras. A magic show was followed by a disco, my younger girls doing me proud on the dance floor and being some of the last to leave!! We are extremely lucky in Buckinghamshire to have such a dedicated group of volunteers to run our Guiding activities.

So finally, after the girls had spent their pocket money on gifts and mementos we headed home - Exhausted. *Elaine - Brownie Leader*

Contact Terrie on 0149 445816 or terrie-s@tiscali.co.uk if you would like to find out more or Volunteer to have fun alongside the girls. or log into www.Girlguiding.org.uk

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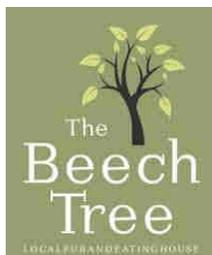
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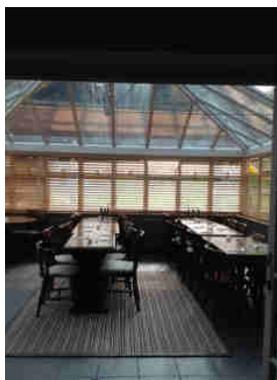
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CHAMELEON SINGLES GROUP



Our current programme reflects the fact the summer months are now with us. Along with the usual indoor events we have once again added walks, visits out including one to the Rickmansworth Canal Festival and our annual day trip to the coast. This year we will be heading off to Margate in search of a good beach and hopefully plenty of sunshine too!

Several of our members are interested in live music, theatre and dance and where we can arrange evenings out to these events. We have recently been going to Dusty's at Holmer Green on a regular basis and in early February went to a Ceilidh in Haddenham. Other events that have taken place over the last few months include a Quiz Night, Take-Away evening at home, Coffee Morning, Lunch club, Walk in Wend-over Woods and Pub night. So as you see there has been a lot going on with several different events held each month. All are organised by members acting as hosts and to them all we are very grateful as without organisers there would be no Chameleon!

Our pub night is a great place to meet up and you would be very welcome to come along and join us for a drink. We currently meet at The Beech Tree, Amersham Road, Terriers, High Wycombe from 8pm. Next dates are 30th May, 27th June, 25th July and 29th August. There is food available if you wish to eat. We also have a monthly "Meet & Greet" evening where the focus is very much on welcoming newcomers to the group. This is held at O'Neills in High Wycombe on the second Wednesday of the month from 7pm to 9pm.

Our membership includes a number of local people from Totteridge, Terriers and surrounding areas. If you are single, 40 – 60's, looking for a better social life and new friends then why not give us a try? There are no strangers at Chameleon, just new friends to be made in a social group run by and for its members. To find out more call one of our membership secretaries Heike 01494 – 459246 or Joyce 01494 - 817895 or e-mail: chameleon_bucks@tiscali.co.uk. Visit us on-line at www.bucksvoice.net/chameleon for more information and an events listing.

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