



WITHYMEAD AND BOATS

In 1890, Mr Sam Saunders started a boat building workshop at Withymead called the Springfield Works. He built many boats locally departing in about 1916 to go to the Isle of Wight where with AV Roe he founded the Saunders-Roe flying boat company. Locally, in Goring, he was well known for the high quality river craft he constructed. One called THE CONSUTA was built in 1897 as an umpires boat for the Henley Regatta and Oxford and Cambridge boat race. This craft can still be seen up and down the river

today.

As you can see from the picture it is an extremely elegant boat, 25 feet long, coal fired with a top speed of 29mph.

After Saunders left, the yard continued to repair and build boats.

In 1933 the house Withymead was built next door to the yard for a Colonel Maynard, and purchased by Mrs Anne Carpmael in 1940. During the war years the yard was used to build craft for the forces and after that for storing food. Mrs Carpmael bought the boatyard and land after the war extending

the site to 23 acres.

In her time the grounds became a haven for wildlife and have remained so in spite of the pressure to gentrify every yard of land in the area.

After Mrs Carpmael died in 2003 a Trust was formed to try and preserve the grounds as she would have liked. Brian has been appointed warden.

To his certain knowledge 73 species of bird have been seen and the site is known for its large area of the rare Loddon Lily.

Green Gym are delighted to be helping with conservation work at this lovely site.



SNIPPINGS AND TRIMMINGS FROM THE SITES.

It was a beautiful June day, the work task was in Flowercroft Woods- always a favourite venue. Andrew Hawkins was leading the group along a path indicating where Green Gym activity had opened up the canopy and the sun was now shining in.

Then he made a sign to halt and the group saw with amazement and delight that the glade was full of butterflies settling on brambles, honeysuckle and other vegetation. Andrew was pleased to see his first White Admirals (now increasingly rare) of the year. There were at least nine different varieties of butterfly including commas, meadow browns, gatekeepers and above all the shining orange of the silver washed fritillary.

The latter was unknown to most of the Green Gymmers who were treated to a stunning display as the insect really showed off in front of everyone seemingly unafraid of its audience. This made for a truly magic moment on a lovely day.



The silver washed fritillary

GREYS COURT

What a rustic scene- especially the hats! It was (another) lovely day and a little gentle raking was much enjoyed as Green

Gym cleared up the hay from under the trees and in the ha ha, savouring the lovely views and the beautiful specimen trees



KINGWOOD COMMON

One of the aims of the Commons Conservators is to reinstate heather to the common after 50 years of neglect. As a result of Robert Thompson's efforts various areas have been opened up, heather planted and invasive plants like silver birch controlled. Now heather can be seen growing and spreading in some open spaces. However more needs to be done to open up the terrain and make it heather-friendly. One of Green Gym's tasks during the summer has been to take off the top grass on some of the open spaces. To facilitate this Tony Chandler has purchased a



Trenching Hoe, which was produced for a try out one Saturday. But of course there is nothing new under the sun...

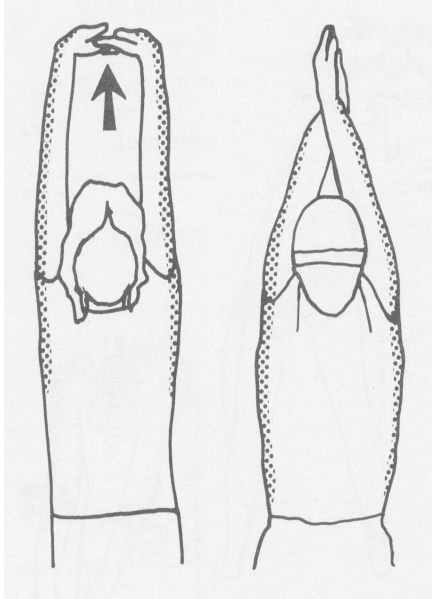
"I used a tool like that when I was doing V.S.O. in Borneo", exclaimed Mike MacLeod. And it was generally agreed that this is a traditional tool used for cultivation all over the less developed world for centuries.

Was it going to be any use to Green Gym? Well the obvious person to try it out had to be Mike- as can be seen above.- and yes it received the thumbs up so some more are to be purchased (to bring GG up to the standard of a third world country.

Anyway an impressive amount of ground was cleared, - but not all by the hoe - lots of hard work was done with the usual sweat, toil and spade work.

Claire Brown who took the above photo also regaled us with a particularly delicious cake and the recipe is shown below.

Stretching – 3



Last time, we established that we should only do valid postures as laid down by the stretching gurus. Moreover, the stretches that we do should be achievable by all. The two postures here represent the only general upper body stretches with the dots indicating the muscle area influenced.

The left posture requires you to interlace **all** fingers and reverse palms before pushing up slowly. If you cannot achieve straight arms then the area influenced is reduced to fingers and wrists. If your elbows are bent then your shoulders will also be bent.

To practise the right posture, place your arms out straight in front of you with palms facing downwards and thumbs touching. Now rotate your arms so that your thumbs point downwards, cross wrists and hold hands. Raise your arms upwards while keeping them straight. When your arms reach your temples, you will feel the stretch coming on. Continue to draw your straight arms backwards to your ears and beyond if possible (remember, strain not pain). Note that the area of influence now extended down to the waist.

Most of us are not able to achieve the left posture and some of you do other non-valid postures! We can all achieve the right posture and this is the one included in the manual. Hopefully, why we need to change some postures should now be clear.

Next time, two ladies will be stretching their calf muscles.

Tony

Here is some more of Mike Saunders Green Gym Alphabet, which really tells us why he so enjoys Green Gym; I think his sentiments are echoed by many of us

At Green Gym of course we put in **Effort**, and that is directly related to how **Energetic** we feel, but the great attraction is no one tells you what effort to put in. So if you start slowly raking up hedge cuttings interspersed with a burst of speed as coffee time approaches, fine.

If you raise a sweat for ten minutes then rest on your slasher while talking about your holiday plans, also fine. No one chases you and time does not drag; work seems a pleasure not a heavy burden. Somehow everything gets done and in my view we seem to get through as much as or often, more than, what was planned for the day.

Effort and Energy seem to go hand in hand with **Enthusiasm** and **Enjoyment**. Sometimes you can't separate them and there is a sort of cause and effect relationship, your body tells you that you have achieved something. Your eyes show the results of your effort. You get enthusiastic about this and have a feeling of enjoyment. As I used to teach this stuff, I know it is intrinsic motivation, an inner feeling of satisfaction and therefore a willingness to do more; and extrinsic motivation, seeing all those piles of hay you've raked up making you want to do more.

Now **Efficiency** and **Effectiveness** come into play. As Peter Drucker, the management writer, put it, *efficiency is doing things right, effectiveness is doing right things.*

Take hedge planting for instance. Holes must be dug along a predetermined line, bush plants sorted and planted in a set order, bedded in and the ground consolidated. Somehow we seem to achieve a superb measure of efficiency without supervision or a feeling of being regimented. Effectiveness means does the hedge need to be in that place anyway. Would a fence do instead? This is a matter for our individual clients but I'm sure all our experience comes into it as well so that a good decision and judgement is made.

It is so difficult making the analysis of what makes GG so attractive to me mainly because everything seems to fit into everything else. Take Earth and I don't just mean soil, chalk, marl, clay, sand or the various mixtures. I mean leaf mould mixed with earth, pebbles and flints caught in the soil, mud after rain and gravel.

We tread on it and in it We pick it up, we wheelbarrow it, we move it, we scrape it off our boots and clothes. We even smell it as we lie on it or sit on it. Dry, wet or in between it is essentially part of the GG experience.

Lastly on my E list is, or are, **Elements**.

Elements meaning the weather. I have immensely enjoyed both working in light snow among the trees of Kingwood Common or sweltering in the hot sun of the hillside at Aston Rowant.

Here we watch without envy all the swarms of cars rushing heedlessly below on the M40, hot metal boxes of stress, discomfort and worry, Sometimes it is bitterly cold, real glove conditions working or not. Sometimes the spring conditions make you glory in your healthy sane existence.

Ah well.....time to move on.

Mike Saunders

Congratulations

First to Beryl and Hugh Hunt for being awarded the M.B.E. in the last honours list for Conservation Services in South Oxfordshire.

Green Gym knows how hard they have worked to bring about the restoration of the Ewelme Watercress beds and what a success it has become. It has long been one of Green Gym's favourite sites and it has been rewarding to see the restoration come to fruition over time

Secondly congratulations to both Ewelme and Tony Austin at Oak Farm Harpsden for being chosen as first and second in the Chilterns Conservation Awards 2005, with Ewelme just pipping Oak Farm by ½ a point.- how did they decide between two such outstanding schemes?

Green Gym has every right to feel a little proprietorial as they have been regularly involved with both projects.

JOINT GREEN GYM SESSION WITH ISLE OF WIGHT GREEN GYM.

Well it was time to take another trip for a joint work session with a green Gym somewhere scenic. The Isle of Wight certainly fits the bill and it has a well attended GG. The group there has recently become self managing so they are looking forward to a visit from us old hands.

We will probably be working in the west of the island near Yarmouth at Fort Victoria Country Park, a large site which overlooks the sea.

The date we are aiming for is Wed 15 March(the local group works on Wednesdays). The distance means we shall have to stay somewhere on Tuesday night. Julia is researching reasonably priced accommodation. We shall try to share cars and cut down on travel and ferry costs. Other halves are welcome and some people may wish to travel down earlier for a few days break.

Please let Julia Booker know if you are interested in taking part n this trip. It will be easier to make arrangements once we have a rough idea of numbers.

Julia Booker 01491 628693

Apple and apricot cake

(recipe taken from Mary Berry's book 'Foolproof Cakes')

9oz self-raising flour
1 teaspoon baking powder
8oz caster sugar
½ teaspoon almond extract
2 eggs
5oz butter (I use 'Olivio' instead), melted
8oz cooking apples, peeled, cored and thickly sliced
4oz ready-to-eat apricots, snipped into pieces
1oz flaked almonds
Deep, round, loose-bottomed 8 inch cake tin

Lightly grease the cake tin and line the base with a circle of greaseproof paper. Pre-heat the oven to 160°C/Gas Mark 3. Put the flour, baking powder, sugar, eggs, almond extract and melted butter into a large bowl. Mix well to combine, then beat well for 1 minute; an electric mixer is best for this but you can also beat by hand with a wooden spoon. Add the apples and apricots and gently mix them in.

Spoon the mixture into the prepared cake tin, gently level the surface and sprinkle with the flaked almonds.

Bake for 1-1½ hours, until the cake is golden, firm to the touch and beginning to shrink away from the side of the tin.

Allow to cool in the tin for a few minutes, then turn out onto a wire rack.

**CHRISTMAS DINNER
MONDAY 12 DECEMBER
Badgemore Park Golf Club
(by popular demand)**

**Price and menu details to be confirmed
and circulated later**

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