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Welcome to the May edition

I was expecting to have lots of information about events for the coronation on May 8. However, not a word! Perhapswe are all becoming more republican or just celebrating quietly.

Village Hall AGM

We held this on March 8 so that villagers can see what the committee has done. The main project through the year was the car park resurfacing - this seems to have been very well received. We are now working on getting some plants into the area outside the main doors and plans for planters are in hand.

Because of the rising cost of services we have had to raise prices for next year - but only by 15%, well under the inflation rate. Village users still get a 50% discount - see Karen's article on p17.

Roadworks

Everyone's complaining about the roads at the moment. We have 3 issues affecting us. The first is potholes, a consequence of years of not maintaining the roads properly.

The second is the fibre broadband company GigaClear who are laying fibre optic cable

to bring faster broadband connections to LG & LR. These cables are tiny and can often be fitted into existing underground ducts, but sometimes they do have to dig make new cableways. See p9 for the full story.

Finally there is the massive cable that is being laid to feed electricity to the proposed computer data centres at the Mollins site in Saunderton. Their need for power is so large that they have had to install their own heavyweight cable and run it from Saunderton to the National Grid connection at Amersham. This requires a series of major excavation as they have to bury a large cable and get it deep.

The Parish Council website contains up to the minute information on which contractors are digging where this week.

Local information

Hallmark is published every 3 months; between episodes you can keep up with day-to-day events and issues in the village by going to Facebook and searching for the group "What's on in Lacey Green and Loosley Row".



Finally, congratulations to June and Gary Trew-Smith who have just celebrated their Golden Wedding Anniversary. They have lived in Loosley Row and Lacey Green for over 40 years. Many of you will know Juneas a dinner lady at St John's School and a campaigner for the village play park. Others will remember being driven to their wedding in Gary's white Rolls-Royce Silver Shadow.

Mike Piercy Editor

Lacey Green Windmill

Here are the updated opening times for the windmill, apologies that some dates in the February edition of Hallmark were incorrect, always worth checking the website!

The opening dates and hours for 2023 are as follows:

Sundays: from 2 April until 24 September 14.00 - 17.00 hours Bank Holidays: 14.00 - 17.00 Monday 1 May Monday 8 May - Coronation weekend Monday 29 May Monday 28 August

National Mills weekend: Saturday 13 May - 14.00 - 17.00 Sunday 14 May - 11.00 - 17.00 The windmill is looking fabulous and definitely worth a visit, we have had a couple of busy days already. We ask for "Donations to Visit" with suggested minimum of Adult £3.00 and Child (5 to 15) £1.50.

Supporters are always welcome, if you have any spare time and want to volunteer please get in touch with Jane: jane@laceygreenwindmill.org.uk



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It÷sa Groovy Good Life

In the last edition I wrote of our forthcoming production of the stage version of the highly popular sit-com, "The Good Life", which was scheduled for April of this year. Due to some cast changes, we have had to postpone the show and it will now take place in September.

However, the good news from that is that our village hall is available so I am delighted that we will be back in the village with two performances (3pm and 7pm) on Saturday 30 September as well as a performance in Hastoe on Thursday 28 September.

We are delighted that tickets are already selling well, so make sure you book nice and early if you want to catch this one!

Following the successof our Musical's Evening last year we are now well into the planning for our next "social and "fundraising" event which will take

place in the Village Hall on Saturday 3 June.

With the Good Life in mind, we decided to take a nostalgic trip back to the 1970s, the era that gave us some of the most iconic TV sitcoms (for the first time in colour); as well as innovations in technology, "groovy" discobeats, convenience foods, kitchen gadgets galore and some highly questionable fashion!

So why not grab your platforms, don your flares and join us for a fun evening of quizzes, entertainment, karaoke, dancing and a 1970's themed supper?

As always, we are more than happy to welcome anyone who would like to get involved with our productions either on the stage or working on costumes, props, set building & painting, running our front of house and bar.

There are many facets to putting on a show, so whatever your skills are or if you would like to learn some new ones, we would love to hear from you.

Fiona Quilter-Wood

Artistic Director, Equus Productions



Cycling in the Village Hall

Forever Cycling is a brand new community initiative which provides over 50s an opportunity to be active and socialise.

During the activity, you use our set of stationary floor pedals to pedal at your own pace, helping strengthen and improve the flexibility in your legs and hips.

Whilst doing this, you watch a virtual tour of one of our world locations, projected up on the big screen. This could be riding through New York City on an open top bus, cycling past the Eiffel Tower, weaving through the streets of Tokyo, or exploring one of the other 2000+ locations we have available.

The classes are a great chance to reminisce and tell stories with others about your travels, or see places you have never been. We are hoping to create a great community of people attending the sessions, and give local residents greater opportunities to be active (there will be free tea and coffee too).

The classes are starting on Friday 26th May at the Lacey Green and Loosley Row Millennium Hall, from 11am-12pm.

They will be taking place fortnightly and there is a cost of £4 per session, which can be paid in cash on the day.

We do have restrictions on numbers, so, if you wish to attend, please give us a call or text on 07399748803, or send an email to joe.barnard@aitc.org.uk.

tSee p15.



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WindmillWl

We had our first meeting of 2023 in February. Our speaker for the evening was Sandra Williams who is our village Horse Whisperer. Sandra has had a love of horses for many years and her talk was very interesting.

We also had our postponed Christmas meal this month. Our meal was served by caterers and was delicious. Afterwards we listened to Ken Brazier and his group singing popular songs-very enjoyable.



Our Knitting and Stitching Group is going very well and we are up to 13 members.

John Tyler was our speaker for our March meeting. John lives locally and worked in nature conservation for over 25 years. His talk was called 'The Countryside in Spring', the colour slides of the flowers and animals were beautiful and a very interesting talk.

Also this month we had our Jumble Sale which went really well, not so much jumble as last time but lots more people. A very big queue greeted us when we came back from lunch.

For our April meeting our speaker was Ailsa Anderson. Ailsa was PressSecretary to the Queen for many years. She talked about her career and what it was like working for the Royal Household. This was a really entertaining and interesting talk.

We meet at Lacey Green Village Hall, the first Wednesday in the month (except January) at 7.35 pm. If you would like to join us you would receive a very warm welcome.

Forthcoming Events:

By the time you read this we will have hosted the Village Quiz on Tuesday25th April.

3rd May - We are having an afternoon meeting to discuss the Resolution to be voted on at the National Federation of Woman's Institutes 2023 Annual Meeting. We will then enjoy a tea with bubbly and a cake to celebrate the Coronation.

4th May - some of us will go to the BFWI Council Meeting in Aylesbury

Ann Bartlett

The weather was very kind to us on April 16th for our Spring Litter Pick event. We had a great turn out of villagers and some younger pickers from St John's and Naphill schools - well done you!! Approximately 30 bags of litter collected; Thanksto the organisers and helpers, a great effort by all. We will look at

doing another Pick in the Autumn - please watch out for notices on this.

Tim MacGillivray



Hello from the new Princes Risborough Neighbourhood team!

The neighbourhood team would like to introduce 2 new officers, PC Sophie Parfitt and PCSO JenShraga. Sophie was previously a PCSO over in Marlow for 3 years but trained to be a Police Officer through the Police Now scheme which specialises in neighbourhood policing. Jenhas been a PCSO for 11 years and has joined us from the Chalfont area. We both look forward to meeting the community.

PC 8257 Sophie ParfiÆ | Princes Risborough
Neighbourhood Team | South Buckinghamshire LPA

Tel: 07890410982 |

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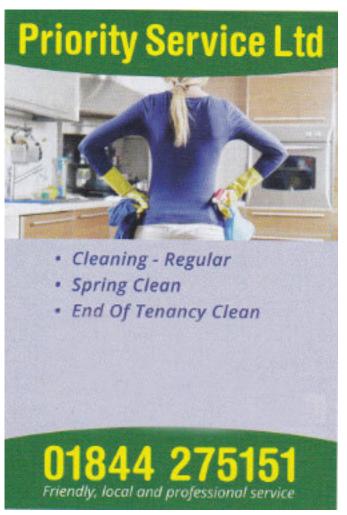
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GigaClear

Did you know that engineering work taking place in Lacey Green and Loosley Row will see residents and businesses have accessto ultra-fast full fibre broadband? Once completed, both the villages will join Gigaclear's growing fibre network that currently spans 23 counties.

But why should this matter to you? Well, for many households, having access to fast and reliable broadband will enable them to work from home, and stream their entertainment online. They will also and enjoy the money-saving benefits and convenience that come with many smart household gadgets these days.

Not only this, but according to the Government, boosting your broadband speed could increase the value of your home by £3,500*.

Still interested?

The full fibre network that is being extended to the village and surrounding area will be fed from Naphill, and before that Great Kingshill and Heath End, daisy-chaining its way through rural Buckinghamshire.

So, who is Gigaclear? Gigaclear is the UK's largest rural alternative network provider delivering full fibre broadband to hard-to-reach rural communities that might otherwise not have the opportunity to benefit from ultra fast speeds.

Once Gigaclear has completed its work, Lacey Green and Loosley Row will join more than 650 other rural communities that are connected to its network. That's more than 400,000 properties stretching from Devon in the west to Essex in the east and up into Derbyshire.

Gigaclear has been working closely with Lacey Green Parish Council, Buckinghamshire County Council and the highways authority to ensure that any disruption during

the build phase is kept to a minimum. The plan is for all the work to be completed by the end of the year.

Rezia Khan, Gigaclear's
Community Engagement
Manager for the parish, said:
"Of course, there will inevitably
be some short-term
inconvenience caused during
the engineering work. However,
we've already engaged locally
with an event held in September
and we continue to listen. The
important thing now is to keep
residents informed and updated
on how we are progressing."

The good news is that Gigaclear has identified that around 70% of the cable laying can be carried out using existing infrastructure in the village, such as pole and underground ducts owned by Openreach. This is less intrusive and will mean the work can be carried out more quickly.

Rezia said she planned to stage a community event in the village hall in June. This will give residents an opportunity to find out more about Gigaclear, and how the build is coming along.

The fibre network will come into the village along Main Road from Naphill and will extend to Lacey Green, Loosley Row along Lower Road to the junction with Woodbank and incorporating Speen. In total, more than 2,400 homes and businesses in Naphill, Lacey Green and Loosley Row are due to be connected.



Which, in an ever-changing world where even the BBC is considering a stream-only future**, will be welcomed by many.

Indeed, it's not just the BBC planning to make this fully digital transition in the future. BT has decided to switch off its old copper PSTNlandline phone network by the end of 2025***, which would spell the end for the traditional analogue landline telephones.

This may come as a surprise to those who still have a landline telephone! However, with full fibre broadband, not only will people be able to enjoy the convenience of having their broadband and landline telephone from the same provider but they'll be able to keep their old telephone number. And, with phone plan prices starting from as little as £3 a month, there's every chance they'll be making a significant saving on the current price they are paying!

- * Broadband speed boost sees home values jump by £3,500 GOV.UK (www.gov.uk)
- ** https://rts.org.uk/article/ leading-uk-digital-speech-bbcdirector-general-tim-davie
- *** <u>Upgrading landlines to</u> <u>digital technology – what you</u> <u>need to know - Ofcom</u>



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On the Farm

I hope by the time you read this you will have dug out your fans and sunglassesand be getting fed up with dry warm weather! The dry February allowed us to do a little field work, but it's not until March we really have lots to do. Six weeks of damp wet weather has pretty much ground us to a halt. On Monday 27th March I think that every farmer in Bucks was out spraying or fertilising or rolling, the Monday after that was nice as well.

In March we usually are preparing to plant maize by spreading manure, and starting cultivating, aiming to plant from mid-April onwards once soil temperature has got to 10c.

Wheat will have its first fungicide to protect it from Yellow Rustand a growth regulator This stops the wheat growing too tall and strengthens it, this keeps it standing upright as a crop that falls over is disastrous in terms of yield and grain quality. The wheat will also receive some nitrogen fertiliser with sulphur. There are many varieties of wheat that have been bred by plant breeders. They all have different characteristics like grain quality, disease resistance, lodging (falling over) resistance. We try to choose a variety that has good disease resistance, good yield has grain characteristics that our grain buyer wishes to buy. The wheat looks well at present. The feed wheat price has dropped from a peak last year of £350 per ton to under £200. We could currently sell wheat for £217 for delivery in March '24. On top of these

prices is a milling premium for bread making wheat of between £20-50.

So, will the price of a loaf of bread drop significantly? Despite wheat flour being 75% of the ingredients it generally only contributes 11-15% of the costs, so it will make little difference in a loaf. The value of the flour element in a loaf has dropped by about 4p. A kilogram of Milling wheat is currently worth 25p, an 880g loaf will use about 0.5kg. The other costs are milling costs, bakery costs, other ingredients, packaging, marketing, and transportation, and of course retailer costs and profits.

The milk price roller coaster ride is in full descent on the steepest slope, dairy farmers are holding on tight and shutting their eyes hoping the downhill doesn't go on too long. Not surprisingly some want to get off (sell up)! In March our milk price went down 7%, followed by an 11% drop in April. Some of our costs are going down i.e. wheat is part of our cows ration, and fertiliser has come down, but most will have bought at much higher prices.

Charlotte has just been for a short course to the Global Training Center in Washington State studying Advanced Dairy Management. She has been to several countries recently; it is fascinating to see how they all have very different approaches to producing the same product....milk! We try to adapt the best practices from all to our situation here.

In February I went to the NFU conference in Birmingham. The secretary of state Therese Coffey gave a speech and did a question-and-answer session.

When it came to questions, she was quite arrogant, she seemed almost bored and not interested in issueslike why the UK has 1 million fewer laying hens than it did, or the costs of growing salad crops, both issuespeople may have noticed in empty shelves at times. (Interestingly farm shops and smaller shops seem to have supply, supermarkets have had the empty shelves, probably something about supplier relations I expect).

Later in the Commons she went on to suggestwe should be eating seasonable veg like turnips rather than out of season salad, which does have some merit only for the previous largest producer of turnips to remark he had stopped growing turnips because of the costs involved and the inability to find the labour required now. Food security and policy doesn't seem to be that important to our politicians, fingers crossed other countries keep growing and producing enough for us.

On June 11th we will be opening the farm again for 'Open Farm Sunday'. (See pictures of our last OFS in 2018) This is an open day where we open to the public to show what we do. Hopefully there will be trailer rides to fields, machinery to learn about, calves to meet and cows to see being milked. So hopefully we will see you here, fingers crossed, hoping for that long awaited sunny weather will still be here on the day!

RichardWest



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Betsy, you were a real star and made what, for me, would have been a difficult task a really pleasant one due to your kind understanding and patience and of course, your lovely sense of humour! Thanks again Betsy." "May I say what a pleasure it was working with you. You are a considerate professional, not to mention a lot of fun! Thank you for your unending patience."

Mrs T

Mrs K

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Buckinghamshire Council

Bledlow Ridge Recycling Centre

The site opens five days a week, closing every Wednesday and Thursday. Summer opening is 9am-6pm. Visits to the site are free of charge for Bucks residents, although there are costs for disposing of non-household waste. Residents should pleasebring proof of address when visiting the site such as: council tax statement, utility bill, passport and driving licence.

NOTE: Waste permit required if visiting in vans or using trailers.

We are sure that residents will understand that those living in Oxfordshire will have to pay to use the site. Charges start from approximately £20 per trip for a small car and nearer £50-60 for a medium-sized car.

£5 Million Extra for Our Roads

Following the extreme cold temperatures and excessive rainfall over last few months, we have all seen the impact it has had on our roads.

Buckinghamshire Council are already part way through the £100 million roads programme but following the extreme weather, have also committed an extra £5 million in the short term.

Buckinghamshire Highways

On the 1st April Bucks Council new dynamic partnership, Buckinghamshire Highways begins, designed to further improve the way roads and footways in Bucks are maintained and managed, bringing positive changes for residents.

between Buckinghamshire Council and two highly experienced and industryleading organisations - Balfour Beatty Living Places and Atkins, as well as a number of specialist framework contractors.

The contract covers all elements of highways maintenance and repair, including pothole repairs, gully cleansing, street lighting, winter gritting and resurfacing works, as well as larger improvement and development programmes. The new arrangementsallow the council to take back greater control and increase accountability in effectively maintaining the county's network of almost 2,100 miles of highways and 1,500 miles of footways. **Buckinghamshire Highways** replaces Transport for Buckinghamshire, which for the previous 13 years managed highways in the county.

Problems on the roads and footways of Buckinghamshire should continue to be reported using

www.buckinghamshire.gov.uk/ fixmystreet

NW Chilterns Community Board

As members of the board, we have been involved with helping community groups receive funding as well as setting the priorities for our area. We continue to encourage community groups to participate in the Community Boards and take advantage of the available funds to carry out projects.

Recently the Community Board agreed:

£5,000 towards the Chiltern Farmers Cluster Hedgerow Project in connection with Chilterns AONB.

Almost£8,000 to Active in the Community for their Forever Cycling Project, an initiative for over 50s to increase physical activity and combat social isolation and loneliness. Seep5.

To find out more about your local community board, contact nwccb@buckinghamshire.gov.uk

Surgery Dates

The team hold regular surgeries across the ward to hear from residents directly. You don't have to book an appointment to attend, however, if you would like to talk privately you can contact the team on team@ridgewaywest.uk

Surgery dates for the year are below, running from 11am-1pm:

1st July – Stokenchurch Community Library

5th August – Bledlow Ridge Village Hall

7th October – Stokenchurch Community Library

9th December – Bledlow Ridge Village Hall

Contacts

If you have any other matters or concerns please don't hesitate to contact either:

Carl Etholen carl.etholen@buckinghamshire.g ov.uk 07810 442617

Robert Carington robert.carington@buckinghamsh ire.gov.uk 07515 997953

Shade Adoh shade.adoh@buckinghamshire.g ov.uk 07941 618331

The newly formed alliance is

St John's Church

We held a Coffee Morning with stalls and cakes in February but unfortunately this was not well supported locally. However we had lots of helpers from Church, we enjoyed the morning and thank you to all who came along.

Easterattendances were increased, sometimes by 50%, and as services were held each day of Holy Week we were very pleased to see all who came. The choir were at most services and the Organ sounded beautiful.

I hope you found time to visit the Easter Cross and Easter Garden which were excellent!

Pat Rushmere











The recently reopened Pink & Lily has gone back to its roots as a friendly, quality local – muddy boots, muddy families and muddy dogs welcome.

With a stunning new menu and a range of local and real ales on tap, The Pink looks forward to welcoming all comers!

> PINK ROAD, LACEY GREEN, HP27 0RJ Tel. 01494 489857

UKRAINE TO CHILTERNS STANDING TALL WITH UNRAINE - A VILLAGE RESPONSE ukraine2chilterns.com

Our excellent community remains very active in providing generous support and succour to our Ukrainian guests. Practical support has been given through helping stock the Clothes Barn with plenty of new seasonclothing, through generous donations made from money raised at local events, through giving up time and expertise to help at our Creative Conversation Classes, supporting Englishacquisition and mindfulness through creating crafts.

It is remarkable to think that our Ukrainian guests have been amongst us for a year. The first anniversary of Putin's barbaric invasion was commemorated locally on 24th February by a candlelit vigil held in Duke Street Gardens, Princes Risborough. Many attended to show solidarity alongside our Ukrainian guests who, poignantly, sangin Ukrainian while messagesof support and love were tied to a 'Garland of Hope'.

The vigil was opened by the Town Mayor, Andy Ball and attended by other dignitaries - Member of Parliament, Greg Smith, Princes Risborough local Councillors, Faith Leaders, the community of the town and many more besides. All wholeheartedly expressing their support for Ukraine.

One of our guests, Natasha Kuraptseva, writes:

Unfortunately, war is still going on, and both the defenders of our country and innocent, peaceful people are dying every day. 2022 was a black page in the history of the Ukrainian people and of Europe in the 21st century.

This insidious and murderous invasion has continued for a year. Everyfamily that arrived in Britain has had its trials. Words of fear and confusion were heard in almost every family during those first days:

- -Go to the corridor! -Theseare the first words that a young girl heard from her mother in the morning.
- But they did not dare to go further, - and within a week we cried every day from fear.
- -Go, exchange all the hryvnias for dollars, we're going to Poland, and we didn't go anywhere, because in the first days it was almost impossible to leave Kyiv, cars formed a continuous traffic jam.
- Mommy, what's going on, what's that sound?-the son covered his ears with his palms.

Such words, we heard in those first days, heralding the start of our story of fear and suffering.

Now, thousands of kilometres from

home, everyone who joined the candlelight vigil stood together - both Ukrainians and Britons, standing in solidarity in these difficult times.

The Charity organisation 'Ukraine to Chilterns' organised and funded this event. This organisation also provided equipment for the event: candles with convenient

holders and a card to write your messagesof hope and peace for the anniversary. There were even white doves of peace, hand-painted by Ukrainians and British together at one of the Creative Conversation master classes. Warm words and sincere hugs included for free and for everyone.

In a matter of minutes, the big tree in the square received the Garland of Hope. Wishes were written by the guests and tied to the garland:

"For the war to end sooner", "For us to return home", "For Ukraine to be free", "To hear and sing the national anthem in our native country", "To see and hug dad", "To visit grandma and grandpa"...

You are happy to be safe now, say the British.

Yes, how happy we are, the Ukrainians answer, swallowing tears.

It was lucky that we reached distant Britain safe and sound, and here, thanks to the fact that there were real people everywhere lighting candles as hot as hearts, we are safe.

After Andy Ball's opening speech, Sofiia, a Ukrainian guest only 17 years old, gave a sensitive and sad speech to her compatriots. Inspirational words from the heart made many of us long for the Motherland and we felt pride for our country inspired by Sofia's words.

The whole world said that we would not last three days.

We have been standing for a year.

We are brave. We are resilient. We are Ukrainians!

For more information about our charity please visit www.ukraine2chilterns.com or contact us on info@ukraine2chilterns.com





CommunityTennis

We were delighted to win the "Connecting with Communities Award" for Buckinghamshirein early February. The award recognises all the work we do locally including: 7 links with local primary schools, taster sessionsfor local clubs, weekly U3A session, walking tennis and the biggest junior programme in the area.

The growth in membership has enabled us to expand our teams, resulting in more success on court. At the Aylesbury League Tennis Awards evening held at Ellesborough Golf Club in April, we picked up 4 trophies from last season including a new award for most improved club!

However, the winter seasonjust ended, has proved to be a little frustrating apart from the ladies' team who stand a very good chance of being promoted to division 7. Men'1 came equal second on points, but narrowly lost promotion on setswon. Men's 2 had a very disappointing season and finished bottom of division 7 and will be playing in division 8 next season! The mixed team having been promoted last season, had a consolidation season finishing mid-table.

The summer leagues commence in early May and Men's 1 find themselvesin the lofty position of being in division 3 with some stiff competition to face.

Regular readers of this column will know that we are building up substantial funds to build a clubhouse and a 4th court. We are starting to get bottlenecks on court, particularly with the popular Sunday morning session which regularly hits our maximum allocation of 18 members. We are also looking to invest in a different court surface with artificial clay being the most popular (and the most expensive!).

As well as applying for various grants, we have also been actively fund-raising, including a very successful car wash at the beginning of March, raising some £800.

Our main fund-raiser this year is the annual gin and fizz evening on 19th May. Included with this is an auction of various lots which total over 25. We are so lucky to have many generous members and the lots include 5 holiday villas/apartments (including Florida and Spain). There are also tickets to major summer events, local family tickets and many other exciting prizes.

We are so grateful to all the local businessesthat are supporting us and at the time of writing these include: Allure Nail and Spa, Booker Gym Club, Bucks Goat Centre, Hell-Fire Caves, Great Hampden Arms, Heather Breed Upholstery, Pink & Lily, Princes Risborough Golf Club, Twenty-Four Hair and the Whip Inn.

Open Day

As we move into the busy summer season, we will be running a record 14 junior group lessons and 12 adult lessons each week. If that whets your appetite, come along to our open day on Saturday 20th May and enjoy free coaching on all our activities. If you are a beginner, we will be running new tennis xpress courses throughout the summer. A great opportunity to try something new and enjoy the great outdoors!

Nigel Glenister

Village Hall Bookingsreport

This will be my 23rd A.G.M as booking secretary. As I reflect back, it is with great pride that such a village resource has been and, is so well used. Sadly, many previous committee members have passed away; but for those of us that had the privilege to work alongside them, they are not forgotten. It's a very different world today compared to 1999 when the 'new' hall opened.

I am still surprised when an enquiry arrives and I askif the person is familiar with the hall, to receive the reply, 'I am not but remember the discos at the old hall!'

We receive lots of positive feedback and thanks for our facilities. Therefore, I assume we are getting something right! Thank you to everyone that uses the hall for taking care of it.

Moving forward, hall bookings for 2023 are very healthy with over twenty already. I believe that this is mostly due to people being able to mix again and wanting to meet up with family and friends. There has been a resurgence of children's parties, 50ths/40ths etc.

The hall is still being well used and continues to offer a wide variety of activities for all ages. We continue to have Bowls, Karate, Pilates, Archery, U3A, The Art Group, Yoga, Computer group, Coffee morning, WI, Horticultural Society, and Youth Club. Princes Risborough Young Farmers are now regular users and Upholstery classeshave started. Equus Productions held a Musicals Night and Pantomime during 2022 and

both were very well attended. Watch out for future events.

We have a few weekday slots available – Monday morning - Tuesdayafternoon and evening.

In 2022 we had 31 commercial bookings. To clarify, commercial bookings do not include our regular users, only people that have a one-off booking.

As always, I would like to take this opportunity to thank all the organisations for their continued support and co-operation with the day to day running of the hall.

If anyone requires any further help or information, please do not hesitate to contact me. See p30. Many thanks.

Karen Hodghton

Parish Council

Together, the Buckinghamshire Council Cabinet and your Parish Council worked very hard to reopen the Bledlow Ridge Household Recycling Centre for the use of residents of Lacey Green, Loosley Row, Speen and surrounding areas. This site has now been up and running again since January. Its opening times are as follows: 9.00am -4.00pm Monday, Tuesday, Friday, Saturday, Sunday closed Wednesday & Thursday. You only need either a Driving Licence, Utility Bill or Council Tax Statement to use the facility.

It has been found that the personnel working there are very helpful and only too willing to be of assistanceshould it be required, for example, when lifting heavy items out of your car.

By using the Bledlow Ridge facility, one not only helps save the environment by using less mileage and fuel in your vehicle

but also helps you too in saving your time by not having to travel to the recycling site near Booker.

We worked very hard to re-open the Bledlow Ridge site, so let us now keep it open in the future. USE IT OR LOSE IT!

Dog Mess

Dog fouling of pavements and local footpaths has been an increasing problem over the last few months. Despite many pleas by the Parish Council for some residents exercising their dogs to be more thoughtful and considerate to other residents using pavements and local public footpaths when disposing of their dog's waste, it is a great shame that this problem is getting worse.

Therefore, the Parish Counci have decided to engage a Dog Warden to improve and eradicate this situation. The Dog Warden has full powers to monitor this situation and to issue and enforce fines for offending owners.

Dog owners are reminded that dog waste can be disposed of in the waste bins located around the Lacey Green, Loosley Row and Speen areas. It is now accepted as general waste by Buckinghamshire Council in your household waste and can be put in your own black bins at home if a public bin is not on your route home.

It is not acceptable to hang waste in bags from trees and hedges, nor throw the waste bags into the hedgerows.

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Whit Sunday

This year Whit Sunday falls on 28th May, with Ascension Day taking place on Thursday 18th May. Whit Sunday, or Pentecost as it is more commonly known in contemporary Church of England liturgical practice, marks the end of the season of Eastertide which lasts for seven weeks from Easter Day.

The formative event of the Christian festival of Pentecost is described in the second chapter of the Book of Acts. We are told that the disciples and followers of Jesuswere together in Jerusalemon the Jewish Day of Pentecost when a powerful wind filled the place where they were sitting and that tongues of fire separated and rested on the heads of each one of them.

We are also told that a crowd gathered from many different parts of the world and each of those present could understand in their own languagewhat the disciples were saying. For Christians then, it is a festival of the gift of the Holy Spirit and it is regarded as the birthday of the world-wide universal Church.

Some suggest that Pentecost can be regarded as a Christian "fire festival" and therefore has some resonances with the very ancient Celtic fire festival of Beltane which took place around the beginning of May.

It is from the time of the Norman Conquest in the 11th Century onwards that Pentecost has been known in Britain as Whitsun. It may have been so named because it was a popular time for Baptisms and therefore the name may reference the wearing of white Baptismal robes. Moreover, in England, white vestments were worn by the clergy on Whit Sunday instead of the customary red vestments which have also nowadays been adopted in Englandin our modern

language Church Services (being the colour of fire as well as of martyrdom).

The name Whit Sunday is therefore claimed to be a contraction of "White Sunday" attested in a phrase found in the Old EnglishHomilies "the Holy Ghost, who thou didst send on Whit-Sunday"; the Old English Homilies being regarded as a collection of Anglo-Saxontexts which were transcribed in the year 1175.

A different tradition is that of the young women of the Parishall coming to Services at the Church or Chapel in new white dresses. But an alternative explanation comes from a medieval Augustinian canon called John Mirk of Lilleshall Abbey in Shropshire who believed that the root of the word was "wit" represented the outpouring of wisdom that the disciples of Jesusreceived at Pentecost.

In the North of England, especially in the area around Manchester, Whit walks were at one time very commonplace. This involved procession of Sunday School children dressed in white and followed by their families and other members of the Church; and preceded by a brass band.

Traditionally, Whit fairs took place in various places. Other customs, such as Morris dancing, were traditionally also associated with Whitsun, although in most cases they have been transferred to the Spring bank holiday.

The village of Whaddon, near Royston in Cambridgeshire, has its own Whitsun tradition of singing a unique Whitsun song around the village before and on Whit Sundayitself. At some point in the past, a practice developed of men going round the village singing this special song on and around Whitsun time. Thesemen held aloft oak branches and waved them at various points on their journey. This tradition fell out of use in the early 20th century.

However, in 1937 it was decided to perform the song as part of the celebration of the Coronation of King George VI which took place on the 12th May of that year.

At the time of the Second World War, the words and melody of the song were collected from a local resident called Alfred Smith and later published in English Dance and Song 36:1 Spring 1974, page 20 (Vaughn Williams Memorial Library, Roud Folksong Index 3186).

In 1956, Peter Kennedy, who was recording folk traditions on tape, visited a Whaddon resident called Tom Coningsby, then aged 82, and made a recording of the song and the customs associated with it. Knowledge of the Whaddon Whitsun song has continued to be kept alive in the village, and the custom of singing the song around the village was revived in a slightly updated form in 2005.

The month of May, then, both by way of the ancient Celtic calendar and the Church calendar, is a time of thankfulnessfor the colour, energy, and beauty of our Planet Earth; whilst acknowledging the precariousness of it all. In spiritual terms, it is about gratitude for the Spirit of God by which people of faith believe that all living things are connected to our Creator and find fulfilment in the divine love which under girds all things.

Tony Bundock



Horticultural Society

The Horticultural Society held its first actual Spring Show for three years in March. We had one virtual show in lockdown and last year's was cancelled at the last minute because of key people going down with Covid.

Not surprisingly the numbers this year were lower than previously, but those who entered did surprisingly well! We had some wonderful blooms in spite of the appalling cold wet spring. A little sunshine on the Monday before the show probably helped to bring on the hyacinths and daffodils.

Fewer children showed than previously, but demonstrated plenty of enthusiasm and expertise. The jam jars of flowers were beautiful and the Lego models full of imagination. In fact, the overall winner of the President's Cup for the most points in the show went to Lauren McComish who was a very worthy winner, with lots of entries in the children's classes, including a magnificent banana bread! Well done Lauren and well done to everyone who entered.

In the domestic section Liz Patient swept the board with some very skillful and delicious baking. Nigel Rolph won the daffodil classes, always against a lot of competition. The flowering pot plants were dominated by orchids, but the worthy winner was one owned by Alison Jarviswho is newly elected onto the committee and a very keen gardener.

Although we were without John and Laura and our President, Michael Hardy to present the awards this year the committee managed the show admirably!

We were very grateful to those who stayed behind to help clear away tables and sweep up. It is a case of many hands make light work and we really appreciate it at the end of the day! Thank you

Our next meeting on May 17th is in fact a visit to Lindengate charity gardens in Wendover.

If you are not a member and would like to find out more about our activities, please do contact a member of the committee.

talk, we do welcome guests as well. In July we have a talk from Graeme Hollingdale. Experienced horticultural judge and the Chilterns District Representative of the National Sweet Pea Society, so that should be a wonderfully scented evening! We look forward to meeting you.

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HappyWanderers AGM

The AGM of the Happy Wanderers Walking Group was held on Sunday March 26th 2023 with 25 members present which was very encouraging.

The business part of the meeting was very straightforward, and the following officers were reelected. Chairman Roger Walker, Secretary Liz Lewin and Treasurer Peter Clee.

It was also decided that it was not necessaryto just walk on Sundays any longer. Saturday and weekdays can be utilised. This gives more flexibility for us to encourage new members and to support the pubs on less busy days than Sundays.

After the formal part of the morning was concluded we were able to enjoy being together with our lunch and a drink.



Unfortunately, it was too wet for us to go for a walk.

We would be delighted to hear from anyone interested in joining the walking group.

Liz Lewin

01844 274961

LG & LR History Group

This summer we plan to run the third and final part of our walk around Lacey Green. Anyone is welcome to join us. Check the website for further information, which will be available after a suitable date has been chosen.

This section will run from the Methodist Chapel to the Whip. We shall also talk about Pink Road and Parslows Hillock, but we will not walk that far. The first two parts of the walk, from

Grimsdyke to Kiln Lane and from the Black Horse to the Methodist Chapel are now on line (see laceygreen.com/history).

To celebrate the Coronation, there will be a small display in the church, looking back at past Coronations.

Joan West is currently collecting small snippets of information about interesting people or

events locally. Thesedo not have to be long enough to make a full article, just a few lines will be enough. If you can help, please contact the Secretary at johnmortham@btinternet.com

Rosemary Mortham

(Secretary) 01844 345863

Speeding Petition

With the support of the Lacey Green Parish Council, St John's school and the Lacey Green Road Safety Group, this petition has been submitted to Bucks Council to try and tackle the traffic speed from RAF Strike Command to Lacey Green (plus Main Road in Lacey Green).

We are trying to reduce the speed limit from 60mph to 40mph on New Road and to introduce traffic calming through Lacey Green.

Please sign using this link. Thank you!

https:// buckinghamshire.moderngov.co.uk/ mgEPetitionDisplay.aspx?ID=86&RPI D=15657043&HPID=15657043



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The year has got off to a great start and we have plenty more planned for the rest of Spring and into Summer!

We have had a couple of great events so far this year, beginning with celebrating Burns Night for the first time since before the pandemic, with the traditional three course meal, speeches, and toasts of whisky. This was followed by AJcooking up a marvellous Mother's Day lunch with both sittings fully booked! Thanks to all those who attended and got involved with these events.

A great deal of work has been going on in the garden as we get ready for Summer. The new Marquee is looking lovely, and we have remodelled the garden

with a new patio area to make more space outside for the summer. The play area has had some attention and been redone with astroturf.

It is always a pleasure to have the company of the Over 50's Pub Lunch on the first Tuesday of the month. All are welcome so if you are interested in joining, please see the contact details at the back of the Hallmark.

Dominoes and Crib have had a great result for the season! The Black Horse team won the league and the knockout double crib. Well done to them! If you are interested in getting involved, please don't hesitate to get in touch. We are also looking for more teams and if

any other pubs are interested in getting involved, contact Lynne.

Looking to the year ahead we have lots of exciting things lined up.

Firstly, the Coronation weekend and we are looking forward to a busy weekend kicking off with Karaoke on the Friday Night. Saturday begins with Brunch from 9am till 2pm with the Coronation being shown throughout the pub and garden. Through the afternoon from 2-4pm we will be serving Picnic Boards followed by Fish and Chips in the evening from 6:30-9pm. The Sunday we will have Sunday Roasts from 12-3pm. Our Sunday Roasthave a selection of meats each week and include a pudding for only £16.95!

We are also starting to do food Monday Lunchtimes from 12-3pm with a Lighter Bites menu. So pop in if you fancy a baguette for your lunch!

We also are excited to announce our Beer Festwill be on 8th-10th September and there will be live music and a wonderful selection of Beer, Cider and Gin!



LLSYouth Club

Lacey Green, Loosley Row and Speen Youth Club has enjoyed another wonderful term filled with fun and excitement!

We are still welcoming lots of new members; with the Youth Club being a really popular social event for our local youngsters with over 40 attendees every session!

This term we enjoyed a Karate taster session with Richard Drury from Seido Karate, which was lots of fun. The children particularly enjoyed watching the stick fighting and looking at the weapons that the black belts use when training. Thank you to Richard for giving up his time to talk to the youth club members.

We had an amazing time at 'Roller Mania' at Wycombe Leisure Centre. By the end of the night, most of the children were competent on their skates, with much fewer of them falling on the floor!

Prior to Mother's Day, we had a fused glassworkshop with Cathy Henshaw from Hen-On-The-Shore where the children were able to make their own tea light holder with fused glass. The children had a great time designing their own piece of glasswork and we had some beautiful finished designs. I hope that the mums on

Mother's Day, who received a tea light holder, loved their presents! Thank you to Cathy for giving up her time and teaching the children some of her skills.

We ended this term with a disco. DJChris was brilliant and made the night a memorable one. I would highly recommend his DJservice and no doubt he will be visiting the youth club again in the future!

The tuck shop is always a huge success and helps towards raising funds! The children love being able to spend their pocket money, with the option to pay on card available too. Although, you may be surprised to hear that lots of the children do also opt to choose the free fruit and veg on offer each week!

Thank you to Harry Patient who is helping us out at the moment, as a volunteer, as part of his Duke of Edinburgh Award. If anyone else would like to volunteer as part of the award, please get in touch.

We meet fortnightly this term from Friday 21st April for just £3 a session, at the Millennium Hall, 7:30pm-9pm.

All children in Years 6-9, who live in Lacey Green, Loosely Row or Speen are welcome to attend; as well as those who attended St John's School. The dates are also available on the Lacey Green Website.

As with all volunteer run organisations, we are always looking for helpers and volunteers who would like to join us; or any locals that may have particular skills or hobbies that they would like to share with our young people. So, if this is you...pleasedo get in touch!

Thank you so much to all the parents who have been helping out so far this term and last term. Without these helpers we would not be able to offer this fabulous club to our youngsters.

If you would like more information about the LLSYouth Club, please visit the Lacey Green website www.laceygreen.com or email directly to natashakann@gmail.com

Natasha Kann

Youth Club Leader





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Sports Club

We begin our report on a sombre note. Everyone involved in the Sports Club was shocked and saddened by the news of the death of Robert (Bob) Dell. Robert was a huge part of the Sports Club and worked tirelessly over the years to fundraise and improve the facilities. Bob was on the committee and held the role of Treasurer and managed the bar for many years. He will be hugely missed by us all, and our thoughts are with his partner Wendy, children Jakeand Emily, mother Marion, brother and sister Anthony and Maureen, and the rest of his family and friends.

The Club continues to be successful, with lots of exciting plans for the rest of the year ahead!

It's been great to see the Tennis Section going from strength to strength throughout the last few months, and even winning an LTA award for 'What a good club should be like'. We can't wait to see what award they will win next!

The Sports Club AGM will shortly be upon us and we can't wait to discussour plans. We're sad that two of our current committee members are stepping down. Kerry Wiles and Brian Kirby have both served on the committee for a number of years as Secretary and Treasurer

respectively, and we would like to thank them both for their service and dedication to the club. We would also like to thank Christine Marshal for her many years of dedicated service to the Cricket Section as Secretary and Scorer.

There have already been bookings this year for hiring the clubhouse. We've hosted a range of successful parties and celebrations. If you are interested in hiring the club please see more details on our website.

Our amazing volunteer grounds team have been hard at work getting the sports field back in shape after the long winter, with the mowers receiving some much needed maintenance too! Many hours of work go into making the field ready and looking great for cricket and other summer activities. We have also painted the whole Clubhouse and put new lighting in as well!

We are excited to announce our new website so you can stay up to date with all things Sports Club, including sport sections, events, hall bookings etc. Check it out at @www.lglrsc.co.uk

It is with great pleasure that we announce our big summer fundraiser which will take place on 15th July. It is certain to be a great event so if you are interested please see the poster for more details. We look forward to seeing you there!

We are also holding a Summer Fayrefollowing the great success of last year's Christmas Fayre. Our intention is to hold the event on the 22nd July in the clubhouse and marquee from 12-4pm. All local organisations, clubs, businesses and charities can book a stall for fundraising, recruiting new members or simply increasing their profile in the community.

The bar will be open all day, there will be cricket being played from 1:30pm, and the Tennis Section will also have an open day. We would love to make this a real community event and get as many local people involved as possible. If you are interested in getting involved please do get in touch. Contact SamOakford @enquires.lglr@gmail.com or text 07443518906.

It's not long now till the cricket season gets underway. If you are interested in getting involved, we are always looking for more players, scorers and spectators. Please check the website for more information.

The Sports Club Committee





Ukrainian Cookery

On the evening of the 28th March, our local charity, 'Ukraine to Chilterns', hosted a cookery demonstration at St Johns School, Lacey Green.

Nine lovely ladies, Viola, Elena, Anya, Natasha, Nadiia, Olha, Alina, Halyna and Sophiia, from our Ukrainian community prepared and cooked traditional Ukrainian fayre.

Our gueststhoroughly enjoyed sampling delicious hearty dishes such as Borscht, Varenyky, banosh, beetroot salad, syrnyk (type of cheesecake) and honey cake, in fact we almost ate a full 3 course meal!

Viola and Elenawere able to narrate through the demonstration very confidently and professionally, like true 'TV' chefs, they said they almost felt like celebrities!

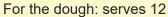
All the ladies had put in a fantastic effort in organising the event and even delighted us with some singing at the end of the evening. Some of the guests were lucky to have scooped up some wonderful Ukrainian craft prizes in the raffle.



Thank you very much to all our guests, participants, David Bundock, and Chloe Gardner, at the school, for supporting our charity and enabling us to put on this very worthwhile event.

Here is a sample of one of the traditional Ukrainian dishes for those who missed the demonstration. Varenyky, dumplings made with dough, similar to ravioli.

Sarah Halliday



- 320ml Warm water
- 1 teaspoon Salt
- 4 cups (500g) Flour
- 4 tablespoons Oil
- 2 eggs

For the filling:

- 800g Potatoes, peeled
- 4 Onions, chopped
- · Salt to taste
- Pepper to taste

DIRECTIONS

- 1. Make the dough: In a small bowl, mix warm water, salt and oil. In a separate large bowl, place flour, make a well in the middle, then pour the wet mixture into the well. Mix until smooth dough is formed.
- 2. Set aside to rest while making the filling.
- 3. Make the filling: fill a medium-large pot with water, add 1 tablespoon of salt, add potatoes and bring to a boil. Boil until tender.
- 4. Place boiled potatoes in a large bowl and mash.
- 5. In a medium sized pan, heat 2 tablespoons of oil, add chopped onions and cook until golden.
- 6. Add 3/4 of the onions to the mashed potatoes, season with salt and pepper and mix well.
- 7. Assembly: divide the dough into 4 pieces. Roll each piece into a 1/8cm thick. using a glass or a cookie cutter, cut 6-7cm circles. Fill each circle with 1 teaspoon of filling. Seal the dough and repeat with the rest of the dough.
- 8. Cook the varenyky: boil a large pot of salted water. Add the varenyky to the boiling water and boil until floats. Drain.
- 9. Serve with the rest of the fried onions and with sour
- 10. Note. Other fillings scan be used including fruit for a dessert. Varenyky can be frozen.



Organisation	Meetings	Contact	Phone	Email address
Happy Wanderers Walking Club	Full walk last Sun of the month 10.30	Liz Lewin	274961	relewin@bEnternet.com
HorĒcultural Society	3rd Wed of Jan, Mar, May, Jul, Sep, Nov. 8 pm	Alison Shreeve		a.shreeve1@bĒnternet.com
LG Singers	Thursday evenings in term Ēme at St John's School	Denise Kinnard		laceygreensingers@hotmail.com
Equus	Theatre, drama, and someĒmes food	Fiona Quilter- Wood		arĒsĒc@equusproducĒons.org
Windmill Under 5s	Mon to Thurs 9.00 - 3.00, Fri 9.00 to 1.30	Tracey Winfield	07502 198405	manager@windmillunder5s.co .uk
Windmill WI (evenings)	1st Wed of month except Jan. 7.45 pm	Daphne Williams	01494 562455	daphne.willash@bĒnternet.com
High Wycombe and District U3A	4th Wed al: ernoon of the month	Terry Boreham	01494 928220	hw.u3a.membership@gmail.com
Youth Club	Alternate Fridays - see laceygreen.com web site for details 7.30 pm	Natasha Khan	07737 638718	natashakann@gmail.com
Over 50s Pub Lunch Club	Black Horse. First Tuesday of the month	Yvonne Axe	345216	
Short Mat Bowls Club	Monday 2 pm	Leigh Axe	345216	leigh@laceygreen.com
LG Sports Club Secretary		Stephanie Dell	07768 831196	steph.dell@bĒnternet.com
LG Sports Club - Tennis		Nigel Glenister	342771	ne.glenister@bĒnternet.com
Yoga	Tuesday: Gentle Yoga at 9.30am Chair Yoga at 11am	Claire Page	07711 588214	hello@clairepageyoga.com
Yoga	Friday morning: Darcie's Yoga for Health & Happiness	Darcie	07590 674424	darcie21@live.com
Pilates	Wednesday mornings	Rosie Lewin	07932 607116	bodyconnecĒon@talktalk.net
Karate	Monday evenings	Stephen Fincham	07540 531034	stevefincham@sky.com
Whiteleaf Bowmen	Wed, Thu and Fri evenings, Apr to Sep	Kan O'Keefe	01628 528978	www.whiteleaO owmen.org.uk
Bucks Council		Carl Etholen	07810 442617	cetholenn@buckinghamshire.gov.uk
St John's Church		Pat Rushmere	01494 562140	richardsp44@bĒnternet.com
Scouts (Naphill and Hughenden)		Peter Byerley	01494 565955	
Parish Council		Frank Post		clerk@laceygreen-pc.org.uk
LG Windmill	Sundays and Bank holidays 2 to 5 pm April to September.	Jane Herve		contact@laceygreenwindmill.org.uk
Millennium Hall		Clive Hodghton	07751 541222	clive@laceygreen.com
Millennium Hall bookings		Karen Hodghton	07922 184 886	karenhodghton@hotmail.co.uk
The Black Horse		Sam Watson	345195	sam.watson105@gmail.com
TASWW	Third Wednesday morning	Gail Wight	07885 232171	gailwhite1604@gmail.com

Hallmark is published quarterly by the Lacey Green and Loosley Row Millennium Hall Management Committee, although opinions expressed in comment or contribution do not necessarily represent the collective view of that committee. Our aim is to mirror the mark that the Village Hall makes upon our community, to publish the activities of all Village organisations, and to provide a forum so that the rights, the wrongs, the well-being of village life can be aired. We welcome news from all the Village clubs, societies, church and school, stories of local interest and entries for the Village Diary.

A version of this printed Hallmark may be found on our website www.laceygreen.com, which also has breaking news and many additional articles and photos.

HALLMARK EDITOR

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VILLAGE HALL BOOKINGS

Karen on 07922 184 886

VILLAGE HALL MANAGEMENT COMMITTEE

Clive Hodghton (Chair)

JaneHervé (Secretary)
Leigh Axe (Treasurer)
Karen Hodghton (Booking Sec.)
Yvonne Axe, Vivien Sheehan,
Gill Mortimer-Biggs, Cathryn Davies,

Fiona Quilter-Wood, Mike Piercy

COFFEEMORNINGS

Held in Village Hall 10am - 12 noon Thursdays. Friendly chatting with tea or coffee and biscuit.

OVER-50sPUB LUNCH

Do you want to meet some more residents? Come to the monthly lunch on the first Tuesdayof the month at the Black Horse. Evenif you know nobody you will be welcome and can meet your neighbours. Contact Leigh on 345216

If someone collapses suffering severe chest pains, remember there is a Defibrillator at the kitchen entrance to the Village Hall, beside the bins.



LACEY GREENWINDMILL

The windmill will be open Sundaysand bank holidays until the end of September, from 14:00 to 17:00. For full details see p3.

For more details see www.laceygreenwindmill.org.uk email: contact@laceygreenwindmill.org.uk

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CLOSING DATE FOR COPY FOR THE AUGUST EDITION July 17th 2023





Forever Cycling



Travel the world from the comfort of your village hall!

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Lacey Green & Loosley Row Millenium Hall



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See more at our website: www.aitc.org.uk/forever-cycling

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Hello from Badger's Garden!

We thought we'd use this opportunity (while our crops are still mere seedlings) to let you know a little about what we do. We are a local family business that started up over lockdown, growing salads, herbs and vegetables plus edible flowers and bunches of cut blooms, all here in Lacey Green.

Last year, while not offering the best growing conditions, was a bumper year of growth for us in other interesting ways. Some of you will know that we deliver home grown salack to your door from May to October. Alongside this, we began to supply the Professional Masterchef 2020 winner and finalists and other wonderful local restaurants of note including The Griffin in Old Amersham and Nomadic in the Chalfonts. The Barn Kitchen at Peterley Manor Farm now serves our salad and look out for our produce popping up on other new menus nearer home very soon!

We grow in a completely organic way using a method called 'no dig' which is great for soil health, if you're interested in making a kitchen garden at home and need help, do get in touch with us.

We are on a mission to encourage growing your own, as a sustainable, healthy and satisfying way to produce your own delicious ingredients! All without plastic packaging and food miles.

Follow us through the seasons on Instagram @thebadgersgarden www.badgersgarden.uk

Thanks to all of you who have supported us so far, we appreciate it enormously.

Here's to a great 2022, with very best wishes from the Badgers.



Speen Pilates

ONES TO ONES ON STUDIO EQUIPMENT





One to one and One to two tuition offers accelerated learning and results, the Reformer uses spring loaded weights to improve your posture, strength and stamina leading to a lengthened, toned body.

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Classical Pilates aims to enhance your posture, strength and flexibility, body tone, stamina and general fitness whilst releasing unnecessary tension.

All details of group classes listed on the website

Amanda: 07733 307475 www.speenpilates.co.uk

Member of, The society for the Pilates Method, Pilates Foundation, NHSTA, Back Care.