

Tribute to Robin Cooper

'Dreda Gordon and
Rosie Sanderson



In this edition we would like to pay tribute to and celebrate the life of Parish Councillor Robin Cooper who died on Sunday 25th October aged 70.

Public Life

Robin's public life was one of service to the people of London Colney in the many roles he played in our community. He was a regular contributor to this magazine from its inception, with fascinating insights into local flora and fauna, injecting humour and facts in the right proportion, and always supplying his own pen and ink illustrations to accompany the text. Robin served London Colney as a Parish Councillor for 28 years and was chairman of the Council on two occasions during that time. He was a committed socialist and a leading member of the London Colney Labour party for 30 years.

School Governor

Robin enthusiastically served as a governor of Bowmansgreen School

for some 10 years, helping children in school several times a week and accompanying school trips. As a school governor he showed an keen interest in the children, always concerned for what they were achieving and giving his time to all the children in the school but particularly eager to help those with learning difficulties. If you were ever out with Robin he would always be greeted with a cheery 'Hello Mr. Cooper' from Bowmansgreen School pupils one might chance upon.

Early Years

Robin was born in Barnet and spent his childhood and more formative years in Potters Bar with his brother Tony and his parents who lived there for many years. His secondary education was at Stationer's Co. School and he wrote articles for the 'old boys network.

As a young man he became a lay preacher at the Methodist church in Potters Bar and also ran a cub pack in Northaw. His first entry into the world of work was as an apprentice at De Havilland's in Hatfield but he didn't take well to it as he felt he just wasn't getting enough out of it so he left there to become a postman so that in his spare time he could study for an Aeronautical degree which he duly achieved. This gained him entry into a teaching post at Little Heath Primary School- in those days one only needed a degree for teaching but he really felt he wanted to formalise his qualifications for teaching so in 1968 he decided to go to Zambia to study for a Post Graduate Degree in Education.

Marriage

In the meantime he met Barbara, his future wife, they married and went out to Zambia together to begin what was to be over forty years of happy

marriage.

Part of the contract to study in Zambia was a commitment to teach, which Robin did at Monze Secondary School for boys.

Beaumont School

Back here in the UK he took up the post as a teacher of A level Maths at Beaumont School in St Albans where he also taught some science and technical drawing. He taught many local people during his years as a Maths teacher at Beaumont School, to which he cycled every day, attributing his trim figure to this regular exercise, until his retirement in 2005. >> 2

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Interests

Related to his teaching career Robin was an active and committed member of the NUT and served as the local Association's President. Robin's interests were wide-ranging and embraced gardening, jazz and boogie woogie which he played on the piano, art, politics, world faiths and religious language. He could speak a little Arabic, Urdu and Chinese and was able to write many of the intricate language symbols. But then, that's not surprising because he had exceptional drawing skills; he's produced many detailed drawings of buses, trains, birds and flowers and indeed it was a great frustration for him that in the later stages of his illness he was unable to draw. Barbara and Robin spent many hours visiting art galleries and exhibitions in London often prompted by his keen interest in other cultures - so if there was an exhibition, say, for example with a Tibetan or eastern flavour, off they would go and enjoy time together viewing the treasures on show.

Holidays

Robin believed holidays were very important and would always take his 3 children and later on his grandson on trips to places of interest. In later years he and Barbara enjoyed foreign travel, often to exotic locations, visiting China and Egypt in recent years. Robin enjoyed wine making – not for him ingredients out of a tin. He used natural ingredients and I can still recall with some relish the lovely bottle of bubbly elderflower wine Robin once brought round for us to sample – quite delicious!

Knowledge

Robin was indeed a man with an exceptional mind – he knew so many things, his knowledge was inexhaustible it was as though he had a library stored up in his head which he could draw on at the drop of a hat. But more than this he was a man of the heart, a man who cared deeply for his family yet also for all his fellow human beings and he sought to offer them hospitality whenever he could. Anyone who came to the door was offered hospitality - Robin style.

Robin leaves a legacy as a fantastic model of tolerance and kindness.

Christian principle

He did not just pay lip service to his Christian principles, he put them into practice in his own quiet unassuming way. He was a man with a keen sense of justice and invited speakers from many different groups to come and speak at Labour Party Meetings and just in case I had to bring my young son along Robin had all eventualities covered. He would always set up a little table in the room with copies of Beano and Dandy and all the sorts of comics children love to read - so thoughtful and typical Robin. We will miss his friendship, his wisdom and sense of humour, and all the qualities that made Robin such a decent human being, but how lucky we are to have counted Robin amongst our friends.

We thank Robin's family and Reverend Meryl Court from Trinity United Reformed Church where Robin regularly worshipped for sharing their insights on Robin with us.



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Parish Council Report

Chris Flynn



You will have read about the sad loss of Cllr Robin Cooper who was a parish councillor for 28 years and indeed had been Chairman of the Parish Council. I would just like to say that all who he helped including my family and myself will miss him. Robin was one of the most sincere and the kindest of people you could meet and it was an honour to be able to say he was my friend.

Grounds

At this time of year the only thing that slows down around the Parish is the speed at which the grass grows. Steve, Mick and Leigh continue to work hard and keep the Parish Grounds in tip top condition.

Fireworks

The fireworks night was a big success and many thanks to the Pyro 1 Fireworks team for putting on a fantastic display to music. I've been told that it was as good as St Albans who charge to see their display. I'd also like to thank the ground staff, who as ever work hard to make sure things go smoothly, the marshals including the Scouts, St Peters Church, Bomansgreen and London Colney JMI schools and The women's section of the Royal British Legion and

Parish councillors. The money raised will be shared between the groups who helped on the night (not the Councillors!).

Budget

We will soon be looking at our budget and deciding our precept for next year. This will be based on expenditure to date, end of year-projected expenditure and on expected expenditure next year. We take into account all sorts of things including wages, bills, grants and projects, just to name a few. We try to help as many people as possible and can make one off budgeted items. One such item is the Scout's hut roof.

Having been told some months ago by one of the Scouts organisers that they need a new roof I suggested that they apply for a grant from the Council. We have received this now and I am hoping that councillors can support me in agreeing a one of sum towards this.

Fundraising

Other fundraising events include the Annual Parish Christmas Ball to be held at the Pastoral Centre on the 18th December and the Carol singing which Cllr Dreda Gordon organises down at Sainsbury's. These 2 events raise about £1500 a year and the

>> 3

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Do you require regular or occasional help with your pets?

Being an owner of many pets, I know the tie that they can represent when you want an impromptu weekend away and all local kennels are fully booked or a long evening out where you have not got to worry about rushing back to let the dog out!



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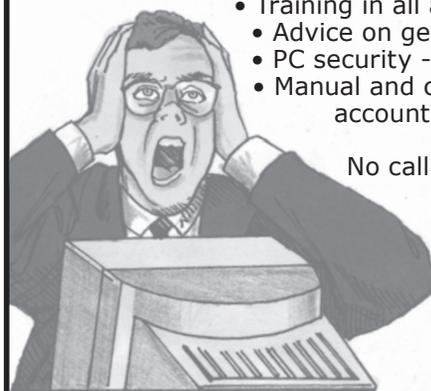
If you are away from home for longer periods I am also happy to put out/bring in your rubbish bins, move the post from the front door, water plants, close/open curtains and even mow the lawn.

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money raised goes towards non-profit making organisations in the Village. Sunday the 8th of November saw a large crowd gather for Remembrance Sunday. We had a Piper from the Black Watch lead the parade to the War Memorial. It was an honour for me as Parish Council Chairman to lead the Parade. The service was given by Peter Laws who lead us in prayer and hymns of remembrance. I would especially like to thank Lou Odell who was the Parade Marshall for travelling from the Isle of Wight to be with us on Remembrance Day.

Migrant

Maria Aguado



Visitor to the lakes this autumn is a Bahamian or White Cheeked Pintail. This beautiful little duck should be living on brackish water in an estuary, preferably in Argentina or the Bahamas. He or she, both sexes look very similar; is a 'dabbling duck' feeding on vegetable matter in shallow silty water.

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NEXT ISSUE

SPRING 2009

Distribution date - 1st week March 2010
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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: london.colney@dsl.pipex.com

The editors of this magazine rely on contributors for the accuracy

Environmental Action Plan

Ken Bowes
Chair EAG

Since the last report in the summer a Five-year Programme of work has been published. Copies are available in the Parish office. The work programme includes the plant troughs in the High St. which have been cleaned out by the Parish ground staff and replanted with a variety of shrubs (see before and after photos). Thanks are due to Ayletts Garden Centre for the supply of the plants free of charge. It is intended to plant additional bulbs in the troughs.



Kissing Gates

In addition three new kissing gates have been installed on footpaths 23 and 24 with funding through the Parish Paths Partnership. This has been made possible by the efforts of CMS (Countryside Management Services) and Herts. County Council Rights of Way staff.

Pond Renovation

Phase 2 of the pond renovation is starting and testing of the silt has been undertaken by NFT. The results should be available by the beginning of November and a decision can then be taken on the digging out of the

pond with advice from CMS. We will hopefully have before and after photos for the spring issue. NFT has given its support to the Parish Environmental Action Plan and further joint projects are being considered.

Bidding for Funds

We are also bidding for funds from the District Street Scene Initiative for a number of other small projects and we are considering a planting plan to improve the area around the Caledon Community Centre.

Recycle Bulbs and Batteries

A scheme has been announced by Sainsburys in conjunction with Recolight to introduce an end of life low energy light bulb and small battery collection at the Colney Fields recycling point. This should be in place by the end of January 2010.

We Need Your Help

Particular projects on which we need advice/help are the possible renovation of the orchard (south west at Napsbury), a cycle path around Napsbury (Shenley Lane to North Cottages) and the use of renewal energy for Council sites.

If you have expertise in any of these areas or would like to get involved in the environmental work then please contact me (Tel. No. 01727 825567) or speak to the Parish Clerk on 01727 821314.

Womens Institute

Sue Oakley



The London Colney WI meets each month in the Baptist Church Hall in Kings Road. They are always glad to welcome new members and have an interesting and varied programme of events.

12th January Carpet Bowls Competition: A River Scene, any medium.

9th February British Owls - Dave Ansell
Competition: An Owl

9th March Freelance Design - Anita Cutler
Competition: A Stuffed Toy Made By Me

13th April Just a Sharp Scratch - Duncan Wells
Competition: My Own Youthful Remedy

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.

London Colney Local History Society

Wally Vernon, Chairman

Your local History Society congratulates the London Colney News Team on their 25th anniversary.

The History Society itself is now in its twelfth year. Since its inception in 1997 the archives have grown from just two filing cabinets situated in the Library, into two rooms which have been generously loaned to us by Mr Barry Lloyd of Langleys Estate Agents in the village.

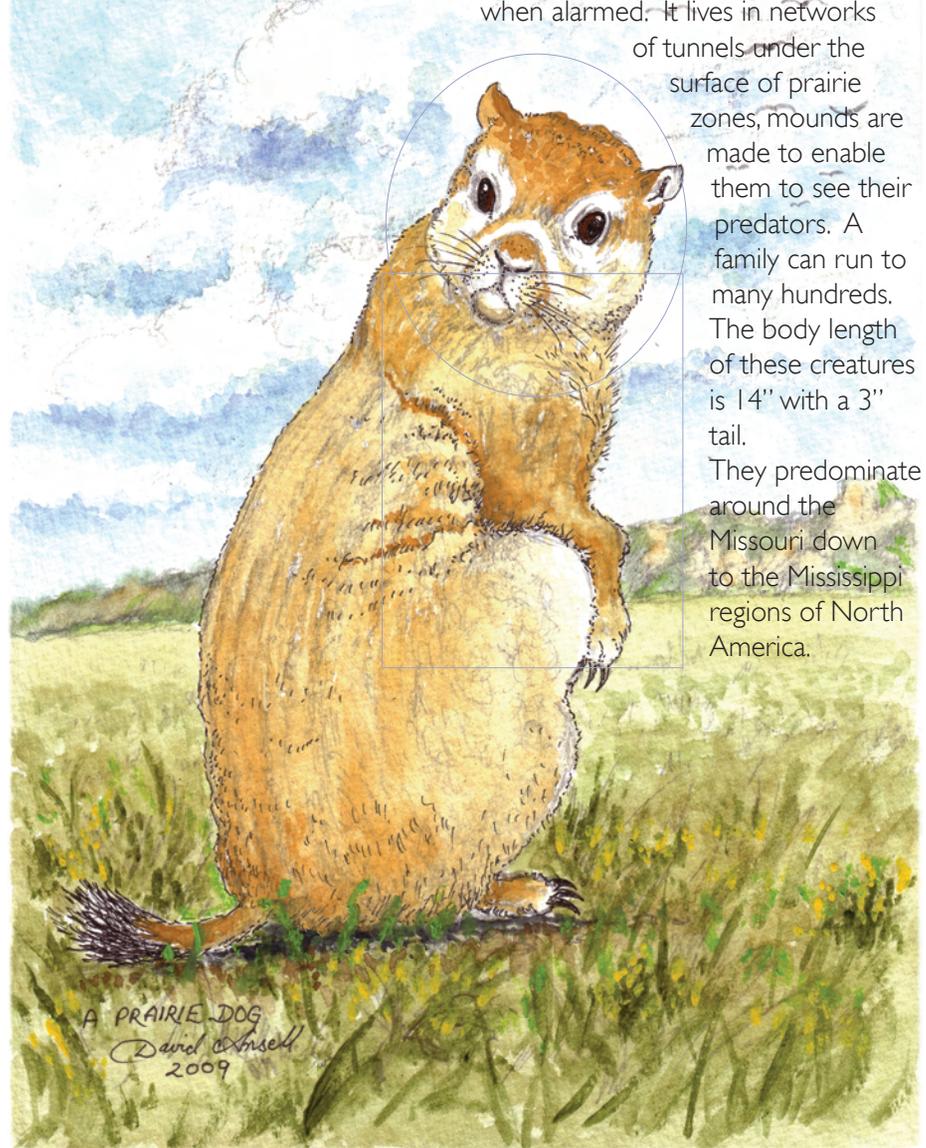
We have members countrywide and produce our magazine 'THE RECORD' twice yearly. Last year we produced a 2009 calendar showing pictures of past London Colney and this year a 2010 version has been produced. Our Annual Exhibition was held in September at the Caledon Community Centre and topics featured were farms, sports teams, local clubs, Napsbury Hospital and many other photographs and items of interest were on display. The Exhibition was made possible with a most welcome grant from the Parish Council and the Event was very well supported with visitors from far and wide, which made all the hard work that goes into the preparation worthwhile.

We hold a Social Evening in November which usually takes the shape of a buffet/dance.

The Local History Society needs some younger members with computer skills who have an interest in local history who would be able to learn more about the village by inputting our archive files. If anyone is able to help, would like to purchase a calendar or has any old photographs we could copy (these being the lifeblood of our Society) please get in touch with me on 01727 822313.

World Wildlife

Dave Ansell



The Prairie Dog, also known as the Barking Squirrel whose name comes from the barking noise it makes when alarmed. It lives in networks of tunnels under the surface of prairie zones, mounds are made to enable them to see their predators. A family can run to many hundreds. The body length of these creatures is 14" with a 3" tail. They predominate around the Missouri down to the Mississippi regions of North America.



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Gardening

Anne Kitchener

We moved into this house nearly 21 years ago, so with the Gazette now celebrating its 100th issue this was when it was in the early days. That year's December edition of the Gazette was one of the first things to come through the door after our arrival and it felt like a personal welcome to the village. Back then PCs were in their infancy and digital cameras had not yet arrived. With all the advantages that these technological advances bring, producing the Gazette must have been quite a different process than it is today.

There have also been changes in gardening over the intervening years with more emphasis on environment and climate concerns. Some plants and styles of planting have lost favour and there is now much more emphasis on encouraging water saving and using organic methods, or at the very least, minimal use of chemicals. I try my best to take these into account when working on, and planning for my garden.

Of course I have made many changes to the garden since taking it over all those years ago to make it my own. There are still some plants, now well into maturity, that were here when we arrived and I would not be without them. One of my favourites of these original plants is winter jasmine. It is always a joy, when all other flowers have succumbed to the first winter frosts, to see the bright yellow flowers appear and know that there will be flowers continually until well after the spring bulbs of the following year have appeared. I have found that it does not need a great deal of maintenance, just benefiting from a good prune in the spring once the flowers have eventually faded. Branches which trail on the ground readily set root and so it is easy to get new plants to move around the garden or pass on to oth-



ers. I also enjoy cutting long sprigs to brighten up Christmas foliage decorations, these last longer if picked whilst the flowers are still in bud. Another favourite that I have retained and encouraged is ivy which now entirely covers the side wall of the garage and makes up half of the back boundary of the garden. There is also Virginia creeper planted here, again there when we moved in, and this gives a beautiful, if rather brief show of colour as summer changes into autumn. These first changes in colour very gradually appear towards the end of August, serving as a timely reminder that summer is nearly over, but the promise of the bright colours to come are some compensation.

Also present when we first arrived was a climbing rose up the front of

the house and I found a faded label there announcing it to be 'mermaid'. This rose has rather lovely pale yellow single flowers with golden anthers which are borne in groups over a long period in summer and into the autumn. It is rather unruly and takes some taming but does not suffer if given a severe pruning, which I have done in either spring or autumn, it doesn't appear to bother the plant too much when.

There are some more roses and a honeysuckle which have also been here longer than us and I intend to keep. Over the following years there will no doubt be more changes in the garden but these plants are old friends and it would change the garden too much not to have them with us.

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What's It Like To Be... A Professional Nanny

Katy Hayden



I have recently been awarded Voice Professional Nanny of the Year 2009. I was nominated by my current employers Mr and Mrs Costin in July this year. This is a national award for which I was short listed then attended an interview at Chiltern college in Reading in September. After this it was a long two weeks until the 'Professional Nanny Conference 2009' at which the Professional nanny of the year winner was announced. I will be working with Voice over the next year to raise the profile of nannies as professionals. I am Katy Hayden (nee Fitzjohn) I am 27 and love my job as a full time nanny. I was born in London Colney and was a former Pupil of Bowmans-green School, then Beaumont. I knew I always wanted to work with children from a very young age. I worked hard at school to gain my GCSEs which would send me to Oaklands college in St Albans to complete

my NNEB Diploma in childcare. This was a two year course consisting of assignments, course work and a final exam which I managed to gain merits and distinction level in all. We also did placements in schools, nurseries and within a family setting. I qualified in June 2000 and started full time work straight away at the age of 18 and have never looked back, that was 9 years ago.

Training and Work

I have worked with children from birth to 10 years, both boys and girls and even twins. I am currently doing a nanny share with three families in St Albans and they all have one child each of 20 months. A nanny share means you have more than one family on each day which means a more cost effective solution for families and certainly a more challenging day for me. People also like to do nanny shares so that their child is socialising with other children, but they still want the benefits of a nanny rather than a nursery. I currently work 5 days a week 7am - 7pm.

Every day is different

I can't express how much I love my job. I love the caring aspect of it, watching babies grow into children knowing that you have contributed to them being who they are. It's rewarding, challenging and exciting. Every day is different, you can plan your days to suit the children and you get to meet so many people, families, other nannies and make long term friendships. I love the feeling of being needed and wanted by the children (and the par-

ents!). Its an amazing feeling when the babies say your name for the 1st time or you teach them something new. It makes me feel really proud of them and that I am fulfilling their needs. All the children I have looked after attended my wedding this year which again was an amazing feeling to have them there on the most important day of my life and share my special day. There are so many great aspects of being a nanny and I would recommend it to anyone, But you do have to be hard working, work from your own initiative, be professional, honest, warm, consistant in your care and approach to your work, trustworthy, able to communicate with adults in a mature manner; cope in unpredictable situations. I also believe you have to be able to build relationships with the parents as working with them to provide a safe, secure and caring environment for the child is a must as a nanny. You also have to be aware of the parents' needs as, although we are the trained ones, they are still not our children and as a professional nanny it is important not to step on their toes or undermine their views.

How to be a nanny

If you are thinking about becoming a nanny contact your local college, you will be required to complete the current childcare course. Once you qualify it is important to register with nanny agencies in your area. It is a good idea to join a union such as Voice, they will provide you with support and advice through your working years, and are able to help if any problems occur.

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

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Community Officer

Simon Niemiec

My name is Simon Niemiec and I am the new Community Officer for London Colney Parish Council. After working for many years at Ridgeview which sadly closed this year, I decided to stay working in the village with the community, a lot of whom I know very well. I grew up in London Colney and have been living here now for 34 years. I went to Bowmansgreen JMI and met lots of good friends I still see today.



Hire a venue

My role as Community Officer involves the running of the Caledon Community Centre as well as the new pavilion we have at Napsbury. These sites are available for anyone in the village to hire for most occasions including parties or meetings. At the Caledon Centre we have a hall large enough for 150 people with a fully functioning bar and new kitchen. In addition, our members bar now has Sky TV and ESPN which we show live football matches throughout the week, which has already become very popular with our resident football, pool and darts team members..We are always open to new members who wish to join the club and have dropped our administration fees for next year.

Join the club...

All you have to pay is £10 for an annual membership; coupled alongside our subsidised bar, actually will save you money in the long run when compared to local pub prices. Join now and you won't have to renew until the end of 2010.

New ventures...

We hope to start a quiz night soon with big money cash prizes and have a Sunday carvery so families can eat out together without the pressured environment that a lot of gastro-pubs seem to have. We are also looking at installing Wifi for those needing the internet when out an about.

We are trying to put on as many varied and affordable events for the residents of London Colney as we can and have had several successful tribute acts perform at the Caledon Centre over the past few months, and we also had a day trip to France which also went very well. We also hold Salsa Dance lessons every 2nd and 4th Friday of the month, Bingo, Tae Kwon Do, Irish Dancing, Keep Fit and Mother & Toddler groups; so as you can see we have something for everyone.

Meals on Wheels

Another very important part of my job is now overseeing the running of the Meals on Wheels service. Previously run for over 30 years by Maureen Ray, then more recently for

7 years by Celia Shears, with excellent support of so many volunteer drivers, it's a service which so many vulnerable adults in the village rely on and I hope I can do it justice the way my predecessors did. We currently deliver to an average of 18 people a day but that can change depending on circumstances, and if anyone in the village wishes to discuss the possibility of themselves or a member of their family receiving Meals on Wheels then they should contact me at the Parish Council offices to discuss their needs.

Look forward to seeing you...

I hope to see as many of you at the Caledon Centre as possible over the coming years as we rebuild this prominent part of the community back to a place where everyone can feel comfortable and welcome, and if you wish to talk to me about anything then I can be found in the Parrish Council offices Monday to Friday, or behind the bar Thursday and Saturday nights. Alternatively I can be e-mailed on commuityofficer@londoncolney-pc.org.uk or telephoned on 07507455624. If you wish to be put on the mailing list for future events then drop me a line, or you can join the Caledon Community Centre group on facebook which is updated regularly .

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The Private Life of Santa

Peter Laws

So I'm 6 years old and I'm sitting in a café with my mam and dad. It's Christmas. And who should I spot hovering in the queue but the big man himself, Santa Claus. He's dressed in the full get up. Big white beard, floppy red hat, belly like a bowl full of jelly. And I'm tense with excitement as he buys a fried breakfast and sits in the booth near us.



'Dad', I say mouth agog, 'There's Santa!'

My dad tells me to calm down and that Santa has to eat too, and so I sit wide eyed, watching him bite through toast and guzzle his tea. Just like humans do. At one point, and this is the most vivid bit of the memory, he spills a spoonful of beans onto his white beard, and doesn't seem to notice. I watch them slowly slip into the forest of white, never to be seen again. He clears the plate and heads off, and I leave that café feeling like I just got a privileged glimpse into the private life of Father Christmas. I discover that beyond the magical snow flaked PR image, he's a real human being. Someone I can relate to. Someone who spills his food, just like me. Years later Santa's beard of beans gets me thinking about Jesus.



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I had a conversation with someone once about whether Jesus ever caught a cold. Did he ever sneeze and sniffle and wake up a little bleary eyed. Because surely Jesus is perfect. Without sin. He's God in human form. So he wouldn't really be susceptible to germs like we are? And he'd never spill his food. But there's a verse in the Bible which opens the door on this discussion.

"The Word became flesh and made his dwelling among us." John 1:14 The beating heart of Christmas is that it shows us a God who comes to us in human form, and becomes flesh and blood. A mighty, perfect, sinless God, who is willing to succumb to the limitations of this world, from a common cold to execution on a wooden cross. You see, Jesus isn't some mystical figure who is impossible to decipher. He's not a spiritual conundrum that we can't relate to. No, he's fully human. He's been where you've been. He's been tempted in every way you have (yes even that way!) And yet somehow he managed to live a pure life. Because he's fully divine. He showed strength. He showed us a new way to be human, and gives us the power to do it.

Maybe you struggle to make a connection between your life and the idea of faith. Maybe you just can't relate to all this God stuff. You're not alone in feeling that way. But if you want a genuine spiritual adventure, then look at Jesus. Unpack him this year, and you'll find someone you can relate to. Someone who is more relevant to your life, your family, your job and your problems than you ever imagined.

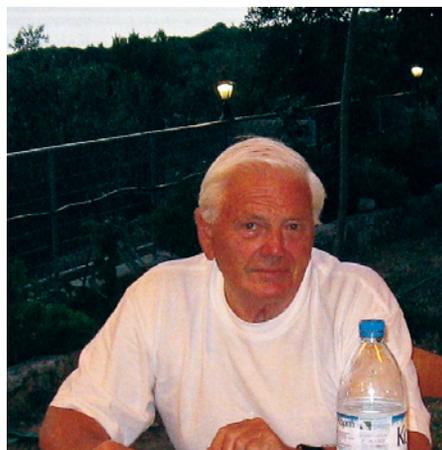
Have a fantastic Christmas, and tell Santa I said hi!

If you'd like to find out more then why not join us for our morning service on Sundays 10:30-11:30am, or come along to our Carols by Candlelight service Sunday 20th December at 6pm.

Visit our website www.lcbc.ik.com for more info and for audio sermons via our podcast.

Salute to Social Sound Bites

Ken Peak



As it is now 25 years since the first issue of LONDON COLNEY NEWS, it was quite revealing to check the original batch (1-4) to see how times have changed - or have they? That new quarterly magazine soon doubled in size from 8 to 16 pages as articles poured in following its launch late in 1984. Several well-known local characters became contributors on a regular basis - and some still provide interesting stories about village life, natural history, and current events.

Archived Copies

A trip to the 'new' library Records Section (which holds every LCN copy produced) reminds us that many battles were fought here to preserve what folk had become proud of, or considered essential to our community spirit, or to deter certain unwelcome schemes...

Outcomes Mixed...

Did we succeed? Not always, nor even often, perhaps. 'Modern pressures' mean more external control, and less notice is taken of protest groups trying to save a secondary school, a swimming pool, the banks, the post office or a police station. But we can have monster retail parks which pull in customers via our village streets, or clog roads near a junction on the motorway that nobody wanted here

anyway! Our employment prospects declined as five local hospitals closed down. Sadly, our future is being decided by remote bodies who regard Public Consultation as a democratic fig-leaf to avoid the charge of crude and flagrant force. Although there is no escape from rising taxes, we are assured cash is needed to improve our lives and our safety, and various officials vie to spend it without our approval if necessary.

NO TAXATION WITHOUT REPRESENTATION.. .right?!

So can we trust our corporate planners any more now than we did back in 1984, that infamous year of the novel by George Orwell? The fate of the citizens under Big Brother should warn us yet that we need some positive way of communicating our hopes or fears, of keeping our special identity.

Our magazine

Even with the Internet phenomenon of dial-up data and Web-sites galore, we still enjoy our regular dose of London Colney News in some format or other, as it plops onto the doormat each season. It is OUR magazine, so - WE have to keep it going by reading it through (including those adverts which help to fund it) by talking about the contents - and by writing in to the Editor with comments or articles about anything of general appeal or sensible concern. Most people say that they do look forward to it, so if it does not arrive on time the complaints soon start to roll in...

Authors - where are you?

Now for the next centenary issue - if this village still exists by then! With due thanks to those who have tried to keep our settlement cheerful and a safe place to live (and with scorn for those who ignored any pleas to consider local interests)-we think it was well worth the effort. Keep up the good work - and widen the range of shy correspondents!

New Reception Unit

Jacky Potter

Reception children starting at Bowmansgreen Primary School this September were lucky enough to spend their very first day at school in a newly designed Foundation Stage Unit.



Dreams of uniting the two Reception classes into one dedicated Early Years Unit were finally realised over the summer holiday. The resulting, purpose built unit is completely self contained and child friendly. It provides a stimulating and thoroughly inviting opportunity for children to access all aspects of the Early Years Foundation Stage curriculum.



One of the most exciting features of the design is the inclusion of a kitchen area which includes a child sized breakfast bar for snacks, cooking and investigation activities.



Now that the inside of the unit is finished children and staff can look forward to the completion of the outdoor environment which has been designed to promote the importance of outdoor learning. This self contained unit is scheduled to be completed in time for the January intake. The school can not wait.



Virus Alert

Vladimir Jirasek

Be careful when treating your computer for viruses!

Danger!

We all hate viruses. So when doctors tell us to get a jab we usually follow the advice. What if someone else, not a doctor, told to get a preventive jab





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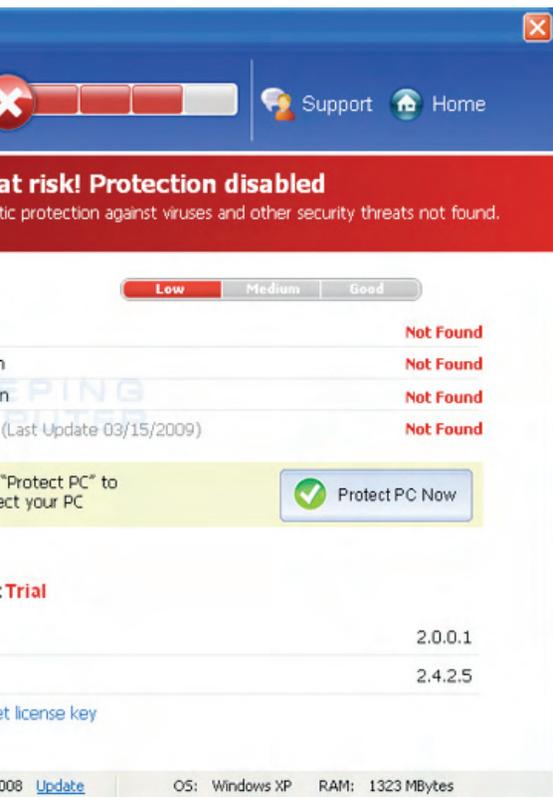
WE LOOK FORWARD TO WELCOMING YOU






and tried to sell you it on the street? Would you buy it and use it? I guess not!

Computer viruses work the same way. They are here to attack us and steal our money and we need to fight them by using proper antivirus software. But would you buy such software from some dodgy person you have never met? Unfortunately this is exactly what many people do.



Ransom Demand

There have been a number of incidents where a computer virus presented itself as a legitimate anti-virus software. When users accepted the offer they got rogue software installed on their computer. This then demanded a ransom to clean their computer. On some occasions such software rendered all user's precious documents and pictures unusable. Users must pay or never see their documents again!

One of many rogues

One of the examples of such software is Personal Antivirus (see the picture above)

I have seen this one on several

computers. Users were pressured to install it when browsing some internet pages.

Protection

How can you protect yourselves? The best way is to never click in a popup window that appears when browsing the Internet.

Next best is to run a reputable antivirus software. How do you know which one? There are some free options, and we all love free stuff, don't we?

Free Stuff

Option one: If you run a Windows operating system XP, Vista or new Windows 7 you can download, free of charge, Microsoft Security Essentials from this link http://www.microsoft.com/Security_Essentials/. I think this is the free option for all Windows users. This new software will not distract you with excessive messages and still protects your computer from nasty stuff.

Option two: If you bank with Barclays or HSBC, you can use their offer for all on-line customers.

Barclays offer Kaspersky Internet Security 2010, which has received outstanding reviews. It even helps to protect your kids on-line by setting what pages they can access. HSBC offer McAfee Virus Scan Plus, also very good software.

Finally, if you buy a new computer, it usually comes with a trial license preinstalled for 3 months after which you are asked to pay an annual subscription fee. I advise you to consider the options above before you take your credit card from your wallet.

And as a general advice, if you do not understand what to do, do not be shy or ashamed to ask reputable IT professionals. We can all help you make your computer experience more secure.

Congratulations

Barrie Lloyd

Local Estate Agent for 30 years

Where have the last 25 years gone, it only seems like yesterday when we advertised in your early editions. How many other villages can boast such an eagerly anticipated, interesting and most informative magazine, just for their community, it must be unique!

In demand

I know from my own experience that many former residents when returning to visit, will go out of their way to find a copy, just so they can catch up with what has been going on, as they still feel part of the village. This is surely a credit to the publication and all those who work so hard to produce it.

Changes

The village has seen many changes over the past 25 years, some good and possibly some not so good, depending on your own view point. These being the arrival of the M25, Savacentre Hypermarket, Napsbury Park, the closure of the local Banks and the introduction of more double yellow lines. I think we will all agree that the two latter mentioned do not fall into the good category.

The Future

So what will the next 25 years bring? - I would hope that London Colney keeps its Village status with the surrounding greenbelt protected, but when land does become available, priority should be given to the local community, particularly the young with perhaps a swimming / leisure centre. It would also be good to see the return of one of the High Street Banks and will we eventually get the Main Line Station that has been talked about for many years.

I will do my best to be around in 25 years time to find out!

From St Peter's

Rev'd. Lynne Fawns

I wonder if you are as far behind with your Christmas preparations as I am. Every year I promise myself that I will start preparations early then as the Christmas adverts increase and the number of fairy lights in windows grow ...I realise that once again I have consigned everything to the last minute. Yet, I have a sneaky feeling that many of you are in the same position and are also knee deep in lists of "Things to do!" Yet, December is a strange month isn't it? For many, it holds a lot of celebration and a

lot of promise but for many a lot of stress. Perhaps this stress is through simple busyness, or maybe many feel the stress at the thought of being alone this Christmas or without a loved one.....whatever ... December seems to be a month infused with a rich mixture of differing emotions depending on our individual situation. Each of us in London Colney, will be looking towards Christmas in our own different and unique way.

Good News

Whilst each of us will prepare for Christmas in our own individual way, there is actually one thing – one message that has the overriding ability

to speak to all of us whatever our situation. That message is the Good News of Jesus' birth. You see, when we peel back the complicated layers that we cover Christmas with we see that the real present – the real heart of Christmas – is that nativity scene and the baby Jesus. That scene holds a message to you from God and that message is "I love you". Christmas celebrates a phenomenal event, a moment when God showed his love for each one of us by becoming human in the person of Jesus – who is often referred to as "The Light of the World". That Light came not only to transform this world but also to be a beacon of hope, love and peace in each of our individual situations.

There is no one in this village or even in this world that is not in need of God's love, hope and peace. So, this Christmas why not come along and allow that Christ light to shine upon you. Because, light being such an important symbol of Christ and Christmas, will feature greatly in our celebrations and in our worship, particularly candlelight. There will be our "Lights of Love" shining outside church over the Christmas season, "Carols by Candlelight Service" and "Crib & Christingle Service". Of course, our Christmas will climax with the Midnight Mass and our Christmas Morning Service.

Preparations

So, as you make your own individual preparations for Christmas whatever your circumstances, why not make some extra preparations this year and make sure you let the Christ-light shine upon you. Come and bathe in the light of Christ and listen to His message of love to you. Come and allow His hope, love, joy and peace to shine on you and your personal situation.

So, as we draw closer to Christmas Day, I do hope that all (and I do mean all) your preparations go well. I hope as you decorate your houses, admire the illuminated streets and shops and as you switch on the myriad of

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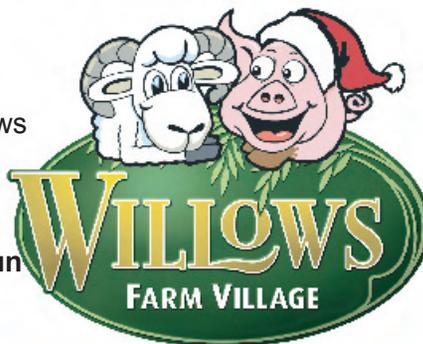


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Entertainment, education and fun for the whole family.



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25th November to 24th December 2009

Visit Santa in his Grotto and enter his toy shop where children can pick their own present. Join in with the live nativity, hop on the Magic Wood Ride, enter the Elves House, see the reindeer plus Fun Fair Rides, undercover Tractor Trek and Woolly Jumpers indoor play barn.

Willows Farm Village and Farm Shop, Coursers Road, London Colney, Herts, AL4 0PF

Open every day 10am – 5.30pm

Open until 4pm on 24th and 31st December

Closed 25th to 27th December and 1st January

Free parking

0870 129 9718

Visit www.willowsfarmvillage.com for further information and latest opening details

fairly lights in your own homes that you will not forget the real light of Christmas.....Jesus Christ....."The Light of the World".
A very happy and peaceful Christmas to you all
Lynne and the family of St Peter's

Christmas Services

Sunday 20th Dec 5pm Carols by Candlelight
Followed by wine/tea and mince pies.
Christmas Eve 4pm Crib & Christingle Service
11.30pm Midnight Mass
Christmas Day 10am Christmas Eucharist

Lights of Love

These will be shining out on the church over the Christmas season. If you would like to sponsor a light for a loved one, an anniversary or just to say "I love you" to someone special, then please see the church notice boards or contact Revd Lynne Fawns for details. Names of those sponsored will be displayed outside the church door.

ADVERTISERS

Catch the eye of local customers when you advertise in this magazine. Reasonable rates, help with layout if required. See www.londoncolney.com for terms and conditions.
Contact the Editor, Maria Aguado, on 01727 823528 after 6 and at weekends or email editor@londoncolney.com



1st LONDON COLNEY SCOUT GROUP

JUMBLE SALE
Saturday
13th March 2010

SCOUT H.Q. CHICKEN LANE
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JUMBLE WANTED

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Please no furniture or electrical goods

ADMISSION 30p

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Painting or wallpaper looking tired?



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Neil Flatman



I am a fully qualified decorator with 15 years experience.

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Allotments

Liz Dare



My husband, Mervyn Dare, has been working his allotment near the Irish Club for the last 5 years. It all started when Ron, our neighbour, shared some onions from his allotment. The onions made an appetising sandwich with some cheese and Mervyn got interested in the idea of working his own allotment when he found that the plot next to Ron's was available. His application succeeded and work began on Plot 25. Mervyn had retired early from psychiatric nursing because of a slipped disc however working on the allotment has strengthened his back. He has grown many different vegetables: leeks, carrots, beetroot,

potatoes, parsnips, turnips, courgettes and marrows. These we have shared with friends and neighbours.



Specialities

Mervyn has had success with Mauritian specialities Patissons, also known as pattipan squash and grows Brede Malbar, a green vegetable a bit like spinach. These have made our Mauritian cuisine most enjoyable and we have also been given other vegetables in exchange for our specialities.

Our granddaughter Amy (aged 2) has learned about the vegetables, saw where carrots came from, helped pick the runner beans and enjoys a ride home in the wheelbarrow. More people are interested in allotments since the credit crunch began so you there is now a waiting list of about 6 months. Contact the Parish Clerk, Gillian Patschinsky on 01727 821314 if you would like to apply.

Red Cross Open Gardens

Sarah Amexheta

Do you have an inspiring Garden? or do you and some of your neighbours have a collection of unique eye-catching gardens? Would you allow people who appreciate gardens to come and visit yours?

Would you like to help, as a volunteer or by opening your own garden,? Call me on 01992 586609.



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What's On at the Caledon Centre

Christmas Ball Friday 18th December 2009
 7.30pm - midnight Tickets £33
 Enjoy a 5 course meal and dance 'til midnight
 Tickets from Chris Flynn at the Caledon Centre

Colney Carollers at Sainsburys, Colney Fields
 16th and 21st December 6.30 - 8.30 pm
 Collection for Over 60s and local schools
 Please join us and sing all your favourite carols, we will be practising at the Caledon Centre on 14th December at 7pm.
 Ring 'Dreda on 826233

Pantomime

Fun for all the family on 10th January
 2010 at 5.30 at the Caledon Centre
 See the parish Notice Boards or call the Parish
 Clerk for more details on 01727 821314

NEW YEAR'S EVE

Information to come -
 watch the Parish Notice Boards.



2nd and 4th Fridays every month
 8.30 - midnight
 1 hour tuition plus Salsa Disco
 Members £3 Non-Members £5

SALSA NIGHTS



Make a Will

Katy McGhie
 BBCTalkbackTHAMES

Have you got a valid will? If so, you're in the minority. Every day, over 1,500 people die in the UK, and more than 70% of them die without a legally valid will – a truly shocking statistic, which can lead to conflict amongst the remaining family. Now one of the country's leading businessmen, Sir Gerry Robinson, wants to help change that. Assisted by expert legal advisors, he will help people to write their wills for a major new BBC2 series. Sir Gerry is looking for families who might be interested in receiving free, expert help. The programme's producers would like to speak to anyone who is having trouble writing their will, or knows someone who is – perhaps you know your own parents have been putting it off, and need help? Or a relative, or friend? All calls will be in strict confidence. Please call the production team on: 020 7861 8068 or email them at: legacy@talkbackthames.tv

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LONDON COLNEY NEWS



AUTUMN 1984

TELFORD BRIDGE by Joan Charrington

Welcome to the first edition of the London Colney newsheet. This newsheet is published by the London Colney Parish Council, and it is our intention to publish editions at regular intervals. The aims and aspirations of the Council in producing this newsheet, are that by informing the village about local issue a stronger feeling of community spirit will be created. You will see that this issue contains items of interest which have occurred at Parish Council meetings over the last few months. However the future success of this newsheet depends on YOU!!! Only through local organisations and individuals contributing articles can a regular newsheet be produced. All contributions will be considered, so if you want to see your name in print get your thinking caps on!

In every edition free advertising space will be available for local charities. Other advertisements will be included at minimal cost. This newsheet will be made available to all the residents of London Colney, so if you want the village to know about your shop or business, place an advertisement in the next edition of the London Colney newsheet.

To advertise or contribute an article for the next edition write to:

Eileen Francis, 52 Hardwicke Place, London Colney.
 (phone 25108)

100th edition

Rosie Sanderson

London Colney News celebrates its 100th edition this quarter. It began life in 1984 when the London Colney Parish Council decided to emulate Colney Heath and other nearby villages by producing a village magazine. Parish Councillor Rosie Sanderson volunteered to have a go, ably assisted by Councillor Eileen Francis. They brought the first edition to press in early 1984. Contributions from others included Robin Cooper and David Ansell, who continues to help with production and to produce illustrations.

Small Beginnings

That first magazine stretched to only eight sides, and had a black and white

cover. Subsequently the soon to be familiar yellow cover was adopted, and now a much improved, multi colour version is produced. In the early days technology only stretched to printing from a computer and then cutting and pasting the pages and individual articles and adverts. The paste up often continued late into the night in order to get to the printers by their deadline. A week was required for printing, before the boxes of magazines had to be collected and taken to the distribution agents, which initially was sited on an industrial estate in North London. The magazine was distributed with a local free paper for many years, with voluntary help being needed to ensure delivery to the more outlying parts of London Colney. The local Scouts took over delivery in the mid 1990s.

Takeover

I continued to edit and produce the magazine until 1995 when Maria Aguado and Jane Message took over as lead editors, assisted by a team of volunteers, Julie Bradshaw, David Ansell and Nigel Blandford. Since then, many different people have given their time to editing and distributing - Ken Peak, Betty Sutherland, Kathy and Ian Hider.

The Editorial Committee now consists of Maria Aguado (Layout, articles and advertising), Dreda Gordon and Mary Crouch (Councillors with final decision over content) and Gillian Patschinsky (Parish Clerk). The magazine has always covered part of its costs by advertising, the remainder being paid for by London Colney Parish Council. All work done by the editors, contributors and other helpers has always been voluntary.

25 Years

Maria Aguado
Editor, London Colney News

The first edition of the London Colney News (see opposite) contained many items that have become familiar during the intervening years.

There was a report from Robin Cooper who had just taken over the Chairmanship of the Parish Council from Fred Perham. The council had bought a new tractor and had continued to support campaigns against the closure of London Colney Secondary School and the opening of the M25 interchange. The new footbridge over the A405 had been built after "a spate of disasters" and Robin rejoiced that residents could now walk to St Albans without fear.

The Post Office advertised its new card shop and Mr Gray, Electrical Contractor, used his advertisement to wish the Council well with their newsletter while David Ansell contributed a drawing of the Church at All Saints Pastoral Centre.

Rosie Sanderson reported that the the M25 enquiry had not found the objectors' case sufficient once St Albans District Council had withdrawn its objection therefore building of a full interchange would commence for completion in 1986.

Permission had been granted by the Charity Commissioners to use the covenanted land at WhiteHorse Lane for a swimming pool.

Following the closure of London Colney Secondary School there would be many children using the A1081 to get to school therefore the Parish Council had requested a cycle path as far as Francis Bacon School. Notification from the District Council stated that their request was receiving urgent attention!

The Parish Council had funded and organised a successful summer playscheme but sadly, had come last in the Best Kept Villages Competition, Category: Extra Large Villages though only 12% behind the winner - Shenley.

Extended Schools

Nikki Howes



Extended Opportunity

Our Schools are part of the exciting new Extended Opportunities Fund which is a pot of money available for children who are economically disadvantaged to access activities outside of School hours and in holiday times. We have been paying for many different activities already from Scout subs to swimming lessons, football boots to Tae Kwan Do! Many children who have not had the chance to join clubs before are now enjoying new experiences and learning new skills.

Christmas Fun

We have 2 fun Christmas activity days coming up on Saturday 5th and Saturday 12th December at Mount Pleasant Lane JMI School, Bricket Wood – drop your kids off from 10-3 for just £15 a day and let them enjoy a day of crafts, drama and a whole lot more while you do the Christmas shopping in peace!

We have our usual activity days in February half term – the flyer will be on the website from January so please check it out.

Directory

All families should have received their copy of the St Albans South Consortium Directory – a who, what, where of services and businesses in and around the area. If you haven't received your copy it is available on the website or contact the office and we will send you a copy. If you would like to advertise please email to the address below.

The website is constantly updated with what's going on in the area from Parenting courses to childcare.

New Courses

NEW! Ballet and Jazz lessons for children at Bowmansgreen School with Excel performing Arts – 07866 274703

Rock School After School Club at MPL School, Bricket Wood – Wednesdays after School 3.15, 4.15, 5.15 or 6.15 – Rock School 07989 412883

Adults – need some basic computer skills? Monday mornings at Mount Pleasant Lane School – FREE 1 hour sessions on anything you need to know. Call 01923 672729 and ask to speak to Michele Gill.

Talk to your ESCO

Nikki Howes is your local ESCO for St Albans South and is contactable by email, on her mobile or through the website. You may see Nikki at various Christmas Fairs and Parents Evenings throughout the area – please approach her and have a chat!

nhowes@mountpleasant.herts.sch.uk

Phone 01923 484322

Mobile 07912 792215

Website: www.hertsextingschools.org.uk/stalbanssouth

Directory

Maria Aguado

Editor, London Colney News

I made a number of errors in the directory attached to the last issue. Another will be published in the spring. In the meantime, please let the Parish Clerk know if you see any more mistakes or omissions.

County Councillor is Chris Brazier, The Cottage, 3, Park lane, Colney Heath, AL4 0NR Tel: 01727 823586
Chris Flynn is now Chair of the Parish Council, Ken Bowes is Vice Chair and there is a vacancy caused by the death of Robin Cooper. The new contact for the Labour party is now 'Dreda Gordon, 01727 826233.

There are 7 MEPs for the Eastern Region. You can contact them at these numbers...

Conservative: 01245 345188

Labour: 01223 240202

Liberal: 01223 566700

UKIP: 01245 266466

The Future?

Jon Daniels
MSc. Architecture: Advanced
Environmental & Energy Studies

London Colney has had a varied and exciting past. Close to where the Mosquito airplane was secretly designed & built and home to one of the largest supermarkets in the UK. So what of the future? This article will consider population change and its impact on the environment.

Population Growth

In spite of the current recession the UK's population is expected to grow from 61.3 million today to around 70 million by 2030. London Colney's population was 7742 in 2001, with national population growth expected to be 20.3% since then that would mean the area's population growing to 9313 by 2030. So where will these extra people live?

Living Space

People need to live somewhere. London Colney has expanded significantly over the last century, and there is no obvious reason why this trend will not continue. The recent development of Napsbury Park Hospital has absorbed some of the expected rise in population, but most have come from outside the area rather than from within. Other options include developing brownfield sites such as pubs, business parks, and other businesses on the high street. Would you consider developing some of the park space in London Colney? Or a housing estate on one of the agricultural fields? Maybe houses could be converted into maisonettes, or knocked down and turned into flats.

Jobs and Families

London Colney has a higher proportion of young families (27%) than in the rest of Hertfordshire (24%). Parents will need to find jobs to support their families. The local retail park is the main employer in the area, and there are other businesses,

Explorers at

London Colney Nursery School and Children's Centre

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be included

Explorers works in partnership with London Colney Nursery School and Children's Centre to provide a happy and secure environment for young children to learn during the Foundation Stage.

**For more information or to arrange a visit please contact Ann
Telephone: 01727 822196 option 3**

"London Colney Nursery is a good school and gives good value for money." Ofsted Report March 2009

but will they be enough? According to the 2001 census two thirds of people travel to work by car, which suggests most employment is outside of The Colneys district. Population increase will bring more cars, and then one needs to consider the impact on the road infrastructure. With the increase in Internet and mobile speeds home working may become more viable. This would help reduce the number of car journeys and also possibly help maintain or revive the local high street during the week. More jobs could be generated locally helping the higher than average (compared to Hertfordshire) young population find work. But I think that most jobs will be provided in the surrounding area rather than from within London Colney, probably in Hatfield.

Energy Efficiency

The Government is taking measures to improve the environmental standards of new housing stock, but the majority of energy efficiency will need to come from existing houses. Cheap energy from the North Sea is running out. Rising energy bills will mean that we need to make our homes more energy efficient. What is London Colney doing at the moment? What will homes look like in twenty year's time? I doubt that every house will have a wind turbine or that many will have solar panels. The quickest and cheapest short-term options will be to improve insulation, upgrade boilers and double-glaze windows.

Waste

With more people and industry

comes waste. We are running out of space fast as we do not like landfill in our back yards, which means the cost is going up. Maybe the community will make more use of this waste. Possibly creating bio-gas from food waste, or even using waste products to create new ones that can be sold rather than paying for it to be taken away. Maybe London Colney could become a local centre for recycling?

Traffic

With more people come more vehicles. Main roads already struggle with current rush-hour traffic levels, so changes will be required to handle more traffic. With traffic comes traffic pollution. Hopefully within twenty years the reliance on fossil fuels will diminish and mitigate this issue, but that in itself does not solve congestion. What if London Colney had a train station such as Napsbury Station on the line to St. Pancras which opened in 1905 but closed in 1959. This stop could be reopened but it would not necessarily reduce congestion within the area. Can more use be made of buses? Maybe the St. Alban's Liftshare scheme will help. What about a local area bicycle scheme? Central London will have one by the summer 2010, is it viable for the Colneys to have a smaller scheme based on similar principles?

Railway Station

Imagine for a moment that London Colney got a train station, what would the impact be? The planned Freight Terminal put forward this proposal earlier this year, so it is not complete fantasy. I believe it would create a new Borehamwood. Borehamwood has become a cheaper commuter hub for young families who cannot afford house prices in the suburbs nearer to London. One of the impacts has been to push up house prices, which in turn has caused some local families to be priced out and moved out of the area. Both the economic and social mix of Borehamwood has changed. If a train station was introduced the pressure to develop land around London

Colney would be immense. Under new central executive powers pushing through planning applications would be easier.

I do not think there will be major

changes to the area unless London Colney becomes a commuter hub with a train station into London as Borehamwood has. Then change on an unprecedented scale would ensue.

Recycling Facility

The OXFAM recycling facility outside the Caledon Centre is so unobtrusive you might not have noticed it since its arrival in August this year. You can leave Books, CDs, DVDs, Computer Games, Clothing and Shoes. The containers are emptied regularly and the proceeds from the sale of goods collected are well used by OXFAM. Many local people already



use this facility so please consider it if you're having a pre-Christmas tidy up and clear out.



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Neighbourhood Watch

Peter Yexley

Neighbourhood Watch in London Colney isn't new. It goes back throughout the history of our village, but certainly wouldn't have been called 'Neighbourhood Watch' – simply good neighbouring with a natural ethos; to watch out and care for our neighbours.

The way it used to be

Can you recall the names of all your present neighbours? – Your parents probably could name your childhood ones, all of them up and down the street, and tell you a savoury tale or two!

When neighbours went away, even for a day, others kept an eye out on their home. They knew who your window cleaner was, even when he was due. He probably drank in any one or more the 27 pubs! (Nostalgia just isn't what it used to be!) They knew your milkman and what products he delivered to your doorstep. Stop humming the Hovis tune - it isn't that long ago! You'll probably recall stories of other travelling merchants and delivery peopleno Colney Fields Retail Park in those days.

Few had phones but knew how to get in touch with the local bobby pretty quick and he knew everybody that lived in the village. So Neighbourhood Watch is as old as London Colney but has moved with the times.

The Government took it seriously and tasked the Home Office with supporting local residents throughout the UK to establish and grow their Neighbourhood Watches.

We're not part of the police; we're neither curtain twitchers nor informers, just neighbours looking out for neighbours.

No matter how sophisticated we have



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become in alerting our neighbours about certain activities, no matter how many stickers and warning signs we install, if we don't watch out for our neighbours – there is no Neighbourhood Watch.

How many people perceive Neighbourhood Watch to be a group of nosey neighbours but expect them to phone the police if they saw someone acting suspicious on or in their property?

How many people perceive Neighbourhood Watch to be a natural process of helping keep crime away from their home and family?

The latter is the real Neighbourhood Watch – you can join by visiting... www.colneywatch.co.uk or call 01727 825999

3 Simple Rules...

Three simple rules to reduce the risk of becoming a victim of distraction burglary, or bogus callers:

- Rule One: If a stranger calls - Not sure? Don't open the door! If you are not expecting anyone and you don't recognise them, don't let them into your home. Be aware, bogus callers can be very convincing and will often pretend to be representing a utility company; a genuine caller won't mind coming back at a time when you can arrange to have somebody you trust with you.
- Rule Two: If you are expecting a caller: Only open your door when you are happy that you know the person. If you can't see who is calling and need to open the door, use your door chain and ask for identification or a pre-arranged password before you let them in.
- Rule Three: Never keep large amounts of cash at home If you ensure that large amounts of money are securely in a bank or building society account and any valuable jewellery is safely and

discretely locked away then, even if a criminal cons their way into your home, there is nothing of value for them to steal.

...and another 3

As the clocks go back the darkness comes quicker. Although Hertfordshire is one of the safest counties in Britain, here's some additional burglary prevention advice:

1. Check that ground floor windows and doors are closed and locked when you leave the house or go to bed. Upstairs windows should be closed and locked when the house is unoccupied.
2. Secure your rear garden by shutting and locking any gates - burglars can use garden tools to break in, so make sure you securely lock away any tools after use

3. Remember to put your wheelie bin back after collection, and why not be a good neighbour - if they are out, help deter burglars and give their home the lived-in look by putting away their emptied rubbish bins.

What to do?

In an emergency or if you see anything that requires immediate police response always dial 999. If you know someone who may be handling stolen goods, or who you suspect is a burglar, contact police on 0845 33 00 222 or call Crimestoppers (an independent charity) anonymously on 0800 555 111.

Please remember Neighbourhood Watch is about looking out for our neighbours ...together we are beating crime!



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Black Belt - 2nd Dan

Andrea Radisic

I started TaeKwon-Do when I was 6 years old at London Colney, and I've never stopped loving it. I went to a demonstration with my dad, and as soon as I saw these amazing people flying about throwing kicks at each other I knew I wanted to start. I've been doing it for about 8 years and have met some brilliant people, learnt how to punch properly and actually managed to break some boards which I thought I would never manage. Anyone can start TaeKwon-Do, there's something for everybody. Personally I love sparring, which is where you go against a person the same grade as you and fight. There are lots of rules and regulations in place so no one gets hurt and in the end it's just a lot of fun. I have recently just passed my 2nd Dan Black belt, which is one up from black. I had to wait 5 years until I was allowed to do it, but it was well worth the wait. As I got my black belt when I was only 9, I really felt like giving up for a couple of years and coming back to it because there was nothing to work for but with all the exciting competitions to do and the great work out I couldn't stop. Everyone at London Colney club is like a massive family, and anyone who wanted to start a martial art should definitely go there.

Congratulations, Andrea on your great achievement from David Miles and everyone at London Colney Tae Kwon Do School. (07917 704687 for more info)



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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

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