



Village News

The Pound renewed

On Saturday 14 April a large number of villagers gathered in the spring sunshine for the opening ceremony of the renewed village Pound.

Following complaints about the neglected state of the old Pound, the Parish Council had tasked their Administrative Assistant, Beverley Ross, with the project of renewal.

Unfortunately renovating it was not an option, so Beverley applied to English Heritage to see if the Pound could be listed as a monument, but it did not meet their high criteria. The Council decided it should be rebuilt to conservation standards in an authentic traditional manner, so Beverley applied for funding from the *Tesco Bags of Help* community grant scheme, receiving £1000, which was added to Council funds from Community Infrastructure Levies (charges on property developers for funding local facilities).



PHOTO: BARRY KEMP

ALSO IN THIS ISSUE:

- Community Award winners
- Village Garden
- Forthcoming village events
- Profile: Mr Gerry Angiolini
- Prize Xword
- Village Diary

Below left; Beverley Ross with the information board. Left; Cllr. Alan Anderson, with modern-day pound keeper Mrs Frances Riddle, and special guest Dolly the sheep at the ribbon-cutting opening.

After competitive tendering, the build was awarded to Cambridge Restoration who came recommended by the National Trust, and it was completed over the Easter weekend. For historical record part of the old Pound was kept – wood and original ironwork used in the gate – and two rotting posts were retained as an insect habitat.

The Pound is built of English oak from British sustainable forests. No nails were used, the oak pegs were hand made as they would have been on the original. The information panel was designed and built by DAB Graphics, the text written by Beverley and the photos supplied by Kings Langley Local History and Museum Society.



PHOTO: BARRY KEMP

The Pound: since 1835

The old village Pound was moved to its current location from behind cottages in the High Street in 1835, and subsequently replaced in 1959. It was first mentioned in the village records in 1305.

Pound Cottage, opposite, was the pound keeper's cottage and is Grade II listed and dates circa 1600. The word 'pound', comes from the old English word 'pund', meaning

pen or enclosure. In medieval times, most villages had one for impounding stray animals until they were claimed by their owners (on payment of a fine). Fields were open, so it would be easy for animals to stray on to neighbouring land. If the animals were not claimed within a few weeks, they were taken to market and sold, the proceeds going to the impounder and the pound-keeper. Pounds were used until farmland became enclosed during the 17th-19th centuries.



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YOUR ONLY LOCAL Village NEWSPAPER

Welcome!

We are delighted to be delivering the second issue of *Village News* to you, and we would like to extend a big thank you to everyone who helped with the first issue – contributors, advertisers, and especially the volunteers who delivered around the village.

We would also like to thank County Councillor Richard Roberts for the grant from his Local Development Fund which has helped to ensure we can continue publishing until we become fully funded by ongoing advertising.

Bob McLean Parish Councillor said 'Following the loss of the *Villager*, the residents have been without a paper communication medium for two years now. The development of the new *Kings Langley Village News* is a fantastic step forward and has the full backing and support of the Parish Council. I do wish the newspaper every success and I trust residents will support this by providing articles for inclusion in forthcoming editions.

Finally I would like to thank all those volunteers who have given time and effort to get this project to fruition and who give their time freely and with such enthusiasm and commitment.'

WE'RE ON THE LOOKOUT for people to help with reporting on events and supplying news articles on what's happening in the village, as well as team members to provide cover and spread the workload – email us if you can help! And don't forget you can advertise in the paper for very reasonable cost – email to find out more: kingslangleynews@gmail.com

Contacts for your local Village News...

All enquiries, articles, advertisements, and Prize Xword competition entries should be sent by email to kingslangleynews@gmail.com

Or by post to: *The Editor, Kings Langley Village News, c/o Kings Langley Parish Council, Charter Court, Vicarage Lane, Kings Langley WD4 9HR*

The next edition of *Village News* will be available in July, the deadline for copy and advertising is Monday 10 June.



Community Award Winners

The Annual Parish Meeting of Kings Langley was held on Thursday 12 April at 8pm in the Community Centre. Various reports were received from the Parish, County and Borough Councillors, as well as PCSO Ian Martin, and there were questions and answers with the villagers present. The evening concluded with the presentation of the Community Awards 2018.

Help keep your village tidy!

The community village litter pick takes place on the last Sunday of the month, starting from the courtyard of the Parish Council offices in Vicarage Lane at 10am. It finishes no later than 12 noon. Litter pickers, high visibility jackets, black bags and safety advice will be provided.

Dates for 2018 are:
27 May, 24 June, 29 July, 26 August
30 September, 28 October

Your Village News team toast their Awards received for launching this newspaper for the community of Kings Langley. Left to right; John Addy, Barry Kemp, Susan Simpole, Carolyn Andrews, Harold Taylor, Joyce Gray.



Other Award winners pictured with Cllrs Gerry Angiolini and Howard Button: Left; Chris Pettit, for years of commitment and service to Kings Langley Good Neighbours and Christian Aid.

Below; Cheryl Hall and Anna Sapte for their work in the community and especially the administration of the Kings Langley Matters Facebook page.



Below; Tony Burnell and Simon Lloyd For years of commitment and service to Kings Langley Cricket Club



Friends of the Kings Langley News Association costs only £10 for life membership.

Help support the newspaper as it gets off the ground!

Email kingslangleynews@gmail.com for details and an application form



PHOTOS: BARRY KEMP

The Village Garden – a brief history

In 1934 a number of residents subscribed to a request to purchase land for a village garden with £343 1s 8d being raised by the following year. Following a delay due to the war, it wasn't until 1951 that the current site was secured for the village – against outside interests who were trying to buy it to build a petrol filling station there.

A further written request villagewide resulted in donations of money, plants, bulbs and furniture. Work then began on preparing and laying out the garden, and subsequently various village organisations (the Odd Fellows, the Allotment Holders, the Youth Club and the Scouts) and a number of residents each took over the upkeep of sections of the garden.

The trustees – Dr Reginald Fisher (with his wife Grace who was a County Councillor), Mr Lewis Dean, and Mr A. C. Loader – had all been involved in the fund raising activities in 1951 and had coordinated the upkeep for the following ten years, providing the boundary fence and the iron gates alongside the churchyard.

In 1961 the deeds of the Village Garden were officially handed over by the Trustees to the Parish Council for the benefit of all the people in the village.
– Denis Miles, President and a founding member of the Kings Langley Local History & Museum Society.

Enquiries about the work of the Society or becoming a member can be made to Richard Garnett Harper on 01923 264689.

In 2015 the Parish Council acknowledged that the Village Garden appeared more like a wood than somewhere for residents to sit and relax or for children to play. Whilst the Parish Warden looked after the small flower beds and cut the grass, the borders had become overwhelmed with too many trees and masses of ivy and snowberries.

A five-year programme was devised to make it more welcoming to local people and easier to maintain, with shrubs to provide year round colour and ground cover.

First the trees were thinned out and pruned to provide more light at ground level, and the ivy cleared along two sides. There were 35 trees removed in the first year which were either shredded for mulch or cut into logs for local people.

Then more pruning, enabling visitors to see All Saints Church from Watford Road and from within the garden itself,

the ivy clearing was completed and the first shrubs planted along the southern and eastern sides. This year more shrubs will be planted on the other two sides.

This won't be the end of the story. Parish Councillors hope villagers will help them maintain the revitalised borders with a little low-level maintenance and TLC; the remaining walls around the garden will need some attention and ideally there will be a gate installed along Church Lane to make it a safer environment for young children.

Watch that space!

Spring blooms, the result of the Parish Council's programme, pictured on a sunny day in the Village Garden





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PHOTO: BARRY KEMP

By Christmas 2015 it was obvious our old diesel car would have to go. I had been thinking about an electric car, so booked a test drive on the Nissan Leaf. We were impressed – such quietness! Plus powerful acceleration and precise handling.

After hearing about the government allowance and dealer's discount, we were hooked – we did sign away a chunk of money, but haven't regretted

it since. What do we love about our Leaf?

- Driving is a pleasure. We can talk to each other without shouting!
- It accelerates like a powerful GT roadster, and with its low centre of gravity, corners like a sports car
- We plug in at home and add 50% to the battery overnight so it's rarely below 30%, and usually fully charged by morning
- Most of our long drives are around 90 miles, and it takes just 25 minutes to top up to come home

- Our longest journey is 150 miles, when we need to top up in both directions and at our destination
- There are smartphone apps for locating charge points and keeping track of charging while enjoying coffee
- The Leaf satnav tells you if there isn't enough charge to reach your destination and guides you to a charge point
- It requires very little servicing. No diesel, petrol, or oil, so it's super-clean. Just fill the washer and check tyres. No road tax or congestion charge!
- It's much cheaper to run, 2p-3p/mile

Critics say 'Yes, but electricity comes from fossil-fuelled power stations'. True, but last year 30% of Britain's electricity came from renewable sources (nuclear added another 20%).

The total lifetime 'carbon cost' of an electric car is less than half of an equivalent petrol or diesel car, and soon our solar panels will charge the car battery in daytime, and give back a small amount for the fridge overnight. Interesting times...

– John Ingleby

Above; John and Mariana plug in their all-electric Leaf

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Hello Campers, Hi-De-Hi!



Kings Langley Players have recreated Maplin's Holiday Camp and they have a packed programme of entertainment with all your favourite characters from the smash hit TV series. Welsh temptress Gladys is still chasing after upper-class boss Jeffrey; Peggy the chalet-maid yearns to ditch her mop for a yellow coat; Ted's dodgy money-making scams back-fire and the rest of the cast are involved in all sorts of comic rivalry and fun-filled antics.

Join them for a nostalgic and hilarious journey back to the 1950s when knobbly knee contests, swimsuit parades, ballroom dancing and Punch & Judy were what you saved up for all year to enjoy!

Book your tickets now – all the pleasure of a two week holiday condensed into two hours! Hi-de-Hi is at Kings Langley Community Centre, Kings Langley from the 17-19 May 2018 at 7.45pm with a matinee at 2.30pm on the Saturday. Tickets from £13 available online at www.klp.org.uk



Cast members of the forthcoming production, with director Guy Peskin

Creating a song and dance!

With only a few weeks to go to the Kings Langley Carnival on Saturday 23 June, preparations are well underway and parents are busy constructing the fancy dress costumes for their children.

The theme this year is *Horrible Histories*, a series of illustrated history books and a TV series designed to engage children in history by presenting the unusual, gory, or unpleasant aspects of history in a tongue-in-cheek manner, in contrast to the formality of lessons they'll receive at the primary school.

As the fancy dress categories are ages five and under, and ages 6-11, there is no opportunity for adult participation but nevertheless plenty for mums and dads to see and do. In addition, the Stage performers include the Primary School Choir; the Skehill Academy of Irish Dance and the Revelation Majorettes and there is the chance to sing-a-long with the Community Choir and dance-a-long with the Latin beats of Salsa Tropicana. Despacito anyone?

'We are also looking forward to the *Open Mic* slot' again this year' said Carnival Committee Chair Carol Chandler. 'We've had a great response from individuals and groups who have put themselves forward to sing, dance, do magic tricks or acrobatics. It will be a very lively day!'

It is too late to perform on stage, but anyone who wants to enquire about a stall should email Stalls-KLCarnival@hotmail.com For other enquiries email kingslangleycarnival@hotmail.com or via the Carnival Facebook page.

A full programme of events will be delivered to each household in Kings Langley in early June.

Fancy a challenge?



Are you interested in giving some time to Girlguiding and would like a rewarding experience working with girls age 5-14?

The Kings Langley District has seven units including Rainbows, Brownies and Guides. The girls have the opportunity to do many exciting activities, and they and the Leaders benefit from their time in the movement.

Current volunteers say 'Girlguiding is an enriching experience for all and it enables me to learn a whole range of skills and interact with all different kinds of people', 'Being part of Girlguiding gives you so much friendship and enjoyment – come and be part of it.'

– Sian Roberts, District Commissioner

We would love to welcome you into our District. Register your details at www.girlguiding.org.uk/interested

Watch out for bikes!

On 12-13 May, the Dulux Trade London Revolution – a 300km cycle ride clockwise around London by bike in one weekend, comes through the village.

The route follows Chipperfield Road, Vicarage Lane, the Nap, Waterside and Water Lane and then up Toms Lane and through the lanes towards St Albans.

On Sunday about 2000 cyclists are expected, having come 56 miles from Windsor, heading for the finish line at Lee Valley. On Saturday we will see some hardy riders who are in the 'ULTRA' event trying to do the full 186 mile circuit in one day!

The roads won't be closed so please be aware, and cheer on the competitors as they pass through! More information: www.london-revolution.com

The WI: Inspiring Women

May is the time for our Annual Meeting and Resolution Briefing across Hertfordshire. Although the WI is non-political, every year we run campaigns to highlight matters that are important to our members, and this year the proposed campaign is: Mental health matters as much as physical health.

We will urge all WI members to recognise the importance and take action on parity between mental health and physical health, and to make it as acceptable to talk about mental health issues as physical health issues. This will be discussed at our May meeting and if it is passed nationally, the WI will lobby government for better support for mental illness.

Campaigns are just one aspect of the WI. We are a multi-faceted organisation offering all sorts of activities and events: cookery, 'knit and natter', drama, flower arranging, public speaking, interesting talks and demonstrations, craft, book groups, rambles, outings and much more!

Why not come along to our friendly meetings and make new friends. The WI meet in the Community Centre in The Nap at 7.30pm on the second Tuesday every month.

Contact: President Joyce Gray
01923 263213 Secretary: Wendy Buckland 01923 263348

Mr Kings Langley: Gerry

The surname suggests Italian ancestry, but in fact Gerry is only one eighth Italian – his great-grandfather settled here from Bologna – he does not speak Italian and has never visited!

Born in 1938, Gerry (with his mother) spent most of the war years in Anglesey, returning in 1944, graduating from the school system in Harrow at the age of 15 with no qualifications. Gerry confesses with a grin that his mother would have been horrified had she known what he got up to at school.

He developed an enduring love of sport – boxing, football, cricket, running and ice skating – and can produce a mass of autograph books containing the signatures of sporting and entertainment legends. He particularly cherishes his contacts with Graham Taylor 'a lovely man and a great guy'.

When called up for National Service, his sporting talent led to him being recruited to the Royal Signals Corps' boxing team. This came at a cost; x-rays showed that he had severely injured himself, and a prediction of permanent disability led to his medical discharge after only five months of service.

Nothing daunted, he took up athletics in a big way, and ice-skating provided wonderful opportunities at Streatham ice-rink to rush to the aid of the prettiest girls when they fell!



Putting out extra bins on the High Street for the Christmas Lights Festival

Gerry embarked upon a 39 year career at Coutts Bank where latterly he was supervisor of chequebook printing, noting that the Queen's chequebook was covered in red silk whereas Prince Philip's was green. He retired at 56 and moved from Carpenders Park to Kings Langley with his wife Patsy shortly after. He began to play a prominent part in our community on his election to the Parish Council in 1995, since when he has been chairman three times, vice-chairman four, and chair

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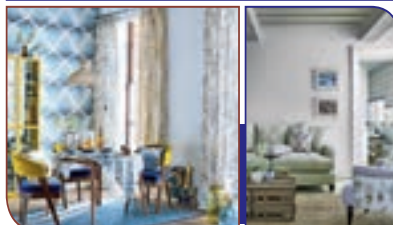
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Gerry Angiolini

of the Planning Committee. His fellow councillors regularly show their respect by not contesting his candidacy at election times.

There are few activities in the village in which he is not involved; Best Kept Garden Competition, Christmas Lights, Carnival, Dacorum Community Lunches, Herts Best Kept Village Competition and more. His outstanding contribution to village life was recognised with an invitation to a Buckingham Palace Garden Party, involving substantial expenditure on appropriate dress, especially by Patsy, but with no opportunity to publicise his role as printer of Her Majesty's chequebooks!

Gerry shows little sign of growing old gracefully, but his activities are restricted by his caring for Patsy. Is he driven by a sense of public duty? 'No,' he modestly says, 'I just enjoy the buzz, the excitement of being in the thick of it. I relish living here – I think it's a great place, with great people'. But he tests the patience of his fellow-councillors by refusing to use a mobile phone – it's hard to track him down!

Without knowing it, the Royal Bank has invested heavily in this Royal Village – with royal dividends.

– Harold Taylor



Going the distance

This year's Kings Langley Puffaten on Sunday 17 June includes races for every level of fitness, including 1.5k (any age), 3k (from age 9), 5k (from age 11) and 10k (from age 15) – there are no time limits on how long it takes you to finish!

One of the organisers, Kate Chadwick, said 'The only thing missing are a few more marshals – no running required – and a lot more runners!' Some degree of reticence is understandable as the start and finish is at Kings Langley Primary School at the top of Common Lane. 'The 5k is a particular challenge as it involves two laps, including running the full length of Coniston Road,' added Kate.

This year Sir Mike Penning MP will be starting all the races and presenting all the trophies. Last year this included Patrick Brown (see photo above) who was the first runner home in a time of 37min 40 sec and who, as a Kings Langley resident, also won the Founders Trophy presented by the family of John Cherry. John started the event over 30 years ago, but sadly passed away in 2015.

If you'd like to volunteer as a marshal or take part as a runner, you can contact Alan Johnson at alanjohnson@kingslangley-pri.herts.sch.uk or enter online through the website www.puffaten.co.uk All profits go to local charities.



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Still in harmony, ten years on!

For Kings Langley Community Choir, 2018 is a milestone year; our tenth anniversary. Little could we imagine at the start, that we would get to perform in venues such as Watford Colosseum, the South Bank, the Cadogan Hall, The Roundhouse and twice in the Palace of Westminster.

The brainchild of Joy Mendelsohn (then Head of Music at Kings Langley School) and the late Iris Rattle, the Choir started in September 2008 with a gathering of some twenty-five enthusiastic but largely raw recruits. Under the Music Director leadership of first Verity Standen and from

2012, Ben Crawley, a brand of rich, harmony singing has developed. There's a tingle of excitement as we rehearse a new song, when the separately learned harmonies for soprano, alto, tenor and bass are combined and the multi-layered melody is heard for the first time.



Every year the Community Choir performs in festivals, carnivals, churches, public spaces and auditoriums – a bonus being the opportunity to support fundraising for charities and local organisations such as Age UK, All Saints Church, Hope for Children, Kings Langley School, The British Heart Foundation, The Hospice of St Francis and The Peace Hospice.

'Community' remains an important principle. We are open to all, with or without musical experience or knowledge, and our membership has consistently numbered around sixty.

A new album *11 To The Power Of Ten* will be available at performances from May onwards with songs familiar to many, such as Leonard Cohen's

Hallelujah, Elbow's *One Day Like This* and David Bowie's *Space Oddity*.

The Choir has been recognised by Dacorum Borough Council with an invitation to entertain guests at their Community Grant Awards in March.

Another significant event will be our first concert at the Abbots Langley Festival at St Lawrence Church on Saturday, 14 July, joined by Harrow Apollo Male Choir. On Friday, 26 October, the anniversary will climax with a concert *To The Power Of Ten* in the Steiner School Theatre, Kings Langley.

Tickets for both concerts will be available from www.ticketsource.co.uk/kings-langley-community-choir.

To sum up, and using commercial parlance, Kings Langley Community Choir can properly be called a 'successful start-up'!

Information about joining, and about our engagements this anniversary year, can be found on our website, www.kingslangleychoir.co.uk.

New light through an old window

There's a new window in the church tower – it's the only one in the bell-ringing room and it overlooks the church path and entrance. Have you noticed it? It's just below the clock face.



PHOTO: CAROLYN ANDREWS

Previously there was a piece of old perspex fitted into the frame (held by a house-brick!) so there was a constant draught and very little light. The new one is a simple, modern stained-glass picture.

The design of the window has a rising sun symbolising the many years that bells have rung here. The eight rays stretching up represent the eight bells in the tower, over a strip of green for the village of Kings Langley.

Up the two sides are 'sallys', the soft fluffy part of the bell rope that the bellringers hold to pull the rope when ringing, coloured blue and yellow for St Albans diocese. In the centre are two bells, tilted as if they are being rung. These remind the ringers of two past colleagues: Trisha Owden who rang at All Saints for many years before losing a battle with cancer a few years ago. She left the bellringers a small legacy which has been used to pay for the window; and Sophie Lill, who was also a regular before moving away, now running her own leaded light window company – she fulfilled the commission to make the window.

The window is best viewed on a bright day from inside and in the evening (when the lights are on inside) from outside.

If you would like to try ringing or see what the ringers do, they are there every Sunday morning and Wednesday evenings from 7.45 p.m. Listen out on Saturday 12 May for the sounds of a big bell-ringing competition at All Saints!

What is Transition in Kings (TiK)?

Transition (træn'sɪ(ə)n): *The process or a period of changing from one state or condition to another*

Like it or not (and many don't!) today's world is changing. Every day, it gets harder to avoid global news about population growth, economic inequality and climate change. It's also hard to escape the different narratives about change, ranging from scientific and doom-laden; to others like 'hoax' and 'fake news', which deliberately obscure facts and encourage business-as-usual to continue.

For TiK, 'Transition' means more than simply dealing with change. We are non-political and aim to be inclusive of the whole community, believing community-led initiatives can re-imagine the future together and create ways of living that are healthier, happier and more sustainable.

Stronger communities respond better to external changes.

So we're activists, but in a way that seeks to resolve conflicts rather than insist 'there is only one solution'. TiK is a voluntary association, and since 2009 we incorporated two non-profit initiatives to achieve our aims:

- **Grand Union Community Energy (GUCE)** explores ways to generate renewable energy, and encourages community action on energy saving, such as the Transition Streets initiative

- **Kings Langley Community Benefit Society (KLCBS)** seeks opportunities to use land and property for community benefit, such as growing food, and encouraging new small businesses to meet local needs.

Kings Langley Monthly Market is a TiK initiative, held in the High Street on the third Saturday morning every month, providing the opportunity for local producers to sell food and other products to our community. TiK volunteers also started 'Food for Kings', growing vegetables at Rectory Farm for sale at the Monthly Market.



TiK has big ambitions for Kings Langley. Read more on our website www.transitioninkings.org



Kings Langley Probus Club

Kings Langley Probus Club is one of a network of similar groups nationally and internationally that regularly bring together retired professional business men.

We meet every third Tuesday of the month in Kings Langley Cricket Club. The morning meeting is centred around a visiting speaker, in a programme that covers a variety of interesting topics.

Also important is the opportunity to build friendships and discuss shared interests. There are regular events with spouses and partners, including lunches and a light-hearted quiz, as well as day excursions to places of interest.

Having already heard about the 1918 Spanish Flu pandemic, and enjoyed a tour of the Isle of Lesbos' wildlife, the rest of the year promises to be just as varied. An update on Glenn Miller's

mystery disappearance, the Bayeux Tapestry, the development of MRI Scanning, and the Flower Power year of 1968 are a selection of what's in store!

If you are a retired businessman, why not come along to join us? **Contact John Addy on 01923 264171 e-mail djaddy@djaddy.f9.co.uk**

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Crime Prevention tips from PCSO Ian Martin

We work with your local council and other partners to help keep Hertfordshire one of the safest counties in the country, keeping residents and local businesses informed about how best to secure their property, carry out regular patrols to deter any burglars and carry out a whole range of enforcement tactics to catch them and bring them to justice.

You can play a part, by taking some simple steps to help secure your property and send a clear message to any would-be thieves to keep out. Herts Police website has plenty of crime prevention advice with handy hints on how to keep you and your property safe and secure. See www.herts.police.uk/Information-and-services/Advice/Crime-prevention/

Top 5 tips:

1 Make a habit of checking that ground floor windows and doors are closed and locked when you leave the house or go to bed. Upstairs windows should be locked when the house is unoccupied. Lock UPVC doors by lifting the handle and using the key to ensure all the security features are in place.

2 Keep car and house keys safely out of sight – not on display on window sills, in porches, hallways or kitchens.

3 Secure your back garden by shutting and locking gates. Burglars can use garden tools to break in, so lock away any tools after use.

4 Be a good neighbour – if they are out, deter burglars and give their home the lived-in look by putting away their emptied rubbish bins. Keep a look out for unusual callers in your neighbourhood, and call the police if you see anyone acting suspiciously. Keep a pen and some paper handy. The car number you jot down may be just what the police need to catch a burglar.

5 Sign up to Neighbourhood Watch – join online at www.owl.co.uk, call the police non-emergency number on 101 or email me (PCSO Ian Martin) ian.martin2@herts.pnn.police.uk



Speed bumps sorted... what about the pot holes?

Access was closed at the common crossroads for a couple of days at the end of March whilst speed-bumps were renewed to encourage drivers to maintain the 20mph limit at the approaches to our schools.

But pot-holes still remain throughout the village, especially at the bottom

of Langley Hill, on Barnes Lane, Great Park, Vicarage Lane and on Love Lane right next to a speed bump!

If you are aware of any particularly dangerous ones, you can report them to Hertfordshire County Council website www.hertfordshire.gov.uk or by phone on 0300 123 4047.

Beat stress with exercise

Stress is a term everyone is familiar with and many have suffered from; that overbearing feeling of thoughts going round your head that you can't seem to stop.

Left untreated, stress can cause problems such as irritability, anger, poor sleep and digestive problems.

What can you do to combat it? Exercise! Here's why (the science): when you exercise your brain produces endorphins, which act as a natural pain killer and improve your ability to sleep, which in turn reduces stress.

The following exercises are the best stress busters:

- Running outside
- Swimming
- Yoga/Meditation
- Boxing

Unfortunately, stress is part of daily life in today's society and needs to be recognised and managed so it doesn't lead to more serious mental health problems.

So plan your week full of activity. Exercise with a friend or a partner so you are both likely to stick with the new healthy habit.

Don't let stress beat you, beat it with endorphins!

– Steve Muggridge, *Inspired Health*

The
Langley
Butcher

SINCE 1819



SERVING THE VILLAGE WITH
QUALITY BRITISH PRODUCE
FOR NEARLY 200 YEARS

CALL IN TO SEE
OUR SPECIALS

4 HIGH STREET
KINGS LANGLEY

Bring the family...

A big focus for Kings Langley Cricket Club (KLCC) this year is to make the club a place that families want to be throughout the year, whether cricketers or not. There are plans for events for all ages and the club aims to be welcoming and friendly on match days for anyone that wants to come and support them throughout the summer.

For the senior teams last year was tough, but all teams had improved results which gives them something to build on for this season and hopefully see all three teams pushing for promotion. Several junior players had a big impact in the senior teams which is testament to the excellent Junior coaching at the club, and there are few better places than KLCC for the next generation to learn and to enjoy playing the game of cricket.

Fixtures: see website kingslangleycc.hitssports.com
 Junior cricket: email tom.templeton@yahoo.co.uk



PHOTO: BARRY KEMP

Dallings draws the winner!

Our very first Prize Xword winner was drawn out of the hat by Clare from Dallings and the first correct entry was Mrs Patricia Humberstone who wins coffee and cake for two at Dallings Delicatessen – our grateful thanks to Clare and Jeff for their prize donation. Enjoy!

Answers to last issue's Xword no. 1

Across: 1 Temperamental, 6 Turbine, 8 Fungi, 11 Canal, 13 Noted, 16 Coma, 17 Acer, 18 Hello, 21 India, 23 Floss, 25 Langley, 28 Secondreading.

Down: 1 Trafficlights, 2 Emu, 3 Albeit, 4 Eon, 5 Levelcrossing, 6 Tug, 7 ESA, 9 Nomad, 10 In, 11 Cd, 12 Nacho, 14 One, 15 Eel, 18 Ha, 19 Ledger, 20 Of, 22 Ill, 24 Lay, 26 Awn, 27 Era.

Chipperfield Village Day 14 July

This famous village event is now set for the 14 July and they are busy planning a fabulous afternoon and evening. There will be live music and dancing, and everything associated with a village fete including a tug of war, demonstrations, food stalls, beer and non-alcoholic drinks, just to name a few.

Should you wish to raise money for a worthwhile cause, they are offering free spaces for local organisations. If you are a commercial stallholder/ vendor, you are also welcome to pay a modest pitch fee for the day.

Please contact Francis West 07872 552555 francis@westfam.co.uk

Prize Xword

For another lucky winner – the first correct entry drawn from the hat wins this month's prize of a couple of tasty English steaks, courtesy of The Langley Butcher! Just post or email your completed crossword to us (see page 2) to arrive by Friday 8 June 2018.

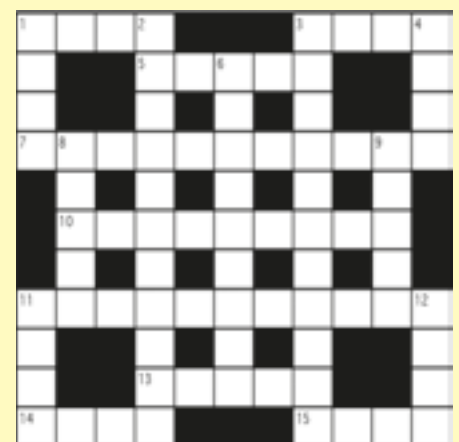
Across

- 1 Absorbent pad used in surgery (4)
- 3 Instituted legal proceedings for redress (4)
- 5 Name of Franciscan Friar in "...s razor" (5)
- 7 Do golfers avoid this Village road? (7,4)
- 10 Medieval siege-breaking weapon (9)
- 11 Village road to hostelry (3,4,4)
- 13 See again (2-3)

- 14 Long Village road, up the valley-side (4)
- 15 First part of a Village PH (4)

Down

- 1 Small catch on lock (4)
- 2 The ... Retreat (historic Village name) (11)
- 3 Person who manages very small agricultural enterprise (11)
- 4 Well-known Garston roundabout (4)
- 6 Type of cotton trousers (9)



- 8 Unfasten (5)
- 9 Former name for radon gas, found in part of Honiton! (5)
- 11 Common metallic oxide layer (4)
- 12 Duelling sword (4)

PRIZE XWORD NO.2 SET BY ANDREW SELBY



Village Diary

ONGOING EVENTS

Sport

Kings Langley Badminton Club
Rudolf Steiner School gym.
Every Tuesday 7.30pm – 10pm



Kings Langley Bowls Club
The Green, R/o Saracens Head. High Street Kings Langley
We welcome everybody – young, nearly young and older – to come along to the club Sunday Mornings in May and June to try bowls with the help of our qualified coaches. Friendly club with clubhouse and bar facilities and good social programme.

Women's Institute

WI
Kings Langley Community Centre
All welcome.
Every second Tuesday monthly at 7.30pm
For further information please contact Joyce on 01923 263213 or Wendy on 01923 263348



Music

'Jazz at the Club'
Kings Langley Services Club.
Free entry.
Every Tuesday at 8pm

Bridge



Kings Bridge Club
Kings Langley Community Centre, The Nap
Friendly duplicate Bridge for players of all levels.
Every Monday 1.30pm – 4.30pm

Retired Professionals

PROBUS
Kings Langley Cricket Club
A club for retired PROfessional and BUSiness men which has a speaker every month, plus occasional excursions and dinners (including partners).
Every third Tuesday monthly at 10am
Contact the Secretary John Addy on 01923 264171
djaddy@djaddy.f9.co.uk

Computing

Using computers
Frogmore Paper Mill & Visitor's Centre, Fourdriner Way, Apsley
Drop in to our ukonline Centre, suitable for beginners and those wanting more practice. No need to book, just come along.
Fridays 10.30am – 4.30pm.
Free admission
Contact Charlton or Sue Woolnough on 01442 234600 or by email education@thepapertrail.org.uk

Public Information

Kings Langley Parish Office, Charter Court, Vicarage Lane
Parish Council Meetings are held on the first Tuesday of each month. Planning and Licensing on the first and third Tuesday of each month. Office hours 9.30am – 12.30pm
Telephone 01923 261828 or email klpc@dacorum.gov.uk

Art



Life drawing sessions
The Forum, Frogmore Paper Mill's Visitor Centre
Untutored drawing.
First Sunday of each month
11am – 4pm



Dog training

Gade Dog Training Society
Kings Langley Community Centre
Classes for puppies and adult dogs. Come along and watch our classes!
Tuesdays at 7.30pm
www.gadedogs.com

Over 55s

Evergreen Club
Kings Langley Community Centre
Speakers, entertainments, games.
Excursions £5 per annum plus £2.50 admission.
Alternate Thursdays 2.30pm – 4.30pm
Contact Ann Martin for further information on 01923 267604



Country Market

Kings Langley Community Centre, back hall.
Good selection of unusual chutneys and pickles.
Thursdays 10am – 12noon

TiK

Transition in Kings Langley
Parish Council Hall, Charter Court, Vicarage Lane, Kings Langley.
Open meetings, all welcome.
Every second Saturday monthly 10.00am – 12noon

Local Produce Market
High Street, Kings Langley.
Every third Saturday monthly 9am – 1pm

Growing vegetables
Rectory Farm
Those wishing to be involved in growing vegetables at the Rectory Farm community village garden, come along and join us for a session.
Thursdays and Sundays 10am – noon
More more details contact transitions@gmail.com



Arts & Crafts

KLAC Needles and Things
Toby Carvery, Kings Langley
Bring your own knitting, crochet, sewing, or join in with our Yarnbombing.
Wednesdays 10am to 12noon
For more information see our facebook page Kings Langley Arts and Crafts

KLAC Relaunch of Needles 2
Toby Carvery, Kings Langley
As above, but alternate Mondays 7pm to 9pm.
May 7 and 28, June 4 and 18.
July 2, 16 and 30

KLAC Mixed Media Art
The Guide Hut, Blackwell Road, Kings Langley
Bring along your own art materials and work in a supportive, friendly group.
Everyone welcome.
£5 towards hire of hall.
Alternate Mondays 1pm to 4pm. May 14, June 4 and 18.
July 2, 16 and 30