

August 2017

West Berkshire, North Hampshire & East Wiltshire

# OUT & ABOUT

A Newbury News Ltd publication



*A place to work, rest and play*  
*The enduring appeal of Victoria Park*

**Keep on walking**  
West Berkshire Ramblers celebrate 50 years

**Great antiques pursuit**  
Join Thomas Plant on a quest for bargains

# BARNES HOLIDAYS



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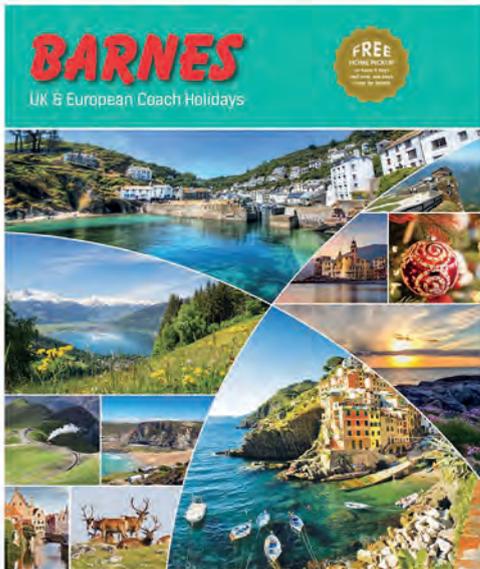
Explore West Cork's Coast and countryside while staying in the charming harbour town of Bantry. We take a boat trip to Garnish Island and visit the sweet tranquillity of Mizen Head, Ireland's southernmost point.



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## WELCOME to the August issue of OUT&ABOUT

Town parks are a wonderful asset and Newbury is lucky to have Victoria Park, with the Kennet & Avon canal running alongside. With the new tennis courts and bowls club, the splashpark for the very young and a skatepark for teens – there really is something for all age groups. Other aspects haven't changed – the pond, the bandstand and the vast areas of green where you can sit and relax. People have enjoyed the park's facilities for many years and we have got eight pages of pictures, with some of your memories (p14).

If you're a lover of the great outdoors, then you might be interested in the West Berkshire Ramblers, who this year celebrate 50 years. Ben Palfreyman joined them on one of their walks (p38).

Hopefully this month you'll be soaking up a bit of sun on the beaches, home or abroad, so we've picked out some bags and accessories that might come in handy (p11) and Hilary Scott has found some tasty ice cream treats (p29).

Plus there's a chance to win tickets to a vintage party at Highclere Castle and to go antiques shopping with Thomas Plant.

See what's on in August (p59) plus fitness, books, motors, travel and fashion – and enjoy the holiday month wherever you are.

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Ice Cream  
29



38



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## Out&About

August 2017

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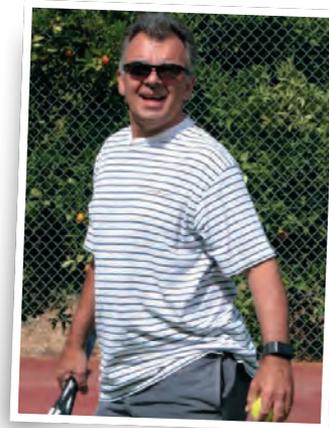


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# Jonathan Hopson

enjoys a few days in the Algarve, which serves up a winner or two



Continuing previous months' sporting themes of table tennis, skiing, cricket and cycling, and with Wimbledon having run its course for another year, August seems a good time to write a short piece on tennis.

My wife Lucy and I were fortunate enough to be invited to spend a few days at a friend's villa in the Portuguese Algarve during July.

Travelling to the villa was very straightforward and involved a two-and-a-half-hour flight from Southampton to Faro, followed by a half-hour transfer by car.

Our party included four adults and the villa owner's 21-year-old son and his partner, plus two of their friends. As most of us played tennis, various combinations of younger and older players bravely battled it out on the villa's hard surface tennis court, bordered by pink and white bouganvilleas and a small

grove of orange trees.

The standard of tennis turned out to be quite high and there were several enjoyably competitive games of doubles, plus a very keenly-contested singles match.

All the games were played under a cloudless sky, accompanied by the occasional waft of pine tree, interspersed with ripening oranges.

In the sun, the court surface behaved like a frying pan, radiating waves of warm air, and after a strenuous couple of sets in the heat, it was refreshing to cool down afterwards with whole oranges put through an electronic juicing machine, garnished with crushed ice and perhaps the occasional measure or two of gin. I don't think tennis in the heat gets much better than this.

The villa also included a 12-metre swimming pool and interspersed between games of

tennis, I was able to do some swimming training in preparation for this year's Newbury Triathlon on September 3, (hopefully more details on this year's Newbury triathlon will appear here in October).

Apart from the tennis, one other highlight from the holiday was discovering a new cocktail – a Negroni.

This certainly packs a punch and is made with one part gin, one part vermouth rosso and one part Campari, topped with crushed ice and orange peel.

However, the delights of the tennis encounters and newly-discovered cocktails were eclipsed when the villa party all clustered around a small tablet screen to watch the recent rugby test match between the All Blacks and British Lions at Eden Park, which ended in a 15-15 draw – a thrilling match which will be remembered for a long time. **OA**





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# Out fit

Sometimes the last thing you want to do is go inside to exercise at the height of summer. VICKI BROWN suggests you head to the great outdoors to get your fix of exercise and improve your health and fitness



## Benefits of working out outside

It's possible to burn more calories outside. This is because there is greater resistance from the elements.

If you run or cycle against the wind you could burn more calories than if you did the same inside. Uneven terrain can also mean your body has to work harder, thus burning more calories.

If you fancy a boost to your mood, then this is another great reason to exercise outdoors; there are several examples of research that shows spending time outside can reduce levels of stress.

## Stave off the boredom

Many people find themselves getting bored when working out inside. Get yourself a change of scene and keep it interesting by doing your exercise outside.

Getting out is a cheap way to work out. It could even be free.

Don't get me wrong – you could easily end up spending a fortune on equipment for working out, outside. We all love a gadget, right?

But it is possible to spend very little and get moving. Run up a hill, sprint in the park – in fact the park is a great place to go for a workout. You can use a wide range of equipment to perform exercises – a bench has many uses.

In Newbury we are lucky to have our very own outside gym in Victoria Park, if you haven't seen it yet, head to the Park Way entrance of the park and take a look. You can perform a gym workout anytime without setting foot inside a gym. (More about this great green space in the centre of Newbury on p14).

## Activities to do outside

- 👣 Take a hike
- 🏃 Go for a jog
- 🏔 Hill sprints
- 🚲 Cycle ride
- 🏃 HIIT workout

## Workout

This would work well in a park or similar space such as your garden.

## Sprints

- Set up two markers, such as lamp posts, approximately 10 metres apart
- Warm up by walking back and forth between the markers
- Then you should jog from one to the other and walk back to the first one. Repeat two or three times
- Next sprint as fast as you can from one to the other and walk/jog back. Repeat this five times.

## Upper body

- use a bench to perform tricep dips, complete as many as you can. Repeat the exercise three times.
- next, perform as many press ups as you can, you can vary the difficulty depending on your level. Beginners can do it on your knees, intermediate can be on your toes and advanced could raise your feet by placing them onto the bench. Repeat three times to failure.
- pullups could be performed on a sturdy tree or solid bar that is reachable safely. Pull yourself up to the bar as many times as you can. Repeat three times.

## Lower body

- step up onto the bench and step down, and repeat. You can do single leg and then swap

over or alternate legs depending on balance and how difficult you find it. Be sure to focus on engaging your leg muscles, driving up to step onto the bench. Start by doing this for one minute, rest and repeat three times.

- bench squats, these can be performed by controlling yourself into a seated position and then driving back up through the legs to standing. Once this is easy you can hover just above the seat and go straight back up again, try and pause at the bottom. Do this as many times as you can without losing your shape, rest and then repeat three times.

- walking lunges can be performed between your markers, taking nice big steps lunging down each time, repeat five times.

Finish off by holding a plank for as long as you can.

## Remember to stay hydrated

With the warm summer days we sweat more and need to make sure we drink lots of water throughout the day. When heading out remember to take a bottle of water with you to keep your fluid intake up. **OA**



**Personal trainer Vicki Brown is the founder of LiveFitNow, based in Wash Common. For a free consultation, more information and links to online home fitness videos, visit: [www.LiveFitNow.co.uk](http://www.LiveFitNow.co.uk)**



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# Bottle buys

# Water, water everyday...

We all know water is good for us and we are constantly being told to make sure we drink six to eight glasses a day. The bottled water market has tapped in to our thirst for the clear stuff, but you'd be better off investing in a funky water bottle and filling it up from the tap – you can always add your own infusions. Here's a reminder why water is good for you... and a selection of bottles you can find in your local shops

## 10 benefits of keeping hydrated

### ■ COMBAT TIREDNESS

Water is an important source of energy for your body – if not the most important. It contributes to good sleep, restoring bodily systems and to producing enough energy to get you through your day.

### ■ REDUCE HIGH BLOOD PRESSURE

When the body is fully hydrated, your blood is about 92 per cent water, which helps to keep it moving through the veins and arteries, helping to prevent high blood pressure and other cardiovascular ailments.

### ■ HELP FIGHT ALLERGIES AND ASTHMA

When the body is dehydrated, it creates more histamines – organic nitrous compounds that help to regulate our immune response. If there are too many histamines circulating round our body, we will feel congested and have difficulty breathing.

### ■ REDUCE ACNE, DERMATITIS, PSORIASIS AND PREMATURE AGING OF THE SKIN

With proper hydration, the skin practically glows. Without it, your skin cannot properly get rid of toxins and so becomes irritated, inflamed and congested, causing a host of unsavoury results ranging from itching, blackheads, redness and acne to general blotchiness.

### ■ STOP HIGH CHOLESTEROL

If the body hasn't had enough water, it will start to produce more cholesterol so that cells can still function properly.

### ■ ELIMINATE DIGESTIVE DISORDERS

Water can help eliminate and reduce the incidence of ulcers, bloating, gas, gastritis, acid reflux and IBS. You also will experience less frequent constipation since water helps matter move more quickly through the intestinal tract. A well-hydrated body simply gets rid of toxins and metabolic wastes better.

### ■ FLUSH OUT BAD BACTERIA FROM THE BLADDER AND KIDNEYS

People who are well hydrated experience less frequent bladder or kidney infections since water helps to flush out any unwanted microbes that try to accumulate in these eliminative organs. The kidneys and bladder are especially sensitive to disease without proper hydration since they are responsible for eliminating stored toxins and bodily waste.

### ■ SPEED UP JOINT AND CARTILAGE REPAIR

Most of the padding in our cartilage is made up of water, so if we don't drink enough of it, our bones will feel stiff and our joints will take a beating. Joint repair after workouts or injuries is helped by proper hydration.

### ■ STOP GAINING UNWANTED WEIGHT

When our cells don't get enough water, they cannot create the energy we need to function, and so they send a signal to the brain to store more. So, you eat more and are likely carry some extra unwanted pounds. To avoid this, simply stay hydrated and your cells will stay happy and not send 'fat signals' to the brain. Further, and more obviously, replacing other drinks with water will help naturally keep the weight off. Some water with lemon each morning can be especially beneficial.

### ■ SLOW THE AGING PROCESS

All of our organs require lots of water to function properly. If we stay dehydrated for long stretches, every cell, organ and system in the body has to work harder, which means we will age faster. Drinking enough water literally keeps you young feeling, looking, and acting – for longer.

Try drinking water with a little lemon and sea salt after a workout instead of sports drinks that are full of refined sugar.

Try adding some lemon, orange or cucumber wedges or infuse water with mint, basil or sage in the refrigerator overnight.

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# ONCE MORE UNTO THE BEACH...

Whether you're having a staycation or are off to far-flung shores, you want to be sure that you have something to carry beach essentials in, as well as sun hat and shades – we've put together a selection from the high street that won't cost a packet

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£90, Vision Express



£125, Vision Express



£12, Accessorize



£15, Next



£18, Top Shop



£22, Top Shop



£8.99, New Look



£15, M&S



£12.99, TK Maxx



£12.99, TK Maxx



£16, Debenhams





Summer can be a challenging time when it comes to losing or managing your weight but here are some simple tips to follow if you want to balance enjoying summer socialising with keeping in control, says *Nuala Carroll*.

### TOP TIPS ON THAT EXCESS BAGGAGE

Whether you are staying at home or going away here are some ideas to help you through.

- ✓ It takes just four pints of water a day to avoid feeling tired and groggy. Keep a water bottle with you and hit that water goal each day it will help you feel less hungry too.
- ✓ Choose your indulgence. If you are going out for dinner, have a small light lunch or a meal replacement. If you are going to have an afternoon ice cream then avoid dessert at dinner.
- ✓ Choose fresh local healthy food. Enjoy the local fish, fruit and vegetables.
- ✓ Enjoy yourself. If you deprive yourself too much theres a chance you'll feel like you've missed out and be tempted to overindulge. Just chose carefully.
- ✓ I recommend that my clients use at least one Cambridge Weight Plan meal replacement a day and keep in touch with me for support and advice.



### THE BARBEQUE

- ✓ Avoid those savoury snacks. You are going to have a meal, don't fill up on those nibbles beforehand.
- ✓ Choose a small side plate and fill most of it with salad. Choose some lean meat or fish from the BBQ or take some healthy options with you to avoid burgers and sausages.

✓ Before you go out plan what you are going to have and stick to it. Its down to you and no one else so take responsibility and you'll be really proud of yourself afterwards.

✓ The empty calories in alcohol don't satisfy your appetite and often lead to over eating. If you decide that you are going to drink then add low calorie mixers to your drink to make them last longer.

- ✓ Get off the chair and join in the fun! Kick a ball around, play with the kids or move around chatting to people, its all less time eating!



*If you'd like more guidance or help with your weight please contact me for a free no obligation consultation*

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Per serving: **200Kcals** / **837kj** / **4g fat** / **3.5g fibre** / **0.3g salt** / **Low GI**



- 1tsp fennel seeds
- A good pinch of dried oregano
- Grated zest and juice of 1 lemon
- 300g chicken breast fillets, cut into chunks
- 4 thick woody sprigs of rosemary, most of the leaves removed
- Spray oil
- 160g spring greens, shredded
- 2 garlic cloves, crushed
- A handful of parsley, chopped
- Salt and freshly ground black pepper
- 1 lemon, cut into wedges

- 1 Crush the fennel seeds in a pestle and mortar and stir in the oregano, lemon zest and juice. Add the chicken chunks and turn them in the lemony mixture.
- 2 Thread the chicken onto 4 woody sprigs of rosemary (or wooden skewers that have been soaked in water for 30 minutes to prevent them burning). Cover and chill in the refrigerator for 10 minutes.
- 3 Spray the chicken skewers lightly with oil and cook under a preheated hot grill or on a barbecue for 10 minutes, turning occasionally until golden brown inside and cooked right through.
- 4 Meanwhile, steam the spring greens until just tender (they should retain a little 'bite'). Stir in the garlic and season to taste.
- 5 Serve the chicken skewers, sprinkled with chopped parsley, with the spring greens. Squeeze the lemon wedges over the top.

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# Park life

Many city dwellers envy the residents of West Berkshire their outdoor green space. Newbury is particularly fortunate to have a number of green spaces close to the centre of town.

Victoria Park has survived numerous attempts at urbanisation, but continues to flourish as a recreational area to be enjoyed by the whole community.

On any sunny summer's day, the park is busy with office and retail workers on their lunchbreak, as well as sun worshippers, children playing and picnicking families.

On summer Sunday afternoons, you can relax in a deckchair to the sound of a brass band playing on the bandstand; if you're feeling more energetic, you can have a game of tennis or exercise on the outdoor gym equipment.

*Newbury Weekly News* archivist JACKIE MARKHAM takes a look at the history of Victoria Park and readers have shared some of their pictures. ➤

With thanks to West Berkshire Museum curator Ruth Howard, Elaine Harle and her FB group West Berkshire History, Ashley Kordowski and his FB group Newbury & Thatcham Past and Present, Victoria Park Nursery, and to those who shared their memories.

Aerial view of Victoria Park, September 1984



## Inkpen Price Guide £890,000

*A substantial detached family home in delightful gardens in a highly sought-after cul-de-sac. The accommodation comprises reception hall, cloakroom, sitting room, dining room, study, kitchen/breakfast room and utility and impressive billiard room with WC on the ground floor with a generous master bedroom, en-suite bathroom, three further double bedrooms and a family bathroom on the first floor. A large gravel driveway is approached via a 5-bar gate and offers plenty of parking and a double garage. There are lawns to the front of the property and plenty of space to the side which leads to the beautiful expanse of rear lawn with rockeries, flower borders, vegetable patch and a patio, all facing south for maximum sunshine!*



## South Newbury Price Guide £875,000

*An impressive detached family home in a particularly convenient location. The beautifully proportioned accommodation comprises a welcoming reception hall, fabulous drawing room, dining room, study/games room, modern fitted kitchen/breakfast room, family room, conservatory, utility room and WC on the ground floor. There are five bedrooms, two en-suites and a family bathroom on the first floor and a wonderful top floor bedroom suite incorporating bedroom with sitting & study area, bathroom and walk-in wardrobe. A large block paved drive provides plenty of parking in front of the house & garage. The rear garden provides considerable privacy and is mainly laid to lawn with a fantastic heated swimming pool with safety cover.*



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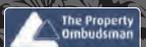
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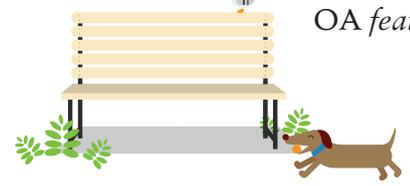
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Prior to Victorian times, the land to the east of the town centre was known as the Marsh, and was indeed wet and boggy and prone to flooding.

The Marsh was used for grazing cattle, and also for recreation – according to Hawkins' Guide of 1890, "in summer evenings, the place is alive with cricketers who make the most of the limited number of pitches".

A row of poplars had been planted in 1838 to commemorate Queen Victoria's coronation, and in 1883 an avenue of lime trees, by public subscription.

Sports and celebrations of every kind were held in the park, and as many of them were in honour of the monarchy, it was no surprise that some people began referring to the Marsh as 'Victoria Park'.

The name change did not please everyone, local historian and author of *A History of Newbury* (1887) Walter Money remarking: "The Marsh has been the scene of many merrymakings and rustic sports and is usually chosen as the site for the travelling circuses... it has recently been termed Victoria Park, but it is to be hoped that the historic name of the Marsh will long retain its proper place."

Not for very long, for in 1901, the "great and good queen" Victoria died, and the burgesses took the opportunity to rename the Marsh, Victoria Park in her honour.

Walter Money's opinion was not recorded.

Ambitious plans were put forward in the *Newbury Weekly News* of December 5, 1901, to increase the size of the park and drain the ground to make it more usable.

In 1935, the Silver Jubilee of King George V was enthusiastically celebrated in Newbury with the opening of a sports pavilion, bowling green and tennis courts in the park. Two years later, a slice of greenery was annexed to create the road at Park Way. In the late 1930s, a nursery school was constructed in the park to look after the children of women working on the war effort.

Road construction in the 1960s led to a loss of some land and an increase in air pollution and noise from increased traffic levels – but still the park proved popular with local people and later attempts to build in it and on it have been unsuccessful.

Responsibility for the management of Victoria Park passed from West Berkshire Council to the Town Council in 2001, and over the following years money from the Heritage Lottery Fund was used to good effect to update the park's facilities.

This investment in the town's "jewel in the crown" continues, with a new football pitch, changing rooms and a café still to come. ➤



If you want to see more photos – old and new – of Newbury and the surrounding area on FB, there are groups who share memories – search West Berkshire History and Newbury & Thatcham Past and Present, and ask to join



Borough of Newbury proposed Pleasure Ground plan NWN December 5, 1901





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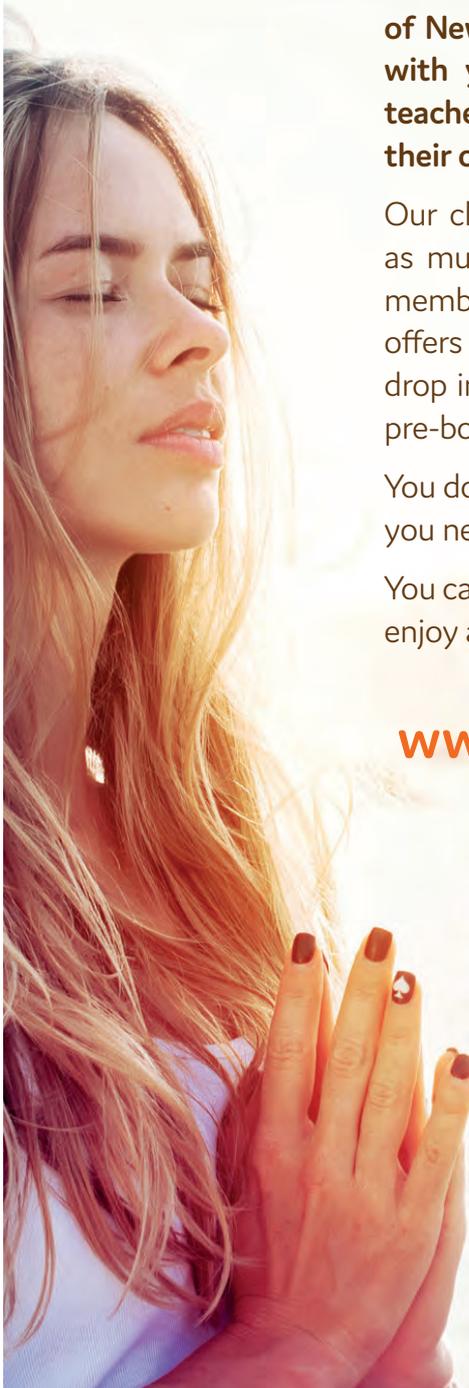
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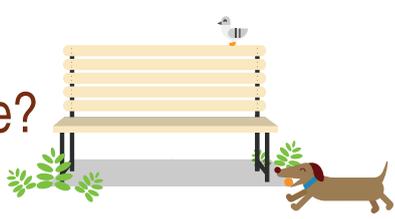


*Workshops:*

Every few weeks, we will be running workshops, information will be published as and when they occur



# What's in a name?



**The statue of Queen Victoria adorned the Market Place until the 1930s**

The statue of Queen Victoria was presented to the townspeople by self-styled 'Lord' George Sanger, a showman and colourful character with links to the town, to commemorate the 'Great and Good' Queen, who died on January 22, 1901. It was unveiled in the Market Place on June 24, 1903.

It remained there for 30 years, until, in 1933, it was moved to make way for a car park and market stalls, and spent the next 30 years in the gardens of Greenham House in St John's Road. Traffic issues again forced its removal – this time to make way for the north-south inner relief road.

In 1966, the statue was moved to its current location in Victoria Park, but there was room

for only two of the four lions.

The unlucky two stayed tarnished in the Corporation Depot.

As ever, townspeople were keen to offer suggestions, which "both constructive and frivolous" poured into the *Newbury Weekly News* office.

Mr P Pocock of Chieveley suggested they might be gifted to the people of Newbury's German twin town Braunfels. It is not clear what the people of Braunfels thought (or if they were even consulted), but transport costs were felt to be too high, and the risk of damage on the journey too great.

So the unlucky two remained in the

**We are not amused – the statue was the target of vandals in the 1990s**

Corporation Depot until later in 1966 when they were gifted to Mr Gilbert Beale and spent many happy years at Beale Park, between Basildon and Pangbourne.

But Newbury people have long memories and the lions continued to be missed.

A 1994 attempt to put them in their rightful place ended in failure, and the statue was often the target of vandals in the 1990s.

In 2001, the mayor Dr Sue Farrant, reacting to public pressure, got things moving again, and in June 2002 all four lions were reunited in Victoria Park – almost 100 years after they were first gifted to the town.

And that's where they have been ever since. ➤

**The statue of Queen Victoria with the four lions now has a permanent place in the park**





Best slide ever – although looked 1000 times bigger when I was a kid

Amber Britton



David Canning stepping out onto the frozen pond in the winter of 1962/63

*We used to live opposite the park at the back of Camps and were on the spider's web and big seesaw thing all the time. No soft ground to fall back on then!* 1967

Lee Gothard



### The Vyne

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## Victoria Park Nursery School & Family Hub



Newbury, RG14 1EH

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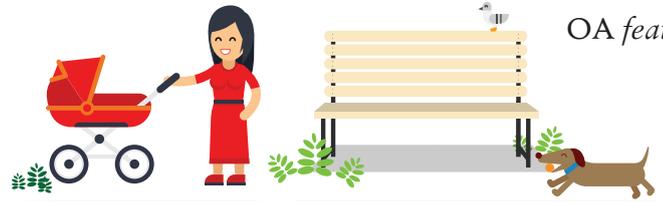
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Website: [www.victoriapark.w-berks.sch.uk](http://www.victoriapark.w-berks.sch.uk)



# Prams in the park



Brian Antony Purton visits the park, 1940



Me in Victoria Park in 1977. As a small child I lived in Thatcham, but was taken to Victoria Park quite a lot to feed the swans on the canal.

Steve Burrow



Left: Having been born in Albert Road, in 1945, the proximity of the park meant almost daily visits in my pram and an ideal spot to walk the dog.

Top two photos show me at 15 months (1946) with dog, Mick, in the right one, and below is a group photo, c1955, of me sitting with grandfather and an aunt and uncle, who were visiting from Durham. I had been floating the boat you can see in front of me. You can just see the anti-tank blocks behind the slide

Peter Jopling



Victoria Park has undergone an extensive refurbishment recently of the tennis courts, bowling green, football pitch and the pathways have all been repaired and resurfaced to a high standard. The Park Way wall and railings have been extensively repaired and rebuilt.

### BOWLS CLUB

The removal of the fir trees surrounding the bowls club has enabled visitors to the park to enjoy watching matches and the bowls club are happy to welcome new members.

### TENNIS COURTS

The Council has created a partnership with the Community Tennis Association who provide classes for children and adults of all abilities.

You can book courts online and a whole family can join as members of the Tennis Courts for just £36 a year and can play as much as they like! Later this year we will be installing court lighting to help maximise the use of the courts.

### SPLASH PARK

Opened last year and is one of the most popular areas within the park for young children and toddlers to play.

### THE SKATEPARK

The Skatepark continues to be very popular, offering great challenges for skateboarders and BMXers. You can also try out our impressive range of outdoor gym equipment to help to improve your fitness and wellbeing.

### FUTURE PLANS

Plans are in place to build a new café to replace the old kiosk, offering full catering facilities, indoor and outdoor seating and tables, toilets and Wifi throughout the year.

In addition to this we propose to build a new sports changing room facility adjacent to the tennis courts with terrace seating for spectators to watch tennis games and competitions.

Victoria Park remains the jewel in Newbury's crown and following the extensive repairs and improvements will continue to be a popular place to visit and enjoy the facilities way into the future.

For more information: [www.newbury.gov.uk](http://www.newbury.gov.uk) or 01635 35486 [towncouncil@newbury.gov.uk](mailto:towncouncil@newbury.gov.uk)



## Child's play



Victoria Park Nursery was set up as a temporary pre-school for children during the Second World War and opened in 1942 – 75 years on and the nursery is very much a firm fixture, with a permanent home on the edge of the park. The original structure was built near where the cafe stands today and the 'temporary' nursery stayed there until 1989, when it moved into its existing premises at the far end of the park.

Headteacher Fiona Bridger-Wilkinson said: "We have now got third generation families at the nursery, with grandmothers who went to the old nursery picking up their grandchildren from this one."

One staff member, Tina, remembers starting work at the old nursery in the early 80s. She says: "The biggest difference is that in those days we had a kitchen at the nursery and would cook lunches for the children – they now bring in their own food – and we had beds, so they could all take a nap.

"But, children still want to play in sandpits and mess about with playdough, so the structure of the day is pretty much the same."

Right: the old nursery in the centre of the park, children at play, meeting Father Christmas and picnic in the park



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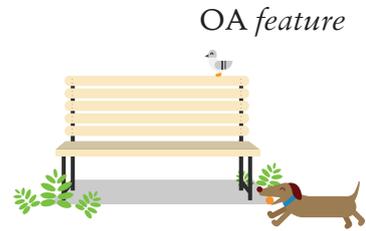
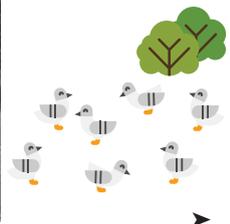
# Time stands still



Newbury Bowling Club is more than 400 years old and has been in the park since 1935. Women joined in 1966 and the picture above shows the BCWBA Fours winners of 1975; below, the club is still thriving today



The bandstand is a long-standing feature of the park and is still in use today. Top: image from the Festival of Britain souvenir brochure, 1951. Right: a band playing in 1974. Bottom: date unknown



OA feature

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# IS SHARED OWNERSHIP THE KEY TO BUYING YOUR OWN HOME?



**In last year's Autumn Statement the Government pledged to inject £1.4billion into affordable housing plus £2.3billion for more homes in 'areas of high demand'.**

**The investment is to be shared between three current schemes. One of these schemes, Shared Ownership, has been helping people into home ownership for the last 30 years, but what is it?**

Shared Ownership provides access to home ownership that would otherwise be unaffordable. The scheme is a cross between buying and renting and allows the purchaser to buy a share in a property between 25% - 75% of the purchase price, and then pay rent on the remaining share.

The purchaser will often require a smaller mortgage for the share they are purchasing. There is an option to buy further shares in the property at any point in the future. This process is known as staircasing and provides the opportunity for future outright ownership.

## What are the benefits?

Your deposit can be as little as 5% of the share, not the whole property value. Depending on the Housing Association's criteria, you can start with purchasing as little as a 25% share of the purchase price, gradually increasing your share in the property when you can afford to and eventually own the property outright.

The rent paid on the remaining share is often much less than the rental rates charged on the open market.

## Am I eligible?

You are eligible if you are at least 18 years old but it's worth noting that some mortgage lenders will require the minimum age to be 21 years old.

You will need to have enough savings to cover the minimum 5-10% of the equity share you are buying, as a deposit. In addition, you will need at least £2,500 to cover the costs of buying a home.

You must have a gross household income of no more than £80,000 per annum or £90,000 per annum in Greater London, and must not already own a home. Last but not least, you must be able to demonstrate a good credit history and you must not be in rent arrears, as well as ensuring you can afford regular payments and the costs involved in buying a home.

## Myth Busting

- It's not just for first time buyers.
- Shared Ownership properties are often sited in new private developments.
- Shared Ownership refers to how the property is owned, not lived in.
- You don't need permission to decorate your home.

## How do I get a Shared Ownership mortgage?

**Newbury Building Society** has been providing mortgages and savings products for over 160 years. We're one of the oldest surviving building societies in the UK and one of the few lenders who provide products up to 95%, even on Shared Ownership.

To find out more about Help to Buy Shared Ownership schemes visit our Newbury branch, call us on **01635 522588** or email **[newbury@newbury.co.uk](mailto:newbury@newbury.co.uk)**



Jane Boshier  
Senior Office Manager

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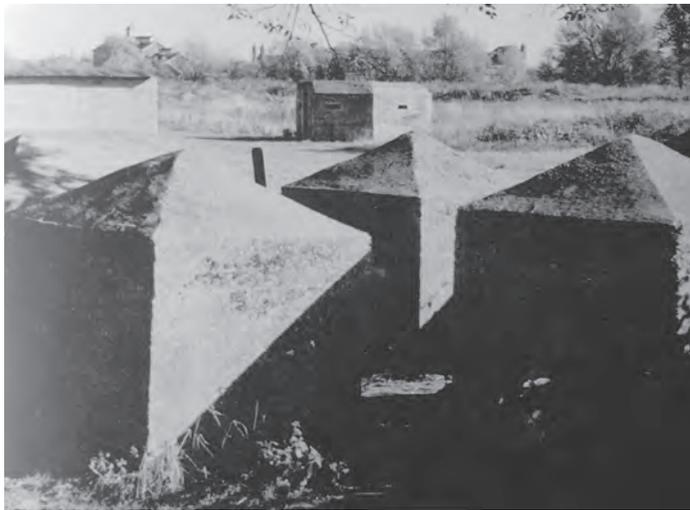


These postcards form part of a collection belonging to Mrs Mary Martin of Shaw, Newbury and were sent in by her son Steve. The postcards date from the 1940s and 50s

## War games

During the Second World War anti-tanks defences were put up in the park – as a deterrent against a German invasion. In the event they provided an extra play area for children.

*My uncle broke his front teeth jumping across them, but they all did it back then!*  
Elaine Harle



*Oh loved jumping on them...many hours spent jumping on the pyramids (as I called them) lots of cuts and bruises.* Jean Heaver



*I was born in the London Road in 1951 and spent my childhood playing in and around the park. I used to jump from one to the other, some of them had bushes growing between them which made it very difficult. It was an ambition to make it from one end to the other without falling off. Happy days.*  
Sue Jones

## Pond life

The pond is a much-loved feature of the park – for boating, pedalos and even for the swans to practise their skiing

Right - boat on the pond, date unknown ; Below: NWN photographer Phil Cannings captures the swans skimming the water earlier this year



# Savour the flavour

With its own unique blend of spices, Nepalese food is light and full of flavour as HILARY SCOTT discovered when she visited Gurkha Chef in Newbury

So many people lump Nepalese food in with Indian. While there are some similarities and similar spices used in some dishes, Nepalese is generally lighter and fresher.

One of the best places for novices to try it, and for fans, is Newbury's Gurkha Chef – on The Broadway and handy whether you walk to it or drive, with car parking just around the corner.

You get a warm welcome too – Nepali people are polite and friendly, with smiles as big as the mountain ranges in their country.

We were greeted by owners Kamal and Poonam Gurung who work hard to serve up great food and a lovely atmosphere.

This is their 11th year in business so they are definitely doing something right.

Kamal was keen to deliver when we asked for his recommendations for both starters and mains cooked by head chef Roshan Gurung and his assistant Tirtha Gurung – and soon, after the ubiquitous poppadums, they began to arrive.

Many of you will have had Moma, the South Asian steamed dumplings – Gurkha Chef's version has spicy lamb in its light dumpling casing.

These were amazing – as you bit in you could see the red chilli flecked through the lamb and it came, like many of the starters, with a hot chilli sauce and a sesame sauce for dipping.

Keeping with meat, the unusual Kalejo Butuwa is a small poppadum bowl filled to the brim with chicken livers fried with onion and Nepalese spices.

We loved this – soft, fragrant livers with a mild spice and texture added by the crispy poppadum.

We also had fish – a flattened breadcrumb king prawn (Sinka Prawn) that was marinated in yogurt, ginger and garlic before being coated and fried, and salmon (Poleka Macha) with a highly-spiced sauce that turned the pink fish a zingy orange and which yielded to our forks easily.

All starters are between £3.30 and £4.50, which, judging by taste and portion size, is surely one of the best bargains in town.

On to mains and here came the dish we wanted to put a flag on top like those hardy souls who climb Everest – this was a triumph.

A whole fish (Pokharali Maccha, around £9) marinated in chilli, soy sauce, ginger and garlic. The skin was crispy and the fish soft and moist. We conquered it, no problem at all.

We also had a chicken curry – Kukura Ko Masu (£6.95) has a tomato-based sauce, which is also creamy and this was the one dish of the night that did, in a way, resemble an Indian curry. But, as I said before, it was lighter and you could almost taste the individual spices.

The Rara Prawan (£10.95) was four skewers of plump prawns, delicately spiced and char-grilled, the Chamsoor Sag (£3.95) was spinach lightly fried with spices and was one of the nicest spinach dishes I've had.

We had one portion of pilau rice – though there are plenty of other rice variations to try – and a herby and fine roti, crispy on the outside and soft in the middle as it should be.

Even dessert displayed the Nepalese lightness of touch – a pistachio kulfi (chosen because it is Poonam's favourite) was not too sweet and sang with pistachio flavour.

A few Cobras and a good chat with Kamal and Poonam about the attractions of Nepal (it's not all about climbing you know and we left wanting to book a trip) ended the evening.

With two daughters who are "totally British" according to Poonam, we loved hearing of the village and city where the couple grew up before moving to the UK.

Like the food (and takeway is also available), the owners are charming. And like the country, the food takes you on a journey of unusual spices, clean tastes and chilli heat from mild to strong.

While Newbury may just be 100m above sea level, a visit to Gurkha Chef will make you feel you've risen to at least Everest base camp at 5,380m.

Happy climbing! **OA**



Poonam and Kamal Gurung



Roshan and Tirtha Gurung



Rara Prawan



Chamsoor Sag



Kalejo Butuwa



Pokharali Maccha



Kukura Ko Masu



Pistachio kulfi



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# All scream for Ice Cream

Whether you like a simple cone, a Mr Whippy with a flake or you prefer to make your own, HILARY SCOTT has it licked. Here's where to buy the best in the area, which are the best ice cream-makers and some lip-smacking recipes

## DIY ice cream

If you like to make your own ice cream, you don't need an ice cream machine. Look for recipes that say 'no-churn' and you can simply pop in the freezer, taking out every so often to stir and break up the ice crystals. With some recipes, you don't even have to do that – you simply pop in a container, freeze and then just bring out of the freezer for 10-15 minutes to soften.

But if you really like home-made, a machine will do all the work for you. But what to choose?

Here's three of the best at three different prices

1.



### 1. Kenwood IM200

This really is a bargain, though it only makes a litre at a time. However, it will make it in less than 40 minutes and has a fast-freezing insulated bowl. It's also a model that will look neat on your countertop

Between £24.99 and £30 from Amazon and Currys/PC World with a one-year guarantee

2.



### 2. Cuisinart ice cream maker

The bowl turns in this medium-priced maker and the paddle stays still. This is good for a quick taste while it is churning. It will make two litres, which is a lot of ice cream, but it is bigger than many models

£74.99 from John Lewis with a five-year guarantee

3.



### 3. Sage by Heston Blumenthal

This really is the deluxe ice cream maker as you would expect from the chef who once made the world's largest Mr Whippy. With this machine, you can choose the hardness of your make. It takes just 10 minutes for the ice cream to get to the right temperature. A real workhorse of a machine too

£278 from John Lewis with a two-year guarantee

## Party time

Children love an ice cream parlour table at parties. Simply supply the cones or cups of ice cream and let them put on their own toppings. Here's some suggestions...

Sauces – chocolate, strawberry, caramel

Fresh fruit – diced peaches, pears, bananas, strawberries. Virtually any fruit will do.

Marshmallows

M&Ms

Jelly beans

Popcorn

Pretzels

Gummy Bears

Banana chips

Freeze-dried strawberry slices

Raisins

## No machine? No problem

Two recipes that don't need an ice cream maker

### Elderflower ice cream

If you make elderflower syrup, this is a great way to use some up. Alternatively, Belvoir sells a delicious one to use in this creamy, fragrant ice cream.

- 3 egg yolks
- 3 egg whites
- 2 oz caster sugar
- 5-6 tablespoons of elderflower cordial
- tablespoon of grated lemon peel
- 275ml double cream

Beat egg whites until stiff and gradually beat in sugar.

In another bowl beat egg yolks until beginning to thicken and beat in elderflower cordial and lemon peel. Whip cream lightly and then fold into egg yolk mixture and egg whites.

Place in a freezer container overnight to freeze. There is no need to re-whip.

Recipe courtesy of Belvoir

### Vanilla ice cream

So easy and so delicious.

- 4 free-range eggs, separated
- 3½oz caster sugar
- ½ pint double cream
- 1 tsp vanilla extract

Whisk the egg whites in a large bowl until stiff peaks form when the whisk is removed.

Slowly whisk in the caster sugar, then continue to whisk until the egg whites are stiff and glossy.

Whisk the cream in a separate bowl until soft peaks form when the whisk is removed.

Fold the cream, egg yolks and vanilla extract into the whites mixture until well combined. Pour into a plastic container and freeze for at least two hours.



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## Mrs. Farquhar's Afternoon Tea at Shaw House

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# going out for

# Ice Cream

So the freezer is bare or you're simply out and about and fancy an ice cream. Here's where to go....



## Lusso, Weavers Walk, Newbury RG14 1AL

Lusso describes itself as an artisan kitchen and ice creamery. The kitchen does great food, but the ice cream range is fabulous. Try flavours like Dark Chocolate and Cherries, Pure Piedmont Hazelnut or Jaffa Cakes. You can get ice cream sandwiches too, as well as sorbets like lemon and basil or mango. Adults are catered for with gin and tonic or lemon vodka sorbets.

Co-owner Tommy Szebeni said: "We called our place Lusso, which means luxury in Italian, because it is trying to convey that we aim for quality."

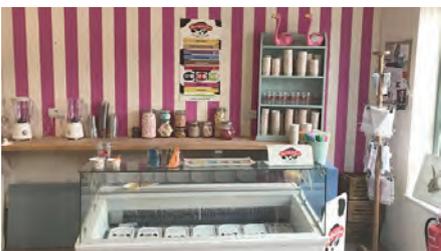
You can order online from Lusso and we love that their website says you should give three days' notice, although they will try to accommodate you sooner if it's an 'emergency'. Meanwhile Lusso's Gelarto ice cream van is on the High Street as often as possible.

Cones are £2.50 for one scoop, two are £3.80 and three £5. If you eat in Lusso the price varies. The ice cream is made with fresh whole milk and cream and contains less than half the amount of sugar compared to the usual supermarket brands, on average about seven per cent fat and no additives at all.

In the sorbets they only use fruit, water, some sugar and natural plant based stabiliser.

(01635) 32128

[www.gelartoicecream.co.uk/lusso](http://www.gelartoicecream.co.uk/lusso)



## The Tea Cosy, Hurstbourne Tarrant

One of our favourites tea rooms, The Tea Cosy now does gluten-free clotted cream ice cream as well as dairy-free and vegan sorbets.

All the flavours on offer can be turned into milkshakes too.

Owner Jenni Danks explains Big Friday Cakes' – massive cakes like a Ferrero Rocher or Walnut Whip – happen on a Friday, surprisingly, and customers flock to the pretty tea rooms, which are bedecked with bunting, colourful furniture and squashy sofas.

Also on the menu are afternoon teas, sandwiches and more.

(01264) 736644

## Gelato Joe's, 72 Parkway Shopping Centre, Newbury RG14 1AY

With an amazing array of flavours, Gelato Joe's is a local favourite. An ever-changing menu of ice cream – with no preservatives and just natural flavours as Italian gelato should be – you can have your ice cream served in a waffle cone or a cup.

One scoop is £2.50, two £3.50, three £4.50. Toppings and sauces are 50p, fresh fruit £1. But that's not all – try amazing sundaes like the Oreo Cookie Creation with real Oreo pieces, chocolate sauce and whipped cream or try a Triple Chocolate Treat with a chocolate ice cream, Flake, chocolate sauce, wafer and whipped cream.

There are shakes, waffles and crepes and you can even have Nachos – buttery wafer nachos covered in your choice of gelato, sauces and toppings.

(01635) 523 053

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

[newbury@gelatojoes.co.uk](mailto:newbury@gelatojoes.co.uk)



## Cobbs Farm Shop & Kitchen, Bath Road, Hungerford RG17 0SP

We've slipped this one in because you can pick up an ice cream while picking your own summer fruits.

Depending on the date, you can usually pick strawberries, raspberries, tayberries, blackcurrants and gooseberries.

When you arrive at Cobbs, you will find prices marked on a board. This board also indicates which of the soft fruits are at their best and available for picking.

The children's outside play area is free to anyone who has picked their own fruit.

01488 686770

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



*"Ice cream is exquisite. What a pity it isn't illegal."*

**Voltaire**





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# Red Mullet is this season's must have



An underrated delicacy that is a favourite with chefs, red mullet is looking – and tasting – good right now, says **SIMON RHODES**

**R**ed mullet is well in season at the moment and this week saw the arrival of some great specimens. They were the perfect size and were at the right price.

This underrated fish is a delicacy in restaurants and works so well with so many accompaniments and, as I witnessed, is extremely popular with my customers.

It is a great looking fish, with a mix of orange, red and pink-coloured skin. Not large in size – available from 200g to 1kg – it packs a big punch on flavour, mainly from its diet of crustaceans.

Larger fish can be filleted, but best to look for one between 400-600g – they simply need scaling carefully (the skin is delicate), with the gills removed and then grilled or baked whole. The flesh is a wonderful pale pink and very delicate, but takes strong flavours and works especially well with fennel or tapenade.

Unusually for a fish, the red mullet's liver is considered a delicacy in its own right, and that's one reason why mullet are often sold and cooked whole.

Although red mullet diet mainly on crustaceans, they also eat worms and molluscs; they are unfussy and will scavenge on fish given the chance.

Although this species is known as red mullet in the UK it is not a strictly speaking a mullet.

The thick-lipped grey, thin-lipped grey and golden grey mullets are all members of the Mugilidae family, making them true mullets.

However, the red mullet is a member of the separate Mullidae family, meaning it is only distantly related to the grey mullet species.

In the rest of the world this species is known as a type of goatfish, but in the UK it was classed as a mullet species and that identification, although erroneous, has stuck, and it is now commonly known as the red mullet.

## Red mullet with tarragon and smoked bacon lardons

First, make some slashes in the side of the fish.

In a bowl, mix some olive oil, chopped garlic and tarragon with a squeeze of lemon and a splash of red wine vinegar.

Then work this into the slashes of the fish and marinate for several hours.

In a roasting tray, put some cubed smoked bacon and quartered red onion, drizzle with extra virgin olive oil, a little salt and cracked black pepper and roast in the oven for 15 minutes at 170°C.

Then add the marinated fish and roast for a further 12 minutes until the fish is just cooked.

Stir in any left-over marinade and serve with parmentier potatoes.

Or if you fancy jazzing it up try...

## Red mullet Thai style

Cut deep slashes into the skin side of the red mullet.

Spread 2tbsp of red Thai curry paste over the skin, making sure it goes into the slashes.

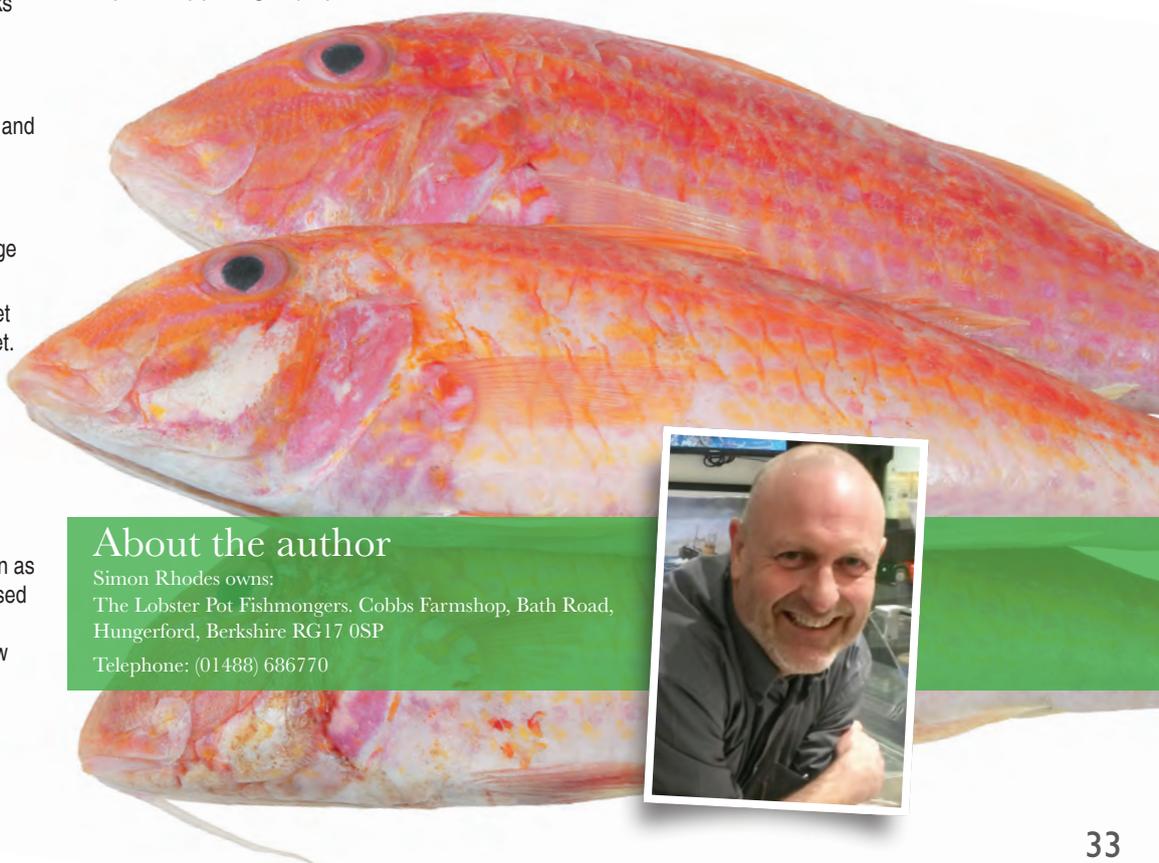
Place the fish, skin side up, onto the prepared tray. Brush with oil then place under a hot grill until the skin begins to crisp.

Transfer to the oven for about eight minutes or until the fish is just cooked through.

Cook some fragrant jasmine rice according to the instructions on the pack, drain and keep warm.

While the rice is cooking, mix 2tbsp of curry paste with a tin of coconut milk. Bring to the boil and simmer until it thickens a little.

Serve the rice with the red mullet, sauce and lime, garnished with coriander. 



## About the author

Simon Rhodes owns:

The Lobster Pot Fishmongers, Cobbs Farmshop, Bath Road, Hungerford, Berkshire RG17 0SP

Telephone: (01488) 686770





honesty

# Here comes summer



The sun doesn't often shine for long periods of time in this country, but when it does we like to make the most of it, says ROMILLA ARBER, looking for outside places to eat and lighter, more refreshing snacks – and if they're homegrown so much the better

All sorts of things have been going on at Honesty over the summer and what a summer it has been so far, at least in the south of England.

Outside events have been planned without a thought given to whether the weather may spoil things, normally unheard of.

This kind of weather brings a different dimension to running and managing a food business. The food offering needs to be lighter. People don't want to eat so much and dining outside becomes a regular event.

At Honesty we have been making the most of the sunny days and warm evenings.

We recently provided the food at the West Woodhay Garden Fair which was a great challenge for us in terms of numbers and gauging what we thought people would like to eat on a hot summer day at a garden fair. It was huge fun, all the staff enjoyed it, as did our customers.

Alex and his team at the Crown and Garter have also been making the most of the good weather, hosting some epic barbecues in the beautiful garden, which are proving to be very popular.

The British never take for granted the chance to eat outside in the evening when the weather is warm.

At the end of May we opened our new coffee shop in Barrs Yard, Hungerford.

One of the things that has surprised me about running a food business is that however experienced one gets at opening new places, there will always be teething problems. Whether this arises from a piece of equipment, a new member of staff or a new dish.

One of the real frustrations about pushing the boundaries and striving for better is that there has to be some trial and error. Occasionally we do under-deliver, but this is just an unfortunate consequence of what we are trying to do and is by no means done because we don't care.

Honesty Hungerford is in a beautiful setting, it is offering something that no other place in Hungerford offers, paying its staff a better hourly rate than any other coffee shop in the area and so I am proud of it, but will certainly not be satisfied until the majority of the customers are satisfied.

This year saw Honesty become a corporate partner of Hampshire Fare, which is an organisation that helps local food and drink producers make connections with each other and potential customers.

James Hussey is trying to get a similar organisation off the ground in West Berkshire, the aptly-named Proud of West Berkshire.

We, alongside many other local food

producers, are trying to help as much as we can as it would be good for producers to have the support in West Berkshire that Hampshire Fare offers those in Hampshire.

It is hard enough as it is starting a business, so one needs all the friendly help and support one can get.

We are also very excited about moving our wholesale operation to our brand new unit in Turmpike.

I feel it really is going to take us to the next stage. The kitchen and the bakery are going to be based there, as are the offices.

The wholesale kitchen is a completely new fit out, which will make the environment much more pleasant for the wholesale chefs and allow us to get on with developing new wholesale products with which to tempt our customers.

We are working really hard to expand our wholesale customer base and look at innovative ways of getting our products to our customers without necessarily relying on the traditional van to door method.

These are challenges that all wholesale businesses are going to have to face but as we at Honesty say if you are not moving forward then you are just standing still and that is not good for any business. 

# Crispy pork sandwiches with apple sauce

## SERVES 6

In most markets in Italy you'll see pork-filled ciabatta rolls being sold from the hatches of white vans. They are utterly delicious and filling enough to be served up as a weekend dinner. If you don't have time to make the bread rolls, buy ciabatta rolls from the supermarket.

- 1.2kg belly pork
- Olive oil
- Sea salt
- Freshly ground black pepper

- Bread rolls
- 1 x 7g sachet of dried yeast
- 1 tsp sugar
- 350 mix of warm water and warm milk
- 500g strong bread flour, warmed briefly in a microwave
- 1½ tsp salt

### Apple sauce

- 3 eating apples, peeled, cut into quarters and cored
- 1 dessert spoon brown sugar
- 2 tbsp water

- Preheat the oven to 150°C/Gas 2. Dry the pork rind with a piece of kitchen paper, then massage the olive oil into the rind and sprinkle with salt.
- Place the joint in a roasting tin and roast for 2 hours. For the last 30 minutes turn the heat up to 200°C/Gas 6 to ensure nice crispy crackling. Remove the meat from the oven and place it on a board to rest for about 15 minutes before carving and serving in the rolls with some apple sauce.

### TO MAKE THE BREAD ROLLS

- Mix the yeast and sugar with a little of the warm milk and water and leave for 5 minutes.
- Measure the flour and salt into a mixing bowl. Add the yeasted milk and water and the rest of the liquid and mix to a dough. Turn out onto a work surface and knead for 10 minutes until smooth and pliable. Place back in the bowl, cover and leave in a draught-free place for 1 hour.
- Preheat the oven to 200°C/Gas 6. Cut the dough into 6 equal pieces and shape each piece into a roll. Place the rolls on a greased baking sheet and brush them with a little milk, then cover with a tea towel and leave to rise for 30 minutes. Bake in the oven for 25 minutes, then remove and take them off the baking sheet as soon as they are cool enough to handle.

### TO MAKE THE APPLE SAUCE

- Place the apples, sugar and water in a saucepan. Place on a medium heat on the stove and bring to a simmer. Reduce the heat to low, cover and cook for about 15 minutes, until the apples are beginning to fall apart. Break them up with a fork.





*honest about food, what's in it and where it comes from*

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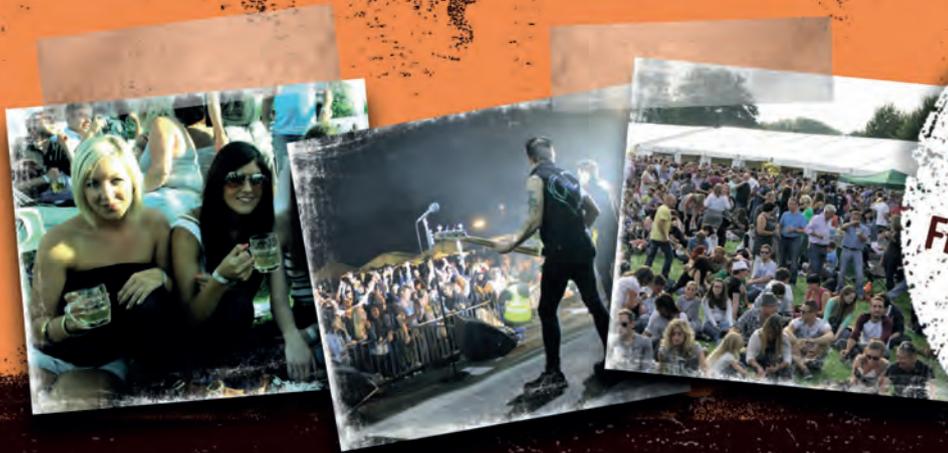
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# top tipples

by James Allen



## Seeing as summer is in full swing, here are some top tips for al fresco drinking for picnics and outdoors.

I would also like to welcome two newcomers to the Newbury drinks scene – Inn at home in Newbury and GrapeSmith in Hungerford, both of whom have great suggestions.

### Chill that crunchy Loire red

I absolutely love eating outside. While on holiday abroad is there anywhere else to eat? Now that summer is here we can all dine al fresco here in lovely West Berkshire. Obviously, sales of rosé and white wine predominate in summer, but nothing quite beats a chilled red on a hot night and this is just the one to try.

Domaine Mortier is a small, nine-hectare vineyard located in the Saint Nicolas de Bourgeois AOC, in the Loire valley. The two brothers Fabien and Cyril Boisard started Domaine du Mortier nearly 10 years ago and have been making outstanding wines from the start.

They are passionate about developing the life of the soil and plant crops within their vineyard to enhance the diversity of the soil and the flavours found in the wine.

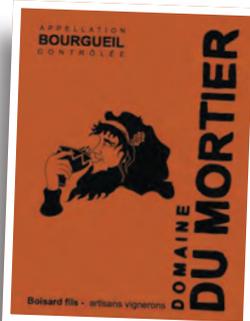
This is a very practical method to promote eco-diversity to create stunning wines.

Absolutely perfect with cold cuts and barbecued burgers.

£18 a bottle from GrapeSmith, Hungerford

### Whispering Angel, Provence Rosé

One of the great classic wines from Provence, if you are after a brilliant wine that is refreshing with smooth strawberry flavours then this is the wine for you.



Being a Provence Rosé it will have the beautiful salmon pink colour that we look for and will be crisp and dry to boot.

Partner with a picnic and you can do no wrong. Not cheap but just gorgeous.

£24 a bottle from Majestic, Newbury

### Heart of the Barossa, Shiraz, Dandelion Wines

There's nothing like a good rich Barossa Shiraz in the great outdoors.

This is a wine made from parcels of old vines where the dandelions have been left to grow unhindered (providing weed control and then mulch). The wine is terrific.

Intense crimson with youthful purple hues. Generous, mouth-filling sweet blackberries, raspberries and plums cover the palate with lashings of sweet spice. Firm but fine tannins and dark chocolatey nuances continue throughout the lengthy palate with a youthful finish. Yummy!

£14.95 a bottle from Inn at home, Newbury

### Naked Gin, 40%

On a hot summer's evening a good stiff gin and tonic is a must. And here's just the gin to try. Exclusive to The Naked Grape and to their own recipe, this smooth textured London dry gin is the one to be drinking this season. Juniper and citrus fruits abound, with a subtle and refined wide



palate of flavour that really sets this gin apart. £29.99 a bottle from The Naked Grape, Hungerford

### 2016 Touraine Sauvignon, Domaine de la Bergerie

A lovely, grassy Sauvignon just perfect for sitting in the garden at the end of the day.

Domaine de la Bergerie is a family estate run by siblings Rodolphe and Ludivin. The domaine's holdings include 15 prime hectares of Sauvignon Blanc, growing on southern exposed, flint and pebble plots, overlooking the river Cher.

A very pale, lemon-green colour, this 2016 Touraine Sauvignon is wonderfully aromatic, combining notes of floral elderflower with ripe greengage and gooseberry.

Light and lively on the palate, this is a supple, harmonious, silkily textured wine, which positively dances over the palate. The finish is zippy, fresh and satisfying.

£10.50 a bottle from Haynes Hanson & Clark, Whitechurch

### Summer Wheat Ale 500ml 5.5%

If you're not sure what season it is the label puts you right.

And this is all about summer in a bottle showing lovely balance and freshness. A cracking unfiltered wheat beer. Definitely one to try.

£3 a bottle from The Naked Grape, Hungerford [OA](#)





# RAMBLING ON

As the West Berkshire Ramblers celebrate 50 years of striding across the countryside, **BEN PALFREYMAN** joins them on one of their mid-morning walks and discovers they're more than just a social group – they help maintain public pathways too – and many rambles also include a stop for a well-earned drink and a bite to eat at the nearest pub



*Lesley Webb, Chris Reynolds, and Sue Green, at St Lawrence's Church, West Challow*

**M**y first foray into the world of the West Berkshire Ramblers took place on a grey Tuesday morning, with the promise of rain in the air – but that wasn't going to stop any of the large crowd of walkers that were patiently waiting in the pub car park.

Just the sort of sporting attitude one can get on board with.

I clocked a look of relief from the group leader, as I swiftly changed from my flip-flops into more suitable walking shoes and promptly joined the group as they headed off through the village to start the six-mile walk around the village of Letcombe Regis.

## VILLAGES AND VALES

It wasn't long before we had passed through the charming village and into the countryside of the Vale of White Horse, an area which sat within the Berkshire boundary until 1974, before most of it was incorporated into the neighbouring county of Oxfordshire.

The walk was largely flat – as is most of the vale – and went through picturesque fields, alongside tiny streams and through gorgeous villages.

A particular highlight was the village of Childrey, with its charming duck pond, quaint cottages and enticing coffee shop – the promise of a coffee and cake would have proven far too alluring had I not been with the rambling group.

Fortunately, one tradition of the group is to stop for a flask of tea and snack halfway through the walk, and the porch of St Lawrence's in West Challow proved the perfect spot.

## It's a fact

West Berkshire Ramblers currently have 354 members.

Their Tuesday walks regularly attract around 25 members – on a sunny day this can rise to 40 several times a year.

The first walkers into the churchyard got the posh seats on the benches, while those of us bringing up the rear got to perch on the grassy banks – and even the dogs were happy, splashing about in the stream that passes by.

Walking with a group that had been on these walks before meant that I was able to learn so much about the countryside we were in.

Passing through one particular meadow, I was advised to look out for roe deer that could often be seen in a certain field, and just a few moments later, as we rounded a bend in the path, we spotted a magnificent group – something we may have missed if we hadn't been with those in the know.

## TRAIL BEGINNINGS

It was way back in 1932 when it all began on Kinder Scout, a moorland plateau in what is now known as the Peak District.

On 24 April, groups of ramblers from Manchester and Sheffield held a mass trespass on the land, clashing with the gamekeepers of local landowners.

Things turned violent and several ramblers were arrested and imprisoned, but over the following weeks, larger organised trespasses were held and public opinion swayed in favour of the ramblers.

These trespasses led the way to the establishment of our much-loved National Parks, long distance footpaths and eventually to the Countryside and Rights of Way Act 2000, which granted unprecedented unrestricted access to thousands of square kilometres of countryside.



In 1967, a meeting was held at the Baptist Church Hall in Newbury to discuss how best to save the local footpaths in our parts, and on Easter Monday the group went on their first walk together – to Greenham Common.

The following year was an important one for the group as it took on the challenge of surveying the effect of the route of the new M4 on the current footpaths.

Since then, the group now known as the West Berkshire Ramblers have been involved in actively campaigning on footpath and countryside matters and regularly respond to issues such as diversion proposals and planning applications that may impact the footpaths.

### WORK UP AN APPETITE

Chatting to various members of the rambling group, it doesn't take long to realise that the visits to the pub for lunches and drinks after walks are – for some, at least – a very important part of the appeal.

Most walks start and finish at a village pub and usually those taking part that day need to put in their lunch order before starting off, so the kitchen doesn't get overwhelmed when the group arrives back en masse.

In fact, membership secretary Chris Reynolds, who accompanied me on the walk, is also a member of CAMRA and is the representative for West Berkshire Brewery at meetings.

For him, his passion for preserving the countryside goes hand-in-hand with supporting the local pub communities and local produce – especially beer.

If you really fancy working for your lunch, then you should get involved with the work parties that take place on alternate Fridays.

These heroes of the countryside spend the

morning inspecting the paths in the area, cutting back vegetation and replacing waymarks, before meeting back at a pub to share their progress over a snack.

The association also has a team that works in collaboration with West Berkshire Council, primarily tasked with replacing stiles with gates, although it occasionally installs other types of structures.

The team goes out 20 or so times a year and since 2005 has completed more than 250 installations.

Chris Reynolds informs me that any members of the public that discover paths that are badly maintained should report their findings to the council, who will then pass on details to the relevant people.

Over the years, these referrals have led to groups of volunteers taking out their tools to hack back stinging nettles and brambles, so that we can all enjoy using the footpaths once again.

### WALK THE WALK

On any given week, West Berkshire Ramblers usually lead four or more walks. While there can be variations, the general annual programme is currently:

- A morning walk of 5 to 6 miles each Tuesday, followed by lunch. ➤





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- An all-day walk of 9 to 12 miles most Thursdays, followed by a visit to a pub.
- A short walk of four to six miles and a longer walk of 7 to 12 miles most weekends.
- A brisk walk of 4 to 6 miles near a pub on some summer Wednesday evenings (May to August).
- A monthly coach excursion between April and September offering a choice of walk distances between 6 and 12 miles to a destination town or city.

The programme is published three times a year, with details of the planned walks for the next four months, and this is emailed or posted to the members.

If you wish to view walks online, you can use the Walk Finder on the group's website, which has details for all walks for the following month.

This is also a great tool for finding walks organised by other rambling associations, if you wish to explore a different area.

### RAIN AND SHINE

All members of the group are free to contribute walks for the next programme. This is put together by Roy Batty, the programme secretary. As if by magic, all available slots are normally filled by the deadline.

Chris Reynolds tells me that his favourite walks are generally ones near his favourite pubs – although his all-time number one is walking the ridgeway near Aldworth, with the views across the Goring Gap.

One excellent walk starts at the Ridgeway carpark at Warren Farm and offers a 4.9-mile circular walk that incorporates The Bell Inn at Aldworth, a delightful place that has been voted the Most Unspoilt Pub in Britain for several years running.

“Walks are very rarely cancelled and are only called off in the snow,” Chris tells me.

“Once I was scheduled to lead a walk in a flood and was about to go home as nobody had arrived when one person showed up. The person still wanted to go on the walk, regardless, so I had to go too.”

Dogs are also welcome on the West Berkshire Ramblers' walks, although it is worth checking the routes on particular days as they may pass through fields of livestock or run along country lanes, meaning the dogs would need to go back on the lead.

### GUIDELINES

Over the years, the group have designed and published a number of books of local walks,

the latest of which is called *Walks in the Kennet Valley and Beyond*.

Most of the walks start from towns and villages in the valley and car parking is clearly indicated on the maps, although you can also access all the walks on public transport.

Information on the maps includes viewpoints, inclines, features of interest and – of course – pubs.

The spiral-bound format enables the map and instructions to be seen together, while the book's A5 size means that it will fit into most map cases while open.

There are 20 walks included, all of which are circular and usually offer a couple of short-distance (2.5 to 5 miles) and long-distance (5 to 10 miles) options.

So, whether you enjoy a good hike, or are happy to take it easy with a short stroll, West Berkshire Ramblers have everything covered.

A walk with friends in the beautiful countryside followed by a pit stop at the pub – who minds a little rain? **OA**

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# Where the wild things are

KATE GOULD explains why naturalistic gardens take a bit more planning than you might think, but once they're in place they can look after themselves

There has been a trend for some time now towards much more naturalistic planting. Softer, lighter and more ephemeral with a preference for perennials and bulbs over shrubs, a garden realistically needs both though to create balance.

The shrubs add bulk and scale and act as a foil to lighter planting, so don't do away with them at all, perhaps just use lighter forms; euonymus, rosa mutabilis, cercis and cornus sanguinea work well in conjunction with grasses and perennials.

Meadow planting with wild flowers is not easy and certainly not low maintenance, although it is often labelled as so.

A meadow takes dedication and often is unsuccessful due to the ground it is sowed over (meadow planting loves a thin, poor soil and hates competition) so over the years if this light effect is what a client desires, but they do not have the right conditions or space, then I have found that ornamental grasses work equally as well, require little care and last beautifully through the winter months.

Calamagrostis, panicum, stipa, molinia and pennisetum create beautifully soft, waving drifts when planted en masse that morph from the greenest greens in the spring and summer, through to bleached blond as the year progresses.

Team them with allium in bold drifts or inter-plant with aquilegia, astrantia, sedum and late-flowering aster varieties to add colour.

Naturalistic gardening just got easier. 

For more garden inspiration visit [www.kategouldgardens.co.uk](http://www.kategouldgardens.co.uk)



Clockwise from above: aquilegia, allium sphaerocephalon, aster, stipa and pennisetum



# Wish you were here

We've all received that well-meaning gift from some far-flung isle, that goes straight in the drawer, never to be seen again. **THOMAS PLANT** says take another look, there might be more to those holiday souvenirs than you first thought

**S**ummertime is traditionally holiday time and ever since the Victorian era, goods have been produced to appeal to tourists visiting towns across Britain.

These pieces, as well as those produced in the 1970s, go under the hammer in our monthly Fine Arts & Antiques sales.

One of the earliest examples of holiday souvenirs are Stanhopes, very small lenses that when held close to the eye show a view of the place they were being sold.



A late 20th-century Kamayura feather headdress, c.1980 from the Amazon Basin

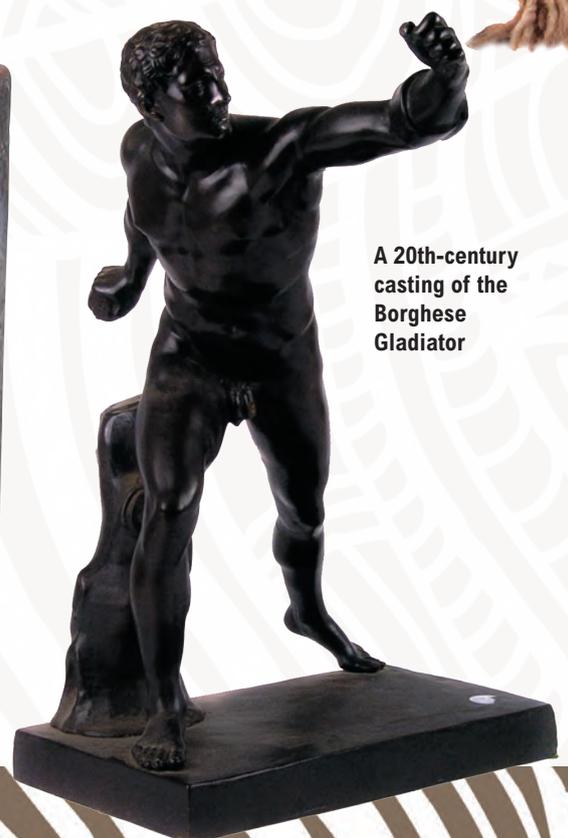
This Victorian invention was popular among holidaymakers and the lenses were inserted into items such as quills, needle cases or letter openers.

By virtue of their age, late Victorian/early Edwardian W H Goss crusted china, typically stamped with the coat of arms of the holiday destination, is also collectable and can fetch hundreds of pounds for the rarest examples, for instance the Sandbach crosses, made in three pieces, realised just under £1,000 earlier this year.

In Scotland, Mauchline ware and Tartan ware were 19th-century holiday souvenirs made to boost the Scottish tourist industry and comprised a range of items from board games to snuff boxes and sewing implements made from sycamore wood with patterns depicting Scottish towns.



An early Victorian Charles Stiven & Sons tea caddy, c.1842



A 20th-century casting of the Borghese Gladiator

**Giovanni Battista Piranesi (1720-1778),  
Veduta del Tempio della Sibilla in  
Tivoli, sold for £250**



**An African Ndebele Beadwork jocolo,  
or 'bride's apron', early 20th century**

The town of Mauchline in South West Scotland made souvenirs over a period of 100 years, until 1933 when the last factory burnt down.

Troika pottery was made in Cornwall between the 1960s and 1980s and was a particular collecting phenomenon in the 70s. It is now considered valuable.

Troika can take the form of vases, tableware, lamp bases and even wall plaques, and can fetch in the region of a few hundred pounds for good and fine examples.

Collecting of the natural-coloured sand of Alum Bay as a souvenir when visiting the Isle of

Wight has also been a pastime since Victorian times.

As a child, I remember friends holidaying there and coming back with glass bottles looking beautiful filled with sand. We see paperweights and curios from Alum Bay at auction and these can make small returns.

Holiday souvenirs are not limited to the UK, of course.

Aboriginal dream pictures and artefacts do come up from time to time, as well as Mdina blown glassware from Malta, which comes in the form of vases and bowls. And we have

even had wooden objects carved by the people of the Pitcairn Island in the South Pacific or pieces made by Amazonians and those in African countries.

I collect Pilgrim Shells, which were originally worn on cloaks by those on their way back from a pilgrimage, to let others know that they had made it to the destination.

I favour the ones carved out of mother-of-pearl, which are from the Holy Land and depict scenes from the Bible. You can buy them at auction for around £100. **OA**

**A pair of  
19th-century  
Inuit snow  
goggles,  
carved from  
a piece of  
caribou antler  
c.1880**



**A carved  
Pilgrim Shell**



Thomas Plant discovered his love for auctioneering at a young age, living on the family farm. Watching the man with the gavel at local cattle auctions was a regular event, and Thomas quickly decided on which side of the rostrum he'd rather be.

He went on to take a degree in antiquities and served his apprenticeship with leading auction houses, including Christie's in London.

Today, Thomas is the co-owner of Special Auction Services in Newbury and is also a favourite TV expert on BBC programmes, including *Bargain Hunt*, *Flog it!* and *Antiques Road Trip*.

If you've any jewellery, antiques and collectables you'd like valued for auction, don't forget SAS hold free valuation days every Wednesday at: Saleroom Two, 80 Greenham Business Park, Newbury, RG19 6HW.

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**See over the page or a chance to join  
Thomas Plant on a great antiques  
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# Great antiques pursuit



OA competitio

Win the chance to join Thomas Plant in a hunt for bargains and raise money for charity

**D**o you fancy yourself as an antiques expert? Then here's your chance to test your knowledge in the Great Antiques Pursuit competition.

OUT&ABOUT is looking for four enthusiastic teams of two to take part in an exciting antique and collectables hunt. Any profits made will go to the Alexander Devine Children's Hospice.

Thomas Plant and Neil Shuttleworth from Special Auction Services will head up four teams, who will compete with each other to buy antiques in a *Bargain Hunt*-style competition on Thursday, September 7.

The first two teams will go head-to-head at 9.30am, followed by the other teams at 11.30am.

The items purchased will be entered into forthcoming auctions and all profits will be donated to the Alexander Devine Children's Hospice, the local charity that supports children with life-limiting and life-threatening conditions.

Just as you see on the TV, each team will be given money to make their purchases under the guidance of the experts Thomas and Neil, and the aim is to spend as little as possible in order to achieve the best possible profit at auction.

The team whose lots make the most under the hammer wins.

Four sets of competition winners will meet Thomas and Neil in Hungerford and spend an hour looking for bargains in the antique shops.

The items will then be sold in the Special Auction Services monthly sale in Greenham on Tuesday, November 7.

Thomas Plant says: "Neil and I always look forward to the Great Antiques Pursuit – we love a little competition between ourselves. It is also great to meet some *Out&About* readers.

"We are ambassadors of the Alexander Devine Children's Hospice and know what a fantastic local charity it is. We are very much looking forward to meeting the lucky teams."

## MEET THE EXPERTS

THOMAS PLANT is a regular on BBC's *Bargain Hunt*, *Flog it!* and *Antiques Roadtrip*, as well as director at SAS, which he has been running with Neil since 2006. He enjoys scouring antiques shops for deals and likes nothing more than beating Neil in a competition.



NEIL SHUTTLEWORTH is Thomas' business partner and a director of SAS. He's a specialist in jewellery, watches, silver, antiques and fine art. He likes to drive a hard bargain, is competitive (especially against Thomas) and as main auctioneer at SAS, he knows what sells.



Once the shopping is over, the teams will get together for a 'show and tell'. The items will then be taken away to be photographed and catalogued for the auction.

On Tuesday, November 7, the teams will meet up again – this time at Special Auction Services for the big day where all the lots will go under the hammer and the winning team will be presented with a bottle of champagne.

Any profits realised from the competition lots will be given to the Alexander Devine Children's Hospice.

## HOW TO ENTER

If you and a partner want to enter the Great Antiques Pursuit competition, and you are available in Hungerford on Thursday, September 7 and at SAS Auctions, Greenham, on Tuesday, November 7, all you have to do is fill in the form below and send it to Great Antiques Pursuit, OUT&ABOUT, Newspaper House, Faraday Road, Newbury, Berkshire RG14 2DW. The closing date for entries is Thursday, August 10.

### Great Antiques Pursuit entry form

Name .....

Address .....

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Daytime tel. no .....

I am available on Thursday, September 7 and Tuesday, November 7

# Desert Delight

**JAKE COOK** goes on an African adventure across Namibia, observing first-hand conservation work and experiencing the true wilderness of the Namib desert



Located in south west Africa, with a population of 2.3 million and larger than Britain and France combined, Namibia exudes a barren sense of wilderness.

The epitome of this aridity, the coastal Namib Desert occupies the country's entire western margin, some 1,000 miles long with varying widths of up to 125 miles.

But in more ways than one, this harsh environment is a rich storyboard of evolution and with only a slight scratching of the surface, a wealth of life is discovered.

Big Daddy, the goliath sand dune, which I had just summited, as well as others of similar standing, are located in the central west portion of the Namib in an area known as Sossusvlei.

Translated in English to 'dead-end marsh', Sossusvlei is one of four large clay pans that form the end point of the ephemeral Tsauchab River.

The flat, deathlywhite of the pans surrounded

by towering red sand dunes offer some of the most striking natural landscapes to be found anywhere in Africa.

Another must see, literally 'over the dune' from Sossusvlei, is a parched pan named Deadvlei. Here a small dead forest of camel-thorn trees has been fossilised for some 900 years, relics of a time before the sand sea halted seasonal floods.

Venturing into the rockier northern Namib via some rusty shipwrecks and thousands of sea shells on the Skeleton Coast, I arrived at Desert Rhino Camp to see for myself just how large mammals such as the black rhino can survive in the desert.

Run in conjunction with the local communities and Save The Rhino Trust (SRT), this long-standing, highly successful operation has managed to sustain the largest, free-roaming population of these critically endangered animals on earth.

Another early morning saw me follow the SRT Trackers as they scouted dry riverbeds with their binoculars.

We soon saw a mother and her calf making their way down to one of the few natural springs in the area, stopping off to browse at various dead-looking shrubs.

While these individuals didn't look too different from black rhino I had seen elsewhere in Africa, they are internationally recognised as a separate 'desert' species; feeding and moving mostly at night and resting in shade during the day.

Unlike other rhino, they have a much greater utilisation of available food, browsing 74 of the 103 plant species that occur in their range, and moving much greater distances for both food and water, some having territories of more than 500 square miles.

Perhaps the highlight of my trip was navigating further north through the Skeleton Coast



National Park at the heart of which lies the Hoanib River.

This concourse remains dry for most of the year, but, surprisingly, supports relatively lush floodplains full of springbok and oryx antelope, ostrich and numerous birds, happily feeding to a backdrop of undulating white sand dunes.

I was on a mission however, as I had heard some troubling news.

I had come to this section of the northern Namib in search of the elusive and highly threatened desert lion.

It is estimated that perhaps only 150 individuals exist and they all occur in this small pocket of Africa.

Dr Phil Stander of Desert Lion Conservation, a heroic individual who has dedicated the last 20 years of his life to researching and protecting these lions, met our group at the western side of the Hoanib floodplain.

One of the last two females of the Floodplain

pride had been recently killed – gored by the horn of an oryx while hunting – and her sister had fled the area.

More distressing was that the deceased female had three 18-month-old cubs entirely dependent on her for food and water.

Being too young to find food or water for themselves, they had been waiting for days for their mother to return and their skeletal bodies had almost given up.

The situation was desperate, with Dr Stander praying that the fleeing sister would return to take care of the cubs.

By some miracle we were driving through the dunes en route to the airstrip for a scenic flight when one of our group spotted a peering face on top of a sand dune. It was the lioness.

We immediately radioed Dr Stander who stayed with her the whole day and later observed her killing an oryx.

At the time of writing, I had been informed that

the cubs and the female have now linked up, the cubs had fed on the oryx carcass and their condition had greatly improved.

What struck me most during my time in Namibia is that it is one of the last bastions of true wilderness in Africa; an unending show of sandy and rocky vistas that justifiably attract visitors from afar.

It came as no surprise to hear that Angelina Jolie chose to relax in the Namib Desert during her last pregnancy, Jeremy Clarkson and the crew of the *Grand Tour* had just traversed the toughest 4x4 routes and that several recent Hollywood movies had been filmed amid the lunar landscapes.

While I was awestruck at just how much there was to see and do, the real pleasure was the strangely liberating and profoundly humbling sense of insignificance I felt in the face of such a vast and majestic space.

I cannot wait to go back. **OA**



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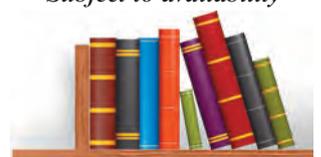
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Smith allows the reader to meander with her through her life against a backdrop of the South African veld with colourful imagery and descriptive prowess. We all have so much to learn, not only from our own past, but from the lives of others. To take comfort and strength from the success and happiness of those who have struggled and won. Her debut novel is a reflective look back over her life in South Africa. It still resonates today on a personal and global level. There is something for everyone to take away from Smith's debut novel.



"I lived in Newbury for about ten years and thoroughly enjoyed walking in the countryside and along the river. I was so fascinated that it went through the town and couldn't resist feeding the swans and ducks. Retirement came around suddenly and it was then that I decided to gather all my thoughts I'd stored for a lifetime and write my memoirs."

Biography:  
Trudy Smith was born in Pretoria and lived the majority of her life in South Africa. In this, her first novel of a trilogy, Smith paints a portrait of life in South Africa in the 1970s. As readers we can picture the landscape and almost hear the wildlife as we are transported back to a different time and place, into Trudy's childhood and early life. Now living in London, Smith is retired from a career in the cosmetic industry, and has time to reflect on a life filled with uncertainty and self-doubt. There is something for everyone to take away from this thought-provoking and evocative debut novel.

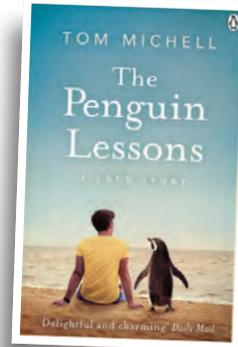
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Trudy's book 'Finding Love on a Farm' is available from Amazon and [www.novum-publishers.co.uk](http://www.novum-publishers.co.uk)

# What happens when you p-p-pick up a penguin

**HELEN SHEEHAN and LISSA GIBBINS find themselves enchanted by the adorable Juan Salvador in Tom Michell's account of his unwitting adoption of a penguin in *The Penguin Lessons***



*This is the heart-warming story of Juan Salvador the penguin, rescued by Tom Michell from an oil slick in Uruguay just days before a new term. When the bird refuses to leave Tom's side, the young teacher has no choice but to smuggle it across the border, through customs, and back to school. Whether it's as the rugby team's mascot, the housekeeper's confidant, the host at Tom's parties or the most flamboyant swimming coach in world history, Juan Salvador transforms the lives of all he meets – in particular one homesick schoolboy. And as for Tom, he discovers in Juan Salvador a compadre like no other.*

There are a great many books celebrating the special bond between people and their animals; Michael Morpurgo's *War Horse*, *Marley and Me* by John Grogan, and several books and a statue dedicated to Greyfriars Bobby, the faithful Edinburgh hound, to name but a few. These furry friends seem to do far more for us than we do for them. But a penguin? As a pet? Tom Michell's book *Penguin Lessons* tells the true story of his relationship with a Magellanic penguin and what an enchanting tale it is.

In the early 1970s, Michell, young and adventurous, is working and travelling around South America. While staying in a family friend's seaside apartment in Punta Del Este in Uruguay, he takes a walk along a stretch of beach and discovers, to his horror, hundreds of dead penguins that have been caught up in an oil slick: "... the instinctive, annual compulsion of seabirds to migrate met a vast, floating oil slick dumped at sea through human thoughtlessness".

He is sickened by the sight, but out of the corner of his eye he sees that one bird is moving, "One valiant bird was alive...It was extraordinary!"

Against his better judgement and with no clear plan, he approaches the poor penguin and manages, with a mighty struggle from the bird, to get it back to his friend's apartment.

"At least I should be able to clean the penguin." Michell starts to wash the bird who is "filthy and very aggressive". However, halfway through the cleaning process there is an amazing transformation in the penguin's behaviour – it becomes calm and cooperative: "It were as if the bird had suddenly understood that I was trying to rid it of that disgusting oil".

So begins a delightful and fascinating relationship between Michell and his penguin, Juan Salvador, who Michell has named after the Spanish edition of *Jonathan Livingston*

*Seagull (Juan Salvador Gaviota).*

Juan Salvador is devoted to his saviour, and when Michell tries to release him back into the sea, the penguin refuses to go.

Understandably, Michell has serious reservations about adopting a penguin; firstly how to smuggle the bird into Argentina, where Michell has a teaching job in a boarding school, St George's College, and secondly, if he manages that, can Juan Salvador live at the school as a pet?

Michell explains early on in his book about the character and habits of Magellanic Penguins.

They are indigenous to the southern coasts of South America, about two feet high, with black backs and faces and white fronts. They are intensely social birds within their colony, cuddling up to each other and calling to one another constantly.

On land they display that comical and endearing penguin waddle with their short legs, but in the water "No cheetah, stallion, albatross or condor is more elegant or graceful. Nothing is more masterful..."

With some humorous mishaps on the journey to Buenos Aires, we find that Juan Salvador does indeed settle into boarding school life with incredible ease and, it seems, enjoys everything and everyone he meets.

Michell describes the penguin's belly-surfing down flights of stairs: "While he was never destined to be the fastest ascender of stairs, Juan Salvador could come down a single flight faster than anybody, effortlessly negotiating two right angles".

However, what really captures your imagination and warms your heart is Juan Salvador's social interaction, not only with Michell, but with the pupils and staff at the school.

"On every occasion that he heard the boys going by, Juan Salvador would animatedly run up and down his terrace" and once fed "would

stand in the centre of the little group of boys and gaze lovingly up at them...he would nod off...leaning against the helpfully vertical legs of the boys".

Throughout the book the author questions whether or not he has done the right thing by rescuing Juan Salvador: "...I had become greatly attached to my new friend...but I knew I needed to explore further options".

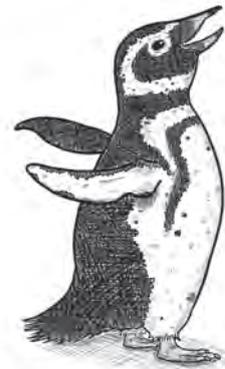
He has an important ecological message, all the more heartfelt because of his relationship with the penguin: "Is there any chance the world's oceans can survive the damage we are causing, but just don't see?"

Michell also describes his travels and adventures in South America in some detail and although these are genuinely fascinating (some time spent with the macho gauchos is particularly wonderful), what you're really dying to know about are the antics that Juan Salvador gets up to while his master is away.

This adorable penguin, resplendent in his white bib, flapping his wings in greeting or skating down the stairs, inevitably waddles his way straight into your heart.

Michell puts it best: "...my life has been greatly enlightened by the lessons learnt from Juan Salvador – the penguin in a class of his own".

This book is charm itself and despite the obvious and manifest difficulties of looking after a penguin, and the sound ecological reasons against it, you do rather wish you could have one anyway.



Helen Sheehan and Lissa Gibbins are writers and owners of Aide Memoire, Great Bedwyn. Inspired by their passion for words, they write memoirs, edit novels and documents and proofread for a wide range of clients.

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# Open season

## MAURICE and ANNETTE HARDY go for a spin in the Audi A5 convertible



Best bits: consummate convertible

**T**his report has to start with an apology to all the tourism businesses on the Isle of Wight.

Why? Because the end of the June heatwave had nothing to do with complex weather systems, high or low pressure, or anything other than the fact that we hopped off the Lymington to Yarmouth ferry in an Audi A5 cabriolet for a two-day business trip.

Naturally, it was also a chance to get the roof down and soak up some rays so the weather duly obliged by turning cloudy, cool, and occasionally showery.

Not that we were deterred. We had already had the roof tucked away on several trips and a bit of cooler weather was not going to defeat us. Part of the brief was to take a look at the south west of the Diamond Isle and some tourism spots.

When we got to the best bits, the sun did oblige by appearing from behind the clouds for sufficiently long to top up the vitamin D as we drove.

There was a lot to like about this Audi, which comes from a carmaker showing almost as much devotion to sawing the tops off its cars as it does to promoting permanent 4x4 through its quattro models.

After a week enjoying the simplicity of a Fiat 124 Spider, with a three-second hood operation and not even a whisper from a motorised mechanism, the Audi was the complete opposite.

Pulling up a switch on the centre console and the rear panel and canvas roof went into a routine that seriously impressed our *Strictly* fan granddaughters. Even Len Goodman would have given the Audi, suitably finished in Tango

Red, more than a seven had he not retired from the judging panel.

The Audi was also a good example of how civilised diesel engines have become thanks to its 190 PS version of the VW Group's 2-litre turbodiesel.

You can go bigger with a 3.0 diesel, but in a car like this, a real boulevard cruiser perfectly suited to Isle of Wight seafronts, what's the point? After all, with the DSG automated seven-speed gearbox taking drive to the front wheels this car can manage a 144mph top speed and 0-62mph time of 8.3 seconds. Blip the throttle in the wrong place and you could suddenly find yourself in an Audi speedboat.

With its optional 19-inch wheels, the car emits 124g/km of CO<sub>2</sub> which is not that far above the 118g/km of the standard 17-inch wheels or 122g/km of the 18-inch items.

Over the test, the Audi averaged about 43mpg in a very mixed bag of driving, maybe more representative than the official 60.1mpg and possibly a cause for range anxiety over a long distance as the standard fuel tank is just 40 litres to allow for the 12 litres of AdBlue capacity necessary to clean up emissions as the world clamps down on demon diesel.

It must work, this AdBlue, for even with the hood down on a windy day no familiar fumes filter into the car, as we've experienced with diesel droptops in the past.

In fact driving in this Audi was noticeably buffet-free even though there was no pop-up windbreak to ease the airflow as many other convertibles have.

The car also felt delightfully solid. Despite there being very few apparent opportunities for tarmac salesmen on the Isle of Wight because

so many routes had been recently resurfaced, there were occasions when the rumpled roads would have caused lesser convertibles to develop a bad case of the DTs, after losing the support of their roof.

This is the more remarkable because the test car carried Audi's S line set-up that gives it a firmer, sportier ride. It showed in the handling, but was not something that had to be suffered as a compromise.

Despite its size, the Audi is really only a 2+2 at best. Four adults might find life a little too cramped, but a couple with two children could tolerate it as a daily drive – but it's a fair bet that before long they would want a second car to do the really hard family work. There is a 380-litre boot, but that may not prove sufficient for many.

It's a very liveable and loveable car, but at £42,625 on the road, the new excise duty rules will make it a little more taxing to drive. 

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Take tea  
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# Downton Abbey

## Win two tickets to the Vintage Party at Highclere Castle

**T**ickets are now available for the Vintage Party to be held at Highclere Castle on Saturday 9 and Sunday 10 September.

Lord and Lady Carnarvon will host a Roaring Twenties Garden Party with all the glamour, sophistication and glitz of the era. Guests will be able to immerse themselves in all that the real Downton Abbey has to offer, including tours of the castle, a traditional merry-go-round, a game or two of croquet on the lawn, as well as a delicious picnic lunch.

*Out&About* has teamed up with the castle to offer one reader the chance to win a pair of tickets to the garden party, for either Saturday or Sunday.

Prizes will be awarded by Lord and Lady Carnarvon for the best-dressed attendees in a variety of categories including Best Upstairs, Best Downstairs and Best Hat.

Castle highlights include Morris dancers and a brass band.

The castle, with its magnificent state rooms, will be open for visitors to explore, as will the Egyptian exhibition in the cellars of the castle. This tells the story of, and contains antiquities from, the tombs that were discovered in Egypt

by the 5th Earl of Carnarvon and Howard Carter, nearly 100 years ago.

The gardens, arboretum and flower meadow will also be open for guests to explore.

A light lunch, freshly prepared from the castle kitchens, and a refreshing glass of Pimm's is included in the ticket price and can be enjoyed in one of the marquees.

The Castle Tea Rooms will be open throughout the weekend for the purchase of tea, coffee, light snacks, scones and cakes.

Tickets are £120 per person via the website. More information is available on the link below.

<https://highclerecastleshop.co.uk/categories/vintage-garden-party>

For your chance to win a pair of tickets to the Vintage Party at Highclere Castle, answer the following question:

**Which Earl of Carnarvon discovered the ancient Egyptian tombs along with Howard Carter?**

Send your answer to: *Highclere Castle Vintage Party, OUT&ABOUT, Newspaper House, Faraday Road, Newbury, Berkshire RG14 2DW.* The closing date for entries is Thursday, August 10.



Highclere Castle  
Vintage Party  
competition

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Thursday 10th August	Children Learn to Knit Course (£12)	10.30-13.00
Sunday 13th August	Needle Felting Course (Birds) (£40)	10.30-15.00
Thursday 17th August	Children Learn to Crochet Course (£12)	10.30-13.00
Thursday 24th August	Children Learn to Knit Course (£12)	10.30-13.00
Thursday 31st August	Children Learn to Crochet Course (£12)	10.30-13.00

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Tuesday 8<sup>th</sup> August 2017  
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Tuesday 22<sup>nd</sup> August 2017  
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Donations welcome

# What's on

Find out what's happening in West Berkshire and the surrounding area this month, with concerts, theatre, fetes, lectures, exhibitions and markets to choose from. You can find more detailed listings every Thursday in the *Newbury Weekly News* or online at [www.newburytoday.co.uk](http://www.newburytoday.co.uk)

## They say the neon lights are bright...

**On Thatcham Broadway**  
**Thursday, August 31, 10am till 3pm**

Bugs & Butterflies theme – lots of free fun such as arts & craft, circus skills and face painting.

Already confirmed are Circus Scene Circus Workshop, Little Munchkins Face Painting, The Creation Station West Berkshire and BBOWT.

There will be a prize for the best fancy dress and much, much more.

Keep checking the town council's Facebook page for more details.

The perfect end to the Summer holidays.



## Everybody needs good neighbours...

**West Berkshire Council Offices, Market Street, Newbury, Monday 21 August, 7.30pm**

Talk by manager of the Building Communities Together team Susan Powell.

Representatives from the police and fire service will also be attending to give crime updates and both will be available to answer any questions.

Parking close by and the evening charge is £2.

Anyone is welcome to attend this meeting.



## Raise the roof and have some fun

**Stockfest**  
**To August 25**

Various events and venues in the Stockcross area. Stockfest Culture Music and Arts Festival began in 2013 and is a community organisation run entirely by volunteers. The festival is a celebration of local talent, arts, music, culture and sport that also aims to bring professional artistes to the village. A variety of village venues host the events to highlight the facilities and businesses that exist within the community.

Any profits are reinvested into the festival, distributed to Stockcross groups or used to purchase items to benefit the people of the village.

For individual events see diary over the page or visit

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



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# August dates for your diary

## Wednesday 2

To end of August, **Afternoon teas**, St Mary's Church, Aldworth, 2.30pm to 4.30pm, every Wednesday. Details: 01635 578936

## Friday 4

**Heritage Walk:** Central Newbury with Jeremy Holden Bell, 11.30am. Meet outside the Corn Exchange. Tickets from the box office 0845 5218218

And tomorrow, **Newbury International Antiques & Collectors Fair**, a two-day fair at Newbury Showground. With stalls inside and out. For more information: t: 01636 702326 e: enquiries@iacf.co.uk | w: www.iacf.co.uk



**Jungle Friends**, Kennet Shopping Centre, 11.30am-3.30pm. An interactive, educational, jungle-themed animal display. Come along and join in the jungle fever and monkey around with the animals on show. www.kennetshopping.co.uk/events.aspx

## Saturday 5

**Mind Body Spirit Fayre**, Hungerford Town Hall, 10am to 5pm

**New: Music Showcase**, 7.30pm (doors open from 7pm), Corn Exchange, Newbury. Box office 0845 5218218 www.newburymusic.co.uk

**Thames Valley Police open day**, 10am-3.30pm, TVP Training Centre, Sulhamstead RG7 4DX. Free

**20th anniversary Battle Proms**, Highclere Castle. Join in the pomp and circumstance, take a picnic. Includes a Spitfire display and cavalry entertainment. Live orchestra and singing. www.battleproms.com

## Sunday 6

**Heritage Walk:** Market Place and Cheap Street with David Peacock, 2.30pm. Meet outside the Corn Exchange. Book via box office 0845 5218218

**Pete Allen Reeds 'n' Rhythm**, Chequers Hotel, Newbury. A taste of Bechet, with Dave Browning (piano) – commencing at 3pm. Tickets at the door £13.50 (cash only)

## Monday 7

**Raucous Rossini** present *La Occasione Fa il Ladro*, a one-act comic opera by Rossini, 7.30pm-8.45pm. Bradfield College Greek

Theatre, RG7 6AU (grounds open for picnics from 6.30pm). Tickets £30 adults, £10 students/under 18s from www.raucousrossini.com Hosted by Bradfield College in aid of Afghan Connection.

## Friday 11

**City Arts: Chalkfest**, 10am-4pm, Newbury Market Square https://cityartsnewbury.co.uk/ To Sunday, **Retro festival**, Newbury Showground.

## Saturday 12

**The Crossing Lines Project:** Outdoor event, 9.30pm, Goldwell Park, Northcroft Lane, Newbury. Free, no booking required

## Sunday 13

**25th annual classic vehicle show**, 10am to 4.30pm, Newbury College, Monks Lane, Newbury. Organised by West Berks Classic Vehicle Club in support of BLOODWISE the new name for Leukaemia & Lymphoma Research. www.classicvehicles.org.uk



## Monday 14

**The Wind in the Willows**, Outdoor Theatre, 6pm performance; gates open 5pm, Shaw House. Tickets 01635 279279. Bring your own seating, warm clothing and picnic. Café open.

## Wednesday 16

**Tour of the Benham Estate** on a tractor and trailer, 9.30am-12noon. Booking essential. £10 www.stockfest.co.uk or from Stockcross village store

**Pub Quiz**, 8pm, Rising Sun, Stockcross

## Thursday 17

**Silver Ring in a day**, with Cathy Newell, 10am-4pm, City Arts, Hampton Road, Newbury. £65 adults. To book info@cityartsnewbury.co.uk

**An introduction to origami**, 10.30am-12noon. Free, but booking essential. Stockcross Village Store or www.stockfest.co.uk

**Outdoor lunchtime concert by Wessex Harpers**, 12.30pm-1.30pm, Croquet lawn, Stockcross House – bring a picnic

**Family Sewing workshop** with Stitch Up, 2pm-4pm, Sutton Hall, Stockcross. Free

**Mozart's Last Year** – with soloists and chorus of Kennet Opera, 7.30pm, Sutton Hall, Church Road, Stockcross

## Friday 18

**Images transfer onto tile coasters** with Debbie Taylor, 10am-3pm, City Arts, Hampton Road, Newbury. £30 to book. cityartsnewbury.co.uk

**Wild writing workshop** with Nicola Chester, 10.30am-1.30pm. Marquee, the Glebe Field, Church Road, Stockcross. Ticket £5 www.stockfest.co.uk

**I'm Alright Jack** (1959) Classic British film night introduced by Andy Cole, 7.30pm-10pm, Sutton Hall, Stockcross. Ticket £10, bring your own drinks. www.stockfest.co.uk

## Saturday 19

**Cartoons and Caricatures** with Simon Jardine 10.30am-12noon, Stockcross post office and store. Free, drop-in event

**Geocaching** at Stockfest with Adam Renshaw, 1pm-4pm, The Marquee, The Glebe Field, Church Lane, Stockcross. Bring a smartphone, nothing else needed. Free event, U16s must be accompanied by an adult

**Rock n Roll Blues** with Chicago9, 8pm-11pm, Sutton Hall, Stockcross. Full bar available

**Life Drawing** with Louise Gunnerson, 1.30pm-4.30pm, City Arts, Hampton Road, Newbury. £30. Adults and art students age 16 plus. To book email info@cityartsnewbury.co.uk

**Betfred Ladies Day with Olly Murs**, Newbury Racecourse. First race 1.25pm. Social event of the Newbury summer season, followed by Party in the Paddock with Olly Murs. newburyracecourse.co.uk/raceday/olly-murs/

## Sunday 20

**The Art Shed** with Rachel Cheer, 10am-12noon, City Arts, Hampton Road, Newbury. £1 per child, drop-in event, no need to book. (Children must be supervised at all times)

**Stockcross Classic Car Show** with vintage and craft fair, 12noon-5pm, Sutton Hall and Glebe Field, Stockcross

**Acoustic music night**, 8.30pm Rising Sun, Stockcross. Free

**Wantage Silver Band**, 3pm-5pm, Bandstand, Victoria Park, Newbury

## Monday 21

To Wednesday, **Three-day watercolour short course** with Kevin Skully, 10am-4pm, City Arts, Hampton Road, Newbury. Suitable for all levels. £150. To book, email info@cityartsnewbury.co.uk

**Discover Chocolate** with Tilly's Treats. Talk, tasting and demo. 1.30pm-3pm, Sutton Hall, Stockcross. www.stockfestco.uk

**Stockcross and Surroundings History Association: Pop Pirates of the 1960s** – talk by Tony Hadland with guest Pete Brady, 7.30pm-9.30pm, Sutton Hall, Stockcross. Tickets £3 www.stockfest.co.uk ➤

# August dates for your diary

It's a great summer for outdoor entertainment. Arts Editor TRISH LEE's pick of the most exciting shows in August. For reviews and arts news see N2 in the *Newbury Weekly News* each week

## Misrule in Messina

**Oxford Shakespeare Company: Much Ado About Nothing**  
Wadham College Gardens, Oxford Until August 19  
Bookings: 01865 305 305 or [www.ticketsoxford.com](http://www.ticketsoxford.com)

'RESISTENZA!' Messina, 1943. War is raging... the Italian Resistance defend their lands... and their hearts.

Newbury-born composer Nick Lloyd Webber joins director Nicholas Green and on their third collaboration, joining the wonderfully-creative OSC for the outdoor summer Shakespeare production *Much Ado About Nothing* – a natural successor to last year's wondrous *Love's Labour's Lost*, *The Telegraph's* Critics' Choice. Will Beatrice and Benedick ever fall in love or Claudio and Hero ever marry? Resisting love is only part of their troubles; driven by greed and jealousy, Don John and his gang of early Mafiosi seek to undermine the sanctity of blood and bonds of family.

Meanwhile, the well-meaning antics of the Watch cause an altogether more comic misrule...



Costume designer Adrian Lillie explores the fading romantic glamour of a world on the brink of change in the beautiful setting of Wadham College Gardens.

## Outdoor Spectacular Crossing Lines

Saturday, August 12, 9.30pm

Goldwell Park, Newbury [www.cornexchangenew.co.uk](http://www.cornexchangenew.co.uk)

Europe's spectacular outdoor performance company Actiontheater Pan.Optikum will perform one of the largest free outdoor events the Corn Exchange and its 101 Outdoor Arts Creation Space have ever presented.

Performed by 28 young people from nine European countries – including Paige McKay, from Thatcham – and touring to each participant's country of origin, Crossing Lines combines dance, performance, rap, video projection and a huge set.

The project aims to offering local young people the unique opportunity to be a part of an international piece of performance, and create a new multi-national European theatre ensemble of young people.

Pan.Optikum's spectacular shows, featuring giant moving structures, pyrotechnics and high impact sound and light, have been presented at major arts festivals across the world.



## Sit with Jane Austen

**BookBench art trail around Basingstoke**  
[www.sittingwithjane.com](http://www.sittingwithjane.com)

Here's a great idea for Jane Austen fans in this anniversary year. Sitting with Jane is a creative art trail that follows her footsteps around Basingstoke and discovers sites of significance to Austen's early life and other interesting places – all for free.

Colourful artist-commissioned BookBenches are displayed around Basingstoke and beyond, until the end of the month, taking visitors on a fascinating tour of the area.

The trail is all part of the wider celebrations of Jane Austen's life in Hampshire on the 200th anniversary of her death.

Visitors are guided around the trail with an app downloaded for free – there is also a website with all the locations and images of each BookBench.

The trail is getting huge attention from all over the world on social media, with reports of Austen fans abroad travelling just to visit it.

The app allows visitors to find and 'unlock' each BookBench and some special offers, vote for their favourite, upload their images and see how many other people are following the trail.

The BookBenches will be auctioned on September 15, with proceeds to the Ark Cancer Centre Charity.



## World's biggest 80s music festival ~ Rewind South

Friday, August 18 to Sunday, August 20

Temple Island Meadows, Henley on Thames  
[www.rewindfestival.com](http://www.rewindfestival.com)

Dig out the leg-warmers, big-up your hair, man-up your mullet – this festival is a blast from the past and Saturday night is party night at Rewind South with a fantastic headline performance from New York's finest Village People and Gloria Gaynor.

Rewind is back for its ninth celebration of music, fun and good times, set to a live 80s soundtrack from the biggest music icons from the decade of DayGlo and big hair.

Sunday night is the time to totally rock out – with the one and only Status Quo.

Among this amazing weekend you'll find Big Country, Tom Robinson, Musical Youth and Junior Marvin's Wailers, Kim Appleby, Glen Matlock, Jilted John, Owen Paul, Level 42, Sugarhill Gang ft Grandmaster Melle Mel & Scorpio's Furious 5, Nik Kershaw, Nick Heyward, Dr & The Medics, Imagination ft Lee John, Midge Ure, Kim Wilde, Belinda Carlisle, The South, Go West, The Christians and Sonia.

It's one of the biggest parties this summer, with camping, glamping, posh nosh, theme bars, DJs, street entertainment, funfairs, silent disco, big top bars, kidzone, fireworks, trade stands, fancy dress and much more.





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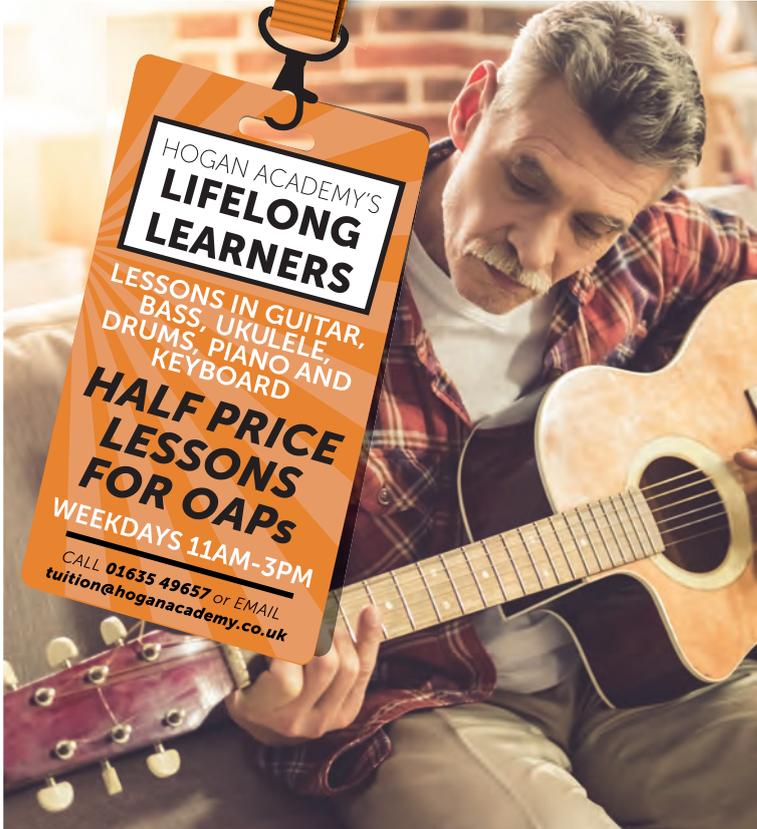


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# August dates for your diary



## Tuesday 22

**Stockfest: Summer Ramble.** Meet at the Red House, Marsh Benham, for a walk along local footpaths, 10.30am-12noon

**Phil Beer in Concert,** 8pm, St John's Church, Church Road, Stockcross. Tickets £14 from [www.stockfest.co.uk](http://www.stockfest.co.uk)

## Wednesday 23

**Come and Try Pilates,** 10.15am, Sutton Hall,



Stockcross. £10. Book by phone – contact Gillian on 07981 362867

**The Hills are Alive:** wildlife talk by James Sadler and Nicola Chester, 2pm-4pm. Tickets £5 [www.stockfest.co.uk](http://www.stockfest.co.uk)

**Picnic with wheelbarrow racing,** 6.30pm, The Glebe Field, Stockcross. Bring your own wheelbarrow, picnic, drinks, chairs

## Thursday 24

**Watercolour Workshop** with Claire Warner, 10am-4pm, Sutton hall, Stockcross. £35 [www.stockfest.co.uk](http://www.stockfest.co.uk)

**Sing with joy workshop** with Tessa Hall, 7.30pm-9.30pm, Sutton Hall, Stockcross. Free

**Reverend Peyton's Big Damn Band,** 8pm, Arlington Arts Centre. [arlingtonarts.ticketolve.com](http://arlingtonarts.ticketolve.com)

## Friday 25

**Live music festival finale,** 8pm, Rising Sun, Stockcross

**Markmaking for Textiles** with Lorna Goldsmith, 10am-4pm, City Arts, Hampton Road, Newbury. £40. To book email [info@cityartsnewbury.co.uk](mailto:info@cityartsnewbury.co.uk)

## Saturday 26

**Handmade and Gift Fair,** 10am-2pm, St Nicolas Church Hall, West Mills, Newbury. Free entry. Proceeds from refreshments to Survivors of Bereavement by Suicide charity

And tomorrow, **Indigo Shibori Dyeing workshop** with Jane Cannon, 10am-4pm, City Arts, Hampton Road, Newbury. £60 to book email [info@cityartsnewbury.co.uk](mailto:info@cityartsnewbury.co.uk)

## Sunday 27

**Labyrinth:** a tribute to the late David Bowie. Family outdoor cinema. 8.30pm (gates open 7pm), Newbury Rugby Club, Monks Lane [www.ticketsource.co.uk/momoevents](http://www.ticketsource.co.uk/momoevents)

**Englefield 10k & 3.5k run & family treasure hunt,** 11am, Englefield Estate, Theale. Register in advance at [www.englefieldrun.info](http://www.englefieldrun.info)

**Newbury Artisan Market,** 10am-4pm, Newbury town centre

## Tuesday 29

**Textured Pebble Making** with Clare Mahoney, 10am-2pm, City Arts, Hampton Road, Newbury. Suitable for adults, teens and 12 plus, £40. To book email [info@cityartsnewbury.co.uk](mailto:info@cityartsnewbury.co.uk)

**Paw Patrol,** Kennet shopping centre, 11am - 4pm. Come and see Chase and Marshall. The heroic pups will be alternating appearances at



intervals throughout the day. [www.kennetshopping.co.uk/events.aspx](http://www.kennetshopping.co.uk/events.aspx)

## Wednesday 30

**Intro to screen-printing for kids** with Libby Dee, 10am-1pm, City Arts, Hampton Road, Newbury. Suitable for ages 10 and over. £15. To book email [info@cityartsnewbury.co.uk](mailto:info@cityartsnewbury.co.uk) 

Deadline for listings for September issue:

**Tuesday, August 15**

Email: [report@newburynews.co.uk](mailto:report@newburynews.co.uk)  
or tweet: @outnaboutberks

## Village markets



**Aldworth Community Market,** every Saturday, 9.30am to noon. 01635 578090.

**Basildon village market,** 10am to 12.30pm. Last Saturday of the month. 01491 671515.

**Beenham village market,** 2pm to 3.30pm. Second Saturday of the month. 0118 971 4822.

**Bradfield market,** Bradfield Village Hall, 10am to 11.30am on the second Saturday of the month. 0118 9744068.

**Bucklebury Artisan food market,** The Bladebone Inn, Chapel Row, first Saturday of the month, 10am to 12noon. Love food @BuckleburyAFM

**Farmers' markets** – Newbury, first and third Sunday of every month, 9am to 1pm; Hungerford, fourth Sunday, 9am to 1.30pm; Purley-on-Thames, second Sat, 9am to 1pm.

**Hamstead Marshall market,** second Saturday of every month, 10am to 1pm, 01488 658932/ 658168.

**Hermitage farmers' market,** second Sunday of every month, 10am to 1pm, 01635 201555.

**Inkpen food and craft market,** Inkpen Village Hall, third Sunday of every month, 10am - 12.30pm.

**Silchester Market,** Silchester Village Hall, first Saturday of the month, 10am to midday.

**Spirals Craft market,** raising money for The Brain Tumour Charity, dates and venues vary. See [www.spiralscraftmarket.co.uk](http://www.spiralscraftmarket.co.uk)

**Thatcham Community Market** every Wednesday, United Reformed Church Hall, Church Lane, Thatcham 10am to 11.30am. 01635 872713.

**Wolverton Village Hall,** market first Saturday of every month, 9.30am to 11am. 01488 608594.

**Woolhampton Village Market,** first Saturday of the month, 10am to midday. 0118 971 3637.

**Woolton Hill Village Market,** last Saturday of every month, 10am to 1pm.

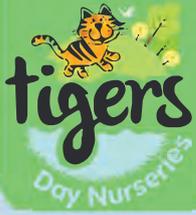
## July competition winners:

**Battle Proms Highclere Castle:** Adam Stoneman, Newbury, Liz O'Meara, Kingsclere, Mr C Benham, Cold Ash

**General competition rules:** The winner(s) will be the first entry(ies) drawn with the correct answer. In the event that a winner must be notified quickly and is unavailable on the daytime number provided,

another winner may have to be chosen. Newbury News Limited employees, and employees directly involved in the competition, and their families, are not eligible to enter. The editor's decision is final and no correspondence will be entered into. Responsibility not accepted for entries lost or torn in the post. Postal entries must be on the original form. There are no cash alternatives to the prize.

# Tigers 30 Hours Free Child Care is coming in September



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

# Get into the Wildlife Zone

BBOWT's wildlife garden in the BBC Countryfile Live Wildlife Zone

## The Berks, Bucks & Oxon Wildlife Trust is buzzing with activities in August says WENDY TOBITT

If you've been to our Nature Discovery Centre at Thatcham you'll know that BBOWT looks after our local wildlife and helps visitors have a great time taking part in activities.

And that's what we're doing, on a bigger scale, from August 3 to 6 in the Wildlife Zone at BBC Countryfile Live at Blenheim Palace.

BBOWT's Wildlife Zone will be buzzing with hints, tips and hands-on help for anyone who wants to learn about or care for the wildlife on their doorstep.

We've got bees, reptiles, storytelling, a composting zone, scything demonstration and kids can get their hands dirty making seed bombs to take home.

Meet our pop-up experts on the Garden Stage with their favourite animals. This is your chance to ask lots of questions at the 'show and tell', with snakes and other reptiles, amphibians and spiders. Find out why a slow worm isn't really a worm and all about creepy crawlies.

Our fantastic partners in the Wildlife Zone have lots of activities too.

The British Beekeepers Association will be demonstrating how honey makes it out of the hive and into the jar.

The British Trust for Ornithology will be giving bird-ringing demonstrations. Thanks to this skilful

task we know so much more about how far birds travel and how long they live. Come and see birds closer than ever before and find out more about their remarkable lives.

It isn't summer without enjoying the sight of butterflies flitting past. Upper Thames Butterfly Conservation will be in the Wildlife Zone to show you how you can help butterflies, while Buglife will be discovering the rare and unusual beetles and other bugs that live in the parkland at Blenheim Palace.

BBC Countryfile Live is a full-on experience with live arena shows, hands-on activities, animal displays, debates, food, drink and shopping.

Book your tickets using the promotional code BBOWT at countryfilelive.com

After the razzmatazz of that event you can get even closer to your local wildlife at the Fantastic Wildlife Friday sessions at the Nature Discovery Centre on August 18 to make bug hotels, and on August 25, to make bird feeders for your garden.

If you love bats, then book a walk with expert Dave Endacott on August 18 or September 1 to stroll around the lake at the Nature Discovery Centre using bat detectors to tune into the squeaks, splats and squirts of the different species as they hunt for food. [OA](#)



The Nature Discovery Centre's Becky O'Melia at BBC Countryfile Live last summer



Tune in to bats



Wherever you are this summer, go wild with your local wildlife trust

FOR FURTHER INFORMATION ABOUT LOCAL WILDLIFE EVENTS

[www.bbowl.org.uk/whats-on](http://www.bbowl.org.uk/whats-on)

for events throughout August

Pictures: Emma Bradshaw, Wendy Tobitt



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**DISNEY** cheese, bacon & salad

3.60 4.70

**CASABLANCA** salad & mayo

3.50 4.60

**MALIBU** bacon, BBQ sauce, pineapple & cheese

3.80 5.00

**DEVILS PINCH** hot chilli sauce, cheese & onion

3.60 4.70

**DAYTONA** coleslaw, cheese & salad

3.60 4.70

**PALM BEACH** cheese, pineapple & mayo

3.60 4.70

**BLUESTON** blue cheese, salad & mayo

3.50 4.60

**PHOENIX** sweet chilli sauce

3.50 4.60

**PACIFIC** prawns in tasty cocktail sauce

3.80 5.00

**RIO GRANDE** blue cheese sauce & bacon

3.80 5.00

**CHICAGO** cheese, bacon & BBQ sauce

3.70 4.80

**SUPREME** swiss cheese, mushroom & garlic mayo

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**VOLCANO** pepperoni, cheese, jalapenos & chilli sauce

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cheese sauce • mushrooms

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<b>RIO 3000</b>	6oz beef, chicken, pepperoni, chilli sauce & garlic mayo	6.80
<b>RIO 2000</b>	4oz beef + 4oz chicken, bacon, BBQ sauce, salad, mushroom & mayo	5.50
<b>PAYDAY</b>	any choice from the beef menu with a giant 3x 1/4 pound burger	6.00
<b>BEAST</b>	5oz cumberland sausage ring, 4oz beef burger, slice of smoked bacon & BBQ sauce	5.50
<b>NUGGETS</b>	8 chicken nuggets with dip	3.50

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