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Your Free Local Magazine FEBRUARY 24' - Issue 135



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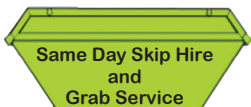


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Hello Readers,

Welcome to the **February 2023** issue of **Look Local Magazine**. How are your New Year's Resolutions going? Did you take part in Dry January or Veganuary or have you opted for the popular *"I will exercise more and shape up in time for summer!"* If so, then give yourself a couple of nights off as we celebrate Shrove Tuesday on the 13th February followed by Valentine's Day on 14th, both of which are not occasions to be worrying about the waist line. For those of you who are adopting a plant based lifestyle I've included a Pancake Recipe suitable for vegans - see page 8.

For those who love the Arts, check out our **regular competition** (page 13) where you can **WIN TICKETS** to a show at **Thame Players Theatre**.

Half term starts the week commencing 12th February and South Oxfordshire & Vale of White Horse District Councils are providing the activities and events at venues across the area throughout this week. A dinosaur-themed week, multi-sports, yoga, boxercise and movie screenings are just some of the free and low-cost activities available for children and their families to enjoy this February half-term. For more information, view here: www.whitehorsedc.gov.uk/school-holiday-activities.

And whilst on the subject of events, if you're hosting something locally or you've got a feel good story to tell then please do get in touch as I can help you spread the word within my printed magazine as well as online via social media.

Look Local also runs a **Leaflet Distribution Service** so if you're a local business who prefers this way of marketing your services then drop me an email and I can assist you.

Until next month, enjoy reading...

Love Emma x

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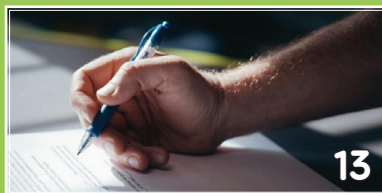
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**BOOKING DEADLINE FOR
MARCH 2024 ISSUE:**

Wednesday 20th February

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7,100 copies of Look Local Magazine are printed on a monthly basis and delivered to households in, **Aston Rowant, Chalgrove, Chinnor, Great Haseley, Great Milton, Henton, Kingston Blount, Lewknor, Little Milton, Milton Common, Stadhampton, Sydenham** and **Watlington**. In addition, the magazine can also be picked up from businesses in these areas and also **Thame & Wheatley**.



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The company, based locally, offers homeowners the opportunity to maximise their storage space with a loft ladder, 50sqft of boarding and a light – all fully fitted in less than a day from just **£444!** But it's not just the affordability of the package that makes Home Counties Loft Ladders stand out, as manager Jamie Oakley explains: 'Our

watchwords are Quality, Integrity and Value. Quality in the materials that we use for all our installations and the fact that all our loft packages are fitted by time served tradesmen, so our customers are assured of the best job.

Integrity in that we will turn up at the time we say and make sure the house is spotless when we leave, and value in that we offer our services at a price people can afford.

Our business relies on referrals and we get a huge amount of our calls from people who have been referred to us by our existing customers

– that simply wouldn't happen if we didn't adhere to our overriding principles.

At the end of the day the old adage that happy customers lead to more happy customers is true and we work hard to make that happen for

every installation we carry out!

So, if you want to make use of your loft space, call Jamie free on **0808 301 9558** and he'll be happy to pop round and give you a no obligation quote so you too can make use of your loft!



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Tuck into some Vegan Pancakes this Shrove Tuesday...

Pancakes are such a treat, which is totally bizarre given that they're made with just a couple of ingredients and are essentially fried batter. You would have thought that swapping out two-thirds of said ingredients from such a simple recipe may, well, completely ruin it. For this very reason, I assumed vegan pancakes were tricky to pull off. How wrong I was. Flour, almond milk and oil, it turns out, have exactly the same kind of magic reaction when mixed together as flour, cow's milk and eggs.

Ingredients

- 220g of plain flour
- 680ml of almond milk, maybe more to loosen
- 1/2 tsp salt
- 5 tbsps of vegetable oil, (or other neutral-flavoured oil) plus extra to cook the pancakes



Method

1. Add the flour and salt to a mixing bowl and make a well in the centre. Gradually pour in the almond milk, whisking as you go until you get a smooth batter
2. Add the oil and whisk until smooth and combined
3. Heat a tiny dash of oil in a non-stick pan. Once hot, add a fine coating of the batter to the bottom and tilt the pan so it spreads out into a nice circle
4. Wait for the batter to firm up – when the wobbly softness goes, pop a spatula under an edge to see how its coming along underneath. Once golden on the underside, flip it!
5. Keep cooking until the underside is also golden. Keep a close eye on it as I noticed that this side burnt a lot easier than the first side.
6. Enjoy...!

Recipe Credit to: Ella Timney of www.greatbritishchefs.com/

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Securing your Future: The importance of having and updating your Will...

By Michael Bradley, Guardianship Wills with Integrity

Life is a whirlwind of changes, each chapter bringing new experiences and milestones. Amidst these moments, one crucial aspect that often gets overlooked or postponed is estate planning through the creation and regular updating of a Will. Guardianship Wills with Integrity, an Oxfordshire-based Will Writing company with over two decades of expertise, recognises the pivotal role a Will plays in securing your future and the futures of your loved ones.

Imagine this: you've recently tied the knot, moved to a new home, or welcomed a precious addition to the family. These significant life events mark not just personal milestones but also underscore the need to reassess and safeguard your financial and familial future.

Marriage, a union of hearts and lives, is not only about love but also about responsibility. Creating or updating a Will after marriage ensures that your partner is adequately provided for and that your shared assets are distributed according to your wishes in the event of an unforeseen circumstance. Likewise, moving to a new house is more than a change of address; it's a shift in your life's landscape. Your assets and property might have undergone changes, necessitating a review of your Will to reflect these alterations accurately. Ensuring that your Will aligns with your current property ownership is crucial.

Then there is the arrival of a new family member, whether through birth or adoption, whilst this brings immense joy it also brings a heightened sense of responsibility. Instructing a Will Writer after this momentous event allows you to designate guardianship for your child and allocate resources for their well-being, offering peace of mind amid life's uncertainties.

However, creating a Will is only the initial step. The importance of periodically updating it cannot be overstated. As life progresses, circumstances evolve, and so do your assets, family dynamics, and preferences. Failing to update your Will after significant changes may lead to unintended consequences, potentially leaving your loved ones in precarious situations.

Guardianship Wills with Integrity encourages individuals and families to revisit their Wills regularly, ideally every three to five years, or whenever a major life event occurs. This practice ensures that your Will remains a true reflection of your current wishes and circumstances.

In conclusion, a Will isn't merely a legal document; it's a testament to your care and consideration for your family's future. Whether you've recently celebrated a marriage, moved house, or welcomed a new member into your family, taking the time to create or update your Will is an invaluable investment in securing the well-being of your loved ones and preserving your legacy.

Don't wait for the perfect moment; take charge of your future today by entrusting your Will to experienced professionals like **Guardianship Wills with Integrity**.



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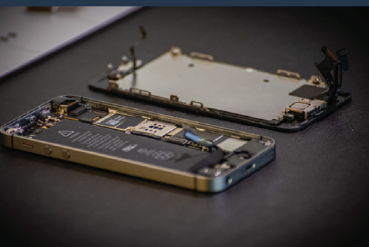
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Tuesday 5th to Saturday 9th March at 7.45pm

Thame Players Present

Barefoot in the Park by Neil Simon

Set in East 48th Street, New York, in the early to mid-1960s, Corrie and Paul Bratter are a newly married couple who have just moved into a tiny, slightly down-at-heel top-floor apartment with no lift, a leaky skylight, a bedroom barely larger than a closet, and a bathroom with no bath.

The furniture hasn't yet arrived. It's a cold, snowy

February. Over four days, we see the couple learning to

live together while Corrie plays matchmaker to her mother, trying to set her up with the ageing, eccentric playboy who lives in the attic above their apartment.

Tickets £10 to £12



Saturday 16th March at 7.45pm

A Head Full of Coldplay

A celebration of the music of Coldplay, capturing the energy and sound of one of the world's biggest bands. Featuring all the hits from *Yellow* and *The Scientist* to *Adventure of a Lifetime* and *My Universe*

Tickets £17



Sunday 17th March at 3pm

Facing the Music

Dame Patricia Routledge, most well-known as Hyacinth Bucket in *Keeping Up Appearances*, talks about her career to Edward Seckerson. It is not so well known that Dame Patricia trained as a singer as well as an actor and had considerable success in musical theatre both here in the UK and in the USA. Here she talks of all aspects of her career and plays some of the rare and treasured recordings she has made.

Tickets £24



For all these shows book online at www.thameplayers.co.uk or by telephone on 01844 212833 or in person from the Information Centre at Thame Town Hall

Exclusive Competition

For a chance to WIN complimentary tickets for a family of four to a Thame Players' production* answer the following question:

Q: WHAT WAS THE NAME OF DAME PATRICIA ROUTLEDGE'S CHARACTER IN 'KEEPING UP APPEARANCES'??

Email your answer with your name and address to info@look-localmagazine.co.uk by 29th February 24'.

*There are five Thame Players' productions a year. See website for details.

NEWS & EVENTS

IN OUR REGION

Remember a loved one this spring with a Forever Red Rose

Florence Nightingale Hospice Charity has partnered with the magnificent Waddesdon Manor to launch a very special Forever Flowers event to celebrate and remember loved ones this spring.

Around A stunning, temporary display of 750 bespoke metal Red Roses will be installed in the Rose Garden at Waddesdon Manor, near Aylesbury in April. Each flower will represent the life, love and memories of a loved one.


The Charity is offering you the opportunity to be a part of this event by dedicating one of these limited Forever Red Roses, and an invitation to a private viewing of the display on Monday 15th April whilst the grounds are closed to the public. The installation will then remain on display to the public for two weeks. Once the installation is removed, those who have dedicated a flower will be able to take it home to display as a forever keepsake.

By dedicating a Forever Red Rose you will be helping us to provide excellent local hospice care and be there for more patients and families across Buckinghamshire and its borders.

To dedicate a Forever Red Rose visit www.fnhospice.org.uk/foreverflowers or call 01296 429975 for more information.



Have your say about Thame's new Community Bus.
Thursday 29th February, 6pm - 8pm
Thame Town Hall,



for Children in the Chinnor Parish...

Tuesday 13th February
Chinnor Community Pavilion

Chinnor Parish Council are delighted to announce that their first **SKILLZONE** session of the year is a Street Dance masterclass led by Janelle's School of Dance. There are two sessions:

- 10:00am - 11:30am | Age 8 - 11 years
- 1:00pm - 2:30pm | Age 12 - 15 years

Session are for a maximum of 20 children and are **FREE**, offered on a first come, first served basis to children who live in the parish of Chinnor. Email admin@chinnorpc.org to secure your place.

Come along to the Crendon Chamber Orchestra Concert...

Saturday 9th March 2024 | St Mary's Church, Thame | 7:30pm

Beethoven: Coriolan Overture | Mendelssohn: Violin Concerto | Mozart: Symphony No.41 'Jupiter'
Conductor: Bill Carslake | Soloist: Yunus Eshekh-Alonso | Leader: Alan Thorogood

Tickets available from www.crendonchamberorchestra.com, Dominoes, 10 Buttermarket, Thame OX9 3EW or on the door. Adult £14 | Student £5 | Under 14's Free



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* no return from Chinnor

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Considering installing Air Conditioning into your Home or Office Space? Lets discuss the benefits..... by Byron Penfold of Quality Cooling

Installing an air conditioning (AC) system in your home or office space offers an array of benefits that extend far beyond mere temperature control. Let's explore the numerous advantages that come with embracing this modern-day necessity.

Optimal Comfort

The most immediate and noticeable perk of having an AC system is the ability to create a comfortable indoor climate regardless of the weather outside. Say goodbye to sweltering summer heatwaves or uncomfortably chilly winter days. A precisely regulated temperature allows you to tailor an environment that suits your preferences, creating a more enjoyable and productive atmosphere.

Enhanced Air Quality

Premium air conditioning systems do more than just control temperature; they filter and circulate the air, removing pollutants, dust, allergens, and excess humidity. This purification process elevates indoor air quality, mitigating the risk of respiratory issues and cultivating a healthier living or working space. Clean air contributes to overall well-being and proves particularly beneficial for individuals with allergies or asthma.

Increased Productivity

A conducive indoor climate significantly impacts productivity and focus. Studies have shown that maintaining comfortable temperatures in office spaces boosts productivity levels among employees. An environment that's neither too hot nor too cold allows individuals to concentrate better on their tasks, leading to improved efficiency and output.

Energy Efficiency

Modern air conditioning systems are designed with energy efficiency in mind, offering environmentally friendly options that conserve energy while maintaining comfort. Smart technologies and programmable settings enable you to regulate temperature and usage, optimising energy consumption and reducing utility costs.

Greater Flexibility and Control

Today's AC systems boast innovative features like programmable thermostats and zoning capabilities. These advancements allow you to create personalized comfort zones in different areas of your home or office. This level of control ensures each space maintains its ideal temperature, catering to individual preferences without wasting energy.

Improved Sleep Quality

A comfortably cool environment contributes to better sleep quality. As the body naturally cools during sleep, maintaining a cooler room temperature facilitates a more restful and uninterrupted sleep cycle. Enhanced sleep quality contributes significantly to overall health and well-being.

So in conclusion, whether its for your home or office space, installing a quality air conditioning system is an investment in your well-being and overall quality of living.

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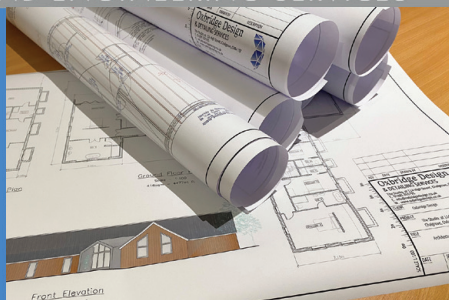
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Look locally over the garden gate with Lucie Giselle Ponsford



Hello and in this February edition of Look Local Over the Garden Gate I am going to reveal the limitations that help to make the grass grow! Yes, limitations.

We looked in January at the supporting nature of plants, each plant group: annuals, perennials, woody perennials and trees superseding each other to evolve into apex forest. However, not all environments will sustain this succession. The gift of this lack to the world is that each plant group: annuals, perennials, subshrubs have a band width in which they can thrive unfettered by the scramble for the top spot!

To explain why, gives us insight into how to grow and how even to tackle climate change.

We know plants need oxygen, nutrients and sunlight, they don't even need soil but they do need a solute of nutrients. The limitations of these needs from the environment come as 'top down' influences – the amount of precipitation, the quality of sunlight, and 'bottom up' influences their place in the substrate – side of a mountain, low lying in the valley, proximity to water. Closeness to the equator for instance dictates higher temperatures! And then the quality of the substrate or soils; the availability of nutrients depending on how the geography has evolved over millennia.

Grasslands are a band of plants that survive in a narrow band width where trees and shrubs cannot, they have a shallow root systems, and grasses will grow in mean nutrient environment in any conditional across the globe – wet, dry, exposed, shady – you name it they have it covered – literally!

Why do we need to know this? because it starts to tell the story of why plants perform in different places and with knowledge there is power. If we start to consider groups of plants in our gardens rather than get overwhelmed by the individuals we can start thinking about how to grow sustainably.

Plants will not perform in areas where they are likely under stress and the environment is not conducive to their thriving.

However, let me continue to build a picture before we look at what to put in your back garden..!

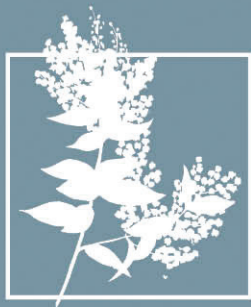
With love, Lucie

For more garden tips and info visit my Facebook page [@mimosagardendesign](#)

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