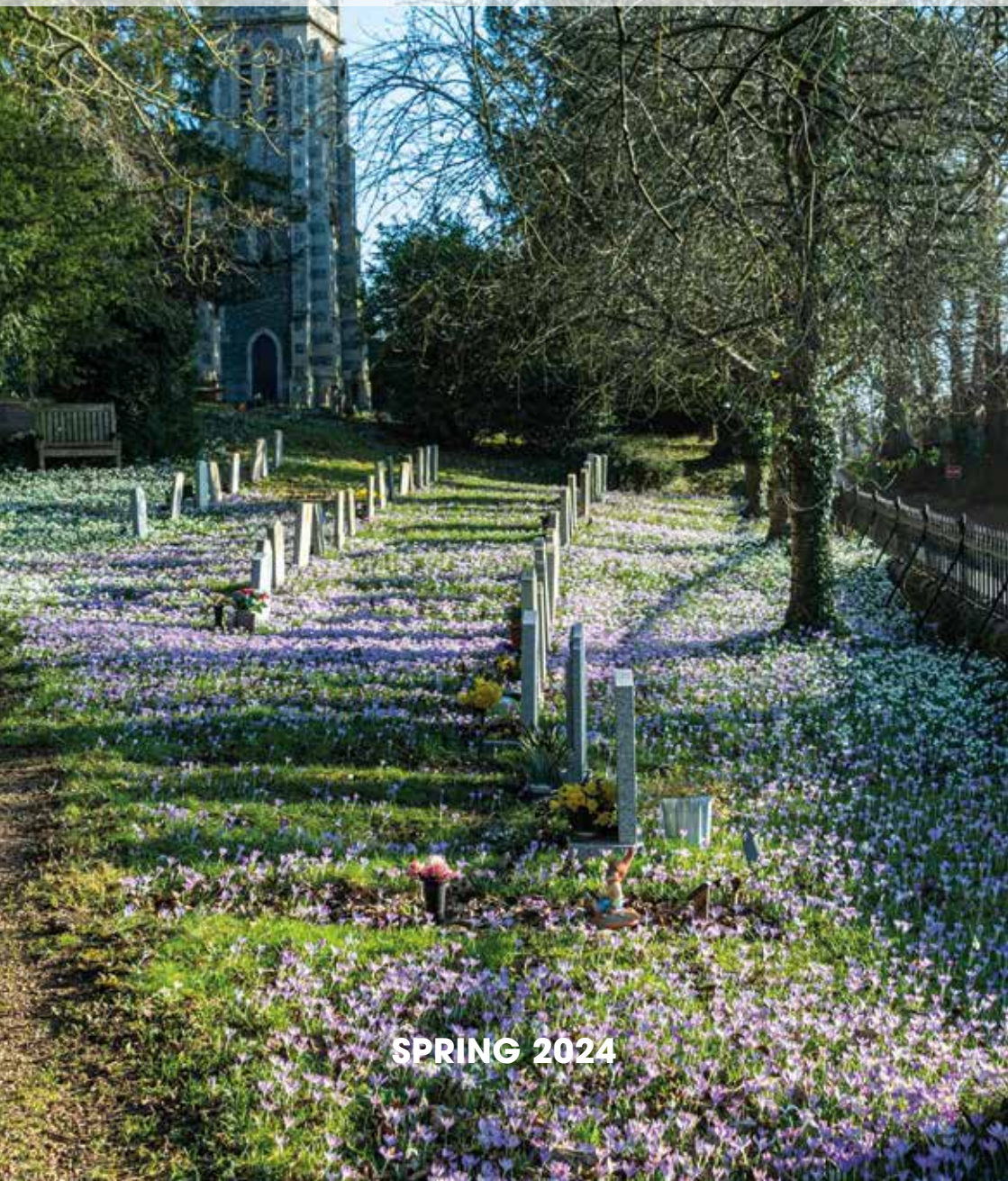


Tidmarsh with Sulham Parish Magazine



SPRING 2024

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Your Home . Your Life . Your Choice .

With this edition of the magazine we have much to look forward to: spring and the beginning of lighter days, Easter and school holidays, and getting out to enjoy the sunshine.

As a herald of the spring we bring you articles on gardening jobs to tackle, preparations for the new bee season, delicious recipes, a new restaurant to try, upcoming events to attend including Quiz Night and more. We also have a topical article on the local flood defences and advice on how to strong-arm WBerks to tackle potholes. There is also an important call out to support the Village Hall. Sadly, no History section this time - so if you have any photos or memories to share, please send them over to me.

As no-one has stepped forward to take on the Village Raffle, we ask all of you that can, to make a donation of up to £20 towards annual publication of this magazine. Please either drop cash off to me (Step Up Cottage, Sulham) or pay via bank transfer to: Tidmarsh with Sulham Magazine Bank: Lloyds Type: Business Sort code: 30 96 96 A/c Number: 58794260. Thank you!

And lastly: calling volunteers to help deliver the magazine around Tidmarsh. Please contact me for details.

Thank you to Mark Littledale for the front cover capturing spring flowers in Sulham churchyard. Wishing you all good health and a very Happy Easter!

Lucy Clow, Editor editortsmag@gmail.com

DATES FOR YOUR DIARY

DATE	EVENT	TIME
3 April	Annual Parish Assembly	8.00 pm
5 April	Village Walk - Meet at Village Hall	9.30 am
	Coffee Morning - Village Hall	11.00 am
7 April	Holy Communion - St Laurence Church, Tidmarsh	11.15 am
10 April	Tidmarsh with Sulham Parish Council meeting	8:00 pm
3 May	Village Walk - Meet at Village Hall	9.30 am
	Coffee Morning - Village Hall	11.00 am
5 May	Holy Communion - St Laurence Church, Tidmarsh	11.15 am
8 May	Annual Meeting of Parish Council and the Full Council	8:00 pm
19 May	Family Worship - St Nicholas Church, Sulham	11.15 am
2 June	Holy Communion - St Laurence Church, Tidmarsh	11.15 am
7 June	Village Walk - Meet at Village Hall	9:30 am
	Coffee Morning - Village Hall	11:00 am
12 June	Tidmarsh with Sulham Parish Council meeting	8:00 pm

ST NICHOLAS CHURCH

Roof repairs were carried out at the end of January after weeks of severe water ingress, we are hopeful the problem has been resolved. Thank you to those who helped empty multiple buckets and mopped up water during this period.

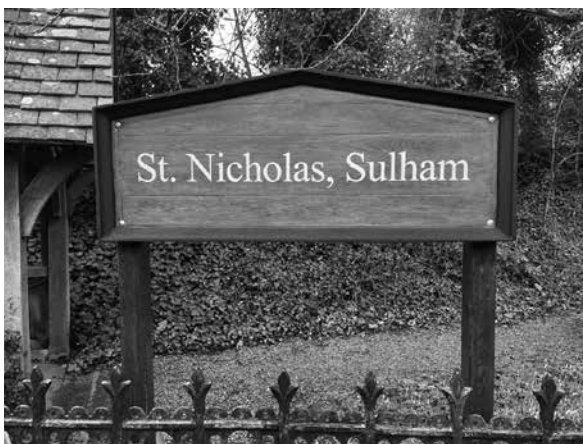
SPRING FLOWER SUNDAY

This year spring Flower Sunday was held on the afternoon of February 11th.

The churchyard was a picture in the sunshine, with a mixture of snowdrops, crocuses and primroses covering the ground. The event raised £490.

Thank you so much to everyone who came to visit and who so generously donated money. Funds are greatly needed as our little church is in need of repairs.

If you would like to make a donation please contact church treasurer Stephen Billyeald on 0118 981 3368.



MANY THANKS

To the Ayers family who have restored the St Nicholas church name board. It looks beautiful and has been much admired by visitors.

VILLAGE WALKS

Village walks leave from Tidmarsh Village Hall on the first Friday of every month at 9.30am and are followed by coffee and biscuits in the Village Hall at 11am. All welcome.

OPEN GARDEN

WALNUT TREE COTTAGE SULHAM

RG8 8EA

Sunday May 26th 2024

2-5pm

Tea and cake

Pimms bar

Entry to garden £5

(children free of charge)

1 mile walk from Pangbourne or Tidmarsh

Parking available

Proceeds to local charity



RIP BRIAN MURBY 01.07.1939 - 08.01.2024

Brian was born in the tiny hamlet of Fox Hill on the edge of the Ridgeway in Wiltshire on the day that Hitler invaded Czechoslovakia and exactly two months before the outbreak of the Second World War. His father was the manager of Manor Farm and it was here that Brian developed his lifelong love of tractors and all things farming. Much of his early childhood was spent roaming the downs with the family dogs – rabbiting, making bows and arrows and chasing after any tractors he saw. As the war progressed he remembered watching the British fighter planes flying overhead and taking eggs to the American soldiers camped nearby in exchange for ‘candy’.



In 1950 aged 11, Brian and his family, which now included 2 sisters, moved to Nunhide Farm where his father had got a new job as farm manager for the tenants, the Chowns. His mother couldn't believe their luck when they moved into their new home – it had running water and electricity. Brian quickly became immersed in life on the farm, learning as much as he could including driving the tractors, particularly during haymaking and harvest. He left school at 15 and immediately started work on the farm until his father got a new job with Lady Dorothy Graham-Hodgson of Tidmarsh House in 1955 as a full-time gardener while his mother was housekeeper. The family moved from Nunhide to 1 Tidmarsh Farm Cottages – the tied cottage that went with the job. It was during this time that Brian helped his father plant the trees that border the A340 on what is now the Village Green.

In 1958 Brian met and fell in love ‘at first sight’ with Pauline Jerome and after a brief courtship they married and moved next door into 2 Tidmarsh Farm Cottages, where they started their own family – Valerie and Jenny. By 1963 they had moved to Woodley, where the family had grown with the arrival of Alison and Paula and they remained there until 1977. Brian had several jobs during that period all of which involved mechanics, driving and using large machinery.

His parents had remained in Tidmarsh, moving over the road to the newly built bungalow called Meadowside. On the death of his father in 1977, Brian was given the opportunity of buying the property and over the course of more than 40 years,

developed it into the house you see today. Ever busy, Brian went on to start his own civil engineering company, employing several other people including family members and carrying out work mainly for Thames Water.

Brian worked hard all his life and could turn his hand to anything. The skills he developed throughout his life meant he could build or repair anything – whether it was stripping down and completely re-building a vintage tractor, installing a swimming pool in his garden or simply building a house for his pet goose. With the right tools and materials he would rise to any challenge. And not only that, he passed his skills on to others (including his grandson Jon) or just got on and helped people out – nothing was too much trouble for him and if he could help you he would. Farming was in his blood and up until last Autumn he could be seen around the village making hay, out on the mower cutting the grass on the Village Green or doing a job for someone on his digger. His love of wildlife, the countryside and his animals was also something he sustained all his life. Whether it was simply feeding the birds, chatting to his dog ‘Buster’, caring for Lucky the goose or just watching the bees coming to his bird bath for a drink, it was always very special to him.

Brian passed away peacefully at home with his family by his side on the 8th January and his funeral took place on the 2nd February. The huge number of people that came to pay their respects is testament to how much he was loved – a wonderful husband, father,



grandfather, great-grandfather and in my case friend. He will be sorely missed, but the legacy and memories he has left behind will last forever.

Karen Elliott

“WHAT’S ON” IN THE VILLAGE HALL

Did you know that there are lots of activities available in Tidmarsh village hall? Below is the current calendar of regular bookings.

If you would like to join one of the classes, please contact the organiser in advance. All activities & classes take place weekly unless otherwise stated.

Please contact the Hall Bookings Secretary if you would like to run a class or hire for an event: tidmarshvillagehall@hotmail.com

TIDMARSH VILLAGE HALL – SPRING 2024

	MORNING	AFTERNOON SESSIONS		EVENING
MONDAY	10 -12.30 Art Sue Logan shelsooz@btinternet.com			7.30-10.00 Table Tennis Duncan Groves duncanwijgroves@hotmail.com
TUESDAY			6.15-7.15 Martial Arts Nazim Gokcezade nazim.gokcezade@ntlworld.com	7.30-10.00 Table Tennis Duncan Groves duncanwijgroves@hotmail.com
WEDNESDAY	10.00 -12.00 Flower Arranging Shirley McCaig theridings.25@gmail.com	1.30-4.00 Art Alec Bray alec.bray@yahoo.com	4.15-7.15 Amico Dance Rachel Griffin amicodanceacademy@gmail.com	8pm Parish Council 2 nd Wed of month clerk@tidmarshwithsulham.co.uk
THURSDAY				
FRIDAY	11.00 -12.00 Coffee Morning 1 st Fri of month ALL WELCOME come along!	2.00-4.00 Quilting (starts April 12 th) 2 nd and 4 th Fri of month	Band Practice Occasional Private booking	
SATURDAY	10.30 – 11.30 Zumba Rachel Grocott rachelzumba4043@gmail.com https://bookwhen.com/happydancerachel			
SUNDAY		Home Alone Dog First Aid 2.00-5.30 24 Mar & 23 June Ali Masters please book in advance: homealonedogfirstaid@gmail.com		

YOUR VILLAGE HALL NEEDS YOU!

The Village Hall is an important asset for community social and business activities. The hall opened in January 1954 and has been the venue for many wonderful social and fundraising activities that have benefitted Tidmarsh and Sulham for the last 70 years.

However, without sufficient volunteers to support the running of the hall - it may have to close. The village coffee morning, weekly classes, quizzes, parish council meetings and local elections would all be affected.

The 2024 Annual General Meeting is coming up on Weds April 24th 8pm and we would appreciate villagers' attendance as we are desperate for help in running and caring for the hall. The committee will soon be losing two of its long-term members and we need new volunteers to take their place:-

After many years as Chair of the management committee, Alan Maskell is stepping down, as is Gill Haggarty who no longer lives in the villages. We are very grateful to Alan for his dedication as Chairperson, and to Gill who over many years has served on the committee and previously held various roles including Secretary and Chair. We thank them both for their years of support & enthusiasm.

Can you help? The management committee meets three times per year to discuss relevant points and plan social events. We need two or three people to join the committee in order that we can continue to manage this valuable village asset and keep it fit for the future. Please, please think about sparing a few hours a year to support the hall - Alan & Gill will be happy to provide details and answer any questions or come along to the AGM in April.

Also, in January we experienced a flood in the ladies' toilet. Water was coming up through the floor and we had to employ a flood detection company to locate the leak in a pipe under the concrete floor. As a result we will have to replace two toilet floors and the wooden corridor flooring.

The ladies toilet is still out of order and we have temporary flooring in the corridor. We apologise for inconvenience caused by this and hope to replace the flooring in the next few months depending on the insurers. Our thanks go out to Hilary and Steve Innes for helping take the damaged floor up and keeping an eye on it.

To pay for the increased running expenses we need to raise money, so encourage you all to join in the quiz on Saturday May 18th 7.30pm where you will have a guaranteed fun evening.

If you want to book or enquire about the Village Hall please contact our Booking Secretary Hilary Innes by phoning 0118 984 2561 or emailing tidmarshvillagehall@hotmail.com. We also have a facebook page, so please visit and like us.

alanmaskell56@gmail.com gillhaggarty@hotmail.com



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MAY

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THE SEVEN HUSBANDS OF EVELYN HUGO by Taylor Jenkins Reid

The title character, Evelyn Hugo, was a Hollywood icon. The daughter of Cuban immigrants, raised in poverty with an abusive father, Evelyn grew into a truly beautiful young woman. Knowing exactly what she wanted from life, her grit and determination allowed her to leave Hell's Kitchen in New York and head for

Los Angeles, where she reinvented herself to become one of Hollywood's most celebrated movie stars. Now a 79-year-old recluse, she is finally ready to tell the story of her glamorous life, including all there is to know about her seven husbands, and a scandalous secret she has been keeping for years. She selects an unknown magazine reporter Monique Grant, who, although completely baffled as to why Evelyn insists on her over a more experienced writer, agrees to take on the job and is transported through the decades of an exciting, glittering career involving forbidden love, heartache, friendship and ruthless ambition. As Evelyn nears the end of her story, it becomes clear why she chose Monique, and how their lives are tragically connected. An enjoyable read which dealt with sensitive issues but also allowed a sense of escapism to the Golden Era of Hollywood and all the glamour and scandal that entailed.

Review: YELLOWFACE by Rebecca F Kuang

Yellowface is set in the publishing world and has 2 main characters;

Athena Liu, a Chinese-American who has huge literary success and enjoys public adoration, and June Hayward, who in contrast is a nobody, having had a mediocre debut novel with barely any sales.

The two attended college together, and although they've kept in touch and still see each other occasionally, June harbours an intense jealousy for Athena's success and believes she would not have it were it not for her ethnicity. After a night out drinking together, the pair go back to Athena's apartment where Athena shows June a draft of her latest novel, *The Last Front*. That same night Athena dies in a freak accident, and in a moment of impulse June steals the manuscript which she goes on



to edit and claim as her own. What follows is the success she always felt she deserved, but emerging evidence threatens to bring that stolen success crashing down. The book deals with racism, the power of social media, diversity and cultural appropriation, and whilst we didn't love the book, we all agreed that it was a compelling read, albeit with a particularly disappointing ending.

Next read:
THE HOUSEMAID
by Freida
McFadden





BURGHFIELD BOWLS CLUB – JOIN US IN 2024

Burghfield Bowls Club would like to invite you to one of our Open Days, where you can try the sport of Lawn Bowls for free and without any obligation.

The club will be holding Open days from 2:00pm - 5:00pm for prospective members on Saturday 20th April, and then again on Monday 27th May. These are open sessions for people to visit our green in James Lane (behind the BCSA) and try the game. All you need to do is bring along some flat shoes, as all other equipment is provided.

To check the latest details nearer the time, or for more information:

- website www.burghfield.bowls-club.co.uk
- email burghfieldbowls@btinternet.com
- ring Gary on 0118 966 4911 / 07952 560781

If you are unable to make any of these Open days, feel free to contact us and we will arrange something.

Bowls is an easy sport to learn, and with our focused coaching program you could be playing in club matches within a few weeks. Every year several new bowlers find themselves playing in league matches in their first season. Others just play informal games with friends or join our regular Tuesday evening club nights. Bowls does not need excessive strength, speed or stamina, nor does it require an intensely competitive attitude. What Bowls does provide is moderate exercise in fresh air and in a sociable environment with moderate competitiveness that is ideal for both physical and mental health.

The club has planned a full fixture list for 2024 with friendly and league matches including men's, ladies and mixed events. We also run internal club competitions and organise several social events, which include skittles, barbeque, and candlelit bowls.

James Lane, Burghfield Bowls Club

NEW BEREAVEMENT GROUP

A new self-help bereavement group - OASIS - will meet on the 4th Thursday of each month, 2pm - 3:30 pm at the Elephant Inn in Pangbourne, starting on 25th April 2024. This is an informal meet-up with others who are walking on the same path for coffee, company and conversation. The group is open to anyone in our local community who has suffered any sort of bereavement and is still coming to terms with the impact this is having on their life.

For further information please contact Revd Dr Rachel Jeremiah, Assistant Curate at Parish of Pangbourne, Tidmarsh and Sulham. Tel: 01189 332 0086

PANGBOURNE TENNIS CLUB AWARDED BERKSHIRE CLUB OF THE YEAR

As a PTC committee member, I am pleased to be able to report that the PTC has won the LTA 2023/4 Club of the Year for Berkshire, recognising its phenomenal growth in membership, its junior coaching sessions over the last 5 years and how the Club has raised funds to be able to significantly invest to improve its court facilities. Usage of these now amazing facilities has remained high throughout the winter months, with coaching and social tennis activities continuing to be popular (despite the recreation ground flooding). This has been helped by the use of the Club's new LED lighting, which was installed on all three courts last year.

The Club remains committed to broadening its appeal. As part of its ambition to provide tennis activities for the disabled, the Club held its first disability awareness training session for volunteers in February, working in association with Danny Sapsford at the Bright Ideas for Tennis charitable organisation. If any villagers would like to volunteer to help support this initiative in any way, please contact John Alderton (john.k.alderon@gmail.com) or the Club directly via the "Contact Us" page on its website.

John Alderton



Goring Gap Walk
Half Marathon & Marathon Walks
Saturday 18th May 2024
Mapledurham House

riversideramble.co.uk

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TIDMARSH WITH SULHAM PARISH COUNCIL

The parish council meetings are held at 8.00pm on the 2nd Wednesday of each month. Members of the public are always welcome. The council would like to see more of you and engage with more community activities. **Come along and have your say.**

You are welcome to the meetings and we do encourage applications for parish roles.

Our next Parish Meetings at Tidmarsh Village Hall:

***3rd April 8.00pm Annual Parish Assembly**

10th April Parish council meeting

***8th May 8.00pm Annual Meeting of the Council & Full Council**

The Annual Parish Assembly requires eight weeks' notice, so please accept this as such. There will be a presentation of what your council has achieved and guest speakers from the community.

This is the annual parish council meeting, where they elect a chairman, make appointments, and review policies.

The Annual Parish Meeting is separate from the Parish Council meeting. It's mandatory to hold one meeting a year between March 1st and June 1st. The meeting should start at or after 6 pm. The Chairman of the Parish Council or a Vice-Chair must preside if the Parish Council exists, or attendees will elect a Chairman. The meetings provide reports on the previous year's business. Parishioners can ask people and organisations questions regarding village issues. Any resolutions passed do not bind the Parish Council.

Being part of the Parish Council, either as an active member or attendee, helps the council create and maintain the village you would like to live in—healthy, happy, and prosperous.

Have you read the current Parish plan? Did you know that there is one? Have a look...

<https://www.northwessexdowns.org.uk/wp-content/uploads/2021/11/TidmarshWithSulhamParishPlan.pdf>

Janine Lewis, Clerk for Tidmarsh with Sulham Parish Council



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THE CHURCH OF ENGLAND The Parish of Pangbourne with Tidmarsh and Sulham

CHURCH SERVICES

St James | St Laurence | St Nicholas

April

Sunday 7th

10 am	Holy Communion	St James
11.15am	Holy Communion	St Laurence

Sunday 14th

7.45am	Holy Communion (BCP)	St James
10am	All Together Worship	St James

Sunday 22nd

7.45am	Holy Communion (BCP)	St James
10am	Holy Communion	St James

Sunday 28th

10 am	Holy Communion	St James
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May

Sunday 5th

10 am	Holy Communion	St James
11.15am	Holy Communion	St Laurence

Thursday 9th—Ascension Day

7pm	Holy Communion	St James
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Sunday 12th

7.45am	Holy Communion (BCP)	St James
10am	All Together Worship	St James

Sunday 19th

10am	Holy Communion	St James
11.15am	Family Worship	St Nicholas

Sunday 26th

7.45am	Holy Communion (BCP)	St James
10am	Holy Communion	St James

NOAH'S ARK



For babies, toddlers, pre-schoolers, parents and carers
craft | play | worship | music

St James the Less, Pangbourne
every Friday morning
during term time
10 to 11am

Midweek Holy Communion

10am every Wednesday morning in St James.
All welcome

June

Sunday 2nd

10 am	Holy Communion	St James
11.15am	Holy Communion	St Laurence

Sunday 9th

7.45am	Holy Communion (BCP)	St James
10am	All Together Worship	St James

Sunday 16th

7.45am	Holy Communion (BCP)	St James
10am	Holy Communion	St James

Sunday 23rd

10 am	Holy Communion	St James
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Sunday 30th

10 am	Holy Communion	St James
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www.pangbournechurches.org



BECOMING MORE INCLUSIVE

A SERIES OF SEMINARS IN
ST JAMES THE LESS
DURING 2024

Tuesday 16th April, 7pm

Disability

How easily can people with disabilities access worship?
What are our prejudices and preconceptions?
What assumptions do we make about healing?

www.pangbournechurches.org/becoming-more-inclusive

RECENT POTHOLE WORKS IN SULHAM LANE

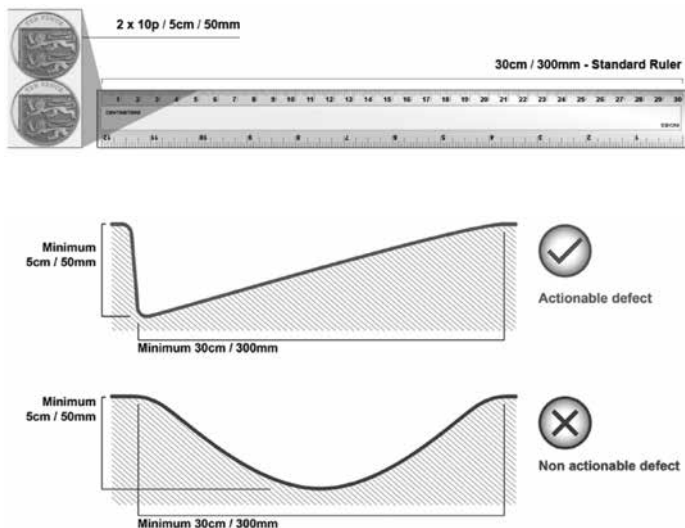
West Berkshire Council (WBC) recently completed a number of pothole repairs in Sulham Lane following them being reported in bulk. Using the new WBC online reporting system and following a few simple rules will help increase the chances of action by the council fixing the problem in a timely manner.

Reporting a Pothole

You need to take note of the following guidance before you report a pothole. WBC will not ignore any reports, however, they do have to prioritise funding on safety and cannot afford to fix all of the problems that are reported.

They will normally repair potholes that have a 50mm (5cm) vertical edge and are 300mm (30cm) wide; however, each pothole is assessed using a risk-based approach.

Please see the images below which illustrate a pothole with a vertical edge:



Provide as much detail as possible with regard to the size of the problem. This will help them to carry out the right assessment.

Before you start If you are reporting an emergency that is very likely to present an imminent threat to life or serious injury or serious damage to property, call 01635 519080.

Survey and Photographing

Photos of the pothole are essential in my view. Take at least 2 photos. One as a general view and one with something in the hole demonstrating that the

“sharp” edge, the depth and size criteria are met. I use a graduated piece of wood, but something to give scale (even your foot) is better than nothing.

Depth photos need to be taken at road level if they are going to clearly convey true depth.

Also click your location in What 3 Words to save your location; an easy way to do this is to screenshot it <https://what3words.com>. For those not familiar, this gives a 3 word code to every 3mx3m square on earth!

If you are surveying multiple potholes this will also help to separate each pothole in your phone gallery and help you identify each one when you come to complete the online reports.

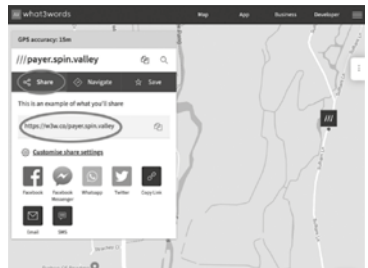
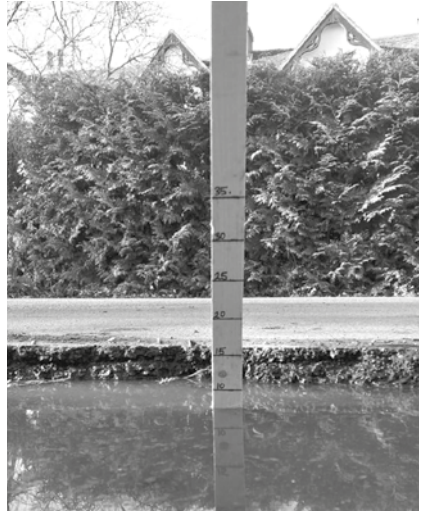
Making your report

Make your report here <https://westberks.highway-iams.uk/Live/PBLC/PIP/?cg=Pothole>

You will be presented with a map that you can zoom in on to mark the potholes location. You will need to zoom in to a certain level before clicking to mark the location.

You can then fill in details of the pothole

Emphasising danger will always help them to prioritise.



Always worth entering the what 3 words location- the clickable link is always more helpful than just the 3 words.

When you click Next you get the opportunity to add photos- it is a good idea to do so, especially showing the depth criteria being met. After clicking next again you can add your details and submit. You will get a confirmation email with a reference that allows you to check progress.

WBC may follow up saying they don't believe your report meets the reporting criteria and they will not be proceeding. The only option then is to report it again making sure you emphasise why it does meet the criteria and further emphasising the danger of injury.

When the work is complete you will receive a confirmation of completion from WBC, until that time you should be able to view your report by looking at the map.

Conclusion

It sounds complicated, but the results of doing a proper job were demonstrated by the speed with which they cleared up the recent reports. Reporting in a batch will also help by both highlighting the extent of the issue and allowing them an economy of scale in tackling a number of holes in a single area in one go.

Patrick Puxley



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MY JOURNEY INTO BEEKEEPING - PART 3

Sitting here in front of my laptop it is hard to believe that it is exactly 6 months since I wrote my last piece for the Parish Magazine! The beginning of September saw me preparing the bees and hives for winter – varroa mite treatments given, hive arrangement set up for winter and plenty of honey in place for the bees to eat. By the end of the month, the bees were bringing in plenty of pollen and nectar from the abundant ivy flowers in the hedgerows and I started to feed them sugar syrup to sustain them while they were working so hard. The bees make honey from the ivy but it is very hard and they need heat and water to soften and dilute it, so it is often left in the hive until the middle of spring when temperatures rise.



By October inspections of the hive virtually stopped as, with the number of bees in the hive reducing, it was important not to let the bees get cold by opening it up. One of the main concerns when beekeeping is starvation which can happen over a few days. To help monitor food stores without opening the hive I had to ‘heft’ it. This is simply lifting one side of the hive from the bottom to gauge its weight. By doing this regularly you can quickly identify if the hive has lost weight and therefore the bees are running short of food. With temperatures dropping in early November, it was time to change from feeding the bees sugar syrup to sugar fondant – basically a block of soft icing placed on the crown board under the roof. The bees come up through holes in the crown board and take the fondant down into their stores. With the varroa treatment taken out, mouse guards in place (strips of metal with small holes that allow the bees to go in the hive but not any marauding mice) and the bees strapped down, there was little else I could do other than cross my fingers and keep hefting!

By January, with some mild days, the bees could often be seen coming out to ‘relieve’ themselves, New blocks of fondant were added as the bees had eaten all of the first ones and a treatment of oxalic acid was dribbled onto the frames of bees – a natural and effective treatment for varroa which can multiply over winter. In early February I was delighted to see more bees out flying and coming in with different pollens on their legs – evidence that the queen had started to lay. Early flowers including snowdrops, crocus, heliobores and hazel catkins provide food for young bees and I started to breathe a sigh of relief that the hives had got through their first winter.

With not much to do with the bees over the winter, it has been the ideal time to prepare for busier times to come. Bees produce an incredible glue called propolis, made by mixing saliva, beeswax and tree sap or buds. They use it as a sealant to fill any unwanted gaps in the hive, which seems a really good idea until you need to remove boards or frames that are stuck tight. Winter is a great time to clean off all the equipment as well as make new frames ready for the spring. I have to say that beekeeping is becoming a little bit addictive and not only for me!

Despite the bees taking a dislike to him and being stung quite a few times, my son Ed has just built a third hive that we will share - so roll on the Spring when we can raise a new colony and queen! Another six weeks or so and the cycle will begin again – weekly inspections, swarm control and hopefully more honey. These 6 weeks though are critical, particularly when it comes to making sure the bees have enough food - so fingers crossed!!

Karen Elliott



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SULHAM FARM NEWS

As we move towards spring, attention has turned to preparing the cows for calving. Having the herd's feet checked for soundness, being pregnancy diagnosed and TB tested certainly keeps the farm team busy during the winter months!

I was pleased to find that the new bulls had worked well, with 28 out of 30 cows diagnosed in calf. Of the two barren cows, one had unfortunately aborted two weeks prior to testing. Blood samples taken from the cow were found to be positive for *Neospora Caninum*; a common cause of abortions in cattle. *Neospora* is spread by contamination of forage (both hay and grazed grass) with dog faeces. It is vital that dog walkers clean up behind their pets, and an important note: just because the pasture is not currently, or even ever grazed doesn't mean it's OK to leave dog mess as its effects are persistent and able to transfer via the hay and silage we use to feed housed cattle in winter.

The Biodiversity Net Gain (BNG) project has been progressing well since Christmas, with half of the hedges and a 1 hectare block of broadleaved woodland having been planted so far. Work on the stock fencing has begun and will continue through the spring with the hope of the first grazing animals using the site this autumn. The wildflower seed mixes broadcast last September have seen average to good establishment and the focus as temperatures increase will be on regularly mowing the site to reduce competition from annual weeds.

PANG VALLEY FLOOD FORUM FLOODING UPDATE

Well - 2024 arrived with a deluge rather than a bang! On the 4th January we had a rude welcome to the New Year. Storm Henk arrived and with it some 34mm of rain was recorded at the rain gauge in Yattendon!



Sulham Brook: The Sulham Brook rose dramatically and reached above the level of the bottom girder of the A329 bridge. This is a key point for the Flood Wardens as it means the water cannot flow freely under the bridge and starts to back up, getting higher and higher.

Ed and Stephen opened the sluices at Purley Hall canal (with permission of the landowner) and the spillway into the field north of the A329 was further cut by Ed, which allowed the water levels to drop somewhat and to flow away safely and keep below the critical level. This meant the eastern end of Pangbourne avoided any property flooding.

Being able to lower the water in the Purley Hall canal gives additional capacity for water coming downstream, and takes some of the pressure off the branch of Sulham Brook alongside Sulham Lane. In effect we are splitting the Sulham Brook in two which is helping to keep the levels in the main stream by Sulham Lane below the top of the bank. We are very grateful to the owners of Purley Hall for allowing us to

operate the sluices in this way to the benefit of local residents.

Ensuring that the Sulham Brook is able to get away freely once it has flowed north of the A329 is also very important and keeping debris/litter and other rubbish out of the channel to the east of Bourne Road is vital.

River Pang: The Pang rose to a very high level as well but the works in the Thames Water site at the western end of Pangbourne also helped to prevent flooding of the Moors this time around. The Natural Flood Management projects we (the Pang Valley Flood Forum) have implemented further upstream on the Englefield, Marlston and Bucklebury Estates may have helped to slow the flow of the Pang this time too. See <https://www.floodalleviation.uk/projects/>

River Thames: The Thames reached very high levels this time and went on the “Flood Warning” on the 5th Jan which lasted for 4 days. Unfortunately, the Swan Inn has been flooded internally from groundwater coming up from the Thames, as have two adjacent properties. We extend our sympathies to them all. Adventure Dolphin also had water ingress on the ground floor, seeping past their flood door.

We are now working with West Berkshire Council to see if we can secure the newly announced government Flood Resilience grants for these properties which will go towards their clean up and reparation costs.

So, looking back, I think all the hard work done in terms of trying to reduce our flood risk since the previous floods has definitely helped to make a difference. We understand the flooding mechanisms much better and are, to a degree, able to have a bit of control over the flow of water.

However, every flood is different. You just don't know if you are going to get something that throws a spanner in the works – like a fallen tree or two in just the wrong place – which causes the waters to flow where there shouldn't or overtop due to the obstruction. We are also facing the situation where we WILL HAVE MORE INTENSE RAINFALL EVENTS and MORE FLOODING and we need to be prepared.

1. Advance warning is key – Sign up for Flood alerts with the EA's Floodline 0345 9881188 or <https://www.gov.uk/sign-up-for-flood-warnings>
2. Prepare your own Flood Plan <https://www.gov.uk/government/publications/personal-flood-plan>
3. Have property Protection measures in place BEFORE it looks like it's going to flood. <https://www.gov.uk/prepare-for-flooding/protect-your-property>
4. Check what is happening with the levels on the rivers by looking at the dashboard on the PVFF website <https://www.floodalleviation.uk/dashboard/>

Finally, I would like to thank my other two Flood Wardens- Stephen Billyeald and Ed Penney for their hours of sterling work on your behalf.

Kay Lacey, Pangbourne Flood Warden

WEST BERKSHIRE COUNTRYSIDE SOCIETY

Tue 2 Apr Winterbourne Wood: Clearing fallen trees, coppicing hazel and clearing paths. Park on the main woodland entrance track

Tue 9 Apr Padworth Common: Repairs to the Car Park, post installation and path clearance

Tue 16 Apr Bucklebury Common: Heathland management. Clearing/felling around veteran trees plus removing invasive Scots pine and silver birch. Meet at the Crossroads

Tue 23 Apr Inkpen Common, The Mire: Replacing fencing, laying paths and general cutting back on this BBWOT site. SU381 643. Park in the 3 lay-bys along Great Common Road. Tools vehicles parking will be available on the common

Tue 23 Apr Warbler Walk at Hosehill Lake, Sheffield Bottom: Join Cathy McEwen to hear and look for newly returned spring migrants, particularly Nightingales, in this nationally important area. Bring binoculars and wear stout footwear. Please car share if possible and consider patronising the pub. Meet and park at the Fox and Hounds

Tue 30 Apr Winterbourne: Clearing fallen trees, coppicing hazel and clearing paths. Park on the main woodland entrance track

Tue 7 May Redhill Wood: Clearing woodland floor and glade creation. Park on entrance to the main ride.

Tue 14 May Hosehill Lake, Sheffield Bottom: Footpath construction around part of the lake. Additional task will be general path clearance around the lake. Park in the car park of the Fox and Hounds pub at Sheffield Bottom

Tue 21 May Rushall Manor Farm: Woodland management and ride widening. Meet at the Black Barn off Back Lane between Stanford Dingley and Bradfield.

Tue 28 May Furze Hill: Woodland and butterfly habitat management on this parish wildlife site. Ample parking at village hall - through double gates off Pinewood Crescent

Tue 4 Jun Grimsbury Castle #1: Parking near the Estate house at the castle - by the interpretation board. Clearing invasive rhododendron from this ancient hill fort.

Tue 11 Jun Grimsbury Castle #2: Parking near the Estate house at the castle - by the interpretation board. Clearing invasive rhododendron from this ancient hill fort.

Wed 12 Jun Nightjars - a short walk: Join Society members to look for and hear these summer visitors to the heathland. Meet at the Crossroads on Bucklebury Common

Tue 18 Jun Holt Lodge Farm: Clearing bracken. Meet at Holt Lodge Farmhouse, Kintbury

Tue 25 Jun Sulham Home Farm #1: Continuing ragwort control on this SSSI. Parking at Sulham Home Farm. Please bring a garden fork if you can.

www.westberkscountryside.org.uk



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SPRING GARDENING JOBS

It is always good to see spring flowers appear in February/ March, a profusion of yellow with white and pink tree blossoms thrown in; a welcome break from dreary winter. My favourite month is May, with hedgerows bursting with colour.



April will hopefully see the weather drier and give a chance to start cutting lawns, by now very lush. Hopefully water will have drained away and the ground firmer, because it is not good to mow lawns when it is too soft as it leaves ridges in the lawn. However, the grass length may be too much to bear, especially on sunny days. If you can't wait - remember to leave blades on higher settings for the first few cuts.

Buy plants in bloom and plant them out each month to ensure you have colour all year round and read a bit more than the instructions on the pot to find the best way to care for them. Extra compost or grit may be needed if the ground is still waterlogged. Slow release feed is a useful addition when planting. Seed of colourful plants such as Cosmos and Rudbeckia can be planted directly into the soil once warm, as can some vegetables - as long as the soil is not too stony. Put tender plants out to harden them off on warm days but bring them in at night.

Winter flowering shrubs such as Forsythia and Viburnums can be cut back now the flowers have faded. Mulch shrubs to help with water retention later in the year.

Get weeding as soon as possible before they go mad in May and keep going or they will take over. A kneeler pad is a good investment. A hoe is the best way to get weeds when they are small. If you're weeding a patio, a patio knife or a wire brush on a long handle gets them out from cracks quite well.

Alan Maskell - Alan looks after gardens in the RG8 postcode area

SEASONAL RECIPES FROM THE OLD SCHOOL KITCHEN

It's been three months since our last contribution and it's still raining. Spring should be upon us but I fear the sun will be delayed, even though the daffodils are up early. Three recipes this season – a warming soup, a recipe for spring and summer and revival of a retro recipe.

Spicy Roasted Parsnip Soup (BBC Good Food website)

2 tbsp olive oil	2 plum
1 tsp coriander seeds	tomatoes
1 tsp cumin seeds	quartered (<i>Chef M always has</i>
½ tsp ground turmeric	<i>frozen tomatoes</i>
½ tsp mustard seeds	<i>that can be used)</i>
1 large onion cut into 8 chunks	1.2l vegetable stock
2 garlic cloves	1 tbsp lemon juice
675 g parsnips, peeled and diced	



Heat oven to 220C/fan 200C/gas 7. In a bowl mix olive oil, coriander seeds, cumin seeds, ground turmeric and mustard seeds. Add the onion, garlic, parsnips and tomatoes and mix well. Spread over a heavy baking sheet and roast for 30 mins until tender. Blitz in a food processor or with a stick blender with 600ml of vegetable stock until smooth.

Pour into a pan with the other 600ml of stock (slowly to desired thickness), season then heat until barely simmering. Remove from heat, stir in lemon juice and serve.

I was going to include a marvellous Ottolenghi recipe for lamb, peppers and fennel but the ingredient list was so long it would need a couple of extra pages in the magazine. Then a gorgeous Claudia Roden recipe for chicken with freekeh appealed, but few have freekeh in their store cupboard. So instead, a recipe that will make you think of summer, that you can cook on a BBQ or under a very hot grill if you are blessed with one. We are.



My Greek Granny's Grilled Sea Bream with Feta Salad (The Guardian) *(neither of the Chefs have a Greek granny by the way)*

Serves 4

4 medium sea bream or sea bass, gutted and descaled	<i>(she uses 15 but Chef M thinks that's too much)</i>
Sea salt	6 garlic cloves finely
2 tbsp dried oregano	chopped
4 tablespoons of olive oil	Juice of a lemon

With a sharp knife make 3 or 4 incisions along each side of the fish and rub all over with sea salt before placing in a large dish. In a bowl prepare the marinade by combining the oregano, olive oil and garlic. Spoon the marinade over the fish, rubbing the mix all over and inside the fish as well.

Cook the fish over a BBQ or hot grill for 8-10 minutes each side. Chef M's tip – watch this timing as it depends on the heat of the BBQ/grill. It may be less but cook until skin is blistered and brown and fish cooked through. Let it rest for a few minutes then squeeze lemon juice over.

Feta salad

1 cucumber roughly chopped	1 Romano red pepper, sliced into rings
3 large tomatoes (or more. Chef M uses loads of cherry tomatoes)	200g block of feta, cubed
½ red onion finely sliced into half moons	½ tsp oregano
25 kalamata olives (<i>Chef M omits these as olives are one of the very few things she doesn't like</i>)	6 tbsp olive oil (or less – maybe 2-3)
	2 tbsp red wine vinegar (or less 1-2 tbsp sherry vinegar)
	Salt and pepper

Mix it all together and leave for ½ hour. (the chef's think this is better if left for ½ hour to let the tomatoes let out some juice). Traditionally served with French fries scattered with oregano and salt.

Orange crème caramel

Chef J grew up learning to cook from Mary Hart in the Gower. Generous cook but not with her recipes. In 2011 she eventually gave up this recipe but it's much, much older.

Put 4 tbsp sugar and 2 tbsp of water in a hottish pan. Don't touch it until it has caramelised. Pour into a dish. Heat a pint of milk to blood heat (Chef M???? 37C). Add 1½ tbsp sugar. Whisk 3 eggs and add the zest of an unwaxed orange. Add eggs to milk and pour over caramel. Bake in a medium oven 160C gas mark 2 in a bain marie (roasting tin with hot water in it) for 20 minutes, or until set. Allow to cool completely and then upturn. Serve with caramelised oranges.

Nigel Slater's caramelised oranges

Remove the peel and pith from four oranges. Cut the fruit into 6 or so thin slices. Finely shred a couple of the pieces of peel into hair-like strips and set aside. (*Chef J's tip – use a potato peeler and it's easier if done before removing the peel*). Bring 200g caster sugar and 125ml of cold water to the boil. Leave until deep amber then put the pan carefully in the sink. Cover your hand with an oven glove and slowly pour in 125ml of hot water from the kettle. Beware the bubbling syrup! Stir to dissolve the lumps, returning briefly to the hob if you must. Stir in the reserved shreds of peel, allow to cool, then pour over the sliced oranges, and cool. Serves 4.

Jules Reynolds & Margaret Myszor

CLAY'S KITCHEN

Caversham www.clayskitchen.co.uk

Those of you who know me, or indeed have seen me, will know that I am a foodie. Only my confidantes will know that I have one true love – Jay Rayner. It would be a marriage made in heaven but size alone rules this out, so it will remain a fantasy. It does mean that I am an avid reader of restaurant reviews so when Jay Rayner, Grace Dent and William Sitwell all wrote glowing reviews about the food and restaurant in Caversham - yes Caversham - we had to try it.



I could just copy and paste their reviews but I'm not that lazy, at least not today, as it's too cold to get into the garden and replant the rhubarb. Clay's kitchen has an interesting history. It is owned by Nandana Syamala and her husband Sharat and it started up in London Street in Reading. It was very popular, so much so that they planned to move to bigger premises. Then Covid hit. They turned to delivering vacuum packed meals, initially locally then nationwide and it was in this iteration that both Jay Rayner and William Sitwell reviewed the food. Grace Dent however ate in the restaurant and commented that the food "is thoughtfully made and determinedly different and far from what we are used to with high street Indian dining". It was one of her best restaurants of 2023.

So – is it any good? A resounding – yes! The menu changes every month. It's a Hyderabad kitchen but moves round India at times. Starters include great cabbage pakoras with green coriander chutney, and, as recommended by Jay, bhuni khaleji, fried chicken livers with cumin, coriander and dried mango powder. Some things never change however, as our absolute favourite is their Hyderabad style dum biryani (paneer, shrimp, mutton keema, chicken or lamb served with raita and salan). Fluffy and very full of flavour, and not at all oily. Plenty of shrimp, which is the option we go back for. In the last couple of weeks we would also recommend Dawat chicken, Hyderabad chicken with nuts, yogurt and fried onions. Don't forget the sides though. Vankaya fry for those that love aubergines and a revelatory bhindi fry of okra, peanuts, chilli and fried onions. No desserts as I'm watching my waistline, although Jay never does, and some decent wines and beers.

Would we recommend – definitely. The food is glorious and the people lovely. Looking around the slightly cavernous restaurant, all you can see are customers who enjoy good food, having a good time with friends. Look on the website for prices as we have mislaid our bill! It's not cheap but oh so good. Our friends who live in Ealing now regularly visit with us courtesy of the Elizabeth line. You can't say fairer than that.

Margaret Myszor

TWO-NIGHT BREAK IN SOMERSET

Perfect for those who like visiting gardens and National Trust properties

A good place to stay is The Kings Arms Montacute, which is 107 miles or approximately an easy 2 hour drive from Tidmarsh.

Montacute is a small, pretty 18th century village not far from Yeovil in Somerset and has the Elizabethan Montacute House and gardens, a National Trust property, on its doorstep. The village and house are built from very beautiful gold coloured Ham stone. It is possible to visit the quarry where the stone was sourced whilst enjoying walks and views from nearby Ham Hill, where there is also a conveniently positioned pub for a coffee or a pint!

Within a very short distance (approx' 2.5 miles) is NT Tintinhull House with stunning formal gardens that have been planted for year round interest. Lytes Cary Manor Gardens are also within a few miles of Montacute, although on our recent trip they were closed for the winter.

We broke our journey home by visiting Stourhead, just a few miles off the A303 in Wiltshire, for a lovely lakeside walk in the stunning Landscaped gardens.

Photos -Tintinhull House and Stourhead



UNLOCKING HORMONE HEALTH: THE FUNCTIONAL MEDICINE APPROACH



In the pursuit of holistic well-being, an increasing number of individuals are turning to functional medicine to address hormone health. Functional medicine asks why a disease or symptom may be happening within the context of an individual's health history and seeks to address the potential root cause, be it hormonal imbalances, nutritional deficiencies, or due to lifestyle factors.

Hormones play a crucial role in regulating various bodily functions, influencing metabolism, mood, and energy levels. Imbalances can lead to a range of signs and symptoms including irregular menstrual cycles, persistent fatigue, unexplained weight gain or loss, hair loss, mood swings, and digestive issues. Recognising these signs can be a crucial first step in seeking functional medicine intervention.

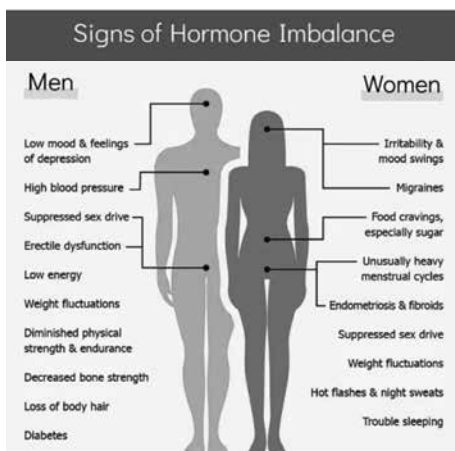
Functional medicine practitioners recognise the interconnectedness of bodily systems. They use a science-based, whole-body approach using targeted assessments and comprehensive evaluations, to address potential underlying causes and provide a personalised approach, rather than focusing primarily on treating symptoms alone.

To tailor interventions to individual needs, practitioners often utilise a variety of simple tests; hormone panels, nutrient assessments, and comprehensive blood tests to help identify specific imbalances or deficiencies. Armed with this data, practitioners can then create personalised nutrition and lifestyle recommendations, as well as targeted supplements to restore hormonal balance and optimise overall health.

This approach can be particularly significant when navigating the perimenopause and menopause, stages of a female's life that can present unique challenges for many individuals. Hormonal fluctuations during this time can lead to symptoms such as hot flashes and night sweats, increased anxiety, low mood, irritability, sleep disturbances,

gut health issues, poor memory and concentration and changes in weight distribution. Rather than accepting these as inevitable aspects of aging, functional medicine practitioners use a body systems approach to addressing symptoms and imbalances, whilst at the same time, influencing long-term health.

Functional medicine empowers those navigating perimenopause and menopause to embrace these life stages with greater vitality, resilience, and a renewed sense of well-being. It can provide a roadmap to optimising healthy hormones, overall health and quality of



life during this transformative phase. In the realm of hormone health during other life stages, a functional medicine approach empowers individuals to take charge of their well-being and helping them to restore hormone balance.

Making simple dietary swaps and changes can indeed have a significant impact on hormonal regulation. Here are some examples:

1. Healthy Fats Over Highly Processed Fats
2. Whole Grains Instead of Refined Carbs
3. Lean Proteins in Place of Processed Meats
4. Colourful Vegetables for Antioxidants
5. Include Probiotic-Rich Foods
6. Moderate Caffeine Consumption
7. Hydration with Water over juices and carbonated or sugary drinks
8. Minimise Processed Sugar
9. Include Omega-3 Fatty Acids
10. Limit alcohol consumption

These dietary swaps, when incorporated into a balanced and varied diet, could positively influence hormonal regulation and contribute to overall well-being. It's important to note that individual responses may vary, and consulting with a healthcare professional or functional medicine nutritionist can provide personalised guidance and is essential to ensure your symptoms are not due to any other co-existing condition.

If you have any questions or concerns about your hormonal health or would like to have an exploratory discussion with one of our practitioners, please don't hesitate to get in touch. We have a wide range of health and fitness professionals all under one roof at Formula Health, who work collaboratively to ensure your specific needs are being addressed. With specialists in Women's Health, the Menopause, Nutritional Therapy, Physical Therapy, Exercise rehab and much more, we're your own personal healthcare pitstop crew!

We hope you found this article interesting. Please do let the magazine editors know if there is a particular topic you would like us to cover.

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Englefield CE Primary School



Sowing the Seeds for a Flourishing Future

Here at Englefield Primary School, we have had a very successful and fun-filled start to 2024. Our Year 5/6 pupils have been learning about Shackleton's Journey. They have been giving motivational speeches to replicate what the crew would have done aboard Endurance to keep up morale.

In Years 3 and 4, they have been reading Pugs of the Frozen North and have watched a BBC documentary about Dog Sledding. From this they have designed posters for a Sledge Race across the Arctic to win a wish from the Snow Father.

They have also enjoyed creating wintery poems using figurative language and for their topic on Tudors they have made some very impressive portraits of Henry VIII using wax crayons.

Years 1 and 2 have been continuing with their weighing and measuring topic. They have been using metre rulers and weighing scales to measure and weigh things that you would find in the classroom. They have also enjoyed learning about volumes in practical ways, pouring water and maybe getting a little wet in the process.



Our youngest pupils in FS2 have been studying different classes of animals, including birds, and made some rather impressive bird feeders in advance of The Big Bird Watch! They watched with anticipation as Mrs Harwood hung the bird feeders and have loved seeing the birds enjoying them in the wintery sunshine!

We have also been learning outside of the school grounds. A group of our Years 5 and 6 children spent three Thursdays visiting Rushall Farm. They experienced farm life, helped with feeding chickens and did some orienteering around the farm which Scarlet said was really fun. She and the others also thoroughly enjoyed the egg challenge where they were required to find things around the farm such as bark, moss and twigs to wrap the egg up safely before dropping it from a height of 10 feet! Amazingly one group managed to protect their egg well enough that it survived! Congratulations to James and Corey for a job well done.



IN OTHER NEWS..

RSPB Big Garden Bird Watch

January was Big Bird Watch time again! We've lost 38 million birds from UK skies in the last 60 years. With birds facing so many challenges, it's more important than ever to get involved in the Birdwatch and we at Englefield Primary did our bit by encouraging our families and local community to get involved. Having learnt how to

make bird feeders at school, our youngest pupils were all set to encourage birds into their garden and seemed to have great fun doing so.

During the month of February and in line with our school values, we came together to show 'Love of Others' by supporting a wonderful local charity called Loose Ends. Loose Ends is a well-established drop-in centre for anyone in our community who may otherwise go without a hot meal. They welcome people who are homeless, lonely or vulnerable as well as those who are simply struggling to make ends meet. Their aim is to provide nutritious food, clothes, and other essentials in a safe friendly space where people can socialise. We have managed to gather a box full of delicious goodies which is due to be delivered shortly.

Bikeability

Being out in this beautiful countryside is a blessing but we also have to be more aware of things like road safety due to the nature of the roads surrounding us. This month our Year 5s have all successfully completed their level one Bikeability course. They are now able to ride with more awareness of the dangers they could face on the road and have learned how to have more control of their bikes. Our year 6 children are due to do both level one and two in the next couple of weeks.

How Pointless!

Last month we were very excited to hear that an ex-pupil of Englefield Primary School and the son of our Chair of Governors, Chris Gittins, won Pointless! We offer a huge congratulations to Michael, from all of us here at Englefield!

Wonkafield

As usual our creative members of the PTA have come up with a very exciting fund-raising opportunity – Wonkafield. The children were able to buy beautifully designed Wonkafield chocolate bars in an effort to win a GOLDEN TICKET. As expected, the excitement was huge and our very lucky winners were able to choose some brand new books from our book fair for everyone in the school to enjoy.

Looking Forward

This Thursday is 'Break the Rules' day here at Englefield Primary, yet another fun and creative event that our PTA have put together to raise funds. We are looking forward to seeing what mischief our children might get up to!

In celebration of Book Week, we have a school-wide poetry competition and dress up day but the highlight of our week will be a visit from local author Debi Evans who is coming in to speak to the children about her beautiful series of books 'The Exciting Adventures of Rolo'. Rolo is a history-loving, nature-loving, time-travelling Jack Russell who sets off on many educational escapades that will keep young readers gripped.

With spring comes Easter and we will be marking the occasion as we do every year, with an Easter Egg hunt. We will also be taking the time to reflect on the true meaning of Easter both in school and at St Mark's Church.

SPRING WORDSEARCH

J V Q J G H F R L R G S N L A D Y B U G
 R O P E K X Q S R A A T N W Y B Y U B K
 I E I Q C B C H A H O L A X B U A M E M
 B N I D I I V O L J T F P O M T S B E A
 U I Y V H D L W L V J R B K A T Z R B R
 Z H D X C U V E I O U Q E O L E Y E Y C
 Z S O N A C U R P T R B Y V G R B L E H
 I N H G V K U S R K N F P Y O F L L N Q
 N U N E W L I F E U A F U M U L K A O D
 G S W E N I O K T J L E P L M Y C W H S
 M Y W X H N S U A L R V R O J X H V F U
 A Z N J E G C R C P T E V B Y P S D U B
 Y F F N B M D F E S E E T L G M I F G D
 I S B V U G O I E W N G F S E N J Z F I
 R Y D L P B E N C U O N G A A Y I I Z T
 T H A T C H L I N G O L D X P E K R H S
 W O B N I A R F B G I O F U D S N Y P Q
 E P J E X R F L A C W E R P B X E T J S
 D K N M U T E R N K D P N Y B F Y J Q R
 V U U D Y U D M A P R I L T E L G I P E

WORD LIST

APRIL
 BUNNY
 BUTTERFLY
 BUZZING
 CALF
 CATERPILLAR
 CHICK
 CLOVER

COLORFUL
 DRAGONFLY
 DUCKLING
 EASTER
 EGG
 FLOWERS
 FOAL
 HATCHLING

HONEYBEE
 LADYBUG
 LAMB
 MARCH
 MAY
 MEADOW
 NEST

NEW LIFE
 PIGLET
 RAINBOW
 SHOWERS
 SPRING BREAK
 SUNSHINE
 UMBRELLA

SAYINGS AND THEIR ORIGINS

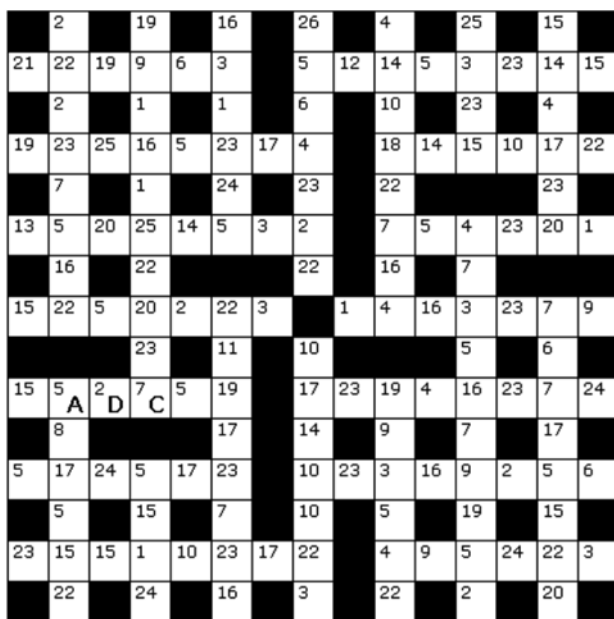
‘Feeling under the weather’: When a sailor was feeling ill, he would go beneath the bow, which is the front part of the boat. This would hopefully protect him as he was literally under the bad weather that could further sicken him.

‘Beat around the bush’: Is thought to have originated in response to game hunting. While hunting birds, participants would beat bushes in order to draw out the birds. Therefore, they were beating around the bush before getting to the main point of the hunt;- actually capturing the birds.

CODEWORD

Codewords are like crossword puzzles, but instead of clues, every letter of the alphabet has been replaced by a number, the same number representing the same letter throughout.

You have to decide which letter is represented by which number. To start you off, we reveal codes for some of the letters. Fill in these letters in the puzzle and start guessing words and discovering other letters.



A B C D E F G H I J K L M
N O P Q R S T U V W X Y Z

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

Answers will be posted on the parish council portal
<https://www.tidmarshwithsulham.co.uk/magazine.htm>

LOCAL INFORMATION

Advice and Support

West Berkshire Citizens Advice Bureau

Bartholomew St, Newbury 01635 516 605

Pangbourne and District Volunteer Centre

Mon-Fri (ex Tue) 9:30-11:30 am 0118 984 4586

Ecclesiastical

The Church of England Parish of Pangbourne
with Tidmarsh and Sulham (PTS)

Priest in Charge of Pangbourne with Tidmarsh
and Sulham

Rev Mark Hopkins

The Rectory, St James Close, Pangbourne

0118 984 2928

rector.ptschurches@gmail.com

Church Administrator

Vanessa Saunders

Church office open Tuesday and Friday

12.00-3.00pm

office.ptschurches@gmail.com

Church Wardens for St James, Pangbourne;

St Laurence, Tidmarsh; St Nicholas, Sulham

Jill Palfrey 0118 984 2698

Julia Sheppard 0118 956 1820

PCC Treasurer

Stephen Billyeald 0118 984 3368

PCC Secretary

Helen Hopwood 07733 106020

Friends of St Laurence Chairman

John Chishick 0118 984 3666

Treasurer/Secretary

John Butler 0118 984 2621

Emergencies 999

All non-emergencies 101

Floodline 0345 988 1188

Medical

The Boathouse Surgery

Whitchurch Rd, Pangbourne 0118 984 2234

NHS Direct 111

Berkshire West Primary Care Trust

Reading office 0118 950 3094

West Berkshire office (Newbury) 01635 42400

Government

MP for Reading West

Alok Sharma (Conservative) 0118 945 4881

Councillor for the Pangbourne Ward

Matt Shakespeare (Liberal Democrats)

matthew.shakespeare1@westberks.gov.uk

Tidmarsh with Sulham Parish Councillors

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j.chishick@tidmarshwithsulham.co.uk

Jonathan Pearson (Vice Chairman)

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Solvej Biddle

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clerk@tidmarshwithsulham.co.uk

District councillor

Matt Shakespeare

matthew.shakespeare1@westberks.gov.uk

Public Transport

Rail Travel

First Great Western	08457 000 125
National Rail Enquiries	08457 48 49 50
TrainTracker (train times/fares)	0871 200 49 50

Bus Travel

DJ Travel (Tidmarsh Fri Service)	0118 933 3725
Reading Buses	0118 959 4000
Newbury Buses	01635 567500
Thames Travel	01491 837988

Traveline

National/local bus, train, coach, ferry and underground info	0871 200 22 33
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Scouts and Girl Guides

1st Purley & Pangbourne Scout Group	
Registration Secretary r	egsec@1stPandPorg.uk
Girl Guides	0800 169 5901
	www.girlguiding.org.uk

Village Hall Committee

Alan Maskell	0118 984 5326
Carol Williams	
Axel Lagerborg (Treasurer)	
Hall Bookings (Hilary Innes)	0118 984 2561
Emergency Contact	07954 140048
Email:	tidmarshvillagehall@hotmail.com

West Berkshire District Council

Main switchboard	01635 42400
Streetcare 01635	519080
Planning applications	01635 519111

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