

Community



Retirement — the best years of all

by **Hannah Farquharson**
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A NATIONAL competition to find people making the most of their retirement has named a Hershham couple as regional finalists.

Jill and John McLernon retired in 2005 and immediately moved to Whiteley Village.

But the move to a new home did not slow them down. Instead, they grasped every opportunity life could offer.

Now they have reached the finals of the Warner Breaks Laterlife.com Challenge 2007 — a competition to discover people who have decided their retirement can be the begin-

ning of a new life and not the end of an old one.

Jill is a former accounts clerk, and John a former house manager of a block of flats in Kensington.

Jill explained: "We took up amateur dramatics and have been in shows; John is learning the clarinet, guitar and keyboard and, to keep up, I am learning the flute and guitar - I have already played the flute on stage."

"We both enjoy performing and support our local karaoke pubs when we can. John is also trying to get to grips with a piano accordion."

With their new-found interest in music, Jill and John took their instruments with them

last year when they bought an old caravan and an old car and spent three months travelling around southern Spain and France.

They played their music and made many new friends along the way.

Tony Clack, managing director of www.laterlife.com and organiser of the challenge, said: "It really is extraordinary what people are getting up to these days."

The regional finals will be judged next month.

Tony added: "Jill and John have filled their lives with new activities; activities that make mental and physical demands but also can bring pleasure and fun to others.



Jill and John McLernon have decided not to spend their retirement quietly.

"The judges were very impressed with how they both immediately got on with their retirement and their names are now going forward to the

regional finals in October. "This is the second year of the contest and entries are still coming in thick and fast before the closing date at the end of September.

There is still just time to enter — simply visit www.laterlife.com/challenge.htm. Alternatively, call 0118 983 6198 for details.

Director John peaks with £7,000 collection for disability charity

REACHING the peak of four mountains, John Chamberlain has raised around £7,000 for a leading disability charity over the last four years.

The Hinchley Wood resident's most recent challenge saw him join 12 intrepid adventurers

trekking up Carrantuohill, Ireland's highest mountain. The group collected almost £10,000 for Grooms-Shaftesbury, one of the UK's largest disability charities.

Mr Chamberlain, director of fundraising and marketing at

the charity, said: "I wanted to do a different challenge and thought I would get a group together to climb the highest mountain in Ireland.

"I love mountains. I love walking and am constantly climbing Box Hill in all sorts of

different ways." The group, including Mr Chamberlain's lifelong friend Robin Walpole, took nine hours 21 minutes to climb to the top of the mountain and back.

Mr Chamberlain added: "The weather was absolutely beauti-

ful and the scenery spectacular, but it was so tough that there were times when we wondered if we would be able to make it at all."

The group climbed a long route, which included the peak of the third-highest mountain

in Ireland. Mr Chamberlain added: "We needed people to work together and lift each other."

With the help of family and friends, Mr Chamberlain believes his total for this latest challenge will be close to £2,000.

Meeting Place



Oxshott Evening WI

PRESIDENT Ann Harper welcomed members of Oxshott Evening WI back after the summer break.

Business matters were dealt with first and there was a special thank-you to Mary Bennett and her helpers, who provided such a wonderful summer lunch at Churchgate House.

A group of members will be visiting the Tower of London soon and there will be group meetings for bridge, handcraft, Scrabble, reading circle, walks and concerts.

Sheila Rice Smith tested members' knowledge of TV theme tunes. Everyone listened intently as the taped music was played, but there were some puzzled faces as it proved difficult to recognise one theme tune before the next one was played.

Eventually the tape finished and Sheila replayed each theme and gave the answers. There was much hilarity as teams realised their mistakes and added their scores. The results indicated those who watched the most soaps were none other than the president's team, which was declared the winner.

As there was some time left before the meeting closed, Joan Smallwood offered to tell members about her trip to the WI's Denham College near Oxford. Fortified by brunch at 11.30am at home, Joan was picked up by car by a member of another WI at 1.30pm. Little did the group know about the rapid rise of floodwater around Oxford and, after unsuccess-

fully trying to drive down many different roads, they eventually arrived at Wantage at 5.30pm.

However, the local pub was full as were the B&Bs in a 15-minute range. Joan arrived back home at 11.30pm after her trip to nowhere.

Thus a jolly meeting ended with the sound of laughter.

Hinchley Wood Townswomen's Guild

The meeting of the Hinchley Wood Townswomen's Guild was held earlier this month in St Christopher's Church Hall.

After the business meeting, members heard a talk by Margaret Dudley on *The River Thames from Reading to Teddington*.

She showed her lovely slides and told us many interesting stories and tales of the places and people who had lived and worked along this stretch of the river. It was a very enjoyable and interesting afternoon.

Details of the various sections were given, including a visit to Chiddingfold.

A report on the Townswomen's Guild Annual General Meeting held in Glasgow was read. This was attended by members from throughout the UK and the Princess Royal gave an interesting talk. Also attending were representatives of Friends of the Earth (Scotland) and Carbon Neutral.

The guest speaker was Gervais Phinn, who gave a most entertaining and amusing talk.

Nominate your community hero

The *News & Mail* has joined forces with the Rotary Club of Walton-on-Thames to launch a community award for residents of Walton and Hershham.

Do you know a local hero? Nominate them for the first community awards and help them receive the recognition they deserve.

DO you know an unsung hero in Walton or Hershham who deserves some recognition?

If so, why not nominate them for a new Community Award?

The *News & Mail* has joined forces with the Rotary Club of Walton and Hershham to sponsor two awards recognising the efforts of those stalwarts of the community who go that extra mile for others.

There are two prizes up for grabs, both of £250.

The Rotary Club Community Award will be for anyone aged 16 years and over and the *News & Mail* Junior Community Award will be for a young person aged 15 and under.

The criteria for both awards is that the person/organisation nominated has engaged in activities that enhance, improve or exert a positive influence on the life of people in Walton and Hershham.

The deadline for entries is October 31 and the *News & Mail* will be printing the entry form several times over the

next few weeks. It will also be available on our website at www.esher.co.uk.

Once the nominations have been received, a panel of judges comprising Mayor of Elmbridge Cllr Rosemary Dane, Brian Ford, president of the Rotary club of Walton-on-Thames, Maurice Weaver, chairman of the club's membership services committee, Mark Jackman, headteacher at Rydens School in Walton, and Debby Thompson, editor of the *News & Mail*, will meet to determine the winners.

There will also be an opportunity for *News & Mail* readers to vote for their favourite candidate in the Junior Community Award category.

The presentation of the monetary prizes and framed certificates will take place at a special ceremony in the Mayor's Parlour at Elmbridge Borough Council Civic Centre in Esher in December.

The competition will not be run on an annual basis but on an ad hoc one with future

awards being made by the Rotary Club of Walton-on-Thames and the *News & Mail* as and when suitable candidates are identified.

Rotary club president Brian Ford said: "At a time when society is agonising about the prevalence of antisocial behaviour, an award that gives recognition to the activities of individuals among the responsible majority is especially timely and welcome."

"I believe these new awards will ensure public recognition and tangible encouragement to those who strive, in whatever way, to make Walton and Hershham better places in which to live."

Nominations should be sent to Margaret Meineck, 4 Snellings Road, Hershham KT12 5JG, by October 31.

Nomination forms are available from Mrs Meinick by calling 01932 220336 or e-mailing mmeineck@aol.com as well as in the *News & Mail* and from www.esher.co.uk.

The Rotary Club of Walton-on-Thames and News & Mail Community Awards



The Rotary Community Award in recognition of activities or services which have been of benefit to the local community and the Rotary/News & Mail Young People's Award for nominees aged 15 years and under.

I/We wish to nominate the following person(s) or organisation for the Rotary Community Award:

I/We wish to nominate the following person(s) or organisation for the Rotary/News & Mail Young People's Award:

Please give reasons for the nomination (brief details of activity performed, the contribution it made to the community etc)

Proposer's name:.....

Signature:.....

Address:.....

Tel. no:..... E-mail:.....

RULES

- A proposer can nominate only one person or organisation.
- Nominees must be from the KT12 (Walton and Hershham) area.
- Proposers cannot nominate members of their own family.
- Rotary Club members and employees of the *News & Mail* and their families are excluded from nomination.
- The winner will be chosen by a panel appointed by the President of the Rotary Club of Walton-on-Thames.
- Nominations will close on October 31 2007 and the winners will be announced at a presentation ceremony in December.

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Holistic health with chiball

CHIBALL is a unique holistic exercise experience that combines tai chi, yoga, pilates, conditioning and relaxation using a small, fragranced ball to focus and relax the mind.

It encourages us to live in tune with the seasons, energising internal organs and promoting a healthier and happier life.

Instructor Rosalyn Cunnane said: "As the evenings draw in and autumn approaches, we focus on letting go of old energy to allow new 'chi' to flow freely."

"This brings a breath of fresh air and a new look at life's aspirations and goals."

Rosalyn also runs pilates and tai chi sessions, with the three classes complementing each other in the ultimate aim for health, longevity and well-being. Pilates works towards core stability and strength



using the internationally-respected Stott Pilates method. As a fully certified instructor, Rosalyn prides herself on providing individual care and attention to new class participants ensuring that a good understanding of the basic principles are met and a safe and effective workout enjoyed.

Private Pilates sessions are also available offering a personalised programme.

A six-week tai chi course will start at Addlestone Leisure Centre, School Lane, on October 11 at 6.30pm. Pilates classes will also be available.

For details of classes in Hershham, Weybridge and Byfleet, see the advertisement or call 07752 564918.

Release tension and stress

EXPERIENCE the life-long benefits of yoga at a new dedicated space offering discipline for all the family.

The Inner Sanctum Yoga and Workshop Studio has opened at Alfa House, Molesley Road, Walton, and is offering yoga for adults, families, teens, children, toddlers, babies, postnatal and antenatal mums and for sports rehab as well as one-to-one yoga therapy.

The Inner Sanctum can help you experience the life-long benefits of yoga for health and wellbeing, increased flexibility, muscle tone and strength.

Learn breathing and relaxation techniques to release stress and tension in the body and to calm the mind.

Yoga is also an excellent activity for maintaining health as a preventative measure and to support yourself in times of stress and change.

You are never too old or too young to start practising yoga so make time for yourself — you're worth it.

The Inner Sanctum also offers weekend workshops in yoga, complementary therapies and healing.

For details of the range of courses on offer call Linda Percival on 01932 232333 or 07957 656323 or e-mail her at linda_percival@hotmail.com.