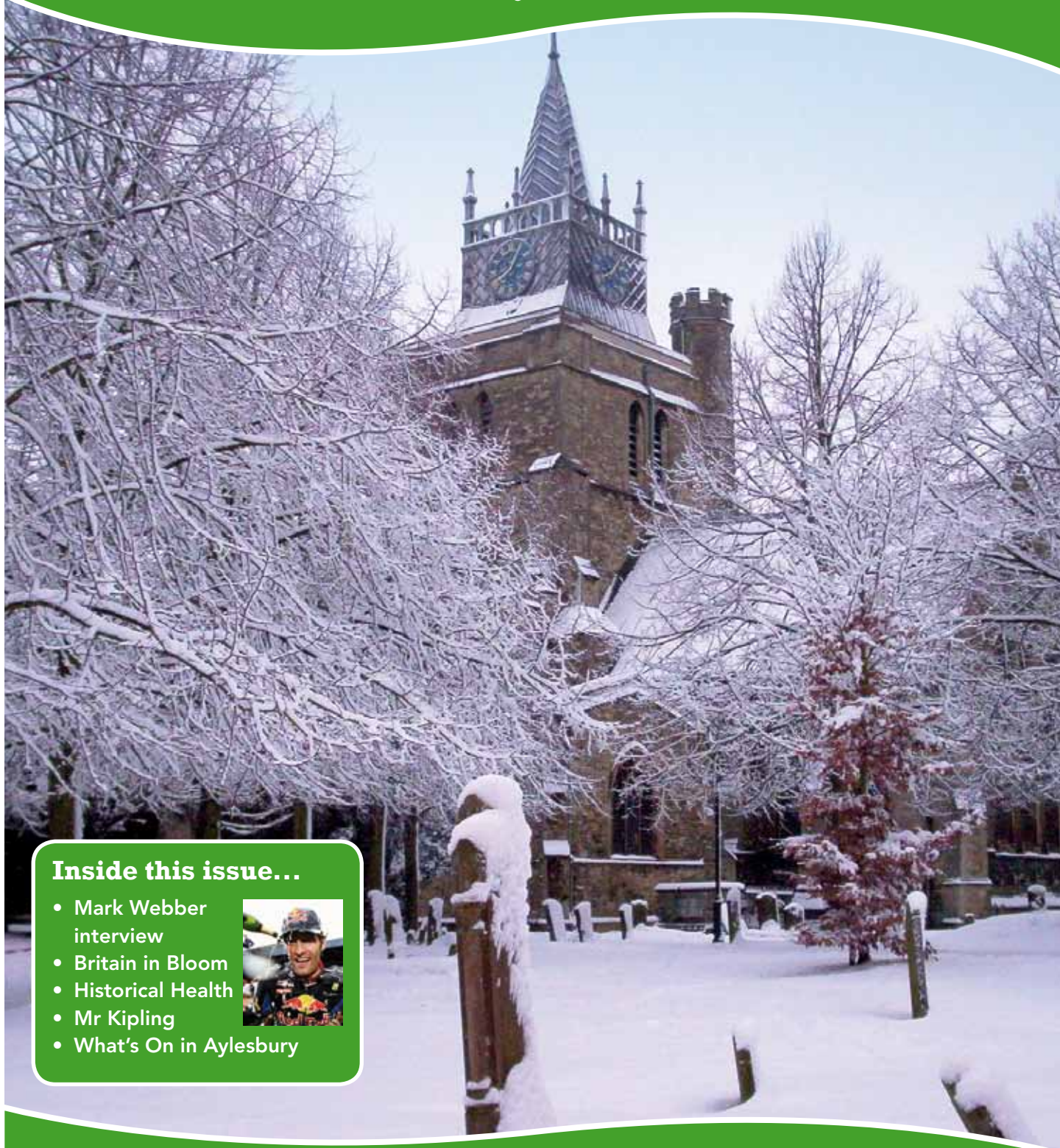


AYLESBURY TOWN matters

Aylesbury Town Council Magazine
Issue **Nineteen** December 2010



Serving the people of Aylesbury



Inside this issue...

- Mark Webber interview
- Britain in Bloom
- Historical Health
- Mr Kipling
- What's On in Aylesbury



'Take pride in Aylesbury Town'
www.aylesburytowncouncil.gov.uk



Welcome Note

Welcome to the 19th edition of Aylesbury Town Matters. We thank the many residents who responded to our article about Aylesbury songs and are now in no doubt the tune included in a Welsh hymn book on a page headed 'Aylesbury' refers to the name of tune and not the three songs or indeed anything to do with Aylesbury!

In September the Town Council organised the popular Proms in the Park and a good crowd enjoyed the music and the fine weather. This was followed later in the month by the always fun Charter Day. On a contrasting note a Military Tattoo and the Battle of Britain Parade took place at the end of the month.

The flower displays in and around the town centre excelled themselves this year and many local residents and visitors to the town were kind enough to contact us to say so. The RHS judges also seemed to agree when they presented Aylesbury with a further Silver Gilt award.

We have also added more information to our website including Aylesbury weather, Twitter (see below) and two graphs which are automatically updated each day with the readouts from our solar panel system installed on the Town Council roof. Also if your friends and family who do not live in Aylesbury want to have a glance through this magazine an electronic version is available – once again on the Town Council website.

May I now take the opportunity to wish you all a very happy Christmas and a good New Year.

Cllr Steve Patrick
Leader of the Council



Tweet! Tweet!

Aylesbury Town Council has jumped into the world of social media with our new twitter account! Make sure you follow '@aylesburytc' to find out the latest news from the Town Hall, learn about the exciting programme of events, read up on our interesting projects and see what your Councillors have been up to.

If you don't have a Twitter account, but would still like to keep track of us, we've installed a handy feed page on our website.

Head to the following pages for more:
<https://twitter.com/aylesburytc>
<http://www.aylesburytowncouncil.gov.uk>

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*Front cover image: St Mary's Church
Photo taken by Margaret Wagstaffe
Mark Webber photo courtesy of
Red Bull Racing*

Aylesbury Town Council is a member
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Britain in Bloom - maintaining standards and beyond



Pete Thompson presents the Silver Gilt award to Sue Ford from AVDC. Also present are Cllr Graham Webster, Mayor of Aylesbury and Donna Trichardt from Aylesbury Town Council. The awards ceremony took place in St Mary's Church in Amersham.

The results of the Britain in Bloom 2010 regional competition were announced on the last day of September and there were a few delighted but some glum faces in the audience representing towns and villages in the Thames Valley and Chilterns area.

It was clear that as the awards were announced that judging had been stricter in some areas than in previous years and towns who received a Gold award last year were downgraded to Silver Gilt.

So the announcement that Aylesbury had once again been awarded a Silver Gilt for 2010 was met with some relief and with great pleasure when it was revealed that Vale Park had been awarded the Regional Best Park award.

The Britain in Bloom competition does not just cover floral displays. If it did Aylesbury would have been up among the contenders for the Gold award.

This year we have received a considerable number of letters, e-mails and telephone calls praising the hanging baskets, roundabout and railing planting. Many of these contacts have been made from visitors and residents of towns and villages living in the surrounding area.

It's been a difficult year due to disruption to the town due to development. As can be seen from our small picture (below) a fantastic display can be produced but then marred by 'unhelpful' road signs, cones and other paraphernalia of road works and development. Let's hope that there will be less disturbance next year.



The Chairman of the Town Council's Environment Committee Mark Willis said "The floral displays, which were good last year, are even better this year. A great deal of work and planning goes into trying to make the town attractive to all and it's great to have it confirmed by the Britain in Bloom judges that we are getting there. It's part of the overall effort to make Aylesbury a great place to live and shop."



What's Gone and What's On...



Looking forward to the Festive season

As the countdown to Christmas starts, we look back on an autumn which has been packed full of events in the town centre, and explore what goodies the festive season has to offer!

September was a busy month for events, with **Parklife** (4th and 5th September), incorporating **Family Fun Day**, **Proms in the Park** and **Super Sports Sunday** kicking off a flurry of events in the town and around. For those with a more modern taste in music the finale to this year's very popular **Summer Sundays** series (5th September) brought us Slade tribute act 'Slide' and was enjoyed by all. The ever popular **Charter Day** and **Tudor Fayre** on the 12th September was a great success, and was followed on the 19th September by a visit from Her Royal Highness the Duchess of Gloucester, who was in attendance for the **Military Parade** and spectacular **Tattoo** in Kingsbury celebrating 150 years of the Army Cadet Force.

October's main highlight was the fabulously frightening **Ghouls and Villains tour**, which took place over the 30th and 31st October and gave visitors some spooky insights into some of Aylesbury's most haunted places. What was particularly impressive was the great selection of costumes sported by the audience – gruesome!



The festive season truly started with the **Christmas Lights Switch-On** on the 18th November, closely followed by the arrival of Santa (and all his friends!) on the 21st November for the **Santa Parade**.

In December the 'Season-to-be-Jolly' really gets going with the **Victorian Christmas** on the 12th December, **Carolfest** on the 16th December and a **Special Christmas Farmers' Market** on the 20th December for that last minute Christmas shopping!

Why not have a look at the free events the new year has to offer in Aylesbury? Just visit www.aylesburytowncouncil.gov.uk and click on 'What's on'.

All photos courtesy of Maurice Cousins, Russ Naylor, Hilary Trahair and Matt Fowler

Aylesbury Town Council Magazine





Parklife and Super Sports Sunday took place on 4th and 5th September in Vale Park and was hugely popular. On Saturday the Family Fun day organised by Aylesbury Church Network was enjoyed by all who attended and included a tug of war, sports activities, face painting and much more. That evening, in a 10th Anniversary extravaganza, Proms in the Park entertained its Union Flag waving audience with spectacular pieces performed by soprano Jill Neenan and baritone Richard Stark, accompanied by the Aylesbury Concert Band.

On Super Sports Sunday there were a range of have-a-go sports activities on offer as well as a 'chill out' event, providing a fantastic opportunity for youth bands to play their music live on a festival sized stage. This event was coordinated by Southcourt Studios which is a project run by Aylesbury Vale Youth for Christ. The weather held out and smiles were seen on faces young and old all weekend!



Tudor Fayre - Charter Day

The weekend following Parklife (12th September) saw the town once more take a trip back in time as Aylesbury's historic Charter Day was celebrated by a Tudor Fayre. Children from St Mary's School worked hard with local learning professionals 'Sun Jester' on Tudor dance and manners, before performing for King Henry VIII on the day.

Tudor stallholders, including a surgeon barber, potter and apothecary brought a taste of Tudor life to Aylesbury, with other highlights including period dancers the 'Arbeau Dancers', musicians the 'Daughters of Elvin', the gruesome Ratcatcher and stilt walking fool Peterkin, all providing fun filled entertainment to a large and enthusiastic audience in the Market Square.





Mark Webber interview

Photos courtesy of Red Bull Racing

Monaco? Switzerland? When thinking about Formula 1 drivers, the humble town of Aylesbury isn't usually top of the list. However, Aylesbury is lucky enough to be home to Mark Webber, Red Bull Racing's championship contender. For this issue of Town Matters, we were fortunate to catch up with the Australian F1 superstar as he took time out of his season's hectic schedule.

Mark graduated to F1 in 2002, piloting a Minardi. His first race, fittingly the Australian Grand Prix, impressively converted an 18th position qualification to a 5th place points finish. Racing for Jaguar and Williams in subsequent seasons, the Milton Keynes based Red Bull Racing is his current team. With them he has enjoyed his greatest success, finally achieving his maiden win at the Nürburgring, Germany, in 2009. With 220 points, he sits atop the championship standings, looking strong and confident for the remaining three races.*

Mark moved to the Aylesbury area in 1996 due to its proximity to Silverstone, "It's at the centre of the motorsport industry in the UK, and a lot of teams, not only in Formula One but in the junior categories, are based in and around the area." In his time, he has witnessed the town grow and develop. "The centre has definitely improved since I first started living in the area and we should all take pride in it." Despite the odd eyesore here and there, Mark is optimistic about the future, with the Waterside development and new theatre complex doing much to enhance our town.

Since the ban on in season testing, Mark has found more time at home to train for races and ensure he's in tip-top condition. With heart rates comparable to marathon runners, and G forces akin to fighter pilots, physical fitness is an essential prerequisite for an F1 driver. However, the monotony of the gym doesn't suit the racer, "I like a bit of variety to my fitness training and I much prefer being outdoors." Mark added, "I do a lot of road cycling and mountain biking" identifying Ivinghoe Beacon and the Whyteleafe climb as particular favourites.

"In many years time, I'd like Aylesbury to remember me as someone who tried their hardest."

Mental fitness is also key to success. "Obviously, because the race is an endurance event, concentration is paramount." Mark goes on to highlight the formation lap, as an example; "the team needs you to perform a number of different things such as systems checks, getting the tyres up to temperature, running through the start procedure, and so my engineer is relaying all this to me over the radio."

Despite the physical and mental challenges provided by driving the fastest cars against the quickest drivers, Mark admitted that the constant travel can be a bit of a grind. However, with the racing calendar spread



across the globe, thankfully Mark is afforded some time to socialise with his fellow drivers; "when we're doing the fly-away races, we tend to spend a bit more time together if we're staying at the same hotels or on the same flights and we might have a hit of tennis."

Make no mistake though, F1 drivers are intensely competitive. This can be particularly apparent between team mates, where team principles sometimes step in. Given the recent controversies at the German Grand Prix, where Ferrari's Felipe Massa appeared to be ordered to surrender his lead to team mate Fernando Alonso, we thought it apt to ask about team orders. Mark offered a pragmatic opinion, "Ferrari had given Felipe ample chance to up his pace and pull away from Fernando who was quicker and in a stronger position in the championship. Team orders have been around for ages in Formula One in one form or another and I don't think it's possible to eliminate them altogether."



Mark had his own brush with team authority at this year's British Grand Prix when a newly designed front wing was removed from his car and given to his team mate, Sebastian Vettel. Despite the apparent favouritism, Mark managed to steal victory with the old wing, defiantly claiming, 'not bad for a number two driver,' over the radio on his way to the podium.

The British Grand Prix is famously held at Silverstone, part of which falls in Bucks. Mark was recently appointed an ambassador for Buckinghamshire, a role which asks him to promote the county however he can though his prominent involvement in motorsport. In closing, Mark added, "I think winning this year's British Grand Prix was a great way to promote the county to the world!" **Aylesbury Town Council couldn't agree more!**

We would like to thank Mark Webber and his manager Ann Neil for their time and efforts with this interview. The whole town, and Council, wish them the best of luck and will be keenly watching his progress for the rest of the season!

Daniel Parslow

Q&A with Mark

Q: Brown bread or white bread?

MW: **White bread**

Q: Is grey a colour?

MW: **Yes**

Q: What's your greatest fear?

MW: **The ocean in the dark**

Q: What's your most treasured possession?

MW: **My dogs**

Q: If you could have any super power, what would it be?

MW: **To find a cure for cancers**

Karting and F1

Think you could compete in F1? Mark suggests starting young and getting into kart racing as soon as possible. There are plenty of opportunities to get behind the wheel near the town. On the Stocklake Industrial Estate you can find Aylesbury's own Rogue Racing; the compact indoor track is a challenge for anyone. Once you feel ready to take the next step, Shennington Kart Club near Banbury would be the place to look. Having hosted World Champion Jenson Button in his youth, it offers various classes from Cadet to 250 National so you'll be sure to find a drive which suits your ability and pocket.

*Correct at time of writing.

Death, disease and drainage in Aylesbury

Turn on the kitchen tap and pure fresh water gushes out. We take it for granted now. Very little thought is given to just what clean water means. Yet to Aylesburians in days gone by, it was literally a matter of life and death.

In the 18th and 19th centuries Aylesbury was a place where many dwellings had a tendency to damp, due to the local microclimate and the nature of the



bedrock and clay-rich soil on which they stood. Poor management of ground water meant that standing pools remained in evidence long after the rain had gone. Sewage, where it was removed at all, was

channelled in a rudimentary fashion into the Bear Brook, but unfortunately, as the foul outfall was above the point at which water was drawn for the town's domestic supply, this merely resulted in a more efficient circulation of the contaminating microbes that caused disease.

Water could only be obtained from one of four sources: common draw wells; pumps; water butts and from the brook. For the poor, choice was generally limited to common wells and the brook.

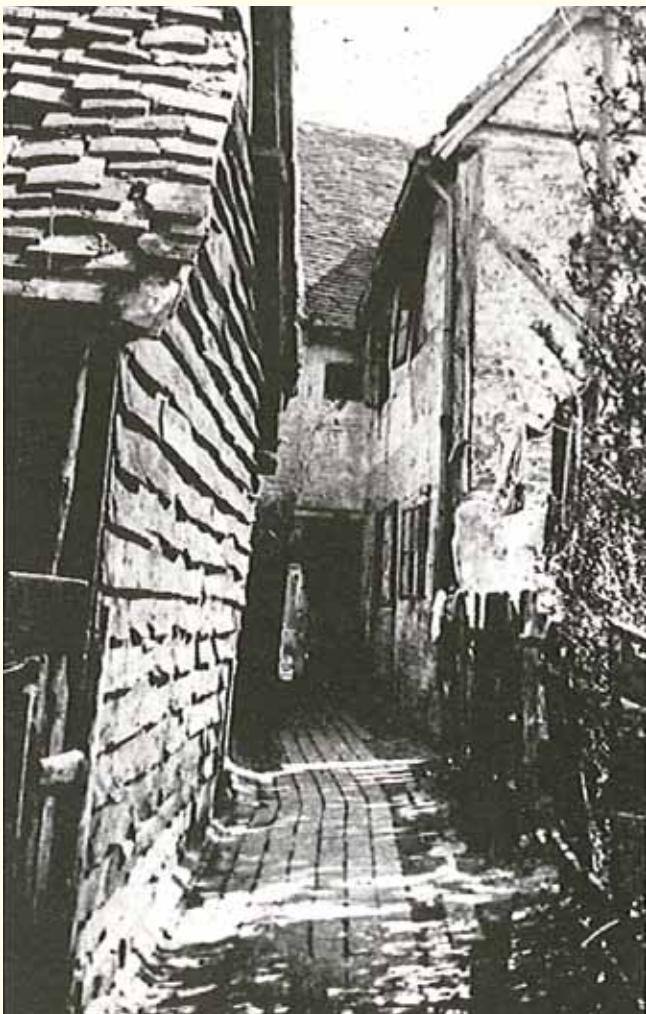
Common wells were partially replenished by surface water that drained into them and was contaminated with impurities from cesspools. Pumps, as noted above, drew on the brook below the sewage outfall, and the brook, as also noted, was not only the place where cattle were watered and washed, it was additionally the channel into which most sewage eventually flowed.

This situation grew steadily worse as the years passed and the industrial revolution drew on. By about 1850 the population of Aylesbury had doubled but the number of dwellings remained roughly the same, adding overcrowding to the list of conditions conducive to the spread of disease. This, combined with inadequate drainage, absence of proper ventilation and contaminated water supplies, resulted in an average life expectancy of 28 years and 3 months. In neighbouring Wycombe, residents had a life expectancy of 32 years and 10 months. The 4.5 year differential was attributed to water-borne disease which, once contracted, thrived and spread in the damp hovels of the poor.

Even when they did not kill, these infections weakened inhabitants and undermined their general health, reducing their life expectancy. Stomach and bowel complaints were endemic in the town. In his 1845 report to the General Board of Health William Ranger C.E., the Superintending Inspector quoted Mr R Ceily, the local Medical Officer as saying "When common diarrhoea and cholera prevail, they are prone to pass into dysentery or remittent fever, and these disorders and fevers of a typhoid type may be regularly anticipated and do regularly occur... whenever the weather and season favour their return and propagation. Diarrhoea and dysentery are frequently complications of severe catarrhal and bronchial affections of winter and spring, in cold, wet and stormy seasons." Summer and autumn were blighted by fevers and plagues such as smallpox.

Different parts of the town were remarked for their propensity to host specific complaints. Duck End, for example, was noted for cholera. In his report, Inspector Ranger singled out Duck End, being an area of high humidity, for comment, observing; "...[it is]... the place where the principal part of the sewerage of the town terminates and open ditches exist, ... [together with]... a large surface of stagnant water, and where ducks and other live animals are kept in the dwellings and on the premises of the inhabitants." Another noted area was Whitehill. This was unhealthy because, Mr Ranger noted, "the privy is placed in the wash-house, the excreta passing into an untrapped drain, where it remains for want of water to carry it off." It was hence 'stockpiled'. Cooking was carried on in the same room, which adjoined the sitting room.

In Oxford Road where cholera was endemic, sewerage from the duck ponds oozed up through the brick floor of the living rooms. There were many other spots where cesspools, standing water and effluvia contaminated the dwellings of the poor, resulting in disease and death. Among these were Spring Gardens



and Winfields Terrace. Typhus flourished in Castle Street and in Atkins Yard, close by.

In a rudimentary attempt to deal with the problem of sewage, some farmers were offered 4 shillings a ton to remove manure from the stable and cattle yards in the centre of the town. However, it suited their purposes to allow the solids to lie in open ditches and to accumulate for many months, thus defeating the object of the exercise. This process also had the effect of generating a stench which oppressed local people and which we would find hard to imagine.

Although in the places named disease was ever-present, infections and epidemics were not confined to those who lived there, but spread throughout the town causing widespread distress and eventually, calls for action.

In December 1848 a proposal to sink an artesian well in the Friarage and thus supply the town with clean water was mooted, but in the face of rival factions and competing interests, it came to nothing.

Once the Inspector had made his report, identifying contaminated water and stagnation as the principal vehicles for the transmission of disease, and recommending the provision of 'pure' 'wholesome' and 'proper water', and of public works to provide drainage and remove effluvia, the local Board of Health began the process of improvements that eventually resulted in better health and life expectancy for all Aylesburians. In 1850 several plans were developed, but the problem of the cost of putting them into practice always caused them to fail. 1858 brought a proposal to erect water works in Bull Close, Buckingham Street, and to pump the supply from the Mill Stream, but the scheme failed. In November 1863 an Act of Parliament was petitioned, to enable the creation of the Chiltern Hills Water Company, to bring clean water to the town. This venture succeeded and land was purchased at Dancer's End on the summit of the Aston Clinton Hills. The inauguration of the works took place on 18 September 1867, in the presence of, amongst others, Baron de Rothschild. From there on almost 200,000 gallons daily were pumped and piped to the town, resulting in an almost overnight reduction or eradication of the diseases which had so afflicted Aylesbury people.

Margaret Wagstaffe

*Photos from The Osterfield Collection
(now in the County Record Office)*

Community News & Events



Please give a thought to disabled ex-service personnel during the festive season

The Royal Star & Garter Charity will be collecting throughout the day in the Friars Square Shopping Centre Aylesbury on Saturday 18th December. There will be festive music during the day for you to enjoy. Do come and listen, and sing along to the carols.

The Royal Star & Garter Charity has been caring for the ex-service personnel since 1916, and provides excellent nursing and therapeutic care to ex-service personnel at its homes in Richmond and Solihull. Every resident benefits from excellent facilities and an extensive programme of activities, leisure pursuits and outings, designed to keep the residents as active and independent as possible. The award-winning Solihull Home also cares for residents with dementia in a specially designed wing.

The Charity is in the process of building new homes, one of which will be in the Buckinghamshire area. Each new home will include dementia care and provision to care for younger service personnel when appropriate. Research estimates that by 2020 there will be 115,000 elderly veterans requiring residential care, including 40,000 in need of dementia care.

Please help us to continue to provide the best possible care for our disabled ex-service people now and long into the future. For more information please visit: www.starandgarter.org

Registered Charity No. 210119



Multicultural Women's Forum

Would you like to join us? There is a new Multicultural Women's Forum that has been established in Aylesbury. We meet regularly to identify the needs of women in the town, exchange ideas, interests, have fun and learn.

We are planning a big event for International Women's Day in March and would welcome new members; this includes women from all the diverse communities that make up Aylesbury.

To find out more, please contact: Claire Paine or Saab Pahal at Aylesbury Vale District Council - 01296 585826 or 07738 314040 or Neelam Mahmood at Thames Valley Police - 01296 396130.

Contact us: We value your feedback and invite you to contact us with your comments on the content of this magazine or suggestions for content for the next issue using the following details:
Aylesbury Town Council, Town Hall, 5 Church Street, Aylesbury, Bucks. HP20 2QP T: 01296 425678
email: k.turner@aylesburytowncouncil.gov.uk Acknowledgement – I would like to thank the Members and Staff of Aylesbury Town Council for their help in the production of this magazine. Keith Turner, Town Clerk



Gatehouse Community Clear Up

25-30 people descended on Gatehouse one Saturday morning in September determined to clear up grot spots. A skip was filled with rubbish with numerous black bags. The Aylesbury Town Clerk pictured here with members of the Aylesbury Youth Café said "It was quite amazing how much representatives of AVDC, the Fire Service, Vale of Aylesbury Housing Trust and others managed to collect in one morning's work. It made quite a difference to the area."

Parklife Weekend – Aylesbury Vale Youth For Christ



Vale Park was host to the Free Family Fun Day on the 4th of September, organised by The Aylesbury Church Network and supported by Aylesbury Town Council and AVDC. Festival coordinator, Dave Rollins said, "without the dedicated volunteers

and the partnership with the local councils the event would not have been a success. The feedback from the day has been amazing." Many of the volunteers were from Aylesbury's Youth Café which helps people link in to the community, become equipped with skills and make a positive impact.

The Aylesbury Church Network is dedicated to see communities strengthened, to bring hope and serve the needs in the community. We are delighted to have been given the opportunity to run the Family Fun Day as part of Parklife since 2007. We would like to also thank Aylesbury Vale District Council and the Town Council for sharing their resources with the Aylesbury Church Network and AVYFC over the weekend.

Reactivate Bucks - New Year, New You

With Reactivate Bucks there's lots on offer to tempt you off the sofa and into sport as the dull, dark nights draw in. Maybe you want to get back into a sport you once loved? Busy local



mum, Julia Bacon, picked up a tennis racquet for the first time in twenty years when she joined a Return to Sport class at Aylesbury Tennis Club. Subsidised by Aylesbury Vale District Council, each session

costs just £3 giving Julia an extra incentive to go each week. "It's great, it's affordable and the coach is so lovely – it's a bit of fun and good exercise."

Whatever you want to do there are hundreds of ways to get fit, feel healthier and have fun with Reactivate Bucks, including the Let's Dance activities being introduced with the support of Strictly Come Dancing Judge, and former winner, Alesha Dixon. Or for those preferring to get fit in the water look out for the latest Swim Fit classes being launched at Aqua Vale in Aylesbury.

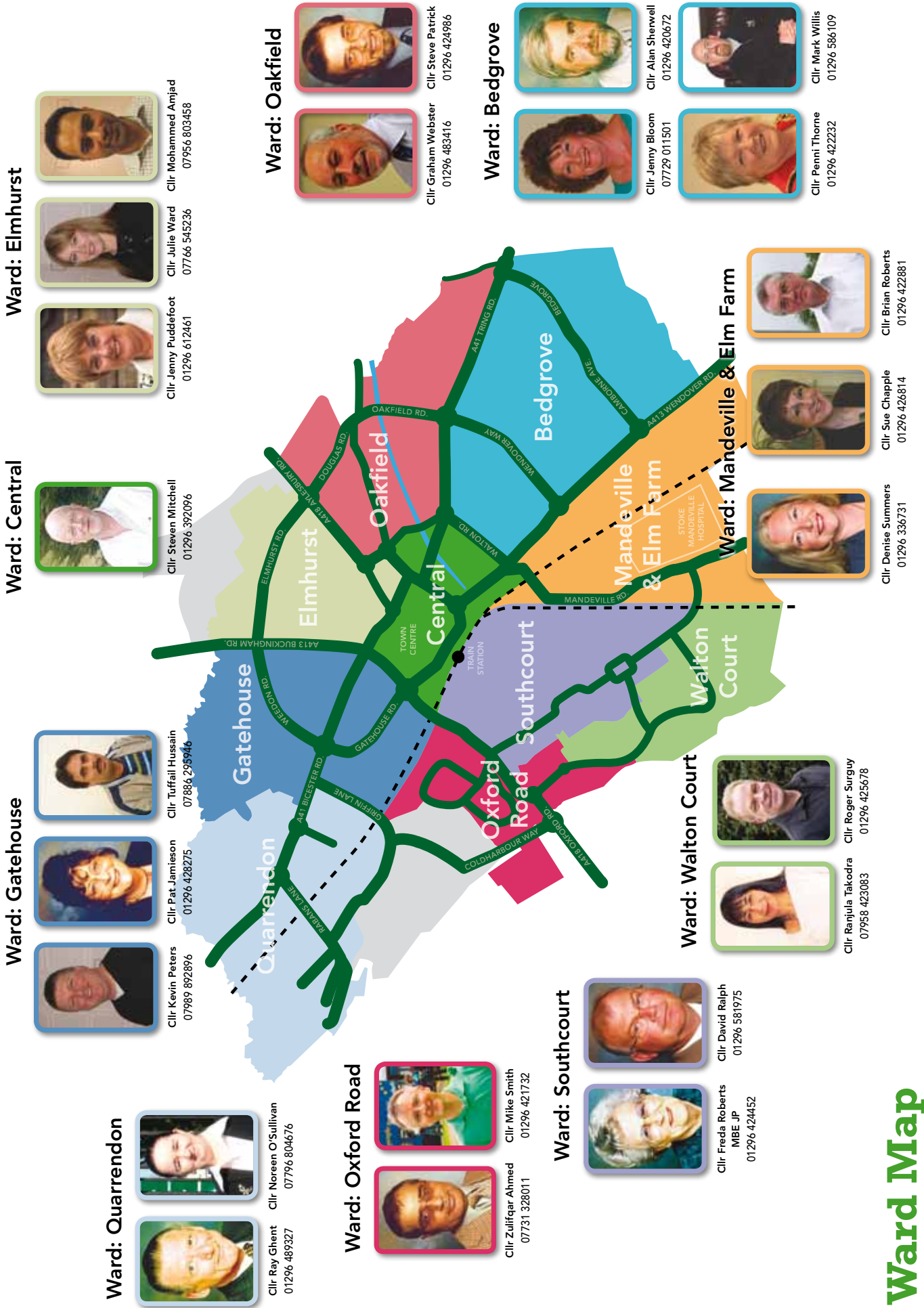
For more details call 01296 585215 or see www.reactivatebucks.org

University of Third Age

The University of Third Age (U3A) provides activities for the mind and body for retired people. In an informal environment one may enjoy meeting new friends and learning about various topics of interest to them.

The Mid-Bucks U3A has a monthly meeting at the Southcourt Community Centre on the afternoon of the third Thursday each month to listen to an invited speaker on a range of subjects. Many members also participate in more than twenty smaller groups that specialise in a wide range of particular subjects. Some of the meetings are held in members' homes.

The Mid-Bucks U3A has a limited number of places for new members at present and anyone interested in finding out more should telephone the Membership Secretary, Mr D Rogers on 01296 487 824.





Did you know there are three Councils based in Aylesbury?



**AYLESBURY
TOWN COUNCIL**

Aylesbury Town Council is the council closest to the residents in the parish of Aylesbury. The Town Council is here to be a voice for the residents by representing their views on issues affecting them. Aylesbury Town Council maintains responsibility for the management of the seven local allotment sites, the Tring Road Cemetery and the Office of the Mayor. The Town Council supports the local economy by putting on a programme of events throughout the year to encourage community participation and for the entertainment of residents and visitors.

**For more information phone: 01296 425 678
or visit: www.aylesburytowncouncil.gov.uk**

Aylesbury Vale District Council deal with issues covering the whole of Aylesbury Vale and has a very regulatory remit. Aylesbury Vale District Council is responsible for the collection of the Council Tax and Business Rates as well as household waste disposal, local planning and building regulations and public car parks. Aylesbury Vale District Council deal with licensing (public houses, taxis and so on) and inspect and regulate commercial food premises.

**For more information phone: 01296 585 858
or visit: www.aylesburyvaledc.gov.uk**



Bucks County Council is the top tier of local government and provides services on a county-wide basis. Bucks County Council deal with issues such as highways, emergency planning, education, adult learning, social services, waste disposal (not household waste), libraries, the County Museum, trading standards, registrar of births, deaths and marriages, as well as the local/historical studies centre.

**For more information phone: 01296 395 000
or visit: www.buckscc.gov.uk**

Exceedingly good cakes



A trawl through the 1881 census data often throws up interesting material. It shows, for instance, one Walter Kipling living with his mother at 55 Walton Street, Aylesbury.

Walter had accompanied his father, Joseph and mother Isabella, when they re-located their business from 89 Milton Street, Finsbury, to Aylesbury. (Originally established in 1698, they had formerly been based in London, at 115 Bunhill Row).

When in London they were described as confectioners, coffee roasters, chocolate manufacturers and retailers of cough lozenges. They had business links with the English Condensed Milk Factory, with whom they collaborated to produce

a drink composed of chocolate and sweetened milk, and with the East India Company. The reason for the Kiplings' move to Aylesbury seems

to have been rooted in their growing association with the condensed milk supplier.

In 1877 they acquired a factory and shop in Walton Road, Aylesbury. Initially the business thrived. Sadly however, disaster struck four years later, when in March of 1881 Joseph died. He was buried in Aylesbury Cemetery. In the same year the factory premises and stock were almost completely destroyed by fire. Walter, at the time only 16 years of age, moved the enterprise to Watford but was unable to rebuild the confectionery business.

However, that was not the end of the Kiplings for, as we know, they grew to international fame as the suppliers of Mr Kipling's 'Exceedingly Good Cakes'. Did the youthful Walter develop his interest in cakes when sampling the delicious pastries available in the eateries of Aylesbury during his adolescence? We'll never know, but it is an exceedingly good tale!

Recipe to try at home...



Rumsey's Plain Truffles

The cold months ahead can be a little bleak, but why not spread some feel good factor by making some delicious truffles? Here's a quick way of producing some:

Makes 35 - 50 truffles. **Preparation time:** 30 minutes plus refrigeration time. **Cooking time:** 5 minutes

INGREDIENTS:

225g Rumsey's No. 1 Plain Chocolate (or any good plain chocolate), broken into small pieces
120ml double cream, 1 vanilla pod
340g chocolate for coating (you can experiment with using a different chocolate if you like)
180g good quality cocoa powder for rolling

METHOD:

1. Chop the 225g of plain chocolate into small pieces and put in a heatproof mixing bowl.
2. Pour the double cream into a small saucepan and set aside.
3. Split the vanilla pod down the centre and scrape out the vanilla seeds, put both the pod and seeds into the saucepan and bring to the boil.
4. Immediately after the cream has boiled, remove from the heat, stir gently for a few seconds. Pour the cream through a strainer onto the chocolate pieces.
5. Blend thoroughly until all the chocolate is melted, you might like to use a whisk and gently whisk the mixture until blended.
6. Set aside to cool (do not put in fridge) for about an hour until it is set.
7. Place the bowl on top of a saucepan with simmering water in (Bain-Marie) and warm through. Remove from the heat and whisk the chocolate mixture gently until smooth.
8. Prepare a baking tray covered with foil or greaseproof paper.
9. Put the chocolate mixture into a piping bag with a large plain nozzle and pipe out 2cm sized balls onto the prepared tray. Refrigerate to harden for about 1 hour.
10. Prepare the chocolate coating. Chop the chocolate into small pieces and melt in a heat proof dish over the saucepan. Put the cocoa powder into a shallow tray or dish.
11. Remove the truffles from the fridge and dip them a few at a time into the melted chocolate (a fork is good to use to dip and remove when coated). Once coated, remove and roll around in the cocoa powder. Shake off any excess powder, leave to set.

Recipe supplied courtesy of Rumsey's
www.rumseys.co.uk

6th Annual Allotments Awards Evening



On a dark and wet evening in late September, Worlds End Nurseries helped to brighten things up, graciously hosting the 6th Annual Aylesbury In Bloom Allotment Awards Evening. The event was attended by hopeful green fingered allotment owners out in force to see their hard work rewarded.

Each site was visited by the judges who marked individual plots. Awards were given to the top three from each site. The Roger Green Cup served to reward the best newcomer and was won by Ms Rolls from Ardenham Lane.

The night culminated in the presentation of the Freda Roberts Trophy for the overall winner which was given to Ms Smith from Old Stoke Road.

The Mayor of Aylesbury, Cllr Graham Webster was on hand to give out the awards. He commented after, "It was an absolute pleasure to see people's hard work rewarded. Aylesbury's allotments are a real asset to the town, and go to demonstrate the hard work, determination and horticultural knowledge of our residents."

This year Aylesbury Town Council worked in partnership with a number of groups who helped support the awards. Outdoor Supervisor, Mr Robert Taft, gave his congratulations at the end: "We would like to thank Worlds End Nurseries for all their generosity, and the sponsors who kindly helped provide the shields awarded. This year's awards have been a fantastic success, and deservedly so."

A full list of winners from the allotments awards evening can be found on the Aylesbury Town Council website www.aylesburytowncouncil.gov.uk

Shared Garden Project

Aylesbury Town Council manage six allotment sites across town. Due to their quality, there is a waiting list of between 9 and 36 months! To ease this demand, ATC is launching an exciting new green initiative: the Garden Share Project.

The concept of garden sharing is simple; in exchange for a percentage of the produce, a garden owner lets a growing partner have access to their garden in order to cultivate part of the land.

A garden owner could be someone who has little experience and wants to learn from seasoned professionals; they could find gardening a physical challenge; or, they could be simply pushed for time and are sad to see the land go to waste.

Growing partners could be people who are enthusiastic, but intimidated by an allotment; they could be green fingered horticulturalists keen to pass on their knowledge; or, they could have a social conscience, keen to assist those who may need a helping hand.

There are a number of real benefits from this project. On top of learning practical skills and methods, gardening is a low intensity activity which is a great form of gentle exercise. The produce is healthy, and helps to reduce food miles – the distance food travels between growth and consumption. On top of this there is the potential for the development of valuable social relationships.

Think you'd be interested? ATC is looking for potential and enthusiastic garden owners or growers to take part in this exciting project. For more details, please phone ATC on 01296 425678, or email: d.parslow@aylesburytowncouncil.gov.uk



Local Sports News



Active Fun: At Aylesbury Vale Volleyball Club

When the nights start drawing in and the passive gym doesn't do it anymore, volleyball can be the perfect answer! The sport which is played at least once a week by 800 million people worldwide is available at the local Stoke Mandeville Stadium.

Seemingly unusual, this very popular sport is winning more and more hearts for its features: it promotes team spirit, raises energy levels and is lots of fun!

All this fun is waiting for both existing and first-time players at the Aylesbury Vale Volleyball Club. A buzzing atmosphere is always guaranteed, whether the volleyball enthusiasts are after competition, physical effort, improving their skills or meeting new friends. A great time is had by all!

"For over 10 years we have been about knowledge, dedication and skill. We are inviting people from 18 to 118 to come join us and soak in the energetic atmosphere! Put your trainers on and take the opportunity to gain inspiration from a physically and mentally engaging game!" invites the Club Chairman, Phill Mould, to prospective new players.

The new season is bringing an addition of a relatively new sport; sitting volleyball, which is suitable for people with lower limb disability.

Sessions at Stoke Mandeville Stadium, Aylesbury, 01296 484848 every Friday starting from September for 3 hours, £5 per session. Annual membership fee: £25.

Visit www.bucks-volleyball.co.uk

Badminton Fever Hits Aylesbury!



Aylesbury Community Badminton Network formed in November 2009, aiming to promote badminton and get more people playing our great game! Badminton is the 4th most popular participation sport in England, and the great thing is you

don't have to be the sportiest or fittest person to play. Suitable for any age, from about five up, it doesn't matter if you want a social hit and a natter with your friends or some hard competition – there's a game out there for you.

I used to play against a woman in her 80s who had me running all over the court making it look easy! I also coach a couple of 5 year olds every week, one of which has the best serve I've ever seen from a 5 year old. I have no idea where he gets the power from, he's tiny! Everyone can have a go, but I warn you once you start playing there may be no going back.

Aylesbury Community Badminton Network is developing new opportunities for people to get into the game. Driven by passionate individuals from local clubs, we have support from Aylesbury Vale Sports Development Team amongst others. A recently developed 'Return to Badminton' programme has been designed to help new players into the game, and encourage players to return from absence. The course builds the basics before developing skill and confidence so you can enjoy badminton whatever your level!

For more information about getting into the game please telephone 07901 005 320 or email: ninabridge@badmintonengland.co.uk

Nina Bridge
Regional Officer for BADMINTON England

Word Search

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

Pens at the ready! You'll need sharp eyes and a bit of brain power to complete the first Town Matters word search.

Below are twelve clues you'll have to decipher in order to know what words to look for in the word search box.

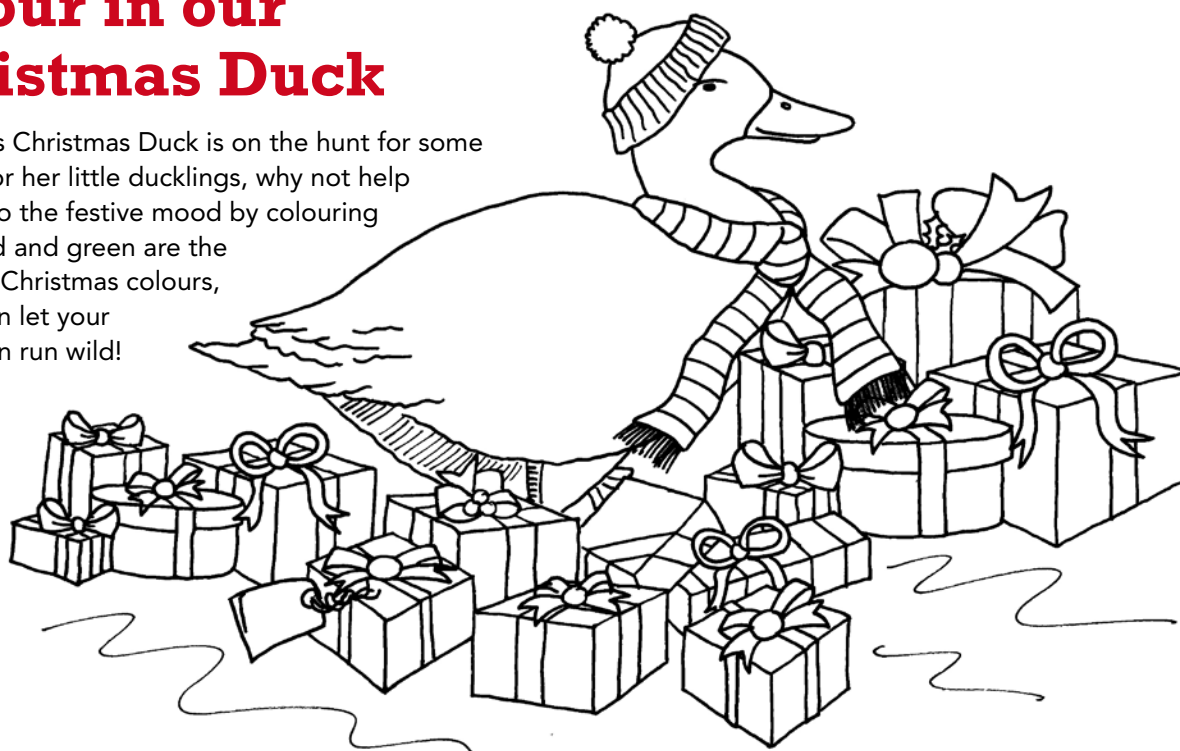
Most of them are from articles in this edition of the magazine, so we can tell who's been paying attention.

Be warned, words can be diagonal or backwards. One even has a bend in it! If you get stuck, we've provided the answers to the clues upside down on page 20 – you'll still have to find them though.

1. Red Bull's local F1 Racer (10)
2. Racquet sport which uses a shuttlecock (9)
3. Social networking site on which you can now follow Aylesbury Town Council (7)
4. Spooky Halloween Event in Aylesbury (17)
5. Exceedingly good cake baker (9)
6. Britain in _____ ? (5)
7. Tiny little life forms you can see with a microscope (8)
8. Rules governing a situation or story (8)
9. Swimming competition (4)
10. Tiny particles which make up everything (5)
11. Musical celebration in the park (5)
12. & 13. Dickensian festivities in Aylesbury (9 & 9)

Colour in our Christmas Duck

Aylesbury's Christmas Duck is on the hunt for some presents for her little ducklings, why not help her get into the festive mood by colouring her in? Red and green are the traditional Christmas colours, but you can let your imagination run wild!





**Leave a
light
on for
security**

- what a bright idea!

With the dark nights ahead, residents of Aylesbury are being asked to use light timer switches in response to the traditional rise in burglaries in winter months; especially commuters and late night shoppers.

Residents are being asked to consider using a timer light switch if they plan to return home after dark. Other advice is to regularly vary the times they set timer switches to turn on and off.

Over the last few years the Community Safety Partnership have given out over 5000 light timers and energy efficient light bulbs. AVDC have a limited supply this year but residents can pick one up in local stores and supermarkets for about £2.

From October staff from Thames Valley Police and the District Council Community Safety Team have been at locations across the Vale handing out information about how to secure homes effectively against burglaries.

"A home in darkness between 4.00pm and 9.00pm tells potential burglars that nobody's home. By using timer light switches, preferably fitted with a low energy bulb, residents can protect their property by creating the impression that someone's home" said Kama Wager, Crime Reduction Officer. "We want to make residents who return home after dark aware of simple steps they can take to make their home more secure."

More advice can be found at www.thamesvalley.police.uk/crprev or please contact your local Community Safety Team on 01296 585858.

Breathe for Health and Happiness - the Art of Living

Take a weekend for yourself and discover the power of your breath. Get to know stress-management techniques and relaxation tools, based on our very own natural source – the breath.

It has an in-built ability to calm the mind, heal the body and energise the whole system within minutes. Recharge your batteries, calm your mind and feel complete rejuvenation.

The workshop will offer you:

- **Unique stress relieving breathing techniques**
- **Skills to handle negative emotions and difficult situations**
- **Yoga & relaxing meditation**
- **Insight into one's mind**
- **Interactive processes**

Other reported benefits are more enthusiasm, improved efficiency and productivity, improved self-esteem, improved interpersonal skills, heightened awareness, clearer perceptions and an unshakable smile.

Courses on offer cater for different ages and their needs with experienced teachers to guide through the various workshops.

The Art of Living Foundation is an international non-profit, humanitarian NGO, dedicated to creating peace. It is one of the largest volunteer based organisations in the world.

For registration and further information on the next course in Aylesbury please contact Hina & Jagdish on 01296 583739 or 07966 055992 email: aolaylesbury@gmail.com

www.uk.artofliving.org

Being Aylesbury's Town Clerk

This is my first year as Aylesbury Town Council's Clerk. Before I continue I should explain what a Town Clerk is. In the United Kingdom the Town Clerk is the senior administrative officer of the city, borough or town. In large local authorities the Town Clerk has now been renamed the Chief Executive. On ceremonial occasions, the Town Clerk wears a gown and wig similar to those of barristers.



Although I had been aware of what councils did (and did not) for many years, I have only worked in a local authority for four years. My background was in consultancy, working as a Project and then Product Manager for a large multi-national. I then set up and ran a small software house specialising in developing software for the financial markets.

Businesses, compared with councils, are much simpler. If your business is working well then you make a profit, if it isn't it makes a loss. If it is working really well you make a large profit so it's relatively easy to work out how well you are doing. With councils it's not that simple. How do you put a value on a service?

Aylesbury Town Council is one of the more active town councils in the UK. It's also one of the biggest in terms of the population it serves. The range of services and duties are wide ranging and the Town Clerk is expected to be an expert (if possible) in all.

In Aylesbury we provide most of the floral displays as part of Britain in Bloom, run the Tring Road Cemetery, carry out environmental projects (such as the Walton Pond and California Brook clean-up), working with Bucks County Council to maintain, tend and replant beds, look after 6 allotment sites containing approximately 650 plots, run an extensive range of events, examine and comment on planning applications, award grants and so the list goes on.

It's been a rewarding first year. It's really satisfying to do a job that helps other people rather than a job that just pays a salary.

Keith Turner

The Mandeville Practice Patient Participation Group

The newly formed Patient Participation Group at The Mandeville Practice has had its first success on behalf of the patients. Members of the group carried out a survey over one week in the summer to find out what it is that patients at the surgery would ideally want to see. One of the suggestions was a drinking water dispenser in the waiting area which the partners at the surgery were happy to provide.

Dr Gill Beck, Senior Partner says "All the staff at the practice are committed to involving our patients so that we can look at ways to improve the services we currently provide and work together on future developments. We would love more patients to become involved."



Jack Leach, Chairman of the PPG, patient Maurice Lyons and Dr Gill Beck, Senior Partner with the new water dispenser

If you are interested in becoming a member or would like more information on the group please contact the surgery or email Jack Leach, the PPG Chairman at: ppgmandeville@btinternet.com

Aylesbury Town Grants

Thames Valley Police

A grant of £378 was given to provide better quality tyres on bikes for the PCSOs. They experience many punctures which cause inconvenience and delays them carrying out their duties.

Monday Contact Club

£500 was granted to the Club which has been re-established after a break due to illness. Members are elderly with mental health problems who enjoy a day of activity with a speaker and lunch.

Aylesbury Homeless Action Group

An emergency night shelter for the homeless will be open from January - March 2011 in conjunction with seven churches. It is expected that approximately 100 individuals, at different times, will be given a meal, bed for the night and breakfast the next morning. £2,000 was awarded.

Aylesbury Sankofa

£625 was awarded to Aylesbury Sankofa to stage an event for 'Black History Month 2010' at the Aylesbury Multicultural Centre in October. The community day had many activities for all ages with a stage show and disco.

Matrix Explorer Scout Unit

The Explorer Scouts received a grant of £750 for a garden which they have designed themselves, adjacent to their scout hut in Oakfield Road. This is part of their Duke of Edinburgh Award Scheme. The garden will be beneficial to the Beavers, Cubs and Scouts helping with their environment badges. Others to benefit will be a children's centre, two martial arts groups, an astronomy club and a pensioner's club.

If you belong to a non-profit-making organisation which provides a service for a section of the community, you may qualify for a grant.

Please contact Pat Phillips at Aylesbury Town Council, Town Hall, 5 Church Street, Aylesbury, Bucks. HP20 2QP Telephone: 01296 425678 or email: p.phillips@aylesburytowncouncil.gov.uk for application forms or further information.

Pat Phillips

Word Search Answers: 1. Mark Webber 2. Badminton 3. Twitter 4. Ghouls And Villains 5. Mr Kipling 6. Bloom 7. Microbes 8. Scenario 9. Gala 10. Atoms 11. Proms 12. & 13. Victorian Christmas

Aylesbury Town Council Magazine

A selection of photos from the recent grants presentations...



Cllr Graham Webster, Mayor of Aylesbury and Cllr Ranjula Takodra present members of Aylesbury Sankofa with £625



Cllr Graham Webster presenting a cheque for £499 to the Bucks Army Cadet League



The Autumn Leaf Club were presented with a cheque for £682.50 by Cllr Pat Jamieson



Cllr Ranjula Takodra and Cllr Pat Jamieson presented Cameron Palumbo with a cheque for £1000

Mayoral Engagements

The last three months have been characteristically busy for Cllr Graham Webster, Mayor of Aylesbury, as he donned the chains again to represent our town.

As a country boy, meeting RAF Halton's newest recruit, animal mascot George the goat was second nature and the pair hit it off famously. The duo were happily reunited when troops from the base marched through town to mark the 70th anniversary of the Battle of Britain. The march also celebrated the occasion in 1956 when RAF Halton was granted the freedom of the town for their tireless efforts during the war. The Mayor was well practised to inspect the troops after he graciously hosted HRH The Duchess of Gloucester for the Aylesbury Military Tattoo, celebrating 150 years of The Army Cadet Force, in the previous week.

Charity work has also featured prominently in the Mayor's activities. The Lymphoma Association is one of his two nominated charities, so he was more than happy to dye his hair purple, the charity's trademark colour, and set to work stacking shelves at Sainsbury's to raise money. After loading up the isles with bounty, he moved onto packing bags at the tills, all the while his eye-catching hair raising interest from the public who generously made donations.

By now, it's a wonder the Mayor has any energy left at all, especially after he had peddled furiously across the county manning the back of a tandem. Riding along with Fr David Cloake, of St Mary's Church, the pair took part in 'Stride & Ride', the charity bike ride, in aid of Buckinghamshire's Historic Churches.

The months ahead look equally busy for the Mayor. **Be sure to check back in the next issue of Town Matters to read what he's been up to!**





Festive Fun 2010

Thursday 18 November from 5.30pm **Christmas Lights Switch On, Market Square**

This firm family favourite starts on stage at 5.30pm with festive music and fun with the Mix 96 roadshow.

This year's entertainment includes the fantastic popular band 'Chemistry', a brilliant Saxophonist and the amazing ROCK CHOIR. The lights will be turned on at 6.50pm followed by an amazing firework display by Fantastic Firework company and of course more from the fabulous band 'Chemistry'.

Don't forget to visit the Funfair in Kingsbury. Late night shopping in Friars Square and Hale Leys until 8.00pm.

Sunday 21 November - 10.30am **Santa's Parade**

Santa's arrival is always very exciting and this year will be no exception. Santa and his elves will be joined by jolly Christmas characters, junior cast members of the Cinderella pantomime, a jazz band, stilt walkers, cheerleaders, the Mix Monster and a Duck!

The parade starts from the Hale Leys Service Area and winds its way up the High Street, around the Market Square, into Bourbon Street and on to Santa's FREE Grotto in Friars Square Shopping Centre.

So come along and wave Santa on his way and don't forget you can visit his FREE Grotto in Friars Square right up until Christmas Eve.

Other festive dates **for your diary**

Saturday 6 - Saturday 27 November **Bucks Art Society Autumn Exhibition, County Museum**

Selling exhibition in time for Christmas – paintings, prints and sculptures.

Sunday 21 November - Thursday 24 December **Visit Santa's Grotto, Friars Square Shopping Centre**

Receive a lovely gift from the big man himself (FREE) (closed Mondays – see posters, press and website for opening times).

Sunday 28 November (11.00am - 3.00pm) **Christmas Charity Market, Market Square**

A wide selection of goods from local charities, brass band and free face painting – what a great way to do your Christmas shopping!

Every weekend throughout December **The Rotary Club join Santa, Hale Leys**

Saturday 4 December - 26 March 2011 **Toy Exhibition, County Museum**

Take a nostalgic trip back to childhoods remembering toys from your past.

Sunday 5 December (11.00am - 3.00pm) **Christmas Gift and Craft Fayre, Market Square**

With a wide selection of different crafts and gifts this is the ideal opportunity to buy that extra special present. There'll be a brass band and face painting to get you into the festive mood.

Sunday 5 December **Mayor's Carol Service and Lantern Procession**

Meeting at the Town Hall in Church Street at 5.15pm, local schoolchildren will take part in a procession around the town before the Carol Service takes place in St Mary's Church at 6.00pm. Mulled wine and mince pies will be served afterwards.

Saturday 11 December (11.00am - 3.00pm) **Christmas Festival, County Museum**

Get into the Christmas spirit with a day of festive activities for all the family.

Sunday 12 December (10.00am - 4.00pm) **Victorian Christmas, Market Square**

Victorian festive fun for all the family including storytelling, music, festive treats, activities and workshops. Perfect to get you into the traditional Christmas spirit!

Sunday 12 December (11.00am) **Aylesbury's Santa Dash Vale Park, Aylesbury**

Get in the festive spirit and join in or watch the throng of Mr and Mrs Claus' dash 3.5km around Aylesbury town centre. For more information: www.aylesburysantadash.org, 01296 744360.

Thursday 16 December (6.30pm - 8.00pm) **Carolfest, Market Square**

Singalong carol concert for young and old, with added activities. Come and get yourself 'in-voice' for the festive season!

Saturday 18 December (11.00am - 4.00pm) **Christmas Fayre, Reading Room Restaurant**

Carol singers, a live performance of excerpts from Charles Dickens' A Christmas Carol, Christmas crafts for sale, tombola, Santa's present sack and a guess the Christmas cake competition. A full range of refreshments, lunches and teas are available.

Monday 20 December (9.00am - 2.00pm) **Christmas Farmers' Market, Market Square**

Fresh produce from the farm to your Christmas table.



Christmas Opening Hours for Friars Square and Hale Leys

**FREE PARKING every Saturday and Sunday of December
in AVDC town centre car parks!**

Sunday trading every week 10.30am - 4.30pm

Late night shopping until 8.00pm every Thursday from 12 November up to Christmas

Extra half hour shopping until 6.00pm every Friday from 19 November
(selected stores Friars Square only)

Free parking after 4.00pm every Thursday from 18 November
in AVDC town centre car parks and Friars Square shoppers' car park

Monday 6 - Wednesday 8 December	9.00am - 7.00pm
Thursday 9 December	9.00am - 8.00pm
Friday 10 December	9.00am - 7.00pm
Saturday 11 December	9.00am - 6.00pm
Sunday 12 December	10.30am - 4.30pm
Monday 13 - Friday 17 December	9.00am - 8.00pm
Saturday 18 December	9.00am - 6.00pm
Sunday 19 December	10.30am - 4.30pm
Monday 20 - Thursday 23 December	9.00am - 8.00pm
Christmas Eve	9.00am - 4.30pm
Christmas Day	CLOSED
Boxing Day* 26 December	10.30am - 4.30pm
Bank Holiday Monday 27 December	9.00am - 5.30pm
Tuesday 28 - Friday 31 December	9.00am - 5.30pm
New Year's Day*	9.00am - 5.30pm

*Selected stores only.

Friars Square aylesbury
shopping

HALES LEYS
THE SHOPPING CENTRE

For assistance getting around Aylesbury contact **Shopmobility 01296 336725**

Aylesbury Town Council

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