

Naphill & Walter's Ash Gazette



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April 2024

Jonathan Hilder
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Naphill & Walter's Ash
Gazette
April 2024



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Come and Join Us!

Our Local Clubs and Organisation Contacts

Beavers		01494 447121	Groupleader@naphillscouts.org.uk
Brownies (Naphill)	Ruth Daly	01494 565571	ruth.daly3@btinternet.com
Bridge Club	Margaret Stagg	01494 530736	
Cubs - Naphill			Groupleader@naphillscouts.org.uk
Friends of Naphill Common	Chris Miller	01494 563707	chairman@naphillcommon.org.uk
Men's Club	Andrew Wasilewski	01494 562770	naphillmensclub@yahoo.co.uk
Residents Association	Gloria LeFlaive	01494 563634	glorialeflaive@msn.com
Naphill Neighbours	Janet Judge		
Scouts (Naphill)			Groupleader@naphillscouts.org.
Tennis Club	Jenny Tench	01494 565406	uk.jttench@gmail.com
Naphill Football Club	Chris Keats		naphillfc@btinternet.com
Hughenden Street Association	Susan Bickerstaffe	07880 519323.	

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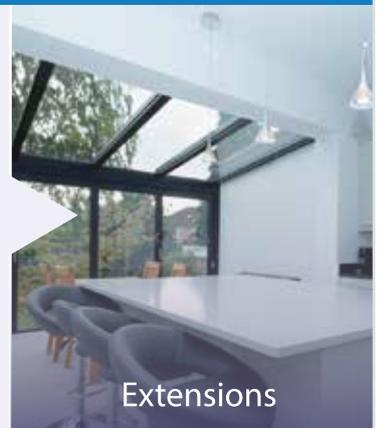
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Email: chairman@naphillvillagehall.org.uk

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www.naphillvillagehall.org.uk

Local Council Contact Information

Bradenham Parish Council Clerk	Deirdre Hanson	01494 562254	clerkbradenhampc@gmail.com
Hughenden Parish Council	Clerk Vacant	01494 715296	clerk@hughenden-pc.gov.uk
Hughenden Parish Councillors	Usha Prashar	07778 141920	usha.prashar@hughenden-pc.gov.uk
Hughenden Parish Councillors	Marc Byrom	0777 1754501	marc.byrom@hughenden-pc.gov.uk
Hughenden Parish Councillor	Chris Janes		chris.janes@hughenden-pc.gov.uk
Buckinghamshire Councillor	Steve Broadbent	07471 144181	Steve.Broadbent@buckinghamshire.gov.uk
Buckinghamshire Councillor	David Carroll	01494 716967	David.Carroll@buckinghamshire.gov.uk
Buckinghamshire Councillor	Clive Harriss	07768 876568	Clive.Harriss@buckinghamshire.gov.uk

Helpful Contact Numbers

Hughenden Surgery	See website www.ourpractice.co.uk	01494 562189
Out of surgery hours		111
Breast Unit Wycombe Hospital	Breast lumps self refer	01494 526161
Stroke Support Service	Stroke sufferers, carers & family support	0300 3300 761
Shaw Clinic - Genitourinary Medicine	Genitourinary Medicine	01494 425430
Hearing Clinic Wycombe Hospital	Self refer	01494 526161
Healthy Minds	Anxiety, depression, stress, postnatal wellbeing	01865 901 6000
Bereavement Listening & Support	Bereavement counselling	1296 332600
Wycombe Women's Aid/Also Men	Counselling re domestic violence	01494 461367
		Male 0808 8010 327
Carers Bucks	Help for carers	0300 7772 722
Alzheimer's Society	Dementia information & support	01296 331722

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Copy Date for May 2024 Gazette 15 April 2024

Most April Gazettes are filled with Easter news and events but this year Easter was “early”. I hope you have all had a lovely Easter and that we can all start to look forward to lots of warm, Summer sunshine.

The Gazette management team met recently. We were able to formally thank our resigning treasurer, Judy Whitehouse, for all her work and support and to welcome our new treasurer, Hillary Spain, who I know will seamlessly continue to keep our accounts in good order and be a much-appreciated team member. Thank you, Hillary, for volunteering and welcome to our team! Judy presented her final treasurer’s report to our meeting and this is published on page 11. As you will see our finances are in good order and we will not be increasing our advertising prices or subscription charges this year.

I hoped that I could get everything into 56 pages this month and without all the lovely photos and layouts, I might just have made it, but as I have often said “I don’t do GREY”, well definitely not in the Gazette! I rely on the photographs, the articles and news to make every edition bright and cheerful. Thank you to our contributors and advertisers who make this possible.

It is a special front cover this month and we have a “Chat with Jonathan” article which explains why Pete is our “the man on the cover”, see page 13. Thank you,

Jonathan, for the photos and article. Best wishes to Pete and everybody else who is taking part in the London Marathon and please support the appeal.

We live in an ever-changing world where things which were acceptable are no longer tolerated and, in some cases, are illegal. Please see the Neighbourhood Watch article on page 19. Whilst fly tipping is perhaps well documented, the rules regarding flyposting have certainly been updated over the years and must of course be observed.

On page 47, “Charlie, Ruby & Me”, is reminding us about walking our dogs in the countryside. I am a life-long owner and dog lover and as many of you know, we have Pedro Chihuahua, who much to my shame, is definitely not well trained! When he goes out he has to be on a lead. Charlie reminds us all, that however well trained our dog is, there are rules and regulations which must be obeyed when walking our dogs in the countryside. These rules are there to protect your dog, livestock and ultimately, us as dog owners.

Hopefully, the Summer sun will soon be shining, the bluebells will add colour to our glorious countryside and we will all enjoy April!

Best wishes,

Sonia



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Naphill Gazette Treasurer's Report

This report covers the financial year from 1st February 2023 to 31st January 2024.

INCOME	31-Jan-23	31-Jan-24	EXPENDITURE	31-Jan-23	31-Jan-24
Adverts	£16,080.00	£15,658.00	Printing	£19,126.00	£19,160.00
Subscriptions	£4,080.92	£4091.86	Delivery costs	£42.75	£69.05
Donations	£500.00	0	Web Site	£78.59	£72.60
Interest	£35.57	£157.84	Gazette Social	0	£123.10
			Software licence	£599.28	£621.72
			Postage	£65.04	£78.20
			Consumables	£62.44	£67.27
			Prizes	£157.14	£81.64
			Misc	£23.98	£6.46
TOTAL	£20,696.49	£19,907.70	TOTAL	£20,155.22	£20,280.04

Year end balances

Reserve account £ 12,582.94 (contingency fund)

Current account £ 16,063.70 (includes £13,957 paid in advance for current year adverts)

Petty Cash £ 0.00

By far the biggest proportion of our expenditure is on printing costs, and as you can see they have only increased slightly. The second largest cost is the software licence for our publishing software and this also increased slightly, however in general our costs have been very stable this year.

Advertising rates were held at the same level as last year and our advertising space is still in demand. We continue to be very grateful indeed to the local businesses who support the Gazette.

We did not have the usual grant from Hughenden Parish Council this year. We contacted them in the summer as usual to ask how to claim but have not to date had a response. If one of our Parish Councillors could pick this up I would be very grateful.

In the summer we invited all the Gazette volunteers for "thank you" tea and cake at Bon Ami. This enabled our wonderful volunteer group, who go out in all weathers to deliver your Gazette, to get to know each other. It is an event that will definitely be repeated.

The petty cash fund has been discontinued as all reimbursements are now done through the bank account.

Overall, this year we made a loss of £372.34 but we have not had to use our contingency fund due to the surplus from the previous year. The contingency fund remains very healthy and has actually been accruing interest this year!

My thanks to the huge support team behind the gazette and especially to Sonia Goby who dedicates more time than is perhaps reasonable to bring you our excellent community magazine. I am shortly handing over the Treasurer role to Hilary Spain. I hope she enjoys being involved as much as I have.

If anyone would like further information about any aspect of the Gazette finances then I can be contacted using the details below.

Judy Whitehouse – Treasurer
judy.demon@btinternet.com 07813 678844



*Thank you Judy!
 A great Gazette treasurer who stepped
 up when her help, support,
 and expertise was so much needed!*





Naphill Village Hall

Main Road, Naphill, High Wycombe, Buckinghamshire, HP14 4SX

Naphill Village Hall & Playing Fields Council ANNUAL GENERAL MEETING

Monday 8th April 2024 at 8.00pm, Main Hall
Anyone is welcome to attend this meeting.

AGENDA

1. Apologies for Absence
2. Declaration of items to be taken under Any Other Business
3. Declarations of Interest
4. Approval of Minutes of Previous AGM on 5th April 2023
5. Matters Arising
6. Adoption of Chairman's Report
7. Adoption of
 - a. Treasurer's Report,
 - b. Presentation of Accounts
 - c. Acceptance of Independent Examiner's Report
8. Appointment of Independent Examiner for 2025
9. Adoption of new Financial Regulations
10. Appointment of Elected Members (Village Representatives)
11. Confirmation of Appointed Members (Village Organisations)
12. Appointment of Officers
13. Any Other Business
14. Date of next AGM Monday 7th April 2025

Current list of Officers – 2023/24

Chairman	Clive Lawrence	Lettings Secretary	Tanya Stevens
Vice Chair	Linda Clark	Hon. Secretary	Peter Williams
Hon. Treasurer	Paul Riglar		

Current list of Elected and Appointed Members – 2023/24

Elected Members		Appointed Members	
Elected Village Rep	Clive Lawrence	Naphill Festival Committee	Linda Clark
Elected Village Rep	Sarah Bacon	Naphill Tennis Club	Jenny Tench
Elected Village Rep	Cathryn Carter	Naphill Football Club	Chris Keats
Elected Village Rep	Andrew Wasilewski	Naphill Scout & Guides' HQ	Ruth Daly
Elected Village Rep	Bartha Pitman	Naphill Men's Club	Darren Lomas
Co-opted Member	Dave Evans	NAWARA	Gloria Leflaive
Co-opted Member	Tanya Stevens	Naphill Neighbours	Jo Keattch
Co-opted Member	Peter Williams	Naphill Bridge Club	Dennis Lynch
		Naphill & WA School	Paul Riglar
		Hughenden Church	Norma Clarke
		RAF Community Devt	Danielle Bowman
		Friends of Naphill Common	VACANT
		Hughenden Parish Council	VACANT

If you would like to learn more about being involved with the running of our Village Hall or wish to apply for any of the above elected roles please contact the Secretary.

Yours Aye,
Peter Williams
Hon. Secretary

secretary@naphillvillagehall.org.uk / <http://www.naphillvillagehall.org.uk>

Registered Charity #300309



Naphill Village Hall & Playing Fields Council Chairman's Report

Registered Charity No: 300309

www.naphillvillagehall.org.uk



Naphill Village Hall AGM Monday 8th April at 8.00pm All residents are invited to attend.

Please do attend to hear about the work we do to keep the village hall open. This is also your opportunity to have your say!

There were 12 members present at the March 4 meeting of the Village Hall committee.

Ruth Daly, our Brownie Guide leader, told the committee that they now have quotes for double glazing in the scout hut and will be submitting a grant form to Hughenden Parish council to help towards payment.

Another item discussed was from the playground working party. They met with a contractor and discussed replacing the unit suitable for 8 – 11 year olds and provide a unit for disabled children, also replacing the edging and bark. The quoted cost for this is £65000. They also received a quote for replacing the fence and gate of the play area and this was £13000. Usha Parshar, Hughenden Parish council member was asked if a grant from Hughenden PC may be possible. She thought if we applied for a grant there was a good possibility that some money would be forthcoming.

It has been proposed that we should think about making an area above the current storage areas into a permanent storage area. I have contacted a local builder and he has had a look at the building and said that he thought an extension of this area could cost about £80000 to £100000. I will contact other people and get their thoughts on how this extension could be feasible.

The person who contacted us who would like to run an event on the crick has not been back in contact so we surmise that she is not interested.

One of the committee members, Norma Clarke, is moving away from the village. Norma is the longest serving member on the committee and has always been involved with the maintenance of

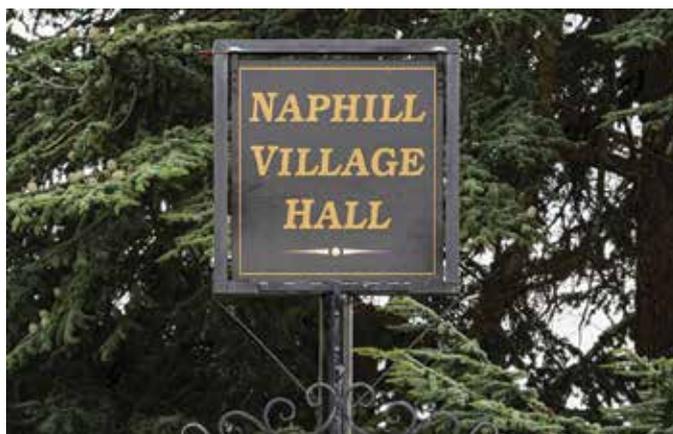
the village hall and playing fields and until he died, her husband Robert was also an active volunteer for the village hall. In Robert's memory, Norma has donated, a spruce tree on the crick and the clock on the Bon Ami building. I thank Norma personally and on behalf of the committee for all of her work and time she has put into the village hall and wish her a happy retirement in Sussex.

Norma's retirement will leave a vacancy on the committee for someone to be involved with the upkeep and maintenance of the village hall. The responsibilities are to make sure that the hall is in good condition and the cleaning materials are available and any small job can be actioned. This means that the person taking this on will visit the hall a couple of times a week and report back to the committee once a month. If you are interested, please contact me at chairman@naphillvillagehall.org.uk or contact one of the committee members.

I hope you have all enjoyed a good Easter and found plenty of eggs from the Easter bunny!

Clive Lawrence

Chairman Naphill Village Hall



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NAPHILL FIREWORKS SPECTACULAR



Jonathan chats with Pete Dalby - *From Bang to Brain*

Living in Naphill we are all used and love the annual firework display, which only happens thanks to a dedicated bunch of volunteers. This team was lead for five years by a local resident Pete Dalby, so what happens when he steps down as chairman?

I saw Pete and ask this question and here is the answer.

By stepping down it allowed Pete to reflect, and he decided after meeting with an old Canadian friend in London to run the London marathon in memory of his late parents who both died from different Neurological disorders at far too young an age. His problem was you can only run for one charity, so Pete chose the wonderful Brain Research UK. So, on the 21 April this year he sets off on a 26.2 miles tour of London.

This run is about raising awareness and raising much needed funds. He launched a "JustGiving" page and the QR code for this is at the bottom of the page. This has raised £4200 so far, any further help would be much appreciated.

Pete then set about organising a charity ball at the Crown Plaza Marlow which took place on the 2nd of March and 81 souls joined the party and a great time was had by all. Local businesses were incredibly generous and thanks to an auction, raffle, and donations the grand sum of £3300 has been raised so far. Pictures of the event remain on sale so this number will rise as the proceeds go to the charity.

The support and help from the village have been great and Pete is keen to share his experience of how to fund raise and train for the marathon. Once he has completed the deed, we will catch up with him again to get some more details.

It is really good to see members of our community reaching out and raising money for others and help combat these dreadful diseases so any help you can give would be appreciated.

Jonathan Hilder



On 21 April Pete is running the London marathon. He has launched a "Just Giving" page for Brain Research UK. Please use the QR code to donate.

Scan Here



Final Tribute to Ann's Cottage



If you have walked through the Walter's Ash allotments to get to the Common, you may have noticed a little brick and flint two up two down house tucked away in the corner. This is Ann's Cottage; which must surely be the last remaining untouched labourer's cottage in the village.

From the end of the second world war, it was home to D-Day veteran Ron Crutchfield and his wife, Millie. Ron remembered that before the war, the cottage had a huge pond to the front and the couple that lived in the cottage used to scoop water from the pond to drink and cook with. The local horses and carts used to come to the pond too,

for the horses to drink and for the wheels of the wooden carts to sit in the water, to expand the wood so that the iron hoop stayed tight. If the wheels dried out, the iron 'tyre' fell off.

The blacksmith workshop was on the small green, where the cottage, 'The Old Forge' exists now. He used to shoe the horses and use a small footpath that ran alongside Ann's Cottage to draw water from the pond.

The house was never updated after Ron moved in. When you entered the cottage, it was like going back in time and you could really picture how people lived back then. There was no central heating, just a coal burning boiler in the kitchen which heated water for the bath and kept the house warm & his kettle hot. With his supply of coal from the merchant at Saunderton and a comfy armchair, Ron lived there very happily for most of his adult life.

Since he passed away, the cottage has been empty and has become derelict, and sadly we hear it is soon to be demolished. Another slice of local history gone, but we thought it deserved a final tribute in the Gazette.

Judy Whitehouse and Neil McDonald



Princes Risborough Rotary Club - www.rotary-ribi.org/clubs/homepage.php?ClubID=561



Rotary Clubs have long been synonymous with service, fellowship, and community impact, and the Princes Risborough Club is an excellent example of this. We hold regular Monday evening meetings (excluding the first Monday of the month) with a meal and a speaker, at the Whiteleaf Golf Club; and we are a friendly, fun group. But we also raise money to enable us to help local and wider needs (£30,000 plus annually). One of our major projects this year is the:

"Risborough Rotary Ramble" on the 7th of July (the first Sunday of the Town's Festival) - It's a 20 mile walk in the Chilterns, in 3 fairly equal stages (you can choose to walk all 3, 2 or just 1 stage), Wades Park to Longwick, then to Lacey Green and then back to Wades Park. There is also a shorter route of around 6 miles, again starting/finishing in Wades Park. Refreshments will be available at the end of each stage. The walk is primarily in aid of SCANNAPEAL*, plus local Charities. There is a registration fee of £10/adult which will go to Charity, and perhaps you could also get some individual sponsorship. For more information and/or to register go to www.prrr.uk or scan this QR code



We are always looking for like-minded men and women who want to give back and contribute to a wide range of charitable initiatives, whilst enjoying our weekly meetings. If you're ready to make a difference whilst enjoying friendship and fun, we invite you to join us at our next meeting. Come and be a part of something special by visiting our website and, if you are considering coming to one of our meetings to see if it might interest you, or if you know of causes that would benefit from our support please use the following contact details: rcpr.org.uk or call Graeme Card on 078272 98411, email: gpcard@gmail.com

If you would like to donate to our SCANNAPEAL* go to www.justgiving.com/campaign/prrcramble

*to provide state of the art medical equipment for hospitals in Bucks, (scannapeal.org.uk).



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BRADENHAM PARISH COUNCIL

Update from the Parish Clerk

<https://e-voice.org.uk/bradenham-parish-council/>

Since 2015 the parish council has had an agreement with Buckinghamshire Council that the parish council will cut the grass verges in the parish's 30mph zone. We contract this job out to Princes Risborough Town Council. That system has worked very well for us, it costs us a lot more than Buckinghamshire Council gives us, but we can have the grass cut when we would like it cut. It has been agreed to enter into a new contract again. Buckinghamshire Council this time has corrected the maps, which we had been telling them were incorrect.

The footpath/ cycle route along the A4010 between the Old Rectory and Avering Down Farm has now been sided out by Buckinghamshire Council and has nearly doubled in width, making walking and cycling much safer there. Just a reminder that footpaths are for pedestrians, not horses, they have bridleways, not cyclists either unless they have been designated cycle ways too, especially the foot paths in the woods.

The parish council has started a cycle of reviewing its policies and implementing some new ones where appropriate or required. A new Biodiversity Policy was approved and four others updated.

A parish litter pick has been arranged for SATURDAY 13th APRIL at 10.00, if you would like to help, please come along to the cricket club pavilion for 10.00 am. We can provide bags, hoops and litter pickers, but please bring your own high-viz jackets/vests and gloves.

It has been agreed to purchase a second dog waste bin for Bradenham to site by the pond, as the current one is frequently overflowing. We are very pleased to see people are making use of the dog waste bin. The cost of emptying the bins is substantial, but it is well worth it.

Over time the carpark by the pond drops, raising the cobbles at the edge between the road and car park. We are going to ask Buckinghamshire Council if they will backfill a strip of the car park nearest the road.

A caravan parked at the Hedgerow in Walter's Ash has been reported to Buckinghamshire Council.

Noticeboard repairs were discussed, they are now becoming so expensive that it might be more economical to buy a new one. The Bradenham noticeboard is from the 1970's.

Our next meeting will be held Monday 20th May following the Annual Parish Meeting and Annual Parish Council Meeting. Starting at 7pm in Bradenham Cricket Club.

Deirdre Hansen,

Clerk to the Council clerkbradenhpc@gmail.com.



www.e-voice.org.uk/bradenham-parish-council

Spring Daffodils in Bradenham



Photograph courtesy Paul Goby

Naphill & Walter's Ash Residents' Association

"Sad news to start with this month. I regret to report the death of Richard Dressel who was a popular member of the NAWARA committee and made particularly valuable contributions to planning matters.



You will have noticed the speed measuring device just before the bend at the top of Coombe Hill. It's not the ideal position and we're investigating a more suitable one, but it does serve as a reminder of the speed limit and to check how fast you are driving. As Jonathan Hider's photos show there are some sinners. During one of our Speedwatch sessions in February a vehicle towing a trailer was logged at 57mph! That's appallingly dangerous and thoughtless.

The Village Hall committee has kindly agreed to put a list of planning applications on their notice board so do take a look as you walk past. If we wish to maintain the pleasant nature of our villages and the Green Belt and AONB we need to keep an eye on planning applications and ensure they do not compromise the aspirations of other residents.

We shall again be entering the Best Kept Village Competition which is judged in June and early July. We were criticised last year for some uncut hedges, which was most unfair as hedges should not be cut between March and August due to nesting birds. We've done well in the competition in recent years (Winner in 2022, Certificate of Merit in 2023) so please continue to help keeping the village looking neat and tidy.

Our AGM will be held on 10th June at 8pm in the Village Hall followed by a social evening to meet up with other residents, and to enjoy a glass of wine and some tasty nibbles. Everyone is welcome. Do please put the date in your diary and come along to hear what we have been up to and to elect a committee for the coming year. My plea for more volunteers to join the committee, especially with social media expertise, has fallen on deaf ears so there are still vacancies.



David Frost



What is important to you?

A simple question and yet at the same time a difficult one to answer. Everyone is likely to have a unique response when you drill down to establish why the 'what' has been highlighted. Confusing, isn't it? Our priorities often change over time as our lives evolve, our knowledge increases, and our experiences shape our thinking. The Covid pandemic and its impact continue for many people. Many lives were changed and what we thought 'important' may no longer feature in our thinking.

Hughenden Street Association (HSA) really evolved in response to the pandemic: initially effectively communicating information remotely was important. Over time, priority has been given to bringing people together. The Pub Lunches and other social gatherings are increasingly popular as they provide opportunities to meet with friends, old and new. Our volunteers work tirelessly to ensure that everyone feels welcomed and able to actively participate in conversations. We may be missing something, and this is where we would appreciate your guidance. What can HSA do for YOU?

HSA Vision - For community life in Hughenden Parish to become better connected, supportive/supported, stronger and friendlier so that all residents are involved in it to the level they desire. This means working to create safer and connected communities encouraging residents to identify the needs of their neighbours to help them engage in the community. The Association has a key role to play in helping develop links to existing facilities whilst also working to support community groups to reach out to as many residents as possible.

The Ward Leader for NAWA is, of course, Susan Bickerstaffe. Do get in touch with Susan for more information about HSA activities in your area. E: susanbickerstaffe54@gmail.com or call 07880 519323.

The collaborative nature of HSA ensures that links exist with like-minded local organisations including NAWA Gazette, St Michael's & All Angels Church and residents associations. Together we can achieve so much more.

If you have an idea that you would like to share, do get in touch. The Association and its partners are keen to support your priorities together.

Hilda Stearn

Communications Co-ordinator
Hughenden Street Association
E: hughendensa@gmail.com





Flying Frenzy: Fly Posting, Fly Tipping and how to Report

The issue of fly-posting and fly-tipping has become a significant concern for local authorities and communities alike. These activities not only deface public spaces but also pose environmental and safety hazards.

Fly-Posting

Fly-posting refers to the illegal practice of affixing posters, stickers, or other advertising materials onto buildings, street furniture, or public spaces without permission. While some may view it as a harmless form of advertising, fly-posting contributes to visual pollution and can even pose safety risks by causing obstructions, distractions and nuisance for both road and footpath users.

In a nutshell, tucking unauthorised notices under car windscreen wipers, roadside posters, posters pinned to trees, lampposts and telegraph poles are illegal/and are not allowed however good the cause you are seeking to promote.

Fly-posting is a criminal offence under both the Town and Country Planning Act 1990 and the Criminal Damage Act 1971; each illegal advert can attract a fine of up to £2,500 in the magistrates' court.

Fly-posting can be reported on the Buckinghamshire Council website so that penalty notices can be issued to anyone involved. You can also report fly-posting on www.FixMyStreet.com

Beyond the legal ramifications, fly posting contributes to environmental degradation. The use of non-biodegradable materials and adhesives can damage property; in addition, the removal process often involves harsh chemicals, further harming the environment.

Fly-Tipping

Fly-tipping is the illegal dumping of rubbish, whether it's a single bag or a vehicle load of rubbish. It is a criminal offence and punishable by an unlimited fine or imprisonment.

The responsibility to clear up the mess left by fly-tippers is complicated, whether it is on private land or on public land where the council, and in certain circumstances the police, can also step in. There is a number to report large scale tipping (over 60 tons or 75 litres of hazardous waste) which is 0800807060. If you don't know who is responsible for clearing it up, you can report fly-tipping on www.FixMyStreet.com which sends your report to the council department that will get it fixed. You can also report it anonymously on www.crimestoppers-uk.org or by phoning 0800555111

Local communities can play a vital role in raising awareness and reporting incidents: So let's not avoid talking rubbish!

Email: office@wdnhwatch.plus.com

Facebook: [@wycombenhw](https://www.facebook.com/wycombenhw)

Instagram: [@wycombenhw](https://www.instagram.com/wycombenhw)

If you have items for disposal which you cannot take to the local tip or which are not accepted at the tip, it is very important that you check that anybody you hire to dispose of rubbish for you does have a license to do this and will do so responsibly. The disposal of rubbish is always the owners responsibility. Do not pay cash, pay BAC or card so that you have proof of payment.





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The Second Year of War In Ukraine



On the 24th of February, Ukraine to Chilterns Charity marked the second year of war in Ukraine with a memorial service at St Mary's Church, Princes Risborough. It was truly heartwarming to welcome over 200 local people and Ukrainian guests to the service and, later, to a bring and share reception at St Mary's Church Hall.

The mood was sombre, as one would expect, but the service was beautiful all the same. The welcome was offered by Reverend Canon, David Williams and Andy Ball, Town Mayor and Councillor, spoke, offering words of support from the town community.

However, Zlata and Eva Voitenenkova, 6 year old twin girls, stole the congregation's hearts when they recited 'Love Ukraine', a poem, in Ukrainian. They remembered their words perfectly and were very brave standing in front of so many. It was so good we asked them to repeat their performance for us at the end of the service!

Hanna Kurash provided the poignancy and emotion with a moving rendition of 'I am Ukraine'. Hanna has a fantastic voice and although the words were in Ukrainian the power and meaning of the music were apparent to all. Helen Boboshko-Harbus gave a generous speech of thanks and highlighted the Ukrainian Guests sincere gratitude to the English community here, in providing a sanctuary and welcoming our guests with kindness and love.

Prayers of Peace and Hope were offered by Reverend Canon, Tony Bundock and, after a minutes silence, the Ukrainian Guests sang their National Anthem.

After the service, we moved across to St Mary's Church Hall, where a generous Ukrainian 'feast of hope and thanks' had been provided by our Guests. It was good to see the Ukrainian families, their hosts and other members of the community all mixing together, talking and building strong links through friendship.

In the words of a Guest, Natasha Kuraptseva:

***The whole world said that we would not last three days.
We have been standing for two years.***

We are brave. We are resilient. We are Ukrainians!

For more information about our Charity please visit www.ukraine2chilterns.com or contact us on info@ukraine2chilterns.com



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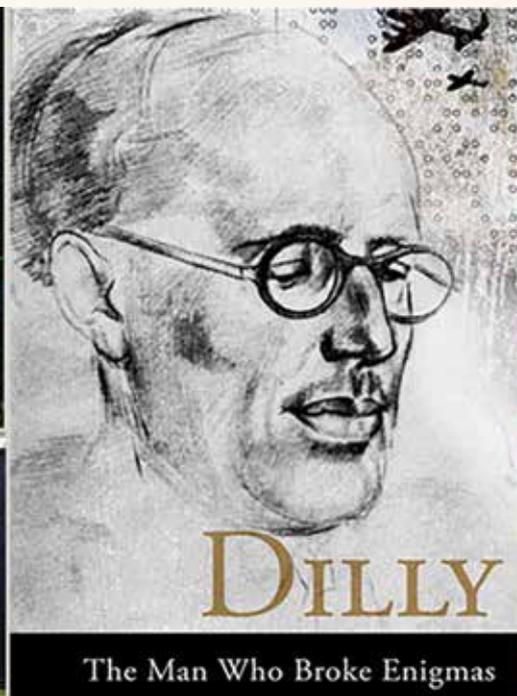
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Local Tales - *Dilly Knox and the Naphill Christmas Tree*

There are very few people who can be credited with shortening two world wars but that is certainly true of Dilly Knox (1884-1943) or 'Dilly' as he was known. At the outbreak of WWI he was a classics fellow of King's College, Cambridge, piecing together fragments of Greek papyri. These cryptographic skills led to his transfer to the Admiralty's code breaking section in 1915. He managed to break the German U-boat code and contributed to decoding messages that enabled the British fleet to engage the Germans at Jutland. However, his major triumph was in helping to decipher the Zimmermann telegram, which was instrumental in bringing America into the war and almost certainly shortening the slaughter.

In 1921 he moved his family to Courns Wood House situated roughly equidistant from Walter's Ash, Naphill and North Dean, in the heart of the Chilterns. Having acquired a large estate, Dilly developed a love of trees and planted several acres of new woodland. In 1937 he donated an Atlantic cedar to Naphill Village Hall which has grown into a magnificent tree and is decorated with coloured lights each Christmas. It must be the largest and most beautiful Christmas tree in the Chilterns.

Meanwhile he had joined the Government Code & Cypher School (GC&CS) and, with amazing foresight, had purchased an early commercial version of the German Enigma coding machine. Hitler had provided Mussolini and Franco with more advanced Enigma machines so that the three dictators could communicate, but Dilly was able to break the codes by the time of the Spanish Civil War.

Soon after the outbreak of WWII, Dilly moved with the GC&CS to Bletchley Park. He recruited "Dilly's Girls" and together they set about breaking the formidable

military versions of the Enigma machines. He had many successes, including deciphering messages that aided the British Mediterranean fleet in destroying much of the Italian navy at the Battle of Matapan, but his greatest triumph was cracking the highly sophisticated code used by the Abwehr – the German Military Intelligence. Eventually, Bletchley Park could decipher almost all of the German secret messages controlling their armed forces, an advantage which, it has been estimated, shortened the war by two years.

Unfortunately, at about the time Dilly moved to Bletchley Park he was diagnosed with lymphatic cancer and after 1941 he did much of his code breaking work at Courns Wood House, helped by two of his "Girls", Mavis Lever and Margaret Rock, and nursed by his wife Olive. He died in 1943 and is buried in one of his beloved woods under a stone carved by Eric Gill, who worked nearby at Pigotts. Mavis Lever, became Mavis Batey and wrote a fine biography *Dilly: The Man Who Broke Enigmas*, Biteback; London 2009, from which much of this information has been taken.

On Saturday 20th October 2012 there was a ceremony held in Naphill Village Hall, attended by ten members of the Knox family, two representatives from Bletchley Park and Mavis Batey, now 91 years old. In front of a crowd of proud villagers, a plaque to Dilly Knox was unveiled inside the hall and then another by the Atlantic cedar that stands just outside. So, when you see the bright lights on the tree this Christmas, give thanks to a great man.

Trevor Hussey.



Church News

10th March was the 4th Sunday of Lent, and thus the day on which the Church celebrates Mothering Sunday. Traditionally this refers to the date on which people returned to their Mother or home church and was of particular significance for those in service away from home, as they got the day off to undertake this tradition.

Nowadays this festival is, like others, marked in a more commercial manner under the banner of Mothers' (or Mother's?) Day and celebrated (if you are lucky) with chocolates, flowers and breakfast in bed.

In St Michael's the occasion is marked with gifts of posies of daffodils and the serving of simnel cake to the congregation.

A simnel cake is a fruit cake, lighter than the traditional Christmas cake and it has a layer of marzipan or almond paste baked into the middle, decorated with another layer of almond paste or marzipan on top, and adorned with 11 marzipan balls (representing the apostles, minus Judas). It is often associated with Easter, and presumably celebrated the release from the Lenten strictures as to what could be eaten. However, the fourth Sunday in lent is also known as Refreshment Sunday, when the Lenten fast could be relaxed, and daughters apparently used to bake this cake to take to their mothers when they returned to the mother church.

Although we recognise that thinking of one's mother is not universally a joyful memory, marked by many with emotions of pain or loss, the services on Mothering Sunday were convivial and many left full of cake and clutching their posy.

Another treat for the ladies is planned with a Ladies Lunch being catered for by the Men's Breakfast team. Plans are also well ahead for the Parish weekend in September.



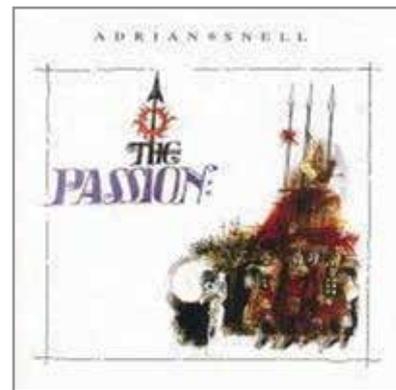
News from Mothers' Union

We recently had a speaker from the Wheelbase charity. Formed in the 1940's at Stoke Mandeville stadium, the charity supports disabled people into playing different sports. As is well known Stoke Mandeville has been at the forefront of supporting and enabling wheelchair users, and those with other disabilities, to partake in sport and it was there that the paralympic games began.

Our speaker was an Ambassador for the charity and currently plays wheelchair rugby, having been born with Spina Bifida and not expected to live beyond the age of five but here he was at the age of 40!

Jane Tyrer

A Message from Revd. Helen Peters



One of my favourite Christian Albums is 'The Passion' by Adrain Snell. The song sung by the character of Mary Magdalene at the tomb on the first Easter Sunday has beautiful lyrics:

*Brothers, I have seen the Lord
 I have seen a new day rise
 Friends, I have seen the Lord
 I have seen the sun in his eyes, in his eyes
 Awake, I have seen the Lord
 I have seen the night-time die
 Peace, I have seen the Lord
 He is the life that will never die, never die*

Jesus is alive! Jesus is alive! Jesus is alive!

Jesus is alive! Jesus is alive! Jesus is alive!

The song captures Mary's joy and wonder in the moment. Jesus, the man who had transformed Mary's life, had been killed. Mary witnessed the brutal

crucifixion and saw him die a shameful death. She witnessed his limp body being taken down, wrapped, and placed hurriedly in the garden tomb before the Sabbath restrictions.

On the Sunday morning, expecting to tend to his broken body she comes face to face with the risen Lord, alive and well, breathing, full of energy and speaking her name: 'Mary'.

If Mary had a mobile phone, then I'd imagine she'd want to take a few selfies with Jesus to send to family and friends to prove to herself the truth, that she wasn't hallucinating in grief.

On Sundays during April, the congregation at St. Michael's will continue to celebrate the Easter Season, exploring what happened on the days after this incredible event. We will see how Jesus' friends begin to make sense of what has happened, putting the jigsaw pieces of his teaching together as they come to recognise who Jesus is and what he came to do.

We'd be delighted if you could join us on Sundays at 9 a.m., 11 a.m., or 6 p.m. to explore together. I am confident you'll receive a warm welcome.

On a personal note, Easter Sunday morning is my last service before a break from duties as Associate Minister. Monday 1st April marks the first day of a three-month

sabbatical. I will have been in post for 13 years this summer, and this time is an opportunity to step back for some rest and refreshment. I am looking forward to many highlights, including catching up with friends and family in York, Edinburgh and Lossiemouth, walking in Snowdonia and along the Welsh coastal path.

I am aiming to do some reflective writing on my journey of understanding same-sex attraction in relation to the Bible and where the Church of England currently stands. I will be happy to share my deliberations with anyone who is interested on my return.

The biggest challenge will be a 15-day (silent!) retreat at St. Beuno's Jesuit Spiritual Centre, exploring Ignatius Spiritual Exercises: The Spiritual Exercises are a compilation of meditations, prayers, and contemplative practices developed by St. Ignatius Loyola to help people deepen their relationship with God.

The Spiritual exercises can be completed in 30 days, so I am only doing the first stage in 15 days. I am both excited and slightly daunted by this prospect, so I may—or may not—complete the second stage at another time!

See you in July!

Revd. Helen Peters



Wycombe Photographic Society

Wycombe Photographic Society meets in the large hall at Hughenden Valley Village Hall, on the 1st, 2nd & 4th Wednesday each month at 8pm. We have a new programme of events, wider range of Guest speakers and lots more

10th April	The PIC group visits WPS
24th April	Talk by Phil Joyce FRPS
1st May	Themed Assignment – More than 3 seconds.
8th May	Field trip from Hughenden Valley Village Hall
22nd May	Portfolio Reviews and Mentoring Evening

To see everything that is happening at Wycombe Photographic Society please visit our website at: - www.wycombephotographicsociety.org.uk

Peter Davis
Membership Secretary
Wycombe Photographic Society



Photograph courtesy Peter Davis



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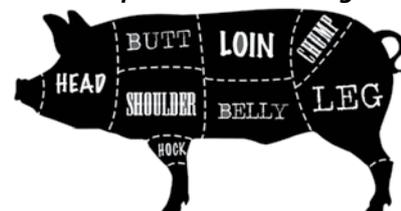
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Growing Your Own - Soil Health

The United Nations (UN) have estimated that there are about 8 billion people on the planet today and that there will be about 10 billion by 2050. An increase of 25% in 26 years. So, how are they to be fed? Since the Second World War farmers have used three artificial fertilisers (nitrogen from the oil industry and phosphorus and potassium from mining) to boost crop production. Using those fertilisers farmers found that they could double their crops so it was boom time. That massive improvement in productivity spread round the world and the number of people on the planet increased rapidly. The UN have estimated that food production will have to double by 2050 to support 10 billion people, firstly because of the increase in population and secondly because people will demand a richer diet. Also, the Food and Agriculture Association have estimated that there are about 735 million people who do not have enough to eat today, so more food will be required for them. It is possible for more land to be taken into use as farmland, but not much, especially when a lot of land will have to be taken out of food production for housing, industrial use, roads and railways.

What about soil health? Because of the intensification of agriculture, the soil is becoming more and more exhausted. By the application of just nitrogen, phosphorus and potassium, that means that the other 16 chemical elements we need are not being replenished, nor is the humus being replenished so the soil is becoming more like sand. UN Agency Data show that already one third of soils are degraded and that available arable land could be halved by 2050. Catastrophe beckons.

When we entered into the European Union (EU) in 1973 farmers received support payments from the EU according to the amount of crops they produced. The result was "wine lakes" and "grain mountains". So the policy was changed to one where farmers received support payments according to how much land they had – so big landowners really profited. Now that we have left the EU those payments are being phased out and "ELMS" or the Environmental Land Management Scheme is being phased in over the period 2021 to 2027. The idea is to produce "public goods related to environmental and animal health and welfare" and farmers' support payments will be based on taking farmland out of production. Whilst one can only be in favour of pretty countryside and improved animal welfare one must, in view of the fact that we already have to import around half our food, question whether further reducing our ability to grow our own crops is the best policy – especially when one considers the world food situation as outlined above.

During the Second World War food was strictly rationed and households were urged to grow their own. I remember some householders growing carrots in their front gardens. Get into practice – Grow Your Own Now!!

Good gardenin

Mike Mason



WORLD BOOKDAY

7th March

2024

Thank you Amanda Gillam and Abigail Sawney for photographs, thank you Millie and Meghan for being such good sports!



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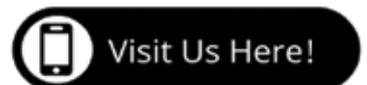
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Naphill & Walter's Ash School News



Teddy Bear Day

The children in Year R were very excited when they were asked to bring their Teddy Bear to school recently. It was linked to their classwork about different species of bears: brown bears, black bears, polar bears and the giant panda were some of the bears they got to know.

They had great fun teaching their teddy bears all about how you should sit quietly and how you have to put your hand up to answer questions! "The teddy bears have to put up their hands but we had to help them," said one enthusiastic child. As well as this, they also played with their cuddly friends, sharing their toys and discovering new ways to play with them. "The teddies did not eat with us but if they did, my friend's one would eat meat because he is a T-Rex teddy bear," one of the children explained.

The teachers set up a range of different activities for the children such as: creating lost posters for the soft toys, designing and making junk models of teddy-sized vehicles, and painting illustrations of scenes from their book, 'Lost in the Snow.' In one of their lessons, they were going to write their own story about their teddy, where they placed themselves as the main characters. They were thrilled with the prospect!

Altogether, they had a brilliant day full of fun and creativity!



World Book Day at our school

The children enjoyed the day! They spent time sharing their favourite books with their classmates.



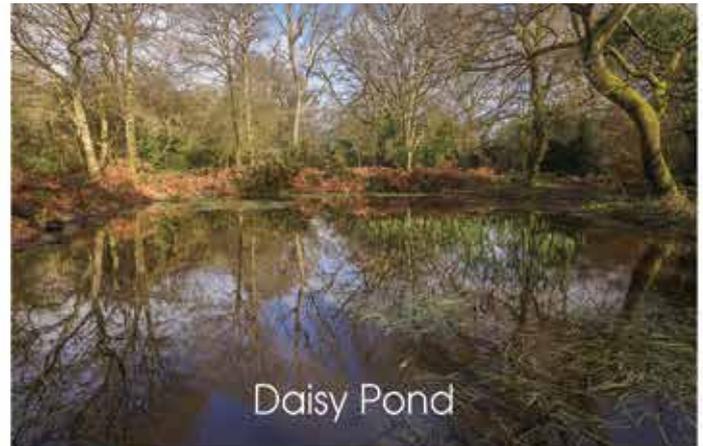
Naphill Ponds in Spring

Kept looking beautiful, with loving care from F0NC

Photographs courtesy Paul Goby



Small Pond



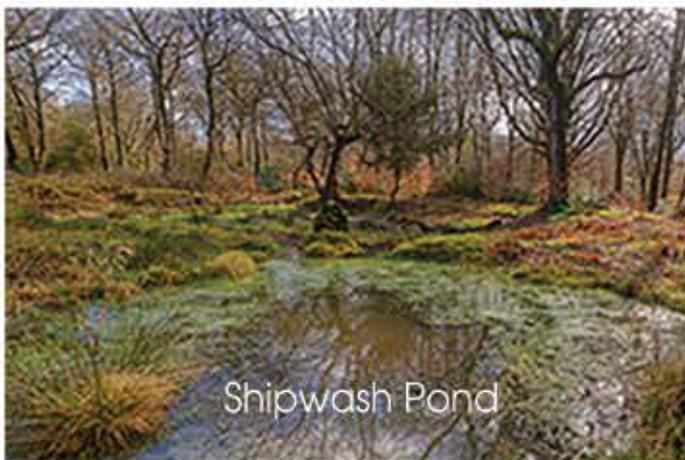
Daisy Pond



Willow Pond



Ash Pond



Shipwash Pond



Dew Pond



Lady Horse Pond



Vincents Pond



Friends of Naphill Common

April brings the sweet Spring showers,

On and on for hours and hours!

(Flanders & Swann – A Song of the Weather)

What a wet spring we've had so far, let's hope that April delivers some drier days! As I pointed out last month, although the Common is, inevitably, very muddy, it's significantly less muddy than used to be the case before the Estate started work on tree thinning. This is partly because it has allowed more air and sunlight (when available) to reach the ground and dry it out, but mainly because many of the footpaths and bridleways are now much wider, allowing walkers and riders to pick a drier route, rather than funnelling us into almost single file. Our working parties also help to improve access, particularly along Ladies' Mile.

But nature is very resilient, and birds are already building nests and singing. The dawn (and evening) chorus is often led by our melodious blackbirds and, if you're lucky, the loud and repeated strains of the song thrush. Great tits are making their territorial calls of TEACH-er TEACH-er, and our chaffinches are also singing, having abandoned their large, single-sex, winter flocks to pair off. It won't be long before the first chiffchaffs announce their return from Africa by singing their own name.

The ponds are looking good, again the result of much hard work by our working parties, and, filled by all the rain, most have good quantities of frog spawn (in large clumps) and toad spawn (in long strings). There will also be plenty of newt eggs, but these are much harder to spot, being laid individually under the curled-up leaf of a water plant.

Activities - Our regular walks continue: first Wednesday of the month at 10:30 for a short (1 hr) circular walk; and third Monday at 9:25 for a longer walk of around 5 miles, which may be up to 30 minutes' drive from Naphill, followed by (optional) lunch – both starting from the Village Hall. If you wish to join in with either of our weekly working parties, on Tuesday and Thursday mornings, our web site (where our walking and other activities are also listed) has all the contact details:

<http://www.naphillcommon.org.uk/activities.html>

Because both working parties are dependent on the weather, it's always best to check with the organisers before setting off: Tuesdays – Peter Davis (HW 569303); Thursdays – Ron Collins (HW 562240).

Chris Miller

Chairman



PLEASE HELP!

Ruth has run Naphill Brownies for the past 25 years, ably assisted by Jill! Both Ruth and Jill will be retiring in SEPTEMBER 2024!!! If **NOBODY volunteers**, very sadly, there will be **NO MORE BROWNIES IN NAPHILL and some very sad young girls!** This is fast becoming a desperately sad situation! **PLEASE SOMEBODY VOLUNTEER!** If you can help, please contact Ruth details as below.

Naphill Brownie News

Our Brownie Jumble Sales are such positive events. Everyone wins. You all kindly bag up your jumble for us. Hopefully you are happy to get rid of it. We helpers have a very sociable day, sorting and selling. Then lots of cheerfully optimistic buyers come along, enjoy a good rummage and go home with some bargains. On top of all that, we make some lovely money for the Brownies.

As many of you know, we made an astonishing £1000 at our March Sale. With our subscriptions to Girlguiding costing us a massive £1083 this year, you can understand just how important this income is for us.

We all hope that this will not be the last Brownie Jumble Sale. But sadly, if we do not get some new brownie leaders, there can be no Naphill Brownies. No brownies also means no Brownie Jumble Sales.

You don't need any previous experience to be a brownie leader, just a willingness to give it a go.

If you think you might be able to get involved, please, please do get in touch.

We have presented lots of lovely badges to the

brownies in recent weeks. We all earned our Thinking Day badge after a joint Thinking Day evening with Walter's Ash Brownies. There were Fundraiser badges presented after the Jumble Sale, and then there are the brownie programme badges. Some of the programme badges are only earned through a lot of commitment over a period of time. Girls must do badges at home, learn new skills at brownies and participate in lots of fun brownie activities at brownies. The girls should feel very proud when they achieve them.

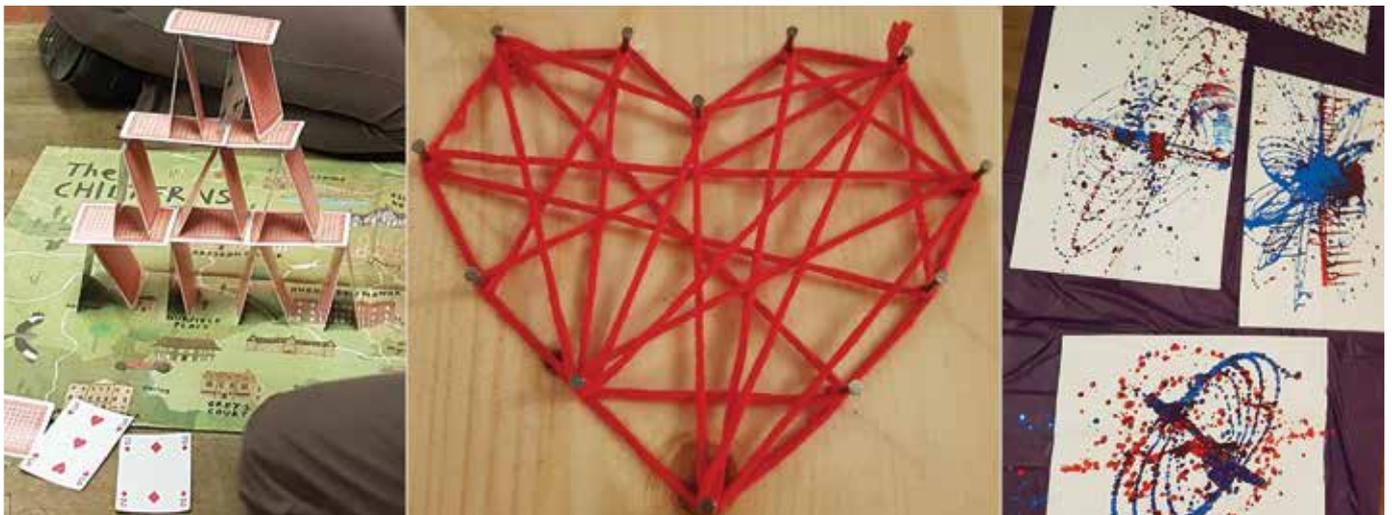
Some of the new skills we have done in recent weeks include learning about exciting science at the 'Science Museum Live' show at the Swan Theatre, trying our hand at making pulleys (miniature working lifts), hammering heart-shapes (for our Mother's Day gifts), making card towers and experimenting with pendulums (pendulum painting). *See photos below*

Brown Owl (Ruth Daly)

ruth.daly3@btinternet.com

1st Naphill Brownies

Thursdays 5:45-7pm





April is traditionally a month of sunshine and showers, bringing with it frequent rainbows.

Significant in many cultures, they often symbolise the bridge between heaven and earth. In some traditions a pot of gold is buried at their end, which may be claimed by anyone fortunate enough to find it. If you are Irish, you will also need to answer the riddles of a feisty leprechaun in order to win the gold, however, the place is impossible to reach, because the rainbow is an optical effect which cannot be approached. In Cherokee First Nation culture, they are seen as the hem of the sun's coat. In Norse mythology, the rainbow bridge Bifröst connects the world of men and the realm of the gods. In Greek mythology, the goddess Iris is the personification of the rainbow, a messenger goddess who, like the rainbow, connects the mortal world with the gods through messages. More recently, they have become the path taken by beloved pets to whatever awaits them on death.

In 1939 'Somewhere over the rainbow' written by Harold Arlen and Yip Harburg was sung by Judy Garland in the Wizard of Oz. It quickly became a favourite song looking beyond the conflict of WW2 to a better world created by overcoming struggles. Many people still find hope and inspiration in the song and it has been covered by many artists, perhaps most

famously by Hawaiian singer Israel Kamakawiwo'ole (Brother Iz). Over the past few decades, it has also become an iconic song for the LGBTQ+ community as it rallied under the rainbow flag in its struggles to overcome prejudice and establish its unique identity.

Rainbows are a symbol of hope, diversity and the transcendent relationship between heaven and earth. Their science is fascinating- an optical phenomenon caused by refraction, internal reflection and the dispersion of light in water droplets at an angle of 42°, always appearing in the sky directly opposite the Sun. They are beautiful even if you don't know the story in Genesis, which is the first literary occurrence of a rainbow. When you know the story and what they represent, they are totally awesome.

In Genesis, the story is told of how God created the earth. Initially all goes well, but then it all goes horribly wrong. So horribly wrong that a few generations on, God needs to hit the reboot button. 40 days of unprecedented rainfall results in the flood, resetting earth and providing a fresh start through a tiny remnant of humans – Noah and his family. To cement this new relationship God makes a promise, that the world will never again be destroyed by water; as a sign of this, God puts the rainbow in the sky. (this does not invalidate what we might do to our planet through human related climate change!). The sign is not just for us – every time God sees it, the Creator is reminded of that eternal promise.

It is an awesome thought that every time we gaze upon a rainbow, God is looking at it too.

May your April be blessed with many rainbows.

Rev Jenny Ellis

Shear Madness



APRILYAY! The clocks have changed and better weather is on the way! I've noticed that the birds are enjoying the lighter, brighter mornings and that they are singing at sunrise. My favourite robin is back in my garden, the lambs are out in the fields and it all

gives us hope for the year ahead. Fingers crossed for a cracking summer!

I've treated myself to a new chair and it's HUGE, now I must grow longer arms and legs otherwise I can't reach. Not much to report, yes I am still going to the gym with Julian the postman and I hope to be going more often now that I am feeling so much better.

Hope you had a great Easter and didn't eat too much chocolate.

Love as always

Mandy xx



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Rides of Ides

I opened the curtain on a cold and wet Sunday morning beginning to regret that I had said I would take pictures for the Rides of Ides charity motorbike ride. However, the weather Gods smiled on us and by the time I got to Tetsworth and the Old Red Lion the sun was out.

So, what is the Rides of Ides? It is a bi-annual motorbike ride organised by Edd and Tracey Moore with the aim of supporting Rosies Rainbow Fund which they describe below:

"Rosie's Rainbow Fund was founded in 2004, and we are immensely proud to have supported tens of thousands of seriously ill, life-limited, disabled, and special-needs children, as well as their parents, siblings, and other family members. With donations from our supporters and friends of the charity we have raised millions of pounds to fund our work in the Berks, Bucks, and Oxon communities" You can find out more here: www.rosiesrainbowfund.co.uk/ourstory"

The 17th of March saw some 58 men, women and their machines take to a circular route to raise money for this local charity. Riding through Tetsworth, Kingston Blount, Chinnor, Longwick Thame, Tiddington and back to Tetsworth. So far £771 has been raised with more to come as photographs of the event are sold to raise further funds.

Thank you to everyone who took part, many for the locality, The marshals, the staff at the pub who worked so hard to feed and water this hungry crew of bikers and most of all to the organisers Edd and Tracey, (great way to celebrate your birthday, Edd!) So nice to see so many great machines and all raising money for such a worthwhile cause.

We will let you know when they ride again – Well done all of you.

Jonathan Hilder





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(Bank Holiday Mondays)

12pm - 8pm

Food

Tuesday - Saturday

12pm - 2:30pm then 6pm - 9pm

Sunday

12pm - 3:30pm

(Bank Holiday Mondays)

12pm - 3:30pm

Last food orders are 15 minutes before the advertised closing times.

The Wheel, Main Road, Naphill, Buckinghamshire, HP14 4QA Email: contact@thewheelnaphill.com Tel: 01494 562 210

The Wheel News

It has been a very damp and miserable few months, and I feel that I have needed to kayak around the woods with the dogs! The Wheel has also had 2 new ponds develop in the front garden! We can only hope with the clocks changing, the weather will start improving so everyone can enjoy some much needed time out in the beer garden. The fire won't be lit and table 18 can be for everyone again!!!

We have been doing a few improvements in the front bar that most of you have noticed (some not). I would like to thank Mark so much for all his hard work decorating and hope we didn't cause too much inconvenience, although we do still have the remainder of the pub to do before the summer.

Ron's Big Beer Festival Friday 3rd – Saturday 4th May

Our big weekend is fast approaching, and the planning and organising is in full swing. We will be kicking off Friday 3rd May from 4pm with 20 + ales from around the country and various ciders (taster notes will be available). We will also have a band in the marquee during the evening.

On Saturday we will have two bands from mid-afternoon and into the evening, Jason will be returning with his Jamaican Street Food which will run alongside our pub menu.

To keep our service running quickly and smoothly we suggest bringing some cash with you to use on the day, as well as being able to make any cash donations to support our charity this year which is Parkinson's Disease. We will also be supporting local resident Pete Dalby in raising money for Brain Research UK. Pete will be running the London Marathon in April and we wish him all the best.

It is shaping up to be a fantastic weekend and we look forward to seeing you all. Please keep an eye on our Facebook page for further updates throughout the month. Please note we will be open from 4pm on Sunday 5th May (No Food).

Thank you for all your support during what has been an entertaining Rugby 6 Nations tournament. Lots of banter and shouting at the TV has made a great atmosphere. It was also great to see so many mums being treated to a day out of the kitchen on Mother's Day, we hope you all had a great day.

As always thank you for your continued support.

Claire and Mark



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Naphill Tennis Club

Fantastic tennis coaching for all! See the programme below starting early April to coincide with the new season of tennis and come and enjoy our all-weather Tiger Turf artificial grass courts, practise-wall and clubhouse. We play all the year round.

Event	Date	Comment
ADULT BEGINNERS	Mondays 9 - 10 am	£10 per session
ADULT IMPROVERS	Mondays 10 - 11 am Wednesdays 9 - 10 am	£10 per session
EASTER HOLIDAY JUNIOR TENNIS CAMPS	Fri 5th April, Wed 10th April, Thurs 11th April, Fri 12th April	3 groups between 2 – 4 pm
TENNIS 'XPRESS' ADULT BEGINNERS COURSE	6 week course 15th April - 20th May 6 - 7 pm	Open to members and non-members. Come and enjoy learning the basics of tennis.
ADULT DOUBLES & TACTICS COACHING	6 week course for members/non-members 15th April - 20th May 7 – 8 pm	Great for players who know the game and want to improve
JUNIOR COACHING	Starting Friday 19th April 10 week programme £65 for members, £85 non-members	Group 1: 4.00 - 4.45 pm Group 2: 4.45 - 5.30 pm Group 3: 5.30 - 6.30 pm
TENNIS CLINICS	Fun 3 hour sessions with like-minded players	Warm-ups, drills, doubles competition using what we have learnt + refreshments
FAMILY DAY	Date to follow	Pair up with your family for some fun doubles

For further information or to book coaching activities/private coaching, please contact: Mel Burn, LTA accredited coach, on 07949 128195 or email melebbles@hotmail.com

TENNIS COACHING:

MEMBERSHIP: Excellent value for money! Just £100 from 1st April for a whole year for new adult member, £30 for a junior, £10 if under 7, and the whole family (2 adults and all children under 18) for just £200. Further information from our Membership Secretary on 07905 226203 or email naphilltennismembership@gmail.com.



New Members ALWAYS Welcome!

www.clubspark.lta.org.uk/NaphillLTC or find us on Facebook: [Naphill Tennis Club](#).



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A big Thank You
to our Volunteers
and Members



Wycombe Environment Centre, a local charity in High Wycombe, is enabling communities to make a difference to the environment through innovative projects such as our upcycling shop named "Refresh," in the Chilterns Centre in High Wycombe. Here you can find a vast array of fantastic fabrics, textiles, haberdashery items, cards, papers, foils, and shelves full of materials for our visitors, who range from crafters and model makers to teachers and artist, all ready to give our stock a second life and save it from going to landfill.

Refresh also operates a school membership scheme under which, for a small annual fee, the whole school (including the PTA) has unlimited access to our stock of donated craft materials for school purposes enabling it to maintain pupils' creativity despite increasingly tight budgets whilst helping the environment by not buying new.

Alongside Refresh, we host a monthly Repair Café (part of a network of such cafes across Bucks) where our wonderful volunteer repairers fix items such as small electricals, toys, clocks, watches and clothes, allowing their continued use and helping the environment by avoiding them being dumped in landfill and the carbon cost in the making of a replacement item. The Cafe has seen the return of many cherished items with sentimental value to their very grateful owners..

How can you help?

- * Shop! Come and visit us at the shop and see for yourself what an Aladdin's Cave it is. Our opening times are Wednesday 1:30pm - 4:30pm and Saturdays 10am - 4pm, Unit 8 Chiltern Shopping Centre, right in the heart of High Wycombe.
- * Mend! Bring your items needing repair to the Repair Cafe, usually the 2nd Saturday of the month All Saints Church in the centre of High Wycombe from 10am - 1pm. No charge but donations invited.
- * Donate! - whether you are a tradesperson with unused materials that would be suitable for us to sell saving you the cost and environmental impact of sending to landfill, or someone that needs to destash or pass on items, we would be delighted to discuss whether we can take these on for upcycling in the shop.
- * Volunteer! Our projects would not be possible without the invaluable time and effort given by our amazing volunteers and there are always opportunities which offer a chance to actively contribute to our initiatives and make a meaningful impact. Currently we are actively looking for a new trustee with financial skills as well as additional volunteers to help in the shop or Repair Cafe or contribute through our creative team. By getting involved, you not only contribute to reducing waste but also join a community of like-minded individuals passionate about sustainability and innovation.

We are social!

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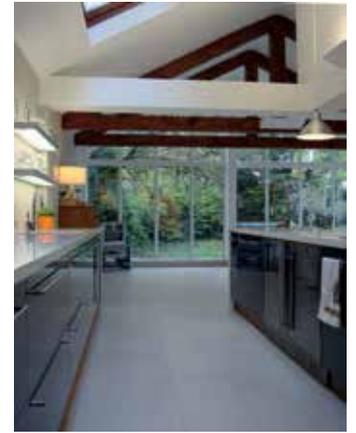
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A Good Day's Scouting

An exciting month for the Naphill & Hughenden Scout Group as the hiking training that has been going on over the last few months, all came together. On 2nd March, the Naphill & Hughenden Cub and Scouts sections, joined together and between them, our young people hiked a great distance of around 650km! Well done to you all!

The Leaders safely delivered 33 tired but happy, muddy young people back to their parents who were then tasked with taking the youngsters home, drying

out the wet gear and cleaning the extremely muddy boots. Everybody concluded that this was "A VERY GOOD DAY'S SCOUTING!"

We offer many more outdoors and adventurous activities for the young people of our local communities throughout the year. If you would like to know more please contact Hamish Pearson, the Group's Lead Volunteer on groupleader@naphillscouts.org.

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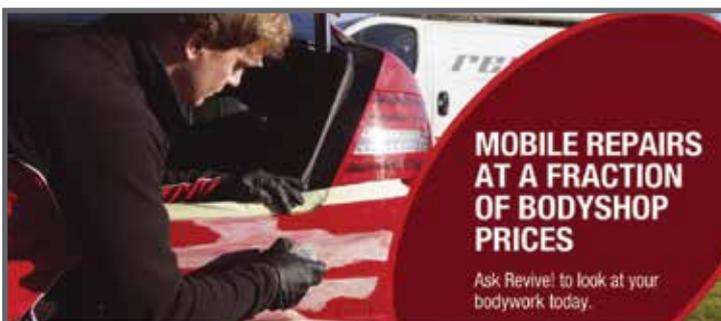
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Hello Spring Equinox - 20 March 2024

Monday 20th March marked the spring equinox when the sun crosses the equator, and the hours of daylight and dark are of equal length.

For thousands of years, people have celebrated this as a time of balance, growth and new beginnings, as nature bursts with new energy. Great news if you need to make some changes as you'll have the immense support of nature on your side.

The Spring Equinox is spiritually and emotionally a wonderful time of energetic opportunity. As the extra light begins to positively affect our brains, we get a lighter 'spring' in our step, become more alert with increased feelings of optimism.

Until the eighteenth century, this was also the time of the new astrological year, when people would perform rituals to cleanse themselves and their homes. Spring cleaning is nothing new!

Astrologically March also welcomes in Aries. The ram rules with the head, leaning forwards with speed and focus. Energetic and full of childish wonder - we can all use a bit of that energy to forge ahead with anything new.

Spring into Action

The changes we make now on will likely determine the success of our year. As we welcome in fresh perspectives, we figuratively spring clean, throwing off wintry sluggishness - perhaps even detoxifying our livers and our lives.

Out with the old, in with the new

This is one of the best periods to focus on new projects and the perfect moment to get rid of anything that does not serve us - whether that be jobs, relationships or just sorting out that stuff from under the bed.

Don't Go Changing?

Not many of us find change easy. Changing requires a forceful decision and often more discipline than we can muster. But even small changes bring about much bigger changes - it's called the 'butterfly effect'. Get up 10 minutes earlier and do some stretches once, nothing changes. Do that every day and the benefits will soon be clear.

Hypnotherapy Is about CHANGE.

Hypnotherapy can be a brilliant way to find out which limiting beliefs to let go of and focus on what you really want. It can help lift depression, reduce anxiety, boost confidence, and help with ailments, painful memories, and fears. Imagine it like being a spring clean for your unconscious.



Alison Scott – Cognitive Hypnotherapist

I help people make long-term positive changes. Why not make this Spring Equinox really count? Call me on 07989 535527 for a free consultation or www.alisonscottcognitivehypnotherapy.co.uk



Alison Scott

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- Young people struggling with exams, school or relationships
- OCD and neuro-diversity
- Health and pain issues

When changes take place at this deeper level, the challenges of daily life can be alleviated, leading to a healthier outlook, positive habits, and increased confidence.

Alison Scott

About me: I have a Diploma and Master Practitioner qualification in QCH Therapy combining CBT, Gestalt Therapy, Positive Psychology, Evolutionary Psychology, Parts Therapy, NLP and EFT. I gained my Master Reiki qualification Second Degree in 2018.

Contact me for a free initial consultation:
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We all need to respect the land we're on when you're walking with a dog and ensure they aren't a danger or nuisance to farm animals, wildlife, horses or other people.

Be aware that farmers are allowed to shoot dogs that are attacking or chasing farm animals. Even with the best behaved dog – it's advised to keep them on a lead instead of taking the risk.

Stick to paths when you and your dog are on private land and make sure your dog has good recall if they're off lead.

Dogs must be kept on a lead at certain times of year:

- **March – July on 'open access land'**, like moorland, forests, around lakes and on beaches. This is to protect birds that nest on the ground.
- **During lambing and calving season** if you'll be walking across farmland.
- **All year round in certain areas.** Look out for signs that tell you to keep dogs on leads or that dogs aren't allowed on the land.

If you come across other walkers and dog owners, or horse & riders when you're out and about, always follow the correct etiquette and put your dog on a lead, if off lead, or ensure they are calmly under control. Calling out "don't worry, my dog is friendly" isn't appropriate!

You may come across farm animals when out and about and if you do need to pass through their field, ensure you keep your dog on a lead, keep a close eye on the animals you pass to see how they react to you and your dog and stay clear of young animals, as their mothers can get very protective.

It's also really important to take notice of any signs asking you not to take dogs into a field:

- There could be pregnant animals in the fields. Your dog might stress out these animals and could cause problems with their pregnancy.
- A farmer might ask you to keep out of certain fields to help stop the spread of disease. These might

be harmless for you or your dog but could cause health problems for farm animals.

If you find yourself in a situation where a farm animal seems aggressive and starts to chase you, drop your dog's lead so that they can run away and find the shortest, safest route out of the field.



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Naphill Neighbours

This month we were treated to a history lesson from David Hughes, entitled 'St. George's Chapel Windsor and the Garter Knights'. David is currently a volunteer steward at Windsor Castle who, on retirement from working at the Castle, honed his skills and now gives talks to tourists and outside bodies. He is very knowledgeable as well as being an engaging speaker.

Windsor Castle was originally a motte and bailey castle subsequently and gradually modified to become the extensive building it is today. St. George's Chapel was much smaller originally. Our talk was illustrated with clear photographs from both inside and outside the Chapel. King Edward III, the first patron saint of England, created the Knights of the Garter to seal the loyalty of the aristocrats; it is the senior order of chivalry and the original twenty-four knights were all soldiers.

Edward III was a warrior king who led his men into battle. Each Knight has a stall in the chapel, a banner and a symbol adorning his head so he was recognisable in his armour. Becoming a knight of the garter remains in the personal gift of the king; there are currently six vacancies. Edward VII created Ladies of the Garter 400 years later. Several foreign kings have been created Garter Knights, often during state visits. They have to

be Christian. The ladies do not have explanatory notes on a brass plaque as the men do but they are able to design a banner to indicate their interests. John Major has stumps and cricket balls on his banner, Tony Blair has a quartered banner with a bee in each quarter. The banners have to be acceptable to the heralds. Queen Elizabeth and Prince Philip are buried in the vaults in the chapel, together with ten other kings and a queen.

The photographs illustrating the talk were excellent and the grandeur of the building and the colourful nature of the banners were splendid. The fan vaulted ceiling of the chapel was created by master masons who fitted the stones together exactly, without cement, the close fit ensuing the ceiling stays in place for hundreds of years!

Jo Keatch organises our speakers and does a great job. Thank you, Jo.

Our next speaker, on April 8th is Kamran Irani, from 'Blood bikes and Babies'. I do not think that is a misprint in the programme !!!

Peggy Ewart

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2023 was a challenging year for Speen Helping Hospices (SHH) probably reflecting financial constraints as high interest rates and inflation hit people's discretionary spend. Selling tickets for events, that were traditionally very popular, was challenging and had it not been for the Golf Challenge at the beginning of 2023 our donations to the four hospices would have been considerably less. However, by drawing from our first event of 2024, the Pub Style Quiz Night, we will now donate a total, of £18,000 that is £4,500 to each hospice leaving a small amount in balance to cover costs.

Many thanks to all of you in the Naphill and Walters Ash area who bought tickets, danced quizzed, shopped, sang and ate at the events of 2023. This group initiative has been going for many years and we would hope to continue this with your support.

The Annual Christmas Market raised £2,746 and the Christmas Hamper raffle £500. The carol singing in Speen raised £605 over two evenings. Perfume sales including Tom Ford and Estee Lauder donated by the Brands Owners was over £3,000.

SHH would really welcome your engagement, that could be ideas for future fundraising events and help us expand our coverage in the neighbouring Chiltern Villages, a good contact that might help us at an event, donating a prize for a raffle or if you would like to get involved with SHH contact Gráinne Suter - Chair grainnesuter@googlemail.com or 07778803260.

If anyone is thinking of taking part in a local fun run (in Hughenden / Naphill for example), bike race or other sponsorship event to help raise more for the local hospices via SHH please contact us.

FUTURE EVENTS IN 2024

Raffle for a Fourball Golf Voucher at Burnham Beeches Golf Club worth £340. The draw is on the 20th April. Tickets are £5 and on sale at http://www.shh-shop.org/Golf_giveaway_2024.htm

For further information about all our events check out our website www.shh-shop.org



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The Spring is always a busy time at our u3a with short and long walks from Naphill Village Hall (NVH). The Computer Group, also operating from NVH, had especially useful information on using the full potential of OneDrive for both securely saving files and making your files (e.g. Photos) available to your friends anywhere where they have access to the internet.

The ever-popular Discovering Art Group has recently had a visit to The Wallace Collection in London and many members visited, individually, The Bodleian Library, Oxford and the Colour Revolution - an art and fashion exhibition - at The Ashmolean Museum, also in Oxford We also run our monthly Quiz at NVH and the increasingly popular Rummikub Group meet at Bon Ami (NVH).

We are certainly planning more visits to various local events and places. We are repeating our visit (provisionally in July) to the archaeological site and John Lewis Heritage Centre, Cookham. Sadly, you will have missed our private visit to the beautiful Bisham Church on the banks of the river Thames. Of course, we have many more Groups (25+) operating in and around our area. Just email gilliamph@aol.com for details.

One not to miss is our Monthly General Meeting on April 24th from 2pm at Lacey Green and Loosley Row VH, when Colin Smith gives his talk 'From tree to cup'. There is no charge if this would be your first visit to our u3a. (The X9 stops outside both Nahill VH and Lacey Green and Loosley Row VH).

Paul Gillam

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A Wine Giant Essay - Zinfandel, the grape that is uniquely American...but from Croatia

Well done folks – we’ve just about made it through the proverbial poop show that was the winter season of 23/24! I don’t know about you, but 2024 and I are not best friends and it most certainly did not make a good first impression on me! It may have been a winter when most of us envied the bear, hedgehog, bat and any other creature with sense to hibernate, but hopefully you all soothed your damp and cold bones with numerous medicinal bottles of Zinfandel, the grape that is uniquely American...but from Croatia...

The Americans long considered it a native variety until 1972 when, after a few years of discussion and testing, it was declared identical to the Italian Primitivo grape. Following this decades of research and testing to compare Zinfandel with some native Croatian grapes ensued. After years of research and DNA testing of vines from vineyards across the globe, a single 90-year-old grape vine from the garden of an elderly lady in Split, Croatia, provided the evidence to show that Zinfandel actually originated from a Croatian grape that has been known as Tribidrag since at least the 15th century.

‘Big Zin’, as he’s known to his friends, is most at home in Lodi (California), where they produce hefty, yet loving and generous reds. They’re full-bodied, blackberry-scented and robust reds that are extremely satisfying and mouth-filling with long mulberry and mocha finishes. There are some great examples available in the UK and Zinfandel is increasingly easy to get your hands on. However, at the lower end of the price range you are likely to get the more caricatured, slightly sweet and one dimensional sorts that can be a bit basic (but still quite satisfying if you like that sort of thing!).

Gnarly Head and Brazin pop up in various supermarkets and online and is very much worth a try. ‘Gnarly’ seems an apt name for these full throttle wines: vibrant nose of cherry compôte and spiced plums, whilst soft tannins and body support a sweet core of berry fruit with vanilla spice. The acidity gives lift and a bit of balance but, like a delicious elephant playing hide and seek in a NYC studio apt, nothing can hide the heft. However, there is plenty going on with these lip smackers - not just a slap in the face but some neat ring work first, an ability to feint and move and do a bit of showboating for the crowd. However very, very much a 4th round KO. A liquid equivalent of a big US bruiser, but one who possibly had intermediate level ballet classes until turning pro.

If those don’t sound big enough, then try the Capital Z – a chunky labelled and unsubtle bottle that seems

inspired by Ronseal – it does exactly what it says on the tin. This is like that friend of a friend that we all have. The big lad. Went to boarding school, played rugby (he talks a good game but was a 3rd XV stalwart who played once for the 1sts when 18 boys were suspended en masse for some dire misdemeanour), lives in chinos, grew up in a delightful country farmhouse and probably went to Exeter. Deep down he has a good, generous heart but is a total social hand grenade. The best and worst nights of your youth were spent in his company. Not even slightly subtle and deserved every slap he ever received. However, he is a good laugh, raises everyone’s spirits and is a guarantee of a memorable night in town. You wouldn’t invite this wine to a Bible study group but it’s first on the list to a stag do!



Adam Sergeant

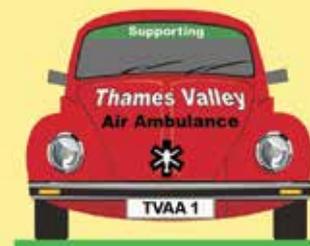


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Valley Players

Valley Players performed their Murder Mystery "Sugar and Vice" by Patricia Gay to a full house on 16th March. The audience brought their indoor picnics and had a great evening try to solve the "whodunnit". Inspector Pratt revealed at the end that it wasn't the Butler but Great Aunt Edna to feed her drink and gambling habit!



Turning to Summer time and still on the subject of "murder most foul", Valley Players are pleased to announce our "Picnic and Play" this year will be an adaptation of "The Hound of the Baskervilles" by Sir Arthur Conan Doyle. The adaptation is by Steven Canny and John Nicholson and they describe it as "a wonderfully barking spoof".

We leave it to your imagination but hope to see you all on 13/ 14 July . Details will be published- watch this and other spaces !

We are pleased to report that we have two new members who have joined after seeing our productions- any other volunteers?

Andrew Pitman



contact@valleyplayershughenden.co.uk

Our photo shows the cast backstage before curtain up

Princes Risborough Bowls Club

Spring is now officially with us and the outdoor bowling season will soon be underway. Our green re-opens for play on 12th April. Before then, there is the usual tidying up to be done in the clubhouse and its surrounds. The green, recognised as one of the best in the county, is being prepared for play by greenkeeper Ray Rouse and his redoubtable assistant Tony Liggins.

The very wet start to the year has not helped their task one bit, but all will be well by mid April. We pay a visit to Gerrards Cross on Sunday 21st April for our first friendly of the season and a full fixture list is available on our website.

As always, we are keen to recruit new members to play this very sociable sport. If you would like to make new friends and get valuable exercise, why not give Lawn Bowls a try in 2024? Whilst you might, understandably, feel a little bit apprehensive about starting something new, bowls is a sport that is easy to take up. The basic technique is not complex, the rules are relatively simple and all ages from 10 upwards are welcome. You just need a pair of flat soled shoes and a good sense of humour. But rest assured, no-one's going to laugh at you whilst you're getting the hang of things and your first shot could be every bit as good as a world champion's.

A generous trial membership offer is available for those with or without previous experience. You can join us for

a 6 week trial membership for just £10. All the necessary equipment will be provided and 3 x 1 hour mentoring sessions are included, if required. At the end of 6 weeks, or before, you can become a Full Member for the rest of the season for £35 or say "thanks but no thanks" should you decide that the game is not for you. Social membership is also available. If you are interested or require more information, then please contact me. I will then be back in touch with you to arrange a taster session as soon as the green is open. To learn more about our Club, please visit our website: princesrisboroughbowlsclub.co.uk

Meanwhile, our bar is open on Tuesday afternoons and Friday evenings. Prospective members are welcome to pop along and look us over. There is a Bingo session on Saturday 6th April, 7.30 pm start. We usually finish just before 10 pm. Why not come along if you enjoy a game? The bar is open.

If you have a local business and would like to join our sponsors, giving you a permanent presence on our website and/or an advertising board around the green, then please contact me:

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THE EXHIBITIONISTS are coming to St Paul's Church, West Wycombe on 4th, 5th and 6th May 2024

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Here's a little bit of background:-

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StewArt studied Fine Art in Greater Manchester and has taught Art in Buckinghamshire for more than 10 years: most of the primary schools around Princes Risborough have benefitted from Stewart's after school Art Clubs as have many other aspiring creatives. The two Lous, who were already fast friends, honed their artistic skills under StewArt's master tutelage.

We all quite enjoyed working together and so the idea for the Exhibitionists was born. We love both searching out unique and beautiful spaces for our Exhibitions and spending time with the local Artists and Crafters who exhibit with us.

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Please come along to our latest exhibition at St Paul's Church, West Wycombe, where we will be raising money for the Church and for other local charities, including 'Wycombe Homeless Connection.'

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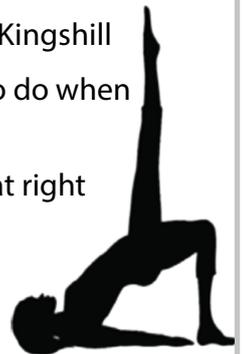
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