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WINTER 2016

Potters Bar

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Distributed in Potters Bar, Little Heath, South Mimms, Ridge, Northaw and Brookmans Park

Cubs and Beavers celebrate



coconut tree climb (see photo), Bungee Trampoline and an inflatable Assault Course.

There were also full evening programmes including a live band, laser light shows and actors playing

out the history of Cub Scouts.

To round off the centenary celebrations Cubs from all over the UK, including Potters Bar and District, will gather at 19.16 on Friday 16th December, to renew their Cub Scout promise. That will be an amazing moment too.

Talking of amazing things, did you know we have 600 young people and adult volunteers in Potters Bar and District Scouts? Guess what... We need more adults to help us, because we are growing!

We have 8 groups based in Cuffley, Little Heath, Northaw, North Mymms and Potters Bar, offering Scouting to everyone from 6 years old to, well, much more "experienced"...

Adventure is at the heart of everything we do – would you like to come and join us?

As a volunteer adult, no prior experience is needed, full training is provided and you don't need to be able to turn up every week! Email Graham, our District Commissioner at dc.pottersbar@hertfordshirescouts.org.uk or phone 07733 138961 for more details NOW!

Our local Cub Scouts

celebrate the UK Centenary, and Beaver Scouts are 30 years old this year!

The two younger Scouting sections; Beavers (6–8 years old) and Cubs (8–10½) have had a great time at some special events so far in 2016: **It's all about fun, challenges and adventure!**

Over 1,000 Beavers and their leaders from across Hertfordshire attended an amazing 30th Birthday Fun Day in July, organised at our Tolmers Activity Centre in Cuffley. Young people from our Groups in and around Potters Bar had the opportunity to take part in activities such as an inflatable assault, rope-a-phobia, climbing and abseiling, birds of prey displays, a giant slide and a number of craft bases.

Beavers also took an active part in this year's Carnival (as did the Cubs), attended a Family Fun Day at Paradise Wildlife Park during September, and enjoyed spending their first night camping, before they move up to Cubs!

Talking about Cubs, 3,000 people joined an absolutely fabulous "Cubs100" event! There were hundreds of exciting activities, including canoeing,

Community

NEWS



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The Tree Feller

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Potters Bar Community News

welcomes contributions for publication from individuals and community groups. Where there is a linked commercial, political or individual interest in items for publication, the managing committee reserves all editorial rights. *Potters Bar Community News* does not accept responsibility for the accuracy of information contained in published items or views expressed in those items.

A message from the Editors

We are pleased to present the Christmas issue of the *Community News* containing a number of interesting articles on a variety of topics.

This issue focuses on many of the activities of local organisations for Christmas and we are delighted to provide the vehicle for their promotion. We include two articles responding to the *Cranborne Fish Shop* article in the last issue and also feature extensive coverage of the centennial remembrances of the Zeppelin raids.

We are very grateful to The Tree Feller for sponsoring our website in respect of this issue.

Hope you enjoy reading this issue and that it continues to provide you with a ready source of useful factual information.

John Connell and Debbie Usher

How to send articles

Email to editor@pottersbarcommunitynews.co.uk. Please keep articles to around 300 words or less, using plain text word. Handwritten or typed articles are also acceptable if you do not have access to a computer (contact John Connell on **01707 851445**). Photos, logos, etc should be sent as tif, bmp or jpg file.

How to supply adverts

Ring to book a space, bearing in mind that there is usually a waiting list. Artwork must be supplied in pdf or jpgs format, created at the specified size according to your booking. Advertisers are responsible for advising us of any alterations to adverts which have been previously published. Email to advertising@pottersbarcommunitynews.co.uk.

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Website sponsorship

Price per issue = £200

Deadline dates for next edition

Advertising

15th January for Spring issue

Articles

1st February for Spring issue

Delivery

The Community News currently needs volunteers to deliver to the following: Wayside Flats (8), Darkes Lane flats over shops (50), High Street flats over shops – Mutton Lane to The Walk (40), Aston Way (35), Cranborne Close (44), Bowmans Close (24), Heathfield Close (42).

We owe a debt of gratitude to Martin Ovenden who has been responsible for the delivery of boxes of Community News in the Hawkshead Road area over many years. Martin is about to move out of the area and a replacement is needed.

If you are able to help with any of these and can spare some time when the *Community News* is published at the beginning of March, July and November each year, please contact either Peter Silverthorne or Peter Weaver.

Interested in volunteering?

Ever thought of giving some of your time to help others in the community? Also look here for items wanted by organisations; you may be able to help them.

If you are a local organisation or charity and are looking for volunteers or looking for items for your group, why not email me at editor@pottersbarcommunitynews.co.uk

Friends of Potters Bar Community Hospital

Registered Charity No. 298373

WE ARE SEEKING TO RECRUIT A FEW ADDITIONAL VOLUNTEERS TO ASSIST WITH THE OUTPATIENTS and VISITORS REFRESHMENTS TROLLEY

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This is a really worthwhile service working with a very friendly team and just a few hours of your time a month would be a big help. If you would like to join us or require more information please contact Claire **01707 651816** or Alan **01707 650866**.

Would you like to make a difference to local elderly or disabled people?

Could you spare a couple of hours a week/month to volunteer as a driver with Hertsmere Community Transport? You are needed to take people to hospitals and doctors using your own car. Your expenses will be covered. Most trips are local and within a 10 mile radius. Some trips will only take half an hour while others will take longer. A passenger said: "The volunteer driver was really nice. It makes such a difference to have a caring and patient driver".

We also need Trustees to help run the charity. Trustees attend meetings four times a year.

If you are interested please contact Christine on **020 8207 5055** or chris@hertsmerecommunitytransport.org to find out more.

Christmas Day Lunch

Potters Bar Churches Together are, once again, inviting guests to a seasonal lunch for those of you who may be alone on Christmas Day and would like to enjoy the company of others who similarly will not be spending the day with friends and family.

If you would like to come along to the lunch at 1pm at the Baptist Church, Barnet Road you will be made very welcome. Please contact Di Travers on **01707 656311** for further details.

Volunteer helpers and drivers are needed to make this an extra special day for all concerned. Please call me – I am looking forward to your call.

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Samaritans

We have been asked to include the contact number for The Samaritans with the information contained on the back page. They are there 24 hours a day, taking over five million phone calls a year, and many thousands of texts and emails. People are also seen face to face at over 200 branches.

Knitters

The summer edition contained a request for wool from the group of knitters who knit for charities at St May's Church. We have received an appreciative note of thanks acknowledging a great response which has resulted in a lot of knitted items being sent to various charities.

Following the report in the summer issue regarding the old fish shop in Cranborne Parade, local resident Maureen Briggs has been in contact with an account of her memories. She recalls that her mum and dad moved to Potters Bar in 1938, when she herself was just one year old. As she grew up, her parents would often send her to get fish and chips from the shop, particularly on a Friday night. It was then owned by local residents Rita and Dennis, whose surname Maureen cannot recall. Maureen says it was a great shop, selling not only fried fish but wet fish and shellfish as well.

She has always missed the shop and others which were invariably present in most shopping parades. Maureen talks about a chemist, a combined wool shop and post office, a grocer, greengrocer and a butcher. The land currently occupied by offices was green belt.

Maureen reveals that her parents paid just £300 for their house in Auckland Road and she would dearly like to see the return of the fish shop.



Domestic Cleaning with Excellence

The festive season is fast approaching and we are all busy preparing for the most exciting time of year. Christmas is just around the corner and it is time to be merry with our friends and family.

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A butcher, a baker and a candlestick maker - all in Cranborne Parade in the 1950s

My friend believes that the fish and chip shop was owned by a Mike Ashton, who had a son John. The shop had a grey marble slab at the front from which they sold the wet fish. The main counter towards the rear was also grey marble and in those days around head height. The newspapers used to wrap the fish in were left in string-tied bundles by the front door by local residents – pre EU and Health and Safety and an early example of recycling. You could buy a bag of batter scrapings from the bottom of the fryer for a penny, we seem to remember. I thought the shop was taken over by Hammersleys who are now in Brookman's Park after also being in Darkes Lane but I may be wrong in this. I think a bag of chips cost four old pennies (12 old pennies – a shilling – equals 5p today and if you had a shilling as a child in those days you were rich).

The other shops included a baker, where you could buy crumbs and stale buns, a butcher (Manor Farm?), a hardware shop, a green-grocer and general grocer (Walton, Hassell and Port), a chemist, and a Post Office that sold toys and which is still there, of course. There was also a haberdashery (Catherine Howard) and, in what is now the car park of the Stafford Arms, an off-licence where I used to buy a bag of crisps with a twist of salt on the way home from cubs at King Charles the Martyr church on a Monday evening.

So Cranborne Parade could provide all your everyday household needs without having to go to Darkes Lane on the bus or walking - not many families had cars in those days.

We'd be interested to hear other residents' recollections and to see if they conform to ours.

Thank you.

Chris Owen and Andy Vile

(combined Potters Bar residency of over 120 years)

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Working in the Community - Vicar

When Canon Michael Burns first put on his dog collar it felt very strange, both scary and exciting, but he found people were more willing to approach him.

Although his parents weren't churchgoers, Michael was baptised in the Church of England, and was educated at Christ's Hospital (Blue Coat) School in Sussex. He attended chapel and was confirmed, and around the age of 16 or 17 he wondered whether he was called to go into the church. After A Levels and about a year working in a Berlin children's home, Michael began to study theology at King's College London and Chichester Theological College. The training over four years included learning New Testament Greek, studying the Bible, church history, speech training, music, preaching, and meeting people in different contexts, such as prison and hospital.

Michael was ordained in 1977 and worked in Shropshire, Stevenage, Epsom (as Vicar of Tattenham Corner), and Milton Keynes before coming to King Charles the Martyr in 2000. Here, his 'boss' is the Bishop of Hertford with whom he has a regular appraisal every two years, and he is supported by the Church Council, two of whom are Church Wardens who are officers of the Bishop. He is provided with a house, which includes an office, and he receives a stipend from the congregation's contributions to the diocese common fund. Fees paid for weddings and funerals also go towards his stipend.

From 2011 to 2016 Michael served as the unpaid Area Dean of Barnet, supporting 17 parishes, appointing new clergy, inspecting churches, and keeping in touch. In 2013 the Bishop of St Albans made him an honorary Canon of St Albans. This was by way of a thank you for the work he has done in the parish and deanery, and allows him to support the work of the cathedral and create communication between it and the churches. It also entitles him to sit in a specific stall in the cathedral.

Michael has to retire by 70 but cannot live in Potters Bar. This he regrets as he is very fond of the people and the area. He finds it a great privilege being part of a community. In 2002 he was involved in the aftermath of the Potters Bar rail crash, helping and supporting the families of the victims, as well as working with the British Transport Police welfare officer, and



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the workers and staff. Michael particularly enjoys working with the clergy of other Christian denominations in Potters Bar and meeting them once a month. He considers himself lucky, too, to be involved with the local schools.

Joy Stovell

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Dame Alison Peacock to leave The Wroxham School

After fourteen happy years of headship, Dame Alison is leaving Wroxham at the end of this term to take up the role of CEO of the new Chartered College of Teaching. Earlier this term her latest book 'Assessment for Learning without Limits' was published. The Year Four class interviewed Dame Alison about the book launch event.

Jake Helm-Nurney (Year Four) writes: 'Last week Dame Alison launched her new book, Assessment for Learning without Limits, at Wroxham School. It was on Wednesday 14th September from 6.30–8.30pm in the evening. The ukulele band played in the hall and, nervously, Dame Alison stepped up onto the stage and introduced everyone to her new book.

There was lots of food and drink at the book launch. Dame Alison had some yummy cheese biscuits and a glass of wine. She said she really enjoyed it. All of the tables were covered with silver table cloths to welcome everyone. Chris Pope came, who works with Prince Charles, to have a snack tea.

The entertainment was fantastic. Dame Alison thought the ukulele band was amazing. Outside in the music garden everybody banged the drums and loved it, everyone had fun and by the end they were so sad to be going home they loved it so much.'

Stormont student visits Number 10

A student from our school in Potters Bar went to visit Number 10 Downing Street recently to meet Tim Peake and Prime Minister Theresa May. We were chosen to showcase our involvement with the Tim Peake Primary Project. Beatrice Pavitt was honoured to shake hands with both Tim and the Prime Minister, as well as meeting Helen Sharman and Samantha Cristoforetti.

Beatrice said: "It was an amazing experience to meet Tim Peake and the Prime Minister. I was so excited to share all of the work we have been doing at Stormont about Space exploration – I had a great day."



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Mount Grace School Art Trip



On Wednesday 14th September Year 10 and Year 12 art students visited the Henry Moore foundation as part of their contextual project research.

Students were able to experience many of Moore's magnificent sculptures first hand, exploring their forms, textures and surfaces up close. They also viewed the grounds where Moore lived and worked, including his actual studios which revealed many exciting secrets of the processes and methods Moore used. Viewing Moore's work in the way he always intended it to be viewed, in this beautiful landscape setting, really brought the artist alive for the students and it was brilliant to see them engaging in all aspects of the tour and sketching tasks.

Student feedback: "I really enjoyed this trip! I feel it was very calm and relaxed and I learnt so much about Henry Moore that I didn't know before. I'd recommend it to anyone who is interested in Henry Moore."

Matilda W

"The stories behind why Moore created these sculptures are fascinating. In my opinion the guides shared good information for us to use in our projects and there was plenty of sketching time."

Lilie C

Mount Grace School Trips

Our new Year 7 students spent Wednesday 28th September at the Mariners' Centre in Cheshunt for a day of team bonding and exercise. Students took part in activities including canoeing, kayaking and problem-solving. Many of the students had not done any of these activities before but everyone had a try – and thoroughly enjoyed themselves.

Other trips planned for the next school year include a Year 8 Modern Foreign Languages visit to the Cologne Christmas Markets; a Year 10 and 11 Business studies trip to Dubai next February; a Science trip to Iceland, a skiing trip to France and geography trips to Southend, Flatford Mill and Naples, Italy!

Mount Grace School Christmas Events

The school will hold a Christmas Market on Saturday 3rd December from 11am to 3pm in the school hall. There will be performances from the Music Group, refreshments, stalls with goods to sell, tombolas and other activities including a Santa's Grotto. All are welcome.

There will be a Christmas Concert on Wednesday 14th December at 7pm in the school hall. Students and staff will take part with a mixture of musical items including solo instrument performances, singing of carols both traditional and modern, jazz ensemble pieces and the school band. Students with a wide range of musical skills and talents will take part with the programme ending with mince pies and a hot drink.

For more information contact Mrs Jackie Sibuns at Mount Grace School, telephone **01707 655512 ext 229**.

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Science goes with a bang at Oakmere School

On Monday 4th July the prestigious Royal Institution visited Oakmere Primary School in Potters Bar for a series of exciting science shows.

Martin Coath, a scientist from the Royal Institution, wowed the children with a special show all about the energy hidden within everyday food items. Jelly Babies were turned into fireworks, flour into a fireball, and coke was mixed with Mentos for an explosive result.

After school over one hundred parents, siblings, and friends attended a second exhibition, this time focussing on the power of electricity. A gherkin was turned into a light bulb, light was bent round corners in water, and one of Sir Humphrey Davy's earliest experiments with electrically powered light was recreated.

Science Co-ordinator, Ian Goldsworthy: "The Royal Institution has been educating children and adults about the wonders of science since 1799, so to be able to welcome them to Oakmere was very special. It was fantastic that we were able to invite so many members of the Oakmere community to attend the after-school event and spread the excitement of science amongst the whole family."



Tributes paid at Zeppelin crash centennial event



Hundreds gathered in Potters Bar on 1st October at the spot where a German Zeppelin came to earth, exactly 100 years on from the fatal incident.

In a touching tribute the Mayor of Hertsmere, Councillor Pete Rutledge, and Colonel Hermann Hanke, the German Air Attaché, shook hands over a wreath laid in honour of the lost airmen, as the haunting sounds of a bugle played the Last Post. They were watched by a large crowd who gathered, despite heavy rain, to pay their respects in Oakmere Park where the doomed ship crashed.

More than 750 people flocked throughout the day to an outdoor film screening and exhibition about the Luftschiffe 31 (L31) Zeppelin, organised by Hertsmere Borough Council. On display were fragments of the airship removed from the



crash-site, and photos, as well as a replica Sopwith Pup, a one-seater plane used during World War One, and a bell shelter, donated by a local resident and used as a lookout post during the World Wars.

Mayor Cllr Rutledge said: "It was inspiring to see the number of people who came on Saturday, and really moving to stand where the Zeppelin landed, listening to the Last Post which had been played a century before during the funeral of the

airmen. Thank you to everyone who gave up their time and energy to make Saturday's event happen, especially the volunteers from the Potters Bar Museum, the Battlefields Trust and the Great War Society, and members of the 1372 Elstree and Borehamwood Squadron Air Cadets band who performed on the day.

Obviously these events took place 100 years ago, so are no longer part of living memory, but their significance lives on. The turnout at the weekend is testimony to the great interest there is in the role local people played during both World Wars. I'm delighted a bell shelter, used as a lookout post during the World Wars, will be restored and become a permanent feature in the park, thereby serving as a lasting reminder of Potters Bar's wartime history."

All 19 men on board were killed after the L31 was shot down by 2nd Lt Wulstan Joseph Tempest on 1 October 1916. Among the casualties was Heinrich Mathy, who was Germany's most successful air raid commander.

At the time, the downing of the airship captured the public imagination and was the subject of a large number of posters, articles and souvenir postcards. Second Lt Tempest received a Distinguished Service Order medal for his actions.

Funding for the event and the restoration of the bell shelter has been received from the Heritage Lottery. A permanent display of Zeppelin remains and memorabilia is available at Potters Bar Museum. For more information go to www.facebook.com/pottersbarmuseum.

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The battle for the skies 100 years ago also resulted in major local incidents at Essendon and Cuffley. This report is reproduced by kind permission from The Hartford Hundred (West) Group

Zeppelin Raid - night of 2nd/3rd September 1916

On the evening of Saturday the 2nd of September 1916 Germany launched the largest air raid of the Great War using a total of 16 airships. These comprised 14 aluminium-framed Zeppelins operated by the German Navy and 2 plywood-framed Schütte-Lanz craft operated by the German Army. They headed out across the North Sea to cross the English coast over East Anglia, from where they then headed for targets in the North, the Eastern counties and London.

By mid 1916 England's defences against these air raids had been considerably strengthened since the first big raid a year earlier. Searchlights and anti-aircraft batteries now ringed London; the Royal Flying Corps was flying regular patrols above 10,000 feet and their aircraft were equipped with a recently developed ammunition for their Lewis guns – a mixture of three types of rounds designed specifically to puncture an airship's gas bags and then to ignite the released hydrogen gas.

The first of the airships heading for London that night, a German Army Schütte-Lanz airship, the SL-11, commanded by Wilhelm Schramm, arrived over St Albans at ten minutes past one in the morning of Sunday September 3rd. Schramm dropped bombs on the northern suburbs of London, and while heading further south his airship was picked up by the searchlights at Finsbury Park and Victoria Park. Turning back to the north over Tottenham and Enfield, the SL-11 was spotted by Second Lieutenant William Leefe Robinson in his BE2c biplane. Leefe Robinson pursued and engaged the SL-11 and eventually with his third drum of ammunition succeeded in setting it on fire.

The descent of the blazing SL-11 from a height of two miles to a field at Cuffley was not only seen by many Londoners, but also by the Navy Zeppelins then making their approach. The L-16, commanded by Erich Sommerfeld was the nearest to the SL-11 when it burst into flames, and was seen by one of the RFC pilots who had been chasing SL-11. Sommerfeld headed off to the north, to escape the glow from SL-11 before the planes could arrive at his position. To speed this escape he jettisoned his bomb load as the L-16 was passing over Essendon, and though many of the bombs fell on open land, others caused considerable damage to the church, and other buildings nearby. Outside one of these houses two daughters of the village blacksmith were mortally wounded.

Later that day thousands of sight-seers flocked to Cuffley hoping to see the wreckage of SL-11 which was quickly removed by the authorities. On Monday, the newspapers carried extensive reports which focussed largely on the shooting down of the SL-11 – a victory to be contrasted against the grim news from the battlefields of the Somme. "A Great Air Raid. One Zeppelin Destroyed. Wonderful Spectacle in London. Slight Casualties"



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was the heading to the leading article in *The Times*. That evening an inquest into the deaths of the 16 crew of SL-11 was held at the Plough Inn, Cuffley a short distance from the crash site. The coroner announced that the War Office had decided to give them a military funeral at the nearest cemetery and this took place two days later at Potters Bar cemetery.

On Tuesday 5th, the country's delight in this first shooting down of a German airship on English soil was heightened when the King awarded the Victoria Cross to Leefe Robinson. Also that day the inquest was held into the deaths of the sisters from Essendon, Frances and Eleanor Bamford, and this was reported the next day in *The Times*. They were laid to rest in Essendon churchyard on the 6th September.

The bomb that hit the church came down on the flat roof of the vestry, flattening it, wrecking the organ, making a huge hole in the south wall of the chancel and shattering the roof above the altar. The east window was severely damaged, as were other windows in the church, but the nave, aisles and tower all withstood the blast. The church clock stopped at 23 minutes past two. Behind the rubble-strewn altar, the picture of "*The Last Supper*" was unharmed. Among the treasures destroyed in the vestry were the Baskerville Bible, presented to the church in 1791 by the Marquess of Salisbury, the remains of the old pulpit made in 1778, a table and two Chippendale chairs. The contents of the safe including the registers and church plate were undamaged.

The church insurance had been reviewed a short time before and the extra "war time" premium was paid as a personal gift from the Churchwarden at the time, George White, a local farmer. His generosity enabled the repairs to be undertaken quickly. The ruined parts of the church were restored close to their original state. Four stained glass windows were replaced by their original makers using the drawings kept from the 1883 rebuilding of the church, and the Willis organ was rebuilt. A stone set in the south wall of the vestry commemorates the re-opening of the restored areas just one year later on Sunday 2nd September 1917.

A special centenary remembrance service, attended by relatives of the Bamford sisters and George White was held on the 3rd September this year outside the restored vestry and in the churchyard at Essendon. Also in attendance was the granddaughter of a member of the Montgomeryshire Yeomanry who were sent to guard the Zeppelin that had been shot down at Cuffley.

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After the Zeppelin Crash of 1916

After the enormity of the Zeppelin crash, The Great War slowly ground to an end. It wasn't, however, the end of the matter.

Mr. Joyce, a plumber of Southgate Road, fashioned a crucifix from the Zeppelin framework which he presented to the vicar of St Mary's. This still stands on the altar in All Souls Chapel in the church as a reminder of the suffering during both world wars.

In 1926 the widow of the Zeppelin commander, Frau Hertha Mathy, visited her husband's grave but was disappointed at the neglect and segregation by a fence from the graves of Potters Bar residents. On departure she complained to the German Ambassador about conditions and soon new headstones were erected and the area tidied up. However it was once again left to run wild until in 1930 members of the Toc H society, a charity formed after the First World War, decided to clean it up. This received some publicity in the press and on Armistice Day 1931 a member of Toc H went to the cemetery to lay a wreath and found the German Ambassador doing the same thing. After some discussion it was agreed an annual ceremony would take place to help international relations. It had the opposite effect. By 1933 the Nazis were in power in Germany and, at that year's

ceremony, a member of the German party gave the Nazi salute beside the graves. The vicar conducting the ceremony stopped, refusing to go on with that or future ceremonies. The Germans were appalled at his reaction and, in the climate of appeasement that existed at the time, the vicar had to allow the services to continue. He took no further part in any of them. In the following years various members of the Nazi hierarchy came to Potters Bar, the last being in February 1939. By then von Ribbentrop was the new German Ambassador and, arriving in full uniform in his official Mercedes bearing a swastika flag, ignored the parking restrictions and pulled up outside a cottage adjoining the cemetery. The lady who lived there was having none of it and dashed out waving a broom and told him to 'clear off!' Von Ribbentrop, who was already late for the ceremony, climbed back into the car and hastily parked elsewhere.

Eventually in 1961 the German government decided to exhume the bodies of all the Zeppelin crew and relocate them to a newly created war grave at Cannock Chase, thus marking the end of a saga that was played out in Potters Bar over 45 years.

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Falls prevention

Every 6 seconds in the UK, an older person will have a fall. Every 30 seconds an older person has a fall serious enough to call an ambulance. In the time it takes to soft boil an egg, an older person in the UK will have a fracture that could be prevented by physiotherapy. Someone in the UK dies of a hip fracture every hour caused by a fall.

Startling statistics and for every statistic there is pain, suffering and the risk of depression and social isolation – and a financial cost. Falls cost the NHS £1.8 billion every year.

The irony is that most of these falls and the pain and suffering caused, plus the financial cost, can be prevented.

Firstly we must recognise our own risk of falling. I suspect when you read ‘older person’ you assumed 70/80 years of age. Well, data from Saga shows that people in their 50’s severely underestimate their risk of falling with 7% thinking they will fall in the next year when 13% have already done so in the previous 12 months!

And once you have fallen once, you significantly increase your risk of falling again.

So, what can we do?

Most falls are preventable so it is about taking personal responsibility to reduce your risk, particularly if you have fallen before:

Weight bearing exercise and physical activity for 30 minutes five



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times a week will improve your balance, muscle strength and bone strength.

Check with your doctor/pharmacist if you are taking any medications which seem to make you dizzy.

Get your eye sight checked once a year and be careful with alcohol as it can make you unsteady.

Ask to see a continence nurse or physiotherapist if you find yourself rushing for the loo, particularly at night. Exercises and advice can reduce any symptoms of incontinence and sometimes cure it.

Fall-proof your home and garden – as we age, our homes often do too with worn carpets, clutter building up and maintenance not what it once was.

And lastly, stay safe out and about and use walking aids if necessary.

More detailed advice, exercises and check lists are available in the easy to read *Get Up and Go* booklet produced by the Chartered Society of Physiotherapy and Saga. It is available free from www.csp.org.uk/publications/get-go-guide-staying-steady or 020 7306 666.

This booklet could save your life!

Community Book Swap

Mobile library services ceased on 30th October 2015, due to a decision that had been taken earlier by Hertfordshire County Council Cabinet. When North Mymms Parish Council received a proposal to set up a Community Book Swap they were very happy to assist.

With the assistance of the North Mymms Memorial Hall and grants from The North Mymms Recreation and Charitable Trust, local Councillors Mark Mills-Bishop and Paul Zukowskyj, and funding from North Mymms Parish Council, the book swap opened in March 2016.

It is held in two rooms at the North Mymms Memorial Hall, Welham Green. There is a small coffee shop at the front so that people can enjoy a cup of tea or coffee, homemade cake and a chat as well as choose a book. A children's story time is also held on the last Wednesday of the month from 11.30am.

The book swap is open every Wednesday and on the first Saturday of the month from 9.30am to 12.30pm and is manned entirely by volunteers who come on a rota basis.

A large variety of books are on offer with new books being brought in each week.



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Potters Bar Carnival 2016

Potters Bar Carnival had their open evening on 6th July and presented £5,575 to 20 Local Organisations. The takings were down £1,776 on the previous year due to the poor weather in the morning.

The Carnival Princess and Maids of Honour presented the grant cheques to the following organisations: 57 Squadron ATC (their help on the field), St Giles School (a new PA system), Potters Bar Football Club (the refurbishment of their clubhouse), De Havilland Museum (rebuilding a Dragon Rapide aeroplane), Zendoryu Martial Arts (new equipment), 5th Potters Bar Scouts (new life jackets), the Canoe Club at Furzefield (new paddles), Cranborne School (a White Board), Noah's Ark (cost of new carers' uniforms), Potters Bar Guider (assisting at a Children's Centre in Costa Rica), Potters Bar Guides and Brownies and Friends of Mount Grace School (delivering Carnival programmes) Barnet Hospital Radio, Angie's Dance Academy (entertaining the public in the arena), Gary Bush for stepping in at the last moment to do the PA and MC'ing in the afternoon. Thanks were also given to the procession stewards and gate helpers.

The general comment from those who came to the open evening was that, despite the morning rain, the afternoon was very good and enjoyable as always, and the committee was congratulated for their hard work in putting on a good show.

Organisations who would like to put themselves forward for a grant from the 2017 Carnival should contact Peter or Sue on **01707 850147** for details on how to apply. The closing date for applications is 31st January 2017.

For your diaries and 2017 Calendars – next year's Carnival will be on Sunday 11th June.

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WHAT'S ON

NOVEMBER

TUESDAY 1st

- **Lunchtime Recital:** Ceruleo Ensemble, soprano, theorbo, harpsichord and viola de gamba, 12.30pm. Retiring collection. Buffet lunch (£5). 12 noon to 1.30pm. St Mary's Church, The Walk.
- ***Tuesday Friendship:** Tear fund. John Hyde.

WEDNESDAY 2nd

- ***PB Horticultural Society:** 'Nature's Only Gemstone' Frances Benton.

THURSDAY 3rd

- ***Potters Bar Society:** Town Group Meeting, 7.30pm. Tilbury Hall.

SATURDAY 5th

- **Remembering our loved ones:** A service to remember and give thanks for departed relatives and friends. All welcome. 3pm, St Mary's Church, The Walk. Followed by tea and cakes. Details 07803 756088.
- **Indoor Car Boot Sale** at Elm Court Sellers, 11.45am, buyers 1pm. £12 per table.
- **Fireworks Display** at Little Heath School, Potters Bar. Gates open at 6pm. For tickets enquires@brookmansparkrotary.org.uk.

SUNDAY 6th

- **Messy Church** for all the family at King Charles the Martyr Church, 3–5pm. Arts and crafts, light tea. Free. 665579.

MONDAY 7th

- ***Barnet & District Philatelic Society:** 'Berlin Olympics' Tony Bosworth. 8pm.

TUESDAY 8th

- ***Cuffley Industrial Heritage Society:** 'The British Steam Locomotive in 20th Century?' Paul Russenberger.
- **Dirty Rotten Scoundrels:** Wyllotts Theatre. Green Room Box Office, PO Box 56864, London N21 2UX. 07531 122206.

WEDNESDAY 9th

- ***Wednesday Community Club:** Shoe Boxes and chat.
- ***RSPB Afternoon:** 'Birds of Hertfordshire', Herts Bird Club.
- **Dirty Rotten Scoundrels:** Wyllotts Theatre. Green Room Box Office, PO Box 56864, London N21 2UX. 07531 122206.

THURSDAY 10th

- ***Oakmere WI:** 'Bygones' – Jeff Nicoll.
- ***Enfield National Trust Association:** 'The Inexhaustible Mr Paxton' – Russell Bowes. 7.45pm, Enfield Grammar School. Info 01707 650969.
- **Dirty Rotten Scoundrels:** Wyllotts Theatre. Green Room Box Office, PO Box 56864, London N21 2UX. 07531 122206.

FRIDAY 11th

- **Dirty Rotten Scoundrels:** Wyllotts Theatre. Green Room Box Office, PO Box 56864, London N21 2UX. 07531 122206.

SATURDAY 12th

- ***Barnet Walks:** East Barnet Village. Guided walk. Meet outside East Barnet Library, Brookhill Road, 11am.
- **Christmas Market:** 4th PB Scouts. St John's Church Hall, Baker Street. Starts 10am, finishes about 12 noon. 50p, U16s free. Seasonal stalls, refreshments and Father Christmas. 01707 652981.
- **Christmas Bazaar:** Cats Protection, Lea Valley Branch. The Undercroft, St Andrew's Church, Cuffley, EN6 4DR. 11am–1pm. Entrance 50p or tin of cat food.
- ***Cats Protection:** Lea Valley Branch Christmas Bazaar. The Undercroft, St Andrew's Church, Cuffley. 11am–1pm. Entrance 50p or a tin of cat food.
- **Craft Fair Elm Court:** 10am to 3.30pm. For details phone 020 8441 0284.
- **Dirty Rotten Scoundrels:** Wyllotts Theatre. Green Room Box Office, PO Box 56864, London N21 2UX. 07531 122206.

SUNDAY 13th

- **Remembrance Day Service:** 10.50am at the War Memorial, followed by service in St Mary's Church at 11.30am.
- ***Potters Bar Society:** Walk.
- **Antiques & Collectors Fair:** Wyllotts Theatre, 10am–4pm. Admission £2, concessions £1.50.
- **Toy Fair** at Elm Court.

MONDAY 14th

- ***University of the Third Age – USA:** 'In the steps of a Wedding Toastmaster' by James Higgs.

*TUESDAY 15th

- ***Tuesday Friendship:** Rev Nick Brindley.
- ***Cuffley Floral Art Club:** Social.

WEDNESDAY 16th

- ***PB Horticultural Society:** 'Success with Christmas Plants' – Chris Thorn.
- ***Enfield National Trust Association:** 'The Thames Path' – John Wallington and Anne Johnson. 2pm, Holwhites Sports and Social Club, Enfield. Info 01707 650969.

THURSDAY 17th

- **Frost Fair** at Hatfield House, 10am–5pm. Entrance £8.

FRIDAY 18th

- ***RSPB Evening:** The Natural Wonders and Wildlife of Iceland by R and B Todd.
- **Frost Fair** at Hatfield House, 10am–5pm. Entrance £8.

SATURDAY 19th

- **Christmas Fayre:** Potters Bar Baptist Church, Barnet Road. 11am–3pm. Free Entry
- **Quiz Cats Protection:** Lea Valley Branch. Elm Court, Mutton Lane. £6, bring own food and drink. Tables up to 10. 7.15 for 7.30pm. Stephanie 01707 657876.
- **Frost Fair** at Hatfield House, 10am–5pm. Entrance £8.
- **Indoor Car Boot Sale** at Elm Court Sellers, 11.45am, buyers 1pm. £12 per table.

SUNDAY 20th

- **Lights of Love:** Dedicate a light to a loved one. A light will shine on the Bandstand by the Shopping Centre in Barnet. Come and join us for mulled wine and mince pies. From 4.30pm.
- **Camera Fair** at Elm Court.
- **Frost Fair** at Hatfield House, 10am–5pm. Entrance £8.
- ***Fir & Pond Woods Nature Reserve:** Meet at lay-by, Coopers Lane Road, 10am. Tools provided. Contact 01707 657351.

MONDAY 21st

- ***Barnet & District Philatelic Society:** 7pm for 8pm. Autumn Auction.

TUESDAY 22nd

- **EVITA:** Potters Bar Theatre Company, Wyllotts Theatre. Tel: 07985 542204. Online: pbtc.ticketsource.co.uk. Post: PBTC Box Office, PO Box 154, Potters Bar, Hertfordshire EN6 2WB (cheques to 'Potters Bar Theatre Company', please include a stamped addressed envelope).

WEDNESDAY 23rd

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THURSDAY 24th

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- ***Cuffley Horticultural Society:** 'Downsizing Without Tears' with Helen Yemm. 8pm at Cuffley Hall.

FRIDAY 25th

- **EVITA:** Potters Bar Theatre Company, Wyllotts Theatre. Tel: 07985 542204. Online: pbtc.ticketsource.co.uk. Post: PBTC Box Office, PO Box 154, Potters Bar, Hertfordshire EN6 2WB (cheques to 'Potters Bar Theatre Company', please include a stamped addressed envelope).

SATURDAY 26th

- **Christmas Bazaar:** King Charles the Martyr Church Hall, 11am–3pm. Free. Raffle, cafe, many high quality stalls for your Christmas gifts. 665579.
- **Christmas Market:** St James Church, 71 East Barnet Road, New Barnet, EN4 8RN, 11am to 4pm. Fantastic gifts for all. Join us for a mince pie and get in the festive spirit. Children will receive an early Christmas present!
- **EVITA:** Potters Bar Theatre Company, Wyllotts Theatre. Tel: 07985 542204. Online: pbtc.ticketsource.co.uk. Post: PBTC Box Office, PO Box 154, Potters Bar, Hertfordshire EN6 2WB (cheques to 'Potters Bar Theatre Company', please include a stamped addressed envelope).

SUNDAY 27th

- ***Hertfordshire Showband Christmas Showcase:** 7pm at The Wyllotts Theatre. A concert of two halves. Star Wars and other great pieces in first half, then a second half of ALL CHRISTMAS! Guest choir from Ladbrooke Primary School. Tickets £10 from theatre or boxoffice@hertfordshire-showband.org.
- **"From Darkness to Light"** – a celebration in words and music for Advent Sunday. All welcome. 6.30pm, St Mary's Church, The Walk. Details 07803 756088.
- ***Potters Bar Society:** Walk.
- ***Barnet Walks:** The Battle of Barnet: a guided walk. Meet at junction of Great North Road and Hadley Green Road, 11am.
- ***Whitewebbs Museum of Transport:** Open Day, 10am–4pm.

TUESDAY 29th

- ***Tuesday Friendship:** My First Job – The Members.
- **Radlett Music Club** presents: Mishka Momen – piano. 8pm at the Radlett Centre Chopin – Ballade No. 3 in A flat major, Op. 47 Mazurkas, Op. 59. Mishka is supported by the Countess of Munster Musical Trust.

WEDNESDAY 30th

- ***PB Horticultural Society:** AGM and party.

DECEMBER

THURSDAY 1st

- ***Potters Bar Society:** Town Group Meeting, 7.30pm, Tilbury Hall.

SATURDAY 3rd

- **Christmas Fayre:** Brookmans Park Primary School, 2–5pm. Free entrance. Christmas gifts, food, great raffle prizes, fun games and activities. North Mymms Youth Project. fayre@nmyouth.org.uk.
- **Christmas Tree Lighting** at Bradmore Green, Brookmans Park. Starts at 5.30pm.
- **Christmas Market** at Mount Grace School, 11am–3pm. Music Group, refreshments, stalls, tombola and Santa's Grotto.
- ***Barnet Walks:** Christmas with Charles Dickens in Barnet and North London: a guided walk. Meet at High Barnet tube station, 11am.
- **Indoor Car Boot Sale** at Elm Court Sellers, 11.45am, buyers 1pm. £12 per table.

WHAT'S ON

SUNDAY 4th

- **Barnet Street Fair** starts at 12 noon when the Cherry Lodge Cancer Care charity shop will be open. Come and browse and have a mince pie.
- **Stamp Fair** at Mount Grace School. Free admission. 10am–4pm.
- **Christmas Sleigh** visits Welham Green.

MONDAY 5th

- ***Barnet & District Philatelic Society:** 8pm. 50th Anniversary of England World Cup Win. Talk and display by Don Knight.
- **Christmas Sleigh** visits Welham Green.

TUESDAY 6th

- **Lunchtime Recital:** Alice Bishop, soprano, 12.30pm. Retiring collection. Buffet lunch (£4) available from 12 noon to 1.30pm, St Mary's Church, The Walk.
- **Christmas Sleigh** visits Welham Green.

WEDNESDAY 7th

- **Christmas Sleigh** visits Welham Green.
- **Carol Singing** with Barnet schools by the bandstand in the Spires Shopping Centre in Barnet. Come along and support the children singing for Cherry Lodge, 9. 30am–2.30pm.

THURSDAY 8th

- **Christmas Sleigh** visits Welham Green.

FRIDAY 9th

- **Christmas Sleigh** visits Welham Green.

SATURDAY 10th

- **Potters Bar Choral Society:** "To go a-caroling" at 7:30pm at Our Lady and St Vincent's Church, Mutton Lane. Tickets £10 before or £12 on door info@pbchoral.org or 664358.
- **Christmas Sleigh** visits Welham Green.

SUNDAY 11th

- **Messy Church** for all the family at King Charles the Martyr Church, 3–5pm. Arts and crafts, light tea. Free. 665579.
- ***Potters Bar Society:** Walk.
- **Christmas Sleigh** visits Cuffley this week.

MONDAY 12th

- **Christmas Sleigh** visits Cuffley this week.

TUESDAY 13th

- **Annual Town Carols** with Churches Together, 7.30pm at St Mary's Church, The Walk. Free admission. No ticket required. Retiring collection. Contact 01707 653417 for more information.
- ***Cuffley Industrial Heritage Society:** 'Hertfordshire and the Defeat of the Zeppelins' by David Marks.
- ***Cuffley Floral Art Club:** Nigel Whyles (National) 'Seasonal Splendour'.
- **Christmas Sleigh** visits Cuffley this week.

WEDNESDAY 14th

- **Christmas Concert** in the school hall performed by Mount Grace students. Mixture of musical items and singing of carols, finishing with mince pies and hot drink. contact school 655512 for more information.
- ***RSPB Afternoon:** 'Birds of America' – Rev Nigel Taylor.
- **Christmas Sleigh** visits Cuffley this week.
- **Carol Singing** with Barnet schools by the bandstand in the Spires Shopping Centre.
- Come along and support the children singing for Cherry Lodge. From 9. 30am–2.30pm.

THURSDAY 15th

- **Christmas Sleigh** visits Cuffley this week.
- ***University of the Third Age – U3A:** Pearly King and Prince (returning by popular request.)

FRIDAY 16th

- ***RSPB Evening:** Christmas Social.
- **Christmas Sleigh** visits Cuffley this week.

SATURDAY 17th

- **Indoor Car Boot Sale** at Elm Court Sellers, 11.45am, buyers 1pm. £12 per table.
- **Christmas Sleigh** visits Cuffley this week.

SUNDAY 18th

- **Carol Service:** All welcome. 5pm, St Mary's Church, The Walk – followed by mulled wine and mince pies. Details: 07803 756088.
- **NHS Blood Donor Clinic** at Elm Court.
- **Carol Service:** Causeway Free Church, 10.30am, all welcome.
- ***Fir & Pond Woods Nature Reserve:** Meet at lay-by, Coopers Lane Road, 10am. Tools provided. Contact 01707 657351.
- **Christmas Sleigh** visits Brookmans Park this week.

MONDAY 19th

- ***Barnet & District Philatelic Society:** 8pm. Christmas Social and One Sheet, and Postcard Competitions.
- **Christmas Sleigh** visits Brookmans Park this week.

TUESDAY 20th

- **Christmas Sleigh** visits Brookmans Park this week.

WEDNESDAY 21st

- **Christmas Sleigh** visits Brookmans Park this week.

THURSDAY 22nd

- **Christmas Sleigh** visits Brookmans Park this week.

FRIDAY 23rd

- **Christmas Sleigh** visits Brookmans Park this week.

SATURDAY 24th

- **Crib and Christingle Service:** a Christmas celebration for all the family. 4pm, St Mary's Church, The Walk. Details 07803 756088.
- **Midnight Mass:** All welcome. 11.30pm, St Mary's Church, The Walk. Details: 07803 756088.

SUNDAY 25th

- **Christmas Day Lunch** for those of you who are alone. Please book early and contact Di on 01707 656311 for more information.
- **Causeway Free Church:** Short service at 10am.
- **Christmas Day Communion:** All welcome. 10am, St Mary's Church, The Walk – followed by festive drinks and mince pies. Details 07803 756088.

JANUARY 2017

MONDAY 2nd

- ***Barnet & District Philatelic Society:** 8pm. GB Exhibitions. Talk and display by Don Knight.

WEDNESDAY 4th

- ***PB Horticultural Society:** Ronald Hunter – 'Beekeeping'. Ronald is a local beekeeper.

THURSDAY 5th

- ***Potters Bar Society Town:** Group Meeting, 7.30pm, Tilbury Hall.

SUNDAY 8th

- **Antiques and Collectors Fair:** Wyllyotts Theatre, 10am–4pm. Admission £2, concessions £1.50.
- **Messy Church** for all the family at King Charles the Martyr Church, 3–5pm. Arts and crafts, light tea. Free. 665579.
- ***Whitewebbs Museum of Transport:** New Year Autojumble, 9am–2pm (Museum closed).
- **Toy Fair** at Elm Court

TUESDAY 10th

- ***Tuesday Friendship:** The Caribbean Part 1. Speakers: Pauline and David Morris.
- ***Cuffley Industrial Heritage Society:** The Pulhams of Broxbourne by Claude Hitching and Valerie Chrisman. See CHS website www.cuffleyindustrialheritage.com.

WEDNESDAY 11th

- ***RSPB Afternoon:** 'A Journey through Russia by River – St Petersburg to Moscow' by Pam Wright.

THURSDAY 12th

- ***Oakmere WI:** "Exciting Wildlife from around the World" – Tom Way.
- ***Enfield National Trust Association:** 'Livery Companies' – Murray Craig. 7.45pm, Enfield Grammar School. Info 01707 650969.

SATURDAY 14th

- **Indoor Car Boot Sale** at Elm Court Sellers, 11.45am, buyers 1pm. £12 per table.
- **Charity Quiz** for NSPCC. Tilbury Hall, Darkes Lane, 7 for 7.15pm. Tables of 8. Ploughman's supper, £10. Bring your own drink/glasses. Organised by PB Tangent Club. Tel: Pam 01707 650969.

SUNDAY 15th

- ***Barnet Walks:** The Battle of Barnet: a guided walk. Meet at junction of Great North Road and Hadley Green Road, 11am.
- ***Fir & Pond Woods Nature Reserve:** Meet at lay-by, Coopers Lane Road, 10am. Tools provided. Contact 01707 657351.

MONDAY 16th

- ***Barnet & District Philatelic Society:** 8pm, Specks and Spots – African Varieties. Talk and display by David Bird.

WEDNESDAY 18th

- ***PB Horticultural Society:** John and Ann Wallington 'Turkey', John and Ann are members of the camera club and have visited many interesting places.
- ***Enfield National Trust Association:** 'Impressions of Japan' – Maggie and Ron Tear. 2pm, Holtwhites Sports & Social Club, Enfield. Info 01707 650969.

FRIDAY 20th

- ***RSPB Evening:** 'Exciting Wildlife from Around the World' – Tom Way.

SATURDAY 21st

- **Burns Night Supper and Ceilidh:** Elm Court Youth & Community Centre, Mutton Lane, Potters Bar. £20 per ticket. Contact Chris Brunning 07803 154046.

SUNDAY 22nd

- ***Radlett Music Club:** Ruth Schulten (Williams) and Friends, 3pm at the Radlett Centre – Albeniz – Asturias for guitar. Barber – Adagio for strings. Myers – Cavatina for guitar.
- **Camera Fair** at Elm Court.

TUESDAY 24th

- ***Tuesday Friendship:** 'The Caribbean Part 2'. Speakers Pauline and David Morris.
- **Priscilla Queen of the Desert:** Wyllyotts Theatre, Green Room Box Office, PO Box 56864, London N21 2UX. 07531 122206.

WEDNESDAY 25th

- **Priscilla Queen of the Desert:** Wyllyotts Theatre, Green Room Box Office, PO Box 56864, London N21 2UX. 07531 122206.

WHAT'S ON

THURSDAY 26th

- *Cuffley Horticultural Society: 8pm at Cuffley Hall. See our website for details cuffleyhortsoc.org.uk.
- Priscilla Queen of the Desert: Wylyotts Theatre, Green Room Box Office, PO Box 56864, London N21 2UX. 07531 122206.

FRIDAY 27th

- Priscilla Queen of the Desert: Wylyotts Theatre, Green Room Box Office, PO Box 56864, London N21 2UX. 07531 122206.

SATURDAY 28th

- Indoor Car Boot Sale at Elm Court Sellers, 11.45am, buyers 1pm. £12 per table.
- Priscilla Queen of the Desert: Wylyotts Theatre, Green Room Box Office, PO Box 56864, London N21 2UX. 07531 122206.
- Quiz Evening: 4th Potters Bar Scouts. 7.30pm at St John's Church, Baker Street, Potters Bar, EN6 2DZ. £8 per person includes a supper. Tables of 8 preferred although we can accommodate other numbers. Contact 01707 652981.

SUNDAY 29th

- *Whitewebbs Museum of Transport: Open Day, 10am–4pm.

FEBRUARY

WEDNESDAY 1st

- *PB Horticultural Society: Len Little, Metropolitan and Hertfordshire Police Dog Trainer.
- Iolante: Gilbert & Sullivan's comic send-up. Southgate Opera. Wylyotts Theatre 645005.

THURSDAY 2nd

- *Potters Bar Society: Town Group Meeting, 7.30pm, Tilbury Hall.
- Iolante: Gilbert & Sullivan's comic send-up. Southgate Opera. Wylyotts Theatre 645005.

FRIDAY 3rd

- Iolante: Gilbert & Sullivan's comic send-up. Southgate Opera. Wylyotts Theatre 645005.

SATURDAY 4th

- Iolante: Gilbert & Sullivan's comic send-up. Southgate Opera. Wylyotts Theatre 645005.
- Furze Field Wood Open Day: Finishing the coppice cycle 10.30am–3pm. Come along and see Furze Field Wood as a fully working coppiced woodland. Speak to the coppice worker and see what products are produced and watch as they are transported by horse and trailer ready for collection.

SUNDAY 5th

- Stamp Fair at Mount Grace School. Free admission, 10am–4pm.

MONDAY 6th

- *Barnet & District Philatelic Society: 8pm, Guernsey. Talk and display by Brian Sole.

TUESDAY 7th

- *Tuesday Friendship: Alms Houses of West Hertfordshire. Speaker Paul Langston.
- Lunchtime Recital: Satu Salo, harp, 12.30pm. Retiring collection. Buffet lunch (£4) available from 12 noon to 1.30pm, St Mary's Church, The Walk.

WEDNESDAY 8th

- *RSPB Afternoon: 'What a Wonderful World' A/V presentation. Birds and Flora of Britain and Europe by John Watkins.

THURSDAY 9th

- *Oakmere WI: "In the Footsteps of the Famous in Barnet" — Paul Baker.
- *Enfield National Trust Association: 'Eccentric London' — Alan Copeland. 7.45pm, Enfield Grammar School. Info 01707 650969.

SATURDAY 11th

- Indoor Car Boot Sale at Elm Court Sellers, 11.45am, buyers 1pm. £12 per table.

SUNDAY 12th

- Antiques and Collectors Fair: Wylyotts Theatre, 10am–4pm. Admission £2, concessions £1.50.
- Messy Church for all the family at King Charles the Martyr Church, 3–5pm. Arts and crafts, light tea. Free. 665579.

TUESDAY 14th

- *Cuffley Industrial Heritage Society: Enfield's Railway History (Part 3) Trams and the Piccadilly Line by Dave Cockle.
- *Cuffley Floral Art Club: AGM.

WEDNESDAY 15th

- *PB Horticultural Society: Philip Nalpanis — The National Parks of England and Wales.
- *Enfield National Trust Association: 'Britain in Bloom' — Jim Buttress. 2pm, Holwhites Sports & Social Club, Enfield. Info 01707 650969.

FRIDAY 17th

- *RSPB Evening: Wild West Birding — D Furnell.

SATURDAY 18th

- *Potters Bar Society: Coffee morning, 10am–12 noon, Tilbury Hall.

SUNDAY 19th

- *Fir & Pond Woods Nature Reserve: Meet at lay-by, Coopers Lane Road, 10am. Tools provided. Contact 01707 657351.

MONDAY 20th

- *Barnet & District Philatelic Society: 8pm, 'British Mails via Trans-Siberian Railway'. Talk and display by Peter Pugh.

TUESDAY 21st

- *Tuesday Friendship: Travels around New Zealand and Australia — Robert Hillyard.
- Radlett Music Club presents: Jayson Gillham — piano. 8pm at the Radlett Centre.

WEDNESDAY 22nd

- One Man, Two Guvnors: Potters Bar Theatre Company — Wylyotts Theatre. Tel 07985 542204. Online pbtc.ticketsource.co.uk. Post PBTC Box Office, PO Box 154, Potters Bar, Hertfordshire EN6 2WB (cheques to 'Potters Bar Theatre Company', please include a stamped addressed envelope).

THURSDAY 23rd

- *Cuffley Horticultural Society: 8pm at Cuffley Hall. See our website for details cuffleyhortsoc.org.uk.
- One Man, Two Guvnors: Potters Bar Theatre Company — Wylyotts Theatre. Tel 07985 542204. Online pbtc.ticketsource.co.uk. Post PBTC Box Office, PO Box 154, Potters Bar, Hertfordshire EN6 2WB (cheques to 'Potters Bar Theatre Company', please include a stamped addressed envelope).

FRIDAY 24th

- One Man, Two Guvnors: Potters Bar Theatre Company — Wylyotts Theatre. Tel 07985 542204. Online pbtc.ticketsource.co.uk. Post PBTC Box Office, PO Box 154, Potters Bar, Hertfordshire EN6 2WB (cheques to 'Potters Bar Theatre Company', please include a stamped addressed envelope).

SATURDAY 25th

- Quiz Night at Tilbury Hall, Darkes Lane, Potters Bar. Starts at 7.30pm. For tickets enquires@brookmansparkrotary.org.uk.
- Indoor Car Boot Sale at Elm Court Sellers, 11.45am, buyers 1pm. £12 per table.
- Hertfordshire Philharmonia Concert: Works by Beethoven, Strauss and Brahms. 7.30pm, St Mary's Church, The Walk. Email tickets@hertsphil.org.uk or phone John Cox on 01727 857827.
- One Man, Two Guvnors: Potters Bar Theatre Company — Wylyotts Theatre. Tel 07985 542204. Online pbtc.ticketsource.co.uk. Post PBTC Box Office, PO Box 154, Potters Bar, Hertfordshire EN6 2WB (cheques to 'Potters Bar Theatre Company', please include a stamped addressed envelope).

SUNDAY 26th

- *Whitewebbs Museum of Transport: Open Day visit from Rover Sports Register, 10am–4pm.

MARCH

WEDNESDAY 1st

- *PB Horticultural Society: Pam Wright — 'The Coast and Coastline' (The Neptune Campaign).

THURSDAY 2nd

- *Potters Bar Society: Town Group Meeting, 7.30pm, Tilbury Hall.

SATURDAY 4th

- Jumble Sale: 4th Potters Bar Scouts. St John's Church, Baker Street, Potters Bar, EN6 2DZ. Entry £2 at 10am and 50p at 10.30am. Finishes about noon.

SUNDAY 5th

- Toy Fair at Elm Court

MONDAY 6th

- *Barnet & District Philatelic Society: 8pm, Quiz and fish 'n' chips supper.

TUESDAY 7th

- *Tuesday Friendship: 'A Listening Life' — Speaker Fredwin Hosier.
- Lunchtime Recital: Laura Beardsmore, Flute, 12.30pm. Retiring collection. Buffet lunch (£4) available from 12 noon to 1.30pm, St Mary's Church, The Walk.

WEDNESDAY 8th

- *RSPB Afternoon: 'Wings and Things of Scotland' Magnificent scenery, special birds and animals by Richard Pople.

THURSDAY 9th

- *Oakmere WI: 60th Birthday Meeting. Singer and Keyboard — Chris Sausman.
- *Enfield National Trust Association: 'Irving Berlin' — Geoff Bowden. 7.45pm, Enfield Grammar School. Info 01707 650969.

SATURDAY 11th

- Indoor Car Boot Sale at Elm Court Sellers, 11.45am, buyers 1pm. £12 per table.

SUNDAY 12th

- Messy Church for all the family at King Charles the Martyr Church, 3–5pm. Arts and crafts, light tea. Free. 665579.

TUESDAY 14th

- *Cuffley Industrial Heritage Society: The archaeology of the clay tobacco pipe by Peter Hammond.
- *Cuffley Floral Art Club: Thersa Rodrigues — 'What a Load of Rubbish'.

WEDNESDAY 15th

- *PB Horticultural Society: Derek Dexter — 'Fuschias My Way'. A member of the local fuschia society.
- *Enfield National Trust Association: 'Undiscovered Norfolk' — Chris Ward. 2pm, Holwhites Sports & Social Club, Enfield. Info 01707 650969.

FRIDAY 17th

- *RSPB Evening: 'Sri Lanka: The Jewel of the Indian Ocean' by Chris Ward.

SUNDAY 19th

- *Fir & Pond Woods Nature Reserve: Meet at lay-by, Coopers Lane Road, 10am. Tools provided. Contact 01707 657351.

Please check details of these events by telephoning the contact provided. An asterisk * means more details about venues and times included in Clubs and Organisations section. To include an event contact: susan.weaver4@ntlworld.com



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Bowlers support our hospital

Potters Bar Bowls Club reports a most successful season. In addition to local District success in The Bob Vise Trophy (Singles, Pairs, Triples and Fours), David Salmon won the Steve Howe Officers Singles Final and David and Richard Pearce won the Pairs competition. The Ladies won the Harvey Cup and the Brigg League Trophy in addition to being runners up in the Hertfordshire County League.

The icing on the cake was that both the Ladies' (Pam Rodgers, Sandra Smale and Anita Bowman) and Men's (Terry Barker, Brian Burfoot and Ron Golden) Triples teams won through to County Finals which more importantly ensured an invitation to participate in the National Championships at Royal Leamington Spa in August. The club organised coaches to both finals days in order that members could support the teams. No trophies, but most enjoyable days.

In addition to local friendly matches the club arranged coach trips to play at Thorpe Bay and Leamington Spa, where members had the opportunity to play on the rinks used for the National Championships. The Thorpe Bay club expressed a desire to visit Potters Bar next year if a date can be agreed.

The season culminated with the annual Captain's day, when 54 members enjoyed a friendly game, with the Captain's team ending 8 shots ahead of the President's. Players and guests then enjoyed a delicious buffet.

President Richard Winn's chosen charity this year was the town's own hospital, and after the game the President welcomed Alan Barth, a bowling friend from North Mymms club, and also a trustee of the Friends of Potters Bar Hospital.

Members have contributed generously to Richards's charity during the year, and he was pleased to present Alan with a cheque for £1,300 which, as Alan explained, will continue to enable them to provide additional facilities to supplement the patient environment.

Bowling is a Sport for All, and the members of Potters Bar would welcome you to try the game when the Green opens next April. Look out for dates of the Open Days which are normally in May and June.

Potters Bar Tennis Club

Mini Tennis

Karl Mills, Head Coach at the above club will be running Mini Tennis Courses at Elm Court, Potters Bar on Mondays from 31st October 2016 through to the end of March 2017.

Ages 5-7 4pm to 5pm

Ages 7-9 5pm to 6pm

Junior's Nights

Friday Junior Nights from 4th November 2016 to the end of March 2017 at Potters Bar Tennis Club, The Walk, Potters Bar.

Ages 10-13 4.30pm to 5.30pm

Ages 14-18 5.30pm to 6.30pm

Cost for non-members is £5.

THESE COURSES ARE TERM-TIME ONLY.

Enquiries for all the above courses to Karl Mills on 07939 303483.

Adult Play

Every Monday Evening Pay and Play is available for adults at Potters Bar Tennis Club, The Walk, Potters Bar from 7pm to 9pm.

Cost for non-members is £7.

These sessions are also taken by Karl Mills, Club Head Coach.

Other Membership Matters

All Membership enquiries should be made to Sue Vallance on 01707 645909 or email sue.vallance3@btinternet.com.

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In this issue, we offer an analysis of the terms used in lawn bowls:

Bias: prejudice/the natural curve built into a bowl, creating an arc from the point of release to the point when it stops.

Blocker: obstruction perhaps or really a bowl positioned on the green such that it would stop an opponent's bowl from reaching a defined point, usually the jack.

Crack an egg: start making breakfast/a description of the weight required to complete an ideal shot.

Bowl: receptacle for breakfast cereal/the ball used for bowls. The side of the bowl that is biased can be identified by the smaller engraved concentric rings seen.

Dead Bowl: broken breakfast receptacle/a bowl are considered dead if it finishes in the ditch or outside the boundary. If, however, it had touched the jack it remains a live bowl even if it is in the ditch.

Matching bowl: similar receptacle or a bowl that sits next to or near an opponent's bowl in the head.

Draw: 0-0 perhaps/a bowl delivered to finish closest to the jack, without the need to move or touch other bowls in the head.

Dead draw: boring 0-0 perhaps/a bowl that becomes the shot bowl (closest to the jack) without touching any other bowl during its delivery.

Dead end: cul-de-sac but really a partially completed end that has to be replayed, usually by reason of the jack going outside the rink.

Ditch: discard something/the area surrounding the green, usually identifiable as a shallow trench at the edges of the green.

Head: the headmaster/refers to the area of the rink where the jack and any live bowls are at rest in a particular end.

Declare the head: sack the headmaster!/an expression advising that the last player to go will not deliver his last bowl. It is called if the player of his team is holding shot, or that there is a significant danger of worsening their position.

Disturb the head: worry the headmaster/Play a bowl with sufficient weight to alter the positions of the bowls and/or the jack in the head.

Dumping: putting the bin out/a bowl delivered above the green so that it bounces on the turf after it leaves the hand. Normally an indication of a poor technique.

Give away the mat: donation following change of kitchen floor covering perhaps/The winner of the toss has the option to play the first bowl, called keeping the mat or letting the opponent bowl first, thus reserving the last bowl of the end to themselves. Thus, to give away the mat.

Keep the mat: don't change the kitchen flooring/the opposite of giving away the mat.

Jack: car accessory/the small white ball that is the target for all the other bowls to be aimed at.

Jack High: car accessory in operation/a comparison of the position of a bowl in relation to the jack.

Skip: child's rope/in a team of 3 or more, the skip is the player who delivers the last bowl. He also has other duties, including directing the head for his teammates and making decisions in co-operation with the opponents in the event of a dispute.

Kitty: young cat/another name for the jack.

Tickle the kitty: caress the young cat/the result of a bowl delivered such that it moves the jack a slight distance.



Swimming Club Awards

At the recent Dolphin Swimming Club Annual General Meeting, six children received top club awards jointly presented by the District Guide Commissioner, Nicky Reynolds and Scout representative Colin Smale.

Another young swimmer was awarded the Joy Bowyer Cup for particular effort and perseverance during the year.

Dolphin Award

Peter Durrant
Simon Durrant
Oliver James
Poppy James
Zoe Kern
Hannah May

Joy Bowyer Cup

Daisy Dickson

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Sleigh Routes 2016

(POTTERS BAR)

Potters Bar Rotary Club

Father Christmas will be visiting the following roads (weather permitting) on:

Sunday 4 December (Route 6)

Wroxham Gardens, Mimms Hall Road, Ormesby Drive, Oulton Crescent, Auckland Road, Borough Way, Cambridge Drive, Deepdene

Monday 5 December (Route 5)

Oakmere Lane, Tempest Avenue, Forbes Avenue, Mandeville Road, Carpenter Way, Gregory Avenue, Highview Gardens

Tuesday 6 December (Route 10)

Cranborne Road, Cranborne Crescent, Laurel Fields, Laurel Avenue, Clive Close, Dugdale Hill Lane

Wednesday 7 Dec (Route 8)

Cotton Road, Trewenna Drive, Peshurst Road, Thaynesfield, Northlands, Torrington Drive, Tiverton Road, Hatherleigh Gardens

Thursday 8 December (Route 9)

Cranmer Close, Grangewood, Osborne Road, Heath Road, Heath Close, Green Meadow, Hawkshead Lane, Swanley Bar Lane

Sunday 11 December (Route 7)

Elmroyd Avenue, Daleside Drive, Sunnybank, Meadow Way, The Greenway, Field View Road, Brackendale, The Byway

Monday 12 December (Route 2)

Billy Lows Lane, Mount Grace Road, Quakers Lane, Anthorne Close, Mountway, Manor Way, Heath Drive

Wed 14 December (Route 3)

Hyde Avenue, Willow Way, Beechwood Avenue, Ashwood Road, Hill Rise, Park Avenue, Oakmere Avenue

Thursday 15 December (Route 4)

The Drive, Heather Way, Sherwood Avenue, Allandale Crescent, Brooklands, Aberdale Gardens, Elmscroft Gardens

Sunday 18 December (Route 1)

Elmfield Road, The Shrublands, Wellesley Crescent, Shillitoe Avenue, Kimptons Mead, Rushfield, Santers Lane, Oakroyd Avenue

Monday 19 December (Route 11)

The Walk, Highfield Way, Byng Drive, Ladbrooke Drive, Strafford Gate, Melrose Avenue, Birch Grove, Albermarle Avenue, Otways Close

21st, 22nd, 23rd, 24th December

Outside Tesco Store in Mutton Lane, 8am–2pm

NOTE: We have tried to cover all areas of Potters Bar, but if your road is not specifically mentioned, perhaps you could catch Father Christmas and the sleigh in an adjacent road on one of the dates mentioned above.

(WELHAM GREEN, CUFFLEY and BROOKMANS PARK)

Brookmans Park Rotary Club

Welham Green

Sunday 4th December - from 4.30pm

Knolles Crescent, Greville Close, Gould Close, Dellsome Lane, Parsonage Lane, Parsonage Road, Pooleys Lane, Puttocks Drive, Frowick Close, Huggins Lane

Monday 5th December - from 6.00pm

Dellsome Lane, Vincenzo Close, Somers Road, Somers Square, Sibthorpe Road, Lydia Mews, Welham Close

Wednesday 7th December - from 6.00pm

Bulls Lane, Meadow Close, Skimpans Close, Holloways Lane, Booths Close, Nash Close, Dixons Hill Road, Station Road

Cuffley

Sunday 11th December - from 4.30pm

Tolmers Road, Thrush Lane, Starling Lane, Station Road, Theobalds Road, Theobalds Close, Kingsway, Burleigh Way, Colesdale, Northaw Road East, King James Avenue, Bacons Drive, Cranfield Crescent, Plough Hill, Kingsmead

Monday 12th December - from 6.00pm

Sutherland Way, Sutherland Avenue, Leefe Way, Bradgate, Coulter Close, Hill Rise, Warwick Avenue, Hanyards Lane

Wednesday 14th December - from 6.00pm

Tolmers Road, High Ridge, Brookside Crescent, Homewood Avenue, Hill Leys

Brookmans Park

Sunday 18th December - from 4.30pm

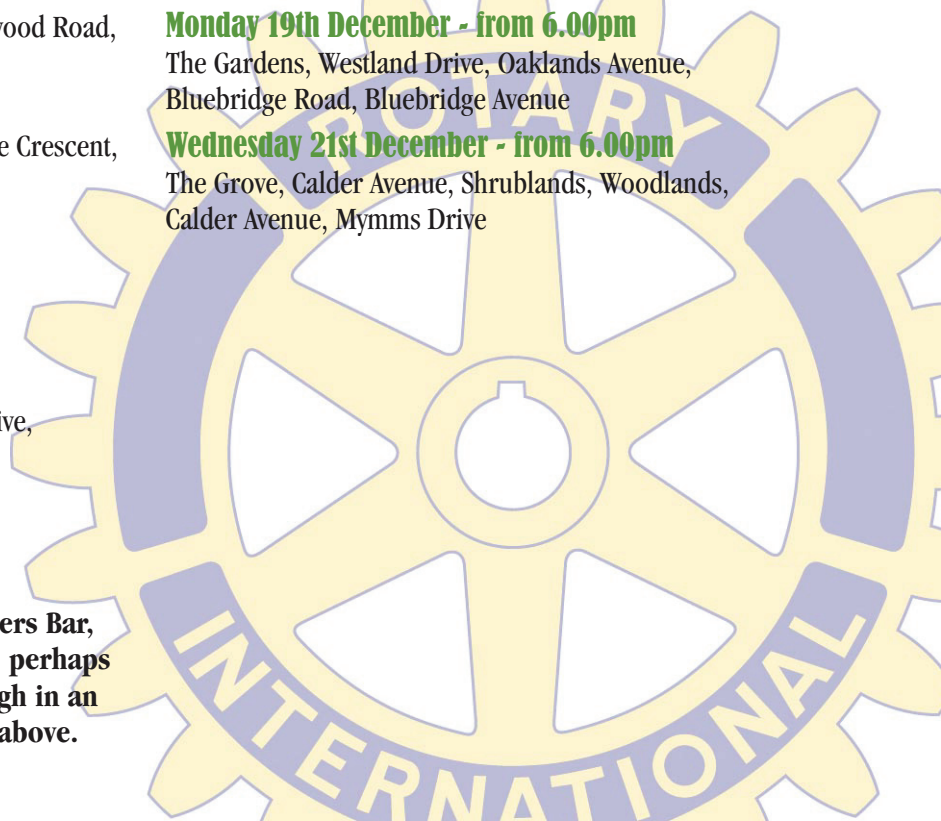
Bradmore Way, Peplins Way, Brookmans Avenue, Mymms Drive, Moffats Lane, Bluebridge Road

Monday 19th December - from 6.00pm

The Gardens, Westland Drive, Oaklands Avenue, Bluebridge Road, Bluebridge Avenue

Wednesday 21st December - from 6.00pm

The Grove, Calder Avenue, Shrublands, Woodlands, Calder Avenue, Mymms Drive





Cuffley retain football trophy

Mount Grace School hosted their annual primary schools 7-a-side football tournament on 1st October and it was Brookmans Park Rotary Club's 10th year of sponsoring this fantastic event. There's no corruption here, just bags of youthful enthusiasm and love of the game. Congratulations to Cuffley who retained the trophy after a hard-fought final against Oakmere. Cranborne picked up the consolation shield.

Rotary  Club of Brookmans Park
District 1260 RIG&I No. 1734

Purple Polio

An update on our Summer Edition

As you know Rotary has been working hard over the last 30 years to rid the world of polio – a terrible disease that can kill or severely disable children. Although cases are down by 99.9% and over 2.5 billion children have been immunised, remote and rural areas are the hardest to reach. It requires at least three years with no new cases being reported in order to declare the world polio free.

Sad News

After more than two years without wild poliovirus in Nigeria, the Government reported in August that two children have been paralysed by the disease in the northern Borno state.

As an immediate priority the Government of Nigeria is collaborating with WHO and other partners of the Global Polio Eradication Initiative to respond urgently and prevent more children from being paralysed. These steps include conducting large-scale immunisation campaigns and strengthening surveillance systems that help catch the virus early. These activities are also being strengthened in neighbouring countries.

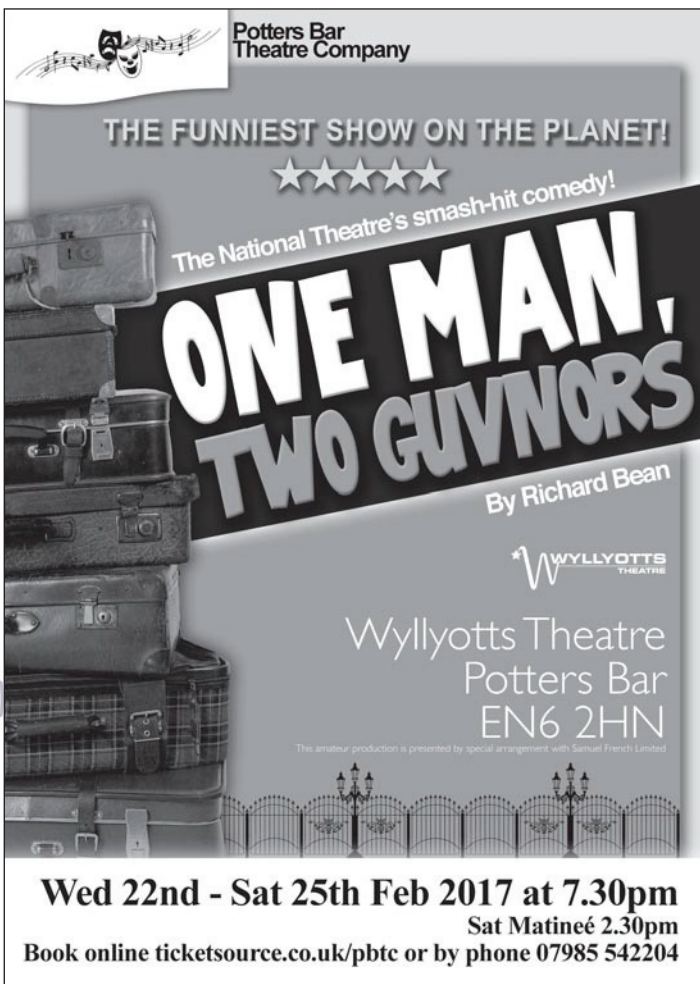
World Polio Day

24th October was World Polio Day. Brookmans Park Rotary Club has partnered with Brookmans Park Primary School and the Parish Council and planted 5,000 crocus corms on Bradmore Green and in Gobions Open Space. This is part of a national initiative involving 5 million corms that will flower in February 2017 to brighten up communities across Great Britain and Ireland.

What can you do?

If you want to make a donation towards End Polio Now, you can do by following this link; www.endpolio.org/worldpolioday. If you want to get involved in Rotary and have some fun whilst raising money for local and international charities, please contact us on 07724 698357 or via enquiries@brookmansparkrotary.org.uk.

Alan Rice-Smith
President
Brookmans Park RC



Potters Bar Theatre Company

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By Richard Bean

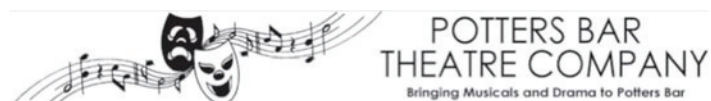
WYLLYOTTS THEATRE

Wyllotts Theatre
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Wed 22nd - Sat 25th Feb 2017 at 7.30pm
Sat Matinee 2.30pm

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EVITA - Potters Bar Theatre Company 22nd-26th November 2016

Argentina's 'Queen of Hearts'

One of musical theatre's best-loved shows comes to Wylyotts in November, when Potters Bar Theatre Company presents Tim Rice and Andrew Lloyd-Webber's multi-award winning *Evita* – the rags to riches story of Eva Péron, from her humble beginnings to dictator's wife, Argentina's 'Queen of Hearts' and global icon.

Featuring familiar numbers such as *Don't Cry For Me Argentina*, *On This Night of a Thousand Stars*, *You Must Love Me* and *Another Suitcase in Another Hall*, *Evita* first hit the West End in 1978 with Elaine Paige as Eva and David Essex as Che Guevara. After winning numerous awards in the UK and on Broadway, it was subsequently made into an Oscar-winning film starring Madonna and Antonio Banderas.

This PBTC production is directed by John Hebden.

VENUE: Wylyotts Theatre, Wylyotts Place, Darkes Lane, Potters Bar, EN6 2HN

DATES: Tuesday 22nd to Saturday 26th November 2016

TIMES: Evening performances 7.30pm
Saturday matinée at 2.30pm

PRICES: Adults £16 Tuesday/Wednesday
£18 Thursday, Friday, Saturday (both performances)
Students (under 18 years) £14 all performances
Senior citizens £15 Tuesday evening and Saturday matinée performances only



Hertfordshire Showband

Christmas Showcase Concert

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boxoffice@hertfordshire-showband.org



Discount of £1 per ticket on bookings for 10 or more adults made at the same time for the same performance.

BOX OFFICE

Tel: 07985 542204

Online: pbtc.ticketsource.co.uk

Post: PBTC Box Office, PO Box 154, Potters Bar, Hertfordshire EN6 2WB (cheques payable to 'Potters Bar Theatre Company', please include a stamped addressed envelope)



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Boost for The Stables Horse Activity Centre

The Stables Horse Activity Centre, the independently funded charity based in Barnet Lane, Barnet has recently benefited from a donation approaching £21,000. This was the charity chosen by the former Captain of Old Fold Manor Golf Club, Ian Huckle, for his year and a cheque for this amount was presented to the charity on Sunday 9th October. In further good news for them, the new Captain, Kevin Humphrey has also indicated that the Centre will be his nominated charity for the coming year.

The Centre provides lessons and work experience for all, but specifically caters for children and adults with learning, mental or physical disabilities, performing a key role in encouraging social integration. Formed in 1993, The Stables has grown from a few horses in a field to the fully licenced, proficient riding centre it is today and is happy to welcome anyone from Potters Bar and the surrounding area.

To find out more, visit www.thehorseactivitycentre.org.uk or telephone 07959 919437, or email info@thehorseactivitycentre.org.uk.



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ONE MAN, TWO GUVNORS - Potters Bar Theatre Company

22nd–25th February 2017

"The funniest play on the planet"

Fired from his skiffle band, Francis Henshall becomes minder to Roscoe Crabbe, a small-time East End hood, now in Brighton to collect £6,000 from his fiancée's dad. But Roscoe is really his sister Rachel posing as her own dead brother, who's been killed by her boyfriend Stanley Stubbers.

Holed up at The Cricketers Arms, the permanently ravenous Francis spots the chance of an extra meal ticket and takes a second job with Stanley Stubbers, who is hiding from the police and waiting to be reunited with Rachel. To prevent discovery, Francis must keep his two guvnors apart. Simple.

Richard Bean's One Man Two Guvnors is an English version of Goldoni's classic Italian comedy, Servant of Two Masters, and has been described as "the funniest play on the planet."

Presented by Potters Bar Theatre Company at Wyllyotts Theatre, Potters Bar from Wednesday 22nd to Saturday 25th February 2017, the show puts sex, food, money and a barrel-load of laughs high on the agenda... the perfect ingredients for a great night out!

TIMES: Evening performances 7.30pm
Saturday matinée at 2.30pm

PRICES: Adults £15
Students (under 18 years) £12 for all performances
Senior Citizens £13 for the Wednesday evening and Saturday matinée performances only.

A discount of £1 per ticket is available on bookings for 10 or more adults made at the same time for the same performance.

BOX OFFICE

Tel: 07985 542204

Online: pbtc.ticketsource.co.uk (booking fees apply)

Post: **PBTC Box Office, PO Box 154, Potters Bar, Hertfordshire EN6 2WB** (cheques payable to 'Potters Bar Theatre Company', please include a stamped addressed envelope)



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email: info@tilburnursery.org.uk

Potters Bar United Reformed Church, Darkes Lane, Potters Bar.



WYLLYOTTS THEATRE

The Carpenters Story

Saturday 29th October, 8pm
 Tickets £22.50, Concessions £21.50
 The award winning Carpenters story celebrates the music of one of the most successful pop duos in music history, Richard and Karen Carpenter. Acclaimed international star Claire Furley remains unsurpassed in her uncanny representation of Karen Carpenter. She will take you on an incredible journey through the uniqueness that truly was the Carpenters.

Jenny Éclair - How to be a Middle Aged Woman

Thursday 3rd November, 8pm
 Tickets £17.50
 Professional grumpy old woman Jenny Éclair has extended her hit tour into the Autumn. Éclair puts middle age under the microscope and decides whether to laugh, cry

or buy a dachshund. You are most welcome to join her, just button your cardi up properly and wipe that lipstick off your teeth.

Only Fools & Boycie

Friday 4th November, 8pm
 Tickets £16
 Enjoy an intimate evening with John Challis, one of the nations great comedy actors. He is best known as Boycie in Only Fools and Horses. In this one off Show the national treasure will reveal secrets from the set with stories and anecdotes from his dazzling career.

Michael Portillo "Life: A Game of two Halves"

Saturday 5th November, 8pm
 Tickets £16
 Michael Portillo took 10 years to get a seat in Parliament and then rise in power to a point where he was a favoured leader of his Party. A Historian at heart he has used a

Victorian Railway Guide to take millions of viewers on a historical voyage of discovery throughout the UK, Ireland and most of Europe. Listen to his extraordinary journey and feel free to question him about it.

Magical Mozart

Sunday 13th November, 7.30pm
 Tickets £17, Concessions £16
 This sumptuous fully costumed show immerses us in the wonderful music and classic baroque world of one of the greatest romantic composers – Wolfgang Amadeus Mozart. A packed programme of classical music and song including excerpts from *The Magic Flute*, *The Marriage of Figaro*, *Così Fan Tutti* and many more.

Psychic Sally - Call me Psychic Tour

Friday 18th November, 8pm
 Tickets £25

The nations favourite psychic is back and better than ever with her brand new and most jaw dropping show yet. Funny, entertaining, sometimes heartbreaking and often controversial the Show celebrates her 8th year on the road.

Ultimate Fitness Model Show

Saturday 19th November, 2pm
 Tickets £22.50
 Ultimate Fitness Model events provide the new generation of fitness models a fresh new platform to compete on. Renee Watters has a wealth of experience from running an agency and knowing what clients are looking for when they employ models.

Rat Pack Show

Sunday 27th November, 2pm
 Tickets £21, Concessions £20
 David Alacey, Des Coleman and Paul Drakeley star as Frank, Sammy

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Tuesday 24th to Saturday 28th
January 2017
 at 7.30pm Saturday Matinee at 2.30pm

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Priscilla Queen of the Desert is presented through special arrangement with and all authorised performance materials are supplied by Theatrical Rights Worldwide (TRWV), 1180 Avenue of the Americas, 8th Floor, New York, NY 10036 www.theatricalrights.com

For tickets: **07531 122206** www.greenroomproductions.co.uk



and Dean in the original Rat Pack Show, now celebrating its 18th record breaking year. This is a fabulous show which brings the style and excitement of the Las Vegas heyday to vivid life.

Christmas Memories

Thursday 1st December, 1.30pm
Tickets £13

Neil Sands and his brilliant West End cast are back with their 2016 Christmas production, which is a truly spectacular mix of over 60 of your favourite songs and carols and lots of good old fashioned festive fun.

Legend of a Band - The Moody Blues

Thursday 1st December, 8pm
Tickets £20, Concessions £19

Enjoy the music of the Moody Blues in the company of five legendary musicians, singers and songwriters. Drummer Gordy Marshall and keyboard player Paul Bliss performed with the Moody Blues for over 20 years. They are joined by current 10cc lead singer Mick Wilson and others. Prepare for an

intimate evening of sensational musicianship and iconic songs that define a generation.

ABBA Merry Christmas Party

Friday 2nd December, 7.30pm
Tickets £22, Concessions £20, one in ten go free

Dancing Queens and Super Troupers join the platform pounding, flares flapping, jive talking, disco dazzling ABBA Merry Christmas Party. This worldwide hit concert show is now celebrating its 20th sequin spangled year.

Buddy Holly & The Crickets - Holly at Christmas 2016

Saturday 3rd December, 8pm
Tickets £20, Concessions £19

Holly's hits, other contemporary classics and some Christmas crackers are all wrapped up in fast, furious and funny feats of entertainment to make the perfect gift for all the family. This breathtaking show has rock 'n' rolled audiences across the globe

and stars some of the finest actor musicians in the UK.

Dick Whittington and his Cat

14th December 2016 to 4th January 2017

For times and tickets ring the Wyllyotts Box Office on 01707 645005 or go on line to www.wyllyottstheatre.co.uk

Ruby Wax - Frazzled! A guide to Mindfulness

Thursday 19th January, 8pm
Tickets £20

Ruby Wax is a much loved comedienne, actor and writer along with being the 'it girl' of mental health campaigning. This event is a follow up to her sell out touring show and best selling book 'Sane New World'. This event is your passport to saner living.

Soul Legends

Friday 10th February, 8pm
Tickets £23, Concessions £22

Direct from the USA, it's the music of Aretha Franklin, James Brown, Tina Turner and many more. Amazing performers, choreography and costumes authentically revive the songs from these legendary performers.

Henning Wehn - Westphalia is not an option

Thursday 16th February, 8pm
Tickets £17.50

Join German Comedy Ambassador Henning Wehn for an evening of Teutonic jolliness at its best. This time Henning is having an unbiased look at immigration and he also wonders if people are competent.

HERTSBOX BOX OFFICE:

01707 645005

www.wyllyottstheatre.co.uk

**Wyllyotts Theatre, Wyllyotts Place,
Darkes Lane, Potters Bar, Hertfordshire EN6 2HN**

Potters Bar Theatre Company

EVITA

lyrics by **Tim Rice** music by **Andrew Lloyd Webber**
Originally directed by Harold Prince
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Potters Bar Society walks to December 2016



If you are interested in furthering your knowledge and understanding of the local environment, then these walks should appeal. Non-members are welcome but please make sure you know the protocol and walks rules. You join all of the walks at your own risk.

In the event of adverse weather conditions, please telephone the walks leader as the walk may have to be cancelled. All walks begin at 1.30pm.

Sunday 13th November

Meet: at School Lane, Essendon at junction with High Road (TL 275086) (Please park toward school end of lane).

Route: Essendon, golf course, Little Berkhamsted, Howe Green and return to Essendon. About 6 miles.

Leader: 01707 655732.

Sunday 27th November

Meet: footpath entrance to Whitewebbs Wood, Whitewebbs Road (opposite Sloemans Farm).

Route: to Forty Hall through Whitewebbs and return via Hilly Fields and Clay Hill. About 5 miles.

Leader: 01707 643832.

Sunday 11th December

Meet: Dixons Hill Close, Welham Green – park near motorway (TL 225048). *Route:* ‘Places & Spaces in North Mymms – Walk 2’ – walk to Mymms Park and return via Warrengate and Water End. About 4 miles.

Leader: 01707 264689.

Sunday 25th December - No walk

Details of later walks may be accessed on the Society’s website, www.pbsoc.org.uk. We are still looking for additional walks leaders to ensure the continuation of the programme – please ring us on 01707 643832 if you can help.

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Potters Bar U3A’s first holiday by air

To Guernsey and Sark, 4th–8th September 2016

The holiday started as soon as we boarded a 72 seater yellow Aurigny Turboprop with a puffin on the tail from Stansted to the modern airport in Guernsey, and an hour later the holiday really began. Notable sites visited were the Freesia Centre, Sausemarez Manor and Castle Cornet, the castle that has guarded St Peter Port Harbour for 800 years.

The highlight of the holiday was our day trip to Sark by boat. We were transported by horse and cart, as no cars are allowed, so our tour of the island was at a leisurely pace, so much so that we were overtaken by an old lady on a bicycle! The gardens of Seigneurie were spectacular and the day was topped off by a sparkling sea journey back to Guernsey.

The next day we visited La Valette underground military museum in the tunnels which house an exhibition about the island’s military history during the Second World War and the German occupation, relevant to some of us who had seen “Lotties War” with the U3A Theatre Group. An afternoon in St Peter Port shopping rounded off the holiday. We returned home the next day after a memorable and well organised holiday by tour leader Brenda Copping.

Darkes Fayre 2016

We welcome you all to this year’s Darkes Fayre, which will have an African theme, and will be held at the United Reformed Church on Saturday 26th November. We are doing something a little different this year in that a significant part of the proceeds will go to support the work of the church, not here in this town, but in a small community in Zambia. We have created a new link with the congregation of the United Church of Zambia in Katombora, near Livingstone on the banks of the Zambezi River, by building them a church. A new building has been constructed for them and we are determined to continue to support them and those associated with them.

The Mayor and Mayoress of Hertsmere, Cllr Pete Rutledge and Cllr Jane West, will be opening the proceedings at 10.30 am and will be welcomed by our Minister, the Revd Dr Nick Brindley.

We warmly invite you to visit the many regular stalls and sideshows. Other attractions include fun activities for children including our free Treasure Hunt, and the ever popular visit to Santa’s Grotto. Should you feel the need to rest your weary feet for a while, or begin to experience hunger pangs, why not retire to the cafeteria located in the Tilbury Hall? A variety of refreshments is on offer, ranging from a cup of tea or coffee to a hot lunch. For your entertainment we will have choirs from Potters Bar and Brookmans Park schools.

Enjoy the fun of the Fayre and have a great day. We wish you every blessing in the coming Christmas season and for the year 2017. For more details of our activities, we invite you to visit our church website www.pottersbarunitedreformedchurch.org.uk.

2016 Christmas Services at local churches

Brookman's Park United Reformed Church

18th December 10.30am Carol Service
25th December 10.30am Christmas Day Celebration

Contact Revd Nick Brindley 665482

Christ Church, Little Heath (CE)

18th December 6.30pm Carol Service
24th December 4.00pm Crib Service
11.00pm Midnight Communion
25th December 9.00am Holy Communion
10.30am Family Service followed by short service of Holy Communion

Contact Revd Dominic Newstead 654414

King Charles the Martyr, Mutton Lane, Potters Bar (CE)

15th December 12 noon Open Door Café Carol Service
18th December 4.30pm Carol Service followed by mince pies and mulled wine
24th December 4.00pm Family Service with Blessing of the Crib
6.00pm Christingle Service
11.30pm Midnight Mass (Carols at 11.00pm)
25th December 10.30am Christmas Day Communion

Contact Canon Michael Burns 661266

Our Lady and St Vincent Roman Catholic Church, Potters Bar

18th December 5.00pm Carol Service
24th December 5.00pm Family Mass
8.00pm Vigil Mass (Carols at 7.30pm)
25th December 10.00am Mass

Contact Fr Tim O'Connor 654359

Potters Bar Baptist Church, Barnet Road

18th December 10.30am Family Nativity Service
6.00pm Carols by Candlelight
25th December 10.30am Christmas Family Service

Contact Revd Joel Mercer 651179

Potters Bar United Reformed Church, Darkes Lane

18th December 6.30pm Carol Service
24th December 11.30pm Welcome to Christmas
25th December 10.30am Christmas Day Celebration

Contact Revd Nick Brindley 665482

St Giles, South Mymms (CE)

11th December 4.30pm Carol Service
24th December 3.30pm Bread Service with assembly of crib
11.30pm Midnight Mass
25th December 11.00am Family Eucharist

Contact Revd Karen Turner 658651

St John's Methodist Church, Potters Bar

11th December 2.30pm Nine Lessons and Carols
18th December 4.00pm Family Carol Service
24th December 11.15pm Midnight Holy Communion
25th December 10.30am Christmas Day Service (all ages)

Contact Revd Alison Facey 652978

St Mary's Essendon (CE)

11th December 3.00pm Christingle Service
18th December 6.30pm 9 Lessons and Carols
24th December 11.15pm Midnight Holy Communion
25th December 11.15am Christmas Family Service

Contact Canon Pauline Higham 01707 875940

St Margaret's Ridge (CE)

18th December 6.30pm Carol Service
25th December 9.15am Family Eucharist

Contact Revd Karen Turner 658651

St Mary's, North Mymms (CE)

18th December 6.30pm Carol Service followed by mince pies and mulled wine
24th December 4.00pm Crib Service
11.30pm Midnight Mass
25th December 8.00am Holy Communion (Book of Common Prayer)
9.30am All Age Eucharist

Contact Revd Julia Boothby 01727 822887

St Mary's, The Walk, Potters Bar (CE)

27th November 6.30pm The Advent Procession
18th December 5.00pm Carol Service
24th December 4.00pm Christingle and Crib Service
11.30pm Midnight Mass of the Nativity
25th December 10.00am Christmas Day Communion

Contact the Revd Stefan Chrysostomou 859028

Town Carols at St Mary's Church, The Walk will be held on Tuesday 13th December at 7.30pm.

No tickets required but arrive in good time to ensure a seat!



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Surgery Hours: 8.30am–6pm Monday to Friday

Test Results/Enquiries: 01707 622979 between 2pm and 5pm Monday to Friday

Monthly newsletter available from surgery or on our website

www.annandalesurgery.co.uk

Extended Hours: Saturday 8.30am–12 noon for routine booked appointments, collecting prescriptions and enquiries.

2) HIGHVIEW MEDICAL CENTRE AT THE ELMS

Tel: 01707 871980

Surgery Hours: 8am–6pm Monday to Friday

Appointments: 01707 871980 (8am–6.30pm)

Enquiries: 01707 871982 (9am–12.30pm and 2–4.30pm)

Results: 01707 871982 (2–4.30pm)

Extended Hours: We offer 2 Saturday morning surgeries a month and late evening "after work" clinics every Monday.

For the latest information/updates visit our website www.highviewsurgery.co.uk or follow us on Facebook and Twitter.

3) PARKFIELD MEDICAL CENTRE

Tel: 01707 291041

Surgery Hours: 8am–6pm Monday to Friday

Test Results/Enquiries: 11am–2pm Monday to Friday

Extended Hours: Wednesday to Friday from 7am and Saturday fortnightly for routine booked appointments only from 8–11.15am.

We have a newsletter available from the surgery or via our PPG. Events are also advertised on our Friends of Parkfield Facebook page. Please also visit our website www.parkfieldmedicalcentre.co.uk.

4) POTTERELLS MEDICAL CENTRE

Tel: 01707 273338

Surgery Hours: 8.30am–6.30pm Monday to Friday

Test Results/Enquiries: As above after 11am.

Extended Hours: For routine, non-emergency appointments. Every Monday and fourth Tuesday from 6.30–9pm and first and third Saturday 8.30–11am. Nurse-led Fast Track Service: Monday/Tuesday/Wednesday 9.30am–12 noon.

OUT OF HOURS SERVICE FOR ALL THE ABOVE SURGERIES

NHS 111 SERVICE

If you urgently need medical help or advice but it's not a life threatening situation, call NHS on 111, at any time.

There is now a GP lead clinic at Elstree Way, Borehamwood which is open 8am to 11pm Saturday and Sunday. To book an appointment phone 111.

DENTIST

When you have an urgent dental problem and your dental surgery is closed, call 03000 333 224. Monday to Friday, 5pm–9am. All weekend and Bank Holidays.

Local A&E Services

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Barnet Hospital, Wellhouse Lane, Barnet, EN5 3DJ Tel 020 8216 5003

Lister Hospital, Coreys Mill Lane, Stevenage, SG1 4AB Tel 01438 314333

URGENT CARE CENTRES

QEII Hospital, Howlands, Welwyn Garden City, AL7 4HQ Tel 01707 32811

24 hour urgent care for minor injuries and illnesses only

Chase Farm Hospital, Urgent Care, The Ridgway, Enfield, EN2 8JL

Tel 020 8375 1010

8am–10pm Minor illness, injuries, ailments

Barnet Hospital 9am–9pm

Local Libraries

Oakmere

High Street, Potters Bar

Monday	1pm–6pm
Tuesday	10am–6pm
Wednesday	Closed
Thursday	10am–6pm
Friday	1pm–6pm
Saturday	10am–5pm
Sunday	Closed

Toddler Tales (Mondays) 2.15–2.45pm

Baby Rhyme Time (Tuesdays) 11–11.30am

Brookmans Park

Bradmore Green

Monday	2pm–6pm
Tuesday	2pm–6pm
Wednesday	Closed
Thursday	2pm–6pm
Friday	2pm–6pm
Saturday	9am–1pm
Sunday	Closed

For further information, visit your local library or call 0300 123 4049 and ask for the appropriate library. NB: The Welwyn Garden City library is open on Sunday afternoon.



Wyllyotts Centre,
Darkes Lane, EN6 2HN

Mondays Personal Callers

10am–12.30pm and 1pm–3.30pm

Thursdays Personal Callers

10am–12.30pm and 1pm–3.30pm

Hertsmere Borough Council Potters Bar Office

Wyllyotts Centre – 01707 652406. Open Thursday 9.30am to 2pm.

Useful Numbers

Hertsmere Borough Council	020 8207 2277
Welwyn Hatfield Council	01707 357000
Hertfordshire Police Non-emergency	101 (national number) or 01707 354000
Herts Domestic Violence Helpline	08088 088088
Hertfordshire County Council	0300 123 4040
National Debt Line	08088 084000
Citizens Advice Consumer Helpline	03454 04 05 06
Highways (including potholes, traffic light faults and streetlights)	0300 1234 047
Wasteaware	0300 1234 051
Affinity water leaks	0800 376 5325
Childline	0800 1111
Crime Stoppers Anonymous Line	0800 555 111
CAB Advice Line	03444 111 444
Environmental Health	
(1) Hertsmere:	Pest Control 020 8207 2277
	Noise (daytime) 020 8207 7435
	(night) 0845 300 0021
(2) Welwyn Hatfield:	Pest Control 0344 828 334
	Noise 01707 357242
NHS Direct (Nurse advice and health information)	111
RSPCA Local Branch (financial help if you claim benefits, on low income, OAP's)	07872 902710
www.rspca-pottersbarhatfieldandbarnet.org.uk	
Samaritans (freecall 24 hours)	116 113