Adstock Clarion

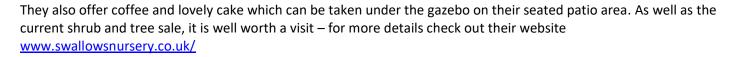
Issue: October - November 2023



Well Autumn is here and as it has been quite mild there have been lots of opportunities to get out and about, or if you're like me, more time to get stuck into the garden. If you love a good garden centre or nursery I found a new one recently which was really interesting. Swallows Nursery & Plant Centre located on the left hand side of the road into Mixbury, from the main road. A revamped plant centre, which used to be wholesale and trade only has now opened its doors to the public. Apart from its wonderful range of shrubs, small & large trees and seasonal plants it has a range of small show gardens set up and planted out in different themes to offer inspiration and showcase how different plants work together.

They include:

- A formal garden
- A Mediterranean garden
- A tropical garden with the most amazing water feature
- A cottage garden
- A shaded garden



Don't miss out on the range of Village activity this month, starting with **Adstocktoberfest** this coming weekend, 7th October. Get your homemade scrumpy out for the judges to taste, polish off your wellies for the dancing on offer from no less than 5 performing bands and get the rest of those apples down for the cider making.

Get those lungs clear for the **singing workshop** on 15th October, followed by the **History Club** on 18th October and **Science Club** on 19th. And don't forget to pop into the **Coffee Morning** on the morning of 19th, all welcome for a chat and catch up in the Village Hall.

At the end of the month, on Tues 31st October, we have the spooky Halloween Trail, don't forget to let Nick know if you are getting involved. By all accounts the children had a great time last year so no pressure for those getting involved this year....the theme is 'Re Seared or Re Cancelled' – see advert for more details

St Cecilia's is hosting a couple of visiting clergy over the next two months, the next service is on 15th Oct and there are 2 in November.

And finally, anyone with an event, news or story they wish to share, please email <u>villageadstockclarion@gmail.com</u>, call 07502 191215 or drop me a note at Laurel Cottage, The Gardens.

Have a great Autumn, with best wishes Claire

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- Pg 19. Cooks Corner



ADSTOCK PARISH COUNCIL

Chairman: Cllr Simon Walker, Vice Chair: Cllr Neil Fraser-Smith Councillors: Cllr Chris Cornish, Cllr Doug Randall, Cllr John Stone, Cllr Paul Salver

WE REQUIRE YOUR INPUT ON ANY ISSUES YOU WOULD LIKE US TO ADDRESS

Please email admin@adstockvillage.info or view the village website for updates https://www.adstockvillage.info/

VACANCIES

Councillors

We are looking for more councillors to join the PC please email admin@adstockvillage.info for further information.

Parish Clerk

We also are looking to recruit a Parish Clerk. Ruth has decided to retire. This is a paid role.

The hours are extremely flexible. On average it works out at 4 hours per week.

For more details, please email admin@adstockvillage.info

HEDGES

It is that time of the year! – roadside hedges need cutting back, if you have such hedges please can you cut back. Thank you

MEETING - NEXT meeting Tuesday 3rd October 8pm

USEFUL LINKS for local help or support

'Food Champion' scheme

https://www.buckinghamshire.gov.uk/news/become-a-food-champion-and-help-your-local-community/Residents are invited to set up a food collection service in their road/street which then gets donated directly to local food banks.

'Welcoming Spaces' are also in place within libraries across Bucks- these are free, safe spaces where someone may go to keep warm, save money, look after health, get free access to support, advice, wifi etc. Find your nearest space here:

https://www.buckinghamshire.gov.uk/cost-of-living/find-a-place-to-keep-warm-welcoming-spaces/

Highways and footpaths including Potholes - Report any issues via www.fixmystreet.buckscc.gov.uk

https://www.ramblers.org.uk/advice/improve-the-path-network/creating-a-right-of-way.aspx

https://www.buckinghamshire.gov.uk/environment/countryside-and-public-rights-of-way/public-rights-of-way/report-an-issue-with-a-public-footpath-bridleway-or-byway/

Local Community Board

https://www.buckinghamshire.gov.uk/community-and-safety/improving-your-local-community/winslow-community-board/

School Computers - (www.gov.uk)

Get laptops and tablets for children who cannot attend school due to coronavirus (COVID-19) - GOV.UK

Heart of Bucks - https://heartofbucks.org/education-employment-digital-poverty-young-people/

Helping Hands - https://www.buckinghamshire.gov.uk/cost-of-living/

PLANNING APPLICATIONS:

PLEASE go to the website to add any comments objections etc. Current Planning Applications can be viewed here: https://www.buckinghamshire.gov.uk/planning-and-building-control/view-and-comment-on-a-planning-application/

Reference	<u>Address</u>	<u>Type</u>	<u>Status</u>
21/03473/APP 21/03474/ALB	Adstock Cottage East Street Adstock Buckinghamshire MK18 2HZ / Replacement of windows, installation of one new window and two roof lights	Application	Awaiting decision
22/01337/ADP	Adstock Manor Main Street Adstock Buckinghamshire MK18 2HT / Submission of details of means of access, external appearance, landscaping, layout and scale for the erection of three dwellings and a storage bam with one dwelling above pursuant to outline planning permission 18/04635/OAP	Application	Awaiting decision
23/01414/APP	Gremat East Street Adstock Buckinghamshire MK18 2HZ / Householder application for single storey front extension	Application	Approved
23/00693/APP	The Old Punchbowl & Grapes Main Street Adstock Buckinghamshire MK18 2HU / Householder application for proposed driveway & drop kerb	Application	Withdrawn not proceeded with
23/00989/ALB	Rose Cottage East Street adstock Buckinghamshire MK18 2HZ / Listed building application for single storey side extension	Application	Consent Granted
23/02542/APP	Willow Cottage The Gardens Adstock Buckinghamshire MK18 2JF / Householder application for removal of existing flat roof and replacement with pitched roof, new windows to front elevation, new first floor cladding to house and cladding to detached garage.	Application	Awaiting decision
23/01190/APP	Adstockfields Farm Adstock Fields Buckinghamshire MK18 2JE / Erection of a distillery (Class B2) and associated infrastructure and landscaping	Application	Approved
23/02415/VRC	Franconia Cottage The Gardens Adstock Buckinghamshire MK18 2JF / Variation of condition 2 (garage plan) relating to application 20/03621/APP (Demolition of existing cottage and carport and erection of dorner bungalow with detached garage)	Application	Awaiting decision

Planning Applications at 28/09/2023

ADSTOCK VILLAGE HALL

Available to hire for £15 per hour

- Includes tables, chairs, kitchen facilities and an outside area
- Suitable for children's parties, local club nights or art displays
- Outside Chairs & Tables also available to hire

VILLAGE HALL EVENTS - DATES FOR THE DIARY 2023/24



7 th October	Adstocktoberfest – Orchard Event
19 th October	Coffee Morning
11 th November	Annual Quiz Night
3 rd February 2024	Winter Quiz
8 th & 9 th June 2024	Open Gardens

For private bookings please contact Heather Brogden: <u>willsontheweb@hotmail.com</u>
For event bookings please contact Alaina Cornish: <u>adstockevents@gmail.com</u>





Adstocks Annual QUIZ NIGHTIS BACK!



Saturday 11th November 2023 7 for 7.30pm prompt start Village Hall

It's almost that time of year again for the popular Adstock Village quiz night!

£15 per ticket including delicious Lasagna and sides.

9 tables of 6 people per team is the limitso book now to avoid disappointment!

This fun evening is an important fund-raiser with the majority of money raised coming from the donation bar which includes: red and white wine, lager and ale + soft drinks

(BYO will incur a corkage charge of £7.50)

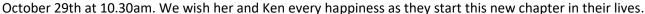
For tickets please contact adstockevents@gmail.com





Look forward to seeing you there.....

After a prolonged absence through illness, our vicar, Ros, has decided to retire and will be moving to Suffolk to be nearer to family. Her final service will be at St. Mary's, Padbury on Sunday,





September 9th was forecast to be the hottest day of the year but that didn't put off a few doughty souls who still set off to raise money for the Bucks Historic Churches Trust by 'riding and striding' between local churches. Linda Spencer has been a stalwart of this event for quite some

time and in recent years Amanda Nicholson has also participated. We are hugely grateful to both ladies for all their efforts and the monies they raise.



Our Harvest service was held on Sunday, September 17th. The service was led by Simon Faulks and was very much enjoyed by all who attended. It was followed by a lovely lunch in the Village Hall. Huge thanks go to Andy Rolls and Simon Walker who manned the BBQ for us, and to Linda Holmes and the ladies of the church who provided the tasty side dishes. As always, Sandra Rooney's eye for decoration was impeccable with gorgeous sunflowers strategically angled to welcome everyone as they entered the hall.

The lunch was followed by our charity auction where Neil Fraser-Smith did an outstanding job as auctioneer managing to raise an amazing £602 from, mainly, jam, pumpkins and marrows!!!!! A huge thank you to everyone who so generously gave. The proceeds will be donated to MacMillan Cancer Support.

In recent years our Harvest celebrations have included a barn dance where Fraser and Susanne Winterbottom quided us through some intricate manoeuvres. It was with great sadness that we learnt of the death of Susanne in late August. Our thoughts and prayers have been with and for Fraser and all the family.

October Sunday services

1st October - 9am Holy Communion, led by Archdeacon Guy Elsmore, 15th October - 10.30am Morning Worship, led by Rev. Chris Murray

November Sunday Services

5th November - Guy Elsmore will again take the 9am Holy Communion 12th November - Simon Faulks will lead the Remembrance Service starting at 10.55am at the War Memorial.

> Be lovely if you could join us and hear what they have to say. For just an hour each week take some time to sit and reflect with us.

And, of course, our next coffee morning will be on Thursday, October 19th, 11am in the Village Hall. All welcome for a good chin wag.



CLUB NEWS

THE ADSTOCK HISTORY CLUB

Lost Gardens of Canons Ashby by Laura Malpas

In 2018 readers of the Adstock Clarion may have read the following about the History Clubs first outing on May 16th 2018!

Three cars set out from Adstock and travelled to Canons Ashby. Our interest had been raised following a talk in November 2017 by Laura Malpas entitled 'Secrets and Scandals of Canons Ashby', and the house did not disappoint. Our visit started with a tour of part of the house, and after an enjoyable lunch in the tea room, we explored the rest of the building, the church, and the second hand book shop. We saw the strange decorated panels that had been discovered under the painted walls by the National Trust, commented on the ugly mock marble pillars that looked as though they had been painted on hardboard in the 1960s, but in fact dated from the 1700s, and criticised the Victorians who had altered the original building. It was a very enjoyable day and we hope to have another day out next year.

This year, on September 20th, Laura returned to Adstock to talk about 'A Labour of Love – Restoring the Lost Gardens of Canon Ashby.' The formal terraced garden of Canons Ashby was created in 1710, in the time of Edward Dryden. It may have been designed by the famous garden designers London and Wise, and reflected other fashionable gardens of the time, but sadly, after centuries of splendour, the gardens fell into wilderness during the 20th century.

In the 1980's the House and Gardens were acquired by the National Trust. Much work was undertaken to restore the gardens but resources

were limited. In 2008 a five year restoration programme began. The ancient layout remained unchanged, but new planting schemes were implemented, based on plans drawn by Sir Henry Dryden in the 1800's, and include the original 18th Century sundial and the shepherd's boy statue from 1713



Laura described how the money to fund the restoration was acquired and described in detail the difficulties in rescuing and planting new topiary.





Next Meeting October 18th – 7.30-pm Paul Ukpai will talk about 'Edward – the Black Prince'

Visitors to the History Club are always welcome – phone or email for more details.

Jenny Stuart ~ 01296 712 561 ~ jenniferanne.stuart@btopenworld.com

Hatha yoga Class with Lynn Patton

Thursday morning 9.30-10.30am in Adstock Village Hall £10/class

An established class with places now available - move your body, strengthen your breathing and generally give yourself some care and attention - we all need some of that



Bring a mat and a blanket please
Contact Lynn 07799 197317 lynn.patton2@yahoo.co.uk for further information and to book your place



Aug & Sept 2023 Science Club Update



In August the Science Club had a joint BBQ along with the History Club which proved to be very enjoyable even though it rained throughout the afternoon. Luckily we had a couple of large gazebo's which covered most of the back garden which did the trick.

In September we had our annual Science Club quiz. We had one team of five and three teams of four. Needless to say the team I was in didn't win, we came third, though it was all very close. It was also a lot of fun. The questions were devised, this year, by one of our members, Mr Demetri Petrou who has a degree in cosmology so I was expecting the

questions to be out of this world, but in fact, though some were difficult, there were a reasonable number which the likes of me could answer.



That's it for the last couple of months so I thought I would use this article to link to a couple of interesting videos. If you're like me and are one of those sad people who have always wanted to know how a car's differential gear works but could never quite understand the explanations and diagrams shown in books, this is for you. It is one of the best videos I have found that shows you exactly how a differential works and surprisingly was made in 1937 by Chevrolet, you know, the US car manufacturer, in black and white.



Click on the image to watch the video.

Here's something else you may be interested in. On Sunday 24th of September the US spacecraft OSIRIS-Rex successfully returned a sample of rocks and dust from an asteroid named "Bennu".

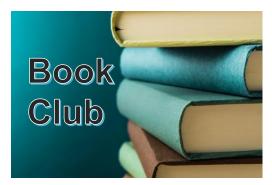
This is a pretty recent YouTube video by one of my favourite Astrophysicists, Dr Becky Smethurst. Unfortunately it doesn't show the craft landing back on Earth, but it's still worth watching for the enthusiastic way she explains what's going on. Click on the image to watch the video.

OK, so that's all I have for you this time round but hopefully following talks in October and November I will have more stuff to write about. Till then.....

The next Science Club talk will be on Thursday 19th October at 1 Greenfields. Topic tbc - watch this space.

Marius Stuart

01296 712 561 ~ Marius.stuart@btopenworld.com ~ Science Club Web Site: www.theadstockscienceclub.co.uk



The Book Club Meeting

The Lost Bookshop - Evie Woods

We choose our summer read at the BBQ and tend to go for a Booker type award winner but this year we put

suggestions for lighter reads into a hat. Evie Woods new book was billed on Amazon as: the most charming and uplifting novel of 2023.

The story goes: In 1921:

Opaline flees London before her older brother forces her into an arranged marriage. She finds employment in the Paris bookshop "Shakespeare and Company" where James Joyce is a regular. When her brother catches up with her, at the suggestion of Joyce, she flees to Dublin to work for his old friend in Mr Fitzpatrick's Nostalgia Shop, an eccentric building where "in a place called lost, strange thing are found" is painted on the stairs.

How far will you go to find your story? Lost Bookshop EVIE WOODS

In present day:

Martha manages to escape her abusive husband and secure employment in Dublin as a live-in housekeeper. Her employer is a bit unusual but it's a job and a safe place to live. Martha has never felt much connection to books but they seem to keep appearing on shelves made from a tree slowly growing out of the walls of her basement apartment and as a story appearing as a tattoo on her back.

Henry, a Ph.D. student, is searching for a lost manuscript. His search brings him to Dublin to locate a bookshop that he sees at first, but when he turns around, it's no longer there. The location of the mysterious bookshop is right next door to where Martha is currently working and living at #12 Ha'Penny Lane...

All three lives have been impacted by abuse and Evie Woods weaves a story where a bit of magic will bind them together.

Evie Woods is the pseudonym of Evie Gaughan, bestselling author of The Story Collector, The Heirloom and The Mysterious Bakery On Rue De Paris. Living on the West Coast of Ireland, Evie escapes the inclement weather by writing her stories in a converted attic, where she dreams of underfloor heating. Her books tread the line between the everyday and the otherworldly, revealing the magic that can exist in ordinary lives.

It was not to everyone's taste: too much magical realism for some and too many unbelievable coincidences for others.

One reviewer on Amazon suggests you should read it with the heart not the head. I think that is about right and if you suspend your disbelief and believe it for the sake of enjoying the narrative, you may well find this an intriguing read.



The autumn term looks to be a busy one as usual!

- 15th October will be hosting a three hour workshop session called **The Power of Song** in Adstock Village Hall. This will be open to anyone who would like to come along and experience the power of singing en masse, learning and singing uplifting songs from around the world, including the euphoric Will You Hear the People Sing from Les Miserable. £8 on the day. Tea and cake will be provided! All profits will go to Brain Tumor Research www.facebook.com/events/s/the-power-of-song/755948186336686/
- 3rd December will be our **Christmas concert**, at 4pm, details still to come, but we hope to see many people there
- 5th December will see us singing in Buckingham at the Radcliffe centre, along with The Swan Singers, and we will also be singing at Christmas markets in Milton Keynes.

Watch this space for more details or email me on: lucy bignall@outlook.com.

We are always keen to see new members! Lucy Bignall

Unit 2, The Barn Oliver's Yard, Whaddon Road Mursley Buckinghamshire MK17 OPL

01296 706266 info@corzoandwood.co.uk www.corzoandwood.co.uk





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Cider, wine and liquer judging

Adstockistan is for everybody, but if you would like to have exclusive use please use: www.adstockistan.com/calendar/

As a fundraising orchard, the rules are simple, if you want exclusive use, your event must have a fundraising element. Generally, 100% of the money goes to Afghanaid, but that certainly does not preclude you from donating to other worthy causes that might be close to your heart.

Thank you so much to everyone who has supported the orchard by booking or attending the various public events and giving so generously, it really is appreciated.

Please phone Jo – 07712 897366 if you need help booking or for any other enquiries

Karate Fit

Karate Fit is the new way to keep fit in Adstockistan. It is expertly run by Tom Finchett and is separated into 2 hour long sessions on Mondays from 7pm in Rural Ronnie's or the Orchard when its lighter.

The first session concentrates on fitness through karate and the second session concentrates on various techniques of self-defence. It is a wonderful invigorating way to start the week and is strongly recommended by all who have attended so far. It is for every one of all abilities.



If you are interested in joining call or text Jo on 07712897366 who will add you to the WhatsApp group.

The cost is a donation of at least £2 per week, 100% of which goes to an excellent charity in Delhi that supplies after school education and food to slum children, Shiksha Rath. http://www.shiksharath.org



Date	Events	Place	Time
1 st October	Holy Communion, led by Archdeacon Guy Elsmore,	Village Hall	9am
7 th October	Adstocktoberfest	The Orchard	2pm-late
15 th October	Morning Worship led by Rev. Chris Murray	St Cecilia's	10.30am
15 th October	Power of Song Workshop	Village Hall	2pm-5pm
18 th October	History Club – Talk	1 Greenfields	7.30pm
19 th October	Science Club	1 Greenfields	7.30pm
21 st October	Hardy Plant Society Talk – Timothy Walker – 21stC Gardener	Botolph Claydon Village Hall	2.15pm
31 st October	Halloween Trail – see advert	Village	6-7.30pm
5 th November	Guy Elsmore will again take the Holy Communion		9am
11 th November	Adstock Village Quiz Night	Village Hall	
12 th November	Simon Faulks will lead the Remembrance Service	War Memorial	10.55am
3 rd December	Christmas Concert with the Adstock Singers	tbc	4pm
5 th December	Adstock Singers join the Swan Singers	Radcliffe Centrre	tbc
2024	2024		
3 rd February	Winter Quiz – see advert	Village Hall	7 for 7.30pm
8 th & 9 th June	Adstock Musical Open Gardens		2-6pm
	Weekly Events		
Monday	Karate Fit	Adstock Fields	From 7pm
Wednesday	Pilates	Village Hall	9.30am
Thursday	Hatha Yoga Classes	Village Hall	9.30-
			10.30am
Thursday	Choir ADSTOCK SINGERS	Contact Lucy Bignall	



LOCAL CONTACTS FOR FURTHER INFORMATION

Adstock Clarion	Claire Jenny or email villageadstockclar To receive a copy of the Cla	
Adstock Singers	Lucy Bignall	07798 504410
Adstock Orchard Bookings	www.adstockistan.com/calendar	
Book Club	Jill Lord	07540 990567
Karate Fit	Tom	07974 929961
Hardy Plant Society	Claire	07502 191215
History Club	Jenny Stuart	01296 712561
Pilates	Heather Brogden	07900 138314
Piano and Violin Lessons	Lucy Bignall	07798 504410
Science Club	Marius Stuart	01296 712561
Yoga	Lynn	07799 197317





This years theme is @e Scared - or Be Cancelled@- bit of Scary Halloween Fun with a modern twist - Please let me know if you@e taking part by 20th October, with your choice of scary house name - on 01296-715526, or at buildingsandbats@yahoo.com

We're following the example of the Clarion this year and dragging Halloween into the modern day,

Maps will be sent this year by email where requested and will be posted on the village Facebook Pages

Sorry, but no paper copy being delivered this year



Aylesbury Waterside Theatre



Peter Pan Goes Wrong 3rd - 8th October
The Woman in Black 10th - 14th October
Peppa Pig's Fun Day Out 28th - 29th October

Greatest Days -

the Take That Musical 7th – 11th November Madagascar the Musical 15th – 18th November

The Full Monty 21st – 25th November

Book your tickets now at Aylesbury Waterside Theatre Box Office, call 0844 871 7607 or visit www.atgtickets.com/aylesbury

Fancy learning a new sport?

Come and play Croquet in Winslow

The game is modern, fast, fun and very sociable

Winslow Croquet Club is open to everyone

– whether you have played before or want to learn something new.

Our normal club afternoons are on Tuesdays, Wednesdays, Thursdays and Saturdays starting at 2pm when club members pay friendly games but the lawn is available at other times.

If you are interested there are also friendly inter-club games and we play in a local league.

This year, our season started on Saturday April 2nd. If you would like to play or learn how to play, please contact us on 07922 87 66 88 or 07540 99 05 67 and we can arrange a session with you.

Find us on Facebook @winslowcroquet

ADVERTISEMENTS

Advertising in the Adstock Clarion

If you wish to feature your event, service or business in the Clarion and Calendar notice which are:

- sent out at the end of alternate months
- emailed to over 170 Adstock residents
- promoted on the Adstock Facebook page

The Costs are:

- For Villagers £5 for one Adstock Clarion and one Calendar issue £25 for the year (6 issues of the Adstock Clarion and Calendar notices)
- For External Businesses £10 for one Clarion and one Calendar issue £50 for the year (6 issues of the Adstock Clarion and 6 Calendar notices)
- Village events will continue to be advertised free of charge

Please contact Claire or Jenny for more details or to place an advert.

Help with designing ads is also available



Rain didn't stop play at the Padbury **Tennis Club Finals**

The annual Padbury Tennis Club Finals held on Sunday 17th September was the culmination of several weeks of matches between members which saw lots of friendly rivalry and the afternoon's finals were hard fought.

The rain didn't stop 15-year-old Olivia Cruise beating a previous Ladies champion, Denise Green, as they bravely decided to continue despite a downpour. After a very close match, Olivia won the title 6-2, 6-0.

This followed the earlier Men's final which saw David Heal beat Mark Cruse, having entertained the crowd with a very competitive match, winning in two sets 6-1 and 6-4.

The rain finally stopped, and the weather improved for the Open Doubles finals. Chris Hill and Paul Evans played the father and daughter team of Mark and Olivia Cruse, both of whom had played in their respective singles final earlier in the day. The family team emerged victorious, winning 6-3 and 7-5.

Justin Farrington Smith, club chairman said: "It was a wonderful afternoon enjoyed by a number of members and spectators who witnessed very spirited tennis action and appreciated a tasty BBQ."

If you would like to join this friendly and social club, please email padburytcmemb@gmail.com or call Dave Green 07920 297891



PADBURY TENNIS CLUB

Play Tennis In Padbury



COURTS AVAILABLE 7 DAYS A WEEK SOCIAL CLUB NIGHTS TUES & SAT TEAM PLAY IN MK TENNIS LEAGUE ANNUAL CLUB TOURNAMENT LTA QUALIFIED LEVEL 4 COACH **NEW MEMBERS WELCOME**



COACHING WITH ED

Ed Harwood is a former pro tennis player based in Bucks. He offers adult and kids groups, plus individual lessons at competitive rates.

padburytcmemb@gmail.com 07920 297891 @padburytennisclub



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- Caravan Storage (outdoor)
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Hardy Plant Society Bucks & Oxon Group

Gardening with hardy perennials

Associated to the national Hardy Plant Society (<u>www.hardy-plant.org.uk/</u>) home to a plethora of information, guides and seeds.

The local group meets monthly with various speakers or visits arranged throughout the year. Some of the members are very knowledgeable plant enthusiasts who are only too happy to share their knowledge or help with gardening issues.

The group meets in the East and Botolph Claydon Village Hall, Botolph Claydon, MK18 2LR Membership per year is £10 (starting January) plus the national HPS membership of £17 per year.

Autumn 2023 series of talks

HOW TO BE A 21st CENTURY GARDENER by Timothy Walker www.timothywalker.org.uk/about-me/

Saturday 21st October at 2.15pm

East & Botolph Claydon Village Hall, MK18 2LR

The eminent botanist and gardener, a former Director of the Oxford Botanic Garden and Harcourt Arboretum, will help us to think more creatively about our gardens as the climate changes.

Stimulated in part by the changes that we are seeing in our weather and climate means gardeners are perhaps more aware of these changes than other groups in Society. This talk looks at the many ways that gardeners can reduce their impact on the World's natural resources and at the same time help those plants whose habitat is evolving faster than they can. It is about much more than global warming and using peat.

Final date for 2023 – 18th November

- AGM and member talk by Jean Cooke on her personal approach to gardening
- Jean has been a member of the local HPS for many years and has a unique way of gardening her own garden

For more details about the group or if you wish to offer a talk contact or message us by Facebook via HPS - <u>Hardy Plant Society - Bucks & Oxon</u> or email <u>bucksandoxonhardyplantsociety@gmail.com</u>



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Mob: 07906 305868
Email: icarnell22@gmail.com



Cooks Corner

For all you budding cooks, there is obviously lots of apples about at the moment so thought I'd share a great apple cake recipe, passed down from my Mum.

And if you have a fav recipe or top tip for the kitchen, please pass it on.

Ingredients	Method		
8oz Apples (weight after peeling and coring)	Peel and core apples (sweet or cookers)		
4oz Caster sugar	Cut 2 into tiny squares and grate the other 2		
4oz Margarine	Cream together butter and sugar		
2 Eggs	Beat in the eggs		
8oz Self raising flour	Add flour and spice with a beater		
Half tspn mixed spice or to taste	Stir in sultanas and apple then pour into cake tin Add sprinkle of demerara sugar on top for a		
6oz Sultanas			
2 tblspn Demerara sugar	crunchy finish		
Baking tins: 1 large circle tin or if using 2 x square tins reduce cooking time to about 35mins	Bake in preheated oven at 160° (fan) for about 1 hr		
,	Done when inserted knife or skewer comes out		
	clean. Enjoy		



