

PANGBOURNE CLUB



PANGBOURNE VILLAGE NEWSLETTER

Issue 1

July/August 2024



Village News
Church News
Nearby News

Local Organisations
Local Sports & Social Clubs
Environmental News

Parish Council News
Pangbourne History
Crossword



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Dear all,

On behalf of Pangbourne Club, I would like to start by saying thank you to Herald Graphics for delivering our village news for many years. We wish Peter and the wider team all the best for the future.

I wish to say a big thank you to the advertisers who keep supporting the newsletter, to all the contributors who keep our news coming, residents who have shared their stories, I will try to include as many as I can! And of course, our brilliant volunteers who make sure that you receive your newsletter in your letter box- Lucy Broamge and the team. Without you all, I would not be writing this now!

We have finally made it! It has been a ride with some teething problems, but Pangbourne Village Newsletter is finally in your hands. I do hope that you will enjoy reading your favourite topics and I have included all the news you are looking for in the newsletter. If you wish to see some changes, I am open to all the feedback please email to newsletter@pangbourneclub.co.uk or pop in to Pangbourne club and fill in the feedback form.

I will also restart the front cover picture entries, to make it more exciting I will have a topic for each issue- September/October topic is your favourite place in the Pangbourne. Please send your pictures in by 1st of August.

We have missed some big news in Pangbourne- our local Cheese shop has once again received an award (pg18) and our own Sir Brian Hoskins has been awarded Japan Prize (pg34-35). And who will forget the night at the gent's toilets opening with Dave Potts (pg23). All that and much more for you to read.

Once again, thank you everyone involved without you this would not happen!

With kind regards, Alise Petrovska.



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Spotlight on Pangbourne Flood Wardens - PVFF



Pangbourne Flood Warden
Ed Penney



Chair of Pang Valley Flood Forum
Pangbourne Flood Warden
Kay Lacey



Pangbourne Flood Warden
Stephen Billyeald

It may seem a while ago now but as the first days of the new year began Pangbourne, alongside local riverside villages, others across West Berkshire and around the country saw some of the highest water levels in twenty years, with the peak in some instances even higher than 2003 levels.

As many of you will have seen, water levels rose significantly with extensive flooding to the River Meadows and Pangbourne Recreation Ground, the Boathouse Surgery car park, Swan public house and some low-lying buildings, both private and public but thankfully the impact of the flooding on property in Pangbourne was relatively limited this time around. Our thoughts are with those affected in Pangbourne and nearby.

In Pangbourne we have been very fortunate in recent years that a lot of work has been taking place since the flooding events of 2007 and 2013/14 to build both resilience during an event and to alleviate flood risk beforehand where possible.

The great work of the Pang Valley Flood Forum (PVFF) across the whole of the Pang river catchment has helped to slow water flow before it reaches Pangbourne via “leaky dams”, increased natural water storage capacity, has involved regular monitoring and clearance of trash screens and ensured regular maintenance has been undertaken.

We won't go into more detail in this report about the invaluable work the PVFF, Chaired by Pangbourne Flood Warden Kay Lacey, has done, however suffice to say that their work alongside statutory bodies and landowners to create a spillway into the field by the A329 and ensuring that sluice gates were fully operational at the right time was critical in controlling the water levels in the Sulham Brook. Similarly, close working with Thames Water also helped prevent flooding in the Pang and Moors where levels rose significantly.

As well as the River Pang and Sulham Brook, the River Thames also poses a risk to property and in this year's event was the main cause of ground water flooding / water ingress. You may have seen Kay and Pangbourne's two other volunteer Flood Wardens, Stephen Billyeald and Ed Penney out assisting residents during the peak alongside the current and previous District Cllrs who assisted residents cut off by flood waters. The Parish Council was also able to assist and provide equipment and support as part of the local emergency plan response.

Local Flood Wardens are entirely voluntary and play an important role in flood prevention and resilience as an integral part of Emergency Planning at West Berkshire Council, working closely with local Parish Councils to

provide assistance at a local level.

Although Pangbourne was relatively fortunate this time, as ever there is always more that can be done and the risk always remains for the future. With the recent events at the fore of resident's minds, it's worth highlighting the work of our local Flood Wardens as many of you may thankfully, not have had cause to make contact with them.

PVFF meets regularly and all are welcome to attend their meetings, seek advice or raise any questions you may have.

In the event of flooding, it is householders' responsibility to ensure they have flood protection/sandbags/floodgates etc and it is perhaps an opportune time to remind residents that a great deal of information is available on the PVFF website about measures they can take in advance and for preparedness. You can also sign up to Environment Agency alerts on flood levels/water gauge triggers etc via the information on the website and additionally monitor sewerage discharges and so on. Finally, if you have the skills or enthusiasm to help, PVFF are always looking for volunteers and flood wardens.

WE WOULD LIKE TO TAKE THIS OPPORTUNITY TO THANK PANGBOURNE'S FLOOD WARDENS FOR ALL THAT THEY DO ON BEHALF OF THE LOCAL COMMUNITY.

Email: pangvalleyfloodforum@gmail.com

Pang Valley Flood Forum Website : <https://www.floodalleviation.uk/>



It can also be accessed by clicking through from the "report a problem" page of links on Pangbourne Parish Council's website.



Photo Credit: Darran Taylor

Bus Services - Update



Following on from our article in the Autumn edition of the magazine highlighting West Berkshire Council's consultation on local bus services in Pangbourne we would like to thank all residents who responded to the survey.

The consultation asked for views in the BSIP (bus service improvement plan) on the proposed creation of "on demand" services for local villages which would be achieved by building a bus turning circle (most likely) in Station Road Car Park and

potential changes to local services which would have affected the BB3 service to Langtree School as well as differences in timetabling and routes for the 143.

The Parish Council expressed strong concern to WBC regarding several elements of the proposal and their impact on local services. The plan could have resulted in the loss of a significant number of parking spaces in the main carpark and re-routed pedestrian access to the village hall as well as the potential loss of the well used BB3 bus. The 143 would also no longer have run onwards to surrounding villages. The Parish Council did, however support increasing the frequency of buses to Reading.

We have now received an update on the proposals from West Berkshire Council to the effect that the project has not received local authority support and therefore will not be progressing any further.

West Berkshire Council Budget - Update

Following West Berkshire Council's public consultation on their 2024-25 budget proposals we are pleased to be able to update residents that the council has taken on board feedback from town and parish councils across the district including Pangbourne Parish Council and from residents. They will not now be taking forward proposals to reduce gully and drain clearance schedules and will be continuing with the current frequency. Blocked gullies and drains around the village are a real issue and are of particular concern in a village with such a high water table and run off from the surrounding hills. WBC have also announced that they will not be removing waste bins throughout the village, although they will be asking the Parish Council to contribute financially to their operation.

Pangbourne Parish Council already owns and operates all of the dog waste bins throughout the village as well as several of the public waste bins.

Millennium Award 2023-24 -Winner



We are pleased to say that the Millennium Award has been presented again at the village's Annual Parish Meeting which was held on Tuesday 23rd April 2024.

This is an opportunity to vote for residents or groups who have made a significant contribution to the Village. As always we like to take this opportunity to thank all those people who volunteer in various roles within the village and who help, often behind the scenes, to support our community. However, this year our special recognition and thanks go to Dave Probert.

Dave has been involved in many projects in Pangbourne over the years.

He was a member of the sub-group of the Parish Council who produced the Village Plan and design statement, where he was able to put his photography skills to good use.

Dave was also a key member of the Village Fete team, where he was responsible for much of the infrastructure and ensuring the smooth running of the day for many years.

He has assisted behind the scenes with various other village projects such as Pangbourne Heritage Group exhibitions and helping to put up bunting around the village for celebrations.

In recent years, Dave has been a key member of the Action for Pangbourne Toilets team. He has been involved in the campaign to keep the toilets open from the beginning and has devoted many hours to ensuring that the modernisation work on the toilets has been delivered to a high standard and within budget. He has taken the lead on the design and implementation of the work to modernise first the Disabled Facility, which re-opened in December 2020, then the Ladies in April 2022 and most recently the Gents, which was recently re-opened twice!! He has also worked tirelessly to ensure that the toilets remain open and functioning, taking responsibility for day-to-day maintenance issues including all the more unsavoury jobs such as clearing blocked toilets!

Notably, as one nominator pointed out, Dave has done all this with enthusiasm and cheerfulness.

For his ongoing hard work on the Community toilets and for all his contributions to the village over the years, it gave the parish council great pleasure to make this award to Dave as voted for by the local community.

Annual Parish Meeting - Tues 23rd April 2024



Thanks to everyone who came along and /or presented at the Annual Parish Meeting on Tuesday 23rd April 2024. The meeting was well attended and informative. It is a meeting of the residents of the Parish and is your opportunity to come along and hear updates from and find out information about local groups and societies. It is also your chance to meet Parish Councillors and the elected District Councillor and hear what the Parish Council have been working on over the past 12 months as well as plans for the coming year. It is

also a chance to have your say or share ideas!

Particular thanks to the District Councillor who was unable to attend in person due to work commitments abroad but who dialled in to give his presentation despite a quite considerable time difference!

Parish Council Grant Awards 2024/25 Year

The Parish Council have limited funds available each year for grants to groups, charities and organisations within the Parish that meet certain criteria.

The Parish Council would like to invite applications for 2024/25 financial year from local groups that meet these criteria to fund projects for the benefit of the residents of Pangbourne.

Applications are now open for the second stage of grants in September if there are funds remaining.

Please see the website or contact the Clerk on Clerk@Pangbourne-pc.gov.uk for further information or an application form.

In 2023/24 year the Parish Council was able to help fund a number of projects including a grant to Pangbourne Tennis Club towards their new floodlights, support for the continued operation of the public toilets at Station Road carpark, and Pangbourne library and the 143 Bus Service as well as a number of smaller charities.

The council continues to provide funds to support both the local bus service and the library.

Youth Football Storage Container



New storage at the Recreation Ground for Pangbourne Youth Football

Pangbourne Parish Council and Pangbourne Youth Football have been awarded a grant of £4,965 by the Football Foundation towards the cost of purchasing a shipping container for storage.

Pangbourne Youth Football Club provides a fun, safe, inclusive and competitive environment for young players in Pangbourne to learn, grow and participate in football. Their activities are attended by over 270 girls and boys from ages 4 to 17, with support from more than 30 parent volunteers.

The new container will provide the Youth Football teams with much needed storage space for their training equipment. It will be positioned at the far end of the recreation ground next to the tennis courts and football pitches. Match funding for the project has been provided by the parish council, Pangbourne College Community Fund and Pangbourne Youth Football.

Water Safety -Throwline Training

Royal Berkshire Fire and Rescue Service will once again be holding Water Safety /Throwline training on Pangbourne Meadows on July 19th 202 at 10am.

This event is open to everyone so do please come along if you would like to learn more and have a go using the equipment which us kept in the special safety cabinet on the meadows.

Did you know that you can also scan the QR code on the cabinet to find out lots more information on water safety and "float to live" techniques.



PANGBOURNE VILLAGE HALL –NEW BOOKING EMAIL ADDRESS

We are very pleased to be able to announce that the new Hall bookings Clerk has now started in her role and that June is settling into her retirement by keeping as busy as ever!

You can contact Felipa on the new contact details below or alternatively make a hall booking or initial enquiries via the hallmaster section of the Parish Council Website.

The new email address for all hall booking enquiries is: bookings@pangbourne-pc.gov.uk



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HIRE RATE - £65.00

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Website: <https://www.pangbourne-pc.gov.uk/Hall/Bookings>

PLANNING APPLICATIONS REVIEWED SINCE THE LAST ARTICLE

<i>APPLICATION NUMBER</i>	<i>PROPOSAL</i>	<i>Recommendation</i>
23/02878/FUL	Erection of replacement boat sheds and boat club facilities together with associated access, parking and landscaping. Pangbourne College Boathouse, Shooters Hill, Pangbourne, Reading	Objection
24/00733/HOUSE	Single storey side extension 4 Breedons Hill, Pangbourne, Reading, RG8 7AT	No objection
24/00850/HOUSE	Erection of double storey wrap around extension 25 Thames Avenue, Pangbourne, Reading, RG8 7BY	Objection
24/00772/FUL	Part Retrospective: Buried Gas Tanks and Underground service routes related to new Boiler Room location and re-ordering works. Bere Court, Bere Court, Pangbourne, Reading RG8 8HT	No objection

WBC DECISIONS SINCE 16th April 2024

<i>APPLICATION NUMBER</i>	<i>PROPOSAL</i>	<i>WBC Decision</i>
23/02431/FUL	Co-op store refit. Planning application for replacement plant, shopfront redecorations, and other minor external changes. 6 - 7 The Square, Pangbourne, Reading, RG8 7AG	Approval
24/00480/COND (not consulted)	Application for approval of details reserved by condition 4 'Joinery shop drawings (Pre-Comm)' of approved application 23/01451/LBC: Replacement of 6no. rotten timber sliding sash windows to the front elevation at first floor level, with new timber sliding sash windows all to match existing. Flat 1A, Reading Road, Pangbourne, Reading	Approval



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CHURCH SERVICES

St James | St Laurence | St Nicholas

www.pangbournechurches.org

JULY

Sunday 7th

10 am	Holy Communion	St James
11.15am	Holy Communion	St Laurence

Sunday 14th

7.45am	Holy Communion (BCP)	St James
10am	All Together Worship	St James

Sunday 21st

10am	Holy Communion	St James
11.15am	Morning Worship	St Nicholas

Sunday 28th

7.45am	Holy Communion (BCP)	St James
10 am	Holy Communion	St James

AUGUST

Sunday 4th

10 am	Holy Communion	St James
11.15am	Holy Communion	St Laurence

Sunday 11th

7.45am	Holy Communion (BCP)	St James
10am	All Together Worship	St James

Sunday 18th

10am	Holy Communion	St James
11.15am	Morning Worship	St Nicholas

Sunday 25th

7.45am	Holy Communion (BCP)	St James
10am	Holy Communion	St James

Midweek Holy Communion

10am every Wednesday morning in St James. All welcome

A word from our Rector, Rev Mark Hopkins

Dear Friends,

Often I am asked at Christmas and Easter “this must be your busy time”. It is true to an extent that in church terms, the months of July and August often seem much quieter, an opportunity to enjoy a more restful, contemplative time at church whilst enjoying the hot (hopefully not too hot) weather. These times of rest are important, as Jesus said, “come to me all who labour and are heavy laden, and I will give you rest” (Matthew 11.18-20). Even though the school holidays may not always seem “restful” for busy families, there is value in pausing from day to day business.

Having said that, July will not be so quiet this year with a snap general election on July 4th and the potential changes this may bring. At church too there will be a change as our curate Rev Rachel is ordained priest, meaning she will take on a wider leadership role with me in terms of leading services and activities.

Please keep an eye on our services and activities during July and August. Although our Noah’s Ark group will not meet weekly during the school



Early August morning at St James by Rachel Jeremiah

holidays, we will be holding two “stay and play” sessions during August, and our fortnightly St James Café will continue as usual.

With best wishes for the Summer,

Rev Mark Hopkins

The Parish of Pangbourne with Tidmarsh and Sulham



What's on in St James-the-Less

St James Café
St James Church, Pangbourne

3rd and 17th July
7th and 21st August

Coffee & Chat

Drop into St James Cafe in Pangbourne
each 1st and 3rd Wednesday
11am to 12.30pm

You'll be assured of a warm welcome

BECOMING MORE INCLUSIVE

A SERIES OF SEMINARS IN ST JAMES THE LESS DURING 2024

Wednesday 11th September, 7pm

Ethnicity

with Revd Polly Falconer

What does being Anglican look like?
Where does racial bias come?
What are the challenges of this verse for you and your church:
The foreigner residing among you must be treated as your native-born. Love them as yourself, for you were foreigners in Egypt. I am the LORD your God. (Leviticus 19.34)

www.pangbournechurches.org/becoming-more-inclusive

Noah's Ark

NOAH'S ARK over the Summer

The last Noah's Ark toddler and baby group before the Summer holidays will be on **Friday 19th July at 10am** in St James church.

It will start again at **10am on Friday 6th September**.

Stay and Play during the Summer holidays

We'll be holding a couple of stay and play sessions during the holidays from **10 to 11am on Friday 2nd and 16th August**.

Little ones and school aged children welcome.

www.pangbournechurches.org

You're warmly invited to join us at

OASIS

REGENERATION SUPPORT GROUP

The Parish of Pangbourne with Tidmarsh and Sulham
St James the Less - St Laurence - St Nicholas

Getting together for coffee, company and conversation

2 to 3.30pm

The Elephant Hotel, Pangbourne

On Thursday 25th July and 22nd August and then on the fourth Thursday of each month

St Bernadette's Catholic Church

Horseshoe Road, Pangbourne, 0118-971-5350, Parish Priest: Fr Alban Hood
www.douaiparish.org.uk

9:45 am Sunday Mass

Every Sunday, with children's liturgy.
Followed by tea. All welcome!

Young Disciples (children's group)

Every 1st Sunday of the month (except August). Bite-sized topics for 10 minutes after Mass. Followed by doughnuts.

2nd Wednesday Coffee Morning

10th July and 14th August at 10:30 am
All welcome for a cuppa and cake.

Baptism / Christening

Our next baptism preparation course is planned for October. Please contact the parish office for details.

First Holy Communion

Congratulations to our 12 young parishioners who made their First Communion at Douai Abbey in May!

Summer Party – Sunday 21 July (pm)

Annual Summer parish get-together on the afternoon of Sunday 21 July. Young and old can have food, chat and enjoy some games in the sunshine – hopefully!



History of Pangbourne Magazine.

The first Parish Magazine in Pangbourne was produced by the Church (St James the Less) in June 1897. It gave Church news and announcements and a few other articles. In the August edition there was report on the village celebrations for Queen Victoria's



Diamond Jubilee and hints of gardening and some advertising. Pangbourne parish Magazine continued priced at 3d printed by W H Haslam, 64, Reading Road, Pangbourne, until 1950's.

The Parish News, a Church publication, had a cover in colour and typed local articles inside.

In 1976 a new Pangbourne Parish Magazine with a committee of volunteers and sponsorship of local businesses (remember the yellow cover?). The content much like today with letters and reports from groups. This edition run until 1993.



1st of June 1994, also run by the committee of volunteers, saw the new A4 format, not in colour; in December 2008 it came



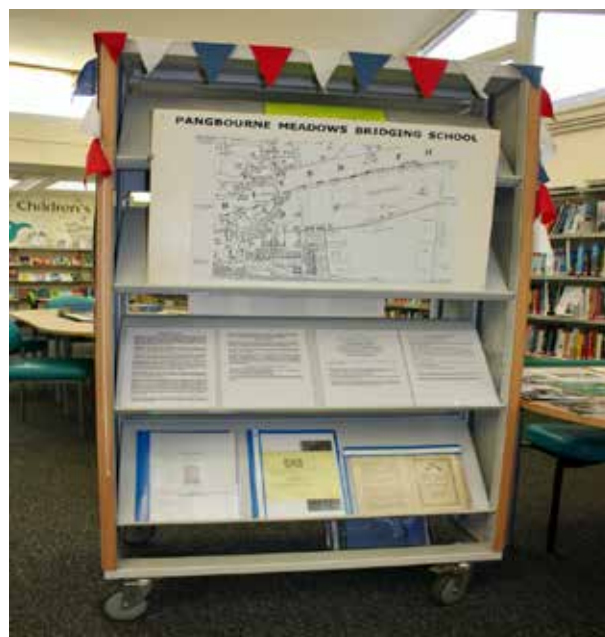
out in colour and glossy. July 2018 Herald Graphics, the printers, took over the editing and production. Their final edition, no 178, was January 2024.

The Pangbourne Club are carrying it on, naming the new edition Pangbourne Village Newsletter, fitting as they were founded as the Pangbourne Working Men's Club and Institute in 1895, two years before the original magazine.

Supplied by Heritage Group from their archives

Pangbourne Heritage Group

How on earth did they do it? This was a question we asked ourselves when we had a meeting of the group to discuss the plans for a display of our D Day (Operation Overlord) collection in Pangbourne Library. 80 years ago, the expeditionary force of 159,000 troops crossed the border into northern France from the south and southwestern coastline of England. The enemy forces were unprepared for the invasion to take place as far west as Cherbourg, thanks to subterfuge, deception and carefully guarded secret missions.



The photograph shows one of the sections on display in Pangbourne Library.

Our display was designed to be a tribute to the many young men who took part in the invasion having trained on Pangbourne River Meadow. A good percentage never returned home sadly, but their sacrifice will never be forgotten. Once the display is dismantled, the portfolio of memories will be left in the Local Studies section of the library for others to read.



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Satan's Island

Shortly after completing my article on Snake Island, published in 2023, David Probert, the current owner, passed some material to me indicating that this sliver of land in the Thames by 'Weirpool' had earlier and very briefly been known as Satan's Island. It seems that the island, very close to the Berkshire bank of the Thames although, until the county boundary changes in 1972, actually in Oxfordshire, had no name until Jimmy Eilbeck, senior editor on the *Daily Mirror*, called it Satan's Island. This was to add an intriguing element of debauchery to his invitation below, and thereby to ensure maximum attendance by the upper classes of the period.



Diana Dors on Satan's Island.

According to the blog of Andrew Launay, son of the owner at the time, Jimmy threw a lavish party with money no object to launch a new publication he had just devised, *The Woman's Sunday Mirror*. Invitations were sent out to an impressive list of names including fashion models and stars from stage and screen such as Diana Dors,^{***} for:

"A Barbecue on Satan's Isle. Dress Primitive. No Swimming - the river is 18ft deep, the current deadly, two experienced swimmers have drowned here. The lawns of Weir Pool by which Satan's Isle is approached are private property. Any indiscretion should only be committed in the long grass of the island."

Frankie Vaughan, a then No 1 pop idol, provided entertainment with a 3-piece band, but at the height of the evening Jimmy Eilbeck was not around. Andrew eventually found him in the house feverishly typing an imagined and lurid account of the evening for the morning press. He commented: "It would be great if Diana Dors fell into the water right now, could you give her a shove?" He didn't and she didn't. The copy of invented snippets had a baroness arriving

in a minimal costume of sequined fig leaves, misbehaving Hollywood actors in tuxedos and a Member of Parliament spotted in the bushes with a starlet. Even Satan might have been impressed.



Devil's Highway.

The name Satan, which ultimately derives from Ancient Hebrew *satan*, meaning 'adversary or plotter', is Satan in Anglo-Saxon, but I cannot find any other references to him in place-names. Satan is more of a proper name as he leads people astray, whereas the Devil, another aspect of the same being, is more a job description, thought of as causing or having caused upheaval in some physical way. Major names referring to him in this guise are mostly 19th century creations, romantic make-believe, with the earliest dating from the 1750s. *The Devil's Highway*, in the Stratfield Saye area,^{***} is a surviving section of the Roman road from London to Silchester. *The Devil's Punchbowl*, Childrey, like its namesake at Hindhead, Surrey, refers to a deep circular valley, and the allusion may have been caused by the hollows filling up with mist and appearing to steam over the top.

Some villagers at Pangbourne may have considered that the Devil had a hand too in the party on Satan's Island, as the arrival of the more than 300 guests caused a fair amount of disruption in the village. It is said that they gathered on the island, much reduced in size now by the erosion of the current. On that day, they drank champagne and munched away at a roasted pig or two, while local residents took to dinghies and punts to row around and stare at this unexpected gathering of celebrities of the time. Do any of the village's long-term residents remember the occasion? Whether the Devil was involved or not, and even allowing for exaggeration, it must have been one hell of a party.

Nigel Suffield-Jones

The Bourne Road Prefabs C1947-1969

On my way home to Purley on the school coach I saw sections of complete metal one story buildings waiting to be unloaded from lorries. Little did I know my family would move into one after leaving the army in

1962. We also spent the winter of 1962-63 with ice forming on the cold north facing walls. There we stayed until the "Guildway" houses were built in our back gardens until January 1969.



1968



2018



Composite images of kitchen showing cooker, wash boiler, sink and fridge. A luxury in those days. Hot water came from back boiler or immersion heater.

Supplied by Ian Nash



National Success for our Village Cheese Shop!

Cheese Etc has beaten competition from across the UK and Northern Ireland to be named Cheesemonger of the Year at the 2024 Farm Shop & Deli Retailer Awards. They also scooped the award for being the best retailer in any category in the South of England. The coveted accolades celebrate the best specialist independent retailers with judges recognising retailers' achievements in the independent sector.

Jen had this to say on receiving the two awards, "These two awards come as a complete, yet amazing, surprise. We enter the awards each year but never expect to win as the competition is always so fierce. I just have to give our whole team a huge, big thank you as they are the driving force behind our success. The fact this is judged by previous winners makes it really special. I think our community focus really shines through in all that we do as well as our commitment to offering free local delivery around Reading, Newbury & Thatcham. We try and make ourselves as accessible to our customers as possible. I love every aspect of my

job and, to be honest, I'm chuffed to bits with these awards!



Pangbourne is a wonderful place, and we are so honoured to be a part of this community. Specialist foodie shops like ours, Birch, Greens, Nino's and Garlands are few a far between, but we all share a common desire to serve the local community with great food. Independent shops are disappearing from many towns and villages, but Pangbourne continues to thrive and that's all down to our loyal, local customers who support us all each week."

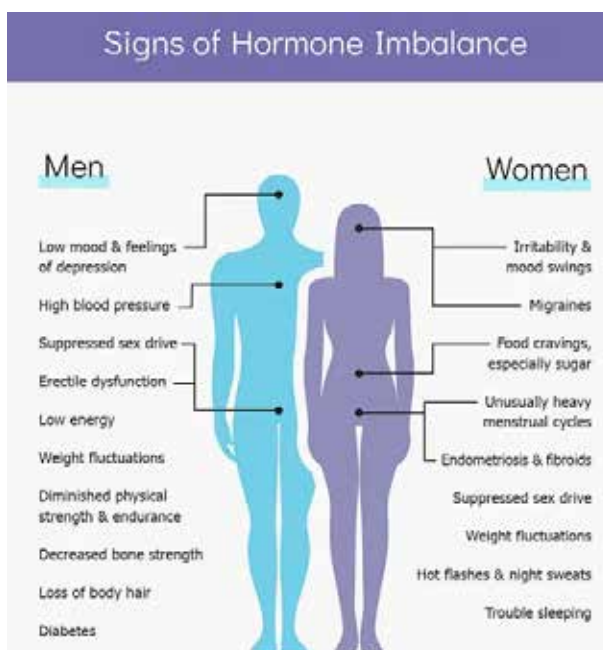


Unlocking Hormone Health: The Functional Medicine Approach

In the pursuit of holistic well-being, an increasing number of individuals are turning to functional medicine to address hormone health. Functional medicine asks why a disease or symptom may be happening within the context of an individual's health history and seeks to address the potential root cause, be it hormonal imbalances, nutritional deficiencies, or due to lifestyle factors.

Hormones play a crucial role in regulating various bodily functions, influencing metabolism, mood, and energy levels. Imbalances can lead to a range of signs and symptoms including irregular menstrual cycles, persistent fatigue, unexplained weight gain or loss, hair loss, mood swings, and digestive issues. Recognising these signs can be a crucial first step in seeking functional medicine intervention.

Functional medicine practitioners recognise the interconnectedness of bodily systems. They use a science-based, whole-body approach using targeted assessments and comprehensive evaluations, to address potential underlying causes and provide



a personalised approach, rather than focusing primarily on treating symptoms alone.

To tailor interventions to individual needs, practitioners often utilise a variety of simple tests; hormone panels, nutrient assessments, and comprehensive blood tests to help identify specific



imbalances or deficiencies. Armed with this data, practitioners can then create personalised nutrition and lifestyle recommendations, as well as targeted supplements to restore hormonal balance and optimise overall health.

This approach can be particularly significant when navigating the perimenopause and menopause, stages of a female's life that can present unique challenges for many individuals. Hormonal fluctuations during this time can lead to symptoms such as hot flushes and night sweats, increased anxiety, low mood, irritability, sleep disturbances, gut health issues, poor memory and concentration and changes in weight distribution. Rather than accepting these as inevitable aspects of aging, functional medicine practitioners use a body systems approach to addressing symptoms and imbalances, whilst at the same time, influencing long-term health.

Functional medicine empowers those navigating perimenopause and menopause to embrace these life stages with greater vitality, resilience, and a renewed sense of well-being. It can provide a roadmap to optimising healthy hormones, overall health and quality of life during this transformative phase. In the realm of hormone health during other life stages, a functional medicine approach empowers individuals to take

charge of their well-being and helping them to restore hormone balance.

Making simple dietary swaps and changes can indeed have a significant impact on hormonal regulation. Here are some examples:



1. Healthy Fats Over Highly Processed Fats
2. Whole Grains Instead of Refined Carbs

3. Lean Proteins in Place of Processed Meats
4. Colourful Vegetables for Antioxidants
5. Include Probiotic-Rich Foods
6. Moderate Caffeine Consumption
7. Hydration with Water over juices and carbonated or sugary drinks
8. Minimise Processed Sugar
9. Include Omega-3 Fatty Acids
10. Limit alcohol consumption

These dietary swaps, when incorporated into a balanced and varied diet, could positively influence hormonal regulation and contribute to overall well-being. It's important to note that individual responses may vary, and consulting with a healthcare professional or functional medicine nutritionist can provide personalised guidance and is essential to ensure your symptoms are not due to any other co-existing condition.

We hope you found this article interesting. Please do let the magazine editors know if there is a particular topic you would like us to cover.

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Pangbourne Twinning biannual visit to Houdan near Paris France 3rd-6th of May

This year we celebrated the 40th anniversary of the first French leg of our French Twinning visits between Houdan and Pangbourne. A weekend of fabulous events, sports and activities that took place in a friendly and fraternal atmosphere that will live long in the memory

We arrived from Pangbourne late on Friday evening. A 42 person English delegation who were warmly welcomed by their hosts with a reception at the town hall. Some travellers meeting old friends once again and some being introduced for the first time. After a few words of welcome, we dispersed to spend the evening with the host families.



On Saturday morning, the French and English families all gathered at the town cemetery to pay tribute to the British and Canadian airmen who died on French soil during the second world war. We were able to see that though 80 years has passed the memories and the gratitude of the French and depth of emotion remains intact. That afternoon the official ceremony to renew the two twinning oaths was held in the grounds of the village event hall. With members of the music school, who did us the honour of playing the English and French national anthems. Following the ceremony, Jean-Marie Tétart the mayor of Houdan accompanied by the two presidents of the committees on both sides of the Channel, planted a maple tree in the grounds, symbolizing



the continuing friendship between Houdan and Pangbourne. Many of the group members also took it in turns to wield the shovel, lending a hand to get the tree into the ground. Afterwards, everyone gathered for a delicious cocktail and a finger buffet which provided an opportunity to share the many memories of the past 40 years, but also to talk about ideas for the future.

At the end of the day everyone headed off for a special treat in the capital city with an evening of "Paris by night", a cruise on the Bateaux Mouches on the River Seine that was truly delightful. As night fell, we were treated to the gradual illumination of the city, culminating in the sparkling Eiffel Tower. As you can imagine many photos were taken of this magical sight and fabulous memories made. On



Sunday, after a free morning with our hosts, (some visiting Chartres, local markets or even the garden of Giverney) the sports activities began, seamlessly organized as part of the "2024 fraternity games" (part of the legacy of the Paris Olympic games) on the one hand, a tennis tournament in which 10 players from each country

competed in partnership and on the other hand, Franco-British pétanque matches organised by the Houdan pétanque club.



To round off the weekend, the entire group and their families gathered at a local restaurant for an excellent dinner punctuated by great conversation, thank you speeches, an idioms quiz and the presentation of a silver salver to engrave each year to record our exchanges in years to come. The evening was warm and convivial, all expressed in food, wine, laughter, music and song. Thanks to Christine Caldi and Phil Bates for their musical interlude culminating in a resounding group choral of "Champs Elysee."

A huge thank you also for the work of the two committees who worked hard to make the weekend so successful and to our French hosts who gave up their time and welcomed us into their homes

Monday morning as always arrived too soon. It was with great sadness and mixed emotions that we said goodbye to our friends and with warm hearts and heads full of memories we set off back to Calais to return to Pangbourne. Of course, the good news is that we are already planning a rendezvous for this side of the Channel for the first weekend of May 2025.

Why not join in the fun next year and take part as a host? You just need to live in Pangbourne or in one of the surrounding villages and be prepared to accommodate one or two people or a family from Houdan.

infopangbournetwinning@gmail.com

Pangbourne China Painters

First, may I thank Alise and Pangbourne club for restoring communications in Pangbourne and District.

Now to business. The last time I wrote to The Pangbourne Magazine I was bemoaning the fact that the Pangbourne China Painters were reduced to three members. WELL! Now thanks to



The Pangbourne Mag and Purley Pages we now have a membership of eight, which is about right, though of course if you are interested to see what we do, you are welcome to come and see us at the Dorman Rooms in Horseshoe Road on Tuesday 11th June 10am until 1pm and two weekly intervals after that.



So P G P lives to fight another day! If you need to contact me my numbers are 07760235479 or 0118 9843684. Regards, ***Margaret Broadbent.***

Thank you, Alise


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Sunflowers of Pangbourne

'Sunflowers end up facing the sun, but they go through a lot of dirt to find their way there' J.R.Rim.



We, Ukrainians, are like sunflowers, raising our heads towards the sun, freedom, democracy, equality, and human values. We have chosen this way and are not going to divert no matter how hard it's going to be. For all of us, the morning of 24 February 2022 started with mortal shelling, explosions, airplanes, and helicopters roaring in the sky. Then air raid sirens. Then, huge queues in pharmacies and shops. Traffic jams on the roads, and people in panic trying to leave. Women grabbed their children and hid in basements, cellars, or underground subways.

Thankfully all European countries opened their borders at that time for all Ukrainian women with children. More than 8 mln people fled Ukraine. More than 200k settled in the UK.

35 women with children found their new home in Pangbourne. You might have seen us in the streets, shops, and cafes, you might have met us and heard our language, and some of you have become our best friends and even a part of our families.

Most of us have already moved to rented accommodation, but we will never depreciate the time spent in our host families' houses. Our children learn English and absorb English culture, values, and priorities. And most importantly, they grow up in a safe environment. We are endlessly grateful for your amazing kindness and generosity, your support and protection, and your tolerance for us!

Ukraine has a rich history and culture as well as a lot of interesting facts. Here are some of them:

Ukraine is the biggest country in Europe with a total area of 603.55 sq. km.

Ukrainians are one of the most educated nations in the world. 70% of adult Ukrainians have college or university degrees.

The Ukrainian language was acknowledged to be the second melodic language in the world after Italian, which was officially stated at the Linguistic Congress in Paris in 1934.

Ukraine has been known as the breadbasket of Europe since ancient times.

Carol of the Bells, the most famous Christmas song, was composed by a Ukrainian composer Mykola Leontovych on the basis of a Ukrainian folk song.

We, Ukrainians, are sincere, hospitable and hard-working. We like cooking, visiting friends, telling jokes and singing. And we are proud of our homeland. Our Anthem says

'We will lay down soul and body

and show that we are one.

We will stand together for our freedom

none shall rule our home.'

This is what our honored soldiers are determined to do. Stand to the end. Fight to the last. Regain our freedom!

Sadly, the war in Ukraine hasn't ended yet. Having settled here eventually, we are constantly raising money for military rescue equipment for soldiers at the frontline, our husbands, brothers, and fathers. They are defending our lives and we can help them by donating money for tourniquets, evacuation stretchers and other tactical medicine and save their lives as well. You can donate by using the link <https://send.monobank.ua/jar/ZZSALKqQA> or paypal: tanja.ovchar@gmail.com. Every pound matters! You can help little sunflower seeds grow to see the sun!

With many thanks from the Ukrainian community of Pangbourne.

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Big News at Pangbourne Toilets!



The Trustees of Action for Pangbourne Toilets (APT) have now completed the modernisation of the Gents, a major achievement as the cost was considerable.

To celebrate this achievement, we ended up having two openings' events! The first and formal opening was on Sunday March 24 with Pangbourne Parish Council's Chair, Ian Walker cutting the ribbon, and giving a supportive speech on how important the toilets were to the village. Approximately 30 supporters came along, and tea and cake were available to all. A wonderful new artwork was also created for us by Sarah Rasmussen displayed near the water fountain.



The second reopening was a little different! The APT Trustees had emailed Joe Lycett to ask if he could reopen the Gents, due to his campaigning work on sewage. Joe was unable to come for the March 24th date, however he was keen and suggested that he send a celebrity to Pangbourne instead to coincide with the opening night of his new TV show. The event was shown live on 'Late Night Lycett' on Channel 4 on April 12.

An immense amount of organisation went into the event. The Parish Hall was booked for the afternoon and evening, and the Parish Councils internet feed was stretched to capacity enabling

Pangbourne Loos opening to go out to over a million viewers.

A crowd of 150 showed up (thank you supporters!) and a burger van was hired to feed everyone. Prosecco too was handed out and a red carpet laid on for the celebrity, Dave Potts, the winner of Celebrity Big Brother, to cut the ribbon.



A bizarre but fun evening was had by many, and awareness was raised, in a very unusual way, as to the need for public toilets.



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The THURSDAY HUB

In April we welcomed Fiona Harrison from Leighton Buzzard who joined us for the first time, her visit coincided with the start of VE Day Celebrations. Her diary was and is fully booked with VE Day and D Day celebrations so we were very fortunate that she was able to visit us for the afternoon. Fiona arrived in her vintage dress and entertained us with a wide selection of songs from the 50's 60's and 70's. A good time was had by all.



On Thursday May 16, rain almost stopped play - but not quite! Unfortunately, the rain started as our customers were setting out for The George so our numbers were slightly down. However, about 25 friends enjoyed another homemade afternoon tea and chat. Sadly, Jen, whom we had booked for the afternoon had succumbed to the chest bug which was going around but luckily Derry Pope, of choir fame, was free and came and entertained us with his lovely voice and a variety of songs. To encourage singing we supplied a few words which always goes down really well.

"One Voice Community Choir"

Our choir is going really well, we now have a regular group of about 20 attendees, last week we hit 26 which is fantastic. Our choir meet at The George every Tuesday at 10.15 for a cuppa and a biscuit



followed by singing at 11 o'clock. The cost is only £2.00 so if you fancy having a go please come along at 10.15, I promise you don't need to be able to sing as all the voices combine into producing a melodic sound. Music is a great stress relief, improves your lung function and stimulates the brain but most of all we have fun.

Cribbage

Crib continues at The George on the first Wednesday of the month 2 till 4. It's a social gathering, again open to anyone just turn up. There is no cost just buy a drink at the bar and join the fun.

Ukraine



Last but not least- Thankyou to all those who donated and volunteered on the 5th May for our Ukraine collection. It's truly inspiring to see communities come together to support each other, especially during challenging times. Reading Ukrainian community have expressed their gratitude for your generosity and compassion. We had an overwhelming response, and your donations will make an impact even if they seem small in the grand scheme of things. Every act of kindness matters, and collectively, they create a ripple effect of positive change. May this spirit of giving continue to strengthen bonds and bring hope to those facing daily hardships. Thank you, once again, all for your kindness, support and generosity.

Many thanks to our brilliant volunteers, Devarshi and her staff at The George and, as always, our wonderful sponsor, Kiren Sharma.

(Please note there will be no Thursday Hub meetings in July and August)

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The Pangbourne Band

We are delighted that the Pangbourne Club is producing the village newsletter so we thought a brief recap might be in order, before reporting on Spring 2024.

We had an enjoyably long and busy Christmas season with carolling starting early at the Pangbourne Shopping Evening on 24 November and finishing up at Loddon Brewery on Christmas Eve. Over the period we held a concert at the Pangbourne Club (on 8 December) and had an excellent Christmas meal at the Swan (on 20 December). We played at five other venues too (including Reading Station on 23 December) and of course played round the streets of Pangbourne on several evenings.

In total, our Christmas activities raised £2,000 for the Band and we are very grateful for the tremendous support of our local community.

So on to the first half of 2024.

It was back to the serious business of intensive rehearsals in January & February ready for the London & Southern Counties contest at Stevenage on 16 March. Thankfully we did not come last!

Our first event after the contest was on 23 May, where we played for the Freemasons at a venue in West Hanney, Wantage. They proved to be an appreciative audience and have booked us again for next year.

At the time of writing our calendar is filling up nicely. By the time you get this newsletter, we will have played at the following events.

Pangbourne College Classic Car Show on Saturday 1 June (along with the Roy Bailey Big Band)

Tidmarsh D-Day Celebrations on Thursday 6 June

Pangbourne Club on Saturday 8 June

Sindlesham Prince Philip Duke of Edinburgh Court Fete on Saturday 15 June

Reading Town Regatta on Saturday 29 June; and

Padworth & Aldermaston Warf Craft & Produce Show on Sunday 7 July.

Looking further ahead, we shall be at:

Henley Bandstand on Sunday 4 August

Beech Hill Garage Classic Car Show on Saturday 15 September; and

Newbury Bandstand on Sunday 16 September.

The band loves being part of the local community of Pangbourne and surrounding villages. We really enjoy playing at village fetes, charity garden parties, breweries, car shows, rallies, regattas etc so we're always delighted to get bookings for these.

If you would like to book the band, do please let us know in good time. Booking enquiries can be directed to our events coordinator, Claire Holliday, by sending an email to claireholliday23@gmail.com. Alternatively, you can contact the band secretary, Helen Pierce, by calling 07790557572 or by sending an email to pangbourneband@gmail.com.

We rehearse on Wednesday evenings at Pangbourne Village Hall and always welcome new players of all ages. Do come along at 6.45pm in term time for the All-Comers Band if you are a learner (or trying a different instrument). Please come at 7.45 for an 8pm start for the Silver Band if you are a more experienced brass player.

David Paine

The Pangbourne Band

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PANGBOURNE CHORAL SOCIETY'S GALA GOLDEN ANNIVERSARY CONCERT

Falkland Islands Memorial Chapel, Pangbourne College, Saturday 22nd June (7.30pm)

PCS's Summer Concert on Saturday 22nd June (7.30pm) will mark their Golden Anniversary and will be a special Gala occasion marking the Choir's evolution into a well-respected amateur group of singers who love what they do.

Current PCS Music Director, Sara Benbow, will share the conductor duties with PCS's founding director, Ralph Allwood, and two directors who did so much to shape and develop PCS choral accomplishments over many years – Bob Barsby and Jonathan Brown.

'It will be a real thrill to look back over 50 great years with Ralph, Bob, and Jonathan' comments current PCS Chairman, Sir Brian Hoskins, 'and to look forward with anticipation to the new challenges and enjoyment which Sara Benbow has brought to our community, which has become apparent in just a few months since her appointment in September 2023.'

PCS also wishes to recognise its gratitude for, and recognition of the vital support given by Pangbourne College in terms of use of facilities and, crucially, by many past College Music Directors. Some of the programme pieces seek to commemorate this link and current Headmaster, Thomas Garnier, a talented singer in his own right, will be one of the soloists at this concert in this, his final term before retirement.

The programme includes works by Mozart (Ave Verum), Haydn (from the Creation), Brahms (from German Requiem), as well as Parry (I Was Glad), Handel (Zadock The Priest), as well as works by Chilcott (Shenandoah), Howells (Jubilate), Mendelssohn, and Michael Kamen.

Comments Sara Benbow: 'I am delighted to be celebrating this major milestone with PCS members and conductors, and it also looks as if quite a few past members will be returning to sing on the night, such is the affection for Pangbourne Choral Society and its long tradition of promoting the best values of community choral singing to the highest standards.'


Tickets (£15 – and £8 for under-18s) are available from Garlands Organic & Natural, Pangbourne, from PCS website and members, and also on the door

Tony Maynard – Publicity Officer – Pangbourne Choral Society: 0118 984 5079

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Pangbourne Youth Fc – 2023/24 Update

<https://www.pangbourneyouth.co.uk>

A big thank you to all of our players, coaches and supporters for the clubs most successful season to date.

We've been pleased to have over 265 local children playing in 21 teams from Under 6 to Under 18's.

Cup Success..... Part 1



Congratulations to our Under 16 team who won the East Berkshire Football Alliance Plate Cup Final after a thrilling penalty shootout win against Rotherfield United

Cup Success..... Part 2



In another penalty shootout our Under 10 team won the BYDL U10 cup defeating Twyford Comets.

Our club needs to give England Men some advice ahead of the Euro's!

From Boys To Men.....



We say goodbye to our Under 18's who have finished their final season with the club. A big thank you to Nick Snowden for leading the team over their 9 seasons.

YUM YUM YUM



Our Under 13 Girls team celebrated the end of their second season with these fantastic cup cakes made by one of our sponsors – Berrygoose Cakes <https://www.instagram.com/berrygoose.cakes>

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News from the Tennis Club

June and July are busy months for tennis, with long evenings and warmer weather in prospect. If the French Open, the British grass court season and, of course, Wimbledon, are inspiring you to play more tennis, Pangbourne Tennis club is in full swing for the summer. Social tennis, coaching for adults and juniors and league matches involving seven teams are all underway. New members are always very welcome. Adult membership for 12 months is £65, the junior fee is £25, or £135 for a family membership. If you would like to try out the club for size, or just play occasionally, we offer monthly membership for £10. Just scan this QR code or go to www.pangbournetennis.org/membership to find out more.



Pangbourne Tennis Club - LTA National Club of the Year Finalist!

Everyone at Pangbourne Tennis Club was absolutely delighted when the club won Berkshire Tennis Club of the Year for 2023. Committee members received the trophy at the County AGM in February, but that wasn't the end of the story! As County Club of the year, we were up for the Central and East Region Club of the Year. Competing against nine counties as far afield as Norfolk, Suffolk and Essex, we were again victorious and are the Regional Club of the Year too! This award will be presented at the Rothsay International Open Tennis Tournament at Nottingham on 11th June. And, to top it all, after a tough judging round of all seven UK regional award winners, Pangbourne made it to the final three. We are officially a National Finalist! We will find out if we have won at an awards ceremony held National Tennis Centre, Roehampton on 2nd July during Wimbledon fortnight.

A massive thank you to everyone who has supported the club over the last few years and contributed to the ambitious fundraising campaign to improve the facilities. These LTA awards are a testament to the dedication of the committee, the members and the wider community.



Pangbourne Tennis Club Committee

Berkshire Volunteer of the Year

There was more good news for the club at the County Awards, when Club Secretary Louise Shearer was named as Berkshire Volunteer of the Year. We are delighted that her dedication to the club has been recognised in this way and that she has been formally thanked for her tenacity and creativity over the years she has been involved with the club.

New to the Club – Disability Tennis

This summer, a group of enthusiastic volunteers from the club, led by our coach Damian Lane, are running special sessions for a group of pupils from The Avenue School Special Needs Academy.

Supported by the charity Bright Ideas for Tennis, the volunteers were trained in the spring ready for the first session in May. Using newly purchased specialist equipment, they are running a range of activities based around tennis. The volunteers have been delighted to see how much the pupils are enjoying the sessions and progressing in their skills. A special thank you to everyone who supported the Quiz Night in May. The funds raised will replace the initial grant from Bright Ideas for Tennis and allow the club to continue to develop disability tennis.



New to tennis and keen to get started?

Are you completely new to tennis and want to learn the basics? Start to Play is a programme designed to get you up and running quickly. Run by our club coach Damian Lane who is very experienced in developing players of all standards, this Sunday morning course will get you started in a supportive environment. The next course of 6 sessions will start on Sunday 28th July and runs to 1st September. It's limited to six participants, so check availability now by scanning this QR code or visiting www.pangbournetennis.org/coaching



Coaching for adults

There's a full programme of coaching for adults this summer on Tuesday evenings and Sunday mornings. This includes the popular Back to Tennis programme for players who are haven't played for a long time. The number of places on each course is limited, so check the website for availability.

Junior tennis coaching

Junior tennis coaching back on Friday evenings this year for children from 4 years and upwards. The course started on Friday 19th April and runs to 12th July. Check out the website for information on junior camps in the summer holidays.

Social tennis and tournaments at Pangbourne

Friday nights are tennis nights! Join us for social doubles every Friday at 19:30 - 21:00 Also, the popular Saturday afternoon social sessions run at 14:00 – 15:30. You will be assured of a warm welcome, so do come along. Players of all levels enjoy these sessions – you just need to be able to serve and sustain a rally. You certainly don't need to be a Wimbledon champion!

We will be organising our traditional End of Season Tournament on Sunday 29th September, followed by the AGM. The extra special Christmas Festive Tournament will be in early December.

Here's to a superb summer on court and, as always, please do get in touch to find out more about the club by emailing us at info@pangbournetennis.org

Pangbourne Tennis Club Committee



PANGBOURNE BOWLS CLUB

As the warmer weather comes the picturesque Pangbourne bowling green is in better condition than ever. With the very wet winter behind us it is now just as a bowling green should be - lush and verdant thanks to the efforts of our hard working green keeping team. Perfect for bowling! So why not come along and try it out yourself.



Bowling is an engrossing and sociable hobby suitable for all ages – fresh air, moderate exercise, friendly fellow bowlers and the opportunity to play both socially in the club and competitively against other clubs. We welcome both the experienced and the not so experienced. Coaching is available – free of charge! - for those who are starting out in their bowling career and this year the club is running a course to encourage younger players to sample the game with a view to being more involved – and mum, dad and grandparents too!

Members have a variety of opportunities to bowl, as the club plays mixed teams, ladies only and men only matches against other local clubs, in friendlies and in two local leagues in both of which we have chalked up wins this season. In addition there are internal club only competitions throughout the season and every Monday afternoon. Very quickly you will feel at home sharing and discussing your hobby with other friendly bowlers.

The subscription for a new member is much reduced for the remainder of the year and there is still plenty of time to fit in plenty of bowling. The green is at the far end of the recreation ground to the left of the tennis courts and the club house. Come and see us at the green on a Monday afternoon or visit our web site for further information on the club where contact numbers: for myself and the club secretary, Alan, can be found: <https://pangbournebowls.co.uk/>

The club, now 102 years old, is keen to recruit new members. Will you be one of them?

Martin Fraser – Club Captain

newsletter@pangbourneclub.co.uk

Social Calendar

Monday			
Mon 09.30-12.00	Tai Chi and Qigong	Karen: 07867 954 786 info@karenpounds.co.uk , www.karenpounds.co.uk	Dolphin Centre
Mon 10:00-12:00	Hand bell tune ringing	Len Palfrey palfrey62@btinternet.com	Whitchurch Art café
Mon 10.30 am	Adapted Pilates (Chair Based)	Vicky Elson Smith 07775638611, info@themovementclinic.co.uk	The Movement Clinic, Pangbourne
Mon 12.45-14.45	Art Courses	Jeanette 07500862025 email art-courses@hotmail.com	Pang VH
Mon 14.00-16.00	Coffee & Craft	0118 9844117 - pangbournelibrary@westberks.gov.uk	Pangbourne Library
Mon 18.30	Zumba	Rachel Grocott, rachelzumba4043@gmail.com / 07885 444 510	Pangbourne Primary School (VH in school hols)
Mon 19.00	Crib	info@pangbourneclub.co.uk (When the League is on)	Pang Working Men's Club
Mon 19.15-21.00	Duke of Edinburgh Awards	dofecoordinator@adventuredolphin.co.uk , www.adventuredolphin.co.uk , 0118 321 7206	Dolphin Centre
Mon 7.30	7-a-side Football	Laurie 07793680999	Pangbourne College
Mon 19.30-21.30 Term time only	Badminton	www.pangbournebadminton.club A friendly non-league club. See website for session dates etc.	Pangbourne College Sports Hall
Mon 19.45	Adapted Pilates Mat Work	Vicky Elson Smith 07775638611, info@themovementclinic.co.uk	The Movement Clinic, Pangbourne
Tuesday			
Tue 08.45 - 09.45	Circuits	Alex: 07555 148 024	Dolphin Centre
Tue 10.00-13.00	Pangbourne China Painters	Margaret broadbentm462@gmail.com	Dorman Rooms St Bernadette's Church
Tue 11:00 – 12:00	Yoga Yoga	www.walkingthepath.co.uk / bara.cechova@gmail.com www.walkingthepath.co.uk / bara.cechova@gmail.com	Dolphin Centre Dolphin Centre
Tue 10.15-12.00	“One Voice Community Choir”	Di on Diane2473@btinternet.com 07971 226548, Cuppa/Chat 10.15 Singing starts at 11.00	The George Hotel
Tue 17.00 – 20.00	Tennis Coaching	www.pangbournetennis.org info@pangbournetennis.org	Recreation Ground
Wednesday			
Wed 18.00	Seated Yoga	Kate 07706357801 kate.wiggins@getberkshireactive.org	St Bernadettes Church
Wed 18.20	Zumba	Rachel Grocott, rachelzumba4043@gmail.com / 07885 444 510	Adventure Dolphin
Wed 6.30 - 7.45	All Comers Band	email@pangbourneband.org.uk Stewart Lewins on 0118 9425076	Pang VH
Wed 19.00	Table Tennis	info@pangbourneclub.co.uk (When the League is on)	Pang Working men's club
Wed 19.30	Dance Fitness Class	Andrea – turners.the@icloud.com , 0771 7023 007	Pang Primary
Wed 20.00	Camera Club	Alan-01491 681471, alan@curiosities.co.uk www.wotphoto.co.uk	Whitchurch VH
Wed 8.00-22.00	Pangbourne and District Silver Band	email@pangbourneband.org.uk Facebook.com/pangbourneband , Helen Pierce 07790557572 or Stewart Lewins on 0118 9425076	Pang VH

Thursday			
Thu 08.45-09.45	Circuits	Alex: 07555 148 024	Dolphin Centre
Thu 10.00-12.00	Art Courses	Jeanette 07500862025 email art-courses@hotmail.com	Pang VH
Thu 10.30	Adapted Pilates (Chair Based)	Vicky Elson Smith 07775638611, info@themovementclinic.co.uk	The Movement Clinic, Pangbourne
Thu 12.45-14.45	Art Courses	Jeanette 07500862025 email art-courses@hotmail.com	Pang VH
Thu 19.30-20.30	AC Pilates, Mat work	Anna Cotgreave 07754598627 actraining@hotmail.com	Pang VH
Thu 19.45	Adapted Pilates Mat Work	Vicky Elson Smith 07775638611, info@themovementclinic.co.uk	The Movement Clinic, Pangbourne
Thu 20.00	Bingo	info@pangbourneclub.co.uk	Pang Working Men's Club
Thu 20.00-21.15	Church bell ringing	Len Palfrey palfrey62@btinternet.com	St James the Less
Friday			
Friday 9.30- 10.30	Kettlebell Conditioning (All levels)	Gareth France 07853 381449, gareth.france@sky.com , www.garethfrance.co.uk	Adventure Dolphin
Fri 11.00-11.45	Seated Yoga	07706357801 kate.wiggins@getberkshireactive.org	Dorman Rooms St Bernadette's Church
Fri 19:30 – 21:00	Social Doubles	www.pangbournetennis.org info@pangbournetennis.org	Recreation Ground
Fri 20.00-22.00	Basildon Table Tennis Club	Basildontt@gmail.com	Upper Basildon Village Hall
Saturday			
Sat 10.30	Zumba	Rachel Grocott, rachelzumba4043@gmail.com / 07885 444 510	Tidmarsh Village Hall
Sunday			
Sun 10:00 – 12:30	Tennis Coaching	www.pangbournetennis.org info@pangbournetennis.org	Recreation Ground
Monthly			
1 st Sunday 20.00pm	Jazz Night	https://www.pangbournejazzclub.com/	Pang Working Men's club
Lat Sunday of the month 19.00 Feb – April inc	Twinning Film Night	Steve infopangbournetwinning@gmail.com	Pang VH
1 st and 3 rd Tues 19.45	Natural History	Katie Jenks Jenkskatie@hotmail.com ; www.rdnhs.org.uk	Pang VH
2 nd Tues 14.30	WI	Susan Smith 01189833258 susan.smith.ufton@icloud.com	Pang VH
2 nd Tues 20.00	RSPB	Judith email: readingrspb@gmail.com https://group.rspb.org.uk/reading/	Pang VH
3 rd Tues 14.00-16.00	Family History Sessions	0118 9844117 – pangbournelibrary@westberks.gov.uk	Pangbourne Library
Last Tues of the month 19.00	Book Club	Pangbourne.Book.Club@gmail.com	Pang Working Men's Club
1 st & 3 rd Weds 11.00	St James café	Rector 0118 984 2928 or Jill Palfrey 984 2698 jill.palfrey1@btinternet.com	St James church
1 st Weds 14.00	Cribbage	Di Williams Diane2473@btinternet.com 07971 226548	The Bar, The George Hotel
3 rd Thu Various times	Thursday Hub	Di Williams Diane2473@btinternet.com 07971 226548	The Function Room the George Hotel
1 st Fri 14.00-15.00	Book club	0118 9844117 – pangbournelibrary@westberks.gov.uk	Pangbourne Library

Social Calendar

Various			
Various	Ladies Walking	Nicki Woodward. 07768 986 799 www.purleypathfinders.co.uk	Various
Various	Bowls	Alan Copeland 01491 681471 alan@alancopeland.co.uk WWW.Pangbournebowls.co.uk	Recreation Ground Thames Ave
Various	Rainbows, Brownies, Guides and Rangers	helenguides@yahoo.com	Pangbourne VH
Various	Various	Climbing Carl: hello@borntoclimb.uk 07920 444842	Dolphin Centre
Various	Various	Purley & Pangbourne Scout Group (Squirrels, Beavers, Scouts) gsl@1stpandp.org.uk	Dolphin Centre
Various	Pangbourne Paddle Sports	admin@pangbournepaddlesportclub.co.uk www.pangbournepaddlesportclub.co.uk	Dolphin Centre
Various	Bowls	Alan-01491 681471, alan@alancopeland.co.uk www.pangbournebowls.co.uk	Rec Ground Thames Ave
Wed, every other, 20.00 pm	Camera Club	Alan-01491 681471, alan@curiosities.co.uk www.wotphoto.co.uk	Whitchurch VH
Every 2 nd Wednesday 10.30 to 12.00	Coffee Morning	Kathryn (parish office) 0118-971-5350	Dorman Room at St Bernadette's Church Horseshoe Road
School holidays	Tennis	To apply for membership please contact Andy.Crossley@pangbourne.com .	Pangbourne College



DELI OPENING TIMES:

Mon: 9am - 4pm
Tues - Sat: 8am - 5pm
Sun: 10am - 4pm

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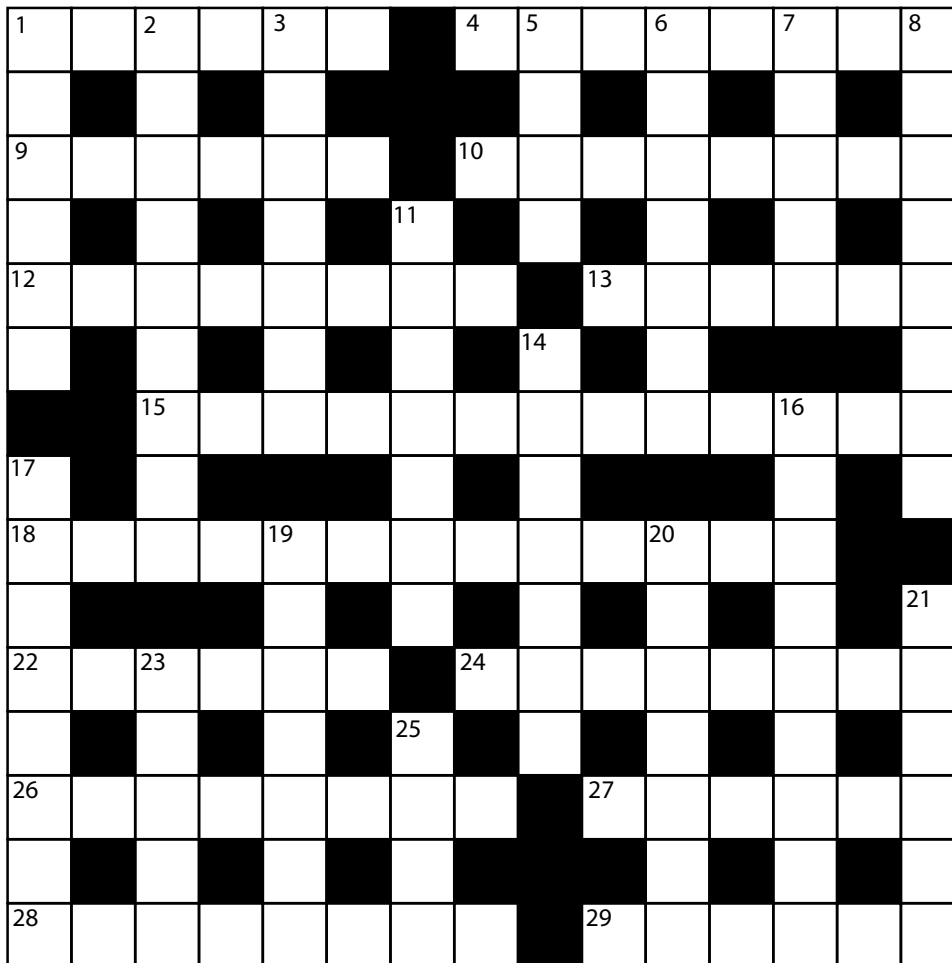
RESTAURANT OPENING TIMES:

Tues - Sat:
12-2pm & 5.30- late
(Sun & Mon closed)

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Find us online at - www.ninosdeli.co.uk

Call to book on - 01189 841 333



ACROSS

- 1 You're on starboard going out, so what am I coming in? (6)
- 4 Little Edward finally calmed his feline...with initial Port of London authority? (8)
- 9 Not a bright addition in oriental cuisine (3,3)
- 10 It will always go with the swing of things - given time (8)
- 12 Classical urban naming in Yorkshire city? Try the "cure a mob" method! (8)
- 13 Commonly said, it tells how you might run away (6)
- 15 Ring ahead here for him in Newbury's place of learning (2,11)
- 18 Essentials for musical or other entries - usually written (3,10)
- 22 Initially, at least, our late Queen came close,- in the end (6)
- 24 The way to put funds back into the underwear industry? (8)
- 26 Here's letters from all four of them - gospel truth (8)
- 27 Am I missing why you're bored ? You are under cover here (6)
- 28 Bellyflops on landing, or simply criticises the pastries (8)
- 29 Said many times, over time, "a little publicity's better than none" (6)

DOWN

- 1 Absolutely! Action has to be the ultimate answer (6)
- 2 In the circumstances, in March, Elgar, perhaps un- surprisingly, spoke so (9)

- 3 Just desserts? Lost for words, such was the onstage muttering (7)
- 5 Has one been found in the veggie patch irrigation system? (4)
- 6 A willing addition? Here to a fishy menu in place -or just a red herring? (7)
- 7 Sounds like a cockney outfitter - getting his feet off the ground? (5)
- 8 What that shower will do to the fire - and those nestlings too (4,4)
- 11 If that's the going rate it's causing shock waves here ((7)
- 14 Education! It's just all talk about what to teach at tertiary level here (7)
- 16 A Mistress of Arts i/c? Not now he's getting the hang of things (9)
- 17 With this epidermal layer feelings are limited (4,4)
- 19 So tired...I...er...ain't even got the strength to..er..no energy...(7)
- 20 It's the same old story, come round again ...remarried...(7)
- 21 What a saint - despite cutbacks, all these years, still on the boards (6)
- 23 It's the final, I encounter a foreign body here - at last (5)
- 25 Sounds like, It's the end in country life - worse than death? (4) (Answers on page 38)

Supplied by Ian Busby



It is a delight to be back writing PAWS news

after the break. Thank you to all those who have made it possible to keep our Community events and interests

visible to everyone in our local area.

Despite a two week break of dry weather in May we have continued to suffer extremely high rainfall and a consistently high water table leading to challenging conditions to walkers and growers alike. There is no doubt that climate change is introducing warmer, wetter, windier conditions and we all need to adapt and accept new approaches to working with our environment.

In recent years we have all benefitted from improved weather forecasting and although it does not prevent the damage caused it does help people to be more prepared and in many cases saves lives as people are evacuated to safer ground. We in PAWS are delighted to hear that Sir Brian Hoskins, member of PAWS has been awarded the Japan Prize as described below:



We are not only indebted to Brian for his scientific work. In Pangbourne he is a massive contributor to our community, from his work in rescuing the toilets, helping

with the plastic free fete, litter picking to chairing Pangbourne Choral Society and more. I think that sometimes we feel scientists only function in their academic institutions and that their work is not necessarily relevant to day to day life, but Brian along with Jackie sets us all a good example of how we can live sustainably, and locally keeping our carbon footprint to a minimum. As an educator, Brian has shared his knowledge of climate change issues at many local events, encouraging young and old to become more resilient in the face of the inevitable changes brought by global warming. We are very lucky to have him here in our community.

PAWS continues with a very busy schedule. In March, John White, our local beekeeper, gave a presentation on the threat of the Asian Hornet to our bees and other life. As the weather warms the

hornet is travelling further north through Europe where it is already creating havoc in the apiaries. It has been found in various parts of southern Britain and PAWS members have begun the process of monitoring the presence of the hornet in the area. Volunteers in Pangbourne and Whitchurch are using traps and so far none have been reported.

In April we had a very stimulating talk by David Simmonds on Future Energy Systems. David illustrated in great depth the challenges we face in achieving sufficient energy to power both industry and domestic life. Changing from gas centred energy to all electric cannot be achieved in the time period that climate change requires. At the moment gas provides flexibility for transport and industry, and low carbon sources only provide 10% of that requirement. We need to provide better storage to meet demand. The move to heat pumps and EVs will increase demand for electricity and overwhelm our present capacity. The grid requires substantial expansion and reinforcement and will require a tripling of capacity by 2050 if we are to meet proposed targets. David spoke about the need for a new balanced hybrid system, a restructured energy market system and a focus on growing and improving hydrogen technology as the most effective alternative to oil and gas. This was an insight into the complexity of energy change and how difficult it is for the domestic user to know what is the most cost effective and sustainable route to carbon free energy supply to our own homes.

PAWS members helped out at the Whitchurch and Pangbourne Litter picks and it is great to see members of the public conducting their own litter collections whilst walking. Well done that lady who I saw tackling the pathway alongside the A329 on Purley Rise!

May saw the AGM where the PAWS Active Travel Group presented the efforts being made with the Parish Council and West Berks Council regarding a proposed cycle track between Pangbourne and Purley. WBC is collating data using automatic counters on the current use by pedestrians and cyclists, but this will not take into account the number of both pedestrians and cyclists who do not use the route at present as it is felt to be too dangerous!

A feasibility study by WBC into changing the very dangerous narrow pavement at the Pangbourne end of Whitchurch Bridge is taking place. The

group is also liaising with the Parish Council and other groups about improved bus provision, better access at Pangbourne Station and better pedestrian and cycle access to Beale Park and Basildon House.

The PAWS Biodiversity Team brought us up to date with the state of nature in our two villages. This year has seen the presence of Spindle Ermine moths in the hedgerow on Hardwick road.



The spindle trees are covered in webs. An otter with kits has been seen by the weir pool in Pangbourne from Whitchurch Bridge and also in the river by the Coop! PAWS members are involved in volunteering for water vole identification in the Pang. Swifts have returned to Pangbourne village centre and cuckoos heard beside the Thames, so nature is serving up some treats this year.

Miriam Kennet from the Green Economics Institute and member of PAWS gave us a very interesting insight into the workings of COP, United Nations

Climate meetings. She has attended for many years with a team from all parts of the world lobbying the decision makers. Whilst she believes it is essential that all areas of the world are represented in working towards how we repair and protect our planet, it could work much better. She is concerned that very few women actually have the chance to be part of the decision making body and that the event is just too large. The structuring of how views are able to be expressed needs a complete overhaul. The countries hosting the last event and the next one are clearly reliant on the income from fossil fuels and too much attention is therefore focussed on the needs of the giant oil and gas companies. It seems that the focus needs to be much more on utilising the science-based knowledge that COP brings together and encouraging economic reforms globally and domestically to achieve the much needed reduction of global warming.

PAWS will have a big presence at the Pangbourne fete again where we manage the recycling and have a stall so do visit us there.

With our busy timetable we are hoping that our programme of building resilience and sustainability will encourage us all in the battle against loss of species and destructive climate events.

Heather Thorne

Forthcoming events

When	What	Where
June 20th 8 pm	Swift Awareness	Pangbourne Village Hall
Sunday 2nd July	WoTHabs meadow diversity walk	Sheepwash Lane
Saturday 7th July 10.30-12.30	Art Café	The Old Stables, Whitchurch
Sunday 22nd September 2pm-4pm	Apple pressing	Whitchurch Maze
Thursday 17th November 8pm	Film Night	Pangbourne Village Hall
Thursday December 5th 8pm	Christmas Gathering	Pangbourne Village Hall
Thursday 18 January 2025 8pm	PAWS 2025 Planning Meeting	Pangbourne Village Hall

Join our Facebook group: PAWS (Pangbourne & Whitchurch Sustainability) or visit pawsg.com

**Would you like to advertise in the
Pangbourne Village Newsletter, please contact us :
Call: 0777 8900 796
Email: newsletter@pangbourneclub.co.uk**

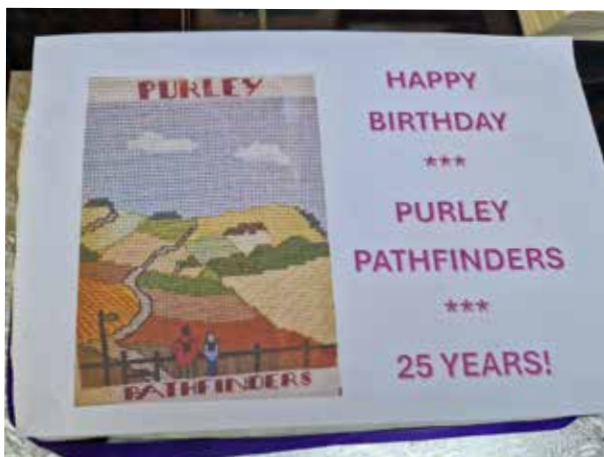
Purley Pathfinders

In May we celebrated our 25th birthday! We walk every week on weekday mornings, but this called for a special walk. We gathered in Blewbury to walk on a route which took in the delights of this



lovely village. We passed pretty cottages with beautiful front gardens and watched tiny fish dart about in the numerous streams which run through the village. Kenneth Grahame was a resident for 10 years and, as well as passing his former home, we noticed house names which reflected characters from his book, *Wind in the Willows*. After our walk we visited one of the gardens which opened especially for us. After picnics and birthday cake was consumed and tea drunk, we were free to explore the 3.5-acre garden with its stream, lake, herbaceous borders and other points of interest. Grahame had sat beside the lake to read stories to local children, and a play, *Wind in the Willows*, was performed in the garden a few years ago. Sculptures of Ratty, Mole and Badger were reminders of the garden's association with their near neighbour and a lovely time was had by all.

Four times a year the group travels to a different area to walk and explore. Of course, our 25th Birthday



trip had to be something special, so we caught the ferry across to Brownsea Island. Here our walk was blessed with glorious views as it took in the various habits enjoyed by wildlife on the island, including heathland, mixed woodland, pine woods, and of course the beach! Here we watched oystercatcher which nest in the sandy banks. Although there was evidence of red squirrels with chewed fir cones, we sadly didn't spot any. We did see a pheasant with her brood of tiny chicks and of course the resident peacocks came to say hello. We took time to look, listen, smell and breath as instructed in an area of woodland set aside for Forest Bathing. We also lay on carved seats to gaze up at the tree canopy.



Free time gave us chance to explore further with hides from which to watch waterfowl out on the lagoon, look inside the interesting church, study displays in the Visitor Centre, and enjoy tea sitting beside the water. After returning to Poole on our ferry we were transported to Bournemouth where free time allowed a walk on the beach and in the Winter Gardens and more before all meeting up again to end the day with traditional fish and chips.

If any ladies are interested in joining our weekly walks which range from 4 to 6 miles, then do contact me. There is a lift share to starting points.

Nicki Woodward

www.purleypathfinders.co.uk



Would you like to advertise in the
Pangbourne Village Newsletter, please
contact us :

Call: 0777 8900 796

Email: newsletter@pangbourneclub.co.uk

Purley Barn Bridge Club



– the friendly club for folk from round and about the Purley, Pangbourne and Tilehurst areas. We meet at the historic Barn, Goosecroft Lane, Purley, RG8 8DR every Friday morning at 9.40 for a

morning of friendly bridge with friendly people with a break for a chat, coffee, tea and biscuits. Basically, Purley Barn is a social club whose members play bridge. No previous experience is necessary and free coaching is available if required. Playing bridge at the Barn is an ideal way to meet who don't take the game too seriously and who are always welcoming of new members – just turn up before play starts on a Friday and we'll fit you in.

Art Courses

Drawing and painting for pleasure, for all levels

Jeanette has worked in adult education for more than 30 years. She began her career in illustration, illustrating for books, national magazines & advertising campaigns.

MONDAY	TUESDAY	WEDNESDAY
9:30am - 11:30am Online	9:45am - 11:45am Goring	1:15pm - 3:15pm Online
12:45pm - 2:45pm Pangbourne Village Hall, RG8 7AN	Village Hall, RG8 9AG	3:45pm - 5:45pm Online
3:45pm - 5:45pm Online	1:15pm - 3:15pm Online	7:00pm - 9:00pm Online
THURSDAY	FRIDAY	
10:00am - 12:00 noon Pangbourne Village Hall, RG8 7AN	9:30am - 11:30am Online	
1:30pm - 3:30pm and 7:00pm - 9:00pm Woolthampton Village Hall, RG7 5RE	12:30pm - 2:30pm Theale The Pavilion, RG7 5AS	

Face to face & online courses include weekly 2 hour lessons for adults
Online courses include 'live' lessons with demonstrations, accompanying video tutorials and one to one tuition.

10 online lessons only £80
10 face to face only £100

Email: art-course@hotmail.com
Phone: 07500 862025
www.drawing-painting.com

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6 Reading Road, Pangbourne, RG8 7LY
0118 9844770 orders@garlandsorganic.co.uk
garlandsorganic.co.uk

newsletter@pangbourneclub.co.uk

Charity Football Match on Sunday "Game for Glyn"

Help us support the British Heart Foundation and raise funds for research to save lives.

Venue: The Atrium, Scours Lane, Reading, RG30 6AY

Time: Meet from 12pm, Kick off at 1pm

Date: Saturday 6th July

Cost: £10 to play, all other donations welcome

Contact: Ollie Jones – 07713 869 529

bhf.org.uk Registered with FUNDRAISING REGULATORY

© British Heart Foundation 2022, a registered charity in England and Wales (22917) and Scotland (SC239428)

USEFUL NUMBERS

- POLICE Non-emergency number 101
- CRIMESTOPPERS0800555111
- PANGBOURNE PARISH COUNCIL (at Village Hall)
www.pangbourne-pc.gov.uk..... 01189844785
Parish Office opening hours- by appointment
- CHAIRMAN OF PANGBOURNE PARISH COUNCIL
Ian Walker- iwalker@pangbourne-pc.gov.uk
- VICE CHAIRMAN OF PANGBOURNE PARISH COUNCIL
John Higgs- jhiggs@pangbourne-pc.gov.uk
- CLERK OF PANGBOURNE PARISH COUNCIL
Becky Elkin- clerk@pangbourne-pc.gov.uk
- WEST BERKSHIRE COUNCIL
Switchboard 01635551111
Councillor Matt Shakespeare- matt.shakespeare1@westberks.gov.uk
- CITIZENS ADVICE BUREAU..... 01635516605
- MP FOR READING WEST
Alok Sharma 01189413803
- SURGERY 01189842234
Emergency out-of-hours (6.30pm-8am) 111
- PHARMACY 01189842935
- LIBRARY..... 01189844117
- PANGBOURNE DISTRICT VOLUNTEER CENTRE..... 01189844586
- PANGBOURNE PARISH PRIEST
Reverend Mark Hopkins- rector.ptschurches@gmail.com
- FLOOD WARDENS
Kay Lacey 07889231136
Stephen Billyeald..... 01189843368
Ed Penney 07756432946

Crossword Answers

ACROSS

1 IMPORT, 4 PLACATED, 9 DIM SUM, 10 PENDULUM,
12 EBORACUM, 13 SCARED, 15 ST.BARTHOLMEW, 18,
KEY SIGNATURES, 22 NEARER, 24 REINVEST 26 EPISTLES,
27 AWNING, 28 PANCAKES, 29 ADAGES

DOWN

1 INDEED, 2 POMPOUSLY, 3 RHUBARB, 5 LEEK,
6 CODICIL, 7 TILER, 8 DAMP DOWN, 11 CURRENT,
14 CHATTER, 16 MASTERING, 17 SKIN DEEP, 19 INERTIA,
20 RENEWED, 21 STAGES, 23 ALIEN, 25 FETE

PANGBOURNE CLUB



Pangbourne Club comprises a cross section of the whole of the community within the village and the surrounding area.

The club houses many activities and sub-clubs: darts, snooker, crib, bingo, quiz nights and live entertainment. We have large screen televisions and projector screens with most sporting channels available.

Upcoming events JULY

**Sat 6th of July
Pink**

(Tribute) 8 pm start

**Sun 7th of July
Jazz 7.30 pm**

**Sun 14th of July
Euro 2024 Final**
from 8 pm

AUGUST

**Sun 4th of August
Jazz 7.30pm**

**Sat 10th of August
Karaoke Night**
8pm

**Sat 17th of August
Darts Night 7pm**

**Sat 24th of August
Quiz Night**

Regular events FIND THE JOKER

Every Sunday afternoon
BINGO

Every Thursday Night 8pm
MEAT RAFFLE

Every Friday night from 9pm
Poker

Every Tuesday Night 8pm



SKY SPORTS
SHOWN HERE

*Watch in the comfort of our fully
air conditioned bars.*

Club News

We are hiring!

We are looking for talented and enthusiastic staff to join our friendly team.

Working patterns may vary and weekends are a must.

Competitive rates of pay.

Please email us @
info@pangbourneclub.co.uk
to enquire about the positions
we have available.

Our facilities include:

- Air Con throughout
- 3 full size snooker tables
- Pool Table
- Large projector screens and TV's
- SKY Sports
- Conference Facilities
- Function Room for hire with kitchen facilities and licenced bar
- Free parking for members
- Free WiFi

New member applications

Drop into the club or fill in our online membership application form.

New members are always welcome.

Pangbourne Club

Rosewood Hall, Whitchurch Road, Pangbourne, Reading, RG8 7BS

Keep up to date with events and entertainment by visiting our website

www.pangbourneclub.co.uk • Visit us on Facebook
e: info@pangbourneclub.co.uk • t: 0118 9842885

Warmingham

www.warmingham.com

Opening new doors for you



Having celebrated successive record breaking years in 2016, 2017, 2018, 2019, 2020, 2021, and 2022, we've done it again in 2023!

Warmingham & Co - Your leading independent property consultancy... Having been established for nearly 40 years, we don't rest on our laurels; Leading by the front, achieving the very best for our clients. For a 8th consecutive year, 2023 has seen Warmingham & Co, out-sell and out-let all of our competitors within our area of coverage*, as recorded by Rightmove. Accordingly, you can be assured of a professional and thorough approach from our highly qualified and experienced, personable staff, who both understand the current marketplace, and yield extensive local knowledge. Offering our clients the most effective, cohesive and progressive marketing package tailor-made to their own individual requirements, locally, nationally, and internationally, 7 days a week, we are here to make your next move both seamless, and the right one for you.

*OX10 0, OX10 6, OX10 8, OX10 9, RG7 5, RG7 6, OX11 9, RG18 0, RG18 9, RG9 5, RG8 0, RG8 7, RG8 8, RG8 9, RG20 6, RG20 7.

Sales & Valuations

T 01491 874144

E sales@warmingham.com

Call us 7 Days A Week to arrange a Free Valuation or Viewing

Office Opening Hours: Monday - Saturday: 09:00 - 18:00 & Sunday: 10:00 - 16:00

Website Opening Hours: 24 Hours A Day - 7 Days A Week - 365 Days A Year

Lettings & Valuations

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