

COMMUNITY NEWS

Seer Green and Jordans Parish Magazine

February 2026



Trinity Café

8 o'clock Club Programme

Marathon Training

On the Wild Side

£2.00

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Thought for the Month

I am invisible, unstoppable, and priceless. What am I?

Time. Time cannot be seen, cannot be stopped and is the greatest gift we can give one another, because once it is given, it cannot be taken back. Money can be replaced, words can be rephrased, plans can be rearranged - but time, once spent, is gone. When we give our time to someone, we give a precious piece of our own life.

Most days, time slips by quietly, measured in routines - cups of tea, school runs, work, meals, sleep. We may complain about not having enough of it yet often waste it away without much thought.



Recently, many in our community were reminded how fragile time can be through a death that felt untimely. When a life ends sooner than expected, it unsettles us. It interrupts our assumption that tomorrow will arrive just as today has, and gently - if painfully - calls us to pause and reflect on how we are living now. When we remember that each moment is precious, we are more likely to invest our time in relationships and actions that reflect love and compassion to those around us.

The Bible speaks with quiet honesty about time. In Ecclesiastes we are reminded that there is "a time for everything." These words do not urge us to rush or to control time, but to recognise its rhythm - moments for action and moments for waiting, seasons of joy and seasons of sorrow - each holding meaning and woven together forming the tapestry of our lives.

As this month unfolds, may we remember that time is not just something we pass, but something we give. We may not always see the impact of our time given to others, but kindness and presence are rarely wasted.

Janna Holder - Children and Families Minister

Church and Community Organisations

Vicar

Rev Jez Carr rev.jezcarr@gmail.com
07916 559151

Primary working days: Wed, Thurs and Sunday
Non-working day: Saturday

Rector of the Benefice

Rev Dan Beesley revdbeesley@gmail.com
01494 872097 07590 123603

Benefice Assistant Priests

Rev Paul Henderson
paul.e.henderson@btinternet.com

Licensed Lay Minister

Linda West

Children and Families Minister and SGKIDS

Janna Holder 07764 490960

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Holy Trinity Administration

Janelle Stevenson holytrinitysgj@gmail.com

Parochial Church Council

Audrey Hardy | Treasurer 07342 652707

Pastoral Care

Heather Rowe 01494 677573

Church Flower Guild

Pam Britton 01494 678466

Scouts | Explorers | Cubs | Beavers

andrew@seergreenscouts.org.uk

Seer Green Brownies

Carole Wharrier 07977 423555

Eight O'Clock Club

Monica Sado 01494 677851

Folk Club

Bex 07793 743525

Jordans Biodiversity Group

Emma Pegram 07940 816710

Jordans and District Rotary Club

Brian Westwood | Secretary 07885 579442

Jordans Horticultural Society

Liz Apedaile 07763 475997

Jordans Music Club

Derek Lake | Chairman 07786 499596
jordansmusicclub@gmail.com

Jordans School

Holly Swain | Head Teacher 01494 874217

Jordans Village Hall

Office 10.00 - 1.00
Chris Jenkins | Booking Secretary 01494 875177

Jordans Village Lunch Club

Catherine Robinson 01494 873193

Jordans Village Nursery School

Nicola Coyne | Admissions 07952 993951

Jordans Picture House

Alan Sealy/Box Office 01494 873205

Jubilee Hall

David Howkins 01494 857760

Jordans Quaker Meeting House and Centre

Nina Liebenberg | Warden 07962 105305

Little Ducklings Nursery

Kelly Bartley 01494 677190

One Can

Janet Stewart janetestewart@gmail.com

Seer Green Allotments

Barry Richardson / Chairman 01494 673407

Seer Green Baptist Church

Rev Louise Gilbertson 07983 882260

Seer Green Bridge Club

Irene Machin | Secretary 01494 676321

Seer Green Church of England School

Laura Morel | Head Teacher 01494 676344

Seer Green Gardeners

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seergreengardeners@gmail.com

Seer Green and Jordans Society

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www.ourlivingvillage.org

Seer Green Lunch Club

Gill Roberts 01494 677281

Seer Green Parish Council

Liz Bates | Parish Clerk 01494 874233

Seer Green Pre school

Kirsten Pole | Manager 01494 677190

Seer Green Football

- United (juniors) Tim Wyatt 07833 246819
- FC (adults) Art Anderson 07919 027351

Seer Green Village Choirs

Jane Smith 07759 841205

From the Editors

A very happy New Year to all our readers. We hope you have had an enjoyable time over the festive season. If you're planning to run the London Marathon, or any marathon for that matter, there's a very useful tips article on how to prepare, you can learn about the history of the emu and donkey pals in the field near the rec.

This issue also has details of events happening in February with the first Jolly Quaker evening of the year and two very different films showing at Jordans Picture House, or if you would rather stay in, a choice of three books to read in the warm.

The Editors

Next Month's Magazine

Please send all contributions for the **March** issue to: **editorseergreen@gmail.com** by **7 February 2026**. Diary dates for the next two or three months would be very welcome.

Articles should be **300 words max** and in WORD (.doc or .docx format) and photos should be jpeg format, preferably 300 dpi.

Please note any items submitted may be edited for space, content or style.

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Contact us

Holy Trinity website www.seergreenandjordanscofe.org

Church Wardens and General Enquiries
Janine Dunnell 07525 322955

Front cover: Jordans School visits St Paul's Cathedral

Donations to Holy Trinity

If you would like to donate to the work and upkeep of Holy Trinity Church there are many quick and easy ways to do so -

Go to our website: seergreenandjordanscofe.org and scroll down the homepage to 'Online Giving' and follow the link.

Or go to: <https://tinyurl.com/4hx7cyzx>

Or you can activate our Online Giving page by using the QR code opposite.

Donations in cash/cheque may be delivered to our treasurer at 58 Chalfont Road.

If you can Gift Aid your donation, please add your name and address.

If you would like to join our planned giving scheme, please speak to our treasurer Audrey Hardy on 07342 652707 or chardyseergreen@aol.com



Teen Takeover
AT TRINITY CAFE

Come and hang out at Trinity Cafe!

Socialise with friends, relax or use it as a space for homework

Year 7-13 only!

Every Thursday 3.15pm-5.30pm

Special offer - everything £1

We have Wi-Fi!



Trinity Café February

Trinity café was very busy over the New Year period, and I wanted to give a big thank you to all of those who came in and supported us. I look forward to the year ahead!

This month, I want to highlight our Community Afternoons on Thursdays. Lots is going on - we would love to see you there!

We have a 'pay what you can' afternoon, making the space inviting and inclusive to everyone. Come along and pay what you are able to for a yummy cake and coffee, in a warm space.

Join 'Sewing Sisters and Mistresses' - a locally based slow stitching group- who meet in the café every Thursday from 1 pm-3 pm. It is a great place to come to meet new people whilst slowing down to work on meditative sewing. You do not have to be a sewing expert; everyone is welcome.

Thursday afternoons, we run Teen Takeover, offering a space where teenagers can come and socialise, chat with friends or catch up on homework - cake and drinks are all £1! It is a great place to meet after school between 3.15pm - 5.30pm. If you have or know any teenagers who would be interested, all are invited.

The school term is going quickly! The café will be open our regular hours over the half-term break - a perfect place to come. We will have various activities throughout the half-term week, where all are

welcome. Keep a lookout for what's to come...

Finally, in February, we are on track to sell our 5000th coffee and 3000th cake! Keep your eyes out for our competitions for a chance to win free cake and coffee. You have to be in it to win it!

Grace Gilbertson



OPENING HOURS

Monday
8.30am-12.30am &
2pm-4.30pm

Thursday
8.30am-12.30am &
2pm-4.30pm

Friday
8.30am-12.30am &
2pm-4.30pm

Saturday
8.30am-3.30pm

February Charity of the Month



WYCOMBE
HOMELESS CONNECTION

Charity of the month

From January through to the end of March 2025 our winter night shelter will be open.

People who would otherwise be sleeping on the street across south Buckinghamshire at the most dangerous time of the year will have the opportunity to have a hot meal, a warm bed and a warm welcome instead. Our staff team will be working hard to find our guests homes for good.

More volunteers are urgently needed.



Homes for Everyone

Prevent anyone from losing their home

ZERO tolerance to leaving people on the street

Toddlers in the Woods

'Toddlers in the Woods' thrives, a much welcomed and appreciated group only meeting once a week on a term time Friday morning but with a big impact on the lives of young families in both the villages of Jordans and Seer Green.

A group that we didn't have before the Covid years, a group that was needed giving the opportunity to get outdoors with a group of likeminded villagers, a group welcoming the opportunity to learn what can be achieved outside

rather than in our own homes, an adventure enlarging a family's parameters that can be accessed on a daily basis, an exploration into a whole new world.

Come and join us on a Friday morning in the beautiful Centenary Clearing in Crutches Wood, come and be part of life in the GREAT OUTDOORS!

Ali Cork - 07803 139079
alicork686@gmail.com



Holy Trinity Services in February

1 Feb	10am	Holy Communion
	3.30pm	Families @3.30
8 Feb	8am	BCP Holy Communion
	10am	Soul Space
15 Feb	10am	Joint service at Holy Trinity with Seer Green Baptist Church
18 Feb	10.30am	Ash Wednesday Midweek Communion
22 Feb	10am	Holy Communion



Seer Green CE School – Governor Opportunity

We are very proud of the education that we provide the children at Seer Green CE School and the great start that we provide them both in their education journey and in preparation for life after school. The school thrives thanks to the wider community, the great staff team and the support that I as a headteacher receive from the Board of Governors.

We are currently seeking a new governor to join our Governing Board, and are particularly interested in individuals who have a finance background as this is a vital area of knowledge for the Board. As budgets become tighter, strong financial expertise would be invaluable in supporting the Headteacher to manage resources effectively and maintain the excellent education and experience we offer.

Governors do not need to have a prior connection to the school and coming from diverse backgrounds further enriches our team. The role involves a commitment to six full governing body meetings per year, plus four finance committee

meetings, along with time to review relevant documents.

Effective governors work closely with school leaders and the clerk, bringing a range of skills and perspectives to ensure good decision-making and uphold the school's values. Training and induction are provided to help you succeed in this rewarding role.

If you have financial skills and a commitment to improving outcomes for children, we would love to hear from you. This is a fantastic opportunity to contribute positively to our village and help shape the future of Seer Green CE School.

For more information or to express interest, please contact the school office.(office@sgceschool.co.uk) or call 01494 676344

Laura Morel - Headteacher



Jordans Village Performs

14 March - Hannah Watson Piano

26 April - British Piano trio Jane Faulkner and friends

For tickets see www.jordansvillageperforms.org

Winter on the Allotments

Pumpkins and Squashes

During the cold festive period whilst doing a 1000 piece jigsaw puzzle (see below) I was listening to Armando Iannucci and Stewart Lee discussing AI and Snapchat and the ways it could distort and influence, plus the need for exponential growth in such business models and I was reminded of a collision between the two worlds of techno and earthy that we are now living within... I had submitted my allotment piece with picture for the community news when I was informed that the picture had come from an App and could not be used. Funny that I thought, seeing as I took the photo myself while standing on my allotment looking at my neighbours beautiful (prizewinning) dahlias. I had sent her the photos using WhatsApp as she was unable to visit her allotment at the time and shouldn't miss the glorious sight and result of her earlier hard work. My photo duly appeared in community news but it set me thinking about this clash between virtual/reality and what a narrow slice of humanity was involved in creating algorithms that claimed to be omniscient. Heady stuff for early January. My idea of growth for instance involves: the



wonder of seedlings pushing their way through compost to the light; parent birds foraging for soft food for their voracious chicks; hedgerows bursting into bright green leaf; you get the picture. So while more and more of our lives are conducted via tablets, smart phones and the like, how important it is to keep ourselves grounded, a part of this troubled planet we must protect and maintain.

I ordered my seeds online but I'll be sowing and nurturing them on my plot, with real dirt under my fingernails and birdsong in my ears! Happy Plotting.

Charlotte Baggins from the allotments.

Dates for your Diary

Thurs 5 Feb 8pm	8 O’Clock Club – Invasion 1940 What If?
Fri 6 Feb 7.30pm	The Jolly Quaker
Fri 13 Feb 6.45pm/7.30pm	JPH – Don’t Look Now
Fri 27 Feb 6.45pm/7.30pm	JPH – Big Night
Fri 27 Feb 7pm/7.30pm	SG Gardeners – Great Village Quiz
Sat 28 Feb 10am-1pm	Jordans Biodiversity – Clear Manor Farm Field
Thurs 5 Mar 8pm	8 O’Clock Club – Searching for London’s Lost History
Sat 14 Mar	Jordans Village Performs – Piano Trio
Tues 24 Mar 7pm/7.30pm	SG Gardeners – Talk by Timothy Walker “Spring in the Garden”



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30 YEARS

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OLV: Seer Green and the invasion that never was!

In 1797 1,400 Frenchmen, led by William Tate, landed in Pembrokeshire. Britain had been at war with revolutionary France for four years, during which our allies: Holland (in 1795) and Piedmont (1796) had fallen; Prussia, Spain (1795) and Austria (1797) had accepted terms; and Spain joined France against Britain (1796), increasing the danger of invasion.

Tate’s ‘Legion Noire’ surrendered after two days. However, it caused panic within the government, and the rise of Napoleon Bonaparte in command of the ‘Army of England’ served to increase the threat of invasion further.

A consequence was raising the 1798 Posse Comitatus [the Power of the Country], a call for all persons (actually males aged 15-60) to “come forth with such Weapons they have at hand, and to give implicit obedience to Commands [of the High Sherriff], upon pain of Fine and Imprisonment.” The resulting register of all able-bodied males in the county, and the number of horses, wagons and carts, became the first formal record of Seer Green residents, and the first record of many familiar village family names (e.g.: Coleman, Payne, Worley, Harding, Newman).



Battle of Fishguard, Pembrokeshire (PD-Art)

The record lists the following numbers of residents and their professions: Farmer (two); Grocer (two); Victualler (one); Cordwainer [shoemaker] (one); Steward (one); Sawyer (two); Hurdlemaker (one); Broommaker (three); Hoopshaver (two); Basketmaker (one); Labourer (twenty-nine). It also records twenty-one draught horses, six wagons and thirteen carts, owned by just four residents. Joseph Spuffard and James Loveridge each had one eye, and Joseph Reed was lame.

Fortunately, the occasion did not arise where “real danger shall render it not only his duty and interest, but his ardent wish and desire to obey such Orders,” as Napoleon was defeated at Waterloo in 1815.

Nigel Rothwell - ourlivingvillage@hotmail.com - www.ourlivingvillage.org

Seer Green Gardeners have a quiz, a talk and suggestions



We are looking forward to hosting The Great Village Quiz on Friday **27 February** and it is now sold out.

The second event is a talk in the Jubilee Hall on Tuesday **24 March** when we'll be welcoming back for his third visit, Timothy Walker, former director of Oxford Botanic Gardens. His topic this time, "Spring in the Garden - what to grow for a great spring display"

Look out for a paper copy of our colourful annual brochure dropping through your letter box very soon (or maybe it's already arrived!). Please try to hang on to it so you can check the details of what's happening throughout the year.

As February approaches, it's great to notice lengthening days and the garden gradually springing into life. Time too for the gardener to spring into action! Here are some suggestions.

- Prepare the soil! Now's a good time to give your plants and veg plots the best possible tonic in the form of mulch - this means well rotted manure, garden compost or leaf mould if you have access to any of these; otherwise, look for Soil Improver. RHS recommends applying this at the rate of 2 bucketfuls (c. 70 litres) per sq meter. Effectively for the average size garden with beds and maybe a veg patch, it's more economic to buy a cubic metre bag, readily available online. A generous layer of organic matter can really help your plants survive heavy rainstorms and summer drought.

- Review roses and consider their pruning needs - look up techniques for different rose types (bush/climber/rambler etc) Bare root roses can be planted towards the end of the month but avoid frozen ground.
- Prune your winter-flowering shrubs once they've finished blooming - this will encourage new growth for the year to come. Prune overgrown evergreen bushes early in the month before birds start to think about nesting.

Sally Ash

Jordans School News - see front cover photo

What a joyful Autumn Term we enjoyed at Jordans School. We were delighted to welcome our new Reception Class Foxes, who joined us with such excitement and enthusiasm, eager to take part in every aspect of school life.



Jordans school at Windsor castle

Our Year 1 Owl Class had a fantastic visit to Windsor Castle, while our Year 2 Deer Class were lucky enough to explore the magnificent St Paul's Cathedral in London.

We brought the term to a close with our muchloved wholeschool Nativity and a very special homecooked Christmas dinner shared together. It was a truly heartwarming way to end the year.

Who knows what adventures the spring term will bring...

Holly Swain - Headteacher



Jordans Village Hall project - A hall for all



Planning permission for the new Jordans Village Hall has been granted by Buckinghamshire Council.

This is joyous news indeed and reflects the enormous amount of time and effort that the Trustees have put into paying attention to every detail required in the application submitted to ensure success.

Clews architects also played a significant role and gratitude is given to this vibrant firm who from

the outset fully understood what would be acceptable in the village of Jordans.

The enthusiasm of the Trustees and the Fundraising Committee knows no bounds. With the success of grant applications and the generosity of villagers in both Seer Green and Jordans, giving however much large or small, our aim to see this new community hall, fit for purpose, complying with all the necessary requirements and for the use of all in both our villages, rise from the ground will be achieved and maybe remarkably quickly.

Thank you all!
Ali Cork - Chair JVHT

Jordans Horticultural Society News

Thank you for all your support at our green fingered events this year!

Please save the dates for your Jordans Horticultural Society events 2026:

Saturday **16 May** - PLANT SALE on the Village Green

Sunday **13 September** - FLOWER & PRODUCE SHOW on the Village Green

Emma Pegram - Jordans Horticultural Society

Photo: Emma Pegram



Jordans Picture House needs You!

Hello. My name is Paul Hellewell and, as many of you will know, I've agreed to take on the role of Chair of Jordans Picture House from next season. JPH means a lot to many in Jordans and the surrounding villages. It's more than a screen and a projector: it's a shared space where we discover new films, revisit old favourites and enjoy being part of something together.

JPH has always been run by volunteers and that spirit is what has kept it alive and thriving. I'm keen to continue the brilliant work that's been done by Alan, Chris and the team over the last decade to keep the programme varied,

welcoming, and sustainable for the future. I have lots of ideas, but none of them matter without people to help make them happen.

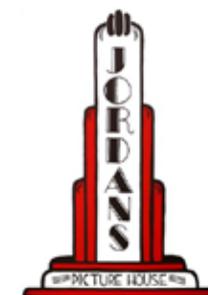
That's why I want to be very honest - without new volunteers, there won't be a film society. It really is that simple. We need people who can spare a little time - whether that's setting up the hall, helping on the door, running the bar, operating the projector, choosing films, doing publicity, or joining the committee. You don't need experience, just enthusiasm and a willingness to be involved. And you don't need to be a resident of Jordans (I live in Chalfont St Giles).

If you value Jordans Picture House and want to see it continue, please consider getting involved. I'd love to hear from you - email and mobile details below or just have a chat at one of the films.

Thank you and best wishes

Paul - 07855 701802

paul.hellewell@brunel.ac.uk



Jordans Picture House

Our 2026 programme continues and we look forward to welcoming you again!

Doors open at 6.45pm and the Programme starts at 7.30pm.

On Friday **February 13** we shall screen "Don't Look Now".



Don't Look Now (X)

Cast: Julie Christie; Donald Sutherland; Hilary Mason. Director: Nicholas Roeg

A married couple grieving the recent death of their young daughter are in Venice when they encounter two elderly sisters, one of whom is psychic and brings a warning from beyond. (Source IMDB)



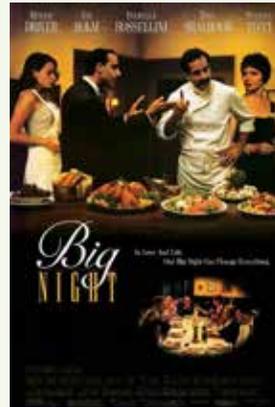
On Friday **February 27** we shall screen "Big Night".

Big Night (15) 1996

Cast: Tony Shalhoub; Stanley Tucci; Marc Anthony, Minnie Driver.

Director: Campbell Scott & Stanley Tucci

New Jersey, 1950s. Two brothers run an Italian restaurant. Business is not going well as a rival Italian restaurant is out-competing them. In a final effort to save the restaurant, the brothers plan to put on an evening of incredible food. (Source IMDB)



How to buy or reserve tickets (£8.00)

Online: Go to www.jordanspicturehouse.co.uk
See "Programme and Buying Tickets"

Jordans Box Office: Alan Sealy
alan@janetsealypartnership.com 01494 873205

Seer Green Box Office: Gill Pettman
gillyp4@btinternet.com 01494 678050

Jordans Picture House Committee



The Jolly Quaker

Friday 6 February - Jordans Village Hall

The Jolly Quaker team wish everyone a happy and very jolly new year! Rendez-vous at 7.30pm Friday, **February 6** in the village hall to kick off another year of village festivities!

Francesca Bagneris

Graham Blake soft furnishing

- Loose covers
- Curtains
- Re-Upholstery
- Tracks & Poles

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Jordans Village Nursery School – A Wonderful Place to Learn and Grow

Tucked at the heart of our village, Jordans Nursery School is more than just a nursery - it is a place where children learn, explore, and grow in a warm and nurturing environment. What makes our nursery so special is the rich and varied experiences we offer, helping every child develop a lifelong love of learning.

From cooking sessions where children mix, stir, taste and discover new foods, to Spanish lessons that open their ears to a new language, our curriculum is full of opportunities to widen young horizons. The children also enjoy exciting woodland adventures, where they can explore nature, climb, imagine and discover the magic of the outdoors. Gymnastics lessons help them develop confidence, balance and physical skills in a fun and encouraging way.

We are fortunate to enjoy strong links with our local school, and our children benefit from transition visits that make the next step in their learning journey feel natural and welcoming.

One of the true highlights of the year is our Sports Day, held on the wonderful open space of the village green. Families gather to cheer and celebrate, and the children delight in taking part in friendly races surrounded by the beauty of our community.



Music also plays a joyful role in nursery life. Our pianist visits to teach the children songs for concerts, filling the rooms with singing, rhythm and smiles. Outdoors, our mud kitchen and sand area provide endless opportunities for imagination and play - whether baking pretend mud cakes or digging to "treasure island"!

At Jordans, the outside curriculum is very much at the heart of what we do. We believe that fresh air, open space and natural discovery are some of the best teachers a child can have.

Most importantly, Jordans Nursery School is a place where children feel happy, valued and inspired. We are proud to be part of this caring village community and grateful for the support that surrounds us.

Sam Pettit

Rotary Club and Santa

2025's Christmas celebration with Santa in his sleigh visiting the villages of Jordans and Seer Green nearly didn't happen, but despite one night of torrential rain we managed to support him visiting the two villages on two nights the week before Christmas. The Rotary Club would like to thank the scouts and explorers and their two leaders who helped us try and cover all the village streets to let the children come out to see Santa. We would also like to thank everybody for their donations to the charity we are supporting this year "Dementia UK".



The Santa Dash was another fun Sunday event the first weekend in December, the rain held off for a while, but everyone seemed to enjoy their efforts. No visit by the cockerel this year, we missed him!! £800 approximately was raised to be divided between Dementia UK, Seer Green School's new Kitchen fund, the Scouts next Visit to Switzerland in 2028 and towards the Defibrillator upkeep - new pads, battery etc at The Baptist Church. We would like to thank the two village pubs, and Mr John Casey a village resident who sponsored the event and made the money raised possible.

At our meeting on Monday **26 January** at the Beaconsfield Golf Club we will be having a speaker from the "Battle of Britain Bunker at Hillingdon", should anyone like to join us to hear the talk please don't hesitate to contact me.

Jenny Owen - 07707 386415

Manor Farm Field Biodiversity Project...

Saturday **28 February** 10-1pm Next volunteer work event on Manor Farm Field.

We will be trimming 1/3 hedge along the path between Jordans and Seer Green leaving the rest for cover and food sources for wildlife.

Our work events are open to everyone, there is usually a mix of tasks suitable for all ages. Drop in any time and stay for as long as you can! It's always helpful to know if you might be coming so we make sure there's enough coffee and cake!

Manor Farm Field South is the last field on the left (walking from SG) on the footpath between Seer Green and Jordans. Since 2024 it has been managed by Jordans Biodiversity Group to restore nature.
www.jordansvillage.co.uk/index.html

Contact us on Jordansbiodiversity@gmail.com or [Jordans_biodiversity_project](#) on Instagram.

Emma Pegram



8 O'Clock Club Programme

'Invasion 1940 What If? By Historian Tony Eton.

It is over 80 years since the Battle of Britain and the real fear that a German invasion could be a possibility. Tony Eaton will assess the facts and rumours surrounding this mystery.

Thursday, **February 5**, at 8pm Seer Green Baptist Church £4 (cash) admission includes tea/coffee. All welcome.

March 5, 2026 Searching for London's Lost History by Jason Sansby.

Jason is a Mudlark (someone who scavenges the mud and banks of rivers, particularly the Thames in London, for valuable or interesting objects).

April 9, 'Butler to The Royal Family' William French.

May 7, Land's End to John O'Groats – a solo journey. Jane Smith - Seer Green Villager.

June 4, 'Plague Houses and Pandemics' Alison Wall a retired nurse, midwife and health visitor. She worked in Camden and Islington as a Public Health Strategist. The talk covers the events leading up to the Great Plague of 1665 and the locations of the pest houses both demolished and still standing. Also looking at strategies employed in other epidemics including smallpox and diphtheria, right up to the present day with the recent Covid pandemic.

July 2, Digging Up the Bodies Denise Beddows Researcher and author.

About researching and writing about murder. There have been 4 murders in the speaker's family's history, which taught her a lot about research.

August 6, Hearing Dogs for Deaf People. A volunteer speaker from Hearing Dogs for Deaf People.

Monica Sado



On the Wild Side in February – Seer Green’s Emu and Donkey Pals

We share our villages with many wonderful wild creatures, but of course there are domestic animals too, including a couple of surprising characters down near the Scout Hut: best friends Princess Avocado Pear the emu, and Marbella the donkey.

Although emus originate in Australia, they are now bred in the UK, and Avocado, aged 16, was hatched in Chalfont St Giles. She was raised alongside John Boy, a retired hackney pony; and Marbella, now aged 30, born in France and rescued by her current owners after being mistreated.

After John Boy died at a ripe old age, the other two remained inseparable. For the past three years they have happily roamed their field by the Scout Hut, munching on grass (and insects for Avocado), never straying too far apart. They have access to supplementary feed, plus a shared shelter; this ability to get out of the

wet helps keep Marbella’s hooves in good order, along with visits from Crendon Farriers. Her past life has made her wary of humans, but Dan and his team have won her trust.

Emus can be territorial, with a sharp talon, but Avocado has never hurt anyone - although she sometimes ‘drums’ at her owner when cross, or mischievously jumps the fence and tries to block the farm road when the neighbours drive down it. She also has a magpie’s love of shiny things and attempts to steal the farriers’ tools.

Last summer the friends were given a swimming bath, which Avocado adored, but unfortunately her innate urge to peck meant she (with Marbella’s help) destroyed the plug - they were left sadly staring at an empty pool. Their owner hopes to provide one less easily demolished, so when you’re down at the field this summer, see if you can spot the friends paddling.

Nora Bennett



Picture credit - Park Farm

Top Ten Marathon Training Tips

As the new year begins many of our thoughts turn to getting fit and healthy. Often seen running through the village and having run some twenty odd marathons, I know what pleasure can be derived from running a marathon. Here are my top training tips to help you along the way.

1. Build up a base level: In the weeks before you start your plan, build up a base level of fitness. Do not expect to run 25/30 miles if your body is not used to it.
2. Have a plan: There are numerous plans available online, varying in distance and frequency. These are usually 16-to-18-week plans. There are also apps you can use to create a plan such as “Runna”.
3. Lifestyle: Consider how your plan fits around your lifestyle. Taking on a six day a week plan might prove very difficult if you have a busy life.
4. Train at least four times a week: One speed session, one tempo session and two at an easy pace. You should be able to chat easily with a friend on the “easy pace” runs.
5. Be kind to your mind: Do not beat yourself up if you miss the odd day or two. Don’t try to make up for lost time by squeezing extra runs in. This tends to lead to injury. If you

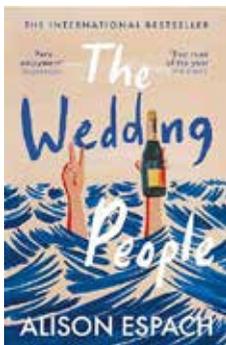
miss out on a lot of training, adjust your time expectancy accordingly.

6. Be realistic with the results you would like to achieve: Use your tempo sessions as a guide, don’t set your sights on a sub-3.30hr marathon if you have never tried running at that pace.
7. Fuel well: Make sure you take enough fuel on every long run; this is good practice for race day.
8. Strength training: Try to strength train a couple of times a week. This helps prevent injury.
9. Stretch post runs: Remember to stretch after all your runs as this prevents injuries and muscle tightness.
10. Enjoy it all!

Jan Williams



Janet's book reviews



The Wedding People – Alison Espach

Set around a wedding week in an expensive hotel on Rhode Island, the main protagonist, Phoebe, is the only person not involved with the wedding staying there.

She's there because she planned to take her life after her marriage breakdown and other disappointments. But she meets Lila, the bride who refuses to let Phoebe spoil her wedding and includes her in her wedding plans while becoming her confidante.

A light read but one that explores a multitude of emotions sensitively through the wonderfully written characters and their interactions with Phoebe.

Humorous and at times acerbic, this is a lovely light read for the cold months

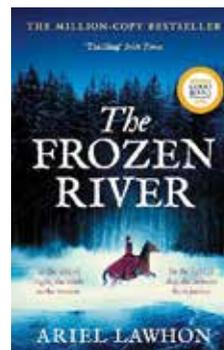
Seascraper – Benjamin Wood

A truly atmospheric novella which was on the Booker list last year.

Thomas Flett lives with his mother and works as a shanker dragging a net through the sandy channels with his horse to catch shrimp, an exhausting occupation he inherited from his grandfather. Life is tough, his only escapes are books and learning the guitar whilst contemplating who his father was.

Life changes with the unexpected arrival of Edgar Acheson who pays Thomas to show him the area and how he works, for a film he intends to produce. Could this be a life changing moment for Thomas?

Such a haunting and evocative book, an absolute masterclass in mood and setting, so cinematic and visually stimulating. Highly recommended.



The Frozen River – Ariel Lawhon

As I was reading this, I felt an overwhelming sense of unmitigated cold and now, as I write this, we're in the middle of our very own cold snap!

Based on a real woman, Martha Ballard, a midwife in the 18th century living on the banks of the Kennebec River in Maine with her devoted husband and 6 children. She wrote a detailed diary of her life and the work she undertook, which proved to be vital.

Part of her role was to determine the cause of death and to give her conclusions in Court and one freezing night, she is summoned to view a body pulled from the river and declares that the cause of death was murder.

She gets drawn into the investigation fighting for the female characters whilst contending with the male dominated society

A riveting literary historical mystery with a strong inspiring heroine.

Janet Stewart



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Cheese in the Chilterns

Martin Pearson from the Chiltern Society alerted us to award winning Marlow Cheese. They produce a range of cheeses including:



Father Thames Cheese

Regatta, a 100% Guernsey milk gouda style cheese, Father Thames a stilton type cheese which apparently pairs well with sloe gin, Chiltern Cloud a manchego style cheese and Cygnet which is a soft cheese.

Marlow Cheese is available to purchase online and can be delivered. They also run cheese making courses. It sounds like something to investigate...

See more on their website
www.marlowcheese.co.uk

Sue Puttergill

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