

# SC SONNING COMMON MAGAZINE



FEB/MAR 2024

[www.sonningcommonmagazine.org](http://www.sonningcommonmagazine.org)

## IN THIS ISSUE



**DIANA  
PEARMAN**

Honoured for services  
to local community  
P3



**WILFRED  
OWEN**

Try the trail and  
remember him  
P19



**ROSEMARY  
DUNSTAN**

Beginning a brand  
new chapter  
P25



## TOP THAT!

The WI's fabulous post box toppers  
to celebrate our 50th anniversary

SEE PAGE 5

## Sonning Common's longest serving Estate Agency welcomes Karen to the team

Beville Estate Agency established in 2002, and serving South Oxfordshire and North Berkshire are delighted to welcome Karen Drakeford-Lewis, an experienced Estate Agent and resident of Sonning Common to their team.



With excellent Google reviews and combined experience of over 65 years, Richard, Marcus and Karen offer a personalised selling and letting service and would be delighted to talk to you about any requirements you may have.

**If you are thinking of moving, call us for a free, no obligation, valuation on 0118 924 25 26 or e-mail [info@beville.co.uk](mailto:info@beville.co.uk).**



Sonning Common £525,000

Well presented three bedroom bungalow set on the edge of the village yet close to amenities, offering a private, sunny aspect rear garden and garage.



Sonning Common £399,950

Spacious, well presented two bedroom ground floor apartment set within a luxury development of six individual units, occupying established, well maintained grounds with ample parking and garage.



Sonning Common £575,000

A superb and spacious three bedroom detached home, presented in immaculate order situated on a fantastic private and sunny corner plot, within easy walking distance of village centre.

28 Peppard Road, Sonning Common, South Oxon, RG4 9SU

0118 924 25 26

[www.beville.co.uk](http://www.beville.co.uk)

[info@beville.co.uk](mailto:info@beville.co.uk)

# DIANA'S VERY SPECIAL AWARD

**Hello all....I have taken over the editorial for this issue to let you all know about our fantastic editor who has been awarded a BEM - British Empire Medal - in the New Years Honours for her services to the local community!**

Diana took over as 'temporary editor' in January 2012 - a very long temporary position as she has been editor ever since.

I am sure most of you know how much Diana has done through volunteering for many different projects over the years since she and her husband moved to the village. From the magazine, to the Neighbourhood Plan, chiring fundraising for charities at Phyllis Court Club, joining the parish council, and of course being Chair and forerunner of developing an unused agricultural field opposite MECE, into the wonderful Memorial Park that everyone has use of now.

Diana is one of many people who help to run all the voluntary organisations in the village - the community are grateful to them all - but especially proud of our own editor. Huge congratulations to Diana!

There are lots of great articles in this issue so do browse through and we always welcome feedback. We wish you all a healthy and happy 2024. ●

**Christine Atkinson**

## MEET THE EDITORIAL TEAM



Diana Pearman



Christine Atkinson



Joan Grumman

## USEFUL CONTACTS:

**Chairman: Sue Rawlins**

The Hoot 6 Woodlands Road Sonning Common RG4 9TE  
[chairman.sonningcommonmagazine@gmail.com](mailto:chairman.sonningcommonmagazine@gmail.com)  
Tel 0118 972 2565

**Editor: Diana Pearman**

[editor.sonningcommonmagazine@gmail.com](mailto:editor.sonningcommonmagazine@gmail.com)  
Tel 07702 237956

**Distribution: Helen Gavin**

[distrib.sonningcommonmagazine@gmail.com](mailto:distrib.sonningcommonmagazine@gmail.com)  
Tel 0118 972 4680

**Advertising: John Pearman**

[advert.sonningcommonmagazine@gmail.com](mailto:advert.sonningcommonmagazine@gmail.com)  
Tel 0118 972 2381

## CONTENTS

- 4-7 Community News
- 10 Green my Village/WET
- 12-13 Noticeboard
- 16 Health Matters
- 18-19 In Focus - Alpenrose
- 20-21 Remembrance
- 22 Puzzle page
- 23 Winter fuel
- 24 Library
- 25 Rosemary Dunstan
- 26 A message from Rosemary
- 27 Obituaries
- 28-29 Parish pages
- 30 Music Director/Citizens advice
- 32-33 Church Pages-
- 32 Walking netball
- 33 Library news
- 34 Tom Fort/ Directory

**Design & Artwork: Kevin Taplin**  
TenSevenNine.com  
[kevin@tensevennine.com](mailto:kevin@tensevennine.com)  
07887 902376

**Print: Rick Peedell**  
R.J.Peedell  
[rick.peedell@gmail.com](mailto:rick.peedell@gmail.com)  
07766 254422  
0118 9471955

**Published by:**  
Sonning Common Magazine CIC

**Cover image:**  
50TH ANNIVERSARY POST BOX  
TOPPER

While every effort is made to ensure the accuracy of information printed in this magazine, the editor and the publisher cannot accept any responsibility for the consequences of errors that occur.

**SC SONNING COMMON MAGAZINE**

# MECE NEWS



## Sonning Common welcomes Briony Bowers



It is with great pleasure that I introduce myself to you as the new Headteacher for Maiden Erlegh Chiltern Edge. Since my very first contact with the school back in July it has been clear to me the importance of community, both within and beyond the school gates, and I look forward to getting to know staff, students, parents and the wider community as I take up my post this month.

I come to Maiden Erlegh Chiltern Edge (MECE) with over 25 years experience as a teacher. Following an English literature degree at Cambridge University, and a year teaching in Barking in East London, I moved to Oxfordshire and took up a post in Didcot. Since then I have been a teacher and leader at Didcot Girls' School and most recently as Deputy Headteacher at St Birinus School. Both these schools are ambitious and high achieving and as a result I bring extensive experience in school improvement to my role at MECE. It is to the great credit of Andy Hartley and the staff that the school is in such a great position, and I intend to build on that success during my time as Headteacher.

It has always been my ambition to lead an inclusive school which is at the heart of its community, and MECE certainly fits that description. Having gained a place at Cambridge from a comprehensive school myself, I believe passionately that every student should

be able to attend their local school and that the school should enable them to find their passion, fulfil their ambitions and prepare them to take their place in the world as confident, contributing citizens.

To ensure the very best education for our students, it is also vital that the school is a great place to work for our staff. I am privileged to take on a fantastic, experienced staff team of teachers and support staff and we have excellent support from the wider team in the Maiden Erlegh Trust. There are always opportunities arising and I invite you to keep an eye on the recruitment page of the school website if you would like to consider joining our team.

The last few years in education have been turbulent ones, but working with young people is a never ending source of energy, joy and hope. I wish you all the very best for 2024. ●

**BRIONY BOWERS**  
Headteacher Maiden Erlegh Chiltern Edge

## SONNING COMMON PRESCHOOL NEWS

It has, as usual, been a busy term at preschool. The children have been enjoying playing in their lovely new mud kitchen which was purchased with funds kindly donated by Harmony Choir and with the grant CECA gave us back in the summer.

There was a very special Christmas afternoon held in December with hot chocolate, gingerbread decorating, craft making and carol singing.

Preschool would like to thank Mr Hirst, headteacher at SCPS for bringing along the Year 6 choir to sing with us.

They would also like to thank the fabulous WI in Sonning Common for the wonderful, knitted Christmas nativity. ●



# SCPS NEWS

By CHRISTINE ATKINSON

The school PTA organised a great Christmas Fair at the end of November with cakes, teddy bears and of course, Father Christmas. There was also a really lovely Carol Concert held in the covered area with songs from years 2 to 6 and the school choir as well. Lots of festive favourites were enjoyed by everyone.

I am writing to you on behalf of the Governing Board of Sonning Common Primary School, to inform you that as of the end of the 2023/24 academic year, we shall be bidding a very fond farewell to our headteacher, Mr Hirst.

After 15 years of exceptional service to the school and the community of Sonning Common, Mr Hirst will be retiring, and I am sure many in our school community will be wishing him well.

The school would like to mention the sad passing just before Christmas of one of our ex headteachers, Stuart Pitson. He is very fondly remembered by many ex staff and ex pupils, many of whom are now parents of pupils currently attending the school. He contributed much to the village over the years, especially in sport. Condolences to his family and friends (see page 21). ●

The process of appointing Mr Hirst's successor has already begun. The governing board are liaising with Oxfordshire County Council as we are a local authority school. They are providing plenty of support and the governors are working hard in order to ensure we recruit the best possible candidate for the job. We will inform the school community when this process is complete.



In the meantime, I would like to extend my thanks to Mr Hirst for everything he continues to do for our school and I know he will be looking to leave Sonning Common Primary in the best possible shape in July. ●

Yours faithfully,  
**KEITH SETTLE**  
Chair of Governors

## HOW TO CELEBRATE THE 50TH ANNIVERSARY OF A MAGAZINE?

By DIANA PEARMAN

The WI picked up the challenge of the post box toppers for the December January issue of the magazine. For December the nativity was there and for January it was the 50th celebration.

Thanks to Lesley Davis and Kathy Tarrant who produced a very impressive and upright magazine cover plus models of the editorial team, Diana, Christine and Joan. This was one of the most challenging

toppers for the knitters but they did a magnificent job. We thank them for their efforts and the publicity of the magazine's celebration.

The 50th anniversary tea towels have sold out. Thanks to Sue Rawlins who came up with the tea towel idea and selected a range of magazine covers to reflect the 50 years of the printed magazine.

Our sincere thanks go to the WI as members have frequently supported the magazine in a variety of ways. ●



# OUR CARING COMMUNITY AT CHRISTMAS

By DIANA PEARMAN

Yet again the Sonning Common community have responded, via the Just Giving page (as seen below) to a request to further help those families receiving, huge and ongoing, support from the Food bank at Springwater church. With their distribution support we were able to provide vouchers for over 60 families in the village.

Your donation enabled us to purchase a £20 voucher for every adult and £10 for each child. Some of these vouchers were for the Co-op and the rest were One For All which gave individual choice to the receiver at a range of stores, where they could spend their gift on any item.

We were also able to give presentation boxes of biscuits for the 29 residents who have a home visitor from the volunteers organised by the FISH charity.

£620 was raised via the Just Giving page and over £2,500 was the total sum raised. The support from Chiltern Edge Community Association, Farrans Construction, Beville's Estate, Poor's Land and the Chairman's Parish fund was greatly appreciated and made I hope a small difference to many families at this Christmas time.

## Thank you from Springwater Foodbank

Springwater Foodbank want to say a huge Thank You for all the generous donations towards the Christmas Campaign organised by the Sonning Common Magazine.

Recipients were very grateful to be able to buy food locally or gifts for themselves and family. We had messages of thanks, saying it was so helpful, and that they felt seen and supported. The Christmas period is so difficult for our recipients, especially for families during the break from school.

We also are so thankful for your support throughout the year, currently there are 50 households in Sonning Common and surrounding areas, made up of over 130 individuals. The households receive fortnightly deliveries of food relief, all of which is donated by the community and at local shops. We are reliant on the generosity of donations, and time given by our volunteers who pack and deliver the parcels 51 weeks of the year.

Looking forward we hope for your continued support in 2024. The best way to see our current needs is to download the BanktheFood app and choose Springwater

Foodbank. Any donations of food or good quality plastic bags can be dropped at points in the village: The library, Co-op, Kennylands Gymnastics, Abbeycrest nursing home, and Springwater church on Blounts Court Road. ●



# REFLECTIONS ON 50TH ANNIVERSARY ISSUE OF THE MAGAZINE

By DIANA PEARMAN

We are very pleased to be celebrating the longevity of our community magazine. The design, particularly of the cover, and the articles of the anniversary issue made it a bit special.

It is worth mentioning the group effort that goes into the production and circulation of each issue. The editorial team of 3 are supported by a management committee of 9 and 65 residents who distribute the magazine to all parts of the village.

A tea party was held on 21 January 2024 to thank all the residents involved in the production of each issue.

We are looking for more advertisers so if you know anyone who might be interested, please pass on this email address for further information. Advert. sonningcommonmagazine@gmail.com

Also if you use any of the services of our advertisers please remember to say that you saw their advert in the magazine. ●

## RESULTS OF THE 2023 NATIONAL PARISH MAGAZINE AWARDS

Out of nearly 450 entries, your magazine achieved fifth place in the A4 magazine category and also winner of the Best Print category.

A4 Magazine Category  
4th place and Best Design Award

# SANTA VISITS FOR THE 8TH YEAR

What a fabulous night we had on 10 December 2023 as Santa on a Tractor came to town for our 8th year! Who'd have thought 8 years on Santa and the team would have evolved so much, from hay bales on the back of a trailer with some borrowed lighting and scrambled together volunteers into a well-oiled team with new helpers each year and a fine red sleigh to boot!

The jolly elves were dancing in the street and giving out the chocolates and collecting money for two deserving charities, FISH Volunteer Centre and South Oxfordshire Explorers.

FISH do so much work in the village, providing services, transport and support for the elderly community, some of whom would be isolated without their help.

South Oxfordshire Explorers, a new branch of scout group set up for children who are 14 to 16 years who leave scouts but wish to continue their scouting journey. They must raise all funds themselves for activities and this donation will give them a fantastic start!

Thank you so much elves, the night wouldn't be possible without your help and good cheer.

We then popped to the Hare and Hounds at the end of our journey, thank you Mick and Claire for hosting us and warming the helpers with chips and the mince pies.

Thank you to CECA for their support and funding for the chocolates, mince pies, and the many other consumables we have to purchase to enable the evening to be so successful. You may have noted a louder sound system this year thanks to new cables!

A huge thank you to Paul Jenkins for ensuring Santa was safely steered around the streets and for helping set up the sleigh for the long journey on that rather cold drippy day when we jollied ourselves with Christmas music.

And without Matt White and Matt Hopson on their walkie talkies, directing traffic, moving small people safely out the way, then the night just couldn't happen. A massive thank you to you both along with the Elf and Safety Team ensuring little people are kept safe through the night by walking next to the sleigh.

After all that I bet you're wondering how much we raised. We'll.... I can tell you that the night raised an outstanding £997.33 - wow!! A rounded up £500 has been sent to each of the charities.

So, all that's left for me to say is thank you to all the villagers and those who donated. We cannot thank you enough for your support and the enjoyment we get from seeing you all having fun.

Look forward to doing it all again next year. If you'd like to help us, please get in touch, the elves are very friendly you know, and welcome new helpers!

Thank you ●

HELEN AND THE TEAM X



# BAH HUMBUG - A RESPONSE

I have been surprised at the lack of comment on the previous article 'BAH HUMBUG! 20 MPH.....WHO NEEDS IT? This was covered in an emotive manner rather than in a rational way.

Did anyone study the Police accident statistics for Sonning Common, for example, over the previous 5 or 10 years to see if a 20 mph was warranted?

Does a study in an urban area really translate to a rural area? Unfortunately, and with the best will in the world, studies of this nature do rely a lot on guesstimates and assumptions. Practical testing is extremely unlikely to be actioned!

Better education would be the best option. Pollution. In the previous article, the author

states that it only took one minute extra to drive along Kennylands Road. But this was an extra minute of tailpipe emissions, ruling out any possible gain from the lower speed. If a lower vehicle gear was needed then the pollution would be WORSE.

Thus a 20 mph limit can only make pollution worse, not better.

Vehicle and Tyre manufacturers have to conform to international noise limits though TYPE Approval Requirements. Most noise comes from the tyre / road interface and here it is the road surfacing and poor road maintenance that contributes most to the noise.

The quietest tyre is one that is BALD and at HIGH pressure. Hardly a recipe for safety and comfort.

The suggestion for more physical activity ignores the elderly and handicapped.

THE REAL PROBLEM IS THE APPLICATION OF A BLANKET 20MPH LIMIT RATHER THAN A TARGETED ONE.

As far as any survey was actioned, it is not what people say but what they do! The 20 limit does seem to be ignored by the vast majority. ●

Name and address supplied



## Successfully selling homes in Sonning Common and the surrounding villages for over 30 years

Following a highly successful 2023, Bridges continue to experience a strong demand for properties in Sonning Common and the surrounding villages and we expect this trend to continue into 2024.

We are a pro-active team of experienced, hard working property professionals dedicated to delivering outstanding results for our clients.

If you're considering selling your property this spring, contact Bridges, the Estate Agents local people are recommending.

### Meet the team



*Andy Richards*  
Managing Director



*Tom Kennedy*  
Negotiator



*Liana Neighbour*  
Senior Negotiator



*Teresa Vaughan*  
Administrator

www.bridgesproperty.co.uk

0118 972 2770



# GREEN MY VILLAGE

Happy New Year! Thank you so much for all your positive feedback, your support will make such a difference.

**The dirty facts...**the UK is the 4th largest producer of textile waste in Europe! Globally an estimated 92 million tonnes of textile waste are created each year and the equivalent to a rubbish truck full of clothes ends up on a landfill site every second of every day!

**Change just one thing...**let's make 2024 the year we buy fewer textiles (except pre-loved) and repair more. Which leads me neatly to our plans for a **Repair Cafe for Sonning Common!**

Repair Cafés are free and they're all about repairing things. At a Repair Café, you'll find tools and materials to help

you make repairs on clothes, furniture, electrical appliances, bicycles, crockery, appliances, toys, etcetera. You'll also find volunteers, with repair skills in all kinds of fields!

**Do you have skills in these areas?** Are you a dab hand with a sewing machine? Or can you speed up a slow PC? Can you help us repair useful everyday items and save them from landfill? Please get in touch to register your interest. We anticipate the Repair Café will run once per month.

**Want to help make Sonning Common an even better place to live in?** Please get in touch if you'd like to:

**# offer your skills for the Sonning Common Repair Shop**

- # join a village Eco Working Group
- # be part of a tree planting group
- # share your ideas for initiatives to help 'green my village' or to share your school's, business's, organisation's green initiatives.

To register your interest please complete this online form: <https://forms.gle/CmwFpGHZgEKhwDaD7>

Or Email Julie: [jules.shorter@gmail.com](mailto:jules.shorter@gmail.com) or call 07849 378 416 for a friendly chat.

And always remember...

'Things Do Not Happen. Things Are Made to Happen.' John F. Kennedy ●

**JULIE SHORTER**

# TOM FORT WET

I wish to register a protest in the strongest possible terms.

No, not about potholes, or the uselessness of the district council, or people who insist on letting fireworks off at midnight on New Year's Eve driving Meg demented (she's fine, thanks for asking) and making it impossible for me to go to bed at a sensible hour.

This is serious. My protest is about the weather. Specifically, the rain, which is pretty much the only weather we've had for months.

I used to be all for abundant winter rain, because it filled the aquifers and made it a good bet that we wouldn't be drought-stricken the following summer and that the rivers I like to fish would be in good nick.

But recently the rain has got out of hand. The aquifers are overflowing the rivers are bank-high or over, the ditches are full, the fields are great quaking sponges, and the footpaths are liquid mud. The big puddle on our drive which appears when there is a downpour and usually disappears within hours has become a semi-permanent feature which I am think of stocking with carp.

Walking from my house to the world's best hardware shop requires extreme vigilance and a readiness to leap sideways at any moment to avoid being drenched by the walls of water from the wheels of thoughtless drivers (Gosh how I hate them!).

In the old days we had winter rain, but we had variety. There were precious

days when the freezing air was still, and the sky was a pale eggshell blue and our boots crunched in the frost. There was even snow, and ice, and ponds froze over. Now the sound of winter is the sound of rain being beaten against the windows by yet another gale.

Something has to be done. If Rishi Sunak ditched his ridiculous five promises for a single one – to do something about the weather – I might give him a break. It's that serious. ●



## HLS

Sonning Common

**GARDEN MAINTENANCE**

Lawns, Hedges and Borders

**DIY help and support**

With experience and a wide range of tools

**MACHINE OPERATOR**

Ground Clearance, Excavation and Levelling

Tel: 01189 721031

Email: [chriscolbeck@btinternet.com](mailto:chriscolbeck@btinternet.com)

**Mike Dockree Window Doctor**

Misty & damaged glass units, Cat flaps, Hinges, Handles & Locks

**Checkatrade.com**

[madwindows62@gmail.com](mailto:madwindows62@gmail.com)

Phone 07785928190 for free quotation

**MOBILE PERSONAL TRAINER**

Offering both 1-2-1 and small group sessions from the comfort of your own home. Covering Sonning Common, Henley-on-Thames and Caversham.

Contact Emily Duckworth for a free consultation [egd.coaching@gmail.com](mailto:egd.coaching@gmail.com)

[egd\\_coaching](https://www.instagram.com/egd_coaching)

**Robin James OPTICIANS**

- Comprehensive eye examinations
- Full contact lens service
- Free specs for children
- Extensive range of designer frames
- Main agent for Zeiss and Rodenstock lenses
- Free parking

**0118 947 2099**

[www.robinjames.co.uk](http://www.robinjames.co.uk)

44 Church St, Caversham, Reading (opposite Waitrose)

**WEE-COT SEATING**

Upholstery, Loose Covers, Replacement Cushions, Chair Caning, French Polishing & Furniture Repairs

LIZANNE SMITH Tel: 0118 972 4560

**Property Maintenance**

Plumbing, Electrics, Decorating, Woodwork Roofing, Brickwork, Drains, Kitchens, Bathrooms All Exterior, Groundworks and Garden work

Property Management and Lettings

Please call Roger on 07752759908

wood lane dentistry



**Vikram Chugani BDS MFDS RCSEd MSc**  
**Jessica Lee BDS MFDS RCS DipDSed**  
**Claudia Wellman BDS MFDS RCSEng MSc MRD**  
**James Mead BSc BDS**  
**Vinesh Rajaram BDS DipRestDent**  
**Zak Lee-Green BDS**

Your local family friendly practice

- Routine general dentistry
- Affordable dental plans with Denplan
- Children seen on the NHS
- Tooth whitening
- Cosmetic dentistry and Implants
- Invisible braces
- Sedation for nervous patients
- Free parking

Now taking on new patients  
 Saturday and evening appointments available

**Happy Healthy Smiles...**



Wood Lane Sonning Common Reading  
 Berkshire RG4 9SJ Telephone 0118 9722626  
[www.woodlanedentistry.co.uk](http://www.woodlanedentistry.co.uk)

**tpo ARCHITECTURAL DESIGN CONSULTANCY**

DESIGN + COST CONSULTANCY + PERMISSIONS + TENDER/CONTRACTOR SELECTION

EXTENDING?  
 REFURBISHING?  
 PLANNING A NEW BUILD?

18 Years Proudly celebrating 18 years based in Sonning Common

E-mail: [enquiries@tpodesign.co.uk](mailto:enquiries@tpodesign.co.uk) Web: [www.tpodesign.co.uk](http://www.tpodesign.co.uk) Tel: 07747 561463

**Village Barbers**

24 Peppard Road  
 Sonning Common  
 Monday - Saturday  
 9.00am to 6.00pm

Senior Citizen Discounts Mon – Thurs  
 Girls up to 16 years of age  
 Separate Cutting Room Available  
 Email: [jkbarbersreading@outlook.com](mailto:jkbarbersreading@outlook.com)  
**0118 972 3930**

8th-12th April

# Sonning Common Preschool Easter Camp

Children under 5 years  
£55 per child per day  
or £250 if you book all 5 days

Arts & crafts, baking, outdoor games & lots of Easter fun

For More Information please get in touch  
info@sonningcommonpreschool.co.uk

## VILLAGE COFFEE MORNINGS

Sonning Common Village Hall

### WEDNESDAY 7th FEBRUARY

and

### WEDNESDAY 6th MARCH

10.30 a.m. – 12 Noon

All Welcome – Please join us for a Cup of Coffee/Tea and Biscuits

**TOMBOLA AND SALES TABLES**  
WOOL + HANDCRAFTED CARDS  
JEWELLERY + 200 BOOKS

**GREENSHOOTS:** selling Produce, Plants, Jams, Chutneys and Gifts

Meet your local Community Information Networker  
For Information on Local Activities and Classes  
Free advice on getting Help at Home + Find out about Benefits

Hosted by: Sonning Common theWI

Oxfordshire ageUK

## Sonning Common 50+ Cinema Club

Come and spend a relaxing get together, watch a film and enjoy a cup of tea/coffee, and biscuits.

When: Last Thursday of the month 11am-1pm  
Where: Sonning Common Village Hall, Wood Lane, Sonning Common  
Next: on Thursday 25th January is 'KEEPING MUM' with Rowan Atkinson, Kristin Scott Thomas & Maggie Smith  
Cost: £3.50 per person

Abbie 07827 235 431  
community@ageukoxfordshire.org.uk  
www.ageuk.org.uk/oxfordshire

Age UK Oxfordshire is an independent local charity. Registered charity No. 1091529 and company limited by guarantee, registered in England and Wales No. 4328143. Registered office: 9 Napier Court, Barton Lane, Abingdon, OX14 3YF.

WORLD DAY OF PRAYER 2024

## FRIDAY 1 MARCH

A SERVICE FOR EVERYONE!

I beg you, bear with one another in love

at

### ST. MICHAEL RC CHURCH

18 PEPPARD ROAD  
SONNING COMMON  
READING RG4 9SU

At 6:30pm

Service followed by a light supper

All are welcome

Service written by the women of Palestine – help sow peace where conflict divides by joining together in prayer

INFORMED PRAYER, PRAYERFUL ACTION  
24-7 • 365 DAYS A YEAR • PRAYER MOVEMENT • ECUMENICAL INTERNATIONAL • WOMEN-LED  
wwdp.org.uk

### Health Walks Feb

The Health Walks continue into the Spring. It's a lovely time of year to enjoy a walk in our beautiful local countryside, and if you need company then come and join us!

Health walking is for fitness – and it's friendly, fun and free! The walks are for everyone, whatever their age and ability, and are graded accordingly. Not all of them are fast walks: contact us (see website address below) for advice about which one is best for you. If you want to speak to someone about any aspect of the Health Walks, phone Chris Brook on 0118 972 2609

There are no walk timetables in paper form at the moment, so you will have to check the website for days/starting places/distances: [www.sonningcommonhealthwalks.co.uk/timetable](http://www.sonningcommonhealthwalks.co.uk/timetable)

## SONNING COMMON HEALTH CENTRE PATIENT PARTICIPATION GROUP

### MENTAL HEALTH AWARENESS

Let's talk about

ONLINE HEALTH EVENT  
WITH GUEST SPEAKERS JOANNA FEAST AND JACK NARROWWAY

**JOANNA FEAST**  
- WHAT IS MENTAL HEALTH?  
- SOME COMMON CONDITIONS AND WHAT THEY LOOK AND FEEL LIKE  
- HOW TO MANAGE SOME COMMON CONDITIONS  
- HOW TO PROMOTE BETTER MENTAL HEALTH

**SPORT IN MIND - JACK NARROWWAY**  
- WHAT ACTIVITIES ARE AVAILABLE IN THE LOCAL AREA WITH SPORT IN MIND CHARITY AND HOW THEY CAN HELP.

**MONDAY JANUARY 29TH 6-7.15 PM**

TO BOOK YOUR SPACE PLEASE EMAIL: [SCHCPPG@GMAIL.COM](mailto:SCHCPPG@GMAIL.COM)

JOINT EVENT BEING HELD WITH THE BELL SURGERY, HENLEY ON THAMES

PPG SONNING COMMON HEALTH CENTRE PATIENT PARTICIPATION GROUP

Scan me! EMAIL: [SCHCPPG@GMAIL.COM](mailto:SCHCPPG@GMAIL.COM)

### HENLEY AND DISTRICT STAMP CLUB

The Henley Stamp Club is a friendly group and we would be delighted to see new visitors or members.

To learn more about stamps and postal history why not visit us at Bix one Wednesday evening? You can then meet other people who find postal history and the story of stamps fascinating too.

Meetings are held on the 2nd and 4th Wednesday of the month in Bix Village Hall at 7.30 p.m.

Further details can be obtained by phoning Steve on 07767 251670 or on our website: - [www.henleyphilatelic.org.uk](http://www.henleyphilatelic.org.uk)

### THE VALENTINE'S DANCE

SATURDAY 17TH FEBRUARY 2024

WATCH OUT! – CUPID'S ABOUT!  
A DANCE MAY LEAD TO ROMANCE IN NETTLEBED!

8pm -11pm SATURDAY 17 FEB at NETTLEBED CLUB, 32 HIGH ST, OX9 5DD

LOVE CAN BE \*YOUNG\*OLD\*NEW\*TOGETHER AGAIN\*WHATEVER\*WHAT A NIGHT!

The 2024 Valentine's Dance will be in the ever popular Nettlebed Club. A venue for live Country Music events for many decades. Another evening of great entertainment. The Nettlebed Dancing and Music Friends have managed to engage with the very popular duo Jane and Greg who are widely known as "Souls and Stone".

Any enquiries please call Keith on 07752 374 610 or E: [magicavantegarde@aol.com](mailto:magicavantegarde@aol.com)

### A DATE FOR YOUR DIARY – COMPASSIONATE LOAF

Saturday 10 February we will be running another of our highly successful pop-up shops at Springwater Church, Blounts Court Road. Our last sale in November sold out within two hours and made £1,200 for the homeless charity Launchpad, Reading.

Are you a budding baker? To join our merry band of Monday morning bread makers and learn how to make amazing bakes, please contact Clare for more details.

Look out for our posts on Facebook and Instagram to keep up to date with all future pop-ups.

We look forward to baking for you! [Compassionateloaf@gmail.com](mailto:Compassionateloaf@gmail.com)

### SOCIAL MORNINGS

A cuppa and a chat  
What could be better?

AT THE LIBRARY  
10:30 - 12:30 every Friday

Come and dunk a biscuit



**Whatever you want to store...**

...for whatever reason - house sale and purchase not coinciding, travelling, house building work, paperwork overload or just "de-cluttering" to sell your house more quickly - we offer a friendly and flexible service at Shiplake.

With competitive rates, secure storage all on one level and hassle free 24/7 access, contact us now!



Only 10 minutes drive from Sonning Common in Shiplake

**01189 404163**  
www.barn-store.co.uk

**Computer Problems?**

Free quote, no fix no fee, no call out charge

Over 200 happy customers in Sonning Common.

Milo and Michael Harper



**Milo Technical Support**  
22 Sedgewell Road  
0118 972 4905

*"We turn feelings into flowers"*



42 Wood Lane • Sonning Common • RG4 9SL  
0118 972 1240 0777 179 0916

www.brambles-sonning-common.co.uk

**Fed up with limescale?**

*A Water Softener would be your solution*

Compass Water Softeners

SALT, SALES, SERVICE, INSTALLATION

0118 972 3773 0118 941 0869 0796 700 9838

[www.compasswatersofteners.co.uk](http://www.compasswatersofteners.co.uk)

Email: martin@compasswatersofteners.co.uk

**Sonning Common Pet Care**

At Home Pet Care when you are on holiday or at work

Cats

Daily visits to clean, feed and pamper

Small Pets

Home visits to care for your Rabbits, Guinea Pigs, Hampsters, etc

Dog Walking

Regular or occasional walks

Puppy Visits

To feed, play, toilet break and clean up

Please call Alison for further information

Tel 0118 9722948 / 07787 114536



**WE UNDERTAKE ALL TYPES OF BUILDING WORK**

- BUILDING EXTENSIONS
- BUILDING RENOVATION
- BUILDING ALTERATION
- GAS AND CENTRAL HEATING
- LOFT CONVERSIONS
- PLUMBING
- BOILER INSTALLATION
- SERVICE AND REPAIR



Tel: 01189 724 794 Mob: 0784 068 1057  
E: info@amxs.co.uk

**BONNER LOCKSMITHS**

INSURANCE APPROVED

DOORS & WINDOW LOCKS SUPPLIED & FITTED, CHANGED OR UPGRADED (BS3621)

DOMESTIC & COMMERCIAL PREMISES DIGITAL LOCKS • BARS

FREE NO OBLIGATION QUOTE

ALL AREAS COVERED

CALL OUT SERVICE

01491 680216



CRESTWELL HOUSE

FULL MEMBER OF BRITISH LOCKSMITH INSTITUTE

Beech Lane, RG8 0PX • Woodcote Nr. Reading  
PROPRIETOR: S. J. BONNER

**HEIGHTS TREE CARE**

- All Aspects of Tree Work
- Hedge Cutting
- Private and Commercial

TO ARRANGE A FREE QUOTE, CONTACT LAURENCE WILLIAMS

T 0118 9721003 • M 078135 86735

E info@heightstreecare.co.uk

www.heightstreecare.co.uk



City & Guilds FULLY QUALIFIED PROFESSIONALS  
£10 MILLION PUBLIC LIABILITY INSURANCE

*Everyone needs something from...*

**Heath & Watkins**

41 Wood Lane, Sonning Common, RG4 9SG  
Tel: 0118 437 5171

- Eco Refills
- Logs, Coal & Gas
- Key Cutting
- Seasonal Plants & Bulbs
- Seeds



- Haberdashery
- Light Bulbs
- Hardware
- Gardening Tools
- Water Softener Salt
- Kitchenware

*Find us on Facebook for news on special offers, new stock arrivals and other good stuff.*

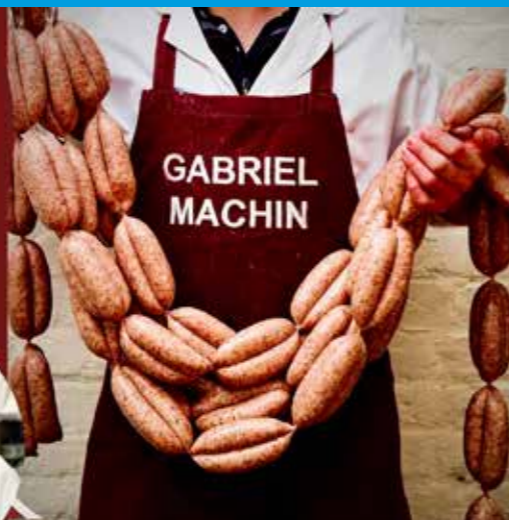
- Kilner Jars
- Painting & Decorating Supplies
- Cleaning Sundries
- Compost
- & EVEN MORE!

**GABRIEL MACHIN**

Henley's favourite butcher since 1910  
Butchers • Smokers & Curers • Game dealers

- We pride ourselves on great quality and excellent customer service, with a friendly face always ready to welcome you.
- Products sourced from local suppliers with the best locally sourced meats along with a huge selection of cheeses.
- Award winning sausage maker with several varieties available.
- The freshest fish and seafood straight from the boats.
- Locally baked bread and our own home smoked salmon, as well as so much more!

Come and visit Machins in the Market Square Henley today and taste the difference.



Telephone: 01491 574377

Email: enquiries@gabrielmachin.co.uk

Find us on:





# SONNING COMMON HEALTH CENTRE

## Staff Update

We are thrilled to announce that 2 of our receptionists have been successful with their applications for internal vacancies. In January Sharon will be moving to become one of our medical secretaries and Carol has been promoted to reception manager. Congratulations to both of them.

It is however with great sadness that at the end of November we have said goodbye to Andrea our HR manager, Sue our Facilities Manager and Dr Tess Harris. They all worked for many years at Sonning Common Health Centre.

Andrea has decided to explore a new and exciting role still within HR and a medical environment. Sue felt the time was right to retire to spend more time with her family.

Tess has taken semi-retirement; she will be greatly missed by both her colleagues and patients.

We will also be saying a sad goodbye to Ros our medical secretary who will be retiring at the end of January.

We will miss Andrea, Sue, Ros and Dr Tess Harris and wish them all luck for the future.

**Supporting Shelter at Christmas:** It was Christmas jumper week at the health centre and all staff were asked to wear their jumpers and donate to our chosen charity Shelter. I think you will agree our reception team (Carol, Brenda and Sharon) took it to a new, brilliant level!! ●

SUE LITCHFIELD



# WINTER WELLNESS 2024



There's a lot to love about winter but the colder temperature and shorter days can make it tough on your physical and mental health.

**Wash your hands** Hand washing can prevent respiratory illnesses by 20 percent and stomach-related illnesses by about 30 percent.

**Get enough sleep.** The lack of sunlight during the winter months may make you feel tired, but a quality night's sleep will actually give you more energy. Sleep specialist's note that deep sleep helps

your body conserve and restore energy, so you can wake up feeling refreshed.

Sleep also allows your immune cells to work harder, so if you're starting to sniffle, your body can fight the cold off quickly.

**Move your body.** Regular exercise strengthens your immune system because as you get your blood pumping, immune cells move through your body to seek and eliminate infections.

**Get vaccinated.** Winter is the season for colds, flus and other respiratory illnesses, passing viruses from one person to another. What can help? Vaccinations against Flu and Covid, just contact the Health Centre for an appointment.

**Stay hydrated.** During the winter months, drier air is compounded by the air indoors that comes with heating our homes. Minor dehydration (when we

begin to feel thirsty) is linked to difficulty concentrating, poor memory, and bad moods, and chronic dehydration has been linked to kidney disease and urinary tract infections. Stay hydrated with water or hot herbal tea!

**Eat well.** It's always important to eat nutrient-rich foods. Reach for foods that are high in vitamin C, like citrus fruits, to boost your immune system. Vitamin D, which helps improve your mood and maintain bone strength, try salmon, tuna, and even greens like kale and spinach. Foods that contain Zinc and Vitamin B12.

**Connect with family and friends.** It may be cold outside, but friendship can warm the heart! Studies have shown that social connection leads to increased happiness, lower blood pressure, and a longer life. This winter meet a friend for a walk or invite someone in for a chat near the fireplace. Your heart will thank you! ●

## ARBOCARE TREE SURGERY LTD

Qualified and Experienced Arborists

- Established over 25 years
- Contractors to the National Trust
- Crown reductions
- Thinning
- Felling
- Hedge Trimming
- Stump Grinding
- Decay Detection & Tree Reports

Free phone: 0808 1555815

Mobile: 07778811136

www.arbocare.co.uk

## ~ Driveways & Patios ~

All aspects of groundwork undertaken  
Fully insured / Manufacturer approved  
Local family run business, 25+ years experience

Call 07909 006369  
Email [kcimprovements@hotmail.co.uk](mailto:kcimprovements@hotmail.co.uk)  
[www.kcimprovements.co.uk](http://www.kcimprovements.co.uk)



KC  
IMPROVEMENTS  
PAVING & JETWASH SPECIALISTS



## Bathroom Showroom

Call Now 01491 377 272

35 Wallingford Rd, Goring, RG8 0HL  
[wallingfordtilesandbathrooms.co.uk](http://wallingfordtilesandbathrooms.co.uk)

Wallingford  
— BATHROOMS

## Graham Blake soft furnishing

- Loose Covers
- Curtains
- Re-Upholstery
- Tracks & Poles

For personal, helpful service, please call

Tel: 01844 261769 Mob: 0780 1182 400

[grahamblake123@btconnect.com](mailto:grahamblake123@btconnect.com)

[www.grahamblake.com](http://www.grahamblake.com)

Ten Year Guarantee

## Time 4 Pilates



Want to look and feel great!!  
Try Pilates – controlled, yet gentle exercise

Classes in Sonning Common area  
Including Ante and Post Natal

Mondays / Tuesdays / Thursdays  
Beginners and Intermediates  
Max 12 in Group (6 in Pregnancy classes)  
Private sessions also available

Christine Brook – Member of Body Control Pilates® Association  
Ring 07789 717017 or email [chris@time4pilates.co.uk](mailto:chris@time4pilates.co.uk)  
Website at [www.time4pilates.co.uk](http://www.time4pilates.co.uk)



## Beacon Flooring

A Family Run Business

**Carpet Wood  
Karndean Vinyl**

Free fitting on carpet orders over £150

16 High Street, Goring. 01491 454095

[beaconflooring@aol.co.uk](mailto:beaconflooring@aol.co.uk)

[www.beaconflooring.co.uk](http://www.beaconflooring.co.uk)

## Caversham Aerial Services

TV Aerials Supplied and Fitted.

Poor Reception? Old aerials?

Can't get the new digital channels?

Give us a call - We can help!

Phone 0118 9673596

[www.caversham-aerials.co.uk](http://www.caversham-aerials.co.uk)

Freeview

Freeview HD

# ALPENROSE

By CHRISTINE ATKINSON

When my children were studying their GCSEs one of the topics in English covers poetry. Their schools could choose from one of three groups and theirs chose Power and Conflict.

One of these poems was called Exposure by Wilfred Owen – famous World War 1 poet. Now I had heard of him, and we read a few of his poems, but I did not at that point realise what a local connection there was.

On a winters Saturday morning we followed a walk that took us through to Dunsden church and on down past the Dunsden Green. There we found an information board telling us all about Wilfred Owen and his time living in Dunsden and the connection with Sonning Common (although it is described as Kidmore End in the books and tales of his life). At this stage in history Sonning Common was not a separate identity until much later in the 20th century.

Wilfred was unsure what to do with his life, but was keen to study at university, and enjoyed writing. He had spent many

holidays with his aunt and uncle, the Gunstons, who had moved out from London to build a grand house called Alpenrose - found on Kennylands Road (although I am sure most of you know of it) – in the country. At the time it was built in 1908 there were paddocks, a kitchen garden, and a stable yard within its 5 acres of land. The Alps were a passion of Mr Gunston who had a stained glass made for around the front door depicting alpine roses – hence the house name – and a huge Swiss cowbell instead on a gong in the hallway!

All the children of the house, and visitors, loved it as there were animals kept, and beyond the garden was an old chalkpit to play in. In front of the house was a wood for exploring in, maybe now part of Hagpits. It seems Wilfred spent many school holidays there with his mother, who's sister was Mrs Gunston, and it was she who arranged for young Wilfred to become an 'assistant' to the Vicar of Dunsden. This would give him a small income and time to prepare for exams as a student at nearby Reading University. Wilfred moved into the vicarage in October 1911, and it seemed very grand to him with a huge bedroom and four servants to look after them very well indeed!

During his time at the vicarage Wilfred turned to writing verse to help his state of mind. He was unsure of a career in the church and eventually admitted this to the vicar, who agreed he should leave. Wilfred almost returned as a teacher in the local school, and did visit a few times after he had left, but eventually moved to France where he lived until he returned to London in the autumn of 1915 to join the British Army. He saw action in France during 1916 and 1917, and was tragically killed in action on the 4th November 1918 – almost exactly to the hour one week before armistice was declared. He is buried at Ors Communal Cemetery in northern France. His poems reflect the horror that he must have experienced during those awful years in the trenches.

Many thanks to Soo and Dave who currently live in Alpenrose for lending me the biography of Wilfred Owen for research. Lots more information is available on a website dedicated to Wilfred's time in Dunsden - [owenindunsden.org](http://owenindunsden.org)

So interesting to learn about local history...if anyone else has a great story please share it with us editor. [sonningcommonmagazine@gmail.com](mailto:sonningcommonmagazine@gmail.com)



# DULCE ET DECORUM EST

## Anthem for Doomed Youth Lyrics

What passing-bells for these who die as cattle?  
Only the monstrous anger of the guns.  
Only the stuttering rifles' rapid rattle  
Can patter out their hasty orisons.  
No mockeries now for them; no prayers nor bells,  
Nor any voice of mourning save the choirs,--  
The shrill, demented choirs of wailing shells;  
And bugles calling for them from sad shires.  
What candles may be held to speed them all?  
Not in the hands of boys, but in their eyes  
Shall shine the holy glimmers of good-byes.  
The pallor of girls' brows shall be their pall;  
Their flowers the tenderness of patient minds,  
And each slow dusk a drawing-down of blinds.



Wilfred Owen  
1893 - 1918

ABOVE: Window dedicated to Wilfred Owen in All Saints Church Dunsden. Designed by Natasha Redina and unveiled on 4th November 2023, the anniversary of his death.



### Highlights of the Wilfred Owen Trail

Follow the trail using this map or go to [www.owenindunsden.org](http://www.owenindunsden.org) and download our free interactive multi-media phone app

Please note that the houses on the trail are not open to the public.

**Old Thatched Cottage**  
Wilfred visited a family of 12 in a 'stone box with a straw lid'

**To 'Alpenrose', former home of Wilfred's aunt**  
Local links brought Owen to Dunsden

**FROM 'DEEP UNDER TURFY GRASS'**  
So I rebelled, storming and mocking such  
As had the ignorant callousness to wed  
On altar-steps long frozen by the touch  
Of stretcher after stretcher of our dead,  
Love's blindness is too terrible, I said;  
I will go counsel men, and show what bin  
The harvest of their homes is gathered in.

**Dunsden old Vicarage**  
Wilfred was disturbed by the Vicar's lavish life

**All Saints Church**  
Owen's sister and parents lie here

**To the former home of Wilfred's parents**  
Over 600 letters to his mother were found here

**Dunsden Green and hill**  
Wilfred taught religion and gave lantern slide shows in the mission hall

**'THE SEND-OFF'**  
Down the close, darkening lanes they sang their way  
To the siding-shed,  
And lined the train with faces grimly gay.  
Their breasts were stuck all white with wreath and spray  
As men's are, dead.  
Dull porters watched them, and a casual tramp  
Stood staring hard,  
Sorry to miss them from the upland camp.  
Then, unmoved, signals nodded, and a lamp  
Winked to the guard.  
So secretly, like wrongs hushed-up, they went.  
They were not ours.  
We never heard to which front these were sent.  
Nor there if they yet mock what women meant  
Who gave them flowers.  
Shall they return to beatings of great bells  
In wild trainloads?  
A few, a few, too few for drums and yells,  
May creep back, silent, to still village wells  
Up half-known roads.

**Dunsden's former school, now hall**  
Wilfred helped run the school. A statue in the foyer by Anthony Padgett celebrates Owen.

# REMEMBRANCE AT THE VILLAGE HALL



Nearly 100 people young and old, including a large contingent of scouts and guides of all ages attending an event together for the first time, to mark Remembrance Sunday in Sonning Common at a simple, non-denominational ceremony in the village hall led by retired Lieutenant Commanders Alex and Gillian Manning. They were ably assisted by the ladies of the Women's Institute and their menfolk, who had set up the hall and provided near-limitless tea, coffee, squash and delicious cake for everyone afterwards.

The formal Act of Remembrance began with Gillian speaking the Homage and, at exactly 11 o'clock, sounding the "still" on a naval boatswain's call (whistle) for the 2 minutes' silence. After the "carry on" Alex spoke the Kohima Epitaph and paid further tribute to all who had given their lives in our country's name, specifically mentioned the three men from the village who had died in recent conflicts:

Private Frederick "Fred" Slough, 2nd Battalion The Parachute Regiment, the Falklands 1982, aged just 19;

Private Cyrus Thatcher, 2nd Battalion The Rifles, Afghanistan 2009, again just 19;

Sergeant Barry Weston, 40 Commando Royal Marines, Afghanistan 2011, aged 40.

Prior to the start of the ceremony, a scout and guide had uncovered the existing memorial to Fred Slough, draped with a Union Flag for the occasion, and had also placed a wreath dedicated to Cyrus Thatcher and Barry Weston.

Sonning Common remembered its own. ●

ALEX MANNING



(Author unknown)

Why are they selling poppies, Mummy?  
Selling poppies in town today.  
The poppies, child, are flowers of love.  
For the men who marched away.

But why have they chosen a poppy, Mummy?  
Why not a beautiful rose?  
Because, my child, men fought and died.  
In the fields where the poppies grow.

But why are the poppies so red, Mummy?  
Why are the poppies so red?  
Red is the colour of blood, my child,  
The blood that our soldiers shed.

The heart of the poppy is black, Mummy,  
Why does it have to be black?  
Black, my child, is the symbol of grief.  
For the men who never came back.

But why, Mummy, are you crying so?  
Your tears are giving you pain.  
My tears are my fears for you, my child,  
For the world is forgetting again.

Why do you march, old man,  
With medals on your chest?  
Why do you grieve, old man,  
For those friends you laid to rest?

Why do your eyes gleam, old man,  
When you hear the bugles blow?  
Tell me, why do you cry, old man,  
For those days so long ago?"

"I'll tell you why I march, young man,  
With medals on my chest.  
I'll tell you why I grieve, young man,  
For those I laid to rest.

Through misty fields of gossamer-silk  
Come visions of distant times,  
When boys of such a tender age  
Marched forth to battle lines.

We buried them in a blanket shroud,  
Their young flesh scorched and blackened,  
In a communal grave so newly dug  
In bloodstained gorse and bracken.

And you ask me why I march, young man?  
I march to remind you all.  
That, but for those apple-blossomed youths,  
You'd never know freedom at all.

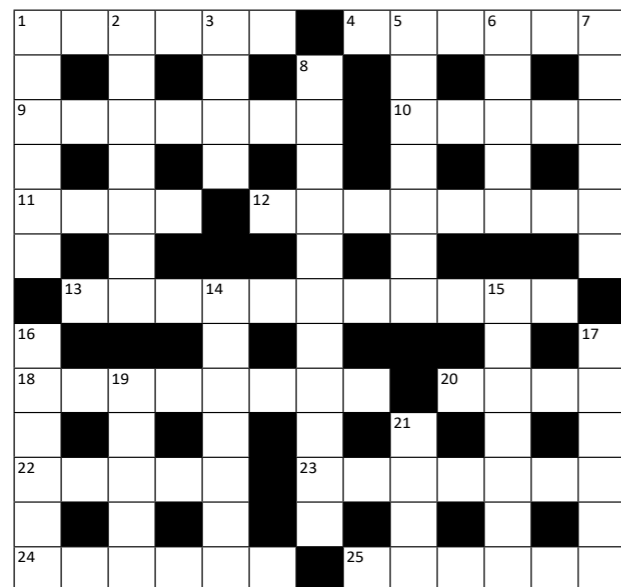
Anon



# PUZZLE PAGE

By DAVID DUNSTAN

## Cryptic crossword



### ACROSS

- Helen is disoriented by unknown local town (6)
- With satnav, a journey reveals native Americans (6)
- King is with a German man for a rice dish (7)
- Poke fun at wolf (5)
- A western railway is crooked (4)
- Visitor is more out of place (8)
- Mini cameras deployed in parking lot, for example (11)
- It's lovely abroad mixed up with the French (8)
- Indian dish for children's author (4)
- In my defence, I was in Bali travelling around (5)
- 23&25. Pub returning in ballad widespread in village (7,6)
- Green, possibly, with unknown power (6)

### DOWN

- Tea found in her balalaika (6)
- Quack medicine – snort badly with hesitation (7)
- Consumes assorted teas (4)
- Sailor with blemish to refrain (7)
- In the midst of mango puree (5)
- Frodo confused around unknown city (6)
- Accents lost, sadly, in this type of transaction (11)
- Town for studying books (7)
- Arena shows poor audits with a Frenchman (7)
- A decaf brewed at the front (6)
- Standard about wine jug (6)
- This tree I love madly (5)
- Cancel a French party (4)

## Sudoku

Grading: medium

							1	9
3	9			7	8	4		
	7		8					
6			5	4				1
	7	5		3		9	2	
1			9	2				5
			4		1			
	3	4	8			2		7
9	2							

## Cryptogram

The following quotation has been encoded using a simple letter substitution. What does it say?

RNMSM' O TIRNATH GMRMS RNET BCSUATH  
 CL PARN E HIIW GIID ETW OARRATH AT  
 KSITR IK RNM KASM IT PATRMS MFMTATHO.  
 – UMI OEVMS

## Quiz: Food and drink

- Which soft drink is described as "Scotland's other national drink"?
- Gouda cheese originates from which country?
- A screwdriver cocktail is orange juice, ice and which spirit?
- According to McDonalds' website, how many calories does a Big Mac contain (to the nearest 100)?
- Which southern Italian city is usually credited as the birthplace of the pizza?
- What number is found in reference to the number of varieties on Heinz products?
- Pret A Manger is a popular sandwich chain, but what does the French name mean in English?
- Are Jaffa Cakes legally a cake or a biscuit?
- What type of pasta has a name meaning "little worms"?
- What type of pastry are profiteroles made of?

See answers on page 34

# SAVE A LOCAL PERSON OR FAMILY FROM A WINTER CHILL

citizens advice



2023/24 is going to be a hard Winter for an increasing number of Sonning Common residents.

We are all too aware of rising prices, watching our energy costs, and of costs increasing all around us. This will leave some people unable to meet all the expenses of running a home and caring for their family.

It's Heat or Eat for many even after receiving the benefits they are entitled to.

People in 'fuel poverty' are those whose energy bills are greater than 10% of the net family income. There are sadly, many local people who are in this situation.

We hope with your support some of this can be helped. A big thank you to all those Sonning Common News readers who donated to last year's appeal. You made a difference. Can you help again?

Some people give part of their Government's Winter Fuel Payment

to help others stay warm and any donation of any amount is very welcome. The process Henley Lions adopts is for Citizens Advice Henley to meet applicants for help from this fund and make sure they are getting the benefits and assistance they are entitled to. This is all completely confidential. Henley Lions then make a payment direct to the client's utility account.

To make a donation online via [www.henleylions.org.uk](http://www.henleylions.org.uk) – click on "Donate" and identify your donation as "Winter Fuel Project". To get information on paying by cheque or bank transfer please email [donate@henleylions.org.uk](mailto:donate@henleylions.org.uk) or phone 0345 833 7387.

Please Gift Aid if you are a taxpayer.

If you are in need yourself or know of someone in

need please encourage them to talk to Citizens Advice Henley or NOMAD in Henley who can offer help and guidance. Citizens Advice can also give assistance in managing debt.

Any donation, however small, can make a difference.

Thank you for your support! ●



**Paul's Painting & Decorating**  
**Plastering & Carpentry**  
**Property & Garden Maintenance**  
**07583 623040 or 0118 9473735**  
**Friendly, Local, Free Quotes**  
**30+ Years Experience**

**CURTAINS, CUSHION COVERS, BLINDS ETC.**  
**ALL AT COMPETITIVE PRICES**  
**CALL CAROLINE ON**  
**0118 954 2448**  
 or  
**07815 610007**

# OUR EVER-CHANGING LIBRARY



## Every day is different in our village library



The books change. Although, strictly speaking, there are not an infinite number of books available, there are certainly too many to count, especially when you factor in all of those housed in other libraries which can be requested by borrowers. New books are added to the catalogue fairly constantly throughout the year, aided by donations made through the Friends of Sonning Common Library (FoSCL), and tatty ones are withdrawn from the shelves. Stock is also regularly circulated around the 44 libraries in the county, so chances are when you next call in to borrow a book, you will be choosing from a different selection. One of the great joys of being a library user is that you can try reading something completely random and if you don't like it, it won't have cost you a penny!

The events change. Although Storytimes are always at 10am on a Saturday, the story, reader, and other activities taking place on the day vary.

Likewise, no two Rhyme times are ever exactly the same, and the guest speakers at Author Evenings always have different subjects to talk about. If you are unable to get to the library to discover what is planned, then you can visit the new FoSCL website at [www.friendsofsonningcommonlibrary.org.uk](http://www.friendsofsonningcommonlibrary.org.uk). The "Events" section shows events organised by FoSCL. Click on the individual tabs to get more information about a specific one and to discover how you can register and pay online for your tickets. The "Services" section shows details of activities provided by Oxfordshire Libraries such as Rhyme time and the Digital Helper Service. It also reminds you about other free information available at our library such as access to Which? Magazines (online and physical copies) and [ancestry.co.uk](http://ancestry.co.uk).

Even the staff change. The eagle-eyed amongst you will have noticed that after more than 20 years as Library Manager, Rosemary

Dunstan retired at the end of 2023. Rosemary's knowledge of the library, Sonning Common and its residents is extensive and will be sorely missed. However, our new Library Manager, Juliet Legg, is also someone who brought her children up in the village and whose face will be familiar to many of you. Juliet started working as a "casual" in the library providing holiday cover for Rosemary's predecessor more than 25 years ago. She then took on the role of Saturday Library Assistant while her children were young before going back to being a "casual" alongside her successful career in the private sector. Her enthusiasm for the library is self-evident. Why not drop in next time you are passing to say hello.

Did you know that as well as a manager, our village library also has a library assistant? However, their working hours only overlap for one hour every two weeks. There is obviously far too much work for one person to manage on their own each day so they are aided by a band of volunteers who each do two hour shifts every couple of weeks. Could this be you? If you think it might be, pop into the library for a chat about it or email [friendsofsonningcommonlibrary@gmail.com](mailto:friendsofsonningcommonlibrary@gmail.com) to find out more.

Every day may well be different in our village library, but the one thing that remains the same is the warm welcome. ●

ALISON SMITH

# MEET ROSEMARY DUNSTAN

## Much loved local librarian retires and begins a brand-new chapter

By JOAN GRUMMANT



Rosemary Dunstan has lived in Sonning Common for over twenty years and originally came from Sutton Coldfield where she grew up alongside twin brothers and a younger sister. She always had a passion for books and reading and this has never left her but played a key part in her career pathway. Today, Sonning Common has a very warm and welcoming library that is thriving: it provides a place where people can choose books, play games, find help and interact with others in a relaxed environment. This is something she can be very proud of and there is always something stimulating happening for all ages.

Rosemary came to Reading in 1976 and met her husband David, a proud Cornishman, when promoting some work for her church. She had already undertaken one year's library training at Sutton Coldfield and then decided to complete a degree in Library Studies at Loughborough University in the Library Department. She was at Loughborough from 1975-1978 and made many friends and loved the training. Following this she gained a vast amount of experience in very different places. She started off work in the Central Water Planning Unit and Water Data Collection Unit Library (part of the Department of

the Environment) at Reading Bridge House. She subsequently went on to be assistant manager at Southcote followed by becoming manager at Whitely for two years. She left to have her first child and carried the realisation that she really wanted to work with people and not just scientists in the future.

Rosemary and David came to live in Sonning Common in 1981 and at that time there were only four houses for sale in their price range. The one they eventually bought has now been their home ever since and their children went to local schools where Rosemary got to know very many of the parents and friends. At this time, she had no intention of returning to work and the family went to live in Haarlem in Holland for two and a half years for David's work. (Her second child was born in Haarlem). It was during this time that Rosemary acquired and started riding her iconic trusty tricycle. She always felt this was a much safer mode of transport to carry young children and it is still in use today and a well-known sight in our village.

In 1986 Rosemary answered an advert in the Reading Chronicle for 'as and when 'librarians to provide staff cover at Shire Hall, where the Berkshire Library Service was based. She got the post and spent some time cataloguing music, and then general cataloguing. However, this was not working with the general public and Rosemary moved to work on the enquiry desk at Woodley Library for two days a week. She was already volunteering at Sonning Common Primary School helping reading groups and where she had also started up a bookshop, working three hours a week. Knowing the school and people very well she recognised the value of local knowledge and community issues, and this supported her library work. It was her great ambition to manage Sonning Common Library and she eventually achieved her wish in April 2003 and the library flourished.

Rosemary has witnessed many big changes in her working life and when the library was threatened with closure, she had to adapt to very different work patterns. The library service now had to rely upon volunteers to replace a greatly reduced paid workforce and Rosemary began to manage and train volunteers to play a huge part in the library organisation. It is testimony to her patience, good humour, and hard work that our volunteers are recognised for the crucial part they play in keeping our library open and so well maintained. The expanding social hub there has had an enormous impact and may hopefully continue to expand. It is a great community space that caters for all ages and needs while the varied activities encourage great social interaction in a warm and welcoming space. The library is a joy to visit!

After such long service Rosemary will continue her links with the library by covering staff leave and volunteering for some activities. She also has plans to continue raising funds for the charities she supports. She is a great walking enthusiast and has completed many long-distance sponsored walks, volunteered for Book Bus work in Africa and India as well as leading Health Walks in Sonning Common. Adjustment to a less frantic pace may take a little time, but Rosemary has many adventures ahead and we can be thankful that this warm and inspirational lady was able to make our library go from strength to strength. It has become a real community treasure. Thanks, and Good Luck in your Retirement! ●



# A MESSAGE FROM ROSEMARY

First of all I must say thank you very much indeed for all the gifts and monetary donations on my retirement. I am genuinely amazed at your generosity - I had absolutely no idea that I was held in such high regard by so many people. Thank you all - it has been a pleasure working with and for you over the last 20 years.

Over the Christmas holidays I've been giving a lot of thought about what I can usefully do with so much money, and these are the 3 things I have come up with:

- A new daysack for my walking adventures: my current one is over 20 years old and is showing signs of its

age. Rucksack design has improved greatly over the last 20 years – they are lighter, more comfortable, more waterproof, better fitting, and have more useful pockets! I'll definitely be looking for a new one of those.

- Gardening is high on my 'to do' list for retirement, and I'm wondering about getting a raised bed or two – has anyone any tips or advice about these?
- I also think that I have room for another bookcase in the bedroom, which would help with the problem of piles of TBR (to be read) books I'm constantly tripping over!

I don't feel that I have retired yet – I haven't had time to think about it over Christmas, and it probably won't sink in

till February at the earliest! And by then I'll be available for casual library work, covering sickness and annual leave, so you might see me in the library again in the not-too-distant future.

My successor, Juliet Legg, has been waiting a long time for my job, and I'm very pleased that she is to be my replacement. I wish her enjoyment and satisfaction in her work, and I'm sure you'll give her your full support, as you have done to me.

I wish you all a very happy, peaceful and healthy New Year

Many thanks once again

ROSEMARY

## NEWS FROM THE LIBRARY

Rhymetimes continue to be held at 11am on the first and third Mondays of the month into the New Year. There is a timetable available if you need a physical reminder of 1st and 3rd Mondays - just ask in the library

Storytimes continue to be held at 10am on every Saturday, with 'special' cake and craft Saturdays occurring every month or so.

We have social mornings, with tea/coffee and biscuits, every Friday from 10.30am, but if you're keen on a game of Scrabble come a bit earlier, at 10am, and join our Scrabble group. These Friday social and Scrabble mornings are proving to be so popular that we're thinking of having them on Thursday mornings too – ask in the library if you're interested.

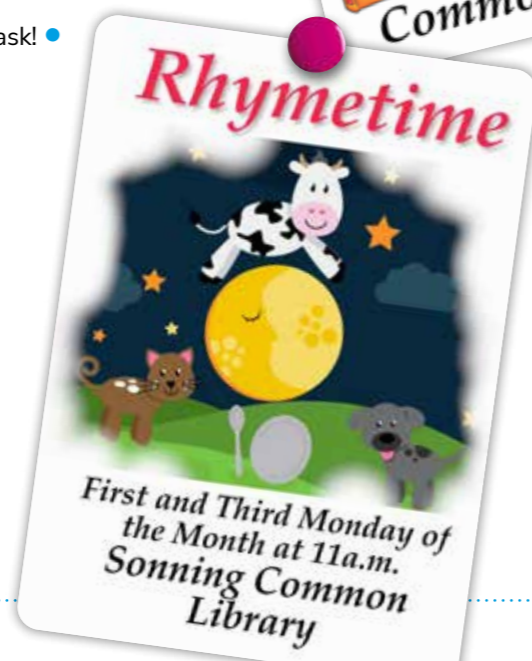
If you need help with your Smartphone/tablet/laptop, let us know and we'll

find a volunteer to help you. We also have free Wi-Fi in the library, and computers, printers and a photocopier for public use (there is a small charge for the prints).

For more details of any library activities, please contact the library by phone (0118 9722448) or email ([sonningcommon.library@oxfordshire.gov.uk](mailto:sonningcommon.library@oxfordshire.gov.uk))

Or just come in and ask! •

ROSEMARY DUNSTAN  
(for the last time!)



# STUART PITSON

25.11.1935 - 6.12.2023



December, aged 88, following a short illness.

A proud Welshman from Newport, Monmouthshire, he attended Newport High School before embarking on National Service from 1953 to 1955 with the Royal Signals. Teacher training followed at Borough Road College before taking up his first teaching post at St Julian's Primary School in Newport.

It was while he was at college that he met Judy who was to be his wife for 60 years before her passing in 2019.

He then moved to Oxfordshire to take up a position at Henley Trinity School in 1963. In April 1965 he moved to Sonning Common Primary School

where he stayed (apart from a one year secondment at Crowmarsh Primary) until his retirement in 1992. It was a baptism of fire to start with, as the school was full and struggling for space and so he taught 40 children in St Michael's Hall (a 15 minute walk) where the children had to walk from school down to their classroom, then back for lunch and down again for afternoon lessons! After 18 years of class teaching, he was appointed HeadTeacher of the school a role he served for nine years. From the number of messages we have received, he was very highly thought of by staff and pupils alike.

His commitment to the community of Sonning Common was second to none and not just with the school. He worked with the scouts and was the Group Scout Leader in the village for a time as well as being involved in the distribution of the Sonning Common Magazine. He was also a trustee of Rotherfield Football Club. He was an integral member of the Sonning Common Village Cricket Club for over 25 years acting as Chairman and President. He was the team's scorer for most of that time and enjoyed nothing more than being part of the team at matches or on tour.

His main love was rugby, having played for Pontypool and Newport High School

Old Boys in Wales before joining Henley RFC and 2023 was his sixtieth year as a member of the Club. He was a combative second row and was club captain for the 1965-66 and 1966-7 seasons. He played for ten years in the 1st XV and was a member of the 100-cap club. On a Sunday morning in 1973, he was one of the members who started the club's junior section which is still thriving today. He also ran the club shop, was a Vice President and more recently has been a regular volunteer for many years on match days in the club's ticket office.

Throughout his adult years, there was always a border collie at his side and he was a big supporter of the Sheepdog Society. He liked nothing better than walking his dog in and around the Sonning Common area, meeting and catching up with other villagers.

Stuart had such a positive influence on so many people's lives and will be fondly remembered by all who knew him, particularly those in Sonning Common and at Henley Rugby Club.

The funeral for Stuart took place at the All Saints Church, Rotherfield Peppard, on Thursday 4th January 2024. •

Nick Pitson

# EILEEN FOSTER

9.05.1934 - 24.12.2023

Eileen was born in Dartford Kent, one of 3 sisters, where she met and married the late Reg Foster in the mid-fifties. They moved to Henley and later to Sonning Common when they adopted a son.

Eileen was an active member of village life being involved with playschool,

hospital transport and supporting Reg on the FISH bus.

They were also members of RNLI for many years. Her face was well known along Henley riverside where she ran an ice cream kiosk for several years plus later at Greys Court where she baked a wonderful array of cakes in the tearoom for the many visitors.

These last few years Eileen's health has declined, and she's had full time nursing care after a stroke in 2019, followed by pneumonia and covid.

She was inordinately kind, caring, generous and had compassion for everyone. An amazing friend to many.

GOD BLESS YOU EILEEN

# PARISH NEWS

The content of this page is the sole responsibility of, and is paid for by, Sonning Common Parish Council



## Sara McLennan

Having spent the last 22 years living in Emmer Green with my family, I have always aspired to live in a more rural location and Sonning Common ticks all the boxes.

I have spent 20 years working in various elements of the motor trade, from Sales to Service Management and more recently with bodyshops.

I'm embarking on a new role within bespoke vehicle electronics projects from January 2024.

I love to travel and explore new places, cultures, food etc.

I am a people person and not afraid to speak my mind and challenge a situation when required, hopefully useful skills as a local parish councillor.

I decided to become a councillor to try to protect our beautiful village and surrounding countryside from over development, thus maintaining the feel of a village community, and to be a voice of the local residents.

## As a bit of a reminder

A list of the areas for which the Parish Council has responsibility.

Manage and maintain Memorial Park the play areas – Churchill Crescent, Baskerville Road and Lea Road

Responsible for and maintaining grass and hedge cutting for identified areas within the village

Allotments at Horsepond Road

Sonning Common Village Hall and (for now) Kidmore End War Memorial Hall and MUGA bookings

Manage and maintain the Skatepark and (part of) Old Copse Woods

Daily street and toilet cleaning

Youth Club

General maintenance and repairs in the village

Handling enquiries from residents

Liaising with SODC and OCC

We also currently have 4 allotment plots available to rent at a cost of £80.00.

### On the Parish Council website

Local information list from A-Z

Accounts and planning documents

Cycleway

Booking fees for halls/MUGA •

Regards

SARA UNDERWOOD

Deputy Clerk

Sonning Common Parish Council

Tel: 0118 972 3616

# BOOK SWAP BOX - COMING SOON!



We are looking for volunteers to join the team and help with this project. Hopefully you will have already seen the new addition outside the village hall, the classic K6 red phone box designed by Sir Giles Gilbert Scott. Nowadays these symbols of British pop culture are being repurposed for many other exciting uses apart from being focal points in village centres.

Sonning Common Parish Council would like to use our box for a Book Swap and Community Events space. You may have seen the article on the front page of the Henley Std with the dramatic Remembrance Sunday display. (see picture alongside)

Shelving will be installed and donated books will be available on a one-in, one-out swapping basis. The detailed running of this scheme is a work in progress.

If you are interested in supporting the update of content, maintenance and security of the Book Swap Box please email Emily Doubek on emilydoubek@gmail.com.

Thanks  
EMILY DOUBEK

With thanks to the Henley Standard for allowing us to use this page.

# A NEW MUSICAL DIRECTOR

South Chiltern Choral Society are thrilled to announce that they have a new Musical Director, Helen Bilkey. Helen has taken over from Paul Burke who has led the choir for the last 9 years. Born into a Cornish family with a strong singing tradition, Helen has spent her life involved in music, both in schools and the wider community. She pursued her passion for choral direction through the completion of an MA in Choral Education under Dr Therees Tkach Hibbard and Dr Colin Durrant, working with, amongst others, the BBC Singers. Helen has set up and directed many community choirs and choruses, with a particular focus on bringing together all age ranges and musical experiences, something

which increasing studies show has a wide range of emotional and physical benefits. Helen has directed a wide range of choral performances including the Mozart Requiem, Vivaldi Gloria, Jenkins' Armed Man and Rutter Magnificat. As Director of Music at The Abbey, Reading, she oversees an extensive programme of concerts and performances, over 30 vocal and instrumental ensembles and conducts the Abbey Symphony Orchestra, Senior Choir, Concert Band, Upper Three choir and Staff Singers. Having just returned from a triumphant music tour of Paris where the 60-strong choir and orchestra gave outstanding performances in the majestic surroundings of Saint Sulpice

and La Madeleine, Helen is excited to be taking on the role of Music Director with the South Chiltern Choral Society.

Do you love singing in harmony and are passionate about music? South Chiltern Choral Society would love to meet you! All voices welcome: Soprano, Alto, Tenor and Bass. We rehearse on Monday evenings at Maiden Erlegh Chiltern Edge School, Sonning Common. For more information please see our website:

[southchilternchoralsociety.org.uk](http://southchilternchoralsociety.org.uk)

JANE PARES  
SCCS publicity

## OXFORDSHIRE SOUTH AND VALE CITIZENS ADVICE NEEDS VOLUNTEERS

citizens  
advice

Are you looking for a new challenge, and want to contribute something to your community? Oxfordshire South and Vale Citizens Advice is looking for volunteer advisers, IT specialists and others to work in our friendly offices in Abingdon, Didcot, Henley or Thame.

Citizens Advice gives people the knowledge and confidence they need to find their way forward - whoever they are and whatever their problem. In a typical year our 127 volunteers support over 9,000 people.

We are currently looking for:

- Advisers: After comprehensive training you will be giving advice to clients in person or via the telephone or webchat. We advise on a broad range of topics including debt management,

benefits, employment, housing and relationship issues. You will need good IT skills and a desire to help people in your community. A new adviser training course begins in February 2024, so apply now!

- IT specialists to help to maintain our IT systems and support the service. Help staff and volunteers with day-to-day IT issues, for example with trouble logging on, connecting to Wi-Fi and locating files. We also would welcome support to maintain our local Citizens Advice website.

- Administration, fund raising, communications and human resources volunteers

We would like you to be available for two sessions per week if possible, either

mornings or afternoons or for a whole day. We offer a rewarding, flexible and supportive working environment. You'll also learn new skills and meet new people in the course of your volunteering.

To apply, please follow this link:

<https://www.citizensadvice.org.uk/local/oxfordshire-south-vale/volunteer/>

Or, if you would like to discuss these volunteering roles, please email: [recruitment@osavcab.org.uk](mailto:recruitment@osavcab.org.uk) and one of our team will contact you. ●

## WANTED

JEWELLERY, POCKET & WRIST  
WATCHES, ALL SILVER & GOLD ITEMS,  
COINS AND INSTRUMENTS.

PLEASE CONTACT 07768 918501  
[frednickson@henleyantiques.com](mailto:frednickson@henleyantiques.com)

HOME VISITS BY APPOINTMENT

▪ 30 YEARS EXPERIENCE ▪

### Shaun Guard TV & WIFI SERVICES

- Aerials - supplied, repaired & poor reception solved
- Satellite - Sky Q dish upgrades, discreet dish installations
- Internet / WiFi - blackspots cured, internal & external data cables installed in your home and outbuildings
- TVs - hung on your wall or set up and tuned

OXFORD AERIALS

Call us on 01491 699114  
[shaun@oxfordaerials.co.uk](mailto:shaun@oxfordaerials.co.uk)  
[www.oxfordaerials.co.uk](http://www.oxfordaerials.co.uk)

Sonning Common

# MOT

Test Centre

**MOT SPECIAL OFFER**  
- All Makes All Models -

# £10 OFF

your next MOT on production of this voucher

All Makes Serviced & Repaired  
at competitive prices.

Free Local Collection  
and Delivery available

## Sonning Common Garage

Looking after local customers for over 60 years

Peppard Road, Sonning Common RG4 9SU

0118 972 2021

[www.sonningcommongarages.com](http://www.sonningcommongarages.com)

Service Opening Times: Mon-Fri 8am - 5.30pm • Sat & Sun CLOSED  
Offers valid on production of this advert. Only 1 voucher per MOT. Offer not available in conjunction with any other offers. Sonning Common reserves the right to modify the terms of this promotion at any time. Correct at time of going to print.



A. B.

# WALKER

Independent, family-run funeral directors.

Our compassionate and professional team are here to help you with everything related to a funeral from pre-planning to bereavement support.

Local branches in  
Henley-on-Thames and Caversham.

[www.abwalker.co.uk](http://www.abwalker.co.uk)

01491 413434



# CHURCH NEWS

## ST MICHAEL'S CATHOLIC CHURCH

At the time of writing Christmas has passed and the New Year just beginning. It was wonderful to see St Michael's full for each of our Christmas Masses as we celebrated together the birth of Jesus in Bethlehem, and being reminded of his promise that he will come again in glory. As well as our regular parishioners we were able to welcome people from all over the country as they came to this area to spend Christmas with their families. During the early Mass for young families, children acted out the nativity scene as the Christmas gospel was read. On Christmas day many families enjoyed the homemade Christmas pudding that they prepared during our Christmas Pudding Evening in November.

Our Advent Christmas Tree was once again generously supported and provided many gifts, both for our own sick and housebound parishioners, and the homeless who made use of CIRDIC's facilities in Reading over Christmas.

Although Christmas is only just behind us, when this magazine is distributed it will be just a couple of weeks before Ash Wednesday and the beginning of Lent that will lead us to a relatively early Easter Sunday on 31st March. This means it might be too late to include our Easter services in the next magazine so please use our parish website to check for our Lent and Easter activities.

Every 25 years the Catholic Church celebrates a Year of Jubilee. The next

is in 2025 with the theme: Pilgrims of Hope. It is a year when we are encouraged to re-establish a proper relationship with God, with one another and creation. Leading up to the Jubilee Pope Francis has dedicated 2024 as a special Year of Prayer. Here at St Michael's we will be reflecting on the importance of prayer in the life of the Christian. ●

Parish website: [www.saintmichaelsonningcommon.org.uk](http://www.saintmichaelsonningcommon.org.uk)

## WORLD DAY OF PRAYER 2024

"I beg you, bear with one another in love"

World Day of Prayer is a women led, global, ecumenical movement.

Further details can be found on their website [wwdp.org.uk](http://wwdp.org.uk)

Who knew that 5 years ago when this service was prepared by the Christian women of Palestine, how vitally important our prayers would be for them in 2024?

"On 1st March 2024 the worldwide ecumenical community who celebrate the annual World Day of Prayer will engage in a worship service written by our sisters from WDP Palestine, under the theme "I Beg You... Bear With One Another in Love." As often happens in World Day of Prayer, a theme and writer committee that is chosen years ahead of time becomes timely and profoundly challenging in the year that it is celebrated." World Day of Prayer International Committee (WDPIC)

"I beg you bear with one another in

love" is their cry for peace and hope from Ephesians 4:1-2.

The World Day of Prayer is celebrated in over 146 countries, so that throughout the day, prayer encircles the world, focussing on a different country each year.

People from 6 churches in the Sonning Common area have come together to prepare the service, as planned by the women of Palestine, for all to worship as one. Come and add your voice and prayers, which can go where we cannot, and are so very needed.

This year the service is being hosted by St Michael's see poster on Noticeboard page 12-13.

## A PRAYER FOR PALESTINE AND ISRAEL

Dear God of Peace and Justice,

We cry out to you with broken hearts and deep anguish for what is unfolding in Israel and Palestine. It is difficult to find the words to express the weight of this moment. We rest on your Spirit, who intercedes with sighs too deep for words. We ask that you heal every wound, and you give us wisdom for how to stop this cycle of violence. We pray especially for women who are particularly vulnerable in times of war. Move our world quickly towards peace and justice.

AMEN. (WDPIC)

## COMPASSIONATE LOAF - HANDMADE & HEARTFELT - DELICIOUS BREAD, MAKING A DIFFERENCE TO LOCAL PEOPLE.

A one-day bread making course, way back in 2013, was the inspiration for what has since become a thriving bread making group, raising over £20,000 for charity and teaching dozens of local people the joy of making their own bread.

Founders, Clare Pelling and Jane Mclroy baked from home for four years until Springwater Church offered to back Compassionate Loaf and support their mission. Now, every Monday morning, local people gather to learn bread making skills with an ever-increasing repertoire, from Focaccia to Sourdough, Chelsea Buns to Oaty Spelt and all the bread made is sold to raise money for local charities.

To order fresh bread and buns (Bloomers, Apple Spelt, Sourdough, Carrot Spelt, Focaccia, Ciabatta, Walnut and Raisin Ring, Oaty Spelt, Six Seed, Crispbreads, Fougasse, Chelsea Buns and Cinnamon Buns) please email Clare Pelling by Saturday evening, for collection from Springwater Church on Monday around 1pm.

Email Address: [Compassionateloaf@gmail.com](mailto:Compassionateloaf@gmail.com)



## ST JOHN THE BAPTIST AND CHRIST THE KING

We welcomed many to our Advent and Christmas services at the end of 2023. A particular highlight was the Service of Lessons and Carols at St John's on 19 December, which included seasonal readings and wonderful music (with especial thanks to Musical Director, Frances Brewitt-Taylor). A candle-lit Christingle at Christ the King on Christmas Eve was magical and fun, and a retiring collection raised £170 for The Children's Society, a charity which helps children and young people who are suffering with anxiety, depression, abuse, exploitation, or neglect.

As the signs of spring make a welcome return, we look ahead to the season of Lent and Easter. Ash Wednesday falls on 14 February when there will be a Eucharist service, with ashing, at Christ the King at 7.30pm. On Palm Sunday, 24 March, there will be morning services at both churches, with a palm procession at St John's. Thursday 28 March is Maundy Thursday, when there will be a Eucharist with foot washing at St John's at 7.30pm. On Good Friday, 29 March, the ecumenical Walk of Witness around Sonning Common begins in the car park at Christ the King, starting at 10.00am and finishing around an hour later in the church hall with coffee and hot cross buns. The Good Friday service takes place at St John's at 2.00pm, then there will be Eucharist services at both churches on Easter Sunday (9.30am Christ the King, 11.15am St John's) to celebrate the resurrection of Jesus Christ. All are warmly welcome to these services and events.

Other services continue in their usual pattern: Eucharist at Christ the King (9.30am) on 1st, 2nd and 4th Sundays, and a Service of the Word on 3rd Sundays. Sung Eucharist at St John's on 1st, 2nd and 4th Sundays and

an All-Age service on 3rd Sundays. There is also a family friendly Second Sunday service held at Christ the King at 5.00pm on every 2nd Sunday of the month: do come along and join in! Please check the church pages at [www.achurchnearyou.com](http://www.achurchnearyou.com) for other updates at any time. ●

## CHILTERN EVANGELICAL CHURCH

When I was a student in London decades ago, I used to go and hear a well-known Welsh preacher. In the benediction at the end of the service he always referred to our short, uncertain, earthly pilgrimage. That's a perspective on life worth thinking about. The older we get the quicker the years seem to pass, don't they? Life is full of surprises, lovely ones but also painful and even devastating ones. Where is it all leading to? A dead end? Not according to Jesus. The evening before his crucifixion he told his disciples he was going to prepare a place for them, and they would join him there. And he made it clear that applies to all who put their trust in him. To do that is to set ourselves on the pilgrimage of which the preacher reminded us of every week. If not already join it while you can. There are many uncertainties in this life, but this is not one of them!

Everyone is welcome to our Sunday afternoon services at 4.30 pm in our chapel in Grove Road. We also meet at 10:30 on Sunday mornings at the Emmer Green Youth and Community Centre just off Barnabas Road. ●

PETER SECCOMBE  
Ben Densham  
Chiltern Evangelical Church  
07384 059556

PUZZLE PAGE ANSWERS FROM PAGE 22



1. Im-Bru 2. The Netherlands 3. Vodka [a screwdriver is also known as vodka and orange] 4. 500 (493 to be exact) 5. Naples 6. 57 [It was a made-up number for advertising] 7. Ready to eat 8. In 1991, a court ruled that Jaffa Cakes are cakes, which means no VAT is payable 9. Vernicelli 10. Choux.

Quiz: Food and drink

THERE'S NOTHING BETTER THAN CURLING UP WITH A GOOD BOOK AND SITTING IN FRONT OF THE FIRE ON WINTER EVENINGS. - LEO SAVER

Cryptogram

9	2	1	6	7	3	4	5	8
5	3	4	8	9	1	2	6	7
7	8	6	2	4	5	1	9	3
1	4	3	9	2	8	6	7	5
8	7	5	1	3	6	9	2	4
6	9	2	7	5	4	3	8	1
2	1	7	4	8	9	5	3	6
3	6	9	5	1	7	8	4	2
4	5	8	3	6	2	7	1	9

Sudoku

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

Cryptic crossword

# ADVERTISERS DIRECTORY

A B Walker & Sons Ltd Funeral Directors	31	Greenshoots (Local Garden Produce)	Back	Peppard Building Supplies	35
AMAXS Plumbing Heating Electrical	15	Heath & Watkins	15	Pet Country Supplies	35
Arbocare Tree Surgery Ltd	17	Heights Tree Care	15	Pilates ABC	35
Barn Store (Secure Self Store)	14	Henley Antiques	31	Property Maintenance	11
Beacon Flooring	17	Henley Glazing & Window Centre Ltd	35	Robin James Opticians	11
Beville Estate Agents	2	HLS Garden Maintenance	11	S J Hinton Carpenter & Joiner	35
Bonner Locksmiths	14	Influential Computers (Computer Problems)	35	Sonning Common Garage	31
Brambles (Florist)	14	KC Improvements (Driveways & Patios)	17	Sonning Common Pet Care	15
Bridges Estate Agents	8 & 9	Kingfisher Kindergarten (Pre School)	Back	T C Fuller Plumbing & Heating	35
Caversham Aerial Services	17	Mike Dockree Windows	11	Time 4 Pilates	17
Compass Water Softeners	15	Milo Technical Support (Computer Problems)	14	Tomalin and Son Funeral Directors	Back
Curtains, Cushion Covers, Blinds, etc	23	Mobile Personal Trainer	11	TPO (Architectural Design Consultants)	11
Farina Auto Services Ltd	Back	Paul's Painting, Decorating and more	23	TV & WIFI Services	31
Functional Physio	Back			Village Barbers	11
Gabriel Machin (Meat & Other Produce)	14			Wallingford Tiles & Bathrooms	17
Graham Blake Soft Furnishings	9			Wee-Cot Seating	11
				Wood Lane Dentistry	11

Sonning Common Magazine cannot be held responsible for the quality of the products or services advertised in the magazine. Residents should be aware that companies or traders whose advertisements appear in the magazine have not been checked or vetted by the Magazine. We suggest you ask advertisers for references if you need reassurance.

## Computer Problems?

### PC misbehaving?

Fault diagnosis, Maintenance & Upgrades, Networking, Data Recovery, Virus Cleaning, Broadband, Telephone Cabling & Extensions, TV, Mobiles, Website Design, Development & Hosting, and much more. Home and Business Support. Windows and Mac.

01491 680036 or 07961 476664  
mail@influentialcomputers.com  
www.InfluentialComputers.com  
Robin, Henry and Angus Piercey  
Influential Computers Ltd - A Family Run Business Since 1984

## PILATES IN SONNING COMMON

### + HENLEY



CONTACT Alyth Yealland

[alyth@pilatesabc.co.uk](mailto:alyth@pilatesabc.co.uk)

07521699265 [www.pilatesabc.co.uk](http://www.pilatesabc.co.uk)

## HENLEY GLAZING AND WINDOW CENTRE LTD

01491 629901

Glass Supply, Glazing Service, Mirrors, Shelves, Table Tops, sealed Units, Lead Lights, Locks, Secondary Glazing, Shower Screens

Suppliers & Installers of: UPVC, Aluminium & Timber Windows, Doors & Conservatories, Facias, Sofits & Guttering



12, Manor Farm, Peppard Common, Henley on Thames RG9 5LA  
Fax: 01491 629904 Email: [andy@henleyglazingwindow.co.uk](mailto:andy@henleyglazingwindow.co.uk)

## PET COUNTRY SUPPLIES

We have been trading in the village for over 50 years

WE ARE PROUD SPONSORS OF

- THE LOCAL FISH BUS
- DOGS FOR THE DISABLED
- BINFIELD HEATH DOG SHOW

We have old fashioned friendly Service

We can't stock everything but we can get most things for your pet!

We deliver free on orders over £25.00

COME AND SEE US !!

43a Wood Lane

Sonning Common RG4 9SJ

0118 9723495

Email [interestedin@petcountrysupplies.co.uk](mailto:interestedin@petcountrysupplies.co.uk)  
[www.petcountrysupplies.co.uk](http://www.petcountrysupplies.co.uk)

Open.....Mon to Sat 9.am to 5.30pm (5pm Sat)  
9am to 4pm Weds  
Closed all day Sunday and Bank Hols

## T.C. FULLER PLUMBING & HEATING

- Installation • Maintenance • Service • Repair
- Boiler replacement, heating system upgrade & adaptations, power flush.
- Hot water cylinder replacement.
- All plumbing work undertaken.
- Bath/Shower rooms, water softeners-salt supplied.
- No call out charge • Free estimates • Fully insured

Tel: 0118 9724097

Mob: 07800 914 880



## SAVE MONEY WITH



CHECK OUT THE MONTHLY OFFERS AT OUR SHOP OR WEBSITE

PEPPARD  
BUILDING SUPPLIES



## 'FREE LOCAL DELIVERY

- Competitive Trade Pricing
- Specialist Insulation Stockists
- Bricks/Blocks/Aggregates
- Driveway Shingle
- Landscaping Products
- Paving Display
- Trade Shop
- Plenty of Parking
- Web Offers!

Call 0118 972 2028 / Sat Nav RG4 8XA  
Visit [www.peppardbuildingsupplies.com](http://www.peppardbuildingsupplies.com)

## S J HINTON

### Carpenter & Joiner

Wide range of high-quality carpentry services delivered by skilled craftsman  
Built-In Wardrobes, Cupboards, Shelving.  
Kitchen Fitting, Doors, Floors, Windows,  
Stairs, Roof Construction.

Telephone Steve on 0118 972 3602  
or 07887 653866



Sonning Common Health Centre  
Wood Lane, Sonning Common,  
Reading, RG4 9SW

- Back & Neck pain
- Muscle / Joint Strains
- Ligament Sprain
- Sports Injuries
- Whiplash Injuries
- Shoulder Injuries
- Post-Operative Rehabilitation
- Pre / Post Natal Exercise
- Respiratory Conditions
- Lower Limb & Foot Problems

- Appointments available every day
- Pilates classes throughout the week

Jo Pereira MCSP  
Catherine Matthews MCSP  
Chartered Physiotherapists

T: 0118 405 0089

E: [info@functionalphysio.co.uk](mailto:info@functionalphysio.co.uk)

[www.functionalphysio.co.uk](http://www.functionalphysio.co.uk)

The team at Functional Physio are Chartered Physiotherapists registered with the Health Professions Council and are recognised by all major insurance companies, including Bupa and Axa PPP.



Autoservices Ltd  
Tel: 01189 724036

**NOW OPEN**

The Paddock  
Kidby's Yard  
Kennylands Road  
Sonning Common  
RG4 9JT

**Competitive Prices  
Excellent Service**

Servicing and Repairs on any make

- ◆ Tyres
- ◆ Batteries
- ◆ Exhausts
- ◆ MOT
- ◆ Car Sales



Providing opportunities  
to grow confidence!  
Garden therapy  
at Manor Farm

**GREENSHOOTS**

2024: celebrating 56 years

Open every weekday  
9am to 4pm

Help us to help others ..... please volunteer!

Do you wish to help locally? Enjoy making new friends? Or discovering the camaraderie of volunteering? If so, then join us. It doesn't have to be for a set amount of time - tell us what you can give, what you'd like to do, then we'll suggest possibilities to match your experience. We need minibus driving, internet and web design, fundraising, customer serving, creative crafts and gardening skills. You need to have huge reserves of common sense and a wish to help adults with disabilities.

For more information, please call 01491 628 933  
Email: [frances@waysandmeans.org.uk](mailto:frances@waysandmeans.org.uk)  
[www.waysandmeans.org.uk](http://www.waysandmeans.org.uk) ♦ [www.facebook.com/greenshoots96](https://www.facebook.com/greenshoots96)  
Manor Farm Rotherfield Peppard, RG9 5LA  
The Ways & Means Trust ♦ Charity: 255074

## Kingfisher Kindergarten



*Thriving Pre School  
for children aged  
2 years and above*

We accept all Government Funding and  
have immediate spaces available

Contact us for a visit **07894 966562**

[laryne@kingfisherkindergarten.uk](mailto:laryne@kingfisherkindergarten.uk)

[www.kingfisherkindergarten.uk](http://www.kingfisherkindergarten.uk)



Tomalin & Son  
Funeral Directors

Henley-on-Thames family run  
Independent Funeral Service



Golden  
Charter  
Funeral  
Plans

**£40** John Lewis voucher or

**£40** donation to Sue Ryder Care

with each pre-paid funeral plan taken out on production of this advert

**Tel: (01491) 573370**

[www.tomalins.co.uk](http://www.tomalins.co.uk) [tomalin@btconnect.com](mailto:tomalin@btconnect.com)

Anderson House, 38 Reading Road, Henley-on-Thames, RG9 1AG