

Parish Council Report

'Dreda Gordon
Chair of Parish Council

This is the time of year when Councils up and down the land get to grapple with their yearly budget figures. London Colney Parish Council is no exception and at its February meeting we put forward our annual budget for 2011/12. Discussions around budgets always demand tough decisions. Our Councillors work on a purely voluntary basis so any money raised through the local tax goes directly into the services we provide for you and wages for the staff we employ to deliver those services.

Enhanced services

The Parish Council decided that we not only wanted to continue, but also to enhance the quality of services we provide to you the residents of London Colney. We acknowledge that

many of you may be experiencing the economic pinch and with that in mind we have agreed only a modest rise in the Parish precept increasing the average annual Parish Council tax bill in London Colney from £57.12 to £59.49 per annum.

Detail on Decisions

In this report I aim to highlight the major decisions made at our Budget Meeting. The full budgetary figures are available at the Parish Council Office. We are to continue providing a Meals on Wheels service, a two course meal cooked from fresh at the Caledon Centre and delivered by our wonderful team of local volunteers. Meals are available on request to the Community Officer on 821314. We believe it is important to retain this service locally as we can offer a hot meal delivered direct to the client. We have decided that the cost of our Meals on Wheels will be pegged at £3.00 representing fantastic value for money. Compare this to the

service offered by the Conservative County Council who have already increased the cost of the meals they provide from £3.30 to £3.80 per day. We have also put aside £2,000 towards replacing our Meals on Wheels van

Lunch Club

We will continue to support the Lunch Club the Parish Council set up at the Caledon Centre. This has proved so popular we now provide a three course meal on Tuesdays as well as Thursdays. This is available to all residents at a cost of £3.50. If you are free on either of these days why not come along – there's a lovely, friendly

>> 2

CONTENTS

- 1 Parish Council Report
- 3 Parish Council Events
- 3 Pastoral Centre To Close
- 3 All Saints and All Its Architects
- 5 Now's Your Chance!
- 6 World Wildlife
- 7 Gardening
- 8 Goodbye
- 9 Uncommon Elder
- 10 Community Officer
- 12 Take One Picture
- 13 British Legion Women
- 14 St Peter's News
- 15 Police Station Closes
- 16 Crime Report
- 16 School Promotes Sport
- 17 London Colney Cricket Club
- 18 Sleep Out 2010
- 19 As British As Fish and Chips
- 19 Spring Resolution - Age UK
- 20 Support For Under 5s
- 22 Sense in Switching?
- 22 Talk The Walk
- 23 Waxwing Winter
- 24 Last Chance to Insulate



Altar, ciborium and East Window designed by Ninian Comper in the Chapel at All Saints Pastoral Centre, Shenley Lane, London Colney. See article on page 4

atmosphere and good 'home cooking'.

Support for CAB

We recognise the valuable service provided by the CAB who holds sessions on a Tuesday each week at the Caledon Centre. Many London Colney residents have benefited from the advice and expertise offered by this organisation which are under threat from cuts from the Government. We have therefore increased their grant for this year from £1,000 to £1500 in order to maintain CAB surgeries in London Colney.

And Support for Youth Project

London Colney Parish Council has agreed to increase the grant aid to the London Colney Youth Project (The Base) to £4,000 for this financial year. Monies from the Parish Council have helped the Youth Project to extend their range of services. At the Base young people will find a safe environment to participate in a range of activities and also a forum to discuss with experts the many health and social challenges they may face. If you would like further information about the Base please ring Shelley (Project Co-ordinator) on 01727 821639 or visit their website www.baseyouthproject.org.uk

Boiler Replacement

We have included a sum of £5,000 in the Budget towards replacing the boiler at the Caledon Centre. The system provides heating for the Hall, Library, Parish Council Office and offices used by the Health Authority as well as the Club facilities.

Bus Shelters

The Parish Council provides partnership funding with Herts. County Council for the installation of better bus shelters in London Colney. In this year's budget we have put aside a sum of £3,200 which will enable us to replace another two shelters within the village.

Sport and Play

The Parish Council is responsible for maintaining its play/recreational/sports

areas at White Horse Lane, Shenley Lane, Walsingham Way, Halsey Park and Napsbury Park as well as the ever popular paddling pool, Chester Gibbons Green and the Village Green area. Our ground staff will continue to maintain these green spaces to the highest standard and we have allocated £500 of Parish funds for extra tree planting within the village.

Elections

This is the last Budget for the current Parish Council. Elections for a new

Council will take place in May this year. I would like to take this opportunity to thank Councillors and Parish Staff for the huge effort they put in to make London Colney a nicer place to live in. I, personally will not be standing for re-election, I want to spend more time with my family, particularly a son fast approaching GCSE's! I have thoroughly enjoyed the past 20 years I have had the privilege of working on your behalf as a Parish Councillor and wish the new Council every success.



CHRIS - LOCAL HANDYMAN

All insurance works undertaken, Decking, Decorating, Floor laying, Patios power washed, House Clearance, General maintenance, House exteriors painted, Kitchens and bathrooms fitted, Garden work and clearance, All work fully insured.

No Job Too Small - Call 05603 303 259

Tel: (01727) 824311
www.langleystates.co.uk
 Offices at
 London Colney, St. Albans & Park Street

**A QUALITY SERVICE
SPANNING 4 DECADES**

Established in 1976, LANGLEYS have always endeavoured to maintain the highest possible standard of service and know their reputation depends on it.

**3 LOCAL OFFICES GIVING
MAXIMUM EXPOSURE**

Combining to offer all properties on their register, LANGLEYS clients benefit from a far greater variety of enquires from buyers and tenants alike.

**THERE IS NO SUBSTITUTE
FOR OUR EXPERIENCE**

LANGLEYS' partners BARRIE LLOYD and JOE HUGHES have each been in the business for over 33 years and have a wealth of experience rarely equaled by any of their competitors.

THINKING OF SELLING?

We have waiting buyers for all types of property.

FREE VALUATIONS ANYTIME

**230 High Street, London Colney,
Hertfordshire, AL2 1HP**

BETTER RESULTS!

Our local expertise ensures we achieve the best possible price.

COMPETITIVE FEES

LETTING YOUR HOME?

From 1 bedroom flats to 5 bedroom houses, all types of properties are always needed.

FREE RENTAL APPRAISALS

PROFESSIONAL MANAGEMENT

For your peace of mind we offer a comprehensive Lettings and full management service.

FLEXIBLE TERMS

Pastoral Centre To Close

Extract from a press release from the Catholic Diocese of Westminster
The Diocese of Westminster has announced that it is to close All Saints Pastoral Centre at London Colney, Hertfordshire. Acquired by the diocese in 1973, All Saints Pastoral Centre is currently run as a centre

for conferences and retreats. It is anticipated that it will remain open until the end of 2011.

Residential Centre

All Saints Pastoral Centre is also home to SPEC, the Diocese of Westminster's residential centre for children and young people. It is anticipated that the provision of these facilities will continue until the end of 2012 at the All Saints Pastoral Centre site. The diocese is committed to

having a residential retreat centre for children and young people and will now develop options for their provision.

Expensive Options

Over the past five years, the Diocese of Westminster has been actively exploring options for the long term future of All Saints Pastoral Centre. These have included substantially upgrading the conference centre facilities or developing the site as an educational centre. All would require a major investment amounting to many millions of pounds. After consulting with its professional advisers, the Trustees have determined that this would not represent a prudent use of diocesan resources.

The Trustees have also examined the current viability of All Saints Pastoral Centre. It is a listed building. The cost of maintenance and repairs is high. It also faces growing competition from other conference centres.

All Saints and all its Architects

Maria Aguado

All Saints Pastoral Centre was built in 1901 as a convent for the All Saints Sisters of the Poor; the architect was Leonard Stokes. When in 1927 the sisters decided to add a chapel, they chose Ninian Comper as architect.



Sir John Ninian Comper

>> 4

Parish Council Events to June 2011

Litter Pick Saturday 26 March, 11.00 - 12.30 (to be confirmed)

Everyone welcome to come and help clean up the village. We start at the Caledon Community Centre where you can collect your spring cleaning kit and join one of the groups as they head off round the village with litter grabbers in hand. We finish off at midday with free refreshments back at the Community Centre.

Larks in the Park - Sunday 26 June, 12.00 - 5.00

The big summer village event. Bring your family and friends to Morris Playing Field, Whitehorse Lane. Have a picnic. We will supply the entertainment. Live music, dancing, stalls, fairground rides and lots more. If you would like to join in and have a stall, perform on the stage or in the arena, email: projectmanager@londoncolney-pc.gov.uk

St Albans day Walk - Wednesday 22nd June, 6.30 for 7pm

Meet on the Village Green in front of the green Dragon Pub and join us for a walk through Broad Colney Nature Reserve and the grounds of the pastoral Centre to the former island in the river Colne where St Alban is reputed to have been captured by the Romans. A short history of St Alban is read then back to the Community Centre for refreshments.

His design for St Margaret's Convent Chapel in Aberdeen in 1901 had set a fashion for many successful Anglican convents ... a Comper chapel. Ninian Comper was born in Aberdeen in 1864. His father, the Reverend John Comper, was a leader of the Anglo-Catholic revival in Scotland, well known for his work for the poor of Aberdeen. He died suddenly in the Duthie Park in Aberdeen, on the banks of the River Dee, while giving strawberries to poor children.

some of which have become accepted since his death in 1960. He believed that the function of a church was "a roof over an altar" and brought the altar in his churches down the nave to stand closer to the congregation under a pillared canopy or ciborium. He liked light; his churches had white walls and strong clear colours, his favourites were rose and green.



Evidence of Ninian Comper's great regard for his father survives them both in the strawberry motif which can be seen in churches he designed throughout the world, usually in the bottom right hand corner of his stained glass windows. Although Comper rejected modernism he had many advanced ideas regarding church architecture,

His windows were sometimes of painted rather than stained glass allowing more subtle colouring. Comper also used a great deal of gold set against blue and white. His friend Sir John Betjeman said of him (in 1948): "His ecclesiastical tastes are rococo as well as his architectural ones; he is perfectly satisfied so long as gold leaf is heaped on everywhere."

He also disapproved of pews in churches but frequently had to bow to the wishes of his sponsors. He wrote:

"Nor, if the church is to have an atmosphere of prayer, it must not be cluttered up with pews and chairs. The introduction of fixed seats or pews in our late medieval churches was a great abuse, to the evil of which the Reformation added by renting the pews to the rich and setting part bare forms for the poor",²

He was greatly influenced by a visit to the Mediterranean in 1901 where he saw the debt Christian architecture owed to the Greeks. Comper aimed for beauty by inclusion which, to his critics, meant a magpie gathering of styles making him unfashionable for some years after his death.

Comper never employed artists with formal qualifications nor did he ever put letters after his own name. He was finally persuaded to accept his knighthood when he was 84 and described himself in Who's Who as "architect (not registered)".

Sir John Ninian Comper died on the 22nd December 1960 aged 97.

His ashes are buried in Westminster Abbey under the windows he designed.

The Future

The Pastoral Centre and its chapel are Grade II* listed buildings and the entire estate is protected by covenants confining its use to agricultural, spiritual or educational purposes. It's therefore unlikely to become the site of a large housing development, at least in the near future.

Thanks to Father Len Black for allowing me to borrow from his excellent articles online at www.angelforce.co.uk

1 The Rev Canon Len Black SSC www.angelforce.co.uk

2 J. Ninian Comper, 'Of the Christian Altar and the Buildings which Contain It' SPCK 1950

Problems with your PC software? Looking to set up a website? Need help with your accounts?

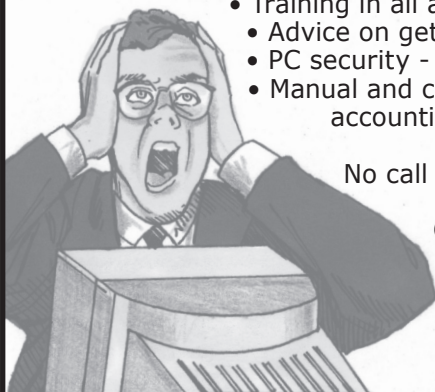
An honest and high quality service at low cost for businesses and home computer users

- Training in all aspects of software use.
- Advice on getting the most out of the Internet
- PC security - anti-spam, anti-virus, firewalls, etc.
- Manual and computerised bookkeeping / accounting, VAT returns, etc.

No call out charges - References available

Call me, without obligation, to discuss how I may be of help.

Dr. John Hibbs(01727) 826183
johnhibbs@btconnect.com



Now's Your Chance!

Charlotte Wilmer-Barbrook
Herts Postnatal Illness Support

Ever dreamed of playing football for Arsenal?

Well now's your chance!

Charity Match

On Sunday 27th March 2011, at Metropolitan Police Bushey Sports Club, one lucky person will get the chance to do just that. The event is the Arsenal Ex-Professional & Celebrity XI Team against a Hertfordshire Postnatal Illness Support Charity Select XI. The money that is raised will go to Hertford-



shire Postnatal Illness Support, the Arsenal Charitable Trust and Great Ormond Street Hospital.

Who'll Be There?

Included in the Arsenal squad are ex-Arsenal stars like Perry Groves, Chris Whyte, Andy Linigan and Ian Allinson to name but a few. From the world of show business are the likes of Phil Daniels (Eastenders), Tony Hadley (Spandau Ballet), Ralf Little (Royal Family), Robbie Gee (Prime Suspect) and Tommy Walsh (Groundforce). Amongst those from the world of sport are Mark Ramprakash (International Cricketer and Strictly Come Dancing winner), Martin Offiah (International Rugby Player) and Terry Marsh (World Champion Boxer) plus many more.

Great Day Out

The day itself will include a children's penalty competition, which is open to all, a dad's penalty shoot-out and local football teams playing a mini six-a-side football tournament. There will also be face painting, bouncy castles, a raffle, tombola and lots of other stalls and attractions as well as food and drink on sale in the clubhouse. The day will start at 11am with the inter schools six-a-side and climax with the main match at 3pm.

Buy Your Programme Here!

Entry to the event will be by programme which can be purchased in

London Colney from local retailers displaying the match poster in their window or on the day at Bushey Met Sports Centre. The cost of entry is £3 for adults before the day or £4 on the day. All children under the age of 14 years old get in for free.

Bid To Be Chosen

To get the chance to play for the Arsenal team, you must bid at least £100 for a place. The highest bidder will get to pull on the famous shirt, warm up with the team, be included in all team photos and get to play the first quarter of the game in the Arsenal team, with a place in the Hertfordshire Postnatal Illness Support team for the remainder of the match. They will also be invited to the VIP buffet after the game.

It's Not Too Late - Bid Now!

Bidding started at 12 noon on Monday 21st February and closes on Saturday 13th March at 6pm. All bids must be emailed to: andrew-farley@sky.com. Everyone who places a bid will receive a fresh email every time a new higher bid is received. When the bidding has closed, the winner will be informed and be asked to pay the amount of their bid in advance. They will also receive complementary passes to the game for family and friends. The money for the bid can be from an individual, company or raised by getting family, friends and work colleagues to sponsor them.

NEXT ISSUE SUMMER 2011

Distribution date - 1st week June 2011

Copy deadline - 1st May 2011

Articles should be sent to the editors c/o: Maria Aguado, 369 High Street, London Colney, AL2 1EA Tel: 823528 (phone manned evenings and weekends only) or e-mail: editor@londoncolney.com

The editors of this magazine rely on contributors for the accuracy of their articles. We regret that we cannot check all the facts, but we are happy to consider printing corrections if errors are brought to our attention. Whilst the editors endeavour to include all items submitted by the deadline given, pressure on space may sometimes mean that items will be held over for consideration in future issues and may not therefore appear in the current issue. Articles may be edited for length or clarity.

World Wildlife

Dave Ansell

I wrote a brief description of the chimpanzee together with an illustration in issue 80 of London Colney News 2004.

The colour painting in this issue shows the mother cuddling its young which it will carry around all the time for the first 5 months of its life, feeding and teaching it skills such as stripping leaves from branches and pushing sticks into insect nests. The young also learn to open nut shells using stones. Most chimpanzees can display similar qualities to humans such as facial expressions, problem solving abilities and a high degree of parental care.

These animals spend their daytime on the ground, at night they sleep in nests made of leaf covered branches high in the forest. Chimpanzees walk on all fours with the weight on their knuckles. Their habitat is the rainforest zone of Africa from Guinea to Western Uganda and Tanzania.



OMG!

All About Weight is changing the way the UK loses weight.

Our unique 'lifestyle nutrition' plans are the new, modern, smart and healthy way to lose weight fast and help maintain a healthy and happy weight for every individual.

- At All About Weight we say:
 - goodbye to old-fashioned diets...
 - ...ciao to slimming pills...
 - ...adios to calorie counting...
 - ...and auf wiedersehen to unhealthy abstinence



"No matter how busy your lifestyle, losing weight with All About Weight has been made simple - no calorie counting, nutritionally complete and best of all it worked for me!"

Jennifer Ellison
Actress, Model & Mum

* Meal replacements give a faster weight loss initially. All plans are over 800 kcal and are a combination of Mealpaks and healthy foods, we do recommend you see your GP before embarking upon any weight loss plan.

Start the new you, your way, today.

Get started online NOW or call your local Consultant Mentor Sam Brooks

07856 415242

stalbandsandharpenden@allaboutw8.co.uk

www.allaboutw8.co.uk/stalbandsandharpenden

All About Weight
LIFESTYLE NUTRITION



Community Centre Hall and Bar Available for Hire

Reasonable Rates Catering Packages Available

Phone Simon Niemiec, Community Officer for prices and availability on 01727 821314

Gardening

Anne Kitchener

We have again had a hard winter, with temperatures reaching a record low in mid December, harsh weather for so early in the season. Once the snow had eventually cleared the garden beds looked very sorry for themselves with soggy leaves and debris pushed flat against the soil. It did not seem that anything would ever be able to show its head above ground. However, January has been much milder and I have been able to spend a sunny morning outside clearing the way for the early bulbs to show through. By mid January it was quite a surprise just how much was beginning to grow.

After such a harsh start to winter I was expecting to have to wait longer than usual for the first bulbs to appear, but by mid January exactly on cue the first bulbs to flower, as always, were snowdrops. These have been quickly followed by the first tips of crocuses and daffodils to appear above ground. Primroses, however, have been a little slower and now, in late January, there are only one or two tentatively beginning to bloom. I am trying to establish a clump of winter aconites for an early show of yellow



before crocuses appear. They are now starting to come through with their stems arching up to keep their heads underground until the last minute. A few years ago I planted a winter flowering honeysuckle which has been quite slow to establish. However, over the last year its growth has improved and there are now lots of flower buds waiting to open. I look forward to enjoying their perfume. Flowering on winter jasmine is now at its height and is making up for last year's disappointing show. In the front garden the first bulbs are usually followed by a carpet of pulmonaria flowers in shades of pink, purple and blue with a sprinkling of white making a cheerful contrast to yellow and cream crocuses. However,

they suffered very badly in the almost forgotten prolonged hot, dry spell in June and July last summer so I am not expecting there to be as colourful a show this year. Amongst other early flowers to put in an appearance in the back garden is that of comfrey, I have a variety which starts off with flowers of deep red fading to pink then almost white. Comfrey forms dense clumps which look very untidy after winter snow and rain, but the flowers are a welcome sight and when cleared away the winter debris is a boost to the compost heap. It spreads quickly but is easily tamed and I use the leaves directly in trenches in the vegetable patch if there has not been time for them to compost down.

As spring approaches and the early bulbs fade, daffodils begin to dominate the show and other flowers appear. An early favourite is pulsatilla or pasque flower, so called because it flowers around Easter time. I have several clumps mostly of the common purple variety, but also of a white strain and a slower to establish deep red. These liven up the front of the border and are followed by silky tassel-like seed heads, prolonging their season of interest. By then there will be many more flowers appearing to fill out the garden borders, honesty, tulips, aubrietia, cowslips all putting on a show. Then there will be oriental poppies, bearded irises, helianthemums, osteospermums all building up to a glorious height in midsummer.

**GOOD FOOD
AT
LONDON COLNEY
COMMUNITY CENTRE**

Caledon Road, London Colney

**Luncheon Club every
Tuesday and Thursday
from 12 until 2pm
Enjoy a 3 course meal +
Tea or Coffee for £3.50**



**WILLOWS
FARM VILLAGE**

Visit
www.willowsfarmvillage.com
for our latest events or call
0870 129 9718

Goodbye

Rev. Peter Laws



By the time you read this, I'll be gone. Wow, that sound ominous, let me explain. On Feb 6th 2011 I led my final service in London Colney Baptist Church as their pastor. For a while now my wife and I felt that our time in the village was coming to a close. We've moved house and now live in Bedfordshire.

Memories

I've lived in London Colney for just over six years, and the village has been very significant to me. It's where I was ordained and became a Reverend. It's where my wife qualified in her profession, and it's the place where my first ever child was born, Emma. (Well, she was born in Watford General, but you catch my drift).

It's also a place that is filled with great people, and after all its that which makes a place special. For example,

the Parish Council and the various volunteers that support the work in the village are just superb. I've been regularly impressed with their commitment to making the village the best it can be.

It's been fantastic to work alongside the other churches in the village. I'm a pretty ecumenical type guy. I like to make connections with other denominations and learn from them. It makes it so much easier when the people are so friendly and fun. I'm also really going to miss the Film Club, which I helped set up when I first arrived. Meeting once a month for a pint to talk about movies was the perfect way to spend a Wednesday night. Shame that the Colney Fox is so far from where I live now. Emma is also going to miss Little Nightingales nursery, where she was going for three days a week for the last year and a half. We've been constantly impressed with that place. (Just to avoid advertising bias – I'm sure the other nurseries in London Colney are excellent too!)

Good Eggs

Obviously the people I've shared the most time with have been those in the Baptist Church. Some of them have come along to our parent and toddler groups. It's been good to get to know so many different people, and it's helped to get parenting advice from the experts!

Which leads me to the congregation of London Colney Baptist Church. What a great bunch they are. Seriously. They work so hard to serve God here in the village, and continue to do so. We've had a lot of fun over the last six years, and have sensed God moving amongst us. If you are looking for a bunch of good eggs,

you'll find them there. They will now begin the search for a new minister. In the Baptist Denomination the congregation have the final say on who is appointed, so finding a new one can take weeks or months. Even longer sometimes. But in time, we hope that a new face will take over. If they feel as welcome here as I did, they'll feel at home in no time.

Next Steps

As for me, my next step is a little unusual. I remain a Reverend but I will not be the minister of a church for a while. The Baptist Denomination have given me two years to concentrate on preaching and speaking. So I will be moving around various churches, leading services. So you might see me back in London Colney from time to time.

I'm also going to spending more time writing. I've had some articles and film reviews published but I also tried my hand at writing a novel. I sent it off and it managed to get me a London Agent. So I'm doing more writing this year with the hope of getting a novel published. It's a psychological thriller. Maybe you'll see it on the shelf one day!

Another thing I'm involved in is hosting an internet podcast called www.theflicksthatchurchforgot.com It reviews horror films from a Christian perspective. Yeah I know it sounds odd, but it's been a great way to make connections with God and the culture we live in. It's got over 2,500 subscribers worldwide which is a little mind boggling but exciting.

The thing is, what I love about Jesus is that He isn't just holed up in a building each Sunday, but He is at work in all sorts of unexpected places. After working in a local church for six years (and six years before that in Chesham, Bucks) I sense it's time to see what he's up to in the wider world.

Yet I still think that the local church is the place that helps us make those connections. So can I just encourage you? If you are not a church goer, why not give it a try? There are four churches in the village, so there's

Counselling / Psychotherapy

Stephanie Cass PG Dip. Counselling M.B.A.C.P.

As a member of the British Association for Counselling and Psychotherapy I Adhere to their Ethical Framework

Having relationship problems, Experienced trauma or abuse, No confidence, Low self esteem, Suffering from loss or endings, Feelings of anxiety, anger or fear, Lost your way, Lonely, Feeling distressed, Confused, Experiencing conflict.

If you are feeling any of these and are interested in counselling for long term or time limited therapy contact Stephanie for appointments or enquiries on

Tel: 01727 825 060

plenty to choose from. Why not do a little tour of them for a few weeks to see which ones feels like home? Church is a place where you can meet new people, share challenges and heartaches, have fun and explore the meaning of life.

Where else can you do that? And most of all, it can be the best place to meet with the God who I am convinced actually exists. If you have a sense there might be something more to life, and I know that many

of you do, then there are answers to be found in the churches of London Colney.

Thanks for making me feel so welcome and God bless you,

Uncommon Elder

Jon Daniels

The common Elder is growing all around us, yet we see it as a garden pest, worthy of trimming or complete removal in many cases. After making Elderflower cordial, champagne, Elderberry pie, Elderberry tincture, jams, ketchups and much more last year I am now convinced of its amazing culinary and medicinal properties. of this plant. As you can see from the picture, it can grow into large bushes/trees with lots of green foliage and large adult hand size heads.

I recommend making the two recipes below, with the only problem being trying not to consume all the cordial or champagne before the summer has got going.

Please note that the flowers are at their best late May into June depending on the overall weather conditions and variations with individual trees.

Elderflower cordial:

Ingredients:

1.5 litres of boiling water
1 kilo of white granulated sugar
20 large elderflower heads (pick on a sunny day and avoid brown heads as they can foul the mixture)
4 lemons
55g of citric acid (found in major supermarkets, health food shops and pharmacies)

Method:

In a bowl/bucket (or deep saucepan) pour the boiling water onto the sugar and stir. Leave to cool, stirring every now and then to dissolve the sugar. When cool add the citric acid, the lemons (zested and sliced) and the



elderflower heads.

Leave to steep for 48 hours.

Strain twice through sterilised muslin (how do I sterilise muslin? See Tips and tricks below)

Using a jug and funnel carefully pour into hot sterilised bottles (to sterilise you can heat bottles at 160 degrees for ten minutes, put them in a dishwasher cycle, or use a water bath)

Elderflower champagne:

This recipe is even easier, but the outcome is even better in my opinion.

Ingredients:

4 litres hot water
700g sugar
Juice and zest of four lemons
2 tablespoons white wine vinegar
About 15 elderflower heads, in full bloom

A pinch of dried yeast (you may not need this)

Method:

Put the hot water and sugar into a large container (a spotlessly clean bucket is good) and stir until the sugar dissolves, then top up with cold water so you have 6 litres of liquid in total.

Add the lemon juice and zest, the vinegar and the flower heads and stir gently.

Cover with clean muslin and leave to ferment in a cool, airy place for a couple of days. Take a look at the brew at this point, and if it's not becoming a little foamy and obviously beginning to ferment, add a pinch of yeast.

Leave the mixture to ferment, again covered with muslin, for a further four days. Strain the liquid through a sieve lined with muslin and decant into sterilised strong glass bottles with champagne stoppers (available from home-brewing suppliers) or Grolsch-style stoppers, or sterilized screw-top plastic bottles (a good deal of pressure can build up inside as the fermenting brew produces carbon dioxide, so strong bottles and seals are essential).

Seal and leave to ferment in the bottles for at least a week before serving, chilled. The champagne should keep in the bottles for several months.

Community Officer

Simon Niemic

As I was growing up in London Colney it was always easy to find a Saturday job. With several newsagents, butchers, greengrocers and a plethora of other local businesses I think I did my fair share of them all starting in Gates Corner (the hardware store) at the bottom of white Horse Lane where the motorbike shop now stands. As Sainsbury's breezed in to town with their flagship superstore, (formerly SavaCentre) one by one most of them hit the wayside as price wars were waged and the small business lost out.

Happy Retirement!

One that stood the test of time and now seems to be going stronger than ever, thanks in part I think to the post office, is the Co-Op. I worked in the Co-Op when I was 15 at a time that it was really the only supermarket in the village. Along with friends who also worked there it was one of the most enjoyable Saturday jobs I had when I was younger. At that time one of my friends' mother also worked there, Jenny Pond, who some of you might not know by name but will certainly recognise. Now after 25

years of service Jenny has finally hung up her black and green Co-Op fleece to enjoy her well deserved retirement. I think hearty congratulations are in order and I believe that Jenny and her husband are planning to move to France to enjoy their retirement in peace, and dare I say to avoid any more Co-ops!



Jenny Pond, retiring from London Colney Co-Op after 25 years

New Year Push

We had another fantastic night at the Caledon on New Year's Eve last month and Tom Bagge and the rest of The Push who performed that night really stole the show with a fantastic couple of sets which got everyone up and dancing. With the reputation that The Push has in the village it was the easiest event I have ever had to put on as it seemed that most of the village wanted tickets and as usual we

sold out well in advance. After such a successful evening we agreed that we had to have them back again this New Year so you heard it here first and although we are only in February I would suggest putting your name down for tickets now to avoid the disappointment that others faced last time.

Best Tributes

2010 saw us unrivalled in the village with the tribute events we hosted which included The Beatles, Madness, Roy Orbison, Elvis, Robbie Williams as well as the Halloween parties, the Pantomime, Burns Night Supper, Christmas Lunch club, the day trip to Brugge (see opposite) and many others.

This year will be even more action packed and at the time of writing I am awaiting confirmation from tribute bands The Rolling Stones, The Who, Oasis and Abba, some of which we failed to book last year due to the other acts we had on but I can confirm that they will be at the Caledon Centre in March, May, July and September. Keep an eye out for the banners and posters that we regularly have up around the village and as usual you can also visit the Parish website for the latest news on all events at the Community Centre.

Welcome To New Members

I was pleased to see membership increase in the bar in 2010 as well as those renewing from previous years. In these tough times I think the subsidised bar prices are proving to be



TELEVISION AERIALS & DIGITAL SPECIALISTS

NO CALL OUT CHARGE
PROMPT SERVICE
FRIENDLY AND RELIABLE TEAM
FULLY INSURED
2 YEARS GUARANTEE
LOCAL FAMILY BUSINESS
ESTABLISHED 40 YEARS
PROFESSIONAL ENGINEERS



30 FREE TV CHANNELS
20 RADIO CHANNELS
UPGRADES FOR DIGITAL AERIALS
REPAIRS AND REPLACEMENTS
EXTRA POINTS
STEREO FM RADIO AERIALS
SATELLITE SPECIALISTS



FOR A FREE ESTIMATE OR ADVICE CONTACT:
CONCORDE AERIALS 01727 872844

G N FITZJOHN

Est. 25 years

*For Property Maintenance,
Flat Roofs, Plastering,
Kitchens, Bathrooms,
General Tiling,
Flooring, Woodwork, etc.*

Phone Gary on 01727 825036
Mobile: 07958 546011

a draw for those still wanting to come out but not spend a fortune. Members also benefit from discounted event tickets as well as reduced hire costs to our function hall and as usual we are always open to new members joining. We also hope to start work on the members bar refurbishment this year as well!

Thankyou Volunteers!

Once again I would like to say a very big thank you to all our volunteer drivers for Meals on wheels who managed to deliver every day during 2010 even during the really bad spell of weather we had with the snow.



Dent in the Budget

Unfortunately the Meals on Wheels van got pranged whilst parked on the side of the road and was classed a write off.

It was such a shame as the van still had plenty of life left in it but that still didn't stop deliveries as everyone pulled together to get the meals out. We hope to have a new delivery vehicle on the road very soon. I would also like to ask that if anyone wishes to help out with the Meals on Wheels then we are always looking for volunteer drivers to spare an hour a month delivering to our customers. If you would like to volunteer please call me on 01727 821314.

PLUMBING OR HEATING PROBLEMS?

ALWAYS PLUMBING LTD

Heating • Plumbing • Gas

Gas Safety Inspections

BOILER REPAIRS

GAS FITTING

CLEANSING & DESLUDGING

BATHROOMS

SHOWERS / PUMPS

HOT & COLD WATER TANKS

CENTRAL HEATING

ALL GENERAL PLUMBING



FREEPHONE

0808 155 5365

01727 822968 • 07801 988752

(DAYTIME)

30 YEARS LOCAL EXPERIENCE

(EVENING)

230 High Street, London Colney, Herts AL2 1HP www.alwaysplumbing.co.uk

Take One Picture at Bowmansgreen

Jacky Potter

What an exciting start to the term we have had! Back in the summer, the Art Loans Service and the Museum Service invited us to be part of a Hertfordshire pilot program 'Take One Picture', that mirrors the annual event run by The National Gallery in London. Miss Robbins and Mrs White chose

a picture and the staff spent the autumn term planning a whole school topic around it. Our aim was to plan exciting classroom activities encompassing as many areas of the curriculum as possible.

The Postcard Shop

We chose 'The Postcard Shop', a representation of a 1953 postcard and souvenir shop. The picture incorporates many techniques such as paint, collage, ink, calligraphy, patterns etc and allowed us to explore these areas of art as well as many other subjects. During the first week of term each year group participated in workshops



to create large scale old fashioned shops. These were used to create Bowman's Walk, a 'step back in time' street scene hosting a bookshop, a butchers, bakers, grocers, sweetshop and greengrocers.

Art Buddies

In week two staff led 'Buddy group' workshops where children from year 1 to year 6 worked side by side on a range of different artistic projects, including printing, sewing, cooking, clay work and glass painting. We were pleased to welcome local artist David Ansell, who led sessions on the use of acrylic paint. There was a buzz around school all day as the children shared their experiences and discovered what their friends had been up to! There were many opportunities for creative writing such as Adventure Quests, detective style 'Who done it?' and character descriptions, as well as exploration of area, perimeter and scale in maths.

Inspired by a Professional

The project continued with the week long visit of professional artist Karen Lloyd who travelled from her home in Cumbria to work with us. Karen's assembly inspired the children and her felt making and printing

Stationery - Printing - Computer Repairs - Networking
BlueLightOffice.co.uk

FOR SALE

BLUELIGHT OFFICE

RETAIL SHOP AND ONGOING COMMERCIAL BUSINESS

186 HIGH STREET, LONDON COLNEY

DUE TO EXPANSION WE ARE RE-LOCATING

IDEALLY SUITED TO HUSBAND AND WIFE TEAM

ESTABLISHED REGULAR CUSTOMERS

CALL DAVE ON 07903 017612 OR 01727 260062

Stationery - Printing - Office Furniture - Computer Repairs - Training
BlueLightOffice.co.uk
FULL OF BRIGHT IDEAS

workshops produced some fantastic pieces of artwork. She even ran an evening session for the teachers! We were delighted by the complimentary feedback we received from her visit where she described Bowmansgreen as a 'truly great school – the atmosphere is so positive, the staff friendly and professional, the children polite, friendly, interested, on task, helpful, excited – wow!'

Parents Came Too

Several of our parents and grandparents (and friends) joined us during the week and we were thrilled by the Year 5 children's carving on leather work with professional leather artist, Mark Evans, Year 6s collection of fine art following a revisit from David Ansell, the quilting squares completed by Year 4 with ladies from the Quilters Guild and the wonderful African batik work in year 1 inspired by Mrs Bello. Our project culminated in an exhibition. The hall was packed and our children were very proud to guide their guests around the displays, showing off the range of exciting work produced.

We were thrilled by the children's response to this project and the enthusiasm they have shown in working together. It has been a pleasure to take part in this whole school community project, showcasing the very best of school life at Bowmansgreen.

British Legion Women's Section

Miss Beverley Crofts



The Royal British Legion Women's Section London Colney Branch celebrate their 80th Anniversary this year.

Our meetings are held Thursdays fortnightly at the Pavilion, Morris Playing Fields, White Horse Lane at

LCPC PRESENTS THE CALEDON COMMUNITY CENTRE

LEARN TO DANCE

SALSA

£3 MEMBERS
£5 NON-MEMBERS

DATES 2011

MARCH 11

MARCH 25

APRIL 8

MAY 13

MAY 27

JUNE 10

JUNE 24

JULY 8

JULY 22

**TWO CLASSES PER NIGHT - BEGINNERS AND ADVANCED
BY PROFESSIONAL INSTRUCTOR - ELLIOT JOHNSTON
FOLLOWED BY DISCO
8:30 TILL MIDNIGHT**

CALEDON ROAD, LONDON COLNEY, HERTS, AL2 1PU 01727 821314

7.45pm where we have interesting speakers, suppers, sales and competitions.

Membership is open to all women over the age of 16 years with or without a Service connection. New members/potential members are always welcome to enable us to continue to raise funds to help the ex-service community and their dependents. Our annual subscription for the year 2010/2011 is just £6.55 plus £1 joining fee, a nominal charge is made each meeting.

Service Not Self

Our Motto "SERVICE NOT SELF" means as much today as it did 90 years ago when The Royal British Legion and The Royal British Legion Women's Section was formed. Further details available from our Secretary Miss Beverley Crofts on 01582 763736

Forthcoming Meetings

- 10th March Talk on the War Graves Competition: Spring card
- 24th March Group Meeting
- 7th April Open Meeting – Talk & demonstration by Bedfordshire Basketmakers
Competition: Shapeliest perfume bottle
- 21st April Red, White & Blue themed evening
Competition: Royal Memorabilia
- 5th May To be advised
- 19th May Report of National Conference
Competition: Paperweight
- 2nd June Competition: Scenic Photograph
- 16th June Group Meeting
- 30th June Competition: Liquorice Allsorts necklace
- 14th July Christmas Party
Competition: Homemade Christmas decoration

St Peter's News

Rev Lynne Fawns



I love weddings! They are such a cause for celebration and so I'm thrilled that this year is going to be a very important year indeed, as far as weddings go.

Weddings, Weddings...

Not only do we have a lot of weddings taking place at St Peter's this year - which is absolutely wonderful - but of course the whole nation will be celebrating too when Kate Middleton and Prince William marry in April. I am personally thrilled for both of them as they seem extremely happy and comfortable with each other; yet also very grounded in what are the most pressurised and extraordinary of circumstances. I'm also pleased that there is something positive to report in the media about marriage. Too often the only thing we hear is that "marriage is dead". Well, no it isn't, even though many in society try very hard to convince us it is.

Two Out of Three

Present statistics state that one in three marriages fail - but then the reverse means that two out of three succeed. If these statistics or odds of success were repeated in many other parts of society such as businesses, politics, the stock market etc., people would be thrilled. So, marriage isn't the dead duck it is portrayed to be.

Tragedy

Yet, please don't think that I am diminishing the fact that when any marriage fails, even if it is only 1 out of 3, that it isn't always a great tragedy and a source of huge sadness. In fact it's in the top three most stressful things

that can happen to a person. Why? Simply because our marriage vows are so special and sacred and people make them with such heartfelt love, expectation and hope. I have yet to meet a couple whom I have married who didn't enter into that marriage expecting it to last for life. Marriage is such an important event for those who enter into it.

The Power of Love

One of the most humbling yet encouraging aspects of my life as priest in this village, is how I am constantly reminded of what deep love people have for one another. Through funerals, baptisms and my general ministry in the village I can see the power of love at work between family members, friends and also neighbours. That's wonderful! In my ministry I also see the absolute blessings that God's gift of marriage has brought, and continues to bring to people's lives. I meet people who have been married a few months but also many who have been married for 30 - 40 - 50 and even 60+ years and I never fail to be moved when I hear of their deeply loving and meaningful life together. Don't get me wrong - they've had their ups and downs as man and wife - but I also see the strength of their love and their marriage commitment to each other managing to shine through. Marriage is a great blessing.

A Gift

Christians believe that Holy Matrimony is a gift from God, it's not just a legality. We frequently read of celebrities who tell us they "don't need a piece of paper to show they love someone or in a committed relationship" but then they jump up and down when they get engaged. We all know in the depths of our hearts that marriage is far more than just a piece of paper. Okay it does offer legal security and rights to the couple and any children but as the wedding service states: "Marriage is a sign of unity and loyalty which all should uphold and honour. It enriches society and strengthens community".

It is more than just making one's vows before God, family and friends, it is a public declaration of love and commitment that effects the wider family and enriches the whole of society.

We're Celebrating

So, St Peter's is going to celebrate marriage this summer and this was decided even before Kate and William announced their engagement! On Saturday 28th May we are going to hold a "Service for the Renewal of Marriage Vows". This service will be led by The Rev'd Canon Stephen Lake, the Sub Dean of the Abbey and Cathedral Church of St Alban. It will be by invitation only for all couples who are married and would like to renew their vows. Don't worry, you won't be asked to come up in front of everyone, we will renew our vows all together during the service from our seats. There will be confetti, wedding cake, photographs, sparkling wine and hopefully a lot of happy couples.

Renew Your Vows

The words "to have and to hold from this day forward, for better for worse, for richer for poorer, in sickness and in health, to love and to cherish, till death us do part" have been recited in Church of England services since 1552. Why not come along and say them together again. All you have to do is to give to me your name and address on a piece of paper or through the contact page on our website (www.stpeterslondoncolney.co.uk) and we will send you an invitation in March. As we are unsure of the numbers who will want to come to this service it will work on a first come - first served basis. We will probably ask for a small donation towards the day's cost but that will be decided and advertised well before the event.

God loves us dearly and I believe that he expresses that love to all of us in unique and particular ways and one of those ways is the gift of marriage. So, please do consider coming to the service and celebrating that blessing in your life and in our community.

Police Station Closes

Maria Aguado
London Colney Parish Councillor

At the February meeting of the Parish Council, Inspector Ruth Dodsworth told Parish Councillors and members of the public about plans to close London Colney Police Station. Inspector Dodsworth is responsible for neighbourhood policing in the City and District of St Albans. She explained that Herts Constabulary has to cut £36M from its budget in the next five years and that the cuts are 'front loaded' i.e. will be applied mostly during the first two years. The police authority has said that there will be no reduction in frontline resources for those two years. If all officers are to be retained then something else has to go.

Officers v. Offices

The police authority turned their attention to police stations. Mobile technology means that police officers can perform many tasks without returning to the police station. Vehicle checks are a good example. Members of the public also have less need to visit police stations so local stations, such as at Harpenden, manned from 8am to 5pm, have around 25 foot callers in a day. This sounded like quite a few people to me but the police authority prefer to have their officers out on the street meeting the public rather than waiting at a desk for them to arrive. They have therefore decided to close 4 Hertfordshire police stations along with a further 7 front offices. Harpenden's 25 foot callers per day will have to go elsewhere as their front office will close. So will our entire police station, within 3 – 9 months.

Why us?

Why London Colney? Our police station is large, underused, heavy on maintenance and running costs and can be sold for development.

The 9 members of The Colneys Community Police team (one sergeant, 4 constables and 4 PCSOs) ideally need a local base though they can work from St Albans. They already have an office in Colney Fields. This is less useful than it might seem as it has very poor mobile phone service. ("I'm at the veg now. Bergerac? You're breaking up!")

Premises Needed

Officers at Wheathampsted already use a local office rent-free and the Parish Council have offered to accommodate our police team in a room at London Colney Community Centre. This may not be suitable as the Community Centre contains licensed premises. The police authority are considering alternatives in the short term such as the use

of a permanently parked mobile police station but still need a rent free, secure room in the centre of the village which Community officers could use as a base. Do you know of anywhere? The Community Officers will be glad to hear from you on 01707 806213

**WE ARE
MACMILLAN.
CANCER SUPPORT**

**Quiz Night
and Fish & Chip Supper**

**Tickets £12
7.30 prompt**

**at St Stephen's Church Hall
Watling Street, St Albans
on Saturday 12th March**

Bring your own drinks and cutlery

Every property marketed from *every* branch office



Barkers Borehamwood
78 Shenley Road, Borehamwood
Hertfordshire WD6 1EH

Tel: 020 8953 4556
E-mail: borehamwood@barkersestateagents.com

For
Elstree
Borehamwood
Well End

Barkers Shenley
104 London Road, Shenley
Hertfordshire WD7 9BS

Tel: 01923 855 266
E-mail: shenley@barkersestateagents.com



For
Shenley
Porters Park
South Mimms



Barkers London Colney
188 High Street, London Colney
Hertfordshire AL2 1JQ

Tel: 01727 822 100
E-mail: londoncolney@barkersestateagents.com

For
Colney Heath
London Colney
Napsbury Park

www.barkersestateagents.com

Crime Report

LC Parish Council

PCSO Debbie Daniels reported to the London Colney Parish Council at the meeting on February 4th

Crime Down

Mostly good news with crime figures showing a downward trend in 'The Colneys'. There were 42 recorded crimes between 8th January and 2nd February this year, 5 less than in the previous month. Crimes in this village included 11 of shoplifting, 2 of bilking, that is making off without paying, only one common assault causing no injury and just 2 dwelling burglaries – there were 5 during December. Both burglaries occurred on the same night and resulted in a high-speed police chase involving a silver Audi. Enquiries are going on. Police advice is to double lock your UPVC doors, even when you are in the house, and don't leave any windows open when you are out – it's as good as an invitation to burglars. Lock away your tools – criminals may use them to break into your home.

Nuisance Youth

London Colney has suffered a spate of damage caused by youths in their early teens who live in the village. The London Colney Police team is cracking down and has spoken to members of the group and to their parents. One youth has already been caught and dealt with for two offences of criminal damage and police are looking at CCTV images with a view to making further arrests.

Ward Priorities

Please contact the Community Officers on 01707 806213 with information or intelligence regarding local incidents or any suggestions as to the selection of Local Ward Priorities which can be discussed at the next Ward Meeting (now called a Priority Setting Forum) which will be held in April.

Who to call?

IN EMERGENCY dial 999.
To report a crime or to ask for advice or information ring 0845 3300 222.

London Colney Primary School - Promoting Sport

Lisa Valla
Head Teacher

With the 2012 Olympics fast approaching, we have been promoting sporting activities in school. With the help of Schools Sport's Partnership, the school has been encouraging the children to participate in and experience sports that would not usually be available in PE lessons.

Gymnastics

One event that inspired children of all ages in the school was a visit from Mike Barnes, who is a gymnastic silver medallist. Mike is just 22 years old and has already won 5 World Championship and European Medals and secured a silver medal for Team GB at the 2009 World Championships. He is also the current British Tumbling Champion. Mike visited the school and demonstrated his tumbling skills and inspired our young athletes by taking part in a sponsored exercise class, which raised money in aid of Action for Children and new PE equipment for the school.

Sports Ambassadors

At the end of September, two of our Year 6 pupils from the school visited the University of Hertfordshire as

part of a programme to develop school "Sports Leaders". They attended an Olympic themed leadership day during which they had the privilege of meeting Iwan Thomas, who gave an inspirational talk about his Olympic and Commonwealth games experiences. The students then worked in groups to experience different activities and have the opportunity to develop their leadership knowledge and skills.



Leisure Connections

As part of the "Adopt a School" programme, all of our Key Stage 2 students took part in a fun filled day of exercise at the Leisure Connection building in Perham Way. The students had the opportunity to try out various pieces of equipment in the fitness gym and take part in healthy living workshops.

Business Sponsor

The school would also like to thank Sainsburys, who have kindly donated various pieces of sporting equipment. The children can't wait to start using them!

**WE ARE
MACMILLAN.
CANCER SUPPORT**

**MacMillan St Albans & District Committee
invite you to a charity performance of**

THE FATHER
by August Strindberg



Thursday 24th March
Abbey Theatre, Westminster Lodge
7:30pm for 8:30 performance
Tickets £10:00 (includes a glass of wine)
Contact Avril Foster on 01727 862079

New Season London Colney Cricket Club

Andy Stirrat

2011 may only be a month old, and the days may still be characterised by frigid temperatures and dark evenings, but for a number of London Colney's residents, thoughts have already turned to the summer months, to leather on willow and the start of another cricket season.

Long History

Although London Colney, whose first match was played in 1861, actually play their cricket in neighbouring Shenley following the acquisition of their Green Street home in 1993, the cricket club is still very much a village side, with a large number of the membership residing in the village and many of the players to be found in the Bull pub after the games during the summer.

New Captain

This season, the club will be lead by one of its former sons, who will be hoping that his return to his home club after a 20 year hiatus will be a triumphant one. Graham Seymour was a key part of the London Colney side which had much success during the mid-late 80s and following spells at North Mymms CC and Bromley CC as well as representing the MCC, Graham has returned to the club. After testing the water last season, Graham has committed his future to the club and on the 3rd February was elected Club Captain, replacing precocious batting talent, Scott Hadley who had been captain for the previous two seasons.

Talented Side

Graham inherits a young and talented side, which despite enduring a tough 2010 showed enough quality and fighting spirit to ensure they retained their place in Hertfordshire

>> 18



London Colney opening batsman Adam Buckmaster in action at Green Street during the 2009 league season

London Colney Children's Centre
Alexander Road, London Colney, AL2 1JG
Tel: 01727 822196 option 3

London Colney Children's Centre offers activities and services to families that have children aged 5 years and under.

Timetable of activities term time only

Day and Time	Activity
Monday 9.15am - 11.15am (please book)	Parent and toddler group A variety of play experiences for your child
Monday 1.30pm - 3.00pm	Baby Rhyme Time followed by baby group Bring your baby along to meet new friends and enjoy the play space
Tuesday 9.15am - 10.15am	Well child clinic Health visitor support and baby weighing
Tuesday 1.00pm - 3.00pm (please book)	Family Learning A variety of programmes are offered each term.
Wednesday 10.00am - 11.30am (please book)	Baby massage
Wednesday 1.00pm - 3.00pm	Friendship group A play session for families whose first language is not English
Thursday 9.15am - 11.15am (please book)	Parent and toddler group A variety of play experiences for your child
Thursday 1.30pm - 3.30pm	Well child clinic Health visitor support and baby weighing
Friday 9.15am - 11.15am	Under two's playtime A play session for children aged 2 years and under

League Division 3. The league 1st XI however are only one of four sides which London Colney field each weekend. In addition to Seymour's 1st XI in division 3 on a Saturday, the club also field a league 2nd XI who this year, captain by Den Hadley, will ply their trade in division 8.

Sunday League

On a Sunday, London Colney offer league cricket in the guise of the ever-popular Chess Valley league, a 45 over a-side competition and a more relaxed list of friendly fixtures contested by a side which comprises a happy mix of those just beginning their senior cricketing careers and those seeking a less intensely competitive Sunday afternoon match.

20/20

The burgeoning popularity of the 20/20 format of the game has not by-passed London Colney, and this summer, the club will be welcoming visiting sides including Redbourn and North Mymms for mid-week 20/20 matches.

Family Club

London Colney cricket club is at its heart, a family club which in addition to offering cricket to those of all ages and abilities across its four teams, also boasts one of the prettier grounds in the Hertfordshire League and a range of facilities which far larger clubs struggle to match. Graham and the club committee are committed to driving the club forward to ensure the club is playing a level of cricket which the atmosphere and facilities deserve. In order to achieve success in the league and to continue to offer relaxed and enjoyable cricket, the club is always looking to recruit new players and members of all ages, abilities and experience, including junior cricket which the club are looking to revive this year.

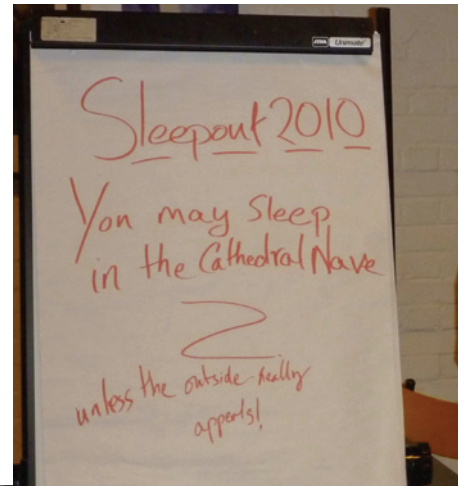
Join Us

If you are interested in playing cricket this summer, London Colney CC have a team to suit most abilities

and a lively social set up and would welcome new players and members. For more information visit the club website... <http://londoncolneycc.hitscricket.com> email club captain Graham Seymour... Graham@fncsports.com

Sleep Out 2010

Norman Mahony
London Colney Parish Councillor



The normal Sleep Out hours are 9 pm to 7 am. However, the desk for registration and security wrist-bands closes at about midnight. On the day of the Sleep Out my Parish Council meeting did not finish till about 11 pm, so by time I had eaten, changed and found a parking space at the Abbey,

Sleep outs at the Abbey in St Albans started in 1994 and have raised over £300,000 for various homeless charities. I began sleeping out in 2000 to raise money for the Open Door. This is the night shelter for the homeless in Bricket Road, which provides beds in 12 single rooms as well as hot meals and access to physical/mental healthcare and counselling.

Snow, Sleet...

Weather conditions on the 03/12/10 for the Sleep Out were the worst ever: temperatures in the early evening were about -5 C and there was snow, followed by sleet, then rain in the early morning. Conditions were so bad that participants were allowed to sleep in the nave (see picture). Even so, the organisers were promised £30,000, and expected to top the £45,310 raised in 2009, as the final total usually exceeds the amount promised.

there was just enough time to register. A group from a local church had saved me a space, but by now their mobiles were switched off and they were hidden under a blanket of snow. I found another space, and at about 12:30 am persuaded a passing security steward to take a photo (see picture). Then I tried to rest.

...and Rain

I never sleep on these occasions but only listen to the night sounds, think of the real homeless and make plans for the coming year. My "rest" was shattered at about 5 am when I felt my sleeping bag filling with rain – I should have brought that tarpaulin. This called for plan B which involved packing up, getting coffee from the cafeteria and retreating to the relative comfort of the nave. Finally, at about 6:50 am it was time to collect my Sleep Out token, then return home for a shower and to dream about next year's Sleep Out.

As British As Fish and Chips

Elizabeth Wright
Spinal Injuries Association



Great British Fish and Chip Supper Friday 20th May 2011

Want to do something different? Want to raise money where you live or work? Want to eat Fish and Chips, while raising money for charity? Hold a fish and chip supper on Friday 20th May 2011 whilst raising awareness of spinal cord injury and supporting SIA's information and support services.

You can hold a fish and chip supper in your own home, at work or hold a larger supper at your local community centre.

SIA will provide a fundraising pack containing hints and tips, recipes, invitations and donation envelopes. By inviting 7 friends and asking them to donate an additional £5.00 means you will raise at least £35.00 from your supper but we will also give you additional fundraising ideas to raise even more money for SIA.

Last year we had over 100 suppers taking part in England and Wales and we raised £6,000. In 2011 we want to

double that figure and ensure we can provide more support to spinal cord injured people.

The money raised from the suppers will help the Spinal Injuries Association offer support to individuals who become paralysed and their families, from the moment a spinal injury occurs, and for the rest of their lives by providing services and publications which enable and encourage paralysed people to lead independent lives.

Every year in the UK over 1,000 people experience a spinal cord injury and there are an estimated 40,000 spinal cord injured people in the UK alone.

Be a part of something special and make a real difference to help spinal cord injured people gain access to the information and support they need to enable them to live full and independent lives."

For more information or request a fundraising pack call Elizabeth Wright on 0845 678 6633 xtn 229 or email fishandchips@spinal.co.uk or visit www.spinal.co.uk

Spring Resolution

Age UK Hertfordshire

It's not too late to make a resolution for 2011. Dieting and giving up chocolate are great ideas for getting healthy but have you ever considered something that could make a real, long lasting difference to someone else as well as yourself.

Are you...

At Age UK Hertfordshire we are looking for people who are caring and friendly and who are prepared to give a little time each week to help older people.

Caring?

Currently, we have over 650 volunteers who support older people all over the county in a variety of ways including befriending, either through home visits or help over the phone, providing information and advice, helping in clubs, supporting older people, assisting someone who has just been discharged from hospital or helping out in an office.

Friendly?

650 may sound like a lot but with a rapidly growing older population we always need more volunteers to help support them.

Generous?

If you are one of those generous people who are willing and able to give a couple of hours each week to help an older person, we would love to hear from you. Please contact our HR Team Tel: 01707 386060 Email: volunteering@ageukherts.org.uk or have a look at our website www.ageuk.org.uk/hertfordshire for more details.

Best Resolution Ever!

This could be the best Spring resolution you ever made.



Visit
www.willowsfarmshop.com
for our latest events or call
0870 129 9718

14568 01.10

London Colney Children's Centre
Alexander Road, London Colney, AL2 1JG
Tel: 01727 822196 option 3
Information to Parents of under 5's

The Children's Centre offers a variety of activities and services for families that have children aged 5 years and under.

We are inviting parents and children to share their ideas of what they would like to see run by the centre.

We currently provide parent and toddler groups, parenting courses, first aid courses, a range of early year's information and outreach work. Please let us know if you are interested in anything we have listed as well as any new ideas we could offer families to improve family life.

Would you like support with managing behaviour, setting boundaries and routines or something else? We can offer support through our outreach service where we come into the home or through families attending the children's centre.

For more information please contact Helen on 07825933810

The Parenting Puzzle

FREE PARENTING COURSE

We are running a 10 week parenting programme from Tuesday 3 May - 12 July 2011
7.00pm - 9.00pm @ the Children's Centre

If you are interested in a place or would like to know more please contact Helen on 07825933810

Support For Under 5s and Their Parents

Wendy Powell
St Albans National Childbirth Trust

Do you have children or babies under 5? Did you know that the NCT (National Childbirth Trust) in St Albans is one of the largest branches in the country with over 1,000 members? The NCT provides support through pregnancy, childbirth and early parenthood (up to age 5). Throughout St Albans we have 14 individual areas and run local coffee mornings – where everyone is welcome, members and non-members alike.

Local Contact

To contact the local co-ordinator in London Colney / Napsbury, please email area14@stalbans-nct.co.uk

Bumps and Babies

There is a bumps and babies group on Friday afternoons at the Children's Centre on Church Crescent (from birth to around 12 months), and we also run a variety of social evenings.

Fundraising

Our main fundraising events are our two Nearly New Sales (the next one is on 13th March 2011), where you can furnish a nursery, clothe your babies and children and stock up on toys, all at credit-crunch busting prices – typically one third of the high street prices! Profit goes to the NCT towards funding ante and postnatal teaching, as well as breastfeeding counselling. NCT Nearly New Sales provide an opportunity to make money from selling baby clothes and equipment families no longer need. Goods must be in excellent condition and sellers will keep 70% of the proceeds from the sale. The rest will be returned to NCT to help fund its vital services.

The Sales are not exclusively for NCT members, they are open to everyone

NEED A DECORATOR?

Painting or wallpaper looking tired?



For a new look call...
Neil Flatman



I am a fully qualified decorator with 15 years experience.

Free Quotations call: 07952 437 263

whether buying, selling or both!

Events

Other events include a First Mother's Day celebration, Cheeky Monkeys Tea Parties, Strawberry Tea and seasonal events which are open to both members and non-members. Our antenatal and postnatal Early Days courses continue to be fully booked despite the credit-crunch showing that many new parents depend on our services.

Groups

One of our most popular groups at the moment is our yahoo e-group at <http://groups.yahoo.com/group/nct-stalbans/>. You can post comments and ask questions about anything – pregnancy, childbirth, bringing up children, child-friendly pubs, holidays etc, and it provides valuable social support as well.

Every year the NCT:

- Provides antenatal classes for 65,000 expectant parents
 - Provides Early Days courses (postnatal) and drop-ins to 3,500 parents
 - Answers 80,000 telephone enquiries including 54,000 to the breastfeeding line
 - Provides breastfeeding advice to over 64,000 parents in their local area
 - Links up more than 1,000 parents with special experiences
 - Relies on the help of over 4,600 volunteers
 - Supports 4,000 health professionals
- On a national level, the NCT aims to offer information and support in pregnancy, childbirth and early parenthood. The NCT campaigns to improve maternity care and ensure better services and facilities for new parents, aiming to give every parent the chance to make informed choices.

Open to All

Our services, activities and membership are open to all. Anyone can go along to groups or events organized by the NCT, even if they are not members. However, membership allows the NCT to continue its pioneering work to support parents at this special time in their lives so membership is greatly appreciated.



nearly new sale

Sunday 13th March 2011

10.15 - 11.30 (10am for NCT members with valid membership cards)

**Nicholas Breakspear School,
Colney Heath Lane, St Albans AL4 0TT**

- Baby equipment, inc Moses baskets, cots, prams, Grobags, cloth nappies
- Spring / Summer clothing inc school uniform (Birth—7 years)
- Toys, books & DVDs
- Maternity clothing and equipment

Large hall, parking, all items sorted together (not table top sale)

Due to health and safety concerns we cannot let buyers bring buggies into the sale.
Non-members welcome.

£1.50 minimum admission donation (in aid of NCT Charity)
For more details: www.stalbans-nct.co.uk, 0844 243 6276
general@stalban-nct.co.uk
St Albans NCT Nearly New Sale




NCT is a registered charity (No 801205)



TREASURE TOTS PRE-SCHOOL

Village Hall, Colney Heath, St Albans
Tel: 01727 825314

"Let's go to Treasure Tots Pre-School!"

Children aged from 2 years 4 months to 5 years
ONLY £8.50 per session

Play area overlooking the common
Safe environment
OFSTED approved

WE LOOK FORWARD TO WELCOMING YOU

Sense in Switching?

Gordon Glass
United Sustainable Energy Agency

At a time of rising energy prices on-line comparison can help you save money. Switching energy supplier on-line is easy. A switch usually takes effect within 6 weeks and can result in annual savings of up to £100 a year.

Same Gas, Better Price?

Switching supplier makes no difference to the actual gas or electricity you receive. The big six providers share the same supply infrastructure. However, customer service, payment options and price do vary significantly.

Comparison sites can help you compare customer satisfaction ratings, penalties for leaving contracts, capped price options and dual fuel discounts. A green electricity tariff is the best for the environment and usually costs extra.

What You Need To Know

To switch you need to know the name of your existing supplier(s) and either the cost of your energy for the last year or (for improved accuracy) the number of kWh used.

In Debt?

You won't be able to change suppliers if you are in debt to your present supplier. The Home Heat Helpline on 0800 33 66 99 can help in this situation.

Even if you are happy with your current supplier, you may still be able to save money by moving to direct debit and on-line account management.

For more information visit www.cocoonyourhome.co.uk/saving

Talk the Walk With Village Concern

Ken Peak
London Colney Village Concern

I don't really need an excuse for taking a walk, but it is obvious that our dog, Monty, has to have a stroll and some healthy exercise twice a day: and we both enjoy our all-weather rambles in any season. But Spring is always a

favourite time, even if still cold and often leafless as yet. There is more daylight already, and many plants and creatures respond to the longer days, if you care to look and listen. There are catkins dangling from hazel bushes, snowdrops popping out, and daffodils emerging from their underground bunkers on the village green. Robins are tuning their songs by day and night, and the thrushes decide to get weaving again by choosing nest-sites according to their particular species, while practising their love-calls from the tallest trees. Early nesters include the Mistle-Thrush (now suddenly vis-



The hardy soul in the picture above slipped down the bank and into the icy water during a fishing match last year. Lucky there were plenty of people handy to help him out. He drove some miles home and returned later to rejoin the match. The lovely fish below should have been his just reward but instead it was caught by someone who didn't try to swim for it.



ible and audible after a quiet winter period) with its football-rattle cry contrasting with the wild haunting song it delivers on windy mornings or calm evenings. Even the Mute Swans silently caress their partner's neck, as noisy Mallards go for more violent courtship rituals, or finches chase each other through bare branches, flaunting their new mating plumage once again. A pleasant walk along the banks of the River Colne can revive a weary mind: watching the anglers in snug warm cocoons as they tempt the fish is a sport itself, especially if something interesting happens! The photos show just what can be observed when hope pays off, despite the low temperature levels.

Worry?

With all this lovely scenery around us, and a skein of good footpaths in all directions, what have we got to worry about? Look at the District Council's recent ideas in their Core Strategy document for locating future developments around St. Albans. These include treating our village as an urban dormitory suburb between the M25 and the city proper. There would be less protection for open spaces, where housing could be prioritised: our roads would be subject to extra traffic, and our infrastructure put under more stress. Never mind the impact of more noise and fumes: it's only London Colney, so who cares? Did you know about these plans, and did you comment by the cut-off date?

Or Act?

Well, if you are satisfied with our village the way it is - no problem! But it will not stay this way for long, just as it hasn't always been like this. Changes occur (some good, some not) and democratic controls should ensure that we all take part in decisions that would affect us, and that laws are fair and will be respected. If we do not notice what is happening, or choose to do nothing when problems arise, people will find that services deteriorate and our quality of life soon declines!

Join Us

So we in London Colney Village Concern need your help to make our village safe and pleasant. We can improve the appearance of some places, join in activities, value natural amenities, and work towards a vigorous society involving all our talents. Together we achieve more than individual effort permits, so your support is vital here,

LCVC has campaigned on many issues over the past 15 years or so, but some of our group have now moved on, and we need a more energetic team to help this group with certain projects. There is no fee to pay, no political aim, no restriction on participation. Just send your thoughts and ideas, or give your moral support and encouragement: we are only a telephone call away on 01727 769406

Waxwing Winter

Tamsin Wheeler



A Waxwing looks like a soft, buffish-brown chunky parakeet with a little crest of wispy feathers on top of its head and colourful wings.

The whole effect topped off with a yellow bar at the end of its tail. The name waxwing comes from the noticeable red blobs the colour of sealing wax on its wingtips.

Waxwings particularly like rowan and cotoneaster berries - that's why you find them in supermarket car parks where these bushes and trees are often planted for their ornamental appeal. The surest sign that you have indeed seen waxwings is that they are the only buff-brown bird seen perching in groups in the UK during

Perfect Image

Enjoy a safe and natural looking tan all year round in the comfort of your own home.



*Prices from £15.
Groups welcome
Professionally trained
Fully insured*

*Kelly-Jo
Spray Tanning Technician
Call: 07746 322 499
Email: Perfectimage@live.com*

the winter months. Some winters, huge numbers of waxwings are seen in Scotland, the north of England and on down the east side of the country as far as London. Winters with exceptionally large numbers are known as Waxwing Winters. Around November last year there was talk of this being such a winter but in the end, not so many were seen. Because of this unpredictable behaviour, the waxwing is known as an irruptive species, rather than a truly migratory one: a wanderer, rather than a regular visitor.

APPLEONIA BEAUTY STUDIO

9 LONDON COLNEY HIGH STREET

Holistic Beauty and Spa Treatments.
Dermologica Stockist.

www.appleonia.co.uk 01727 825258

Last Chance To Insulate

Catherine English
Climate Energy



St Albans City and District Council backed energy efficiency scheme is going to close at the end of this March. So this is your last chance to take advantage of Council funded loft and cavity wall insulation at just £49 or FREE (If in receipt of a qualifying means tested benefit).

Save Money On Insulation...

Normally loft and cavity wall insulation could cost up to £250 per measure to be installed, but through HEEP London Colney homeowners and private tenants can get their lofts and cavity walls insulated for just £49 per measure or for FREE.

... and Save Money on Fuel

Around half of the heat loss in a typical home is lost through un-insulated lofts and cavity walls.

By installing discounted insulation separately, loft insulation can save you around £145 and cavity wall insulation around £110 every year.

Last Chance - Apply Right Now!

Don't miss out, call HEEP free on 0800 980 6026 to speak to an energy advisor, who will be able to arrange a free no obligation survey for you.

OVENMASTER HERTFORDSHIRE

Take the strain out of oven cleaning!!!!
 Professional Domestic Oven Cleaning
 We clean ovens, hobs, extractors and microwaves.
 Low Odour, Minimum Disruption, Fully Insured
 Local Family Firm
Free Quotations Tel: 01727 843950 or 07966 142012

Abbey Spice

Indian hospitality at its finest

"Newly opened restaurant in St Albans" Experience true Indian hospitality at its finest. Enjoy a modern contemporary fine dining experience at Abbey Spice, ideal for small or large celebration special occasions or treating important clients to dinner. Our menu is modern, fresh & healthy Indian cuisine created by our experienced chef, you will find an extensive selection of sea food, as well as traditional Indian dishes. We have a dining capacity of 100 people and you can enjoy your evening in relaxed and comfortable surroundings. We also provide food for your garden party, birthday party, and you can enjoy Indian delicacy at your own home with no extra cost. Abbey Spice has one of the best "Abbey classic" coffees made by an experienced team member at your table. A truly mesmerising show to make your evening a memorable one.

Newly Opened



Special Gourmet Night

Every Monday to Wednesday
 Choose from our extensive menu
 1 Starter, 1 Main Dish, 1 Side dish,
 1 Rice (plain or pilau) or Nan Bread
 £11.95 per person
 £2.50 extra for duck, fish or king prawn
 Dining in only
 Excluding some dishes



66-68 Stanhope Road, St Albans, Hertfordshire, AL1 5BL
 Tel: 01727 853808, 01727 859 069,
 Email: info@abbeyspice.co.uk, www.abbeyspice.co.uk

OPENING HOURS
 Sunday - Thursday : 5.30pm - 11.00pm
 Friday & Saturday: 5.30pm - 11.30pm

London Colney News is published by London Colney Parish Council
 Caledon Centre, Caledon Road, London Colney

Parish Clerk: Gillian Patschinsky Tel: 01727 821314 email: clerk@londoncolney.com

Project manager: Linda Gibling Tel: 01727 821314 email: projectmanager@londoncolney.com

Community Officer: Simon Niemiec Tel: 01727 821314 email: communityofficer@londoncolney-pc.gov.uk

Printed by Stephen Austin & Sons, Hertford

