

Thank you to Chalfont Office Direct for printing this newsletter

## Chalfont St Peter Village Voice, February 2014

Editor: Elaine Quigley, 01753 886412

elainequigley@sky.com [www.chalfontstpeter.com/villagevoice](http://www.chalfontstpeter.com/villagevoice)

**GERRARDS CROSS** Sailing Association meets next on **Wednesday, February 5<sup>th</sup>** to hear **Steve Rushbrook** (right), talk on **The Port of London Authority and the Role of the Harbour Master**. Steve is Deputy Harbour Master Upper, responsible for the section between Teddington and Crossness.



The PLA oversees navigational safety on 95 miles of the tidal Thames from Teddington Lock to the North Sea. The second biggest port in the UK, the busiest inland waterway for freight, passengers and a centre for sporting events. He will talk about the challenges of navigating the Thames – including some rather hair raising stories . . . Do go along, this is a wonderful opportunity to learn something about a superb well known and well respected organisation. The venue is The Colston Hall in the Gerrards Cross Memorial Centre, East Common, Gerrards Cross. Time is 7.45 for 8.15. Visitors and Guests welcome (£5).

*I have been finding out about recent new retail provision in Chalfont St Peter.*

**ELEGANT** Possessions the new Art Gallery at 17 Market Place bring Chalfont St.Peter has a range of affordable paintings and prints from the 1700's to modern times as well as selected Objects of Desire. Sharing premises with Activity Chest the Art compliments the newly establishes range of Artist's materials.

Michael Warner the Gallery's owner said 'art need not be expensive or large to be enjoyed. With some 40 years of experience I buy what I like and aim to share this with others.'

Great toys games and creative activities from 0-99 at [www.activitychest.com](http://www.activitychest.com) to buy in store, on line or mobil. [Elegantpossessions.com](http://Elegantpossessions.com) bringing you Art and Objects of Desire

**TRUNK** Boutique has been opened recently in the High Street by Chalfont St Peter mother and daughter, Anna Butler and Alice Gilbert, offering a super range of ladies clothing & accessories. They also have a new, expanding range of young fashion for age 13 plus. Anna says that local mums are looking forward to the teenage range, which will enable their daughters to shop locally rather travelling further afield. Pricing is reasonable and styles should be attractive to girls looking for something both popular but also individual.

Also, if you want a girls' night, they will put on a show at your venue.

The shop at 23 High Street is opposite Budgens car park, Chalfont St Peter. SL9 9QE. 07941843205

**SIMPLY** the Best the dry cleaners in Market Place, opposite the bus stop, has expanded its remit. It still offers quality service in dry cleaning and laundering, but has now equipped the shop with an impressive array of knitting, sewing, beads, tapestry and general hobby items for creating some really cute toys. There are also smart wooden sewing boxes and for those who are creative with their hands, it deserves a visit.

Some of these items used to be sold by Chalfont Home Stores. but since they closed down there has been little provision locally. Now this store has been stocked to redress the issue and what is on offer is comprehensive and of good quality.

**FAIRNESS For the World** - International Justice Mission. Ever thought about who stops slavery? Wondering how you can help? Go to the "fairness for the world evening to meet the people behind this. Discussions, short talks, refreshments, live entertainment, Quiz. **Saturday 15<sup>th</sup> February, 2014, 7.30 – 9.30pm** in Chalfont St Peter Church Hall. Tickets 50p and can be bought at the Parish Church Office (in the Parish Church) which is open Monday to Friday from 9.30am to 12.30pm [office@csp-parish.org.uk](mailto:office@csp-parish.org.uk) **01753 880067**

**AUTHENTIC** Adults Street Dance class at St Joseph's Catholic Primary School, Priory Road, Chalfont St Peter, SL98SB on Monday 7-8pm. Free Trial Class. Please call Sarah on [07889224303](tel:07889224303) or email [sarah.peel27@gmail.com](mailto:sarah.peel27@gmail.com) to book.

**V.O.P.A.G.** (Village Older Persons Action Group) meets next on **Tuesday, February 18**, 10am for coffee and 10.30 for the talk on Hughenden Manor, in the Chalfont St Peter Community Centre. It is an ideal opportunity for over 55's to socialise and find out useful local information.

**BERKS & Bucks** Branch of The Western Front Association meets in the Guide Centre, School Lane, Chalfont St Giles. HP8 4JJ The next meeting is on **February 15<sup>th</sup>** – Steve Mason will give a talk on **Decorated Bandsmen** for information please contact [wfaoxbucks@gmail.com](mailto:wfaoxbucks@gmail.com)

**CHALFONT ST PETER Garden Club** has meetings on the third Wednesday of the month at 8pm in the Church Hall, Church Lane. The first meeting of the year is on Wednesday, **19<sup>th</sup> February**, when the talk is on "Growing Fruit in a Small Garden" by Jim Arbury. Jim is a RHS fruit specialist working with fruit at Wisley and advising the other RHS gardens. He has worked with fruit at Wisley for 30 years and carried out all aspects of fruit growing. He has also written books and articles on fruit growing. "Growing Fruit in a small garden" will concentrate on methods and cultivars suitable for small and average gardens. However it is also relevant to larger ones. He will cover the range of fruit grown in gardens. Visitors are welcome.



A day together for couples to get together with a seminar for couples to invest in their relationship **10.00am - 4.45pm Saturday 15th March 2014**

At Gold Hill Baptist Church, Gold Hill East, Chalfont St Peter, SL9 9DG. £30 per couple.

Lunch & refreshments provided.

**What others have said...**

"a breath of fresh air, a renewed relationship", "time well spent", "a great day, put us back on track", "every couple should do this"

**For more information...** TELEPHONE: 01753 887173 WEBSITE: [www adaytogether.org](http://www adaytogether.org) EMAIL: [office@goldhill.org](mailto:office@goldhill.org)

**THE Amersham Festival of Music 2014** takes place from 11th April - 2nd May and **tickets will be on sale from the beginning of February**. There are musical events all over the place - Gerrards Cross, Rickmansworth, a dinner and concert at Chenies Manor, Amersham, Dr. Challoners Girls School in Little Chalfont etc etc. It is run by Chalfont St Peter's Iain Ledingham and the South Bucks Choral Society based in Chalfont St Peter are giving a big choral concert singing Vaughan Williams' Sea Symphony on April 26th. The festival also has Jacqui Dankworth (Cleo Laine and John Dankworth's daughter) coming for a splendid supper evening of Jazz Blues and folk music. Tickets are available from the box office 01494876465 and at the Record Shop in Amersham on the Hill and the Chorleywood Book Shop.

**HEDGERLEY** Historical Society will meet in Hedgerley Memorial Hall, Kiln Lane Hedgerley, at 8pm on **Wednesday 19th February** when **Julian HJunt** (popular freelance researcher, lecturer and author on local history) will describe the history of old coaching town, 'Amersham – a Town on the Road'. Visitors are welcome to attend .

**CHALFONT Common WI** after a very successful year in 2013 has got off to a great start. Their new President, Barbara James is very keen to have a full and varied programme which will appeal to their many new members. Membership is going from strength to strength and they look forward to welcoming many more members in the coming year. There seems to be a great interest in the group as membership keeps on growing.

The January meeting was buzzing because it was so well attended. The talk on superstitions was given by Colin Oakes, who is such a good orator and makes a topic very interesting. The following week they had a coffee morning in aid of Macmillan Nurses in a member's house and they exchanged favourite recipes. On another occasion they met in the Greyhound pub in the village, where they were made most welcome with delicious croissants and coffee, so much so that they have arranged to go again next month. (So much for the diet!) In February they are having a lunch followed by a beetle drive. A trip to Neasden Temple is also being arranged.

Meetings are the 1<sup>st</sup> Thursday of the month in the Tony Graham Room at the community centre 7.30 for 7.45. If you would like to join this thriving group of ladies just pop along or ring Chris on 01494 872133 for more information.

15<sup>th</sup> March is their **ATTIC SALE** in the Community Centre and preparations are well under way. Anyone wishing to book a table should get in touch with Janet Scholfield on 01494 873331 or email Janet at [scholfieldjanet@yahoo.co.uk]. This is the Sale's 9<sup>th</sup> year and it seems to get better each year.

**GERRARDS CROSS FLOWER CLUB** meets at the Colston Hall, Memorial Centre East Common, GX, at 2.15pm on the 3<sup>rd</sup> Wednesday of each month. For more information contact 01753 884497. Visitors welcome.

### **Celeb stories, songs and stand-up: Chalfont St Peter to host new-look charity event**

On 28<sup>th</sup> February Chalfont St Peter welcomes a celebrity event, exclusively for women, from international children's charity World Vision UK.

The aptly-named *Girls' Night Out* is fronted by vocal coach to the stars Carrie Grant, who shot to fame on TV talent show *Pop Idol* and is a regular presenter on *The One Show*. *Girls' Night Out* also features a stand-up set from female comic Janice Connolly, who has appeared in *Phoenix Nights* and *Coronation Street* as well as being a headline act on the comedy circuit as her character Barbara Nice – ordinary housewife extraordinaire!

The event, held at Gold Hill Baptist Church, invites women of all ages to be entertained, treated and inspired. Every woman receives a gorgeous goodie bag to take home, and complimentary drinks on the night. This show in Chalfont St Peter is a chance for Carrie to talk about her recent visit to Uganda, to see World Vision's work.

Carrie said: "This was my second trip with World Vision but I was still shocked by how tough life can be for some people. We met one woman who had been abused by both her father and her first husband, before contracting HIV from the second man she married. Luckily World Vision is working in her community to help people with the illness access better healthcare and find new, sustainable ways to earn a living."

World Vision's development projects started in Uganda in 1986. The funds from Child Sponsorship are being used to benefit whole communities, with projects to help children access quality education; opportunities for children to find out about their rights and chances for people with HIV to access better healthcare and work opportunities.

Girls' Night Out tickets are £7 on the door, or £5 in advance. To buy tickets online visit <http://www.ticketline.co.uk/world-visions-girls-night-out#bio> or call 01753 887 173. To find out more, visit <http://www.worldvision.org.uk/get-involved/attend-event/>

**A NEW DEBT** Counselling centre in Chalfonts named as one of 239 centres across UK. LOCAL people struggling with overwhelming debt are set to get free help from an acclaimed charity opening a new hub in the Chalfonts.

Growing debt counselling charity Christians Against Poverty (CAP) has partnered with churches in the area to extend its in-depth service from Chesham, Amersham and Beaconsfield to the Chalfont St Peter and Gerrards Cross area Chalfonts CAP Hub manager David Fletcher from Gold Hill Baptist Church, located in Chalfont St Peter said: "The Church has always been about offering hope and we're really pleased to be able to give a tried-and-tested route out of debt alongside other great free debt advice in the area like the Citizens Advice Bureau.

"There is a lot in the Bible about looking after the poorest but in our society a lot of poverty is debt-related and it's not at all unusual for many apparently well-off people to be held hostage by debt. That's why our congregation has been working hard to open a CAP hub to help get people back on track."

CAP offers people a uniquely in-depth, caring service to people with spiralling personal debt. Every client is visited in their own home, the charity does all the negotiating with creditors and local volunteers offer support to each person face-to-face until the day they are debt free.

The charity has 239 centres around the UK currently supporting £73m of secondary debts for its clients regardless of income, age, gender, background or faith. The free debt counselling has won a string of accolades including being described as "unsurpassed" by TV's Money Saving Expert Martin Lewis.

To find out more [www.capuk.org](http://www.capuk.org) or call **0800 328 0006**

**About Christians Against Poverty:** Christians Against Poverty is a home-grown debt counselling charity which is determined to reduce poverty in the UK caused by debt. It partners its financial expertise with the care of the local church to offer free debt help and a solution to people through 239 centres. For more about CAP see [www.capuk.org](http://www.capuk.org)  
**For further information** Contact CAP's National PR Manager Marianne Clough [marianneclough@capuk.org](mailto:marianneclough@capuk.org) or telephone 01274 761924

**IMPROVE YOUR BRIDGE WITH ANDREW ROBSON** Times Bridge Columnist & Britain's leading Bridge Tutor  
A new programme General Bidding Review 1 of a Major – 2 of a Major Competitive Bidding Recreation Hall,  
National Society for Epilepsy, Chesham Lane, Chalfont St Peter, SL9 0RJ £45 ( including lunch & glass of wine )  
**Monday 24th March 2014** 10 for 10.30am - 3.30pm  
For more information call Wendy Reid 01753 888864 Email [wendy.michael.reid@gmail.com](mailto:wendy.michael.reid@gmail.com)

**HAPPY** Houndz is a dog walking service and the web site is '[happyhoundzchalfont.com](http://happyhoundzchalfont.com)'. Phone 01753888389 + mobiles Liz 07801016238 / Katy 07732112230 and e-mail [happyhoundzchalfont@gmail.com](mailto:happyhoundzchalfont@gmail.com).

### **SMARTPHONE is a recipe for success in the kitchen**

Most people use their smart phone to make calls, surf the internet or take photographs.

But 22-year-old Ben uses his to help him cook his favourite recipes - thanks to an innovative new scheme being trialled in Bucks.

Ben, from Iver, who has learning difficulties, is becoming a dab hand in the kitchen thanks to the iPhone supplied to him in a joint project run by Buckinghamshire County Council and the NHS.

Until a year ago his cooking skills extended to baking cakes with help from his mother but his life has changed ever since he was handed the 'gizmo' .

The iPhone is specifically programmed by staff to take Ben gradually through cooking processes for meals of his choice. Through pictures taken in his kitchen and voice commands that address him by name he is instructed how to wash his hands, find the cooking utensils and ingredients then how to prepare the food.

"They gave me an iPhone which is a step by step recipe book that has helped me make omelettes, 'spag bol' and chicken, carrots and potatoes so far," he explained, adding that he is now planning to ask for some more recipes to be included.

"This project is helping me a lot gaining more cooking experience and independence through IT."

His mother, former public health scientist Nicola Barrett, is delighted with Ben's new found skills which allow him to cook on his own. She called the scheme 'brilliant' and said: "He is now using equipment in the kitchen he would never have touched before."

His mum is full of praise for the support that they have received from Buckinghamshire County Council and the NHS too in various ways since Ben was a baby, but he still needs a bit of extra help. She jumped at the chance of being on the pilot cooking scheme.

"I thought 'wow'. It's a lovely idea and is working really well. His confidence in the kitchen has come on in leaps and bounds," she said.

Patricia Birchley, Cabinet Member for Health & Wellbeing at Buckinghamshire County Council, said: "This is a great example of how our teams are using technology to create new opportunities for learning and development, and it also demonstrates the results we can get through joint working between the Council and the NHS."

**THE** Chalfonts Friendship Club aims to provide the opportunity for people who are retired or of retirement age to meet to share company. It is focussed on people in our community whether living on their own or couples and aims to promote companionship and sharing amongst its members. Regular monthly lunches are held on the 2nd Wednesday of the month, and these are currently held at St Joseph's parish centre, Chalfont St Peter and there are other varied activities each month. For further info, contact: Pat Kelly: 01753 885534 / Mary Cross: 01494 875264 / Charles Watters: 07966 349945

## **CABINET recommends reduced 1.5% council tax rise and spending over £64 million on roads and pavements**

Major proposals including protecting key services to the most vulnerable and investing over £64 million pounds in repairing roads and pavements across the county were recommended by Cabinet today (3 February). These would be funded by a 1.5% increase in council tax, the first in four years, and will see an average increase of 31p per household per week.

The rise comes after the County Council had managed to keep council tax frozen for three years. In the last three years, inflation has risen by almost 11%.

The investment in roads amounts to £15 million per year for the next four years. Pavements will see an additional £1.7 million for repairs next year, followed by £1 million per year for the following three years. This investment has been made possible by a combination of continued tight cost control, planned savings and increased income.

The decision of the Government to reverse an earlier proposal to remove the New Homes Bonus grant was also welcomed, and enabled the level of council tax increase to be reduced from the proposed 1.9% in last December's draft budget to the current 1.5%.

Cabinet Members also reversed or reduced some savings originally proposed in the draft Budget. These include provision of short respite breaks for disabled children; funding for 'Connexions', the young people's advice service; weed spraying; and funding to voluntary and community groups.

Additionally, to support the extra focus on preventing child sexual exploitation in the Council's Strategic Plan, an extra £200,000 has been allocated to the Children's Services budget.

Leader of the Council, Martin Tett, said: "This has been an extraordinarily difficult budget. We have had to plan with major uncertainty on the level of central Government funding that we would receive. We have listened to our residents who wanted us to protect the services to the most vulnerable whilst continuing our long term strategy for improving our roads. Thanks to the restoration of the New Homes Bonus grant, combined with better than expected council tax receipts, we have managed to both reduce the proposed increase in council tax and continue a major road and pavement repair programme.

He added: "I am aware, however, that the current dreadful weather is doing terrible damage to our roads, and I am discussing whether extra resources need to be made available to help repair them.

"In summary, this budget has been a very difficult balancing act. We have tried hard to meet resident's wishes on pavements, roads and key services, while keeping the council tax increase down to the absolute minimum."

The final decision on the proposals and overall budget will be agreed by full Council on 13 February.

## **PIONEERING Social Services Boss Nominated for Top National Newspaper Award**

A pioneering social services boss is up for a top national newspaper award for creating a service that has so far helped over 70 children stay out of the care system in Buckinghamshire.

Terri Cartwright who developed the Council's Children and Teenager Community Help (**CATCH**) Service after spotting a gap in provision, has been shortlisted in the Public Servant of the Year category in the Guardian newspaper's Public Service Awards.

**CATCH** is an early intervention service, set up to support families in crisis and prevent young people, aged 11-17, from entering the care system unnecessarily. Its seven members of staff aim to respond within three hours of getting a phone call.

The service was launched in 2011 in High Wycombe to serve the whole of Bucks and has since helped around 240 families put their lives back on track. Earlier this year, Terri launched a junior version of the service for children aged from birth up to 11.

Ms Cartwright said: "Winning the award would give an important message that social services aren't just the bad guys, and that given enough creativity and the authority to do things, we can make a difference for children."

Angela Macpherson, the Council's Cabinet Member for Children's Services said: "This is a fantastic and really well deserved achievement for Terri. The CATCH service has been very effective in helping families move on from their difficulties to lead happier and more positive lives. I wish Terri lots of success with her award."

The County Council has also been shortlisted in the HR Excellence category of the Public Services Awards for its contribution based pay scheme.

### **FOSTER carers needed for Bucks children in care outside county**

Parents whose children have 'flown the nest' by going to university or pursuing a more independent life are being urged to consider if they could offer vulnerable children and young people a safe and loving home. With forty per cent of children currently living in care out of county, more foster carers are urgently needed to bring these children home to Buckinghamshire.

June Sutton from Aylesbury, who has two grown up children of her own has been a foster carer for the County Council for almost twenty years.

She said: "It was my sister also a foster carer who originally gave me the idea. I had just been made redundant and had some health issues so really didn't think I would be eligible and my daughter was still living at home.

"But following approval the council's fostering team welcomed me with open arms, and I started looking after children aged 0 - 17 year olds," she says.

June said that she knew very little about fostering before deciding she wanted to do it, believing it was only for children who needed short-term care. So was a little surprised when her first foster child ended up staying with her for over two years.

After successfully adopting a baby boy who came into her care eleven years ago, she now only fosters babies and is currently caring for a 6 month old.

She said: "Fostering is a challenge but it's also really rewarding to watch the children thrive in your care. You don't have to be rich, live in a mansion, be married or even in a couple to foster. I'm proof that anyone can do it.

"I've felt really supported by the fostering team, as there's loads of training you can do and always someone at the other end of the phone if you need them."

"Angela Macpherson, the County Council's Cabinet Member for Children's Services said: "There are many reasons why a child may need to spend time in our care, and foster carers can give them a loving, family environment to grow in.

"We are looking for more foster carers in the Bucks area to come forward. Children thrive on familiarity, so we try to place them with carers in their local area to enable them to remain close to their school and friends, as well as people and places they know.

"People from a variety of backgrounds can apply to foster, regardless of marital status or sexuality. But it is important that our carers have personal skills like patience, a good sense of humour, tolerance, energy and ability to treat children and young people as individuals."

If you are interested in becoming a foster carer or adoptive parent and would like to find out more visit [www.buckscc.gov.uk/fostering](http://www.buckscc.gov.uk/fostering) or call 0800 160 1900.

**CHALFONT** View is a new eMagazine with news and opinions on national and local issues which affect all of us who live in the Chalfonts community. Whether it is development, roads, potholes, clubs, people or business, Chalfont View provides an interesting slant on what makes our community tick. The first issue has articles on Bucks County Council's proposed council tax increase and why councils need more teeth to ensure 'planning localism' works. Please go to <http://chalfontview.blogspot.co.uk/p/home.html> to read the first issue and register for further issues.

**BOOK** your Birth and Death Registration Appointments Online People in Buckinghamshire can book their appointments for registering a birth or death online at [www.buckscc.gov.uk/registration](http://www.buckscc.gov.uk/registration). Bookings can be made at a date, time and location to suit you in, Aylesbury, Wycombe, Amersham and Buckingham.

Anyone interested in the history of Buckinghamshire can also order and pay on-line for copies of certificates, which date as far back to the year 1837.

## **Bridging the gap**

Transport for Buckinghamshire's Structures Team works hard to manage not just the county's bridges, but culverts, subways and highway retaining walls. They undertake inspections, repairs and graffiti removal to ensure all structures are kept safe and in good condition.

All bridges are inspected on a two-yearly cycle, with defects identified and scheduled for repair. A project which began in January saw the team begin significant repairs to three bridges in the Water Lane area of Chesham as part of a rolling programme of strengthening, maintenance and enhancement that is being carried out across the county. These structures required re-slabbing and resurfacing as time and general day to day use had taken its toll. As this work was scheduled, the team took the opportunity to link up with the Local Area Technician, who needed to tidy and resurface a section of the footpath nearby that had been damaged by tree roots.

Janet Blake Cabinet Member for Planning and Transportation said "The Structures Team looks after approximately 650 structures across Buckinghamshire, helping to maintain the safety of the travelling public. Our bridges are essential to facilitate travel across the county and the job of the team is to keep them strong and quickly repair any faults affecting safety."

Nicola Head, team leader for the Structures Team said, "As well as a programme of inspections, we respond to reports of graffiti, vandalism, accident damage and flooding, ensuring repairs are carried out as required.

"We also work with communities who might make requests for anti-graffiti measures such as removal of a mural in a subway. We consider all requests, and support where we can. We try to work together with other teams so that any changes are done to a high standard so that the results are a welcome improvement to the community environment."

Not all bridges are owned by the County Council, so the Structures Team also works with other bridge owners to ensure they maintain their bridges and meet their obligations towards road users.

Work will begin on the second Water Lane structure next Monday 3 February and the Queens Head pub structure on 17 February.

THE GERRARDS CROSS FUN RUN  
EAST COMMON  
SUNDAY 11TH MAY 2014 12-4PM

Get the date in your diaries!

The 8th Gerrards Cross Fun Run is all set for Sunday 11th May 2014. This biennial event will be held as usual, on East Common, Gerrards Cross. The day begins from 10.30am for T-shirt collection followed by race registration and at 12.00 noon the 5K race starts from The Memorial Centre following a route along the local roads behind the Centre with the grand finale on East Common. On the Common will be lots of fantastic entertainments and activities for all the family. Music and live bands, Grand Draw, BBQ & Beer Tent, 9m rock climb plus many more stalls providing entertainment and fun. The 5K Fun Run is open to all ages from the age of 8-99 years! There are separate under 8's Children's Races and even dogs can enter!



The web site [www.gxfunrun.org.uk](http://www.gxfunrun.org.uk) is now up and running and you can register on line to take part in The Fun Run from Monday 17th February.

The Fun Run has raised a total of £215,000 over the last seven Fun Runs, an amazing amount of money which has been donated to various charities. This year the Fun Run will be supporting two local, worthwhile charities - Kids in Sport, for the third year, and Home-Start, Slough.

Once again we thank local businesses which help support the event. Our major sponsors this year are currently Stoke Park, Fairweather Insurance, The Kitchen Company Uxbridge, The Brampton Partnership, Roberts Newby, Nunn Hayward, B P Collins, Clancy Docwra Ltd and Travelttime.

The Fun Run is the biggest community event in Gerrards Cross with up to 1500 runners and 4000 attendees enjoying the action packed day.

So browse our web site, [www.gxfunrun.org.uk](http://www.gxfunrun.org.uk) spread the word, follow the links to our charities, read what our sponsors have said and, whether you are a team or an individual, apply on line or download an application and get set to run in

The Gerrards Cross Fun Run  
East Common  
Sunday 11th May 2014, 12-4pm.  
[www.gxfunrun.org.uk](http://www.gxfunrun.org.uk)

[info@gxfunrun.org.uk](mailto:info@gxfunrun.org.uk)

[fb.com/GXFunRun](https://www.facebook.com/GXFunRun)

[@GXFunRun](https://twitter.com/GXFunRun)