## SPEEN SUPPORTERS GROUP STAR IN THE TOWN HALL

After months of planning, the Ladies' Fashion Show in early April was a great success, During the day, chaos reigned supreme. Flowers and greenery by the bucket load, grow bags, pot-plants, soil, and ladies with fast moving secateurs dominated the scene during the morning. By lunchtime a vast box containing the TV prize and an office chair plus tombola machine formed the early raffle table. 2pm heralded the arrival of models and rails and rails of clothing, boxes of hats and suitcases of bits and pieces, all being

wheeled round the catwalk and into the back dressing rooms. The dress rehearsal was delayed until nearly 3.30 when Catering had planned to lay the tables. All this time the Swan Theatre's technical crew were testing lights, blasting the ears with the music and opening and shutting the blinds. The dress rehearsal was quite simply a mess! By 5pm I was able to clear the catwalk and run through my own demos and lectures, showing off madly with my radio mike and "botpack" in my jeans.

At 6.30 the doors opened and smartly dressed ladies started to appear. Gasps of genuine appreciation could be heard because the hall now looked fit for a wedding reception, decked in vast floral arrangements, beautiful table decorations and atmospheric lighting. A select band of exhibitors displayed wares ranging from lingerie, rainbow silk scarves, aromatherapy goods, and exquisite handmade jewellery for perusal during the wine reception. Guests were encouraged to take their seats in time for the welcome and introduction by Christine Oliver. Gloria Holmes, Sue Taylor and Christine Symondson did sterling work with the remains of the Spring Grand Draw, taking over £500 on the night. A meal of chicken chasseur and veg was followed by individual raspberry pavlovas whilst I clambered on stage to deliver the colour demo. Unbeknown to me, my "bot-pack" had run out of battery power and as I twittered on suddenly my rear end was attacked by a technician - it certainly raised a titter in the audience.

The fashion show went swimmingly. The 8 models were a mixture of ages, sizes and colouring and included Pam

Graves who was our signer for Alice last September and her friend Naz who displayed two of her traditional Asian costumes for us after the colour demo. We were shown a variety of clothes ranging from wedding attire through to office wear, leisure wear and, for the finale, evening wear. This was wonderful for me because I could sit and watch for once as Christine Parry from Manhattan in Beaconsfield took us through the outfits. The models were all rewarded with small colour-coded bouquets, which lead on to the Grand Draw. Eleven prizes were given out in the end with a nice mixture of winners from Speen and others round about. Christine Oliver took the stage for a final time for thanks and farewells. We threw everything into our cars and took off for Speen an hour later. As this was my very last show, I was delighted to bask in the success over a few glasses of wine with some of the committee who joined me until the early hours. Combining the "do" plus the Grand Draw we raised just about £2,500 which is excellent



### **MARATHON MAN**

Ian Waterman has run the marathon many times before but this year he volunteered to raise funds for Speen Supporters Group's hospice movement. As awareness is one of our aims, we wanted him to run in our "colours". Not only was he prepared to get a seriously pink T-shirt printed for us but he was willing to run in a daft headband decked with "floating" butterflies. Alas the marathon took place just a few days after the Fashion Night so a sensible piece of headwear was thrown together the day before the event in time for the action shot. Unfortunately I thought the butterflies looked like they had been swatted rather than supported, which defeats the optimistic message we try to put across regarding the hospice movement! Ian told me he kept the thing on all the way round the route, which he managed in just over 3 ½ hours. He also told me he got some strange looks from other men running near him. Pink? With butterflies? Must be left-handed . . . His sponsorship raised £2,000 and Ian would like to thank all those in Speen who gave their generous and enthusiastic support. Well done Ian!

We had plans for a Teddy Bears' picnic but decided

to postpone this for a while as there are so many other events at this time of year. Apart from the regular quiz nights in the pub, the next event planned is the Go-karting endurance at Oxford Stadium in September. Gather your teams as soon as you can to make this a great day out.

See next page for Ian's own account!

#### STOP PRESS - MORE CHARITY NEWS

I write this just as we scramble to get our Save The Children door-to-door collections in before Christian Aid week starts after the bank holiday. By the time you read this you will have been well and truly clobbered in the wallet. Speen and North Dean have been very generous this year with all the charity bits and pieces.

The Speen Supporters Group still awaits a final cheque for foreign coinage exchange but the total is in the region of about £500.00. The fortnightly quizzes, run in the main by Geoff and Clare Hayward Smith, have produced a small regular income and huge regular fun.

Suzi Rose

# 'RISBORO' OSTEOPATHS

and natural health centre

Tel: 01844 - 275055 for annointments

Incorporating: ACUPUNCTURE and HOMEOPATHY FREE assessment or advice

Conditions we treat include...

Back ache
Sciatica
Headaches
Tennis elbow
Painful knees
Jaw pain
Sinus problems

Menstrual disorders Stress and nervous tension Shoulder problems
Sports injuries
Stiff necks
Sore feet
Stiff joints
Trapped nerves
Irritable bowel
Arthritic pain

Also available: Cranial Osteopathy for Babies, Children and Adults Homeopathy for adults and children

26 Wycombe Road, Princes Risborough, Bucks

## London Marathon 2002



The benefits of living in Speen are the fantastic training opportunities offered by the undulating countryside – I am not alone in this view as I exchange a cheery grimace with one of the many runners struggling up the devils elbow to get back home! I guess I probably am alone in my London marathon winter training which with a busy job usually entails running at night around the lanes, so let me take this opportunity now to apologise to those drivers who have innocently come round a corner to be faced with a yellow luminous reflective blob on their side of the road which could have come from the set of Ghostbusters -The desire to run it over must have been almost overwhelming!

Training starts in earnest when the fateful acceptance envelope hits the mat in December, signalling the four month countdown to the start – To make it worse the London marathon website has a count-

down clock on it which is like a knell of doom if you are behind with your training.

The decision to run for the SSG was a happy and obvious one for me who like most people I know has friends or family who have benefitted from the services offered by the Hospice movement.

I cannot overemphasise the motivating effect of the sponsorship that so many Speen people pledged that got me out running in the pouring rain, and also helped overcome the pain and exhaustion that haunts you from mile 18 in docklands. Your muscles may be screaming and legs like lead, but just one look around at the myriad of good causes on fellow runners shirts makes you realise how lucky you really are, and what a fantastic event the marathon is to raise in excess of £25m for so many charities.

What is an inspiration to me is the spectrum of ages, shapes and sizes of the people who complete the course, and the sheer insanity of the runners who carry canoes or wear rhino outfits - My little pink number was verging on normal by comparison! Perhaps in future there will be a Speen Marathon Team as stranger things have happened – whoever thought we would have a pub again!

My thanks go to all of you who generously sponsored me and the final total for the SSG came to a fantastic £2,215.90.

Ian Waterman

### And now more exercise.....

Fancy an energetic cycle ride to raise money for Speen Supporters Group Hospice fund? Simon Jennings (488895 or ssjennings@btinternet.com) and Jeremy Symondson (488654 or jemsymo@aol.com) will be organising an on/off road mountain bike outing later in the summer, so please register your interest now - there will be ambitious financial and mileage targets!