



The Croxley Green RESIDENT

Published by
**CROXLEY GREEN RESIDENTS'
ASSOCIATION**

Editor: Brian Norman

**No: 194
Spring 2007**

Editors Corner

I would firstly like to thank those who subscribed to the last edition of the Resident, I apologise to those of you whose articles were not used due to lack of space, please bear with us we shall endeavour to place those gems in this or the next edition. Likewise I would like to thank our other unsung supporters, the advertisers without whom we would be unable to produce this magazine for the residents, so to those who have used our advertising service in the past, please continue to support us and indirectly, the community ... We also welcome new enquiries who should contact Rosemary Hanscomb for details of advert sizes, presentation and cost.

For those who are new residents to Croxley, the way we finance the Association, all residents are automatically members of the Residents Association. Any surplus revenue derived from the advertising, after printing costs and insurance, is directed towards small community objectives/projects.

As in previous issues I have tried to encourage lesser known members of the community to supply articles and as I have mentioned Jasper, the new pup on the patch, this raised the most unlikely gem of all - through our letterbox arrived a letter and book from the National Secretary of the Dachshund Society who resides in the village.

Many thanks and feel free to place an article.



'OH WOW' No not another TV home make over programme but a badger on MY lawn in MY garden eating the birds' peanuts.

I have always been very interested in wildlife and have enjoyed visits from foxes, hedgehogs and numerous garden birds but had never seen a badger in my garden before.

It started one moonlit night last Autumn when this badger appeared on my lawn tucking in to the peanuts left for the birds. Being so excited, the following night I put out even more peanuts and a jam sandwich (having read they love sweet things) and sure enough the badger returned this time with a cub. I could not believe it when the third night, having added a dish of dog meat this time, three cubs arrived to scoff the food. I am still lucky to get visits from badgers every night but have never seen more than one at a time, assuming the cubs have 'spread their wings' and left home wherever that was.

I feel very privileged that these beautiful wild creatures choose to spend a few minutes of their secret lives with me.

CGRA Committee

Mike Humphreys (President)	
The Weather House, Croxley Hall Woods	
Brian Norman (Chairman)	
261 Baldwins Lane	779331
Pat Hiscock (Vice Chairman)	
101 Bywaters	
Linda James (Secretary)	
99 Windmill Drive	712652
Dorothy Thomas (Treasurer)	
5 Kenilworth Drive	225340
Vera Goulder	
46 Manor Way	
Rosemary Hanscomb (Advertising)	
22 Dickinson Avenue	449945
Barry & Mandy Grant	
93 Frankland Road	
Judith Turnbull	
127 Frankland Road	
Geoff Hall	
Sheila Crome	
All sponsored parish councillors are ex-officio members, we currently have one, she is:	
Hazel Seeley	

INSIDE

- Swan Care**
- Library Column**
- Cats Protection**
- Sun Printers**
- Croxley Bowls**
- Vicar Retires**
- Obesity - Pets**
- Abseiling**
- Village Green**
- Health Walks**
- The Knives are out...**

and more....

Articles and Advertisements for submission for next issue of The Resident

Please contact

Brian Norman
01923 779331



Rosemary Hanscomb
01923 449945

Our advertisers make the publication of the Newsletter possible and we would urge you to support them

Material published in this newsletter does not necessarily represent the views of the Association nor its committee

The Committee meets approximately six times a year and all meetings are open to the public. It is represented on many other local committees where it can make its voice heard and can bring back valuable information.

**NEW COMMITTEE MEMBERS
ALWAYS VERY WELCOME**

The Churches in Croxley Green warmly invite you to share in our Sunday worship:

The Baptist Church, Baldwins Lane
 9.15 am Morning Worship
 11.00 am Family Service
 6.30 pm Evening Worship
 Revd Steve Moody - 231403

All Saints (C of E), The Green
 8.00 am Holy Communion
 9.40 am Junior Church (Except 3rd Sunday)
 9.45 am Parish Eucharist
 11.30 am Family Service (3rd Sunday in Month)
 2.00 pm Baptism (2nd & 4th Sunday)
 6.00 pm Evensong
 Tel: 772109 Office Hours 10 - 12 Mon to Fri

St Bede's (RC), Baldwins Lane
 Saturday 6.00 pm Vigil Mass
 Sunday 10.00 am Mass
 6.00 pm Mass
 Canon Philip Cross - 231969

The Methodist Church, New Road
 11.00 am Morning Worship
 6.30 pm Evening Worship
 Deacon Phil Osborne - 774011
 Bookings Sandra Spragg - 773836



St Oswald's (C of E), Malvern Way
 8.00 am Holy Communion
 10.00am Family Service (1st Sunday in month)
 Family Eucharist & children's groups (on other Sundays)
 Evening services as advertised
 Revd Alison Walton - 232387

SWAN CARE

CO-OPERATING WITH THE BRITISH TRUST FOR ORNITHOLOGY RSPCA, RSPB

NEWSLETTER 2006 - An erratic year weatherwise, but hot weather we dread the most, reducing water levels in rivers and lakes, encouraging incidence of rotting vegetation resulting in botulism, and toxic blue-green algae. Rain is needed to keep water flowing, and grass growing for grazing.

Crashland rescues are numerous during the Winter and Spring, and this year was no exception. In March an adult female swan was injured near the Mill wheel at Lemsford, but thanks to Park Veterinary Centre at Watford her face was stitched back into place, and after care here she was returned to her territory, where her mate was waiting anxiously. They wasted no time in hastening away to their nesting area on

the lake at Brocket Hall, where they hatched six beautiful cygnets.

Generally in this area the nesting season resulted in a low hatch and poor survival rate, due to predation by mink, followed by a drought situation aggravated by pollution, and an influx of seriously ill swans needing intensive care.

In May another adult female swan became trapped under a mill wheel at Hunton Bridge after her mate was killed so we rescued her and the surviving cygnets, saturated and traumatised, but could not return them until I had done battle with the cause of all the trouble, the biggest and strongest cob swan who had killed the resident male, and driven the rest of the family along to the mill wheel. He actually lifted me from the riverbank whilst I was wrestling with him to wrap him up and take him away. I managed to subdue him before we became airborne!

All the above rescues were supplemented as usual as Summer

progressed by fishing tackle incidents, and the RSPCA were kept busy everywhere.

In October my husband, Terry, died and life has been very difficult - he was an important part of Swan Care and everything to me. During his long illness over the last 4 years, rescues and treatment continued unabated, and I have various casualties in care at the moment. Donations are the means by which swans receive help quickly, so time in care is reduced, and if I get enough support I shall continue providing a lifeline for these beautiful birds.

Thank you for your support.

Lis Dorer
 4 Moorland Road
 Boxmoor
 Hemel Hempstead HP1 1NH



Tel: (01442) 251961

An entirely voluntary service operated by Lis Dorer to rescue swans in distress. All donations gratefully received.



Rickmansworth Canal Festival 19/20 May 2007

Lest we forget, Croxley's past economic wealth was part owed to the early Nineteenth Century waterways transport system, by supplying raw materials to the John Dickinson's Croxley Paper Mill and carrying the finished products to new markets. So visit the festival and see the historic narrowboats that once plied the waterways of our canal system over the past hundred years. Many of these craft have been painstakingly restored to give living proof of our heritage.

Please put the dates of 19 and 20 May in your diaries for a Spring family outing.

CJ barbers



No Appointments Necessary
 Telephone: 01923 718899
 146 New Road - Croxley
 Opening Hours:
 Mon - Tues 8.30 - 6.30pm
 Wed - Closed
 Thurs - 8.30 - 7.00pm
 Friday - 8.30 - 6.30pm
 Sat - 8.30 - 4.30pm
 Price List: £7.50 OAP Under 16s £5.50

SHAMMA

DRY CLEANERS

200 Watford Road, Croxley Green, WD3 3DD

Tel: 01923 210000

Same Day Cleaning
 Duvet Service
 Tailoring Alterations
 Keycutting
 Contract Cleaning Undertaken - Easy Parking

Instant Passport Photos
 Competitive Price
 Leather Care
 Shoe Repairs

Open 8am to 6pm Mon to Fri - 9am to 3pm Sat
 20% OFF CURTAINS UNTIL END MARCH

Croxley Green Community Centre

HALL FOR HIRE

Newly refurbished hall

Let for Weddings,
 Parties, Anniversaries
 etc etc

Call: 01923 777647

Library Column

I mentioned in my last column that the opening hours at the library would be extended from March. From the week beginning 5 March the hours will be:

Monday:	9 - 7
Tuesday:	9 - 7
Wednesday:	9 - 5
Thursday:	9 - 5
Friday:	9 - 7
Saturday:	9 - 1

Most other local libraries are also extending their open hours so the opening hours leaflet covering Three Rivers & Watford is currently being reprinted. The new leaflets should be available soon.

Even if you're not a library member you may wish to use the library for lots of reasons such as reading newspapers and magazines, looking at **Which** Reports, picking up college brochures or leaflets about local events and organisations, buying cards, stamps, wrapping paper or nappy sacks, picking up free dog 'poop scoop' bags, using the computers or attending Baby Rhyme Time or Storytime.

Baby Rhyme Time takes place on the 3rd Tuesday of every month between 10.30 and 11 am and future dates are 20 February, 20 March, 17 April, 15 May and 19 June.

Storytime is held every Friday afternoon, including school holidays, from 2.15 to 2.45. Although you don't

have to be a library member to come along to the sessions you will need to join if you want to borrow items. Once you've become a member you can use your card in any Hertfordshire library.

All our libraries have a great selection of books for children of all ages, including board books with flaps to lift and textured pages for young children to touch and enjoy. As well as books we have lots of stories on cassette or compact disc available to borrow.

Many of our young borrowers are probably eagerly awaiting the publication of the last title in the Harry Potter series, **Harry Potter and the Deathly Hallows**, which is due to be published in July. As usual the library service has ordered plenty of copies and library staff are already taking requests from eager children. Don't forget that children no longer have to pay to reserve items.



A few years ago I mentioned some websites which children could use to find out about books and authors and here are a few more useful sites: www.ukchildrensbooks.co.uk provides information about authors, illustrators, publishers and other relevant organisations. There's a huge list of links to children's authors such as Malorie Blackman, Darren Shan and Jacqueline Wilson. Another fun site is www.sebastianswan.org.uk/index.html which contains online books for young children.

Those of you who enjoy watching the Richard and Judy Book Club on Channel 4 and reading the featured books are probably aware that the latest series started on Wednesday 31 January. As usual, all Hertfordshire libraries are stocking plenty of copies of the featured titles including **The Testament of Gideon Mack** by James Robertson, **William Boyd's Restless** and **Semi-Detached** by Griff Rhys Jones. Further details are available on the website at www.richardandjudybookclub.co.uk

Finally a reminder that the 'Book Crawl' (aimed at children aged 0-4) and the 'Love your Library' reward card, both of which I mentioned in my last column, are continuing as they have proved so popular.

Sue Durham

Alternative Health Screening

Rohit Shin, BSc (Hons) Ost
REGISTERED OSTEOPATH

DO YOU OR ANYONE YOU KNOW SUFFER FROM:

REGULAR FLU - COLD SYMPTOMS
PAINFUL JOINTS - SHOULDER PAIN
NECK PAIN - HEADACHES
SCIATICA - SPORTS INJURIES
DIGESTIVE PROBLEMS

AHS

313 New Road
Croxley Green
Rickmansworth

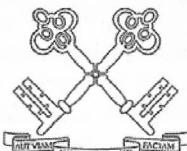
Tel/Fax: 01923 710 424
Mobile: 07764 491 570

Email: ROHITSHINOSTEOPATH@HOTMAIL.CO.UK

Reflexology
Indian Head Massage
Hopi Ear Candles
Massage
Caroline Morrow MCHT, ITEC

Every Monday evening at *The Osteopathic House*,
38 Church St, Rickmansworth WD3 3EP

07733 325452 or 01923 896655
Home visits can also be arranged
Natural therapies for Body & Mind



YORK HOUSE SCHOOL

Redheath, Sarratt Road, Croxley Green,
Rickmansworth
WD3 4LW

- An excellent School for boys 4 – 13
- Kindergarten for boys and girls from rising 3
 - Highly qualified and caring staff
- New Junior school, ADT and Science facilities
- Excellent success rate to Senior Schools at 13+
- Superb facilities set in 47 acres of Green Belt

To arrange a visit or to request a prospectus, please contact the Headmaster,
Mr. Peter MacDougall, on

Tel: 01923 772395

Website: www.york-house.com E-mail: yhsoffice@aol.com

York House is an expanding IAPS school, administered by Charitable Trust No. 311076

Fantasy Flowers

141 New Road, Croxley Green
01923 777597

SAME DAY DELIVERY

- * Flowers and Plants for all occasions
- * Weddings and Funeral Tributes
- * Message Balloons and Balloon Decoration
- * Selections of Soft Toys
- * Floral foam, wires, sundries etc. for flower arrangers
- * Teleflorist Service for National and Worldwide Deliveries
- * Quote your credit card details for simple telephone ordering

Florist for Quality and Individuality
Under New Management

Father Luke Lee Retires

Arrival Luke Lee came to be our vicar at All Saints' Church in 1990. The Revd Bruce Driver, the vicar of St Mary's, Rickmansworth, was instrumental in Father Luke's coming to Croxley Green. As 'Patron' of the Parish of All Saints' his function was to propose suitable candidates for the post. He suggested Luke, someone with whom he had worked closely in the Team Ministry of Dunstable, and that is how we came to have a Korean Vicar.

The Route to All Saints' Revd. Lee came to England in 1979 to research the history of the formation of the Anglican Church in Korea. The idea was to write a book on the subject for the Korean church but the need for an income led Luke, already an ordained priest, to take up the position of Curate in Bloxwich in the West Midlands. It was from there that he moved on, in 1983, to become a Team Vicar in Dunstable.

Acceptance and Rejection A number of people left All Saints' because of Revd. Lee's coming, perhaps because of his very different character from that of the previous incumbent. Some have found Luke's Korean accent difficult to follow. Those with hearing impairment have some justification but with a little extra concentration and a short period of 'tuning in' most people have proved that if you wanted to hear and understand you could. The more enlightened would probably agree with me, that having a leader from the background of a different culture has enabled us to widen our experience and be prevented from becoming an inward-looking group. During his time as our vicar, Father Luke started a service at All Saints' for Koreans who had come to work in England, mostly working for a number of years in a Korean company before returning home. The congregation built up and then established itself in London with its own Pastor.

A Worker and Builder I have heard Luke say more than once. "Everywhere I go I end up building something." In Korea I understand he was instrumental in building a number of churches from scratch and in Dunstable it was a new Church Hall. Here in Croxley Green Father Luke had the vision of a purpose-built Parish Office to replace the claustrophobic cordoned-off area of the choir vestry and also to provide a place for the young people to call their own. This came to fruition in 2000 with the completion of the Church Hall extension - 'A Parish Office and Centre for Youth'. During these last three years of his ministry there has been the repair of the Tower and Spire with the installation of mobile telephone antennae within the spire. Father Luke's tenacity and energy made these building projects happen. Nothing escaped his eagle-eyed oversight: for instance it was he who stopped the builders building the outer wall of the



Parish Office on a bed of clay because the foundation had been put in the wrong place!

Luke as a Pastor As a vicar, no honest person could fault Luke Lee's commitment to the church and to people of the parish. He has been called a workaholic by some. He certainly has put heart and soul into his work here, sometimes to the detriment of his own health.

Whenever parishioners fell ill or family relationships were under stress Father Luke has been second to none in his pastoral care. I recall during his busy schedule he travelled 120 miles to visit a former church member after she had a stroke, and this was a number of years after the lady had left Croxley Green!

Luke as a Father Luke Lee is the Father of two sons, Daniel and Michael, of which he is clearly very proud. His first grandchild, Lucas, came along last year and was baptised by his grandfather in January of this year. Luke has often drawn on his experience as a father and his love for his own sons in explaining his vision of God's love for us and for his own son Jesus Christ. Father Luke was the principal of the Anglican theological college in South Korea before he came to England and this too seems to have given him insights into both the joys and trials of being responsible for the fatherly care of young men. He has told us in sermons how he was enabled to see ways of helping what might have been seen as wayward human beings to become effective ministers of the gospel. In doing so he showed us his own humanity and humility.

Luke as Chaplain Father Luke became the chaplain to the local branch of the British Legion, a role he was entirely fitted for. He was born in North Korea and spent the first 12 years of his life there. Coming home to find the communist authorities had

confiscated his family home, having to escape to South Korea and permanently losing contact with his father were traumatic events for the young Luke. When he gives thanks for those who gave their lives in wars and conflicts 'so that others might have their freedom' he speaks with a real conviction born out of personal experience. Members of the Korean Veterans Association, a branch of the British Legion, knew their Chaplain was someone who appreciated the sacrifice of those who fought and died defending South Korea -for him it is no 'forgotten war'.

Not Forgetting Mrs Lucy Lee

Lucy, Luke's wife, a South Korean person by birth, has been Luke's constant helper and supporter. She, too, has been able to tell us first-hand some of the joys and tragedies of her native Korea, the traditional subservient position of women in Korea, and the terrible treatment that women received at the hands of the Japanese occupiers of her country before and during the Second World War. I think living in England has helped Lucy to grow in self confidence. When her boys had flown the nest, she found employment at Trewins in Watford and, encouraged by a number of well-wishers, embarked on training to be a Reader (the Church of England's Lay Ministry). Such training, which takes typically three years and many hours of study, is no easy passage and, of course, Lucy was doing it all in her second language! Lucy became a licensed Reader in 2000 and from then on took an even bigger role in the life of the church. The down-side of Lucy being married to Luke is that when he leaves we lose one of our two readers at the same time!

The Time for Retirement

Though he may not look it, Father Luke will be 70 years old in March of 2007 and seventy is the upper age limit for Church of England incumbents to retire. Father Luke and Lucy will be moving to their new home in Aylesbury soon after his last service at All Saints' on Sunday 4th February. I understand that Luke intends to get back to writing his history of the Korean Anglican Church, using archives stored in Oxford, a place not too far from Aylesbury. For what will we remember him? Certainly the building work he oversaw - the Parish Office and the Spire. We will not easily forget Father Luke's efforts to keep the church alive and kicking by his own enthusiasm and by encouraging others to join him and use their own particular talents and abilities. Perhaps above all we will remember Father Luke for his special work as a devoted pastor of the people.

David Williams,
Reader at All Saints'

YOUR LOCAL HARDWARE STORE
CROXLEY HARDWARE LTD.

MANY PEOPLE ARE SURPRISED AT THE VARIETY OF STOCK WE CARRY!
Pet Food & Supplies; Electrical Goods; Tools; Paint; Cards & Gifts; Ironmongery;
Cleaning; Homeware Goods; Coal; House Signs; Paraffin; Garden Supplies;
Shoe Repairs; Knife Sharpening; Dry Cleaning; Balloons & Party Wear

SPECIAL ORDERS - OUR SPECIALITY! WE DELIVER LOCALLY
YOUR SEARCH OFTEN ENDS HERE! - YOU'LL FIND US AT
43 BALDWINS LANE, CROXLEY GREEN, HERTS WD3 3LS
TEL/FAX 01923 246907
ALL MAJOR CREDIT\DEBIT CARDS ACCEPTED

Pro/clean

Professional carpet, curtains
and upholstery cleaners.

FREE Quotation
NO Obligation

Rickmansworth 01923 774526
Freephone 0800 043 0814



K H DECORATING

PROFESSIONAL DECORATOR

- Reliable, professional service •
- City & Guilds qualified •
- 20 years experience •
- Free estimates and advice •
- References available •

Call Karl on (01923) 711937
or 0794 1102714

OVER 1500 INSTALLATIONS IN CROXLEY GREEN & RICKMANSWORTH



JUST WINDOWS
and
D O O R S



Just Windows and Doors Ltd

WINDOWS • DOORS • CONSERVATORIES

ICKENHAM SHOWROOM
8 LONG LANE
ICKENHAM
01895 633241

RICKMANSWORTH SHOWROOM
MILL END
01923 777323

ASK ABOUT OUR UNIQUE PRICE - PROMISE
FREEPHONE 0800 132510

S & S Guttering
Gutter Specialist
and General House Repairs
Complete GUTTER and FASCIA service
HOUSE REPAIRS incl. roof repairs, brick-work,
fencing, plumbing, drives, patios etc., doors and frames fitted, internal/
external painting and decorating
FREE ESTIMATES • NO JOB TOO SMALL
35 Bateman Road, Croxley Green
Rickmansworth, Herts WD3 3BL
Tel: 01923 770752 / 720693

KALEIDOSCOPE

Children's Street Jazz and
Disco Dance Classes at
New Road Methodist Church Hall

Mondays - Babies (Age 3-5) 3.45-4.15
Juniors (Age 5-7) 4.15 - 4.45
Seniors (Age 7-9) 4.45 - 5.45
Senior (Age 9-11) 4.00 - 5.00 (age 11+) 5 - 6.00
For details Tel: Caroline 01923 252761



THE NEW ROAD DENTAL PRACTICE

- Private Patients • New Patients Welcome •
- Monday to Friday • Saturday by Appointment •
- Emergencies by Appointment •

**119 NEW ROAD, CROXLEY GREEN,
RICKMANSWORTH, HERTS WD3 3EN**

Telephone: 01923 776270 www.newroaddental.co.uk

Peter E Jason BDS (Lond), LDS, RCS (Eng)
Sharon Addlestone BDS (Birm)
Paraas Dhanani BDS (Man)
Nimesh Patel (Lond)

163 New Road
Croxley Green



RICKMANSWORTH, HERTS. WD3,3HD
TEL: 01923-711651 FAX: 01923-711656

**Croxley's Oldest Established
Independent Estate Agents**

Bring a copy of this
magazine
for a special rate

www.grosvenorestates.co.uk

FULLER WAY CHURCH
FULLER WAY, CROXLEY GREEN

Sundays 9.45 am - Communion
11.30 am - Sunday Way
6.30 pm - Good News Service
Wed. 9.45 am - Toddlers Club
Thurs. 8.00 pm - Bible Study & Prayer
1st Sat. in month 10.12 am - Coffee Morning

A Warm Welcome Awaits You
(For more information phone 773451)

Obesity – A problem for people and pets!

**by Ellie Beizaei
of the Medivet Veterinary Surgery in Croxley Green**

Obesity is a serious problem of our times – in both people and their pets. Animals don't usually suffer from heart attacks in the same way as people do. However, they (like us) are susceptible to a number of other very serious health concerns related to being overweight. These include diabetes, liver and pancreatic disease, urinary tract disease (especially in cats), high blood pressure (with possible heart failure), muscle and joint disorders like slipped discs, as well as heat stroke in hot weather and, of course, general problems like difficulty in breathing and exercising. These all lead to a poor quality of life, i.e. unhappy animals! Who wouldn't be able to tell the difference in happiness between a slim and energetic dog playing in the park, and an obese one who hardly manages to waddle those 300 feet getting to the park!? Pets are also generally less able to groom themselves when they're too big, so the coat condition deteriorates drastically. It becomes greasy and itchy and even worse! For example, rabbits unable to reach certain parts of their body are more susceptible to fly strike - a life threatening condition which involves being eaten alive by maggots! The increased risk of contracting diseases makes obese animals twice as likely to die at middle age. Much too soon!

Obesity is defined as being 20% or more, heavier than one's ideal weight. 1-19% over the normal weight is "only" considered as being *overweight*. This is still not to be taken lightly since even being overweight can lead to medical conditions that cause a slower metabolism and therefore a tendency to put on weight far more quickly and easily. Most overweight animals are not

made that way by themselves, it's usually because of their owners! In both man and animals, overfeeding and lack of exercise are the main causes of obesity. Too much food, and often the wrong type of food, can cause the daily caloric intake to increase dramatically. If the balance between calories taken in versus calories burnt off isn't right, i.e. excessive intake of calories is not compensated for by sufficient exercise is not taking place, the body will produce large fat deposits. As a result the animal becomes overweight and eventually obese.

There are simple tests you can carry out on your dogs and cats to assess their body condition. Can the ribs be felt? Is there a waist? Can the hip bones be felt? Does your pet have trouble getting up and moving about easily? Is your pet reluctant to exercise or tires easily with activity?

What can you do if your pet fits the bill of either being overweight or obese? An even more important issue is how you can prevent your pet from becoming overweight?

Your veterinarian is indispensable in helping your pets to get back to normal weight and consequently greatly improve their chances of living a healthier, happier and longer life. He/she will advise you on the right type of food, the right amount of food and how to help "burn off" those excess calories. Pet food manufacturers have given us a wide range of brands and formulas specifically designed to match your pet's needs at the different stages of his/her life. The required amount of daily calories decreases with age, it changes after animals have been

neutered and, of course, as in man, varies in each individual's lifestyle. Your vet will be able to tell you the ideal weight for your pet and can produce a tailored weight reduction plan. This is likely to include increased amounts of exercise as well. In dogs, longer, more frequent walks and ball games will help to reduce weight. Dog treats don't have to be given up entirely, but replacing the chunky high-energy treats with things like raw carrot or unbuttered (and of course unsalted) popcorn can help a great deal. Cats often eat when they're bored. To help prevent this certain toys can be used to encourage their playing and moving about more. Some toys are particularly enjoyable to cats because they simulate the hunting situation. Another option to consider is getting them a play mate. Rabbits should be given less of the high-energy commercial rabbit food and more good-quality hay and grass. They also like a play and a run in the garden!

Regular health checks at your veterinary surgery are essential for your pet's health. This should be done at least once every year. It gives your vet the chance to check for obvious (and sometimes more subtle) changes that could affect your pet's health. Moreover, it also provides the opportunity to discuss feeding, dietary advice and a weight management regimen as your pet's needs change with age. In both man and animals this is increasingly becoming a more and more essential part of general health management. The government is currently trying to reduce levels of obesity in the general population. Junk food and lack of exercise is blamed for an increased occurrence of weight related diseases.

2006 was a very busy year for the group sorting out many problems both financially and physically.

Our project last year was spaying and neutering, in some cases this was done free, in others, vouchers were issued to offset half the cost. The whole commitment was very successful.

The pensioner cat scheme also went very well and there are a number of elderly residents who now have a delightful companion to talk to without the worry of paying any vet bills for the rest of the animal's life. Stroking a cat can be therapeutic in lots of cases. The feedback from this scheme has been very encouraging.

The group is now entirely responsible for the welfare of the cats at Watford General Hospital since funding was withdrawn some time ago. The colony plays an important part in keeping down vermin at the hospital. Every effort is made by our volunteers to follow up any reports of stray cats not only in Croxley Green but anywhere within Three Rivers. We try our best to find the cats' owners, this is where microchipping is a good thing, sadly some owners' cats cannot be found and the animal then goes to one of our fosterers to be put up for adoption for which no charge is made. At this moment all our pens are full.

As a local group, we like to think that our feral colonies of which there are three in Croxley, are well under control. No cat is rehomed without a full medical check.

The cat nappers were busy during the year and the Cats Protection asks every owner to please, please make sure your precious animal is kept in at night.



ABSEILING



It was something I always wanted to do and when a friend of mine said that she would like to have a go at abseiling I never looked back from then. We would both have to abseil down the side of The Harlequin for The Peace Hospice and guarantee to raise a minimum of £100, which we hoped would not be a problem. Unfortunately, with six weeks to go my friend broke her arm and I was in it alone so to speak (she actually got her son to take her place and he ended up raising more money than me!!) The day arrived and I was taken

to the roof car park of The Harlequin by my friend (the one who had broken her arm). I had been asked to arrive only 15 minutes before my allotted time and given a Peace Hospice T shirt to wear. As soon as a safety harness, gloves and a hard hat were returned by a previous abseiler I was on my way. I climbed onto the scaffolding, which had been erected at the corner where I would be descending. I was given instructions regarding the ropes and that I would be in complete control of my descent. I could literally walk backwards or I could push away from the wall with my legs and "bounce" down. The instructor gave me a lot of encouragement; all I had to do now was to get to the bottom. I had to step off the scaffold board and onto the wall and then lean back almost horizontal to the wall and walk backwards all the way to the

ground. My friends encouraged me all the way down. On reaching the bottom my legs felt like jelly and could hardly stand as I was released from the ropes. I would certainly do it again as it was very exhilarating and would have loved another go straight away as I felt like I would enjoy it more and it was all over so quickly.

The worst bit was stepping off the scaffold board and onto the wall of The Harlequin.

Janet Carter



The Abseil Event is due to take place this year on Sunday 24th June 2007 Please support our local Peace Hospice

A Sun Printers web site !

Many people in the Croxley area will remember working at Sun Printers, or had friends who did. The web site includes Sun people's reminiscences. Here are some examples ...

Jack Garratt remembers Whippendell Road before it was a road:

I can remember Whippendell Road before Sun Engraving bought the Menpes factory: south of Hagden Lane the road wasn't made up or anything, and the land opposite the factory was partly a small farm used to graze a few cows, and partly a vacant grassy lot on which they had a sports field and played football. That was before land was acquired for the Sun Sports Club in Cassiobury Park. The Sun built a house on Whippendell Road, adjacent to the factory, for Miss Andrews, who ran the canteen; later they built a small row for other employees. From 1914, we occupied a house further up Whippendell Road, close to the Hagden Lane junction, one of a group which I believe was among the first in Watford to have electric light.

Len Leach remembers pranks on the night shift:

There was a chap who must have thought his ancestors were Red Indians. His workmates would make a headdress and a tomahawk, and these would be given to him. They would start banging

on empty ink drums. Then out would come the fellow wearing the gear and stripped to his underpants, and do a war dance. This occurred on nights, and I am afraid it didn't go down well with the nearby residents: a complaint was sent to the firm.

Elsie Bryant (née Hilton) remembers how the Sun celebrated the Jubilee of King George V:

In 1935 an outing was arranged to take us all to Blackpool. The company hired special trains, and we had to be down at the Watford junction station between 3 and 4 o'clock on a Sunday morning; as each steam train arrived at the platform (there were four in all) we were all very surprised to see the big golden SUN on the front of the engine. It was a very happy day, even if the weather was a bit cool and very windy. We made the most of it, and the men as well as us girls had rides on the

donkeys on the beach and lots of laughs and fun.



Barry Humphreys remembers fire risk when working on the Sun's giant magazine presses:

Static charge built up on the paper web through friction of the paper through the press and it would attempt to earth through the machine's steel frame. It was always worse in dry conditions (dry air being a poor conductor). We used damp rags and watered the floor to raise the humidity in critical areas. I once saw a colleague caught in a fire. A quick-thinking crew member pushed him into the ink storage bay on the press, and released the carbon dioxide tanks on him. The noise must have been very frightening for him, and the release of the CO₂ swamped everything in a white cloud. Anything to hand was used to smother the flames. The rule was 'never stop the press' because if you did, the paper would ignite and spread the fire. There were so many fire extinguishers around the presses that the instant a fire started the crew and adjacent crews would swarm all over the press. In those days all this was treated as routine.

You can read more on the web site itself. If you yourself remember the Sun and can help add to our store of information and memories about it then please e-mail us at thesunshines@bellnet.ca or contact Mrs Shirley Greenman 01923 - 227945

'Thank You' to those who have responded to our previous request for information

CROXLEY SCHOOL OF MOTORING

181 New Road, Croxley Green Herts WD3 3HB

Patient, female instructor
Block booking discount available

Caroline Loftus (ADI Car)
07834 269610

DOVETAIL

BUILDING SERVICES

ESTABLISHED 25 YEARS

EXTENSION & LOFT CONVERSIONS
RE-ROOFING TILED & FLAT
GENERAL ROOFING REPAIRS

GARDEN WALLS & PATIOS - ALL PROPERTY REPAIRS

01923 232394 07711 078043

Email: dovetail-building@hotmail.co.uk
References Available

GAS SAFE SOUTHERN

Boiler Servicing, Repair, Installation
Landlord Gas Safety Certificates
CORGI REGISTERED
NO CALL OUT CHARGE
Local reliable service

Russell Betts
077 3800 0078





HIGH RISE SCAFFOLDING

A LOCAL COMPANY FOR ALL
YOUR SCAFFOLDING NEEDS

Mobile: 07769 900 438
Tel: 01923 350 254
Fax: 01923 896 254

"NO COMPROMISE ON SAFETY"

FULLY INSURED UNDER HEALTH & SAFETY ACT

CROXLEY GREEN FUNCTION ROOM

for hire
Holds 100 people
Separate Entrance, Own Bar Facilities and WC's
Stage, Kitchen

IDEAL FOR WEDDINGS etc.

for further information contact
01923 443210

Ask for the Manager

Parker Knoll Sherborne



VALE UPHOLSTERY
Wide Selection On Display

Suites - Sofas
Chairs - Recliners

Luxury Furniture at Sensible Prices
Domestic and Contract Carpet Specialists

VW Penney

144 Watford Road, Croxley Green, WD3 3BZ
Tel: (01923) 774904 Fax: (01923) 710769

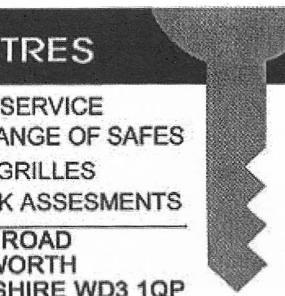
LOCKSMITHS SECURITY CENTRES

QUALIFIED MASTERLOCKSMITHS
INSURANCE RATED LOCKS
KEY CUTTING inc REGISTERED KEYS
CASH & JEWELLERY SAFES

24 HOUR SERVICE
LARGE RANGE OF SAFES
GATES & GRILLES
FREE RISK ASSESSMENTS

01923 718999

23 STATION ROAD
RICKMANSWORTH
HERTFORDSHIRE WD3 1QP



A/C BOOKWISE

Computerised Bookkeeping & Payroll Services



Do VAT + PAYE = Headache?
Then Contact Paul Maguire

Phone/Fax: 01923-779940
Mobile Phone: 07973 827506

Email: paul.maguire@acbookwise.co.uk
247 Baldwins Lane, Croxley Green, WD3 3LH

PHYSIOTHERAPY AND SPORTS INJURY CLINIC

KAREN MANNERS MCSP SRP

Chartered and State Registered

Physiotherapist

132 New Road, Croxley Green
Telephone 01923 720744

www.karenmannerstherapist.co.uk



Cartridge World

Refill & Save

186 New Road, Croxley Green,
Herts WD3 3HD
Tel 01923 770072

CHIROPODY

Danita Canning
01923 779163

BEAUTY TREATMENTS

Jane Caesari
01923 710806

117 New Road, Croxley Green, WD3 3EN



- Laptop repairs a speciality
- PC hard/software support
- Virus/spyware removal
- Home & business IT support

Tel **01923 234330**

Email support@dercoss.co.uk Web www.dercoss.co.uk



your local award winning broker

IMPARTIAL & PROFESSIONAL MORTGAGE ADVICE

Call Matthew Human on

0800 970 1995

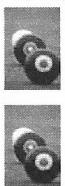
or 01923 718639

www.mortgageforce.co.uk



Live in sitters
Cat feeding
Small animal care
Dog walking
Care in sitter's own home

The Pet HomeCare Agency
Telephone: 01923 773564



CROXLEY BOWLS' NEW CLUBHOUSE

Croxley Guild Bowls Club has a new clubhouse. It's been a long time coming but the club can now offer excellent facilities to visiting teams and guests both on and off the green. If you didn't know where we are, the bowls club is just off the Green almost opposite The Artichoke Pub in part of what used to be known as Dickinsons' sports ground but is now the Croxley Guild of Sport. The Guild provides excellent facilities for football, hard court tennis and lawn bowls for residents in Croxley and the surrounding area.

The club is always looking to welcome new bowlers of all ages and abilities, and is arranging an open day on Bank Holiday Monday May 28th when all are welcome to have a go on our green.



12-09-2006

Just turn up at the club between 11am and 4pm, bowls will be provided and the only condition is that you wear flat soled shoes (most trainers are acceptable for this open day) because heels will damage the playing surface. Additionally, light refreshments will be provided in our new clubhouse where you can meet and chat to our members.

The bowls club was formed for workers at Croxley Mill in 1926 and the old bowls clubhouse was showing its age. Members of the bowls club organised numerous fundraising events over the years and also contributed nearly

£40,000 in donations and loans. Three Rivers District Council made a grant of £20,000 towards the cost, enabling the new clubhouse to be built.

The club plays over 30 home matches each season (ladies, men's and mixed) against teams in Watford and District and Herts County competitions and also enjoys friendly matches against local clubs so members can look forward to a variety of fixtures both competitive and social. We are affiliated to the national English Bowls Associations for men and women.

So if you fancy a new sport to enjoy gentle exercise, fresh air and a friendly social atmosphere, why not come along on May 28th? You might find that you have a natural ability and who knows, if you're really good, you could be going to the Commonwealth games as part of the England Team.

Any queries to Tim Bowdery (01923 224234) Peter Watson (01923 220035) or Moira Wishart (01923 443239).

John Pilgrim To date I have written and successfully published four books and I have also been writing for radio, magazines and newspapers for some years but I always wanted to write a book about Croxley Green. I was born and bred in Croxley in 1942 and the place is special to me. I suppose that it was my auntie Nellie who inspired me to find out more about the place where I was born, she wasn't really my auntie us kids just called her that. Nellie and her husband Herbert lived in one of those beautiful cottages just off the green at the top end of Little Green Lane. I didn't like school too much and often played 'hookey' as we called it and Nellie used to invite me into her cottage for bread and jam and a history lesson. She certainly gained my attention even if she failed to convince me that school was a good place to be!

Even when the Pilgrim family left Croxley for pastures new I hankered after moving back to the area but, sadly, never have (so far). Those early years spent in Whippendell Wood and Cassiobury Park during the school summer holidays remain as clear to me now as they ever have. I love Croxley and the book I have written is a labour of love. It is not really a history of the place although there is a great deal of history in it, I like to think that it is a collection of memories, stories and

photographs of an age when the baker and the greengrocer and the butcher delivered their wares to the door, an age when kids could spend sunny summer days playing in the woods until their mums came looking for them. My photographer David Thrower has become as enchanted as I am with Croxley Green and he has taken a series of pictures over a period of twelve months.

The Croxley Green Parish Council has been very helpful over the past year that I have been writing the book as indeed have the residents of Croxley. David and I visited with the council members when they judged the Best Kept Gardens competition, David took some great photographs and I met some people who shared their memories of Croxley with me.

I learned a lot about the place of my birth on the visits I made to Croxley and I can tell you that there is much more to the place than I realised. I do hope that you will enjoy the book and if you have a story to tell me that you will get in contact because the book will not be published until the weekend of the Croxley revels in June 2007.

You can contact me through the editor of this magazine. Finally you should be proud to live in Croxley it's a great place. David and I look forward to meeting you at the Croxley revels.

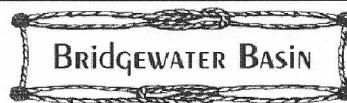
Useful Information that could save you money or at least stress!

Telephone Preference Service (No more unwanted calls) 020 7291 3320

Mail Preference service (No more junk mail) 0207 291 3310

Alternative geographical or free numbers instead of expensive 0870 or 0845 numbers

Web site: wwwsaynoto0870.com



Bridgewater Basin in Watford is pleased to offer moorings and other services for the dedicated canal enthusiast.

The friendly, and very experienced crew can offer expert advice in all aspects of canal boating including:

Moorings • Pump-Outs

Elsen Disposal & replacement fluids

Diesel • Water • Lock keys

Mooring pins

The marina can also provide Electrical, Engineering and Fabrication services by two well known and established canal boat enthusiasts. Derek Harrison and John Pattle between them can boast over 50 years experience in canal boat maintenance

info@bridgewaterbasin.co.uk

Cassiobury Bridge Wharf

Croxley Green

Watford Herts

Tel: 01923 211 448

May 2007 Parish Council Elections

This year is an important time in the Parish Council Calendar, every four years, the residents of Croxley Green have the opportunity to nominate prospective candidates from the three wards to act as representatives for the future of Croxley Green.

You too could participate in the local government of our village, for further information, please contact Three Rivers Council for guidance.

WHEN THE RATS STOPPED RUNNING

Did you notice this? Ok, so it coincided with half term and this may have reduced the rush hour traffic problem in our village, but the closure of Sarratt Lane for road works almost eliminated the village traffic congestion.

The final section of the M25 opened approximately 20 years ago and as traffic levels on this road have increased, so has the volume of traffic using the lanes as a way of avoiding the jams. This, coupled with the opening of the local business parks, the move away from manufacturing to service industries, with the inevitable increase in staffing levels, has given us a huge "rush hour" tidal flow traffic problem.

Our lanes, designed for minimal traffic, are now taking volumes of vehicles more appropriate to major roads. Red Ken Livingstone complains about the volume of traffic in Central London. Are you able to recall the days prior to the M25 when South East roads were like spokes emanating from London? Vehicles would go through London to reach their destination; anything was better than using the North Circular as it used to exist.

Suburbs along the M25 are left with a legacy forever. We have no congestion charge that we may use to improve our facilities (not that Londoners obtain any benefits the way the system is operated).

What can be done to reclaim the village that is still a "jewel" but will continue to be dogged by a traffic problem that will only become more severe? Is it acceptable for villagers to currently spend 30 minutes negotiating The Green or Baldwins Lane to Rickmansworth Road? What will your attitude be when these journeys take 40 minutes plus?

The solution is complex. Should there be a ban on traffic entering the village from Sarratt Lane between certain hours except on legitimate local business? How could enforcement of any traffic restrictions be carried out? What is the answer, if any?

I leave with these thoughts.

Regards

David Harding

Watford and Three Rivers Health Walks Winter 2007 Programme

Cassiobury Park, Watford*

WEDNESDAYS 11 am - 2 led walk groups

Meet Cha Cha Cha tea pavilion by tennis courts, nr Shepherds Rd
A gentle sociable stroll of 45 mins or a one hour health walk. The health walk should raise your pulse rate, and keep it raised, for at least 45 minutes. Part woodland paths so please wear suitable footwear.

Croxley Green*

alternate FRIDAYS 10 am - 1 hr popular varied walk

23 Mar, 20 Apr & 4 May

Meet at The Artichoke, The Green

Rickmansworth*- 1 hr walk

SATURDAYS 2.30 pm 17 Mar, 14 Apr.

Meet Baptist Church car park, Field Way

SUNDAYS 2.30 pm 1 & 29 Apr

Meet public car park adjacent to tennis courts Scotsbridge, Scotts Hill, Rickmansworth

*Walks followed by refreshments

Walks info from CMS on 01727 848168



CITIZENS ADVICE SERVICE IN THREE RIVERS

Your local **Citizens Advice Bureau** offers

ADVICE on a wide range of topics including debt, employment issues, divorce & separation, state benefits, consumer queries and housing problems.

We also provide

HOME VISITS to clients who are housebound and unable to get to the bureau. Our project worker will check that you are receiving all the benefits you are entitled to as part of our service.

We offer a

DROP-IN & TELEPHONE SERVICE during the opening hours listed below. Please telephone to arrange an appointment for a home visit.

Rickmansworth CAB

Northway House
High Street
Rickmansworth, WD3 1 EH

Tel 01923 720424

Monday	
Tuesday	
Thursday	}
Wednesday	10.00am - 3.30 pm
Friday	10.00am - 12.30pm
Saturday	10.00am - 11.30am by appointment only

The service is free, impartial, independent and confidential and open to everyone
The Citizens Advice Service in Three Rivers receives funding support from
Three Rivers Council.

If you would like to train as a volunteer adviser or admin worker please telephone the above number, or call in to see us.

WINDOW CLEANER

*Friendly Reliable Service
Competitive Rate*



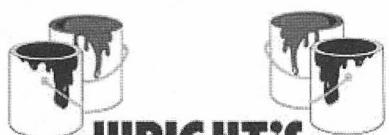
Please call Rod
07951 129038
01494 875226



WRIGHT'S DECORATING SERVICES

INTERIORS & EXTERIORS
FREE QUOTATIONS
INSURANCE WORK
UNDERTAKEN
FULLY INSURED

CALL SIMON WRIGHT
TEL: 01923 228763
MOB: 07973 668975



Ainsworth Farm Cattery



Give your cat a holiday too!

Bucks Hill (nr Sarratt / Chipperfield)
Hertfordshire WD4 9AP
Telephone
(01923) 264503
07789 327152

Email: ainsworthfarrn@hotmail.com

Bell'a Beauty

Brand New Salon
at 245 New Road Croxley Green

Guinot & Crystal Clear approved.
Why not come and have a lovely
facial and back massage for
£30.00 in our lovely
tranquil candlelit room

Tel 01923 777760

VOLSWAGEN & AUDI SPECIALISTS

MOTORVATION

Service & Repairs • Full Diagnostics
Air Conditioning • Performance Upgrades
Superchip • Tyres • Exhausts
Free Estimates
MOTs Arranged • Accident Repairs

01923 291300

UNIT 4B, 93A Church Lane, Sarratt, Herts WD3 6HH



www.motorvation.co.uk
info@motorvation.co.uk



MOTORVATION

MOTORVATION

MOTORVATION

MOTORVATION

James Peddle Ltd

INDEPENDENT FUNERAL DIRECTORS

James Peddle Ltd is still independently owned and managed.
They pride themselves on giving a caring and understanding 24 hour personal service.

HOME ARRANGEMENTS BY APPOINTMENT
GOLDEN CHARTER PRE-PAYMENT PLANS
PROBATE ADVISORY SERVICE

10 MONEYHILL PARADE, UXBRIDGE ROAD, RICKMANSWORTH WD3 2BE
Tel: (01923) 772013

also at
172 NEW ROAD, CROXLEY GREEN, RICKMANSWORTH WD3 3HD
Tel: (01923) 775013



CROXLEY ALARM SYSTEMS

ALARMS ★ LOCKS ★ CCTV
DOOR ENTRY SYSTEMS

FREE ADVICE AND QUOTATIONS FOR ALL YOUR SECURITY REQUIREMENTS
DOMESTIC OR COMMERCIAL

YOUR LOCAL NACOSS APPROVED INSTALLER

CONCORDE HOUSE, 4 SCOTS HILL, CROXLEY GREEN WD3 3AD
Phone 01923 771920 · Fax 01923 772901 · Mobile 07768 274750

ROBERTS FRUIT

305 Baldwins Lane
Croxley Green
Rickmansworth
Herts
WD3 3RE

Tel: 01923 774559



1 Barton Way
Croxley Green
WD3 3PA

Tel: 01923 710 382
Consulting Hours
(By Appointment)

Mon - Fri: 9am - 10:30am
4pm - 7pm
Sat: 5:30pm - 6:30pm
Sun, Holidays & After hours
at WATFORD branch



medivet
THE VETERINARY PARTNERSHIP



NOW SELLING
TRADITIONAL
GIBSON'S SAUSAGES

Scotch Beef, English Lamb
NZ Lamb, English Pork
Prime Gammon
Home Cooked Meats
.....
Freezer Orders Welcomed
Free Delivery, Local Area
PHONE WAT 231821

PREMIER BUTCHERS

41 Baldwins Lane, Croxley Green

PREMIER - FISH

Cod Fillets
Plaice Fillets, Smoked Cod
Smoked Haddock, Skate Wings
Salmon Steaks, Trout & Herrings
Smoked Salmon, Peeled Prawns
Coley etc., Kippers
Direct from Billingsgate Fish Market



FLORIDA !!!

For the best Holiday
Accommodation in the
ORLANDO AREA

3 Bedroom, 2 Bathroom
Air-conditioned, detached
Villa with own
Solar-heated and screened pool.
FOR BROCHURE: 01923 461591

The knives are out...

This spring I celebrate a modest anniversary - 25 years of being a Croxley Green GP. Not a big deal I know, but a good time to reflect perhaps on the state of our health service and general practice in particular. And judging by recurring anti-GP articles in the press, I am not alone in my reflections. GPs are definitely not flavour of the month in the tabloids, and no doubt our esteemed government is not over-distressed to have doctors on the back foot, softened up for whatever it's sending their way next.

I wonder what you, Dear Readers, are thinking about the state of your local health service. I could well understand you being confused and concerned. "Record investment" they trumpet from the political rooftops, extra billions poured in - and yet our local health service is ravaged by cuts wherever a weak spot can be found. Outpatient services reduced to a four day week, district nurses cut and their role reduced, health visitors likewise, an increasing list of surgical treatments considered "unavailable" within the NHS, the whole of the local clinical psychology department closed at a stroke, referrals of patients to consultants by their GPs vetted by Clinical Assessment Services - who may redirect the patient towards a different (cheaper?) treatment, hospitals themselves fighting to stay in business. And so on. And so on. And so on. The list really is a long one.

How on earth did we get into this mess? We have the resources, apparently, to wage war in two foreign countries simultaneously. But although the local population is growing, with more new housing imminent, in health provision we have less of everything to go round. The press and the people want to know - who is responsible? There appears to be a marked coincidence between the arrival of the new GP contract and a sense of disappointment that record investment has not dramatically improved health care delivery. Somebody must be to blame. Can you hear that scraping sound? The knives are being sharpened as we speak. If you believe what you read in the papers, there's a growing enthusiasm to cut GPs down to size.

At this point, by way of suspending my paranoia for a moment, could I please just say that I really like my job. As my patients (to my shame) will be aware, my time keeping is rotten, I get grumpier than I used to, and I swear too much, but the heart of the job - engaging with people and their families, trying to solve their problems - continues to be stimulating, challenging, and a great privilege. And that last word is carefully chosen. GPs often see patients when they are in serious trouble, sometimes gravely ill,

sometimes facing death, sometimes bereaved. I do indeed feel privileged to witness the courage, strength and dignity of the human spirit.

That new contract certainly delivered change in primary care. The traditional model of patient-GP interaction was simple: the patient feels unwell and goes to the GP who tries to make them better. But now GPs' surgeries have also become centres of disease prevention and risk modification. The contract required GPs to improve their standard of care for a wide range of patient groups with chronic illness. They now must carry out screening, and treatment of disease risk factors, for whole populations rather than reacting to the concerns of sick individuals. The premise of this is that serious illness can be prevented by treatment (usually with drugs) before people become ill - an optimistic and hugely expensive undertaking that necessarily diverts health care resources away from responding to the needs of a sick patient towards treating a whole population of relatively healthy ones. This ideology was the basis of the government's experiment that was the new GP contract.

So the GPs got themselves organised to try to deliver what the government wanted. The contract was a blend of stick and carrot - if you don't do this you will lose money and if you do what you're told you can earn some. The Department of Health didn't believe family doctors could achieve the targets it set and budgeted for a modest result. In fact GPs, with their employed teams of nurses and health care assistants, pulled out all the stops. It cost the government much more than it bargained for - not just for pay, but also more money spent on drugs, investigations and referrals to hospital. If the experiment works, and it might well, vast numbers of patients should be better off.

So, there you have it. It seems GPs delivered too well on the contractual obligations set by the government. It all cost too much. No matter that the whole experiment was driven by a political agenda, the press can indulge in a wave of GP-bashing. But, you may

just be wondering, surely that can't be the whole story.

When I was a young doctor in nappies, the cost of running local health services and hospitals was met directly by central government funding. Whatever it cost, the money was provided. But decades ago health funding changed to an internal market. One part of the health service purchases an item of health care provision from another (I hope you're enjoying this terminology as much as I am). The internal market was a political device to try to keep costs down by giving each part of the NHS a budget and expecting it to stick to it. The government can then stand back, wash its hands and let local health managers sort it out - or not as the case may be.

The internal market has flaws from top to bottom, not least because every few years the politicians change the rules. New diktats come down from on high, often ill thought out, improperly costed and bereft of detail, but local health administrators still have to turn these diktats into functioning policy at local level. I'm sure they do their best but too often they can't deliver on budget. So overspends occur, and overspends accumulate to make a massive deficit - and that is what our former Primary Care Trust has presided over. Local health care is very much in the red.

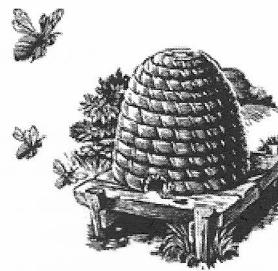
You may remember that PCTs replaced fund holding practices, and they in turn were created by health ministers to replace district health authorities. None of these worked very well, although now it is almost possible to look back fondly on the bureaucratic nightmare that was fund holding. Just a few months ago, our PCT was subsumed into a larger one, West Hertfordshire Primary Care Trust, and you might think that this new organisation would have the task of managing the local health deficit and the rationing of services needed to balance the books. But the government has pulled off another masterstroke. It has created (a few more years having gone by) yet another body to administer local health resources. So now the purchasing of health services for our local community is being managed by a Practice Based Commissioning Group. Its task is to take over the budget from the PCT to purchase and deliver health care within the budgetary limitations. And here's the really clever bit, the PBC groups around the country are made up of groups of GPs. In areas with a healthy budget, this could be an exciting idea - GPs who know the needs of the local population getting involved in arranging continued page 13

continued **The knives are out..**

more efficient and cost-effective care pathways for their patients. But for us, here, the PBC group has to manage a deficit, and its band of GPs have the task of salvaging as much as they can from the wreckage.

This is, we are told, how it must be. The government has spent its billions and around the country PCTs and their PBC colleagues must cut services until they balance their books. The unforeseen success of the government-led GP contract is just one small part of a much greater failure of health service planning. Too many system changes, too many tiers of administration, armies of managers, forests of paperwork and mountains of silicon chips have got us to this position. Unless the government backs down and helps PCTs clear their overspends many areas around their country will see the impact of health care rationing. We are seeing it here. The government has made it clear it won't budge. You, Dear Readers, as consumers (there goes that lovely modern jargon again) and the people who ultimately foot the bill, should start getting hot under the collar. Perhaps your MP should know what you feel. The knives are indeed out, and they're carving up the health service.

Nigel Corp, general practitioner



West Herts Beekeepers Association

The yellow pollen on the hedgerow catkins have already braved the blustering winds and cold nights, a few bee's have already ventured out on the brighter days to forage for this valuable pollen to feed the young brood of the hive.

Beekeeping is one of man's oldest crafts and those who are able to practise the basic code of husbandry appreciate the importance of these insects with their ancient heritage. Croxley has still an active society of beekeepers that meet within the village. Those of you who wish to either consider the craft of keeping bees or just be involved in keeping the culture alive are welcome to join in our meetings. For further details please contact one of the following for meeting dates and venues:

Chairman Lindsay Bruce 01923 775934 or Secretary Brian Norman 01923 779331



Croxley sk8park

will open for Easter for supervised sessions. Opening times will be Monday to Sunday 10am to 7pm. Bike-only sessions will be held all day Sundays during school holidays only.

The sk8park is open from April to October 10am to 7pm outside school holidays and bank holidays, unsupervised.

Supervised sessions will also be held on the spring bank holiday (28 May) and during the summer school holidays. Ring 01923 779392 or visit www.threerivers.gov.uk



FREE BASKETBALL CLASSES FOR ALL CHILDREN

From 9 Years Upwards

Basketball classes will be held at Rickmansworth School Gymnasium every Wednesday (except school holidays and bank holidays)

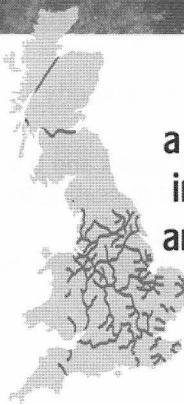
Admission FREE and the classes will be run by a fully qualified EBBA coach.

Project is funded by
Croxley Green Parish Council

For further details please call
01923 710250



The Inland
Waterways
Association



It's a leisure park,
a wildlife sanctuary, an
industrial heritage site
and a transport system
all in one. And it's
4,000 miles long!

Britain's inland waters network, with its 4,000 miles of canals and waterways, is for everyone to use, whatever your age and whatever your interest - boating or birds, walking, archaeology or angling. Or just go for some peace and quiet. By joining The Inland Waterways Association you will receive valuable information to help you enjoy the canals and waterways even more - including four copies a year of IWA's Waterways magazine and details of many events and festivals.

As a member of The Inland Waterways Association you will also be helping to maintain our unique canal and waterway system. We:

- campaign to conserve and restore inland waterways for everyone to use
- give cash grants and practical help to restoration schemes around the country
- lobby government ministers and navigation authorities (especially British Waterways and the Environment Agency) about inland waterways issues, and
- provide expert advice to waterway restoration promoters and other canal and river groups

The Inland Waterways Association is a non-profit distributing company limited by guarantee. Company registration number 612245. Charity registration number 212342. Registered office: 3 Norfolk Court, Norfolk Road, Rickmansworth WD3 1LT.

Make me a member

To join, you can:

- Visit www.waterways.org.uk
- OR Call the IWA Membership Hotline on 01923 711114

One year's membership costs:

Single £25 Family £32

Or, if you are under 26:

Single £18

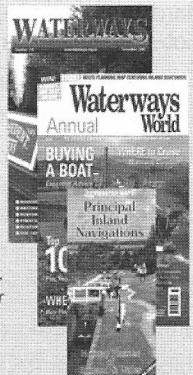
Or, if you are 65 or over:

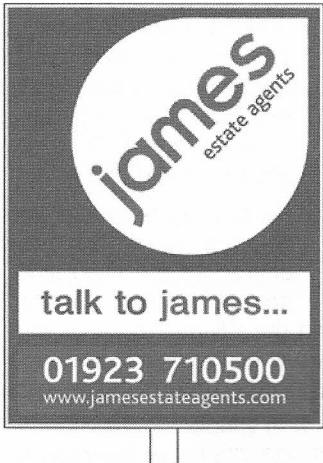
Single £17 Joint £19

FREE when you join
The Inland Waterways
Association:

- 4 issues of IWA's Waterways magazine
- Waterways World Annual and
- Lockmaster Map

Offers subject to availability.
Other publications of similar
value will be substituted if
necessary.





A fresh, modern approach to property in Croxley Green and surrounding areas.
For honest, friendly and professional advice on all property matters.

for a free valuation and information on our special fee deals, talk to james.....

141 New Road, Croxley Green, WD3 3EN

J & J FLOORINGS (WATFORD) CONTRACT FLOORCOVERING SPECIALIST

Kevin & Karen Chester
143 New Road, Croxley Green, Watford
Hertfordshire. WD3 3EN

Tel 01923 231644 & 237926

Fax 01923 818946

Going solar... March 1st 2006. It's 8.15am and minus one Celsius. I've just turned up the heating. The sun is shining, though, and its bright rays are showing up all those nasty clean-me-please-you-lazy-slut streaks on the windows. (No thanks - sunny or not, it's far too cold out there). But in spite of the winter chill, I must confess to a faintly warm glow of satisfaction; the dial on the East-facing solar panel is reading 90C and the water entering the hot tank is already at 11° C. By the time I finish this article it should be at least 30°C. Even on a bleak day with no sun at all the water can easily reach 25°C, and on several occasions this winter it's been up to 69°C - hot enough for a nice bath - at which point the gas doesn't bother to top it up.

These solar panels are our new toy - Santa's present to ourselves - very high-tech with a sophisticated piece of kit in the loft and a special well-insulated cylinder. So yes, they cost an arm-and-a-leg. "How soon will you get your money back?" I hear you cry. Answer: 'We'll be seriously dead.' But at our age the remaining foot is already in the grave, whereas a younger person might say: "30 years".

Anyway, pay-back isn't always the main issue. Take double-glazing. That won't save you money. Not for decades. But it will save heat, cut CO₂ emissions, look good and raise the value of your home.

So will solar panels. And they work. Our European neighbours have known it for years. Sunny Spain has even incorporated compulsory renewable energy designs in their building regulations. Here in the UK we shy away from such strong-arm tactics, but maybe we need something equally draconian to get the industry moving. Our Government's modest grants of about £400 could hardly be called generous. Such half-baked measures are simply not attractive enough to bring us level with Europe. Even not-so-sunny Austria can outstrip the UK 13-fold. If they can do it, why not Croxley Green?

How about a really beefy gesture from John Prescott - like a 20% reduction in Council Tax for every property with solar panels - (now there's an idea - but I would say that, wouldn't I?)

Spend a few grand on a kitchen or bathroom and no one asks "How much will you save?" Get some solar panels and before they wear out you'll be able to say "About 120 tonnes". And with fuel prices so unstable, who can predict the cost of heating the water? £500 a year? Even at half that, if a solar system lasts for 40 years, savings could approach £ 10,000.

It's now 10.00am. The sun's still out, the East-facing panel has reached 50°C and the South-facing one has kicked in and shot up to 53°C. The cylinder is already at 45°C.

Hmmm better go and clean the windows. On second thoughts, maybe not: it's freezing out there...

Rilla Paterson, Rousebarn Lane, Croxley Green.

WATFORD & DISTRICT TALKING NEWSPAPER FOR THE BLIND

The Newspaper was started in 1977 with an initial distribution of just over 40. It takes the form of a C-60 cassette that contains news from the Watford Observer on one side, and a magazine programme on the other.

Each week, a technician arrives at the home of the leader of the reading team which is on duty that week. He records the members of the team reading news items from the Watford Observer, and this recording eventually becomes the first side of the tape.

Meanwhile, the magazine side is being assembled, and contains interviews with local celebrities, feature articles, news of what's going on in and around Watford, and other items.

Eventually the two sides are transferred on to a master cassette, which is then turned into 130 copies by high speed copying machines. These cassettes are then sent out in their special envelopes to all our listeners who, having listened to their own newspaper, return the cassettes for re-use.

All this is achieved by purely voluntary effort - administration expenses being kept to less than 2% of annual revenue. We depend for our existence on donations and the goodwill of the various charitable organizations - and you, the public.

If you are interested and would like to know more, please contact:
either Sue Pankhurst (Watford 249139)

or Ray Andrews (Garston 672974)

If you think you would be interested in becoming a volunteer reader for Talking Newspapers, please contact me, as I hope to be hosting a Group in the Croxley area. Margaret Cowland
Tel: 01923-774921



More than a Grandad, one of the last Generation of 'Good Neighbours' Robert Thomas Miles 'Tom' – who sadly passed away on 12th Nov. 2006

Robert Thomas 'Tom' was born in Harefield, the eldest of 4 children. Tom always said he had a good childhood - he loved the countryside. As he grew up he tried his hand at many jobs - preparing and delivering medicines for a local pharmacist, delivering milk using a horse and cart and even helping the local butcher by chasing and catching the pigs for slaughter. He also worked on the Sewage Treatment Works at Maple Cross.

His life changed when he met and fell in love with Hilda Miles, the daughter of a local Rickmansworth Sweet Shop owner. From that moment on everything he did he did for Hilda.

Although 11 years between them Tom and Hilda married on the 5th September 1939, two days after the start of World War II, before he headed off to serve his country in the Royal Artillery. Unfortunately when Singapore fell, not long after Tom arrived, he was captured and spent three and a half years as a POW in Japan. He was initially in Singapore and was later transferred to the Kinkaseki POW Camp.

Hilda waited for Tom and never gave up hope that he would come home. Although Tom suffered, as did all POWs, he managed to get on with his life when he returned home and thought of himself as one of the "lucky" ones who survived.

In December 1957 Tom and Hilda, together with their young daughter, Barbara, moved from Rickmansworth to Croxley Green, where Tom worked as an engineer until he was forced to retire early due to an injury he sustained whilst a POW.

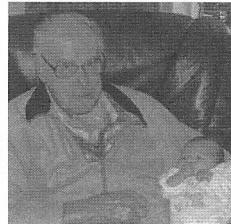
Tom lived in Dickinson Avenue for nearly 50 years. After he gave up work he would keep busy by repairing TVs, Radios or any other pieces of electrical equipment. He was also a member of the Croxley Green Camera Club. After Hilda died in 1992 Tom moved in with his daughter and family but continued to enjoy his hobbies, he spent many happy hours on his pc transferring photos and videos and he still enjoyed his daily walk to the local shops. Tom will always be remembered by local residents because he used to walk in the road – the pavements were uneven and difficult to negotiate. He would

close gates the postman left open, push newspapers in the letterbox if he knew people were on holiday and pick up pieces of glass/rubbish. A five minute walk to the local shops often took over an hour because he stopped to talk to everybody he met on the way. He was genuinely interested and was always prepared to offer a helping hand.

As a child growing up I used to think it was strange the way my Grandad would stop and talk to so many people, but now I realise that life would be better if people had just a little more time to care. Most people don't even know their neighbours' names yet alone the names of most of the people in their road and a large number of people in the local community.

I also hated having to listen to stories of World War II and the suffering and hatred that existed in the POW camps – however I have come to understand that this was the greatest history lesson I could have asked for. I now miss those stories and am glad that organisations like FEPOW keep alive the memories of those that suffered.

**I am so
proud to say
that
Tom Miles
was my
Grandad!**



Village Greens

By the time you read this we will have had the Village Green Public Inquiry to determine whether land in the locality of the ward of South Croxley – known as Long Valley Wood and the Buddleia Walk - can be registered as a Village Green

But what is a Village Green? These are defined in the Commons Registration Act 1965, as amended by the Countryside and Rights of Way Act 2000, as land which has been allotted by or under any Act for the exercise or recreation of the inhabitants of any locality; or on which the inhabitants of any locality have a customary right to indulge in lawful sports and pastimes. Land falls within this subsection if it is land on which for not less than twenty years a significant number of the inhabitants of any locality have indulged in lawful sports and pastimes as of right.

There is believed to be about 3650 registered greens in England and about 220 in Wales, covering about 8150 and 620 acres respectively. Our site covers approximately 30 acres!

Any land which was not registered by 1 August 1970 ceased to be a town or village green. However, since then, unregistered land or other land may have 'become' a green. It must fulfil the criteria and an application must be made by local residents.

Our County Council is the Registration Authority and if it does register the land as a green, this should protect it from development. The Act does not provide what the consequence of registration will be but its effect is clear - whatever lawful sports and pastimes people have previously enjoyed on the land they may continue to enjoy them.

The Government's proposed East of England Plan will call for unprecedented housing development in and around the Watford area and many of the green areas we now take for granted will come under severe threat of development. An area such as Long Valley Wood and the Buddleia Walk provides a fantastic amenity – one that we could not just sit back and watch be taken away by inappropriate development. We've done everything we can to protect our little bit of the village and in doing so we've seen an upsurge in community spirit and empowerment. We eagerly anticipate a positive decision from the Registration Authority.

The Keep Croxley Green Group

ie Property Maintenance iphe

Need something doing? Give us a call
Interior Exterior - we do it all

**General Plumbing - Decorating
Kitchen/Bathroom Installation
Driveways - Garden Clearance**

Email info@iepropertymaintenance.co.uk
Tel: 01923 440607 Mobile 07834 765195

ARB DECORATIONS

**EST 1973
ALL INTERNAL/EXTERNAL
DECORATING**

**41 HASTINGS WAY
CROXLEY GREEN
HERTS WD3 3SQ**

**TEL: 01923 236165
MOBILE: 07710 762448**

Alan Banks

Croxley Revels 2007

**Saturday, 23rd June
For further details including
information about obtaining a stall etc.
please contact
mail@croxleyrevels.co.uk**

DILAN'S

MOBILE BODY SHOP



ACCIDENT DAMAGE • CRASH REPAIRS • BODY REPAIRS
WELDING - CAR VALETING

FULL RANGE OF COSMETIC REPAIRS TO CARS
Bumper - Scuff Scratches - Mirror Casing
Alloy Wheels Scuff - Dent Repairs & Respray
All Expertly Repaired
07714727664

R/O 243b Watford Road, Croxley Green WD3 3RX

BLISS Beauty Salon

307 Baldwins Lane, Croxley Green

NEW TREATMENTS

- Eyelash Perming
 - New Body Treatments
 - Renu Anti Ageing Facial
 - La Stone Therapy
Ring 01923 771822
- Open everyday except Sunday

GENTLE YOGA CLASSES

Croxley Green Library - Wed. Mornings
11.30 - 1.00 pm £50 for 12 Lessons

Rickmansworth PNEU - Tue Evenings
7.00 - 8.30pm £55 for 12 Lessons

For further information - please ring
Simone Jones 01923 770913

CROXLEY DIVERS

Sales and Service of Diving
Equipment PADI Dive Centre,
Technical Dive Centre

125 New Road, Croxley Green
Hertfordshire WD3 3EN

Telephone 01923 777700 Fax: 01923 896299
www.croxleydivers.co.uk

Reflexology
Japanese Face Massage
Indian Head Massage
Hopi ear candles

Beneficial & relaxing treatments
to energise & balance the whole body

Karen Druce
ITEC IIIHT CIBT

Tel 01923 771839
Email: karendruce@hotmail.com

KEITH PADDICK PLUMBING & HEATING

BATHROOMS
TILING

BUILDING MAINTENANCE
CENTRAL HEATING
POWER FLUSHING

Phone: 01923 720151
Mobile: 07778 744198
Established 1976

- * Household Insurance *
- * Business Insurance *
- * Contractors Insurance *
- * Travel Insurance *

Independent Advice
Quality Cover
Personal Local Service
Specialists in high value property



Professional Insurance Advisers Ltd
PIA House, Norfolk Road,
Rickmansworth. WD3 1LA.
Tel: 01923 714966

Authorised & Regulated by the Financial Services Authority

JOHN CLARK CHARTERED ACCOUNTANT

FOR ALL
SELF-ASSESSMENT TAX RETURNS,
AUDIT, ACCOUNTANCY
AND TAXATION WORK,

01923 831900
EVENINGS 01923 720436

We are Hair... for you

LADIES AND GENTS HAIRDRESSING

ALL ASPECTS OF HAIRCARE INCLUDING
CREATIVE CUTTING, PERMING, COLOURING
HIGHLIGHTS & LOW LIGHTS ALL AT COMPETITIVE
PRICES. EAR PIERCING ALSO AVAILABLE

01923 711478

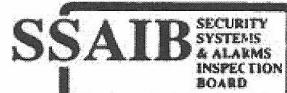
299 Baldwins Lane, Croxley Green

INTRUDER ALARM SYSTEMS WE HAVE OVER 20 YEARS EXPERIENCE IN THE ALARM TRADE

CCTV

VCR's & CONTROL EQUIPMENT
BY MITSUBISHI, SANYO,
PANASONIC, UNIPLEX, BAXALL,
ROBOT ETC

CCD CAMERAS &
MONITORS BY SANYO,
COMPUTAR JVC, BURLE
PANASONIC, ETC



APPROVED INSTALLER

EAGLE CABS CROXLEY

Local - Airports Coastal Events
London - National
Courier Service

4,6,8,16 seaters 24 hour

Next to Croxley Met Station

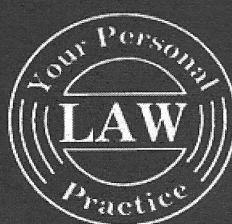
139 Watford Road, Croxley Green WD3 3DY
01923 771111



Contact Electrical
Domestic & Commercial
Electrical Contractors

Phillip B Rees

3 Nash Green, Nash Mills
Hemel Hempstead, Herts HP3 8AA
Mobile: 07863 327300
Telephone/Fax: 01442 393595
www.contact-electrical.co.uk



165 New Road, Croxley Green
Telephone 01923 775651

THE PEARSON-TURNER PARTNERSHIP

276 New Road, Croxley Green, Herts WD3 3EN Tel 01923 771588 Fax 01923 710555

www.croxleygreen.com

The Independent Letting Agent

- *Free Rent guarantee insurance
- *Full legal service and documentation
- *More properties required in all areas

- *Free no obligation appraisal
- *Guaranteed competitive fees for lettings
and full management service

LET your property work for YOU

Call Judy Pearson-Turner who will discuss it with you.

NO LET NO FEE

MEMBERS OF NAEA