



Tewin Magazine



February 2015

Price 60p



The Tewin Society Award 2014

Editorial Note

Welcome to our February edition. Congratulations to Michael Clark, pictured on this month's cover, on winning The Tewin Society Award 2014. You can read why he was chosen to receive the award on page 9.

Our film this month is 'GI Blues' on Mon 16th (p11). We celebrate Shrove Tuesday on the 17th with a Pancake Race on Burnham Green (p3 and 15) and hot pancakes at Tewin Stores (p25). The annual Senior Citizens' Lunch is on Wed 18th (p27).

THACS have arranged 2 workshops in March, advance details of which can be found on page 6.

Other dates for you diary can be found on page 31.

Please continue to send your contributions for future editions to tewinmagazine@gmail.com. The deadline is the 15th of the month, but the earlier the better.

Jackie Murphy, Editor

New Year's Eve

Paul, Lynne and Vicki Griggs would like to say "thank you" for the wonderful turn out at the annual New Year's Eve Party at Tewin Memorial Hall. Vicki raised £500 from the raffle for her charity Moorfields Eye Hospital.

Many thanks to everyone who donated prizes especially Ivor and Linda Williams for the meal for two at Tewinbury Farm and the Aladdin's Cave of prizes donated by Kevin Doyle. The Fish and Chips from Lee's at Panshanger arrived piping hot and a good time was had by all.

Last, but certainly not least, thanks to two very important members of the "New Year" team, Alan and Sue Bonds.

FURNITURE FRIENDS

Furniture Friends will not be operating again until mid-Spring and so will not be able to collect furniture at present. Please note the old phone number is now obsolete.

Further details and the new number will be given when they are back up and running.

Cheryl and Bert

Bert and I want to sincerely thank everyone for the flowers, cards and kind thoughts on the recent loss of my dear Mum.

Your support at this very sad time has made us once again thankful for such good friends and appreciate how lucky we are to live in Tewin.

Many thanks

Cheryl & Bert

Shrove Tuesday Pancake Race

The first ever Tewin v Datchworth v Burnham Green Pancake Race will take place on Burnham Green on Tuesday 17th February 2015 at 11.00am.

If you would like to take part please contact the team vicar, Susannah Underwood, on 01438 817183 or email team.vicar@welwyn.org.uk.

All ages and abilities are welcome, Pancakes and pans will be provided.

Come and cheer your village to victory.

Susannah

Tewin Parish Council



Bus Consultation

A new bus consultation is starting on 19th January 2015 and will be running for 12 weeks until April. If the proposals are agreed the impact on services will commence from September 2015.

The bus consultation questionnaire will be available online at www.hertsdirect.org/busconsult or by telephone 0300 123 4036, or by email: hertsdirect@hertfordshire.gov.uk.

Please look out for notices on the Tewin Village website and at Tewin Stores.

Sewage Leaks

If you see or smell sewage leaking anywhere in the parish please can you make a note of the nearest address and immediately contact Thames Water on 0845 9200 800.

Damage to Lower Green and Verges in Tewin

The Parish Council are aware of erosion of some verges around the village as a result of various building works and road closures. The pavement and verge are the responsibility of Herts Highways and where possible the Parish Council will take steps to ensure that the verge is tidied up and that parking on the verge and the pavement is discouraged.

Rivergate Homes, who are the developers on Hertford Road, has agreed to carry out remedial work to Lower Green once building has finished.

Litter

The Parish Council would like to thank all those parishioners who pick up litter as they walk around the village. Their efforts to keep Tewin looking its best is very much appreciated.

PARISH COUNCIL INFORMATION

The next Parish Council meeting is on Monday 2nd February 2015 at 7.45pm and then on Monday 2nd March 2015 at 7.45pm at Tewin Memorial Hall.

Agenda: Please notify the Clerk at least one week before the meeting if you wish to suggest items for discussion at the meeting. The agenda is published on the Notice Board outside Tewin Stores 3 working days before the meeting. *All Parishioners are welcome to attend and can make comments at the start of the meeting.*

Minutes: These are displayed at Tewin Stores, Tewin Memorial Hall, at the bus shelter at the top of Desborough Drive and on the website www.tewinvillage.co.uk. The minutes are not published until approved and signed at the subsequent meeting.

Newsletters/Meeting Dates: These are published on the website www.tewinvillage.co.uk

Queries: Please contact:

Chairman, Keith St Pier Tel: 01438-717551

Clerk, Caroline McFarlane Tel: 01438-798969

E-mail - caroline.mcfarlane@virgin.net

East Herts District Councillors - North Ward:

Cllr Michael McMullen Tel: 01920-463430

East Herts District Councillors - South Ward:

Cllr Linda Haysey Tel 01992-582151

Herts County Councillor: Cllr Ken Crofton Tel: 01438 869650

Police Community Team – 01707-354192 - For non-emergency purposes

Highways Fault Line: - 0300 1234047- For reporting potholes etc

East Herts District Council: 01279-655261 or www.eastherts.gov.uk - For reporting smoke & noise nuisance, flytipping, flyposting, dead animals on the road, stray dogs, dog fouling, abandoned vehicles, Environmental Services, Environmental Health, Pest Control, Waste Services, Planning, Tree Preservation Orders, Parking Warden for parking offences.

THACS - TEWIN HORTICULTURAL ARTS & CRAFTS SOCIETY

Monday 2nd March 2015 – Photography Workshop

“The Judge’s Eye”

A photography workshop will take place at Tewin Memorial Hall on Monday 2nd March, starting at 7:30pm. The presenter will be Bob Norris, who judges the photographic entries at the *THACS* autumn shows. Bob had a long and distinguished career as a professional photographer and has remained active in the world of photography in his retirement. For many years he has lectured on photography and judged competitions. He has also entered national and international photography competitions and won numerous medals and awards.

Bob aims to show those wishing to enter competitions, particularly the *THACS* photography section, what judges are looking for and how we may improve our photography. To do this he will use some of his images that have been successful in national and international exhibitions or done well in competitions at his own photographic society. Bob invites us to bring one of our prints if we would like his comments and advice on it. It could be an image we have entered in a previous show and not done as well as we hoped, or one that we would like to enter in a future competition. Bob will also give guidance on mounting prints for competitions. Most of all he wants to encourage us to go out and enjoy photography, to enter competitions and, perhaps, to win.

Advance bookings cost £5 for *THACS* members and £6 for non-members. To book your place, send payment (cash or cheque payable to *THACS*) to: Malcolm Allen, 47 Bishops Road, Tewin Wood, AL6 0NP, by 27th February (no booking form required). Alternatively you can just come along on the evening with an entrance fee at the door of £7.

This is a marvellous chance to get an insight into the judging of photographs and guidance on improving your photographs, so do come and join us.

Monday 16th March 2015 – Creative Writing Workshop

This workshop has been organised, at popular request, in advance of the writing competition which is part of the *THACS* show in April. Frances Wilson will again be our very able tutor. The day will start at 10 a.m. with some of her famous apple cake, followed by exercises which are always mind expanding. The rest of the morning is spent writing prose and/or poetry (of the participant’s choosing). Lunch is a bring and share (now well known and envied!). In the afternoon we will hear one another’s work and may follow on with a few exercises depending on time. The day will finish at 4 p.m. The cost will be £18 for members and £21 for non-members. There is no requirement to produce something for the Show – the courses are a pleasure and you may wish to write for yourself!

Contact Joanne Allen who hosts the day (01438 798749 or jrallen14@hotmail.co.uk) if you would like to know more or wish to sign up.



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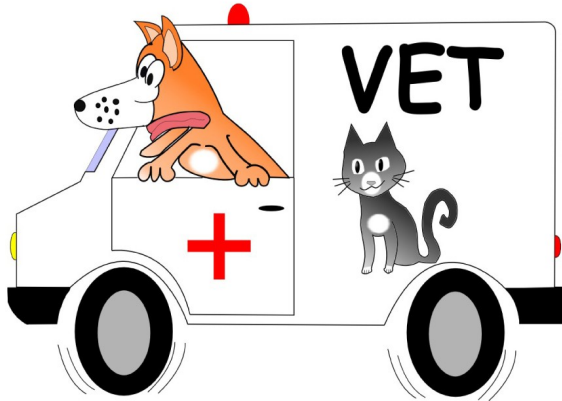
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The Tewin Society Award

The presentation of the fourth annual Tewin Society Award for Heritage, Conservation and Environment took place in Tewin Memorial Hall on Monday 12th January, immediately before the *THACS* AGM.

The winner of the 2014 Tewin Society Award is Michael Clark.

Elizabeth Wilson (who won the 2012 award) announced the winner and presented Michael with his prizes. The Tewin Society Award plaque had been engraved with his name and the year of the award (2014) and Michael will have it for a year. He also received a presentation crystal vase inscribed with “The Tewin Society Award 2014”.

Michael received his award for his wide range of relevant work that he has done over a long period, using his extensive knowledge and skills for the benefit of Tewin and its residents. He has used his links with Herts & Middlesex Wildlife Trust, the RSPB and the Badger Trust to give the people of Tewin a special facility at Tewin Orchard, used for apple picking and badger watching. His extensive knowledge of apple trees was also put to good use when he led the planting of the millennium orchards.

Michael was a vital participant in the project to produce and publish *The History of Tewin by the People of Tewin* book. He utilised his extensive writing and publishing skills to good effect and Tewin Orchard arranged for the publishing of the book. He also gave us a wonderful pictorial representation of Tewin by designing the village sign on Lower Green and he helped to plan its production and installation. (*The History of Tewin by the People of Tewin* contains a more detailed account of the orchards on pages 158-164 and information about the village sign on page 247.)

Since the Tewin Society Award is for contributions to the Heritage, Environment and Conservation of Tewin made by volunteers, the nominations fitted very well, making him a clear winner.

Our congratulations go to Michael and our thanks and gratitude to all those who helped and supported him in this work.

Ray Keppler (Chairman of the Tewin Society Award Committee).

TEWIN MEMORIAL HALL

Jumble Sale Reminder

The next Jumble Sale is on Saturday, 14th March, so if you have any unwanted gifts or are having a New Year clear out, please keep the Sale in mind.

There will be more details in the next issue of the Tewin Magazine, but if in the meantime you have any queries, or need to store Jumble Sale items, please call me on the number below.

Thank you.

Todd Canton (01438 717395)
on behalf of the Memorial Hall Committee

Tewin Memorial Hall Supporters Club

Registered Charity No. 308158

Memorial Hall Draw November

1st	£60	Carol Pullen, Upper Green Road
2nd	£36	Lucy Sullivan, Firs Walk
3rd	£12	Stephen Stott, Harwood Close
3rd	£12	Denis Compton, Hertford Road

Membership forms are available from Tewin Stores, the Hall, Lisa Bove (lisa.bove@btinternet.com or 798546) or any member of the Hall Committee)

Screen On The Green

February's film will be a rom-com for the month of Valentine's Day. If you've never seen an Elvis movie, don't knock it! *GI Blues* made in 1960 was a comeback film for Elvis following his military service abroad. It shifted his image from rebellious teenager in *King Creole* to the all-American clean cut guy. It's a delightful boy meets girl story about a soldier in Germany, with Juliet Prowse as the love interest, and some great songs like *Wooden Heart* and *Didya Ever?* Come and be charmed!

MONDAY 16 FEBRUARY. Doors open 7pm for 7.45pm start. Complimentary teas and coffees beforehand. Ice cream on sale. Tickets from Tewin Stores or on the door, priced £4. Bring your own drinks and nibbles for a jolly night out at the Tewin Memorial Hall.

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Dates of Tewin Parish Council Meetings 2015

Tewin Parish Council will be holding Parish Council Meetings on the following dates at 7.45pm at Tewin Memorial Hall:

Mon 2nd Feb	No meeting in August
Mon 2nd March	Mon 7th September
Mon 13th April	Mon 5th October
Mon 11th May	Mon 2nd November
Mon 1st June	Mon 7th December
Mon 6th July	

Tewin Over 50's Club

We are now into our fourth year and the club continues to thrive. We have welcomed new members since our last newsletter in May 2014 and expanded our activities further.

In June we enjoyed a fish and chip lunch in the Kimberley Room and in July marked the summer with a coach trip to Walton on the Naze. The weather was perfect ! A further trip is planned for July 2015 with a visit to Whitstable and Herne Bay.

In September we enjoyed a second afternoon with our dancing enthusiast, Tina, from Hertford, who presented a sequence of Michael Jackson dance routines for us all to enjoy and marvel at.

More fish and chips in October and, in November, a second visit from Peter Ruffles and his colleague who presented a talk with slides on the history of Hertford with particular reference to the damage caused to the town during World War 2. The whole afternoon flew by just as it did when Peter presented the first talk in February 2014.

We enjoyed a splendid Christmas Lunch at the Plume of Feathers in December and were joined by Judy Puddifoot who, earlier in the month, had led a whole afternoon session showing us how to paint glass night light holders to add to our stash of Christmas decorations. A final treat for the year was a visit to the Club by the Tewin Cowper Primary School Choir who entertained and moved us with carols and Christmas songs. Our thanks to Mrs Wright, Deputy Headteacher, who led the choir and Mrs Myra Walker, who accompanied the children.

We continue to enjoy Andrew's company on the last Thursday of the month when he presents the Over 50's 'bespoke' quiz, delivered with droll humour, which brings chortles and giggles from members.

We plan to have a stall once more at the Summer Fete on Saturday 27th June 2015.

Ann and club helpers.

Church Mission Society (CMS)

At St. Peter's we receive regular 'link letters' from Dave and Rine Ingleby and their children Sem and Joanna. These letters are sent to many churches in the UK who help to support Dave and Rine in their work in New Delhi. A recent link letter contains the following article by Dave.

Elizabeth M. Wilson

Thoughts from Delhi

I (Dave) was in conversation the other day with an Indian friend and we were talking about Delhi and what an impersonal and rough place it is. He mentioned that, as he grows older and more of his friends from childhood and university leave the city, the less attractive it becomes. It is very true that how we feel about a place is linked more to the quality of our relationships than to the specifics of the physical surroundings. I wonder how Sem and Joanna will feel about Delhi in the years to come? We hope that, despite the terrible traffic, the dirt and pollution, they will have good memories and a love for the people.

Anyway, mentioning dirt and pollution brings me on to talk about an India wide campaign that is strongly being supported by the government. It is called Swatchh Bharat Abhiyan, which means Clean India Campaign. The aim, following the ideals of Ghandi, is to make India a clean country by 2019. There are many positive ongoing initiatives and there is no doubt that cleaning India is a laudable aim. But it is very disheartening to see how many politicians and celebrities have jumped firmly onto the bandwagon in a most cynical manner. There have been many reports in the media of high profile people turning up with a crowd in relatively clean areas of Delhi. They then wait while someone empties a wheelbarrow of dry leaves (i.e. relatively clean dirt) and proceed to vigorously sweep it all up again. All this in full view of the TV cameras!

It's so sad that these kind of populist, tokenistic stunts actually work.

Politicians and celebrities know this full well which is why they participate in them. So, what is really needed to clean India? For one thing, those who really do the cleaning work, day in and day out - the low caste road sweepers, rag pickers, *koura wallas* (those who collect household rubbish) etc- need to be given more respect and status within society. They need to be paid better and have access to better tools, equipment and working conditions. Society needs to start caring about the fact that, after working to clean India's towns and cities, these people go home to meagre food, slum housing and the waste land at the edge of the railway line for a toilet. Let the politicians with their crisp, white kurtas (outfits), their token brooms and their small piles of 'clean dirt' proclaim this message.

Team Vicar's Letter

With cassocks flowing and pancakes flying the Welwyn Team of churches have organized over the last few years pancake races in Welwyn High Street and Datchworth school.

This year, however, Shrove Tuesday falls in half-term so it seems a good opportunity to do something a bit different – to which you are all invited. The parish boundaries of Datchworth and Tewin meet at Burnham Green so on Tuesday the 17th of February at 11am you are invited to gather there, to watch or take part, as we host the first ever Datchworth v Burnham Green v Tewin pancake race!

If you would like to race and can let me know, that would be helpful. However if you turn up and are keen I'm sure we can still find a space for you on a team. People of all ages and abilities are welcome. We will provide the pancakes and pans. Afterwards there will be the opportunity for pancake eating!

Ash Wednesday, 18th February, marks the beginning of Lent, where we prepare ourselves by prayer, penitence and fasting, for the events of Easter to be told once again. In a world where we have seen so much dreadful suffering caused by human folly, the call to self reflection and repentance seems as relevant as ever to the human condition. Ash Wednesday services this year will take place at All Saints Datchworth and St. Mary's Welwyn at 8pm.

Lent groups will look at the topic of Prayer. We meet at 7:30pm on Mondays in Datchworth Church Hall and Wednesdays at 13 School Lane.

There is also the opportunity to learn some New Testament Greek, 10:30am – 11:30am at Welwyn St Mary's, in a short course run on Saturdays during Lent by the Rev'd Lucy Dallas. Email curate@welwyn.org.uk 01438 813043

So start polishing your pans and practicing your pancake tossing. I wonder if it will be Datchworth, Tewin or Burnham Green who claim victory this year?

Susannah

ST PETER'S CHURCH SERVICES

DATE	DAY	SERVICE	TIME	MINISTER	1 ST READING	2 ND READING	GOSPEL
FEB 1st	CANDLEMAS	HOLY COMMUNION	9.30 am	SUSANNAH UNDERWOOD	MALACHAI 3:1-5	HEBREWS 2: 14-End	LUKE 2:22-40
		TEAM EVENSONG at ST. MARY'S, WELWYN	6.30 pm				
8th	2ND SUNDAY BEFORE LENT	HOLY COMMUNION	9.30 am	SUSANNAH UNDERWOOD	PROVERBS 8: 1, 22-31	COLOS-SIANS 1: 15-20	JOHN 1: 1-14
15th	SUNDAY BEFORE LENT	FAMILY SERVICE	11.15 am	SUSANNAH UNDERWOOD	MARK 9: 2-9		
		HOLY COMMUNION	6.30 pm	SUSANNAH UNDERWOOD MICK SIMMONS	2 KINGS 2: 1-12	2 CORIN-THIANS 4: 3-6	MARK 9: 2-9
22nd	FIRST SUNDAY OF LENT	HOLY COMMUNION	9.30 am	SUSANNAH UNDERWOOD	GENESIS 9: 8-17	1 PETER 3: 18-End	MARK 1: 9-15

FUNERAL

January 15th James Charles Farr

ROTAS

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FEB 1st DAVID	DEBBIE EXTON	PAULINE BROWN ELAINE FOWLER	CLARE RAWLINS	ELIZABETH WILSON	JUNE AND MAL- COLM SLAUGHTER
8th KEITH	LINDA ADAMS	LINDA ADAMS MARY GREGG	JANE VINE	WEDDING	SHIRLEY BARKER
15TH PAULINE	NICKY HADLEY	DI BRADLEY MAVIS HAGGAR -	JUNE AND MAL- COLM SLAUGHTER	WEDDING	JANE VINE
	KEITH BARNFIELD	NICKY HADLEY CLARE RAWLINS			
22nd DAVID	KAREN SHAW	RUTH SHARP KAREN SHAW	MAVIS HAGGAR	LENT	CLARE RAWLINS

Service of Said Evening Prayer is held every Monday at 5pm

St Peter's Church was illuminated on New Year's Eve by Mavis, Tony and family in memory of Kit and Bert Fernee, whose 80th wedding anniversary it would have been.

**The Church was also floodlit on January 29th in commemoration of Jim Moon's birthday.
With love from Ron and family**

St Peter's News

Looking back to the St Peter's Christmas Market a big thank you was given to Nick Whiting and his team for a very successful and thoroughly enjoyable, if tiring, day for those who prepared goods, sold goods and those who enjoyed them.

The Christmas services were very well attended again this year and the collections taken at the Crib and Midnight services were sent to the Children's Society and Ebola Appeal respectively.

Last year St Peter's had its Quinquennial Inspection followed by a report of the findings. This is a structural report that has to be undertaken every 5 years with recommendations on the state of the building and what works need to be carried out in order of priority.

This month the first piece of work, which will take between 2 and 3 months, was started. Anyone visiting the Church will see the pews on the right hand side as you go in the main door neatly covered in thick polythene to protect them from the effects of the work. The architect visited on the 19th January to check on progress.

The yew trees at the front of St Peter's have been pruned to a more manageable size and shape as have the group of yews near the Beit gravestone. Though they now look somewhat shorn they will soon fill out and grow upwards again.

Still on a gardening note, very many thanks to Stuart Kirkham for cutting back the hedges on the inside of the Churchyard and making them look wonderful again.

Thanks too are extended to Tewin Parish Council for tidying up the grass verge area between the main gate of St Peter's and Churchfield Road which had become rather untidy of late. It's now ship-shape again, thank you.

As part of the Mission Action Planning an informal event, with wine and nibbles, took place on Thursday, 22nd January for the 16 couples getting married this year in St Peter's Church. The couples were able to listen to the experiences of a couple who were married last year. There was also lots of talk about flowers, parking and all the usual paraphernalia wound up in getting married.

Unfortunately, there is no further progress to report on the extension to St Peter's graveyard.

NMH

Tewin Comes Up Trumps Again

It has been a tradition that the collection at the annual Crib Service in St Peter's goes to the Children's Society and in 2014 we were able to send them £305 thanks to the generosity of the families attending that service. The sum of £305 has only been exceeded once in the last 10 years.

Collections at the Midnight and Christmas Day services totalled £391 and went to the Disasters Emergency Committee for their Ebola Relief appeal.

A little earlier, Remembrance Sunday had produced a record £383 for the Royal British Legion, which was over £100 more than in 2013.

All who attended those services are to be congratulated on their wonderful generosity in supporting such worthy causes.

Well done.

Graham Spring, Treasurer

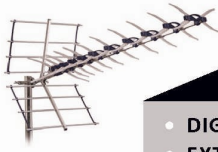
Local Music Events For Your Diary

Sunday 15th February 3 pm Andre Pytaleu, our organist, and Tomas Pederson play jazz in the historic Quaker Meeting House in Hertford.

Saturday 28th February 7 pm St Albans Cathedral Choir, Music Director and Organist give a concert at St Mary's, Welwyn.

Admission free.

For any further details contact Ted Sharp 01438 798594



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Tewin Cowper School

We're through a month of cold wet weather and some great learning, through topics on magnets, the four seasons, the Shang Dynasty, our local area, changing materials and bread, to name a few. Some of us have even learnt to play the Olympic sport of Bocchia and developed our linguistic skills, by learning about the planets in French. Our February half term will be a well-deserved rest!

Our Honeybee Class (years 4 and 5) are swimming every Friday afternoon at Stevenage Swimming Pool during this term, developing their deep water and life-saving skills. Our Year 6s have their annual Crucial Crew event at Morgan's School as well.

We are in the process of planning a whole school 'Expressive Arts' project which we are hoping to do in February. This will involve a theatre trip and follow up activities with drama and art. We always look forward to our whole school outings and they always prove to be worth the considerable time and planning that goes into organising them.

Our hall has new blinds at the windows, thanks to the generosity of the PTA and Friends of Tewin. The next stage of the hall transformation will be the sanding and resealing of the parquet floor which we are hoping will be done at half-term.

Our 'values' for February will be 'kindness' and 'fairness'. Each value will be a focus for two weeks and we will reflect on these and look at how we can demonstrate these values more in our lives through our collective worship, PSHE in classes and at home.

The Staff Team

Oliver and Olivia are Hertfordshire's Top Tots

Oliver and Olivia are the most popular names for babies registered by Hertfordshire County Council's Registration Service in 2014.

Other popular names chosen by parents included Sophia, Isabella and Emily for girls and Samuel, Henry and Jack for boys.

Richard Thake, Cabinet Member for the Registration Service, said: "It's always fascinating to see what names are chosen. In the last year we have seen the revival of some older names such as Ava and Elsie for girls and Noah for boys. I was also interested to see the name Logan used for both boys and girls."

New Change4Life Campaign Encourages Families To Make Sugar Swaps

A new Change4Life campaign launched by Public Health England and backed by Hertfordshire County Council encourages parents to cut down the amount of sugar their children consume by making one or more simple swaps.

The campaign launches following a new survey amongst Netmums users who were polled on their views on sugar. The results highlight that nearly half (47%) of mums surveyed think their family has too much sugar in their diets and two thirds of mums (67%) are worried about the amount of sugar their children consume.

While guidelines state that no more than 10% of a person's daily energy or calorie intake should be made up of sugar, at present, children aged 4-10 years are consuming up to 50% more than this. Children aged 4-10 get 17% of their daily sugar from soft drinks; 17% from biscuits, buns, cakes, pastries and fruit pies; 14% from confectionery; 13% from fruit juice and 8% from breakfast cereals.

Change4Life recommends four simple Sugar Swaps for mums to choose from, tackling different 'sugar occasions' in the day:

- The Breakfast Swap: sugary cereal for plain cereal e.g. wholewheat biscuit cereal
- The Drink Swap: e.g. from sugary drinks to sugar-free or no-added-sugar drinks
- The After School Swap: for example from muffin to fruited teacake
- The Pudding Swap: for example from ice cream to low-fat lower-sugar yoghurt

Teresa Heritage, Cabinet Member for Public Health and Localism, said:

“Cutting down the amount of sugar our children eat is really important for their health now and in the future. This campaign is about getting parents to take small steps and we know from previous years that making simple swaps works and makes a real difference. So why not take on the Sugar Swap Challenge.”

Throughout the campaign, families will be able to register for their FREE Sugar Swaps pack which they will receive through the post. The packs are filled with hints, tips and recipe suggestions designed to help parents cut down the sugary foods and drinks consumed by their children, plus money-off vouchers, swap cards and stickers. To sign up, families just need to visit the change for life website www.nhs.uk/change4life/Pages/change-for-life.aspx or search Change4Life and register.



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Tewin Stores

January has been a very busy month in the shop. We held a Saturday lunch, have had a new vinyl floor laid in the back room, part of the shop has been redecorated, and new blinds put up at the windows. The new vinyl flooring will be much easier to clean. Thank you to the men who removed, and returned, the oven, fridge and freezer to enable the flooring to be done. As I write we have yet to start the painting in the shop, but I should like to thank everyone who is helping prepare for the redecoration as well as those who are painting the walls and ceiling.

Over 30 volunteers attended a get-together at Linda Adams' house (she is our as yet unelected new Chairman). She outlined new ideas and proposals and reminded us all of the various jobs that have to be done to keep the shop running smoothly. Getting people to volunteer for Saturdays and Sundays is still causing us problems but we hope that we can get people to do a few hours every six weeks or so.

Our Toast Saturday was well attended. In February our special event will be on **Shrove Tuesday 17th February** when, as in previous years, we shall be selling home cooked pancakes with various fillings from 10am to 3pm, but don't leave it too late to come in as we sold out last year!

We are looking for a person, child or adult, who would be willing to deliver the weekend papers for a suitable remuneration. If you are an early bird and think you could help, please contact Bev at the shop or leave a message for her.

We shall be holding the AGM for the shop in March. Everyone is welcome to attend although only shareholders may vote for any resolution or election. If you would like to become a shareholder, please pick up a form at the shop. If you are interested in volunteering for the shop in any way please leave a message at the shop or email the shop on tewinstorevolunteers@gmail.com.

Normal shop opening hours

Monday –Friday 8.30 -4.30pm

Saturdays 8.30 – 12 noon

Sundays 9.00 – 12 noon

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Monday 13.30 -15.30

Wednesday and Friday 9.30 – 11.30am

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Aden Associates Electrical Contractors

Contact: Victor Murray

7 Lower Green, Tewin

tel: 01438 716613

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Friends of Tewin



At the Carols around the Christmas tree, the proceeds of the raffle was £140. The money was donated to the charity Shelter. Thank you to everyone who came on the night.

Our AGM is on Monday 9th February at Tewin Memorial Hall at 8pm and all of you are welcome.

Tea and coffee will be available.

I hope that by now, those of you who are 60 or over, have handed back your invitation slip giving us your menu choices for the annual Senior Citizens' Lunch. It will be held in Tewin Memorial Hall on Wednesday 18th February 2015 at 12.00 noon.

If you are new to the village or if you haven't been to the lunch before, please come along. We will serve you a tasty 2 course lunch with wine and chocolates! The afternoon is a great way to make new friends and catch up with old friends.

There are spare copies of the menu at Tewin Stores, but hurry, you only have a few days left to return it.

Anne Hall

Chairman – Friends of Tewin

Bridge at Tewin Pavilion

There will be bridge at Tewin Pavilion on **Thursdays 5th and 19th February 2015** starting at 2:15pm and finishing at 5pm. There will be a charge of £2 per person to defray expenses. If you intend to come along, either on your own or with a partner, please tell

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One of the biggest fears for elderly people is the thought of having a fall or an accident in the home. Falls can be very serious at any age but an elderly person may take far longer to recover from its effects. Whilst accidents do happen, many can be prevented.

This month we share with you a few tips on how to make your home a safe haven and minimise the risk of having an unnecessary accident.

Who? Believe it or not more women than men have accidents in the home.

What? Falling downstairs, tripping over loose tiles, flooring and left items. Suffering loss of balance after rising from a seated position too quickly or maybe having a dizzy spell. Slipping on wet floors, losing stability due to ill-fitting footwear.

Why? There are all sorts of reasons why an accident occurs. Many are down to external factors in our environment that could be avoided with a little forward planning. Installing grip rails and sturdy bannisters, making sure areas of risk such as staircases are well lit, checking that flooring and equipment are up to standard and carrying out repairs before it's too late. Be safe with fire, get a smoke alarm, test it regularly and always have an escape route planned. Avoid burns and scalds by not carrying very hot liquids, ensure your hot water bottle is of good quality and using rear hotplates on your cooker to prevent knocking a pan off the cooker.

How? If you have a fall, how do you cope? Firstly don't panic. If you are able to get up, do so very slowly, holding onto a firm object and putting a soft object under your knee if possible whilst you take the strain to stand up. Then sit down and rest a while. If you are hurt try to get comfortable until help arrives. Keep warm starting with feet and legs and try to move position regularly as this will improve your comfort.

When? Accidents can occur all year round but in winter the elderly are particularly vulnerable. Hypothermia may not sound like an accident but it should be avoidable. Wear several layers of thin clothing, eat light regular meals and take drinks throughout the day. Make sure you move about regularly and don't be afraid to contact your local gas and electric supplier to discuss any difficulties you may be experiencing with your bills.

Frankii of Home Instead Senior Care

Isabel Hospice

Postal Quiz – Play Your Cards Right

This annual postal quiz in aid of Isabel Hospice is great fun. Copies are available from all our shops or you can download it from **www.isabelhospice.org.uk**. Post your answers along with the £1 entry fee to the address on the quiz. "Playing your cards right" is this year's offering from Neville Mizen and Marian Stringer to whom we are very grateful for their continuing support.

Entries must be received by **28th February 2015**.

14th February Elvis Presley Evening in aid of Isabel Hospice

With Elvis Tribute Act, Paul Lillie. Leventhorpe School, Sawbridgeworth. Organised by Chairman of EHDC, contact Cllr Roger Beeching on 01279 722 496 or by email on roger@rogerbeeching.com

28th February Civic Dinner and Theatrical Evening

Held by the Mayor of Bishop's Stortford, Cllr Diane Hollebon at the Rhodes Centre in Bishop's Stortford in aid of Isabel Hospice. For further information and tickets email: **Hilary.mitchell@bishopsstortford.gov.uk**

7th March Mayor of Hertford Civic Dinner

Tickets are now on sale for Cllr Chantal Geall, Mayor of Hertford's Civic Dinner in aid of Isabel Hospice and Hertford and Ware Street Pastors. Drinks will be at 7pm with dinner at 7.30pm. Black tie/Lounge suit dress code. There will be a bar, raffle and entertainment during the evening. Tickets are £40 and available from Nikki Milton on 01992 552885.

14th March Fire Walk for Isabel Hospice

Take on the amazing challenge of a Firewalk!

Walk barefoot over red hot coals burning at over 1200°F, the ultimate test of mind over matter. Achieve the seemingly impossible and walk across fire – an amazing way to impress your friends, yourself and have some fun! So come on, if you dare and join us for our Fire Walk Fundraising Event! We ask that you raise at least £75 in sponsorship for Isabel Hospice on top of your entry fee of £25.

Don't worry, this is not as difficult as you may think - people will be more than willing to sponsor you to walk on fire, as long as they don't have to do it!! Sign up at **www.isabelhospice.org.uk** or call Beth Hardy 01707 382500.

Dates for your diary this month

Tue	Tewin School	7-9.30pm	Table Tennis 7-8pm Juniors 8-9.30pm Adults
Wed	Memorial Hall	9.30-11am	Parent and Toddler Group
Wed	Rose & Crown	9pm	Quiz Night
Thur	Lower Green	9.25am	Footpath walks of Tewin
Thur	Memorial Hall	1.30-4.30pm	50+ Club
Wed 11th and 25th	Lower Green	2.15-3.45pm	Mobile Library
Thurs 5th and 19th	Pavilion	2.15-5.00pm	Bridge
Mon 2nd	Memorial Hall	7.45pm	Parish Council Meeting
Mon 9th	Memorial Hall	8pm	Friends of Tewin AGM
Mon 16th	Memorial Hall	7pm	Screen on The Green - 'GI Blues'
Tues 17th	Burnham Green	11am	Pancake Race
Wed 18th	Memorial Hall	12 noon	Senior Citizens' Lunch

Views expressed in the '*Tewin Magazine*' are not always those held by the Parish Council or by the Parochial Church Council

Editor: Jackie Murphy tewinmagazine@gmail.com
 Hard Copy: Jackie Murphy, 32 Godfries Close, Tewin
 Distribution: Sue Whitbourn 01438 798221

Team Vicar: Rev'd Susannah Underwood, The Rectory,
Brookbridge Lane, Datchworth, SG3 6SU tel: 01438 817183
e-mail: team.vicar@welwyn.org.uk

Team Rector: Rev'd Dr David Munchin, 1 Ottway Walk,
Welwyn, AL6 9AS tel: 01438 714150

Parish Office: Weekdays 10 - 12 noon tel: 01438 840964

Clergy Surgery: Saturdays at St Mary's 10.00—11.00 am

Reader: Mr Mick Simmons tel: 01438 817510

e-mail: reader60@live.co.uk

Churchwardens: Mrs Pete Johnson, 11 Jonathan House,
Little Hardings, WGC, AL7 2EL tel: 01707 332579

Mr Malcolm Slaughter, Digswell Water House, Digswell Lane,
Welwyn, AL6 0BY tel: 01438 715573

Parochial Church Council:

Hon Secretary: Mrs Mary Gregg, 20a Hertford Road, Tewin,
Herts AL6 0JY, tel: 01438 717544

Hon Treasurer: Mr Graham Spring, 25 Digswell Park Road,
WGC, AL8 7NW tel: 01707 375499

Bell Tower Capt.: Mr David Hall, 01707 884274

Useful Phone Numbers

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Wallace House Surgery, Hertford	01992 550541
Watton Place Clinic, Watton-at-Stone	01920 830033
Moors Walk Surgery, Panshanger, WGC	01707 335151
Tewin Stores & Post Office	01438 717929
Tewin Memorial Hall	01438 717581
Tewin Pavilion	01438 715020
Burnham Green News	01438 798112
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Plume of Feathers Public House	01438 717265
Tewin Vets	01438 840028