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Summer 2009

# BERKHAMSTED

Berkhamsted's award-winning quarterly

# Living

## MARKET

Your guide to bagging a bargain

## EXCLUSIVE

Money-saving offers!

## GARDEN PARTY PERFECTION!

## WINNERS!

Kid's colouring competition results

## HEALTH

Fitness pros share their secrets

## ALFRESCO

Our guide to dining out

## WHAT'S ON

All the events June–Sept 2009!

Fashion . Property . Health . Beauty . Gardens . Food . Kids . People  
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## IN BRIEF

### Woof-alike

Pictured below is Riley, runner-up in Walk the Dog's 'Dressed to the K9s' dog fancy dress competition. Marking this year's International Day of the Dog on 26 April, all proceeds went to Every Chance Rescue. Entrants were judged by Barbara Broccoli OBE, dog-owner and producer of James Bond films. First prize went to Toby, who sported a John McEnroe get-up; Riley was Minnie Mouse.



### EJ on the wing

Emma James Physio has taken the Berkhamsted Raiders and Little Gaddesden junior football clubs under its wing. Already working with Tring Rugby Club, Emma and her team offer young footballers an initial screening to detect any pre-disposition to sporting injuries. EJ Physio will further support teams by providing exercise/stretching posters, seminars on injury prevention and support at promotional events. EJ Physio is on 01442 870686.

### Hands-on head

Richard Gliddon has joined the Naturality on Lower Kings Road, taking over from founder Simon King. Richard qualified at the Anglo-European College of Chiropractic before spending three years working at a practice in Aberdeen. Naturality is on 01442 800400.

## Sunday parking battle looms



Sunday supplement: cough up

Dacorum Borough Council is preparing a kick in the teeth for Berkhamsted's hard-pressed shop-owners with the imposition of car-parking charges on Sundays and Bank Holidays. Nothing is decided yet – there's a consultation period to go through first. But the Council is known to be

short of money and car-parks built in substantial sums. It would be a serious blow for shop-owners already reeling from increased parking fees. Sunday becomes an important trading day largely because people can come into town and feel relaxed about finding somewhere to park without having to worry about costs or wardens.

## Space-saving idea from Chamber

Do you have a town-centre parking space you don't use during the day? Imagine how grateful a High Street shopkeeper might be to have the use of it during opening hours... You might be sitting on a gold mine, or at least a discount mine. Berkhamsted & District Chamber of Commerce proposes itself as a kind of clearing house service, to put potential donors of parking spaces in touch with Berkhamsted shopkeepers. If you can help, visit [www.berkhamsted-chamber.co.uk](http://www.berkhamsted-chamber.co.uk).

## Arrows ahead



The Petertide Fair is only a couple of weeks away (13 June, 10am-3pm) and this year more than ever it will be well worth visiting.

Chief organiser Judith Lambert has contracted the services of a miniature railway to run around the churchyard, leaving no-one without any excuse for not visiting some of the more distant stalls; and all in all, there will be a fly-past by RAF Red Arrows display team, at the line of the main road.

On 21 June the Petertide Fair committee puts on its first jazz concert when the Christian Gar Quartet plays at St Peters. The quartet includes James Etheridge, local boy made good, and performs in the style of the maestro Step Grapelli.

## WIN TICKETS for Pepper's 21st!



Berkhamsted Living has two tickets to give away for the first night of 2009's Pepper summer show, *Pepper Magic*, on 17 July.

All you have to do

to win is send your answer to this simple question to **Berkhamsted Living, PO Box 1217, Tring HP23 5XY** or email [info@berkhamsted-living.co.uk](mailto:info@berkhamsted-living.co.uk) by Wednesday 1 July:

**Q** What did they call the first Pepper show, back in 1989? (Hint: you might need to go to the website for the answer)

To guarantee your seat, tickets for the 21st Pepper rock festival are now on sale from 01442 877292 or via [www.peppershow.com](http://www.peppershow.com).

Pepper organisers promise "a show comparable to a West End performance." Last year's event was virtually sold out and raised £45,000 for the charity. Tickets range from £8-£20, with concessions available, and performances from 17-19 and 22-25 July.

It's great value for money, as well as benefitting the Pepper cause. Each ticket gives you access to a range of acts, hospitality and the great atmosphere of the grand marquee before and after the show.





## A Dog's Life in Berkhamsted

Susie the Schnauzer dictates her plans for summer to Michelle Walmsley

## Dog Listener

A special place for dogs during summer is the Ashridge Estate. There are various walks to choose from and the Monument is a great starting point. After my owner has parked the car in one of the many parking spaces, I bounce out excitedly when I realise where we are. My owner often arranges to meet one of her friends and mine there so we can have an energetic play in the large field to the side of the Monument. I normally tire quickly in the heat so I pant over to the Monument café where I drink some water while my owner and her friends enjoy a delicious cream tea and a long chat. This summer I will be competing in the dog show at the Berkhamsted Lions Summer Fête (31 August) because, apparently, I have grown into a beauty and I am much better at obeying commands now. I hope to win a prize as I quite fancy wearing a rosette. Other dogs are welcome to compete too – just turn up on the day, plus there's a new category for 'Dog a judge would most like to take home.'

**1-2-1 training for you and your dog**

**t: 01442 878 628**

**m: 07976 743 031**

**www.doglistener.tv**

**doglistener@doglistener.tv**

## HIGH STREET NEWS

### Peak district



The Iain Rennie Hospice at Home has added an intriguing new event to its fundraising programme. On 20 September the first Chilterns Three Peaks Challenge will take place. Starting at Whiteleaf Cross, the route follows the Ridgeway to Coombe Hill and on to Ivinghoe Beacon. There's lunch at Wendover

and optional transport from there to Tring. Even so, walkers will cover about nine miles on foot. The walk is £15 to enter. This covers transport, a Chilterns 3 Peaks T-shirt and refreshments along the route. For more information and to enter please call the fundraising team on 01442 890222 or email fundraising@irhh.org.

**MAGAZINE RACK...** *Dacorum Trite* magazine has renamed itself *Berkhamsted Laxative* and has been much more regular as a result.

## Set fair for St Leonards



Get yourself over the hills to St Leonards next Saturday (6 June) for the annual show. The Horse Show & Gymkhana starts at 9.30am – booking on the day – and Dog Show entries follow at 1pm, judging at 2pm. The fête proper begins at 2pm

with more activities and stalls than you could shake a stick at. The venue is St Leonards Parish Hall and adjacent playing fields. And if you haven't visited St Leonards before, take the time to have a look at the church – but wear dark glasses if the sun is shining.

**...AND RUIN** *Ouagadougou Life* magazine, popped promptly into recycling bins as far afield as Antananarivo, Qom, Berkhamsted and Tegucigalpa, has added Woolloomooloo to the places about which it has nothing whatever to say.

## Ken's close

The name of Ken Sherwood, who died earlier this year, will live on in the town he loved when a Park Street development becomes Sherwood Mews.

Ken was a citizen and a gentleman who energetically applied himself to Berkhamsted's interests, especially in the area of conservation. He was largely responsible for the survival and renewal of the Town Hall, for example. The decision to name a street after Ken was taken at a meeting of the Town Council in May.

## Fashion with compassion

Two of Berkhamsted's best-established fashion shops helped Cruse Bereavement Care raise £4,000 in a fashion show in April. Boltons provided about 20 outfits and Airs & Graces, the wedding wear supplier, also took part. About 350 people attended the catwalk event, which took place on 24 April in Watford. It celebrated 50 years of service to the community and set out to raise funds towards a bereavement service for children. Ex-X Factor contestant Amy Connoll supplied vocal entertainment. Marilyn Mitchell of Boltons said she was happy to take part "as it seems like a good charity to be involved in. Boltons is at 153 High St and Airs & Graces at 104 High St.

## Vocal range

Local artist David Woollacott is completing a large sculpture installation as part of his degree course. The installation will go on display at Amersham College for a week from 15 June, and it may be seen in Berkhamsted at a later date. The sculpture is inspired by David's interest in the human voice, and he hopes it will "encourage people who have never sung before to come up and try".