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MARCH 24' - Issue 136

WIN TICKETS



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Hello Readers,

Ok so the weather may have been horrendous these last couple of weeks but Spring is most definitely in the air. There's buds on the trees again and evenings are slowly getting lighter which will only get better towards the end of the month as the clock does its thang on 31st March - just in time for the Easter Holidays.

As well as Mother's Day on 10th of the month, Easter also falls really early this year with the school holidays starting on Friday 29th March. For those with children and looking for some free and educational fun, check out this website I was informed about, www.eggbertsadventures.com.



The free resources cover English, Science, Art, Craft and Cookery and there are also word searches, crosswords and games, simply click on activities to download everything for free. Ray Mutimer the world's leading children's artist designed the free resources, he also illustrated Postman Pat, Rupert, Paddington, Noddy and Charlie Chalk for the B.B.C. Jenny Agutter, Jane Seymour, Chris Tarrant, Sir Tim Brighouse, Sir Cliff Richard, the late Colin Dexter and Robin Gibb all appear on the website and have endorsed the characters.

For those of you who love The Arts, you'll be excited to hear that Neil Simon's hugely successful romantic comedy **Barefoot in the Park** is heading to the Thame Players Theatre from **5th - 9th March**. Barefoot was Simon's longest-running play on Broadway from 1963-67, starring Robert Redford and Elizabeth Ashley. There are still a few tickets available and for your chance to **WIN TICKETS** to one of the theatres future performances, our regular competition is on page 16. In addition to this we have another competition in this edition to **WIN a FAMILY TICKET** to this years **Music in the Park** which takes place in Thame's Elm Park this May. Turn to page 14 and **GOOD LUCK!**

Until next month, enjoy reading...

Love Emma x

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**WIN
TICKETS
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**BOOKING DEADLINE FOR
APRIL 2024 ISSUE:**

Wednesday 20th March

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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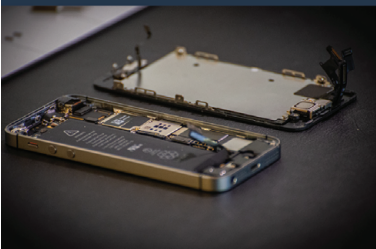
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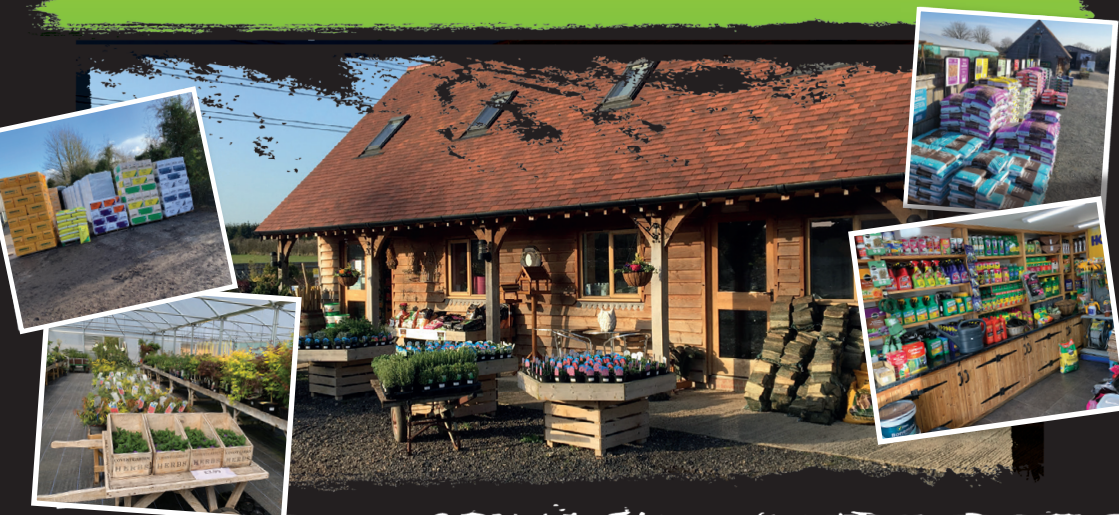
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NEWS & EVENTS

IN OUR REGION

WIN A FAMILY TICKET

MUSIC IN THE PARK - a day of live music, dance and fun | Sunday 5th May | Elms Park, Thame



Music in the Park, started in 2011 with the aim of creating an annual community performing arts festival. A key objective was to provide a platform for local artistes, especially young performers. This has proven a great success; the vast majority of performers are local, many of them young. The event is run by a small band of enthusiastic volunteers and has grown to become a fantastic and much-anticipated event for the people of Thame and surrounding area.

Headlining the music programme this year will be Special Kinda Madness (www.specialkindamadness.com). They will be performing a truly authentic set from archetypal British favourites, Madness, featuring all the wonderful iconic tunes made famous by the 'Nutty Boys'. Other acts include popular local favourites Dragonfly and Laura Williams.

Featuring entertainment across three main stages from midday through to 9pm, there's something for everyone. Showcasing many local acts, you will be treated to music of all genres: rock, pop, blues, acoustic, jazz and choir. There will also be something for dance fans as well with show favourites Urban Strides and Thame Stagecoach.

In addition, you'll find all the usual attractions you'd expect at a festival, including a wide range of food, drink and craft stalls, a children's area with fun activities, as well as Zorbing, a bouncy castle and a creche.

To enter to WIN A FAMILY TICKET answer to the following question:

Q: What year did the first Music in the Park take place?

Email your answer with your name and contact details to info@look-localmagazine.co.uk by 31st March 24'. For an extra chance to enter, visit our Facebook Page [LookLocalMagazine](https://www.facebook.com/look-localmagazine), SHARE the Competition Post and TAG A FRIEND.

To keep up-to-date, "Like" the [MusicInTheParkThame](https://www.facebook.com/MusicInTheParkThame) Facebook page or visit the website www.musicinthepark.org.uk | Earlybird tickets on sale now: www.eventbrite.co.uk/e/music-in-the-park-thame-tickets-737091339037.

Appassionata - *An afternoon of passionate and powerful classical music...*

Sunday 17th March | Aylesbury Waterside Theatre | 4:00pm - 6:30pm

The Aylesbury Vale Concert Orchestra is performing an afternoon of classical music favourites at Aylesbury Waterside Theatre with all proceeds from the event will be donated to Florence Nightingale Hospice Charity.

Appassionata allows the audience to experience live orchestral music. Talented young Spanish Pianist Juanjo Blázquez will play Rachmaninov's Piano Concerto No 2 and Addinsell's Warsaw Concerto. These, and many of the other pieces that the Orchestra has selected, are some of the most romantic and well-known classics.

Tickets can be purchased: www.atgtickets.com/shows/aylesbury-vale-concert-orchestra-appassionata/aylesbury-waterside-theatre/



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- Half-term '**Everything Chalky**' – **Kids £1 on 11 April**
- Restaurant Car – **Sparkling Afternoon Teas on 14 April**
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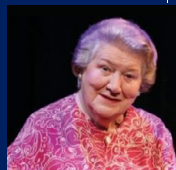
WHAT'S ON AT THE PLAYERS THEATRE

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



Thursday 21st March at 7.45pm

Thame Pop Choir

Thame Pop Choir was formed by leader Ian English in the spring of 2014 and this concert celebrates their 10th Anniversary. The choir has donated £9,750 to local charitable causes and the profits from this concert will likewise be donated to charity.

Tickets £8



Friday 22nd March at 7.45pm

The Hound of the Baskervilles

In this original one-man stage adaptation of Arthur Conan Doyle's book, actor Jonathan Goodwin plays Sherlock Holmes and a host of other characters.

Tickets £15 (concessions £12)



Saturday 6th April at 7.45pm

Thame and the River

After a sell-out performance at the theatre back in February, to great acclaim, Celtic Heartbeat make a triumphant return to once more perform the songs and stories from their latest album.

Tickets £15



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 YEAR WAS THE THAME POP CHOIR FORMED?

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

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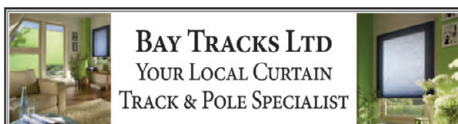
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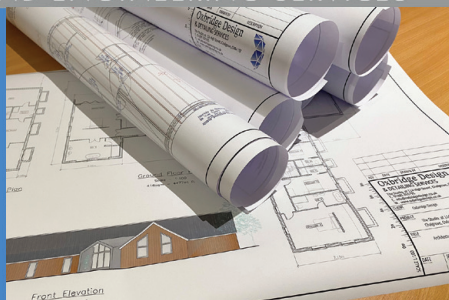
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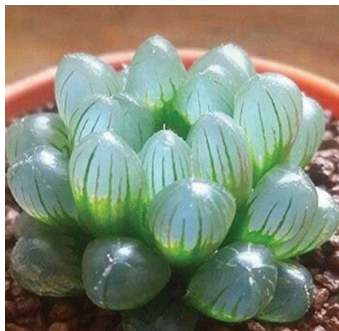
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Look locally over the garden gate with Lucie Giselle Ponsford



Hello, in this March edition of Over the Garden Gate I am continuing to tell the story of why plants perform in different places; with knowledge there is power to grow in our own gardens better.

We discussed Forest Apex and Grassland communities. Now let us look to the equator and the hottest zones on earth. I want to focus on desert environments as a polarised biome for plants to grow in.

The equator is the region of the globe that is closest to the sun and so hottest! This means, with water there are 12 months of growing and that is why most of our supermarket food comes from greenhouse environments from continents on the equator. But without water the plant diversity cannot be sustained.

We generally get deserts on the west of continents near the coast. This is where the heat on land builds and hot air rises and meets cold ocean currents and the rain drops out at sea before it reaches land.

So how do plants adapt? There are plants growing here too!

They have shallow fibrous roots for the most part and they use their leaves as storage, think of your succulents. A thick skin or cuticle layer on the leaf retains the water, reducing water loss through transpiration which happens during photosynthesis. They conserve every bit of water, generally they respire during the night when they will not lose as much water. They can even have little hairs which will trap in the morning dew. Totally amazing! They are survivalists, fighting it out on the edge of existence; they are often prickly in the case of cacti, to prevent being eaten.

What you need to know as a gardener wanting to grow these plants is that they will grow here but they do not like to be over-watered in summer and next to no water in winter. They have no adaptation in the root system or the leaf to cope with excess. In some cases they will not survive low temperatures rupturing their cells with expanding water as ice! So they are precious exotics to be given just the right free draining tough love.

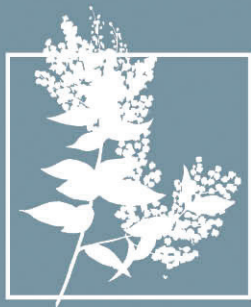
With love, Lucie x

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

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The Importance of Regularly Servicing your Air Conditioning System.... by Byron Penfold of Quality Cooling

Your Air Conditioning (AC) system is an indispensable component of your home or office, ensuring comfort and maintaining a healthy indoor environment. However, like any mechanical system, it requires regular maintenance to operate efficiently and reliably. Regular servicing of your AC system is crucial for several reasons, let's explore some of them:

Maximising Efficiency

Regular servicing helps maintain your air conditioning system's efficiency by ensuring all components are clean, lubricated, and in optimal working condition. Over time, dust, dirt, and debris accumulate within the system, hindering airflow and reducing efficiency. A thorough cleaning and inspection by a qualified technician can restore your AC's efficiency, allowing it to cool your space effectively while consuming less energy.

Preventing Breakdowns

Routine servicing allows technicians to identify and address minor issues before they escalate into major problems. Small faults, such as worn-out components or refrigerant leaks, can lead to system breakdowns if left unattended. By detecting and rectifying these issues early on, you can prevent inconvenient breakdowns and costly emergency repairs, ensuring uninterrupted comfort throughout the year.

Extending Lifespan

By addressing wear and tear and replacing worn-out parts, servicing helps prevent premature system failure and ensures your AC operates smoothly for years to come. Investing in routine maintenance not only saves you money on repairs but also delays the need for costly system replacements.

Improving Indoor Air Quality

A clean and well-maintained air conditioning system contributes to better indoor air quality. During servicing, technicians clean or replace air filters, remove accumulated dust and debris and check for system leaks. This improves airflow and prevents the circulation of allergens, pollutants, and airborne particles, creating a healthier indoor environment for you and your family.

Maintaining Warranty Coverage

Many manufacturers require regular servicing of air conditioning systems to maintain warranty coverage. Failing to adhere to manufacturer-recommended maintenance schedules could void your warranty, leaving you responsible for the cost of repairs or replacements. By scheduling regular servicing with a certified technician, you not only protect your investment but also ensure warranty compliance.

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.

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