

Big spike in van tool thefts in Aylesbury Vale



THOMAS BAMFORD

Thames Valley Police is advising local van owners to be vigilant after a recent increase in tool theft from vans across Aylesbury Vale. PC Dean Kingham from Aylesbury Police Station said: "We have recently seen a spike in vans being

targeted by thieves for their tools and as a result of this patrols have been increased across the Local Police Area, targeting key locations, educating the public and targeting those committing these offences within our community.

"Tools are extremely valuable possessions and when stolen, can impact hugely on small businesses. Van owners are reminded to remove their tools from the vehicle when it is left unattended for long periods of time and overnight.

"Vehicle criminals are opportunists, and you can help to prevent vehicle-related crime by taking the following simple security measures."

- * Make sure you lock the doors and shut the windows whenever you leave your van unattended.

- * Never leave any valuables visible - keep all possessions out of sight.

- * Remove tools from your van when left overnight.

- * If removal of tools is not possible, fit a tool safe and ensure it is fully secure.

- * Consider parking your van close to a hedge or wall in order to restrict access for anyone trying to get inside. Always park your van in well-lit areas.

- * Engrave or mark tools and their box with your details. Use a Postcode as this will make it easier to return recovered items.

- * Fit additional external locks to van doors.

- * Keep a list of tools, together with serial numbers and any identifying marks. You can do this at: <http://www.immobilise.com>] immobilise website, to help trace them back to you if they are recovered.

From the Editor

My apologies for making the contributions deadline for this edition of the Chronicle so early. I needed to have the magazine printed before the Christmas break. However, this has resulted in a somewhat slimmer edition.

The Village Christmas Quiz Night was a blast despite the weather conditions. I must thank everyone who comes from all ages to join the fun and hope to see you and more on Sunday 7th January for the New Year bash at trivia and laughter. Details inside.



ASTON ABBOTTS THEATREGOERS

I'm pleased to advise that The Waterside Theatre has continued its offer of a pair of tickets for each of the following shows. If you would like to be included in the raffle for these tickets then please

email me or drop a note through my judyhardcastle@me.com or at Marloes, Lines Hill. The draws will take place two weeks prior to the day of each show.

Judy Hardcastle

Show	Date & Time
ONE NIGHT OF QUEEN Tickets limited	FRI 5 JAN 7.30PM
BACK TO BACHARACH	THU 18 JAN 7.30PM
GEORGE'S MARVELLOUS MEDICINE Up to 4 tickets available	TUE 30 JAN 6.30PM
THE PLAY THAT GOES WRONG	MON 5 FEB 7.30PM
BLOOD BROTHERS	TUE 13 FEB 7.30PM
THE CASE OF THE FRIGHTENED LADY	MON 19 FEB 7.30PM
THIS IS ELVIS	MON 26 FEB 7.30PM
SON OF A PREACHER MAN	TUE 6 MAR 7.30PM
THE BARRICADE BOYS Tickets limited	MON 12 MAR 7.30PM
STRANGERS ON A TRAIN	MON 19 MAR 7.30PM
WOMEN IN ROCK Up to 4 tickets available	THU 29 MAR 7.30PM
LA VOIX'S ONE NIGHT ONLY 18+ only	FRI 30 MAR 7.30PM
CILLA THE MUSICAL	TUE 10 APR 7.30PM

**NOTICE OF CASUAL
VACANCY ASTON
ABBOTTS PARISH
COUNCIL**

**Clerk to the Parish Council –
Mr Frank Post**

2 Brandon Court

Long Marston, HP23 4RA

01296 668206. -

astonabbottsclerk@gmail.com

Notice is hereby given that by reason of the resignation of Councillor Clarke a vacancy has occurred among the members of the Parish Council.

Any person wishing to fill this vacancy should apply to the Clerk in writing, stating what they feel they could offer to the Parish Council, before the 10th January 2018

If any person would like to know more about what is involved with being a councillor prior to applying they may contact the Parish Clerk or the Parish Council Chairman (Kate

Curry, on 01296 681137). The applicant's name must appear on the current register of the Voters List or the applicant should during the whole of the twelve months preceding the relevant date have resided in or within three miles of the parish or the applicant's only place of work during the whole of the twelve months preceding the relevant date is in the parish.

The applicant must not be debarred from standing as a councillor.

Unless a by-election has been called for, election to the aforesaid council will be voted for by the present sitting number of councillors.

The Parish Council would like to take this opportunity to thank Mr Richard Clarke for his years of service.

Mr Frank Post

Clerk to the Parish Council

Snow White and the Seven Dwarfs.

Waterside Theatre Aylesbury. A Review – Ian Duffy



Any review of a pantomime by me usually gets negativity running through every sentence BUT, 'Snow White and the seven Dwarfs' at the Waterside Theatre Aylesbury turns that on its head.

The story of Snow White (Jenna Innes) and her wicked stepmother and Queen (Su Pollard) who is on a mission to see the demise of Snow White so she can marry the Prince (Jon Moses).

Chucked it into the mix, extra characters such as Muddles played by Andy Collins from Three Counties Radio, returning for his 7th year, playing his 'slow on the uptake' servant character and La Voix playing nurse to the wicked queen. The sets were of such high standard to fit all

scenes, whether in the cosy cottage or the dark menacing forest.

The cast, including the renamed dwarfs played comical roles to the story, bouncing off each other with impeccable timing and in parts sharing adult humour over the heads of the children.

This pantomime production has to be the best I have ever seen and credit must go to the whole cast who entertained from start to finish. The backstage crew and of course the director Chris Nelson, I cannot praise enough.

I was privileged to meet most of the cast and crew who were happy to chat and sign autographs.

A thoroughly enjoyable family entertaining evening. Hi Ho.

And a review by Anna Turner.

What an amazing evening it was everything that a parent and a child would want to watch, the production was amazing and had all. What you would expect from a Christmas panto, the stage presents from all the actors were funny and the interaction was just laugh out loud fun. This was my sons first panto and he smiled the whole way through, there was not

one disappointing moment from start to finish, Aylesbury waterside theatre bought back lots of Christmas memories and I can't wait to go back again, they bought a childhood book and bought it to life, thrilling!

What a night to remember.



Aston Abbotts Good Samaritans Bingo

Next Meeting - Thursday 8th February, 7.30pm in the Village Hall in aid of Young Carers Bucks

Donations totaling **£796** were made in 2017 as follows:

£100 - Royal National Lifeboat Institution

£118 - Arthritis Care

£251 - Florence Nightingale Hospice

£109 - Alzheimer's Society

£102 - The Royal British Legion

£116 - Thames Valley Air Ambulance

A big thank you to all those who continue to show their support.

Pam Dixon & Sondra Dickason



Sunday 7th January 7.30pm.

Get a team together or join one and
come to the **Royal Oak** for the fun
& frolic evening.

**Full Cash Prize to the winning team and
that Free Draw Dinner for 2.**

Food Available

***December 2017 Bulletin
from Superintendent Tim
Metcalf, Local Police Area
Commander, Aylesbury
Vale.***

This is my second quarterly message since taking up the Aylesbury Vale police commander role in the summer. The purpose of this message is to offer a flavour of what Thames Valley Police, with our partners and community members, have been doing to make Aylesbury Vale safer. There is always a large amount of activity over a twelve-week period and I obviously will not be able to cover it all. However, I will try and focus on the highlights and what I feel are likely to be key matters of interest. Please let me know if there are specific issues that you would like covered in future messages. I feel that the current issues that we are managing can be summarised as follows:

1. Hidden Harm. The Thames Valley Police 'Hidden Harm' campaign has recently been launched by the force. It includes such offences as modern slavery, child abuse,

honour based abuse and domestic abuse. Sadly, these crimes are quite common but often go unchallenged and unreported. The key message of the campaign is therefore 'if you suspect it, report it'. Since my last update we have worked with North Wales Police in relation to a complex modern slavery investigation and dealt with numerous incidents of domestic abuse. Information that we receive is critical to ensuring we quickly identify these crimes and ensure that vulnerable people are protected. If you think someone is suffering abuse please call us on 101 or 999 in an emergency. Alternatively, you can anonymously contact Crimestoppers on 0800 555 111. If you've been a victim of crime visit the Victims First website for advice. #HiddenHarm will allow you to follow the campaign on our social media channels.

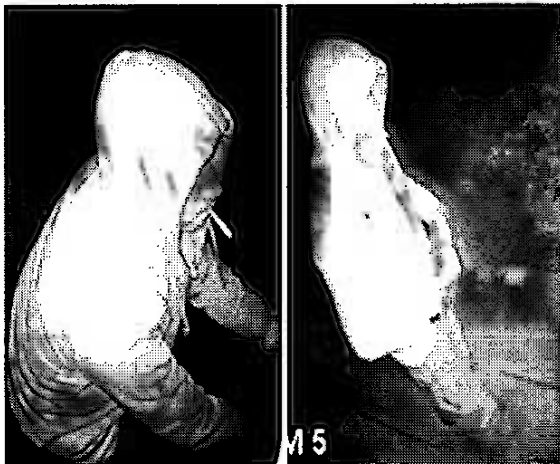
2. Organised Crime We have been working closely with Buckinghamshire County Council, Aylesbury Vale District Council, social services, landlords and other emergency services to prevent and disrupt organised crime activity across the area. Since my last

update we have been particularly active in addressing criminal drug dealing and production. Officers have successfully executed four Misuse of Drugs Act warrants on cannabis factories seizing and destroying significant volumes of cannabis plants, growing equipment and refined cannabis. We have also executed a further seven warrants at residential addresses used by criminals dealing heroin and crack cocaine. This activity has resulted in a wide range of serious criminal charges against the perpetrators. The connections between drug abuse and anti-social behaviour and acquisitive crimes, including burglary and theft from vehicles (not to mention other social harms), is extremely well established and this is why we will continue to relentlessly target drug dealers across the Vale.

3. Rural Crime The Aylesbury Vale police team have been working very hard to both disrupt and bring to justice criminals who commit crime within our rural communities. We have been running a series of operations with colleagues in Milton Keynes, Bedfordshire and Hertfordshire to

target criminals who engage in a broad spectrum of crime including burglary, theft from motor vehicles, general theft and hare/deer coursing in the rural areas to the north and east of the area. To these ends we have employed a mixture of covert and overt tactics. For example, the team have focused on denying criminals the use of their untaxed/uninsured vehicles by using traffic legislation. This has resulted in over 90 vehicles seized and crushed, 169 traffic offences reported, twenty-five arrests and over three thousand speed checks. This work has resulted in the seizure of offensive weapons, drugs and recovery of stolen property. We have also been covertly deploying decoy 'trap vans' to catch criminals intent on stealing tools from vans overnight. These operations are having a positive impact and we have seen a 47% reduction in residential burglaries, and a 27% reduction in theft from vehicles, in the Great Brickhill, Wing and Ivinghoe areas when compared with last year's figures. However, I would really like to emphasise the importance of removing valuables, including tools,

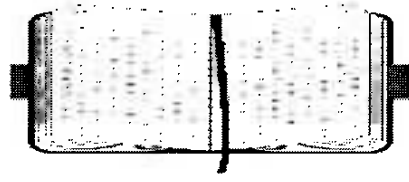
from cars and vans. If this is not practicable in terms of tools parking in a garage or investing in enhanced locks helps considerably. These are without a doubt the most effective tactics to avoid becoming a victim of vehicle crime.



4. Anti -Social Behaviour Persistent anti-social behaviour (ASB) is an awful blight on the quality of life experienced by those unlucky enough to be subjected to it. Although reports of public space ASB typically reduce during the winter months there has unfortunately been a recent upsurge in nigh-time anti-social and

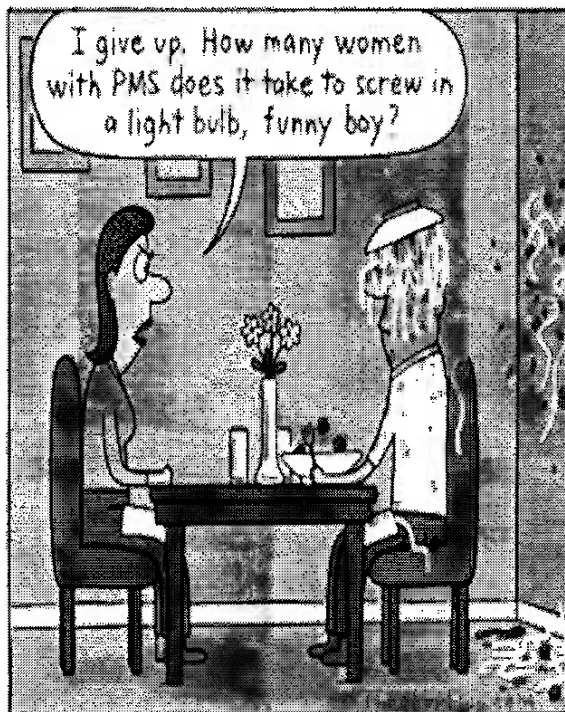
disorderly behaviour in Aylesbury Town centre. To address this there has been an increase in police patrols and we are making full use of the excellent CCTV system to ensure that unacceptable behaviour is robustly addressed, often through the use of either criminal or civil legislation. To end I would like to emphasise that Aylesbury Vale is a very safe place to live and work. Nevertheless, my policing objective is to work with others to make Aylesbury Vale even safer. We will be doing this through a focus on preventing crime and stopping the exploitation of vulnerable people. I wish you a safe, crime free and happy Christmas,

**Superintendent Tim Metcalfe
Aylesbury Vale Local Police
Commander**



What's on in January?

Morning cafe	Thursday 4th. 10-12	Village Hall
Whist Drive	Thursday 4th. 7.30pm	Village Hall
Rambling Club Lunch	Sunday 7th. 12.30	3 Locks
New Year Quiz Night	Sunday 7th. 7.30	Royal Oak Pub
Evensong	Sunday 7th. 6pm	St James Church
Morning cafe	Thursday 11th. 10- 12	Village Hall
Mobile Library	Tuesday 16th. 10.30	The Green
Morning Cafe	Thursday 18th. 10- 12	Village Hall
Whist Drive	Thursday 18th. 7.30pm	Village Hall
Chronicle contribution deadline	Sunday 21st. 4pm	Pete10lucas@aol .com
Parish Council Meeting	Wednesday 24th. 7.30pm	Village Hall



***A Point of interest
regarding car Insurance
from Alex Evans, BH.***

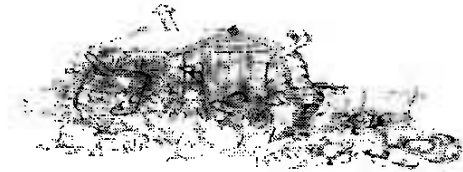
A driver had their car seized by police on a motorway -because their insurance policy didn't cover commuting from work. Police seized the car on the M62 because the insurance policy did not cover commuting. A spokesman said: "M62 West, - Driver commuting from work - insurance policy excludes commuting. Also an incorrect address on the policy. Seized and reported" But the incident sparked criticism from some fellow drivers online, with many taking aim at the police for the seizure. One comment said: "How can an insurance policy 'exclude commuting' never heard of that in my life! Genuine question! It's quite worrying!" Another added: "Bit harsh that..." A spokesman for the force then defended the seizure of the car, adding: "Regarding the above comments, for obvious reasons

we cannot discuss this specific incident in detail, however we always ensure the law is enforced fairly and proportionately. If using the vehicle for a class of use not covered, then the vehicle is uninsured for that journey." Motorists are now being urged to check their insurance does cover them when commuting as not all policies do so.

Read more at:

<https://www.leightonbuzzardonline.co.uk/news/crime/police-issue-warning-after-car-seized-due-to-insurance-not-covering-commuting-1-8295827>

ALLOTMENT DIARY



You haven't had an allotment diary from me for a couple of months, since apart from the second and more serious spate of thefts from the allotments mentioned by Simon on the village postbox in December, nothing much has been happening on the allotments that was worthy of mention. The tools that I had left in my greenhouse were so old and tatty, that the thieves clearly turned their noses up at them, but it is very sad that the allotment-holders who did keep decent tools in their sheds or greenhouses should have them stolen in this way. Am I being ageist, or looking at the past with rose-tinted glasses, in thinking that it would not have happened when I was young?

I've little to report from my own allotment: I shall be going down in next week to dig up some leeks and potatoes for Christmas (hoping that I do not choose a day when we have a hard frost or snow), but that's about it.

However, I do have some vegetable-related news to pass on:

1. Let's get the bad news out of the way first: invasive Spanish slugs (which are orange-coloured, and can be 6 inches long), have started breeding with English slugs. This is very bad news, since the Spanish species produce more offspring, and these have the same attributes as their Spanish parent: namely that they produce less slime, and are therefore less attractive to predators such as birds and hedgehogs; and they are more resistant to diseases and parasites. The Spanish variety can also eat up to 20 slug pellets before they die. Our only hope is that the Spanish variety can be killed off by very cold weather; and a hard winter might decimate the invading force
2. A second bit of bad news is that a fungus which kills lettuces had been identified on a farm in Lincolnshire, the first record of it in Britain. The fungus, called *fusarium*, originated in Japan, but has now spread to mainland Europe, where it has ravaged crops. There is as yet no known way of controlling the

latest version of the disease, and worse still, the fungus produces spores which survive in the soil for years – so that lettuces cannot be grown where the disease has been found. Most lettuces sold in the UK come from English farms, and I read that the industry is worth around £143 million a year, so that if the disease takes hold, it will be a catastrophe. (*£143 million is an awful lot of money: I eat about one lettuce a year. The rest of you must be eating lots of lettuce!*)

3. Good news for those of you who like eating avocado, and are afraid of suffering “avocado hand” – the slash wounds caused by unsuccessful attempts to remove the stone. Mark & Spencer are going to start selling a stone-less avocado!
4. I read that in 2017 the trendy colour for vegetables was purple. (*I suspect that “trendy” in this context*

means that a few restaurants in central London had started serving purple veg.). In any event it seems that the movement among trend-setters is towards black (*yes, black!*) vegetables, such as South American sweetcorn, aged garlic and Shetland potatoes. Other trends are likely to be for exotically coloured vegetables, such as candy-striped beetroot, and yellow and purple carrots. (*I’m a bit surprised about the latter: I remember growing carrots like this a couple of years ago*). Other trend-setting tips include giant lemons, white strawberries, pink blueberries and yellow raspberries – although surely the latter are a bit old-hat by now?

I hope that 2018 is going to be a good gardening year for you, whether or not you decide to be “on message” with your produce, in accordance with the above tips!

Peter Shorrocks

Rural Crime

Did you know... a number of rural crimes can be avoided by taking a few simple steps? Here are some top tips to help keep your property secure:

- Keep the boundaries of your land and property well-maintained and secure
- Fit strong locks to sheds, garages and outbuildings
- Check security equipment regularly to ensure it is working

properly

- Lock equipment away in a secure building when it's not in use
- Security mark your tools and equipment

For more crime prevention advice, please visit the Rural Crime page on our website here: <https://www.thamesvalley.police.uk/advice/protecting-your-business/rural-crime/>



Watch Cats and dogs with salt & grit

With temperatures dropping as low as -15C in some parts of the country this week, vets are warning pet owners to take extra caution during the cold spell with salt, grit and antifreeze proving fatal to pets. Salt, grit and antifreeze used to de-ice outdoor areas is particularly dangerous to pets if it is ingested or trapped in the animal's paw. In extreme cases it can cause "convulsions and kidney damage", according to The British Veterinary Association (The BVA). The BVA is urging pet owners to wipe paws after every outing and take extra care when handling antifreeze. British Veterinary Association Senior Vice President, Gudrun Ravetz, said: "While pets still need their usual exercise through the winter, owners need to be mindful of the risks posed by the salt and grit used to de-ice outdoor areas, which can irritate paw

pads and be toxic if ingested. "Rock salt, or sodium chloride, ingestion can cause high blood sodium levels with symptoms including excessive thirst, diarrhoea, vomiting and lethargy and, in severe cases, convulsions and kidney damage. Ravetz added, "We would advise owners to wipe their pet's paws and belly after every outing to remove any ice or salt, and to regularly check for cracks in paw-pads or for redness between the toes. If you are concerned your pet might have ingested a toxic substance, you should consult your local vet immediately." In 2010, during a particularly extreme cold spell, the Mail Online reported how the RSPCA received 248 calls about salt, grit and antifreeze cases involving cats and dogs between January 1 and mid-November. Read more at: <https://www.leightonbuzardonline.co.uk/news/vets-warn-over-salt-and-grit-dangers-to-pets-1-8291516>



Fake Government Grants Fraud Alert

Individuals and businesses are being warned to watch out for cold calls and online contact from fraudsters who are offering victims the opportunity to apply for Government grants for an advance fee.

To make the grants look legitimate fraudsters have set up bogus companies and convincing looking websites that claim to be operating on behalf of the UK Government.

Fraudsters cold call businesses and individuals offering the grant and if they're interested direct them to fill out an online application form with their personal information. Once the fraudsters have that information they'll contact back victims and congratulate them on being accepted onto the grant programme.

Pre-paid credit cards

Applicants are then asked to provide identification and are instructed to get a pre-paid credit card to deposit their own contribution to the fake Government grant scheme. Fraudsters will then contact victims on the phone or are emailed and asked for the details of their pre-paid credit card and copies of statements to in order for them to add the grant funds.

Of course the grant funds are never given by the fraudsters and the money that's been loaded by the victim onto the card is stolen.

If you receive one of these calls, hang up immediately and report it to us. We've already taken down one website fraudsters have been using to commit this fraud and are working with Companies House to combat this issue.

How to protect yourself:

Be wary of unsolicited callers implying that you can apply for grants. You should never have to pay to receive a government grant, and they definitely won't instruct you to obtain a pre-paid credit card. The government should have all the information they need if a genuine grant application was submitted, therefore any requests for personal or banking information either over the phone or online should be refused.

What to do if you're a victim:

- If you think your bank or personal details have been compromised or if you believe you have been defrauded contact your bank immediately.
- Stop all communication with the 'agency' but make a note of their details and report it to Action Fraud.
- If you have been affected by this, or any other type of fraud, report it to Action Fraud by visiting www.actionfraud.police.uk or by calling 0300 123 2040.

The information contained within this alert is based on information from gathered by the National Fraud Intelligence Bureau (NFIB). The purpose of this alert is to increase awareness of this type of fraud. The alert is aimed at members of the public, local police forces, businesses and governmental agencies.

Don't leave running vehicles unattended while you defrost them – Aylesbury Vale

This is just to remind residents not to leave running vehicles unattended, while they are being defrosted.

A vehicle has been stolen in the early hours, yesterday (14/12) in the Aylesbury area. The driver started the vehicle and then nipped back into his house to get water.

A car and a van were involved in a crash in Wing Monday 18/12/17.

The accident happened in Park Gate, Wing at 3.40pm.

Firefighters and paramedics released a man injured after the accident, while another man was injured but not trapped. The exact nature of their injuries is not known at the moment.

One appliance and crew from Aylesbury, one from Leighton

The car was only left unattended for a matter of moments, which is all it takes if an opportunist criminal happens to be in the area.

Even if you have locked your vehicle you are still not safe as it is easy to smash a window to get in.

If your car is stolen in this way, not only will you have the inconvenience of arranged other transport, but your insurance company will probably not pay out.

Buzzard and an officer attended. In an unrelated incident this afternoon, Bucks Fire and Rescue were called to nearby Littlecote after a car hit an electricity pole. A man reportedly suffered minor injuries.

Transport for Bucks tweeted earlier today that gritters would be out in the north of Bucks from 6pm this evening, due to a forecast of low temperatures and the potential for icy and slippery roads.

The Astonians.

Mincy and her Mexican Mouse Hound Dog – astonpete

In all my 50 years I don't think I've ever caused a scene in a pub but the other day the Royal Oak was quite crowded and I noticed an American guy walk in and through the entire pub looking for a seat, but the only seat left was taken by Mincy Bumgardner's poodle.

The American guy asked her, "May I have that seat?" Mincy, in her snobby way, just sniffed and said, "Oh Americans are so rude. My little Fifi is using that seat".

The guy walked the entire pub again but the only seat left was under Mincy's dog. "Please Ma'am. May I sit down? I'm very tired."

She snorted, "Not only are you Americans rude, you are also arrogant!"

This time the American didn't say a word; he just picked the dog up threw it out the pub window and sat down.

Well, Mincy screamed, someone defend me! This American needs to be put in his place!"

Well I can't stand that bloody dog but I got up walk over to the guy and said to him,
"Oi, you Yanks seem to have a penchant for doing the wrong thing. You hold the fork in the wrong hand. You drive your cars on the wrong side of the road. And now mate, you seem to have thrown the wrong bitch out of the window'.
He asked, what ya having sir?

Why Mincy and I fell out.

I forgot to tell you how I fell out with Mincy Bumgardner. Before moving to Aston Drive, she lived right across the road.

I could see her house from my front window.

I watched as she got home from work one evening. I was surprised when she walked across the road, up my driveway and knocked on the door.

I rushed to open it and she looked at me and said, "I just got home and I have this strong urge to have a good time, dance, get drunk and get, well you know! Are you doing anything?"

I quickly replied, "No, I'm free!"
She said, "Great! Could you look after my dog?"



Hi Pete,

Please include following in the Chronicle:

I would like to thank Kate Curry, Chairman of the Parish Council, who allowed me, as a retiring Parish Councillor, to lay the wreath at the memorial on Remembrance Sunday with my granddaughter Poppy. It was a great privilege.
Richard Clarke.

Hi Pete,

I wonder if it would be possible to run a small item in the Chronicle about the shows we present on 107.2 Red Kite Radio based in Haddenham. The station is just about receivable in the village on fm and online via the station web site www.redkiteradio.com

We have two shows, Friday 8-10pm
The Roots Collective
with Americana, Bluegrass, Country and Folk. The other is a blues show on Sunday evening from 8-10pm
www.therootscollective.co.uk

As we live in Aston Abbotts I thought this may be of interest and hope we may pick up some very local listeners. Best regards,
Martin

2 Longmoor Farm Cottages
Cublington Road

Sounds like a good listen. Ed.

Dear All,

As our house uses a log burner as it's main source of heat we get through a lot of logs. We've found that the HEATMAX compressed sawdust logs produce the most heat per kg. So, we are now signed up as a reseller of the HEATMAX compressed sawdust logs and can offer them to villagers at a discounted price of just £5.50 for a large 20Kg bag.

James

james.dell@abbottsviewalpacas.co.uk

Abbotts View Farm
07970692550



**My paws
are frozen!**

**Man, I wish
that was my
only problem!**

Who's Who when you need them. Important numbers

Position	Name	Number
Chair Parish Council	Kate Curry	681137
Vice Chair Parish Council	Judy Hardcastle	688070
Councillor	Peter Shorrock	681260
Councillor	Phil' Spooner	681544
Councillor	Simon Guy	681319
Parish Council Clerk	Frank Post	668206
County Councillor	Netta Glover	688357
Fete Co-ordinator	David Gray	681952
Vicar	Phillip Derbyshire	01525240287
Church Warden	Caroline Abel-Smith	681001
Church Secretary	Caroline Lane	681373
Church Mowing	Gordon Kemp	681763
100 Club Treasurer	David Gray	681952
Bingo	Pam Dixon	681626
Book Club	Sally Palmer	681152
Chronicle Editor	Pete Lucas	681387
Chronicle Advertising Enquiries	John Whyte	
Chronicle Distribution	Sally Palmer/Jill Wenble	681152/681877
Village Hall Hire	Liz Barlow	682605
6.30 Club	Andy Bystra	681690
Gnomes	Carol Spooner	681544
Ladies Club	Jackie Whyte	681624
Rambling Club & Whist Drive	Colin Higgs	681343
Rural Transport	Colin Higgs	681343
Baby & Toddler Group	Kim Gayler	681123
Royal Oak Pub & Restaurant	Teri Moulton	681262
Milkman	Alan	07791885612
Post office & shop Wingrave		682964

Community Services

NHS Direct 24hr Advice	111
Doctor Out of hours Surgeries	331511
Stoke Mandeville Hospital	315000
Police Non-Emergency	101
Police Station Wing	396163/4
AVDC	585858
Bucks County Council	395000
Citizens Advice	08701264056
MP John Bercow	714240
Mobile Library	01280813229
Refuse Collection	585510
Anglian Water	385995
Pre School Wingrave	681127

Church Duties January

Cleaning	Flowers	Date
Colin/Caroline	Colin	6th
Ann/Gordon	Colin	13th
Alex/Anita	Donated	20th
Colin/Gay	Donated	27th



"REMINDE ME AGAIN - IS IT THE THIGH BONE THAT'S CONNECTED TO THE KNEE BONE?"



Services at

Saint James Church - Aston Abbotts January 2018

7 th Jan.	6.00pm	Evensong	Revd. Philip Derbyshire
14 th Jan.	10.30am	Parish Communion	Revd. Peter Binns
21 st Jan.	9.30am	Breakfast Service	
28 th Jan.	10.30am	Parish Communion	Revd. Roger Hale

100 Club Draw December 2018

1st Prize, £50 Val Smith

2nd prize, £10 Rita Robinson

Church Matters

The diary of St. James's



The kitchen and cloakroom are nearly finished but the supply has not been connected even though the water board has cashed our cheque. The only remaining problem is how to vent the kitchen extractor to the outside; not easy when the tower walls are two feet thick! The new West Door is now installed replacing one inward opening with two outward opening doors hence maximising the space in the base of the tower. We must again acknowledge the generosity of Len and Dorris Scutchings without whose legacy none of this would have been possible.

The Christingle service on the 17th was well attended by young families and oldies alike. As usual

the church was beautifully decorated for the festive season ready for the Nativity on the 23rd, the Christmas Day service and Advent service on New Year's Eve. Thanks to Gay, Ro and Caroline for arranging the Christingle service, the refreshments and the workshop on the previous day and thanks to Alex and Colin who cleaned the Church after the preparations. We have a team of largely unsung heroes who volunteer for the cleaning rota. Our thanks to Colin, Gay, Ann, Gordon, Alex and Anita.

We hope you all had a good Christmas and wish you well for the New Year.



Opening Times

Mon CLOSED

Tue 14:00 - 19:00

Wed 10:00 - 13:00
events

Thu CLOSED

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.....
Happy New Year



Tuesday 2 January craft session for children 14:30 – 16:30 pm



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Contribution Deadline

Please remember that February's Chronicle contributions must be to me by 24th January.

Many thanks. Ed.

I included this as a point of interest and have no idea if this works

Asparagus -- Who knew?

My Mom had been taking the full-stalk canned style Asparagus, pureed it and took 4 tablespoons in The morning and 4 tablespoons later in the day. She did This for over a month. She is on chemo pills for Stage 3 Lung cancer in the pleural area and her cancer cell Count went from 386 down to 125 as of this past week. Her oncologist said she will not need to see him for 3 Months.

THE ARTICLE:

Several years ago I met a man seeking asparagus for a Friend who had cancer. He gave me a copy of an article, Entitled "Asparagus For Cancer" printed in the Cancer News Journal, December 1979. I will share it Here, just as it was shared with me: I am a Biochemist, and have specialized in the relation of diet To health or over 50 years. Several years ago, I learned Of the discovery of Richard R. Vensal, D.D.S. That Asparagus might cure cancer. Since then, I have worked With him on his project. We have accumulated a number Of favorable case histories. Here are a few examples:

Case No. 1, A man with an almost hopeless case Of Hodgkin's disease (cancer of the lymph glands) who Was completely incapacitated. Within 1 year of starting The asparagus therapy, his doctors were unable to Detect any signs of cancer, and he was back on a Schedule of strenuous exercise.

Case No. 2, A successful businessman, 68 years old, Suffered from cancer of the bladder for 16 years. After years of medical treatments, including radiation

Without improvement, he began taking asparagus. Within 3 Months, examinations revealed that his bladder tumor Had disappeared and that his kidneys were normal.

Case No. 3, On March 5th 1971, a man who had lung Cancer was put on the operating table where they found Lung cancer so widely spread that it was inoperable. The surgeon sewed him up and declared his case Hopeless. On April 5th he heard about the Asparagus Therapy and immediately started taking it. By August, X-ray pictures revealed that all signs of the cancer had Disappeared. He is now back at his regular business Routine.

Case No. 4, A woman had been troubled for a number of Years with skin cancer. She developed different skin cancers Which were diagnosed by the acting specialist as advanced. Within 3 months after beginning asparagus therapy, the skin specialist said her skin looked fine with no more skin lesions. This woman reported that the asparagus therapy also cured her Kidney disease, which had started in 1949. She had over 10 Operations for kidney stones, and was receiving government disability payments for an inoperable, terminal, kidney condition. She attributes the cure of this kidney trouble entirely to the asparagus treatment.

I was not surprised at this result as 'The elements of Materia medica', edited in 1854 by a Professor at the University of Pennsylvania , stated that asparagus was Used as a popular remedy for kidney stones. He even Referred to experiments, in 1739, on the power of Asparagus in dissolving stones. Note the dates! We would have other case histories but the medical Establishment has interfered with our obtaining some

Of the records. I am therefore appealing to readers to Spread this good news and help us to gather a large Number of case histories that will overwhelm the Medical skeptics about this unbelievably simple and Natural remedy.

For the treatment, asparagus should be cooked Before using. Fresh or canned asparagus can be Used. I have corresponded with the two leading caners of asparagus, Giant and Stokely, and I am satisfied that these brands contain no pesticides or preservatives. Place the cooked asparagus in a blender and liquefy to make a puree. Store in the refrigerator. Give the patient 4 full tablespoons twice daily, morning and evening. Patients usually show some improvement in 2-4 weeks. It can be diluted with water and used as a cold or hot drink. This suggested dosage is based on present experience, but certainly larger amounts can do no harm and may be needed in some cases. As a biochemist I am convinced of the old saying that 'what Cures can prevent.' Based on this theory, my wife and I Have been using asparagus puree as a beverage with Our meals. We take 2 tablespoons diluted in water to Suit our taste with breakfast and with dinner. I take Mine hot and my wife prefers hers cold. For years we Have made it a practice to have blood surveys taken as part of our regular checkups. The last blood survey, taken by a medical doctor who specializes in the nutritional approach to health, showed substantial improvements in all categories over the last one, and we can attribute these improvements to nothing but the asparagus drink. As a biochemist, I have made an extensive study of all aspects of cancer, and all of the proposed cures. As a result, I am convinced that asparagus fits in better with the latest theories about cancer.

Asparagus contains a good supply of protein called histones, which are believed to be active in controlling cell growth. For that reason, I believe asparagus can be said to contain a substance that I call cell growth normalizer. That accounts for its action on cancer and in acting as a general body tonic. In any event, regardless of theory, asparagus used as we suggest, is a harmless substance. The FDA cannot prevent you from using it and it may do you much good. It has been reported by the US National Cancer Institute, that asparagus is the highest tested food containing glutathione, which is considered one of the body's most potent anticarcinogens and antioxidants.

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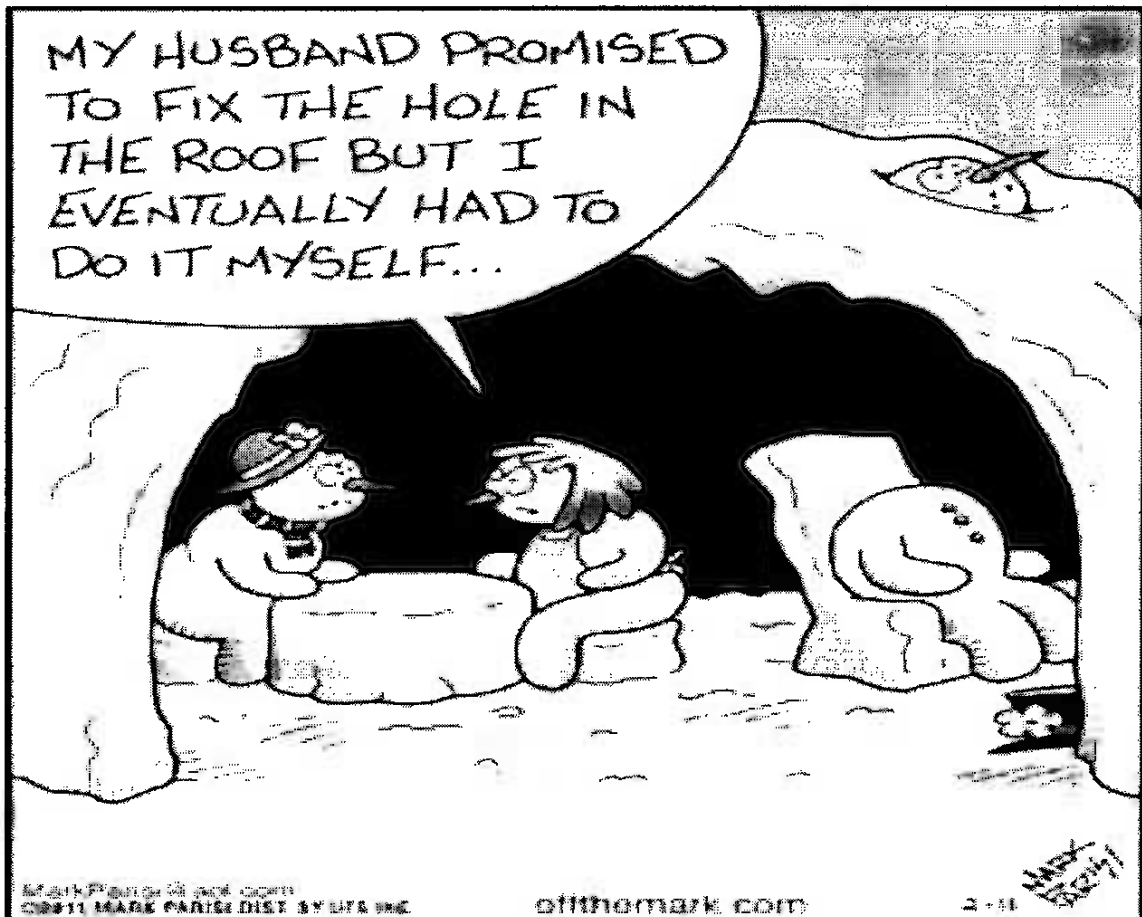
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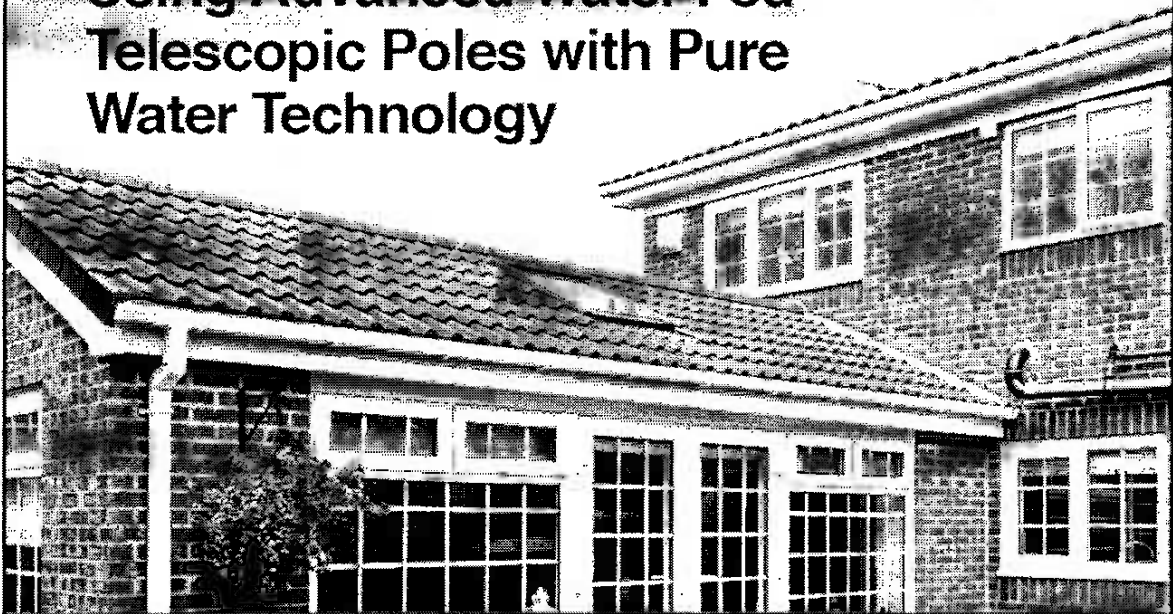


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- Monday 1st - Recovery menu - No Quiz
- Thursday 4th - Steak Night
- 2 steaks and a bottle of house wine for £40
- Saturday 6th Breakfasts from 9.30 - 11.00am
- Sunday 7th Roast Lunch - booking advised
- Mon 8th Unicorn Quiz from 8.30pm
- Thursday 11th - Steak Night
- 2 steaks and a bottle of house wine for £40
- Saturday 13th Breakfasts from 9.30 - 11.00am
- Sunday 14th Roast Lunch - booking advised
- Mon 15th Unicorn Quiz from 8.30pm
- Thursday 18th - Steak Night
- 2 steaks and a bottle of house wine for £40
- Saturday 20th Breakfasts from 9.30 - 11.00am
- Sunday 21st Roast Lunch - booking advised
- Mon 22nd Unicorn Quiz from 8.30pm
- Thursday 25th - Steak Night
- 2 steaks and a bottle of house wine for £40
- Saturday 27th Breakfasts from 9.30 - 11.00am
- Sunday 28th Roast Lunch - booking advised
- Mon 29th Unicorn Quiz from 8.30pm

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* Excludes drinks. Certain promotional periods excluded. Terms and conditions apply.

This may look like a Turner painting but it is just one of the **STUNNING** sunsets we are lucky to see on a regular basis in Aston Abbotts. *Thank you Naomi Stuart for this beautiful photo. Ed.*



And thanks to Judy Hardcastle for this one



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