

London Colney News



October - December 2013

PARISH COUNCIL EVENTS IN LONDON COLNEY

DISCO



Family Disco 7 till 10pm
Friday 15 November Admission free

Open mic nights...
Weds 23 October & 27 November

8.30 till 10.30 Admission free.
Halloween Disco 7 till 10pm
Friday 1 November

Admission free, Children's Fancy Dress Disco, Entertainer, Snacks & Squash for the Children, Bar for Parents. Ring 01727 821314 to book in advance for this popular event. All children must be accompanied by an adult.



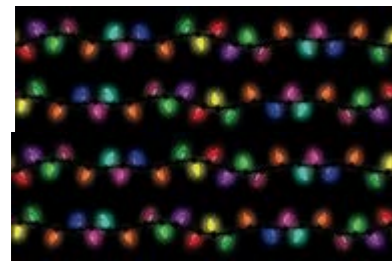
Fireworks Display

Sunday 3 November 5.30 start, fireworks @ 6.30
Admission free, Followed by Live Entertainment at the Community Centre from 7pm
Bucket collection for local charities - volunteer groups please contact the Parish Council Office to register on 01727 821314.



Remembrance Sunday

Sunday 10 November
Assemble at the Community Centre, Caledon Road at 10.15 to walk in procession to the War Memorial for a short Service of Remembrance. Return to the Community Centre for Refreshments. Traffic will be stopped along the route of the procession in Caledon Road, Haseldine Road and the High Street.



Christmas Lights Switch ON!

Friday 29 November at 5.30pm at Chester Gibbons Green.
Music from The Engine Room.
Back to the Community Centre for Live Entertainment from Bob Thompson, Bar from 7pm

Christmas Buffet Dance

Saturday 14 December, 7.30 - 12 midnight at the Community Centre
Bar from 7pm, Fabulous Cold Buffet, Disco, Dancing
Tickets £15 from the Parish Council Office

Thurs 19 & Fri 20 December, 6.30 pm outside Sainsbury's, Colney Fields. Join us to sing carols for charity, last year we collected £234! For more information ring Laurel Blyth on 01727 769530



Bring in the new Year with The PUSH at the Community Centre, Caledon Road. Tickets £15 in advance from The Parish Council t: 01727 821314

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On the Cover

The children and staff of London Colney Nursery School in 1949. What little poppets and so many of them!

The Nursery School was held in a 'prefab' type building and moved into the far end of the Junior School building in 1987. The old building was demolished; it stood in the school grounds opposite Adventure World.

above

The Catering and Caretaking staff of Bowmansgreen School in 1972. Perhaps you remember some of them from your schooldays?

below

See these photos (donated by Laurel Blyth) and more at the History Society Exhibition in the Community Centre, Caledon Road on 12 and 13 October.

Article on page 5

NEXT ISSUE SPRING 2014

Distribution date - 1st week March 2014

Copy deadline - 1st Feb 2014
 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.

Charity Quiz Night

Saturday 5th October
6.30pm START

Are you up to the mastermind challenge?

Fish or Chicken and Chip Supper
Licenced Bar

BE THERE!

Tickets £8.00
from Laurel Blyth
01727 769530

at London Colney Community Centre, Caledon Road, London Colney, AL2 1PU
Proceeds to Dawn to Dusk Carers



Paperchain Pre-school and Nursery has been caring for children in London Colney and surrounding areas for more than 9 years, we have a dedicated team of fully qualified staff.

We are open 5 days a week from 9.30am to 12.00pm with an optional lunch club 12.00pm to 12.45pm, and 3 afternoons from 12.30 to 3pm.

Ofsted rating – Good with 'outstanding' features.

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www.paperchainpreschoolnursery.co.uk



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Bowmansgreen

Jacky Potter

We would like to welcome to Bowmansgreen School and the community, our new Headteacher, Mr Deena Chetty. Mr Chetty joined us for the new term in September and comes from Coppetts Wood School in Barnet. The staff, Governors and children of Bowmansgreen look forward to working with Mr Chetty for many years to come.



The Friends of Bowmansgreen have had a very busy year, working extremely hard raising funds for resources for the children and also improving the landscape of the school. Friends of Bowmansgreen (FOBS) Chair person, Michaela DeGale gave us this update:

'Since January this year, the Friends of Bowmansgreen School have been fundraising for new playground equipment in the junior and infant playgrounds. With a contribution of funds from the school as well as a successful grant application from Awards for All - The Big Lottery Fund, together we have managed to raise an outstanding amount of over £60,000 which has allowed us to purchase some fantastic equipment and the children have been overjoyed with the results! The first phased installation took place in May for the juniors and the next phase for the infants will be complete by mid-October this year.

History Society Exhibition

Laurel Blyth, Vice Chair

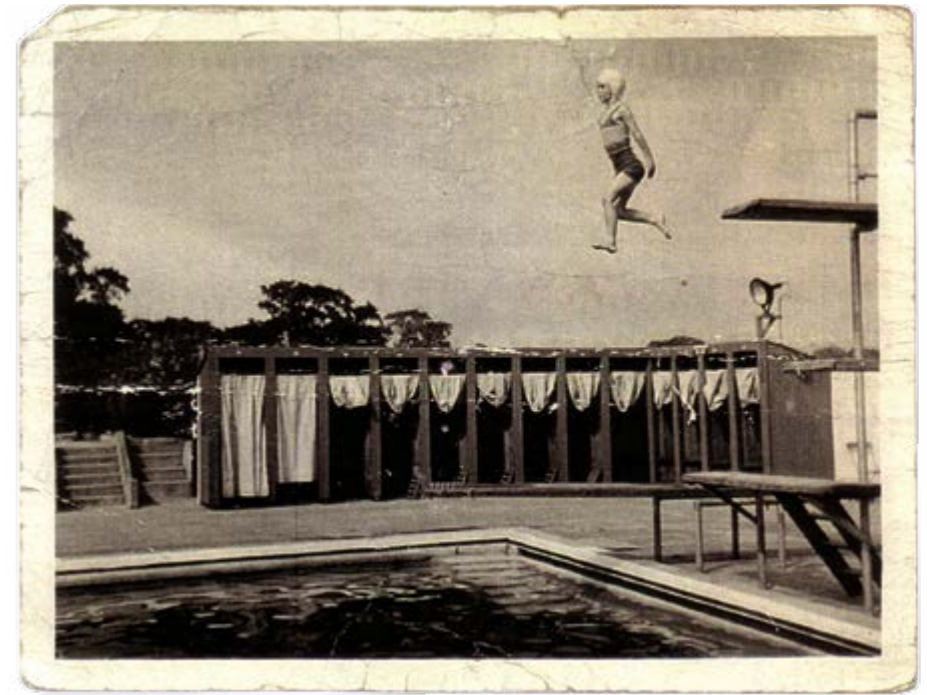
The History Society Exhibition will once again be held at London Colney Community Centre, Caledon Road on Saturday 12 and Sunday 13 October from 10.30am - 5pm every day. Entry free!

This years theme is 'London Colney Schools Past & Present'. Do you have any school photos we could borrow to reproduce for the exhibition? Could you lend us some school uniform or trophies from London Colney Schools? Of course, if you wish, you can donate items of interest to the society for our archive.

We also hope to have our 2014 Calendar on sale.

All are welcome so do join us on the day. We hope that our exhibition will excite your interest in local history. Perhaps you will become a member and become more involved in our History Society.

The photo above on the right shows the Watersplash Pool in 1935. Joy Dyson, nee Hall, later taught at the old village School - do you remember her?



Christmas Biscuits 2013

Laurel Blyth, London Colney Parish Council

After our difficulties with delivery last Christmas we have decided to start afresh. Please fill in the 'tear off' slip below. You must be 75 years of age or over and live in the village to receive the biscuits. The form can be filled in by you or by someone in your family or a neighbour. Return it to the Parish Council Office in Caledon Road.

Any queries? Ring Councillor Laurel Blyth on 01727 769530.



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Please deliver Christmas Biscuits to...

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who is over 75 and lives at...

.....
.....
.....

Hand this form in at the Parish Council Office, Caledon Road Community Centre, Caledon Road, London Colney AL2 1PU

London Colney Poppy Appeal

Chris, Sandra and Laurel, your London Colney Poppy Ladies



Sandra and Chris
at
Larks In The Parks
2013



The poppy Appeal for 2012 - 2013 is now drawing to a close and preparations are under way for the 2013 - 2014 Appeal. Once again you have all made it very successful and have given generously despite the economic crisis that has affected us all.

We have raised £10,594.44 to date and it's all thanks to you, the people of London Colney. Our thanks and appreciation also go to Sainsbury's and Marks and Spencer for allowing us to use their premises to set up our stall, to the shops, pubs and businesses that have Poppy tins for collecting and a big thank you to Barkers Estate Agents. Not only do they store all our merchandise but they donated all the money raised on their stall at Larks in the Parks to our appeal, so a very big thank you to Wendy and Sophie.

Our thanks also go to London Colney Parish Council, especially the grounds staff, for all the help they give both to the Poppy Appeal and to the organisation of the Remembrance Service held at the War Memorial and all the volunteers who give their time to help with the collection.

Nationally, the British Legion spends 1.7million pounds per week on welfare. This money is used to help serving members of the armed forces, ex-servicemen and women and their families now and for the rest of their lives.

So, a big thank you to everyone from Chris, Sandra and Laurel.

Colney Wildlife

Maria Aguado

Field mouse eating fallen bird food.
London Colney, August 2013.



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Vets can microchip your pet - it usually costs around £20-£30. Animal charities and local authorities use scanners to check stray animals for microchips. Microchip your pet - you've got a much higher chance of seeing them again if they go missing.

LUNCH at the Community Centre, Caledon Road

each Tuesday and Thursday 12 - 2pm

Enjoy a delicious, home cooked, three course meal + tea or coffee for just

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Take a rest from cooking.

Pop in for a meal when you're too busy to think of shopping.

Take time to lunch with friends.

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01727 823214

Handley Page - Night of Nostalgia

Chris Scivyer



The airfield on the official opening viewed from Parkbury Lane at Colney Street.

Radlett Aerodrome has been in the local press rather a lot over the last few years as the proposed site for an international rail freight terminal. If you have always lived in the area then you will probably be aware of the location of the airfield. For those of you still unsure, the airfield sat immediately to the west of the London – Bedford railway line to the west of London Colney and covered more than 300 acres. The airfield was the home of Handley Page until the airfield closed in 1970 when the aircraft manufacturer went into receivership. That was 44 years ago!

So why an airfield here? To a certain extent chance played a big part in an airfield being developed here. In the mid 1920's Jim Cordes, who worked as Chief Test Pilot for the Handley Page Aircraft Company, was ferrying an aircraft from Northern England to the company's Cricklewood base, navigating by following the railway line. As Cordes flew past St Albans visibility deteriorated and he took the decision to land in a field alongside the railway and continue his journey the next day. This sort of thing was quite common in those days.

Sometime later Frederick Handley Page, who had established the Company back in 1909, was talking to Cordes about the need for the company to develop a new airfield outside London. The Cricklewood site was being encroached upon by new housing making flying difficult. Cordes remembered that he had landed

near Colney Street and that the site was flat and open making it ideal for an airfield. By June 1929 the site had been purchased and the first assembly hangar was under construction at the Colney Street end of the site. Initially aircraft flew out of the field close to the hangar, after first removing the sheep grazing in the field!. The Airfield was officially opened by the Duke of Kent on 7th July 1930.

Over the next 40 years the airfield expanded, firstly with longer grass runways and then concrete runways to cope with larger aircraft in the Second World War. The main runway had to be extended in the 1950s to take the Victor bomber. The manufacturing area at Colney Street was expanded and aircraft testing facilities provided in Frogmore. The Frogmore site is now covered by housing and light industrial units. None of the original buildings exist today but there is a plaque commemorating the company on the modern day industrial park at Colney Street.



Heracles

Over the years hundreds of aircraft were constructed at the airfield – including Heyford, Harrow, Heracles,

Hampden, Halifax, Hastings, Hermes, Victor, Herald and Jetstream. In 1946 and 1947 the airfield hosted the Society of British Aircraft Companies Show which today is held at Farnborough in Hampshire.



Heyford

Many Handley Page employees and their families still live in London Colney, some in homes built by the Company. If you would like to find out more about the Airfield and Handley Page please come along to:

The Caledon Community Centre Caledon Rd, London Colney, 8.00pm Friday 18th October when the Handley Page Association will be holding its 2013 Night of Nostalgia.

This is the first time we have run this event in London Colney. Everyone is welcome, whether you worked at Handley Page or you are just interested to learn more.

The event will feature an exhibition 'A history of Radlett Aerodrome since 1928'. This will include Handley Page memorabilia - aircraft models - sales brochures - Photographs of HP employees, aircraft development and production at Radlett (Colney Street and Park Street), and HP airfields and factories at Barking, Cricklewood and Woodley. If you have any Handley Page memorabilia bring it along on the night.

Entry is free but donations are welcome. For further information contact Chris on 01727 873491

WI

Geraldine Tuomey, Secretary



London Colney branch of the Women's Institute meet on the second Tuesday in each month in the Baptist Church Hall in Kings Road, London Colney.

This welcoming group have regular speakers and activities, parties and competitions.

On the 8th October the speaker is Debbie Trollope on Midwifery Today. The competition is for 'An Item from Your Early Childhood'

On the 12th November Deborah Clarke will take you Back to the Swinging Sixties. The competition is for 'A Photo of Yourself from the '60s'


The Christmas Party will be held on 10th December where the competition will be 'Who would you put on top of your Christmas tree?'

Linda Bainbridge & Evelyn Yates will bring in the new Year with an evening of Making Cards on 14th January 2014. The competition is 'A Resolution You Have Tried To Keep.'

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Stephanie Cass Counsellor and Life Advocate
Pg dip Cons MBACP (Accred)

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for our latest events or call
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Trestle Theatre

Emily Gray, Artistic Director, Trestle Theatre

Did you know that on our very doorstep there is the wonderful Trestle Arts Base offering a wide range of theatrical and arts experiences for the whole community? Take a look at their Autumn programme and do pay them a visit. I recently visited the Arts Base and was very impressed with their warm welcome and innovative approach to the performing arts.
County Councillor 'Dreda Gordon



This autumn Trestle is launching a brand new drama club; Trestle's Marvellous Masks is a new weekly group held on Mondays for everyone aged 8 – 18. Led by Trestle Artistic Director, Emily Gray, the group will learn all about our renowned theatre masks, build skills and confidence in mask performance and generally have a lot of fun. The sessions are for all levels and abilities. For more information and to reserve a place, please email takingpart@trestle.org.uk



Trestle Arts Base is a beautiful performing arts centre, which is also home to Trestle Theatre Company, an arts and education charity. Everyone is welcome at Trestle Arts Base, which is situated on the London Colney side of St Albans, in the Highfield Park area. We show high quality professional productions, hold weekly classes for children and adults and have spaces to hire for celebrations, performances and meetings. Our Gallery Cafe is a welcoming and creative space if you just want to relax and have coffee or lunch. We also offer free exhibition space for local artists in our cafe which is open for submissions. If you haven't visited Trestle before, do pop in and see us! For all the latest information about what's on at Trestle Arts Base visit our website www.trestle.org.uk

Box Office and all enquiries: 01727 850 950 admin@trestle.org.uk
Trestle Arts Base, Russet Drive (off Hill End Lane), St Albans, AL4 0JQ

AUTUMN EVENTS AT TRESTLE (Sept – Dec 2013)

- Sat 5 Oct, 7.30pm The Katherine Jenkins Experience (NB this is a Professional Hire)
- Sun 6 Oct 2.30pm Aesop's Fables Small Nose Productions
- Sat 26 Oct, 7.30pm The Live Music Project with The Tuesday Club & Chameleon Boy
- Sat 2 Nov, 11.30am & 2.30pm Jack and the Beanstalk Lyngo Theatre
- Sat 30 Nov The Live Music Project with Nick and the Sun Machine & Good Little Roses
- Sat 21 & Sun 22 Dec 11.30am, & 2.30pm daily Red Riding Hood Horse + Bamboo Mondays – term time only (4.15pm – 5.45pm) Trestle's Marvellous Masks



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Elected Representatives

Parish Council

North West Ward

Maria Aguado	369 High Street	823528	maria.aguado@dsl.pipex.com
Jane Hobday	14 Telford Road	769784	janeantonia@gmail.com
Mike Hobday	14 Telford Road	07853 292 307	mike.hobday@ntlworld.com

South West Ward

Jacob Quagliozi	11 Hardwick Place	07807 096824	cllr.j.quagliozi@stalbans.gov.uk
Norman Mahony	36 St Annes Road	767348	ncmahony@ntlworld.com
Helen Pakenham	1 Summers Way	821469	helenpakenham@live.co.uk

East Ward

Laurel Blyth	30A St Annes Road	769530	laurelblyth@hotmail.co.uk
Katherine Gardener	47 Thamesdale	07765137453	auxin@hotmail.co.uk
Malcolm MacMillan (Chairman)	57 Whitehorse Lane	769567	malcolmmacmillan@ntlworld.com

St Albans District Council

Simon Calder	28 Norris Close	07949 479370	cllr.s.calder@stalbans.gov.uk
'Dreda Gordon	29 Collyer Road	07968 224901	cllr.d.gordon@stalbans.gov.uk
Jacob Quagliozi	11 Hardwicke Place	07807 096824	cllr.j.quagliozi@stalbans.gov.uk

Hertfordshire County Council

'Dreda Gordon	29 Collyer Road	826233	cllr.d.gordon@stalbans.gov.uk
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Member of Parliament

Anne Main	House of Commons, Westminster, London	0207 219 8270	maina@parliament.uk
	Constituency Office	01727 825100	

Members of the European Parliament

There are 7 MEPs for the Eastern Region. Contact them at these numbers...

Conservative:	01245 345188,	Labour:	01223 240202,
Liberal:	01223 566700,	UKIP:	01245 266466

Parish Council Meetings

Parish Council meetings are held on the first Friday of each month except in August. The next meeting will be on Friday 4th October at 7pm in The Pavillion at Morris Way Playing Fields. Members of the public are welcome to attend. Police Community Support Officers give a report of the previous month's crime in the village. This is followed by a Public Question time during which members of the public may ask questions of the Councillors.

Forthcoming meetings are:
1st November & 6th December

Parish Council Changes

Maria Aguado, LCPC

Gill Patschinsky, our Parish Clerk for the last six years, is leaving us for pastures new.

She leaves with the thanks of the Parish Council and our best wishes for the future.

Thank you Gill.

The Parish Council has three different premises for hire. The Pavillions at Napsbury Park and at Morris Playing Fields are suitable for meetings and parties. The floors are carpeted; both have chairs, folding tables and small kitchen areas.

The Community Centre in Caledon Road has a large hall with woodblock floor; suitable for parties, dances, meetings etc. There is a low stage area and a bar. The Bar at the Community Centre is also available for hire at some times in the week. It is carpeted, with comfortable seating and a small dance floor. There is also a fully equipped kitchen.

Please phone 01727 821314 to view or book

It's Your Right To Vote

Debra Couch, Acting Senior Electoral Services Officer



It's that time of year when the electoral register is updated before the local elections next May. Unless you are registered on the electoral register you will not be able to vote.

You are entitled to register to vote if you are living in the UK and are either a British, Irish, qualifying Commonwealth or European Union Citizen.

You can also vote if you are registered

to vote as a Crown Servant or as a service voter.

St Albans City and District Council maintains the electoral register and is required by law to make sure that it is up to date. To help with this, it will be sending a canvass form to every household in the District from 1 October 2013.

The form needs to be completed to include everyone living at the property who is eligible to vote. This includes any residents who will become 18 years of age during 2014. If no changes

are required to be made to the details already on the form, residents can register through the internet, by freephone or by the text registration service (standard network rates will apply). Details of how to do this are given on the form. Forms, once completed, can also be returned to the Council's offices at the Civic Centre, St Peter's Street, St Albans.

An early response will help the Council save money as it will reduce the number of homes needed to be visited by canvassers in November to request outstanding information.

The revised register will be published on 17 February 2014. There will be two versions – the full and the edited register. The edited register is available for marketing purposes and general sale. Residents can opt out of this register by ticking the box marked 'Edited Register'. The person completing the form should ensure that everyone mentioned on the form is asked whether they want to be on the edited register.

More information about the annual voter registration canvass is available at: <http://www.stalbans.gov.uk/elections>. You can also call the Electoral Services team on 01727 819294 or email elections@stalbans.gov.uk.

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Quiz Night

Saturday 5th October 2013
7:30pm prompt

St Stephen's Church Hall, Watling St, St Albans AL1 2PX
Parking available

£12 per person including fish & chip supper or alternatives

Tables of 6 or 8 people

You may bring your own drinks
Raffle on the night

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London Colney Scouts



Guy Longshaw

London Colney has had its own scout group for over 90 years and is still going from strength to strength. This article aims to tell you more about your local group and hopes to encourage you to join in the fun – whether you're a would-be Beaver, Cub, Scout or an adult who might consider volunteering as an assistant leader or parent helper.

Today, based at its own scout hut in Chicken Lane (off St. Annes Rd), First London Colney Scouts comprises: two Beaver Scout colonies (boys and girls aged six to eight) two Cub Scout packs (boys and girls aged eight to ten-and-a-half) and one Scout Troop (for boys from ten-and-a-half to thirteen).

It's all about fun, friendship, adventure, and enjoying the outdoors... things which will never go out of fashion. In a way Scouting could be described as one of the great success stories of the last 100 years - from an experimental camp for 20 boys on Brownsea Island in 1907, it has spread to 216 countries and territories, with an estimated 28 million members.

Did you know the current Chief Scout (originally founder Robert Baden-Powell) is the British adventurer and TV presenter Bear Grylls? And former scouts include David Beckham, Sir Richard Branson and Barack Obama...

A UK report in 2011 looking at scouting's impact found among scouting's young people:

- 88% said Scouting helps them improve their key skills, including social skills, teamwork ability, leadership ability and confidence.
- 92% said Scouting helped them build good relationships and long-lasting friendships.
- 88% said Scouting helped them at school and in employment.

'...I love Beavers because I get to play the sharks and fishes game with my friends and I learnt about healthy foods making sandwiches and the best was our trip to Wicksteed park when we got to sleepover.' (Sophie, Beavers)

'...its so much fun, there are loads of outdoor activities and indoor ones and you get to make things all the time. The camp was brilliant, you get lots of fresh air, make fires and you're out in the wild. Its like Minecraft' (Daniel, 8 - Thursday Cubs).

So, what might your adventurous youngster expect if they decide to head to Chicken Lane and join 1st London Colney Scouts? London Colney Beavers' activities are based around making things, outdoor activities, singing, playing games, going out on visits, investigating nature, listening to stories, learning how to be safe and most importantly, making new friends. Occasional sleep-overs are also popular – for some its the first time they spend a night away from home.

The cubs get more adventurous with their outdoor activities, weekend camps and various hikes, including 'night-hikes' and the popular 'chippy hike'!

Scouts gather for an annual summer camp and sometimes a winter camp as well. This August they spent two weeks in Lochearnhead outdoor activity centre in Scotland (owned and run by Hertfordshire Scouts) and had a great time hiking, sailing, canoeing, climbing and more.

Every 2-3 years London Colney Scouts attend and international scout jamboree in Switzerland and every year they enter District and County competitions such

as the Derek Turner 'incident hike' and the Green Beret county competition – including an assault, orienteering and a night exercise.

London Colney Scouts are also eligible to get involved in the annual St Albans Scouts and Guides 'Gang Show' in February – the award-winning variety show said to be the leading Gang Show in the country

Scouts will be in evidence helping out at the Autumn jumble sale at Chicken Lane on October 5th. On November 3rd leaders will again be keeping the community warm and well fed with a great barbeque at the fireworks display.

All groups meet one evening per week in term-time at Chicken Lane: Beavers on Tuesdays and Wednesdays, Cubs on Mondays and Thursdays and Scouts on Fridays. Join in the fun:

We are always looking for new Beavers, Cubs & Scouts. Please go to www.londoncolneyscouts.org.uk/joiningin to sign up and the joining process will be fully explained.

For assistant leaders and parent helpers its about fun and fulfilment – and maybe regaining a bit of your youth (or even combating a mid-life crisis!). You can find out how to volunteer at the same website www.londoncolneyscouts.org.uk/joiningin or for an informal chat to find out more please email guylongshaw@gmail.com

More New Parish Council Initiatives

Helen Pakenham & Laurel Blyth, London Colney Parish Council

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Footpaths Around the Pastoral Centre

Maria Aguado, London Colney Parish Council

The Diocese of Westminster have sold London Colney Pastoral Centre to Comer Homes, a UK company specializing in the development of historic buildings.

The public have enjoyed informal access to Chantry Island, reputedly the 'home' of St Alban and visited by the public as a shrine to St Alban on the 22nd June each year. They have also roamed freely over much of the Pastoral Centre estate using footpaths and metalled roads. There are currently no public rights of way on the estate.

The question of public access to Chantry Island now that the Pastoral Centre is under new ownership

was raised at a Council Meeting. Accordingly, I contacted Comer Homes and provided them with a route for a permissive footpath which would lead to Chantry Island. (see below)

I have received an assurance that the matter of access to Chantry Island will be properly addressed when planning permission is applied for. >>page 16



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Footpaths Around the Pastoral Centre - continued from page 15



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from page 15>> Comer Homes say that that permissive access will form part of the Comer Group ideas through planning and it is expected will form part of the planning application.

This, however, is not the end of the story. A permissive right of way is nothing like a public footpath. The public use a permissive right of way at the discretion of the landowner who can withdraw permission whenever they wish. Landowners sometimes close permissive paths for a short time each year so that the public cannot say that they have enjoyed continuous use of the path for 20 years. Once the public can show 20 years of continuous use, they can apply for the path to be called a Public Right of Way which gives the public the right to use the path whoever owns the land and regardless of its use.

At the recent meeting of the Parish Council's Community Services Committee, members decided that permissive rights were not sufficient and that we should attempt to prove that there has been continuous use of these paths for the last 20 years.

This is where we need your help.

If you have walked any of the paths outlined in red (above left) at any time during the last 20 years, please contact me and I will provide you with a form to fill in showing approximate times. You don't have to have used the paths yourself for the whole 20 years. For example, if you walked there frequently between say 1993 and 2001 and someone else used the path from 1990 to 1996 we could show continuous use from 1990 to 2001.

I look forward to hearing from you. I'm sure that, with your help, we can make a good case for Public Rights of Way around the Pastoral Centre grounds.

e:maria.aguado@dsl.pipex.com
t:01727 823528 (eves only)

Old Parkbury, Harperbury and Shenleybury calling at Moor Mill

This is quite a long walk, especially if you go all the way to Moor Mill. Approximately one hour to Moor Mill and 2 hours to return following this route. The short version from points 1 to 5 and from 15 to the end should take 2 1/2 hours.

Starting from the Village Green by the Green Dragon Public House (1), cross the footbridge over the river and turn right onto the restricted Byway (London Colney 02), keeping the river and then the lakes on your right. At the end of the lakes the path forks. Take the right fork, it can be somewhat overgrown at times, you will emerge onto Shenley Lane.(2)

Cross Shenley Lane, cross the river bridge and take the signed footpath (London Colney 24) down the steps into the field on the North bank of the river. Bear right across the centre of the field, to a kissing gate in the centre of the field edge and on to another kissing gate at the edge of the next field.



From there, follow the waymark to the corner of the farm buildings and then on to the left hand corner of the field.

Go through the kissing gate (3) and take the second turning left at the junction of tracks onto a signed bridleway with a horse barrier (London Colney 04). Follow this track on the right of the river as it curves to the left towards the M25. Pass under the motorway (4) and continue along the path signposted to Harper Lane. After a few hundred yards, a sign informs you that you are now on Bridleway 13 to Colney Street.

You will soon see the Fishing Lakes on your right and then a (5) large house set

back on your left.

The straight track continues, rising to the point where it crosses the railway.



(To take a shorter walk from here, turn sharp left immediately before the bridge and go to step 15 in these directions.) Continue straight on through an industrial estate. Following this path you will emerge onto the road known as Watling Street. (6) Cross this road and take the signed bridleway on the opposite side. Follow the track downhill between hedges then along an open track with paddocks on your right until it meets Smug Oak Lane (7). Cross the road to reach Moor Mill.



To continue the walk after you leave Moor Mill, retrace your steps across Smug Oak Lane to the bend in the track with paddocks and wooden stables now on your left. Turn right at the waymark onto a well-used track but leave this where it bends sharply left behind a bund. (8) Instead, carry straight on along the side of the huge, level field. At the far end of the field turn right, following the field edge. (9) The river is again on your left and on the other side you will see a pumping station (listen for the hum).

Stick to the field edge until you see a (10) plank bridge with a handrail on your left. Cross the ditch on this bridge and follow the winding track through



scrubland, never far from the river until you emerge onto (11) the drive of Netherwyde Farm.

Walk left across the river bridge and up the drive. You will see a firmly locked gate barring your way. Turn off the drive to the right about 20 metres before the gate onto a footpath which leads through a gap in the hedge onto a single track, metalled road (Restricted Byway Aldenham 20).(12)

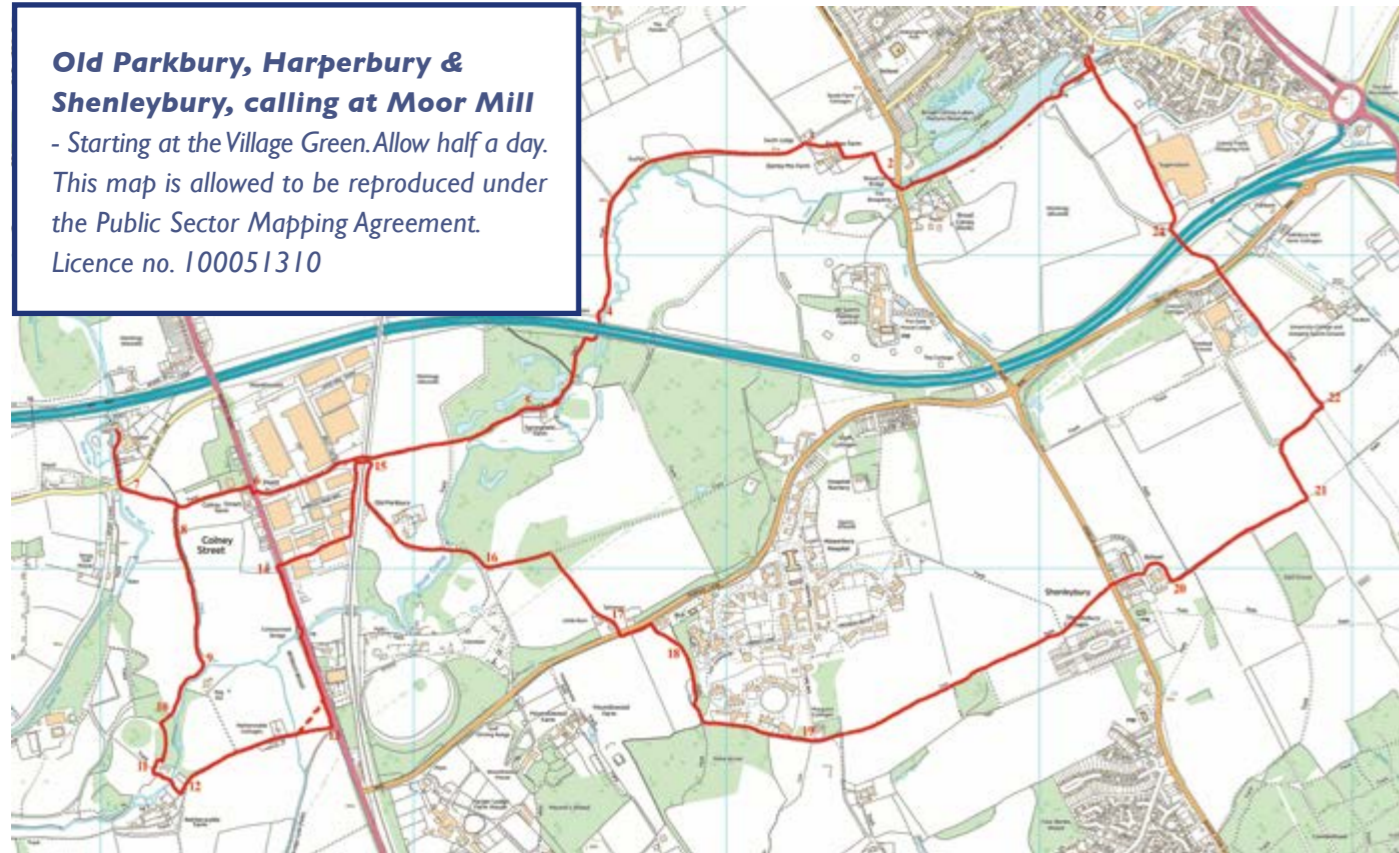


Turn left onto this road and continue along it until you emerge once more onto Watling Street.(13) Once on Watling Street, turn left, cross to the other side at the first opportunity and continue walking, over the river bridge and up the hill into Colney Street, ignoring the tempting footpath sign, until you see a bridleway sign pointing into the industrial estate. Follow the bridleway sign into the estate, (14) turn left at the railway and follow the path as it climbs.

Cross the railway bridge and turn right (15). [Left if you've come from step 5]

This path sticks to the railway at first then veers sharply left between two concrete blocks and over a horse stile. Carry on downhill between a huge rusty barn on the right and the ruins of Old Parkbury Farm on the left. Take the

Old Parkbury, Harperbury & Shenleybury, calling at Moor Mill
 - Starting at the Village Green. Allow half a day.
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furthest right of the two bridges and continue to the entrance to the landfill site.

At the entrance to the landfill site you will see a well signposted leisure route to your left (16). Walk along here until you see a waymarked post next to a tiny wooden bridge on the left of the track. Follow the waymark sign to an opening into a field to your right. As you walk along the field edge, you can see a white house with a tall chimney on the other side. Aim to walk across the field from the waymark post in the corner to a point to the right of the house. If you're lucky, someone will have been there first to mark the route.



Once across the field, follow the edge by the woods. About halfway along, someone has built a house with a balconied bedroom, the better to enjoy the view (17). Carry on to a gate onto Harper Lane.

Cross Harper Lane, turn left and walk along the pavement until, just before the houses, you see a footpath sign (Footpath 25 for Shenleybury and Radlett). Climb the stile, cross the field diagonally to your left and enter the trees (18). Pass through the kissing gate and turn right. Follow the path as it curves to the left, skirting the rear of Harperbury Hospital, soon to be a housing development.

The path emerges by a terrace of old hospital houses (boarded up) called Margaret Cottages (19). Keeping the cottages on your left, cross the junction of tracks and walk up the hill.



As you emerge onto the field you will see a single oak on the brow of the hill, next to it is a waymark post. Continue past it across the fields and down to Shenleybury; the group of cottages you can see about a mile away.

Cross the road and take the path through the buildings and behind the Clore Shalom school until you reach the rear of the developed site. Work your way to the right hand corner of the site and turn left onto Bridleway 13. (20)

Follow this track between the fields, turning left at a waymark just before a metal gate in front of you (21). Carry on and turn left again at a footpath crossroads (22) (waymarked) and walk along a path and drive at the edge of the Arsenal practise ground until you emerge on Bell Lane.

Cross at the Pegasus Crossing and walk up the embankment of the motorway and cross the bridge.

At the top of the embankment (24) on the London Colney side of the motorway you can see the village green on the far side of the fields.

Descend the steps and walk along the path towards London Colney along a grassy path between the Sainsburys superstore on your right and an old landfill site on your left. Once past the store, continue following the hedge line to the river by the Green Dragon PH (1).

Gardening

Anne Kitchener



At last, a decent summer. We have had breakfast in the garden on many sunny mornings, and there have been days when we have sought shade and it has been too hot to even just potter in the garden for very long. On many evenings I have taken a stroll at dusk around the garden in the warmth to enjoy the perfumes and look out for moths, and we have left the conservatory doors wide open until bedtime. I particularly enjoy my dusk stroll around the garden on a warm evening, and it has now been a number of summers since I have been able to do this on more than just a small handful of occasions. But autumn is approaching, the evenings are shortening and mornings are cooler. It is time to take stock of the garden, the successes, the not quite successes and the downright failures.

Gardens constantly evolve and change and some plants which once looked just right start to take over and dominate their neighbours. A few years ago I planted the deep crimson coloured knautia macedonica and at the time was very pleased with it. I allowed it to self-seed around the border and several large clumps developed. However, as the plants have aged, the flowering stems have become very long and straggly, drooping over other plants and hiding them from view. It was beginning to take over the whole border and so I decided the time had come for it to go. Removing all the plants I could find amidst the rather overgrown herbaceous border has left me with some spaces to fill. Spaces

don't last long in this garden. I have started to fill these already with a perovskia, a verbena rigida – a sort of smaller version of verbena bonariensis, - and echinacea purpurea which had self seeded elsewhere and I potted up and kept in the cold frame over winter. There will probably be some of the knautia left which seeded this year and I may allow it to stay, it is a good splash of colour, but will I keep it much more under control.

The new vegetable plot at the end of the herbaceous border has also performed well, giving us a good crop of runner beans and dwarf beans. However, more work is needed to prevent the remains of the previous occupants of that part of the border from returning and taking over. It has been quite a trek into the undergrowth to harvest the beans. The hydrangea which we moved, with some trepidation and doubts on its survival, into the front garden to make way for vegetables, has so far coped well with its move and is settling in well. Courgettes, after two very poor years, have given a plentiful crop and I am beginning to run low on different recipes. We are having rather a lot of soup.

I have been particularly pleased with the wildlife that has been attracted into the garden, especially bees and butterflies. I have tried to use plants

that attract them by planting some native and single flowered varieties and this seems to be paying off, with many different bees, butterflies and both day and night flying moths constant visitors. We also encourage birds with two feeding stations and have been rewarded with the sight of new fledglings being brought to them to be fed from our supply of seeds and fat balls. Sadly, however we have not seen any evidence of hedgehogs this year, which will be the first time in many years that they have not visited.

At the moment I do not have any grand plans for the autumn and in to next year. The herbaceous border needs a bit more work to improve on the continuation of colour throughout the summer; I plan to take some penstemon and ice plant cuttings to fill up some of the gaps. I will soon have my annual tussle with Japanese anemones, the pink variety, which is constantly trying to take over two flower beds. Every autumn I cut it back to a discrete clump, but it always returns as vigorous as ever. Perhaps I will attempt to remove it completely, which could leave me with more spaces to fill and new plants to try, I rather like that idea. It has been a lovely summer and I have enjoyed it enormously, I hope we don't have to wait another seven years for our next one.



Running

Karen Shaw

The Parish Council recognises that there are many people in London Colney who are walkers and runners and that there are many others who would like to increase their fitness in a safe environment. The Parish Council have created measured paths in Shenley Lane Playing Fields and Napsbury Park. Shenley Lane Playing Fields has a Trim Trail which is a running track with a fitness course, the track is approximately 540m. The Parish Council has also mapped a route of 1500m around the Napsbury Park sports fields (see map below).

Why Run?

The health benefits of running are well known –

Healthy heart – Give your heart muscle a workout – running regularly can improve circulation and reduce the risk of a heart attack, angina, high blood pressure and stroke.

Bones – Running helps to strengthen your muscles and bones and reduces the risk of osteoporosis.

Mental Health – Regular running will lift your mood and build your self-esteem, reduce stress, improve sleep and can help relieve mild depression.

Weight Loss – Running is a great way to stay in shape and burning those calories, a person weighing 60kg burns an average

of 600 calories/hour running at a speed of 10 minutes/mile.

Muscle strength – Regular running strengthens and tones the muscles and bone density of your legs, hips and back and it gives you a better overall physical condition.

Other benefits of walking/running – It is practical – walking/running is cheap and easy. You don't need expensive equipment you only need a decent pair of trainers/running shoes.

It is time efficient too – you don't need to leave London Colney to take advantage of the Trim Trail or Napsbury Trail.

It gives you time out – Many runners view their regular runs as time to escape from a hectic lifestyle. The fresh air, rhythmic pace and regular breathing are relaxing, and running alone or with friends can give a sense of freedom and leaving your troubles behind.

Anyone can do it – it is accessible, start with walking and build your speed and distance gradually. Get your family and friends to walk with you.

I got off my couch and began running in January in the beginners group and I am now regularly running 10k. If I can do it you can too. I started with the Run England beginners' course it is a 10 week program that will take you from 0-to-5k with a UK licensed leader. It was tough in the beginning but training in a group gave me the motivation I needed to stay with the program.

Start running today!

You can run anywhere you can walk and there are many footpaths in the area, check out www.londoncolney.com/footpaths.htm to find them.

Get yourself a training plan to support your goal. There are many 0-to-5k training plans available on the web that begin with blocks of walking/running and progress to running a full 5k. This will make the progress fun, structured and successful. Remember to warm-up and stretch regularly before and after each run. Work on your glutes, hamstrings, quads and calf muscles to help prevent injury and improve recovery. Running is a high impact sport and must be integrated progressively into your exercise routine, start by running a couple of times a week or every other day.

Pace yourself, start running at the speed of chat, as if I am next to you and you are able to talk to me. It doesn't matter how slow this may appear your aim is to build fitness and endurance and to complete the run/walk. Remember the three P's; Plan your run – how many times a week, where and when; Patience - improvement will come but it is a Progressive process.

To find out more about running check out the Run England website – www.runengland.org Run England is the official England Athletics recreational running project which aims to get the whole nation running. On the website you will find information on running groups in the area, running with others can be hugely motivating.

You can join Run England on line, membership is free and you can access membership benefits including advice, information and member discounts on kit and training shoes.

Just North East of Napsbury Park on the other side of Shenley Lane there is a trim trail laid around the football pitches.

The Trim Trail is a 750m course which can be walked/run as a running or fitness track. Around the course you will find – leap frog, over and unders, Horizontal ladder, chin-ups, parallel bars and much more. Why not challenge yourself to the fitness course?

Youth Shelter

Maria Aguado, London Colney Parish Council



St Albans District Council have invested in a portable youth shelter seen here in its present location near the river in Wheathampstead. When we visited, the shelter was being used by a shopper to rest in the shade.

The shelter has solar powered lighting, seats around the edge and in the centre, and pierced panels on four of the eight sides to give a bit of protection from the weather. It weighs 1.25 tonnes and is attached to the ground by earth anchors.

As a Parish in St Albans District, we are entitled to have the shelter in London Colney for a six month trial period. If, after that time, we decided to buy one for the Parish, it would cost around £10,000.

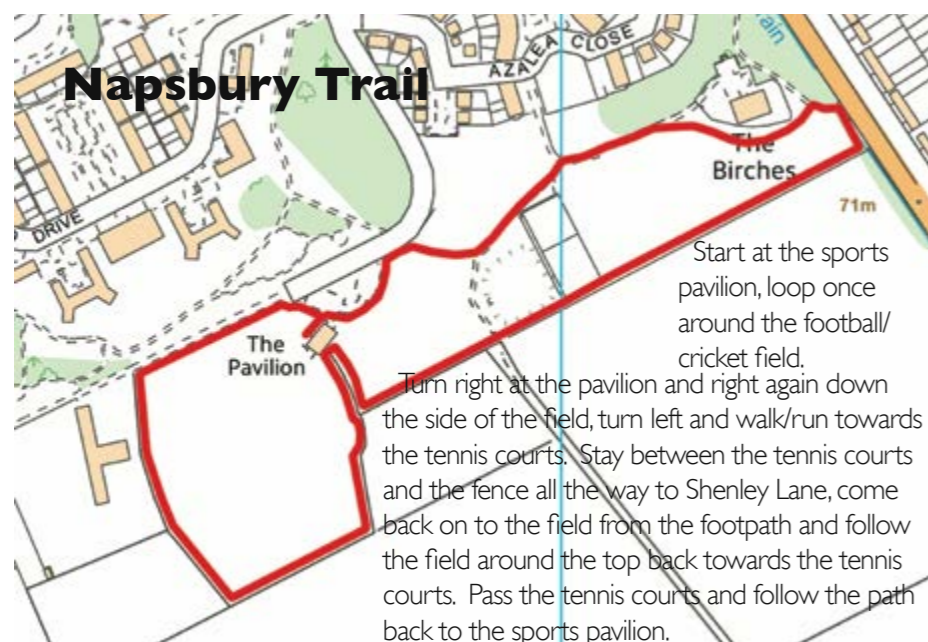
Parish Councillors, PCSO Debbie Daniels, Shelley Taylor from TheBase, and a number of other interested individuals walked round all possible sites in London Colney on a very hot day in July.

We had to find a piece of publicly owned land which was level, grassy, and close enough to a road for the truck mounted crane to be able to deliver. Ideally the spot should already be used by young people.

We chose three possible sites: Close to the cricket pavillion in Napsbury Park, the overflow carpark for footballers at Shenley Lane and the grassy area between the Community Centre in Caledon Road and the children's play area.

Young people in London Colney were also consulted and their final choice, to place the shelter on the grass between the Community Centre in Caledon Road and the children's playground, has been given to St Albans District Council.

The shelter could be here in London Colney early in 2014. We hope that young people in London Colney will enjoy the shelter while it is here in the village and we will learn from this whether it's the sort of thing the Parish Council should invest in so as to provide amenities for people of all ages in the village.



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Alexander Church

Christine Drayson



Iris and Jean - two of our regulars

"I never knew there was a church up there!" This is a remark which those of us who attend Alexander Church have sometimes heard, as our church is off the beaten track and not visible

to any passing traffic apart from the residents of Alexander Road and the Five Acres estate. This is something which we are trying to counter by getting a street sign or two put up, but to explain where Alexander Church is ... turn into Alexander Road by Langleys Estate Agents, follow it around to the left, and we are approximately 250 metres on the right (just past Five Acres.)

We are a small independent church which seeks to proclaim the truth of Jesus Christ as the Son of God, and we meet together week by week to worship Him and to learn from the Bible. There are separate groups for children and young people, and our Wednesday toddlers group is attended by many families and

childminders in the village. More details can be found on our website at www.alexanderchurch.co.uk.

We love to welcome all visitors, whether to our Sunday services or to our occasional social events. This autumn we are repeating two popular (and free!) events: on Sunday 13th October at 4 pm it's 'Songs of Yesteryear', an opportunity to sing along with some well known and well loved old hymns, and on Friday 8th November at 7.30 pm we are holding our next quiz night, a light-hearted fun evening with refreshments supplied and finishing with a brief epilogue. We round off the year with our Christmas carol service on 15th December at 6 pm. Why not come and see what we're like?!

Baptist Church News

Adrian Wood



The autumn term is perhaps the busiest in the life of our church with Harvest (6th Oct), Remembrance Sunday (10th Nov) and also Advent and Christmas.

These are important times in the year and anyone wanting to pause for a moment and mark these occasions with us would be welcome.

In addition, we are hosting a number of events that we would like to invite readers of London Colney News

to come too. During October and November we have invited two individuals who play an important role in the life of our community to come and share a little about their work and the things that inspire and challenge them. These will be informal evenings and there is no entrance fee so please come and join us. at 7.30pm on...

24 October to hear PC Peter Austin and on

21 November to hear Councillor Dreda Gordon

On Thursday 5 December we are hosting a concert of popular classics and favourite Christmas music.

Katherine Spencer has lived in the village for a number of years and is a clarinet soloist who has played for various orchestras, including the Royal Philharmonic. Tickets will be available soon but if you would like further information please call the number below or email us.

Our Toddler's group meets during term time every Friday between

10am until 11.30am. If you are a parent/carer and would like to come and meet new people whilst giving your child opportunities to play with other children, we would love to see you.

We also offer a free Solicitors Surgery on the first Wednesday evening each month. Anyone is welcome to come regardless of how big or small they feel their concerns are.

Lastly, we meet every Sunday for worship. The Service includes Sunday school for children. You may have had your faith for decades or be new to faith; you may only wanting somewhere to ask questions. You would be very welcome to come on a Sunday morning. Services begin at 10.30am. For further details please see our website and also check out our Facebook page.

(Rev'd) Adrian Wood
www.londoncolneybaptistchurch.co.uk
londoncolneybc@gmail.com
01727 825 450

St Peter's Church News

Rev'd Lynne Fawns



"Summer's lease hath all too short a date". A line from a Shakespeare Sonnet, which can be presently heard, recited by "Soap" actors in an ITV advert. This year, that quote seems so true as it has been a wonderful summer and it really has been such a thrill to see more people than ever enjoying themselves around the river and indeed attending the many wonderful village events.

Yet this has been an extra special summer for me as I accepted the offer of a 3 month Sabbatical to do some extra study and indeed to "experience a different rhythm of life". I was very blessed to have my husband, Martyn come along with me. It was a blessing to have him with me not only because we could share the experiences together but also because he travels light so he carries a lot of my extra "stuff" in his suitcase. We went to San Francisco, San Diego, Spain and other locations in this country, to look at very different churches. What an experience it all was! I've returned to work feeling renewed, refreshed and I hope with a new skip in my step. If you would like to know more about my experiences I will be writing a monthly article in St Peter's magazine "The Rock" and giving a presentation at one of our "Crosskeys Fellowship Group" afternoons, which is held 2pm, every second Thursday in the month.

Yet, even though now safely back in the vicarage - I'm still on a journey. In

fact all Christians are on a constant journey – a "journey of faith" because "Faith" isn't a static thing. This journey too, is a journey of discovery, a journey of new experiences, a journey of personal growth and a journey (like our life journey) of ups and downs. Wonderfully, like my Sabbatical no one on this journey of faith travels alone. Not only do we have our fellow Christians to share and support us in our experiences but most importantly we travel with Jesus. Wonderfully, he is there as our constant companion and guide. He rejoices with us in times of joy, comforts us in times of trouble, is a support in times of need, and a travelling companion who (like my husband with my extra luggage) is always ready to help us carry our troubles when we feel overburdened.

On behalf of St Peter's I would like to invite you accompany us on this journey. It's free and wherever you join us – at the beginning of your journey with Christ or way down the line - you will be made very welcome. The important point is that we take the journey because it really is a journey worth taking. Just as I feel refreshed and renewed by my Sabbatical experiences and wouldn't have missed it for anything – the Christian journey of faith offers you even more. It offers you peace, joy and nothing less than transformation. Come to any of our services to find out more, or indeed contact me if you would like to talk about your faith – or even your lack of it. Do contact me if you would like a prayer said for you or you would like to discuss anything that's troubling you at this time. Perhaps try one of our special services first to see who we are. They are listed below. For further information about anything mentioned in this article please contact me or go to our website: www.stpeterslondoncolney.co.uk

Winter Fayre

Saturday 9th November ... 11-3pm
As well as stalls, lunch will be served alongside lighter refreshments.

Shoe Box Sunday 27 October 10am

Decorated shoe boxes containing Christmas presents for children in poor countries are brought to church and blessed at a special family service. If you would like to fill a box please ask for a leaflet at the vicarage or go to our website for more information.

Village Memorial Service Sunday 10 November 4pm

A simple service of hymns and prayers for those we have loved who have passed through death. Candles are lit whilst names are read out. If you are coming to the service and would like loved one remembered then please print their names clearly and place them through the vicarage letterbox. Refreshments will be available.

Christmas Services

Carol Service Sunday 22

December 5pm

Christmas Eve

Christingle Service 4pm

Midnight Mass 11pm

Christmas Day

Family Service 10am

Well, now the season journey's onward as we move closer to winter; leaving our summer experiences behind but take heart as the poet Shelley says: "if winter comes can spring be far behind".

Blessings

Lynne and the family of St Peter's

Annual Christmas Buffet Dance
Saturday 14th December 2013
 at London Colney Community Centre, Caledon
 Road, London Colney, AL2 1PU
 7pm for 7.30pm
 Cold Buffet, Music and Dancing 'til midnight
 Tickets £15 in advance from the Parish Council Office
 t: 01727 823214 to book

EXPANDING TEAM LOSE OVER 20 STONES

Slimming World are bucking the current economic trend with plans to expand locally, aiming to help even more members reach their dream target weighed.

A huge recruitment drive for new consultants is underway in your local community with opportunities available in London Colney, Potters Bar, Welwyn Garden City and Wheathampstead to name but a few places.

The recruitment drive is being headed up by new Team Developer and London Colney Consultant Denise O'Connor. With a wealth of Slimming World experience, Denise is delighted to be at the forefront of this exciting campaign and says "I'm on a mission to find people with both passion and compassion who are ready to take up the mantle of touching hearts and changing lives - and be assured that Slimming World really does change lives!"

Denise adds "I would be delighted to hear from any current or previous Slimming World members who would like to be a part of my local team. If you are looking for a change of career or relish the thought of changing lives then please contact me on 07976 908026."

Denise has recently taken over a team of 7 consultants who between them have lost over an incredible 20 stones. All Slimming World Consultants have previously been members of a Slimming World group or members of Slimming World online- it is the only qualification required! For this reason they are able to offer genuine empathy and encouragement to members on their path to success.

Coupled with ongoing training from local managers and backed by a supportive head office team, Slimming World offers a fantastic opportunity to work flexible, part-time hours to fit round consultants' lifestyles with earnings of up to £400 per week.



because you're amazing

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w: www.londoncolney-pc.gov.uk t: 01727 821314
Parish Clerk: Gillian Patschinsky e: parishclerk@londoncolney-pc.gov.uk
Community Manager: Tom Bagge e: communitymanager@londoncolney-pc.gov.uk
General Enquiries: Richard Gannon e: info@londoncolney-pc.gov.uk

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