### Naphill & Walter's Ash Gazette

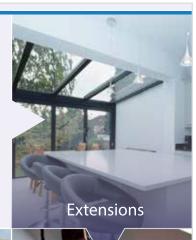


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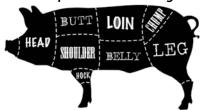
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### Come and Join Us!

### Our Local Clubs and Organisation Contacts

Beavers	Tony Bobbin	01494 447121	naphillbeaverscouts@gmail.com
Brownies (Naphill)	Ruth Daly	01494 565571	ruth.daly3@btinternet.com
Bridge Club	Margaret Stagg	01494 530736	
Cubs - Hughenden			handnhcubs@hotmail.com
Naphill	Martin Beddows		naphillcubscouts@outlook.com
Football Club - Junior	Andy Sinclair		mailto:naphillfc_cwo@yahoo.com
Senior	Harry Salter	07403 249208	
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	01494 563186	
Scouts (Naphill)	Adrian Curtis		naphill@chilternvalescouts.org.uk
Tennis Club	Jenny Tench	01494 562282	jttench@gmail.com
Naphill Football Club	Chris Keats		naphillfc@btinternet.com

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Email: hallbookings@naphillvillagehall.org.uk

Tel: 07851 169275

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 councelling	1296 332600
Wycombe Women's Aid/Also Men	Councelling re domestic violence	01494 461367
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Copy Date for October Gazette, 15 September

Last month I reported on behalf of FoNC, that the blade on their ancient ride on mower was beyond repair. In the short term, they could continue to use this machine as a mini tractor but that they urgently needed to buy a towalong grass mower if they were to continue the fine work they do which enables us all to enjoy on our wonderful common. It was decided that we at the Gazette would publicise their fund raising efforts. On a personal level, I set up a Just Giving page to kick start their efforts. This resulted in many generous and much appreciated donations from the community totalling £630. Dealing with other peoples' money is something I take very seriously, so accountability is important to me personally and to the Gazette team. I confirm that the full value of £630 raised from the Just Giving page has been deposited in the FoNC bank account. This includes a further small, personal donation to cover the service charges levied by Just Giving so that FoNC has benefited to the full value of the community's donations. At some point the FoNc working party will need a new mini tractor and so the appeal continues. Please see the FoNC article on page 13.

Continuing with the bright and cheerful! Hughenden Parish Council have a new parish clerk, Alice Fisher. Welcome to our community Alice! Jonathan dropped by the parish council office and photographed Alice and her "assistant" Millie, please see page 11.1 have also published information of our three ward councillors and of course, thanks to them for their work in supporting the community.

Pages 25-27 are all about our village school. Congratulations to the school on their good OFSTED report, and best wishes to all the year 6 children as they take their next big step along the education path.

My thanks to all our contributors, photographers, advertisers and all of you who subscribe to and read the Gazette! Another very busy edition about to be proofed and sent to print. This is a combined issue August and September so I wish you all a very happy Summer and I look forward to being back in this chair for the October edition. The October edition will not be back from the printers until 6 October so please be aware that this edition will be delivered a little later than usual.

Best wishes,

Sonía

#### **HELP NEEDED PLEASE!**



We do need more Gazette Distributors, especially for the Post Office end of Main Road. If you can help please contact our distribution managers, Joanne and Paul Hewitt:

distribution@naphillandwaltersash.org.uk

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### Naphill Village Hall & Playing Fields Council Chairman's Report

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The village hall committee meeting was held on 3 July. Some of the items discussed were –

Napfest and Classics on the crick. Due to Linda Clark being on holiday the discussion was mainly about how the various events went and we will have an update at the next meeting.

Also discussed was clearing the area behind the tennis courts which was agreed should now take place along with thinning of the Chestnut tree that lost the top branches recently.

We also decided that the kitchen ceiling would be renovated and new LED lights would be fitted.

The outside taps have been replaced and the fire equipment has been serviced.

There have been three new dog fouling bins provided, we hope they will be used and the Crick will be a cleaner place for the children to play on.

The playground swings have been repaired at a cost of £3432.00.

There are many items that need attention throughout the hall and Crick and it is our aim to work through all the items needing attentiom.



Clive Lawrence
Chairman Naphill Village Hall
www.naphillvillagehall.org.uk

### **Bradenham Parish Council**

At our July meeting grass cutting was widely discussed. The cricket club had asked if the grass between the cricket club and the manor wall could be cut so that children can play there when cricket matches are on. We are also going to ask the National Trust to cut the whole triangle of grass in front of the church to allow for overflow parking. Bradenham village has a lot of visitors especially at weekends who tend to park along Bradenham Wood Lane, making passing for through traffic very difficult. There is also a problem with cars parking on the pavement, which means pedestrians have to walk on the road, which is seriously hazardous.

JSM are continuing laying high-voltage cables to Saunderton and have almost completed the job in our parish.

After the excellent work of the new gullies and run-off along the track on Bradenham hill, these unsurprisingly are now full and need to be cleared, this is the National Trusts responsibility. We will ask them to have all the run offs dug out again.

We are looking at future community projects, we are a very small parish with very limited funds. And the council does not own any land or other substantial assets. The population is sparse and not very diverse. The council would welcome suggestions.

Road defects are always a problem, please report them on https://fixmystreet.buckinghamshire.gov.uk.

We updated our standing orders and financial regulations. And reviewed and updated our risk register.

We are delighted that dog owners are using the dog bins. But we have noticed that we need to sort the emptying so we don't end up with overflowing bins.

Our next meeting will be Monday 11th September at 7pm at Bradenham Cricket Club. All welcome.

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



Kind Regards

Deirdre

Deirdre Hansen

Clerk to the Council





Hughenden Parsh Council
Contact Details:
Call us on: 01494 715296
Emai: clerk@hughenden-pc.govuk
https://www.hughenden-pc.gov.uk



### **Summer News Letter**

The warmer weather has brought renewed energy to Hughenden Parish Council, our councillors and officers have been busy setting up new committees, working groups and re-connecting with the community!



New dog bins have been installed on The Crick playing field in Naphill and on Stag Lane, Great Kingshill and an audit is underway to repair any bins across the parish that may have become weather damaged or are simply looking a little tired. If you would like to help the council in identifying these issues or see anything that you think may need repairing, please take a photo and send us an email.

You may have seen an advertisement for mini allotments at Primrose Hill circulated over recent months. Due to further environmental consideration, this project has been delayed. Now that the Council has a brand-new Environment & Services Committee, we hope to revisit the idea in the future!



New electric gates have been installed at the Garden of Rest at Four Ashes, helping to keep our garden safe and secure, to be enjoyed by all our residents. The gates will open at 5am each morning and close at 9pm, these hours will change as we move towards Winter, we will keep you informed! Currently we do not have pedestrian access out of the Garden after 9pm so if you do plan to stay late into the night, pleasure ensure you take a vehicle and slowly approach the gates, they will open automatically. Any access into the Garden of Rest after dark will not be permitted.

In a recent article, the Council stated that we were trying our best to address overgrown hedges across the Parish. Our grounds maintenance team have been busy over the past week trimming back the worst hedges across the parish while we continue to work towards a permanent solution. Please remember that most of the hedges across the parish are owned by you, our parishioners, more information on this can be found in our October 2022 Newsletter. As well as the hedges, the public footpaths have now been strimmed, making access for all a lot easier!

Our Tree Arborist Team have been working hard to address the trees owned by the Council that are sick or overgrowing, the schedule is large and covers a wide area and we appreciate your patience while they work their way through it. If you would like more information on this please let us know!

The growing conditions for our allotment holders have been sublime this season and we are seeing a lot of fantastic vegetables and flora! This does also mean that some plots are growing beyond their boundaries, if you are having trouble managing your allotment and need a helping hand, please do reach out and we may be able to help you or find someone who can! We still have a few allotments plots available across the parish, to make an enquiry, please contact the office.

You may have noticed that a swing has been removed from our Great Kingshill Playground due to safety concerns. We now have a Playgrounds Working Group who are busy working on a strategy to address playgrounds across the parish and we are hoping to have good news soon!

Our 2022/23 Finances have now wrapped up and our Exercise of Public Rights and reports from year end are available under the Finance section of our website, more on this coming soon!

If you would like to become a Councillor or be part of our growing operations team please send an email to clerk@hughenden-pc.gov.uk, give me a call on 01494 715 296 or simply pop in to the Council office for a chat.

The Council would also like to thank Emma Marsden, for all her hard work in updating and managing our Burials Office whilst recruitment was underway for permanent staff. We can proudly say that all of our records are now up to date.

I should like to thank you, our parishioners, you are our eyes and ears around the Parish and I simply could not do this job without you!

Lastly, our office hours have changed! The Council Office will be open from Monday to Wednesday from 9am – 12 noon, alternatively you can call us on 01494 715 996 to make an appointment.

Alíce Físher Clerk to Hughenden Parish Counci clerk@hughenden-pc.gov.uk



### Meet Alice - Clerk to Hughenden PC and her "Assistant Clerk" - Millie

Originally from Australia, Alice has fallen in love with British culture, its green pastures and sense of community over the past 5 years. She shares her home in the Chilterns with her fiancé and their energetic pooch. Living in this Area of Outstanding Natural Beauty has enhanced her passion for conservation, and she is always exploring new places and enjoys supporting local businesses.

Her goal as Parish Clerk is to create a welcoming environment for parishioners to bring their ideas and concerns to the Council and to keep a clear, effective and kind level of communication towards all members of our community.



### **Our Naphill Ward Councillors**

There is currently a vacancy for another councillor in our ward, if you would like to be a councillor please contact the Clerk for details, adress above.



Councillor Chris Janes chris.janes@hughenden-pc.gov.uk

Photograph and "Meet Usha" text to be published in the October Gazette

Councillor Usha Prashar usha.prashar@hughenden-pc.gov.uk



Councillor Marc Byrom marc.byrom@hughenden-pc.gov.uk

### Meet Marc Byrom, our New Hughenden Parish Councillor

I was born and raised in and around Manchester. I spent 25 years living and working around the world while serving in the Royal Air Force, settling in Walter's Ash in 2017. I am now in the Insurance sector, where I manage the Global IT Portfolio for Lloyd's of London. Based in the City, I am fortunate to work out of the famous landmark that is the Lloyd's Building, designed by Richard Rodgers.

When I am not taxiing my children to and from football training or matches, much of my free time is spent roaming Bradenham Wood and the wider Chiltern trails, with my two Cavachons usually leading the way.

Marc Byrom

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Friends of Naphill Common

**Mowing** - As noted in a 'stop press' article last month, our rather ancient ride-on mower suffered a major failure just as the edition went to press. The shaft that holds one of the two sets of blades underneath the machine sheared, and we were unable to source a part, despite scouring the Internet. We guickly decided that the most effective replacement would be a tow behind flail mower - such machines have their own engine turning numerous vertical blades, that can be adjusted for height. This solution would be an improvement (the uneven ground on parts of the Common is not well suited to machines intended for use on a flat lawn, and the blades of the old mower would sometimes hit foreign objects, such as stumps, contributing to its eventual failure), while salvaging much of the money we have spent over the years on our existing mower, which will become a mini-tractor with no blades.

Flail mowers, even the smallest models which are all we need, cost over £2,000. This expense would have severely depleted our financial reserves. We also need to plan for the eventual replacement of our existing ride-on mower itself, replacement parts are no longer available for this very old machine, so we would ideally like to raise around £7,000. Our editor swiftly set up a JustGiving web page, and in only a month we've raised over £600 through contributions from our wonderful community. In addition, five members of FoNC acted

as marshals on the recent "Bradenham Blast" fun run, raising £250; our "car boot sale" at Napfest raised £120; and we've received several direct donations, including a very generous amount from Sir Edward Dashwood who owns most of the Common.

In total, these gifts have provided well over half the cost of the flail mower, so we can now afford to purchase it without denuding our reserves; and a shiny new model is on its way as I write, soon to be in action once more on the area between Downley Road and Chapel Lane. We are continuing to pursue additional funding, from local councils and other charitable sources, and would welcome direct donations to:

Friends of Naphill Common Account no: 40231064

Sort code: 23-05-80



### Forthcoming Events - IMPORTANT CHANGE OF DATE

Please note that our 'Minibeast Safari', led by local naturalist John Tyler, has been delayed by two weeks and will now take place on Sunday 3rd September, starting at 3pm from the Village Hall. Our annual Bat Walk is still planned for Saturday 30th September, starting at 7pm from the Village Hall.

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 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





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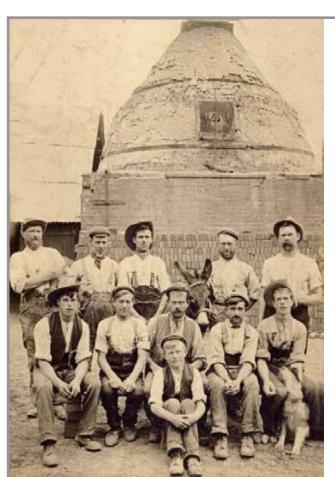


Jonathan Filder

Master Craftsman with the Guild of Photographers









Local Tales - A Village Tragedy

I will start with an apology: this is going to be about a member of my family, but I think it is a tale worth telling. My grandfather John Hussey lived with his wife and eight children in one of the cottages in Ash Place, Walter's Ash. The first employment I know he had was as a brick maker. There is some rich, red clay in the Walter's Ash region, very suited to brick making. John worked in the area opposite Ash Place with numerous other local men. They dug the clay, pugged it to make it soft and moist, then made it into bricks, one at a time, by packing it into a wooden mould. The bricks were then stacked to airdry before eventually being baked in a kiln. A skilled and fit man could make several hundred in a day. (I pugged clay for my elder brother Rodney while he set a record of over a thousand bricks in a day.)

John Hussey decided that he could make more money for his growing family by working for the Council, widening and repairing the roads. He became the foreman of a small gang of men, plus a steamroller. One day in about 1914 he had to lead the gang to a new working site in Wendover. He was walking along just in front of the huge, noisy steam roller when it caught his heels, pulled him down and killed him.

The family were devastated. My father, Herbert Charles Hussey, was the eldest child. He was 14 years old and had just left Naphill School to work as a gardener's boy at Bradenham Manor. He loved the job, not least because

of all the serving girls. Of course, he was now the family breadwinner, so he had leave his lowly job and work long hours in a furniture factory in High Wycombe – a job he did for the rest of his life.

John Hussey's body was buried in the cemetery around the Mission Hall in Naphill. Some older villagers may remember the building. It was a small chapel, originally built in 1819, of corrugated iron and painted green. Many village children, me included, went to Sunday school there. It was surrounded by numerous graves of local people. The old Mission Hall was demolished in 1968 and replaced by the present brick building.

When the new building was being erected, my father noticed that the rear wall was being built straight across his father's grave. My grandmother had said that she wanted to be buried with her Husband John, so dad persuaded the builders to put an arch in the wall to allow the grave to be re-opened when necessary. Towards the end of her long life, my grandmother said to my dad that she "did not want to go down that hole". She was eventually cremated, and John's grave was never re-opened. It has always appalled me how the new building was plonked down in a cemetery and, while the larger gravestones were moved aside, nothing was done to preserve the graves themselves.

Trevor Hussey.



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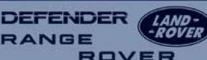
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### Peace of mind whilst you're away: Secure your home before you travel!

Everyone needs a holiday, but we want you to come home and find everything as you left it. Almost half of all burglaries happen when a home is left empty. By following the tips set out below you can help to make your home more secure while you are away. Why not tick them off before you go?

Make sure your home looks occupied. Ideally, ask a trusted neighbour or friend to look after it and to check for post and parcels on the doorstep or left protruding from the letterbox. Let them have a spare set of keys, but don't put your name or address on them.-Don't leave your curtains closed during the daytime, as this shows the house is empty.

- Use automatic timer-switches to turn your lights on at dusk.
- Cancel any regular deliveries such as newspapers and milk.
- Cut the lawn before you go and trim back any plants that burglars could hide behind.
- Uncollected mail is a sign that you're away. The Royal Mail's 'Keepsafe' service will keep your mail for up to two months while you're away.
- Avoid putting your home address on your luggage when you are travelling to your holiday destination. Put this only on the inside of your cases.

- Make sure that you have up-to-date contents and buildings insurance.
- Keep tools and ladders that can be used to break in locked away.
- If you aren't leaving your car at home, why not ask a neighbour or a friend to park their car on your drive.
- Don't publish your absence on the social media.
   Status updates, comments and photos can all give away that your home is empty.
- Is there a Neighbourhood Watch Scheme where you live? Visit www.ourwatch.org.uk and enter your postcode to check to see if there are any schemes set up in your area, or alternatively speak with us via our email address.
- -Finally, don't forget to lock all external doors and windows. If you've got a burglar alarm, make sure it is set.

And just before you set off, it's worth spending a couple minutes checking you've done all you had to do and taken everything you need with you. Don't forget your passport and tickets!

Email: office@wdnhwatch.plus.com Facebook: @wycombenhw Instagram: @wycombenhw



Another photographic year comes to an end, and another starts Wednesday September 13th at Hughenden Valley Village (large) Hall 8pm.

The new and exciting programme for the 2023/2024 season is being arranged as you read this. To see everything that is happening at Wycombe Photographic Society please visit our website at: -

www.wycombephotographicsociety.org.uk



Peter Davís Membership Secretary Wycombe Photographic Society

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### **Naphill Brownies**

And so we reach the end of another year at Brownies. Recent weeks have seen us learning to make and light fires and then sizzling our sausages on them. We also made s'mores – toasted marshmallows squished between 2 chocolate digestives – so yummy, you always want s'more.

An evening of 'Bubbles' was enjoyed by all, as we attempted giant bubbles, bubble-painting, bubbles inside bubbles and more

We always love to join together with our brownie friends from Walters Ash brownies and our 'Sports Evening' was a prime example. The girls spent a fun evening doing wacky team races from sack races to wet sponge races. It was great to see every girl entering into the spirit of things whether winning or not, In the end, no-one could have called the results before the final scores were revealed.

We like to end our Summer term with a sociable walk out in our beautiful Buckinghamshire countryside. We enjoyed a gentle stroll down to Hughenden Church, spotting flora and fauna along the way. As we sat on the grass enjoying an early-evening snack and drink, we were able to present a fine selection of badges earned by the girls this term.

After the term ends we are looking forward to a Brownie Day at Princes Risborough Guide Centre. We had originally planned to sleepover, but circumstances have prevented this this year. Maybe next year.. Nonetheless, we have a FULL day planned from 9am – 9pm. We

have a 'Beach' theme with a lovely seahorse badge. We will be doing seaside crafts, beach games, a trip to the swimming pool and, of course, a campfire.

I know it seems a long way off, but if you are having a summer clearout, don't forget to save your second hand treasures for our Brownie Jumble Sale. The next sale will be on Saturday 7th October 2023. Doors open 1:30pm. See you there!



If you know a girl aged 7-10 years old who would like to get involved in Brownies, you can either register interest via the Girlguiding website (girlguiding.org.uk), or email me directly.



Brown Owl Ruth Daly ruth.daly3@btinternet.com 1st Naphill Brownies Thursdays 5:45-7pm

### **Shear Madness**

#### Happy Summer!

That's it, the kids have finished for another school year. I say this every year but it makes me feel old. All my new babies are starting reception and year one, my older ones are starting new schools, and going into year seven and many of the school leavers are off to university.

Oh, moving on can be so stressful for the parents and children especially when the "moving on" involves living away from home and fending for themselves for the first time. This can be a "hurdle" for everybody involved but "stress not", you will all hopefully settle in and ENJOY the new challenges.

Children/young people, please don't forget to be kind, encourage the slightly awkward kids to join in, they

often make the best friends and if anyone is being horrible just walk away and leave them to it, remember you don't need their drama and GOOD LUCK you will all be fine.

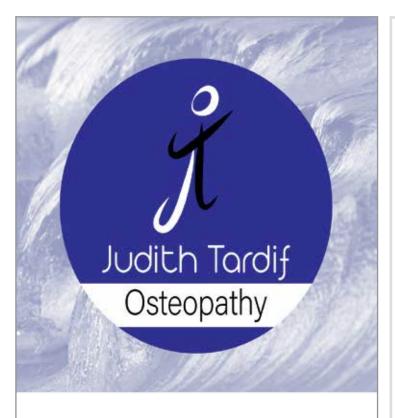
Once the school holidays are over, it is my cue to run away on holiday, so please book your back to school haircuts early as I can only fit so many appointments into a day. I'm back to work Tuesday 18th September and then I'm pretty much here until Christmas.

Have a very happy and safe summer.

Love as always

Mandy x





Clinic: 2 Oakeshott Avenue Naphill, High Wycombe HP14 4QL Bucks

Appointments: 07796343789





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Growing Your Own - Weeding Matters

From early May to mid-June we had a very hot period without rain. That resulted in very parched soil, weeds growing like mad, and many plants and bushes killed off by the harsh conditions. I even lost a mature espalier apricot tree, although I will leave it alone in case it grows again next year. My two peach trees survived, but we shall have no fruit this year. I don't know whether we shall have a repeat of such conditions this summer, but here are my priorities for Global Warming Survival in the garden.

FIRSTLY, remove all weeds. They compete for water, so simply must go into the compost heap where their nutrients can be re-cycled. Weeds can be removed with a hoe, but I prefer to use my spade, moving it shallowly under the top half-inch of soil, then banging off the soil around the roots of the weeds against the spade before placing the weeds in a bucket. Then a hoeing to remove tiny weeds and leaving a fine tilth of soil.

SECONDLY, mulch the soil with whatever you have. The loose soil mentioned previously will be a fine mulch, but if you have last-year's compost or farmyard manure that would do splendidly. One can buy bark chippings which could do very well between flowers and bushes. They will take a few years to rot down, giving their nutrients to the soil, and lessen evaporation of moisture from the soil. Depending on your situation with flowers, bushes and the vegetable patch, in

extremis you could cover the soil with black plastic or landscape material. Both will lessen evaporation of moisture from the soil but the landscape material would also let any rain through. THIRDLY, deal with the dreaded enemy – cracks in the soil, which is a clay loam here in Naphill and Walter's Ash. Cracks can easily be up to an inch wide and very deep. They are a real horror since they allow precious moisture from deep down in the soil to evaporate, and the soil in your garden will then resemble rock, hardly the best growing medium. What to do? With the hoe, create a fine tilth of soil and fill in the cracks as soon as you see them.

Of course, now that I have said all that, we could have a prolonged period of heavy rain in August and September and the above advice will be for a future year!

The increase in the price of food in the shops reached a 45-year high in March of 19.2 percent. Although annual inflation in food prices has come down since then, we are in a difficult position since about half our food is imported. For UK food manufacturers their input prices rose by nearly 30 percent in March compared with a year earlier and the cost of imported food rose by over 40 percent. What can we do? Grow Your Own!

Happy gardening!

Míke Mason



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



The 1st of July was the start of a new Rotary Year. Last year, amongst others, our main focus was the youth, the elderly of Princes Risborough (PR) and surrounding areas, and support to Ukraine. During the past 8 years we have donated over £240,000 to a range of projects, in the past 12 months we have donated over £33,000. Amongst other young recipients were the PR Youth Club, now also hosting Ukrainian youngsters, Bucks Young Carers sailing away-days, a number of local schools which entered 1300 children in our Art Competition (12 schools signed up for it), a Monks Risborough School play-area project, the Longwick School library, a Lane End Parish playground, Bledlow Ridge School and support to years 10 and 11 Interact Clubs at PR School and the RGS. We provided the town's "seniors" with a Christmas Lunch and a Coronation Lunch, and we made donations to the Princes Centre and supported the Bourne End Care Centre. We have continued to support the Lacey Green/Loosley Row Ukraine2Chilterns Charity, which is supporting over 200 Ukrainian guests, and we have been involved with a number of their social events and helped finding work and accommodation for them. We have also donated to a Rotary International fund providing equipment for mobile emergency operating theatres in Ukraine. The Club is now examining where our help will be needed in the next 12 months.

In addition to all this work we are a fun, friendly Club of men and women, the concept of Rotary being friendship and companionship. If you would like to be part of it and help us contribute locally and internationally, and might be thinking about joining, visit our website about coming to one of our meetings to see if it might interest you. Additionally, if you know of local causes that would benefit from our support, or you would like to donate to our Charity Account, please use the contact details below.

We would love to hear from you.

You can contact us at: rcpr.org.uk or call David White on 07787 750889 or email: <a href="mailto:david@dhwhite.plus.com">david@dhwhite.plus.com</a>

### A Letter From David Carroll, Our Local Buckinghamshire Councillor



**Dear Residents** 

My main priority over many years as a Buckinghamshire Councillor for our community, has been protecting our area against inappropriate development, particularly in the Green belt and within our area of outstanding natural beauty.

With this as a major priority, I called in to the planning committee, an application officers wanted to approve at 280 Main Road, Walters Ash which was totally out of keeping within the proposed area.

At the recent planning meeting we convinced the committee members to refuse the application for various reasons. A big thank you to the many residents, the Parish Council, the Naphill and Walter's Residents' Association and all of who voiced their objections and all of those who attended the planning meeting to support us.

The Bucks Council have appointed new contractors for highways so hopefully the backlog of works will be completed, its been a very frustrating time for our community.

Can I please ask residents to report any the issues regarding highway or paths council Fix My Street website, on so that the it is then noted and highlighted for future reference.

Regards Davíd



David.Carroll@buckinghamshire.gov.uk.

www.buckinghamshire.gov.uk



https://fixmystreet.buckinghamshire.gov.uk



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12pm - 11pm

Sunday:

12pm - 10:30pm

(Bank Holiday Mondays)

12pm - 8pm

(Bank Holiday Mondays)

12pm - 4pm

12pm - 4pm

Tuesday - Saturday

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

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

The Wheel, Main Road, Naphill, Buckinghamshire, HP14 4QA

Email: info@thewheelnaphill.com

Tel: 01494 562 210

#### The Wheel News

How on earth is it August already? This year seems to flown past when we're having so much fun! Talking of the flying it has been spectacular to see all the planes going over Naphill and Walters Ash. Some of the photos and videos have been great. We are so lucky to live in this area.

Due to circumstances, we have had to cancel the live music event on the 19th August. However, we will be looking at doing another event soon to keep you all entertained. Please keep an eye on our Facebook page for upcoming events.

With the summer in full swing, and some extremely hot days, our garden is a great place to be. If the weather is very hot we may need to make the decision to temporarily stop the Sunday Roasts but don't worry, the full menu will still be on. If you are specifically wanting a roast it would be advisable to call and check.

The next main exciting event, which we personally can't wait for, is the Rugby World Cup 2023, which starts on the 8th September. The first game is hosts France v New Zealand. We will be showing all the games this year as KO'S are at sensible times! Tables will be first come first served, but don't panic, we have multiple screens! We will also be running a sweepstake during the tournament. Here's to watching some great rugby.

We'd like to welcome Chloe Smyth and Ben Huddleston who have joined The Wheel family. And we wish all those receiving their GCSE and A-level results the best of luck, and we'll be here ready to celebrate with you and your family before you are packed off to university!

Thank you again for your continued support and we look forward to seeing you soon.

Claire, Mark and Team Wheel.



### Gordon the Bird Man

One of the aspects of environmental change that has increasingly come to light in recent years is that of insect and invertebrate decline. A recent study has estimated that the biomass of flying insects has declined by up to 75% in the last 30 years. I can identify with this figure from my own experiences, first as a young boy on field trips with my father in Devon in the late forties. Then in the fifties to the mid sixties in and around Iver. Even when my late wife and I moved here in the mid nineties one could not work at the bottom of the garden near the woods for fear of being bitten to death by various insects. Now I could garden all night and not get a nibble.

Many species, once familiar and seen or heard on most field trips, Garden Tiger Moth, Six Spot Burnet, Common Blue, Wall Brown, Nightingale, Turtle Dove and Tree Sparrow are no longer seen in large areas of the country. Given that many birds are insectivorous, we would expect any larges scale decline in insect or invertebrate populations to have significant implications for birds, as well as being an important conservation issue in it's own right.

There are four groups of invertebrates whose changes in abundance could have implications on the birds that feed on them. The first are soil invertebrates including earthworms and leather jackets which are important to a wide range of bird

species such as waders and members of the thrush family. Populations of Song Thrushes are known to be affected by the lack of earthworms due to drier soils, either due to hotter summers or drainage reducing the availability of earthworms and impacting Song Thrush post fledging survival.

Second are the invertebrates found in trees such as caterpillars. These are particularly important in the diet of many woodland birds many of which have already been in long term decline. There has been particular interest in the extent to which climatic change can disrupt the timing of caterpillar availability in relation to bird breeding.

Thirdly, flying insects are important for a wide range of species, Swallows, Swifts, House Martins, flycatchers and bats, all of which are in decline. Is this due to a lack of aerial insect populations? In the UK a long term survey is being undertaken by the Rothamstead Insect Institute.

The last group important for birds are the aquatic insects, most of which have flying adult stages. Changes in water quality and temperature are known to have an impact on the abundance and variety of aquatic insects and therefore affecting the bird populations which feed on them.

Gordon



















### School Govenors' Report Naphill & Walter's Ash School Ofsted Inspection 2023 'Pupils are safe and well cared for in this inclusive school'

For many of us on the Naphill & Walters Ash School Board of Governors, our tenure has been dominated with the warning 'Ofsted is coming!'. We have had the opportunity to witness and assist in the preparations; gaining first-hand knowledge of the hard work, stress and personal sacrifice an impending (and long overdue) Ofsted inspection causes. We heard tales of teachers not wanting to commit to family events, jumping at the phone ringing in the morning and feeling the ever-present Ofsted cloud looming over them.

Then one morning the phone rang...Ofsted really was coming!

Parents sang the praises of our school in parent surveys and on the playground. Their support, sometimes in the form of boxes of chocolates left in Reception, was boundless.

Teaching staff were thrown into subject deep dives, interviews and observed lessons but still managed to keep their calm so the children saw no difference in their school day.

The inspectors themselves checked in with school leaders, often asking after their welfare. The Governors (even we weren't immune from an Ofsted cross examination) found them fair and helpful, always looking for the best in our school.

Finally, the children were honest, friendly and polite - they demonstrated our school 5Rs (Responsible, Resourceful, Reflective, Resilient and Reasoning) at every turn and their personalities shone like the stars they are.

We are delighted to share with you our overall effectiveness rating of 'Good'; with 'Outstanding' in 2 areas - Behaviour & Attitudes and Personal Development.

We would like to take this opportunity to thank the head, school staff, pupils, parents and wider community for their hard work and support and celebrate such a wonderful result.

> Paul Ríglar Chair

Naphill & Walters Ash Governing Board



Naphill & Walters Ash School Class of 2023 Leavers Celebrations

Our grateful thanks to sponsors, helpers & parents



We couldn't let this year's party pass without a special thank you to all the local businesses, many who have supported and donated year on year and without whom the party could not have gone ahead. Their donations helped to make the ticket prices more affordable for parents.

We all know how tough current times are on small businesses and we have been overwhelmed with their generosity. So a huge thank you to:

Dandara, for providing the DJ and Photo Booth

Bon Ami, for their cash donation towards decorations

**Country Supplies**, for their cash donation towards sweet treats

**RAF HIVE,** for providing every child with a keepsake wristband

Amazon Fresh, for goodie bags, teas and coffees

Co-Op, for all the food and drinks

**A Banana Moon**, for the handmade bath bombs for every child

**Hunter Homes**, for the lip balms and beach balls for every child

Tempting Treats, for the sweet cones

The party relies on parents purchasing a ticket. We thank all the parents for involved for their ongoing support.

Finally thanks to the organising committee who are hosting the party at Wycombe Lido! They worked so hard to organise the fund raising, promotions, safeguarding, risk assessments and all and everything in between. so special thanks to, Jemma, Sarah, Gordana, Nic, Lucy & Anya

We are all wishing the Year 6 Leavers across the villages a wonderful onward journey to secondary school and beyond.





















Goodbye from the Yr.6 Leavers!

The last 2 months for Year 6 have been very busy practising for our Year 6 leavers production "What's the crime, Mr Wolf?" We performed the dress rehearsal to the whole school on the 10th July. On the 11th and 12th July, we performed to all of our parents. We did very well and even received a standing ovation!

The costumes, face paint, props and backdrop all looked amazing. Everyone enjoyed it and delivered their lines loudly and clearly. It was fabulous.

That all this year from the current Year 6 media team. Goodbye!

Editor: Thank you for all your lovely articles! We wish you well, lots more laughs, happiness and success as you take your next big step along the road of life!

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### Naphill Neighbours

On July 10th we welcomed a return visit from Tony Eaton, a local historian. He had titled his talk "Windsor and the Nazis – Dupe or Traitor" which no doubt raised many queries regarding the part the Duke and Duchess of Windsor played in the history of our country in this century. A quote from the Duke, a member of the Saxe-Coburg family "every drop of blood in my body is German" set the tone of the talk, and created the appropriate atmosphere.

The names and actions of many British politicians, such as Mosley and Baldwin, substantiated the Duke's connections with Hitler and his Nazis. No wonder that not a single member of the royal family attended his wedding!

Tony's lecture was received with the usual "Naphill appreciation" and I commend his research and expertise in providing us with much to ponder on. If the Duke had not abdicated where would we be now?

Christine Heffer





### Be a part of a growing community

Our team of volunteers have had another busy year so far. Whilst things slow down a little over the next couple of months it is fair to say that the team have plans in place for the rest of the year. For Naphill/Walter's Ash those plans include the Pub Lunches at the Black Lion on the third Wednesday of each month and the monthly Social Afternoons hosted by the Bon Ami café on the fourth Monday of each month (but not August as it falls on a Bank Holiday!) Starting at 2.00pm the Social Afternoons provide a great opportunity to meet up with friends and make new ones whilst supporting the café which was set up to help address social isolation. You are assured a warm welcome at both the pub and café.

Please be aware that you need to pre-book your seat for the Pub Lunches and can simply turn up at the café where there is a range of popular board games including Bendominoes, Tri-ominoes, Scrabble and Rummicub. Or just pop in for a chat!

We wish you a great summer – regardless of what the weather might have in store for us. Don't forget you can sign up for our weekly e-newsletter filled with useful tips and ideas across a wide range of interesting topics. Simply send an email to the Editor via hughendensa@gmail.com with 'newsletter' in the subject line.

Finally, we would like to thank the NAWA Gazette for supporting the Association in this newsletter and its Facebook Page.

Contact Susan Bickerstaffe, Ward Leader to book your lunch and to find out more about the Social Afternoons. Email: smbickerstaffe54@gmail.com or call 01494 565161.





### The HSA pub lunch is here!



Hughenden Street Association in partnership with the Black Lion public house, invite you to our monthly Pub Lunch

Enjoy a lovely 2-course lunch for only £10 in the reserved restaurant at the Black Lion, Woodlands Drive, Naphill.

12.30pm every THIRD Wednesday of the month

Places must be pre-booked Contact Susan Bickerstaffe to reserve: Email: smbickerstaffe54@gmail.com or call 01494 565161.

Hilda Stearn

Communications Coordinator Hughenden Street Association 07808 229476 hughendensa@gmail.com



As Jon Stone said, "The painting of Hemingway in his Hurricane is there to depict everything and everybody that represented the Battle of Britain and those who put aircraft in the air."

It was certainly a proud day for RAF High Wycombe as AOC 1Gp AVM Mark Flewin accepted a painting of a Hurricane piloted by the last surviving pilot of the Battle of Britain, Gp Capt John Allman 'Paddy' Hemingway DFC.

Originally planned to celebrate the 80th anniversary of the Battle of Britain, former RAF Corporal, Carl Lamb commissioned artist Michael Rondot to do the painting. In the past he has commissioned five paintings which all have a common affiliation with the RAF and have been used for other military events. "It's all about safeguarding and promoting our heritage," commented Carl.

In May 2020 Terry Clark, the penultimate surviving airman from 1940 battle passed away, leaving Gp Capt Hemingway as the last known survivor; "Having been fortunate enough to meet Brian Hemingway (Paddy's son) and ultimately Paddy himself it seemed appropriate that Paddy's Hurricane should take the central role in the painting itself with the intention it represented everyone who served in the RAF at the time," said Carl.

Currently in a nursing home in south Dublin and celebrating his 104th birthday on 17 July, Gp Capt Hemingway is still "very compos mentis" according to his son, Brian, who travels to Dublin once a month to visit. Joining the RAF in March 1938, he fought in France prior to the Battle of Britain in 1940. He was with 85 Squadron and crash landed for the first time in May 1940, was shot down on 18 August at Pitsea Marshes, Essex, and again some eight days later on 26 August. His prized logbook, now kept by his son is a fascinating and enthralling piece of history that details Paddy's many epic adventures and sorties. Paddy later

joined 43 Squadron's B Flight at Ravenna in Northern Italy in 1945 flying spitfires. It was at Copparo in April of that year that he was shot down for a fourth time.

Later service saw the courageous Gp Capt take up posts in the Middle East, the Air Ministry in London and a spell as Station Commander at RAF Leconfield, East Yorkshire in 1966. He retired from the RAF in 1969. The Gp Capt summed up his war service with, "I was lucky to survive the war, and good health has kept me going. However, if being the last draws attention, in a good way, to the Battle of Britain pilots and the rest of the RAF at that time, I am happy about that."

Paddy's Hurricane P3966 that crashed at Pitsea Marshes is currently being restored by Cambridge Restoration, who were able to utilise many parts that were dug up including one of the machine guns which was still functional as well as the all-important identity plate.

The signed print will take pride of place outside the AOC 1 Gp's office at RAF High Wycombe. Another one is set to be auctioned to raise funds for another military flying project. Also in attendance was Flt Lt Colin Bell, a 102-year-old ex-Mosquito pilot who regaled an invited audience with his wartime stories and who commented; "I always feel that I'm a member of the Royal Air Force family and it was a particular pleasure to be welcomed on arrival by AVM Mark Flewin and his fellow officers."

No 1 Gp Command Warrant Officer, Master Aircrew Jon Stone who organised the event said, "Gp Capt Hemingway is the last living link between the Battle of Britain and its affiliation with 1 Gp. It is that affiliation between the past and the present particularly as we move forward with 5th Gen fighters, F35s, Typhoons that is particularly poignant.

Laurence Parker, MCO.



### Classics on the Crick 2023

### Over £16,000 raised for The Thames Valley Ambulance

Since the show in June, we have been busy collecting money from our trade concessions and paying the inevitable bills.

Now that process has finished, we are delighted to announce that this year's show has raised a total of £16,246. The hot weather meant that visitor numbers were slightly down, so we did not make quite as much last year, but still a great result. A big thanks go to all our traders at the show, who once again made a significant contribution to the total.

As usual all profits go straight to the Thames Valley Air Ambulance.

On Thursday 20th of July, we had an official cheque handover at the Crick. We were joined by Ruth Deakin, Head of Community & Events at TVAA.

As you can see, we were joined by many of the hard-working volunteers who are an essential part of making Classics on the Crick successful. Afterwards everybody enjoyed a drink and some food at the Wheel.

Classics on the Crick started in 2014. Due to the pandemic, we missed one year, however over 9 events we have now raised a total of £93,568 for our Air Ambulance.

So next year will be our 10th event, and naturally we are hoping that we can then take our lifetime total comfortably over £100,000.

The provisional date for the 2024 show is Sunday 9th of June, so put the date in your diary now!

The Classics on the Crick Team

Email – classicsonthecrick@gmail.com

Web – www.classicsonthecrick.co.uk







### From the Vicarage

Have you ever thought how wonderous it is, that thanks to modern technology, it is now possible to keep in close contact with our friends and family across the globe in an instant?

Before the common use of the telephone, contact with others who were far from home, especially those overseas, would take days, weeks, or even months.

Today, thanks to email, Skype, WhatsApp, Facetime and countless other applications, we can have immediately face to face contact with someone across the globe.

During my two weeks in India, I was able to speak face-to-face with my wife Rachel every day, thanks to WhatsApp, and an Indian sim card, bought for me by my Indian hosts. I took my phone outside during a torrential rainstorm (it was the end of the monsoon season) to show my extreme-weather loving other half, and we laughed at jumped together at the thunder and lightning. It was as if she was there with me. On a more serious note, I was speaking to Rachel on 8th September, when the tragic news of her majesty Queen Elizabeth II's passing was announced. We were able to share that defining moment together in real time, despite being separated by 5,000 miles.

I have great admiration for those who have responded to the call of God, to serve overseas as missionaries. During my seven years at Hughenden, we have supported, amongst others a family in Brazil as well as Kevin & Jen Cable, in Jaffa, Israel. To hear news of the worldwide church first hand is wonderful, and I often find it deeply challenging and humbling, when I hear of the trials faced by my brothers and sisters in Christ, serving God bravely, steadfast in their determination to their call and encouraged by partnerships and support that they receive from others.

I am sure that many of you reading these words, support good causes home and overseas. I am so pleased that our church is committed to raising the profile of home and overseas mission, local charitable causes and other projects which warrant our support.

The Apostle Paul planted at least 14 new churches across Asia Minor, Greece, Macedonia, Judea and Syria, and he was always eager to hear the latest news from the congregations which he planted, and over which he exercised an episcopal oversight. That was only possible by word of mouth, or letter. We have some of that correspondence in the canon of holy

scripture, which gives us a wonderful insight into life in the first century AD. But imagine how much more effective Paul might have been if his sermons had been regularly transmitted across the airwaves throughout the known world?

Modern technology is evolving at an alarming rate. The emergence of artificial intelligence is causing concern amongst some industries, and I think that is justified. So often, so called technological improvements rush ahead, without us stopping for a moment and asking the right ethical questions. We seem to be playing catch up all too often.

Advances in technology come with a great responsibility. My hope and prayer is that we never sacrifice our consciences in the name of human advancement.

Rev Keith Johnson

#### An Invitation to

### THE HUGHENDEN CHURCH ALPHA COURSE

Venue: Hughenden Church House. Hughenden. HP14 4LA

### Wednesday evenings from 20th September 7.00 pm till 9.30 pm Everyone is welcome

Do you question if God exists? Or if you think he may do but have so many questions that you would like to ask? Then this is the course for you. It is your personal invitation. Each session begins with a dinner where people chat and get to know each other. There is no charge either for the course or for the meal. There is no issue if you challenge others views or have lots of questions. You may feel that Christianity is pretty outdated or even boring or alternatively just something you have never had time to really think about. This should enable you to increase your knowledge and even decide if there is anything in Christianity for you. If it's not for you then then we will fully understand.

One of the classic questions people often ask themselves is "Is there more to life than this?"

And the presenters specifically try help you to answer this question

The course is based round a short film session each evening followed by group discussions that can be lively, thoughtful, questioning or even sometimes emotional. The group helps each other and incredible friendships often result. Over the years we have had people from 16

to 90 come along and it has usually proved relevant and interesting to them all.

Globally over 30 Million people have attended the programme and the results have been outstanding in answering many questions they have and in making amazing friends who have also had similar questions about Christianity.

More information is on line at: www.alpha.org

For any specific queries or to book a place please call or text Frank on 07850 150462 or email him at office@ hughendenparishchurch.org.uk

Alternatively, please speak with Keith the Vicar or Helen the Associate Priest at Hughenden Church. Please do it now. It may be the best thing you ever do.

### **Church News**

July has been a particularly busy month!

July 4th saw the Mothers' Union annual (much-loved) ploughman's lunch – see below for report.

On 9th July we welcomed Rowena Worthington to the two main services to talk about her work. Rowena is Church Relationships Manager of Embrace the Middle East, an Amersham based charity which works with partners all over the Middle East to transform lives and restore dignity to marginalised communities. Their focus includes dealing with the need for homes, refuge, health care, education and justice.

The charity has a long history, originally being called the Turkish Mission Aid in 1854, then the Biblelands Mission Aid Society and changing to its current name to reflect its work in 2012. It now has partners In Syria (where it is much involved with the aftermath of the recent earthquake) Palestine/Israel, Lebanon, Egypt and Iraq.

Thursday 13th July saw the last of the Tiny Tots (Toddler Group) service of the year: and the 19th the last 'ordinary' meeting. Four of our long-standing members are leaving to start 'big school': we will miss them terribly. They were each presented with a book, after helping lead the service. (Blowing out candles, loading and unloading the animals from Noah's Ark, doing actions for the songs, as well as making wonderful doves and rainbows in the craft session.) Happily we have a large 'batch' of new members (new in every sense), whom we will watch as they grow and develop.

The parish BBQ also will take place in July, but after the copy date for this magazine: I am hoping that when I say that it was a glorious sunny day, with many tempted to take a dip in the pool after partaking of the sumptuous lunch, that I am speaking the truth!



Looking forward, the Church will be holding a Flower Festival over the August bank holiday (26, 27 and 28 August) with the theme 'A Favourite Hymn'. Contributors are invited to interpret their favourite hymn using flowers and other materials.

As with the highly successful and popular post-lockdown flower festival, refreshments will be served in Church House and the Mothers' Union Garden. Please contact Sylvia Clark (tel: 07570 876530; email: sylviaclark919@ btinternet.com) if you wish to enter the festival with an arrangement of your own. All are welcome to enjoy the flowers and refreshments.

Jane Tyrer

### Mothers' Union News

Our ploughman's lunch this year was held on July 4th amidst a very variable weather pattern. With the aid of a marquee, a gazebo and the interior of Church House, we were able to enjoy this annual event in the dry. A record number of people came from all over the area and many different organisations both within the church and elsewhere. It was a lovely opportunity to meet with both old and new friends in a relaxed and caring environment.

Thanks are due to everyone who contributed both with their time and not the least with a large selection of delicious cakes.

The proceeds will be distributed among the diocesan charities including Afia. This charity organises outings and holidays for disadvantaged children in the Oxford diocese.

Ann Gee



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Now, you may not want to use all areas of my expertise and you don't have to because I offer separate and combined options to support you to achieve sustainable change.

If you're curious about any of the above then take a look at my website: www.loveforlifecoaching.co.uk or contact me at clare@loveforlifecoaching.co.uk





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### Black lion

Calling all fun loving festival goers... Join us on the August Bank Holiday weekend for our Big Lion Weekender, your Summer's MANE event (do you see what we did there!).

We have got an absolutely jam-packed weekend full of fun for all the family. Our full 'Festival Line Up' is available on our Facebook and website so head there for more information but in a nutshell, here's what is coming up on the 25th – 28th August.

#### All Weekend

Become a Craft Ale and Gin connoisseur with a selection of local and national drinks, tasting notes and food parings!

Let the young ones (and the grown up ones on Friday Night!) bounce away to their hearts content. We'll have a bouncy castle to help blow off some steam all weekend!

Our selection of garden games including Connect 4, Giant Jenga, Football and many more will be available all weekend for all to enjoy!

#### Friday 25th

Join us on Friday night from 7pm for our Tex-Mex Fiesta! We've got an Adults 'disco bouncy castle', live music, themed menus and the piece de la resistance... a grown up's Pinata full of Mini Shot bottles, what more could you possibly want?

### Saturday 26th

We've got a line up of some really great activities including a Coconut shy, Beat the Bartender football competition, guess the sweets in the jar, face painting and many more! With live music running throughout the day, we know where we'd like to spend our sunny Saturday afternoon!

#### Sunday 27th

Running with our festival theme, Sunday is all about the Music! With live music to accompany our Cocktail Masterclass followed by 'Festival Music Bingo' - if you haven't done this before, now's the time! It's such good fun and you can join in with even the most basic of music knowledge! Then we will be carrying on the sing-a-long with Karaoke which you will not be able to resist after getting into the grove with the music bingo!

#### Monday 28th

The coals will be lit and the BBQ ready for a 12pm start! With a bouncy castle all day and garden games, the little ones will be entertained whilst you relax from your action packed weekend with us!

We look forward to seeing you on the Bank Holiday weekend, if not before!

Tanya, Jon and the Crew



Nikki Annable Dip FH MCFHP MSC

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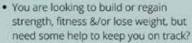


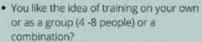
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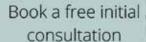






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- 2. Balance on each leg (one at a time) for at least 30 seconds?
- 3. Pick something up from the floor without pain and discomfort in your lower back or elsewhere?

If you have answered "no" to any of the above questions, and you do not have a specific injury or condition that is causing this, you would benefit from some targeted strength and resistance training, to help you to enjoy daily life and be pain free. Training of this type can be incorporated into your day, by practising a few key movements

regularly using the correct technique, and doesn't require lots of expensive kit. If you would like help in making improvements in any of the areas above, then please do get in touch and I can help.

It's never too late to start...and in case you were wondering, 15 years ago I answered "no" to the first 2 questions above and building my strength and fitness in the time since, has changed my life for the better.



Hílary Camomile PT 07909 833566

Personal Trainer and Nutrition adviser https://linktr.ee/camomilept



Wow, what a sell out!

Valley Players played "The Three Musketeers" to two sell out audiences on the 8th and 9th July!

The weather was kind for both picnic and play except for the last scene on the Saturday when we got a light shower. Anoraks were put on and umbrellas were raised. The cast got faster and faster trying to finish and when we got there - the rain stopped and the sun shone again. After all this is England.

The audience loved it and we loved doing the show as acting in the open air is a whole different experience with

different challenges. After all, that's how Shakespeare produced his plays in the Globe Theatre.

Now we take a break and start our rehearsals for "Robin Hood" in September.

Keep supporting live theatre - if you can catch the 50th anniversary production of the "Rocky Horror Picture Show" please do so. It's not to everyone's taste but it has stood the test of time and is good entertainment! Have a good Summer!

Andrew Pitman - Chairman, Valley Players



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#### Naphill Tennis Club

As I put pen to paper – or rather finger to keyboard – one eye is on the TV as Wimbledon is in full swing. Will Djokovich make it to yet another final or will one of the up-and-coming new hard-hitting younger players succeed him as Wimbledon Champion? You will already know the answer by the time you read this and the 2023 Championships will almost be a distant memory.

On 2nd July, we had our own mini championships with the 'Family Cup Competition' – a parent/grandparent playing with a child under 16. Much fun was had by all with Hot Dogs, drinks and prizes to round off the afternoon.

Our Monday evening coaching session for adult beginners/improvers has been a great success and has now progressed to coaching tips for doubles-play. Everyone seems to thoroughly enjoy the sessions and numbers have grown.

#### **Children's Summer Camps**



These will take place on:

29th, 30th and 31st August as follows:

12.30 – 2 pm under 9 years 2 – 4 pm over 10 years



For details of cost and to book your child's place, please contact our Head Coach, Mel:

07949 128195 or melebbles@hotmail.com.

As usual, further information on Naphill Tennis Club is available via our website: <a href="https://www.clubspark.lta.org.uk/NaphillLTC">www.clubspark.lta.org.uk/NaphillLTC</a> or find us on Facebook: <a href="https://www.clubspark.lta.org">Naphill Tennis</a> Club.

Jenny Tench

#### Family Cup Competition 2023







**New Members ALWAYS Welcome!** 

www.clubspark.lta.org.uk/NaphillLTC or find us on Facebook: Naphill Tennis Club.



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#### Announcement of Winners" NaWA in Bloom"

Firstly, thank you to all the residents who entered our first ever" NaWRA in Bloom" competition and allowed their gardens and containers to be judged. It is not easy to get a container or a garden looking it's best for a particular time, given the vagaries of the British weather, so I would like to commend their efforts. Those judging had a difficult job but, in a competition, there has to be a winner.

#### Front garden:

First place: 272 Main Road

**Second:** Moseley Cottage Stocking Lane

**Third:** 15 Battingswood Gardens

Container:

First place: Burnhams Hunts Hill Lane

The winning garden and container will receive a cup and a garden voucher sponsored by Wye Estate Agents. The runners up also received garden vouchers. We will shortly be arranging a presentation, with photos to follow. In the meantime, a map where you can view all the gardens and containers entered, together with photos is on our website. Please take the time to view these gardens on your walks. You may feel like entering next year if we are able to run the competition again, or it might just inspire you on how to make more creative use of a space in your front garden.

We would love to hear your feedback, email <a href="mailto:hello@nawara.">hello@nawara.</a>
co.uk.

Annual NAWARA Quiz 13th October 2023 - Due to the publication dates of the Gazette this is probably the last opportunity to advertise our popular quiz night with Quiz Master Peter Oxbrow. We will put reminders on facebook and details on our website but to avoid disappointment put the 13th October in your diary now. Please see notice for details.



## NAPHILL & WALTER'S ASH RESIDENTS' ASSOCIATION QUIZ NIGHT

Friday 13 October 2023 Naphill Village Hall

Doors open 7pm Quiz starts 7.30pm Popular local Quizmaster PETER OXBROW

Teams of up to 6

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Tickets from Susan 565161 or Gloria 563634 NAWARA email: hello@nawara.co.uk

**Next Meeting** -We all take a break in August so the date of our next meeting at Naphill Village Hall is **11th September 2023 at 7.30pm.** All residents' are welcome.

.Bartha Pítman - NAWARA Chair













View the Winning Gardens

Top Left - 272 Main Road

Bottom Left - Moseley Cottage, Stocking Lane

Top Right - 15 Battingswood Gardens

Bottom Right - Burnhams, Hunts Hill Lane



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#### Our Guests Safe - Happy to be SAFE!

Our excellent community remains very active in providing generous support and succour to the Ukrainian guests. Practical support has been given through helping stock the Clothes Barn (on the A4010 at Culverton Farm) with plenty of new season clothing; through generous donations made; from money raised at local events; through giving up time and expertise to help at our Creative Conversation Classes, supporting English acquisition and mindfulness through creating crafts.

On 1st July, Ukraine to Chilterns ran a stand at the Princes Risborough Festival. Several of our Ukrainian Guests provided delicious traditional foodstuffs and we sold Sunflowers, part of our Sunflower Mission, standing tall with Ukraine.





Ola Cross was supported by Elena, Natasha and Anna on the stall

It is hard to believe that many of our Guests have been within our community for more than a year.

One of our guests, Natasha Kuraptseva, writes:

Unfortunately, war is still going on, and both the defenders of our country and innocent, peaceful people are dying every day. 2022 was a black page in the history of the Ukrainian people and of Europe in the 21st century.

This insidious and murderous invasion has continued for over a year.

Every family that arrived in Britain had its trials. Words of fear and confusion were heard in almost every family during those first days:

Go to the corridor! - These are the first words that a young girl heard from her mother in the morning.

But they did not dare to go further, - and within a week we cried every day from fear.

Go, exchange all the hryvnias for dollars, we're going to Poland, - and we didn't go anywhere, because in the first days it was almost impossible to leave Kyiv, cars formed a continuous traffic jam.

Mommy, what's going on, what's that sound? - the son covered his ears with his palms.

Such words, we heard in those first days, heralding the start of our story of fear and suffering.

You are happy to be safe now, say the British.

Yes, how happy we are, the Ukrainians answer, swallowing tears.

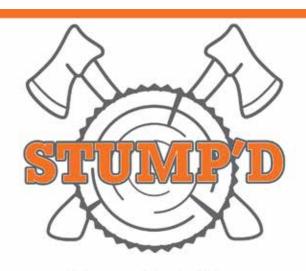
It was lucky that we reached distant Britain safe and sound, and here, thanks to the fact that there were real people everywhere lighting candles at vigils, giving us places in their homes and spaces in their hearts, we are relieved to be safe and welcomed.

When all that is happening now is finally over, many Britons and Ukrainians will certainly remain friends forever. And years later, Christmas cards or "Happy Victory Day" cards will fly from Ukraine to Britain and vice versa. Now more than ever, I want to believe in a calm and happy future.

For more information about our Charity, re-matching a local Ukrainian family and our upcoming events, please visit <a href="https://www.ukraine2chilterns.com">www.ukraine2chilterns.com</a> or contact us on info@ukraine2chilterns.com

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#### **Group News**

An ideal way of making new friends and developing old or new interests. From Naphill to The Khyber Pass. Stories of local Bayley families

In July our Local History Group heard the fascinating story of how Victor Bayley built the Khyber Pass Railway and how other Bayley's from Naphill contributed in so many ways to our village life. By the time you read this issue this Group will have visited Olney Museum (home of Amazing Grace) and enjoyed a second visit to Haddenham Museum.

Our Geology Group had a most informative visit to the Natural History Museum in Oxford and our Bird Watching Group enjoyed trips to various Nature Reserves. Our Psychology Group will have debated how they 'make decisions' as we look forward to the official start of this new Group in September. That's just a few insights into events you may have missed this summer.

Our new year starts in September and joining gives access to over 30 Groups who meet monthly plus monthly guest speakers and various other events for just  $\pm$ 32 for a full year. All our Groups have full programmes for the year ahead.

Please come and see what we do? Join in the fun. Ring: 01494 562843

Also, please visit our Public Facebook page: <a href="https://www.facebook.com/">https://www.facebook.com/</a> <a href="https://www.facebook.com/">https://www.facebook.com/</a> <a href="https://www.facebook.com/">hwdu3a2022</a> (FOR privacy, Individual Groups have their own private 'members only' pages).

Paul Gillam



Supporting Armed Forces Day



Bird Watching Group in action!





Picinic

Plum Cottage







Bon Ami - Summer News

During the school holidays we are expanding our menu to offer a children's meal deal, a balanced snack lunch to enjoy at Bon Ami or take away, good value for money with a selection of choices.

We are also pleased to announce that in September, due to popular request, we are going to trial opening on Sunday mornings during the football season, offering a takeaway menu. We will post more nearer the time on Facebook and Instagram and will, of course, have details advertised in Bon Ami.

In the meantime we hope you are all enjoying your summer. Please remember we are closed for the August Bank Holiday, Monday 28th. Otherwise, our opening hours are as follows:

Monday - Friday 10am to 4pm Saturday 10am to 4pm

Best wishes

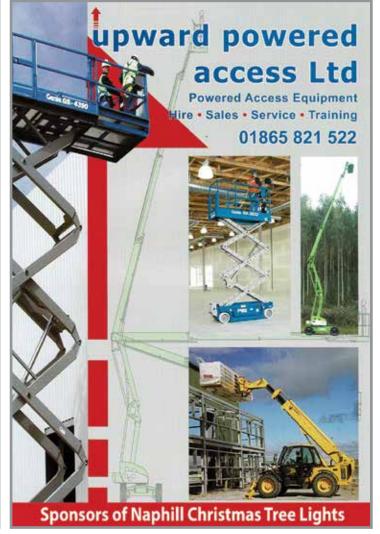
Ruth and Dorothy, Martina and Alison, our weekday ladies Ciara and Evie, our Saturday girls.







Main Rd., Walter's Ash, HP14 4UY











#### Treating our Dogs to Treats

I'm as guilty as the next person when it comes to giving my dog treats, but as we celebrated Ruby's 15th birthday last month, I'm fairly confident that we've made good choices over the years that have contributed to her living a healthy and happy life and long may that continue!

However, I was shocked to discover the amount of calories that were in daily dental chew sticks, for example, which made me look into dog treats in general, seeking healthy alternatives, so that I could continue to treat my dog and not jeopardise her health.

In addition to dog treats, which can be controlled by checking the ingredients and not just the calorie content on the packets, human food can play a huge role in causing weight gain and medical conditions in our pooches. But there are many other ways to treat your dog, other than with food treats – spending time grooming them, playing with their favourite toy, or to benefit you both, going out for a walk. All of these last longer than a quick food treat, with no negative consequences.

You can also swap some of the usual dog treats for healthier options, here are a few suggestions:

- Dental sticks Frozen carrots/vegetables
- Rawhide chews frozen kongs, can be stuffed with a variety of dog friendly ingredients, such as yoghurt & fruit, peanut butter (ensure it is xylitol free), cooked chicken, fish & rice
- Home made treats there are hundreds of recipes online and you're sure to find something that even the fussiest eaters will like!

If you do decide to give your dog food related treats, (who can resist?!) make sure you take this out of their daily food intake, so you are not over feeding them – a very common mistake!



Charlie Hughes







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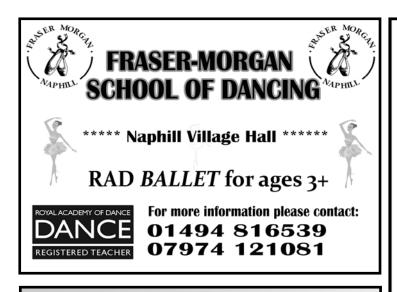
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Not from the Vicarage - A word in season

We all know how powerful words are. They have the ability to build up or destroy, to encourage or dishearten. Once said, they cannot be unsaid. We all own the power they hold and can sometimes throw them out with little thought as to their consequences.

Recently, my husband and I were out walking in local woodland. There were a number of people walking that day, some accompanied by their dogs. As we ambled along enjoying the sunshine, scenery and each other's company, earnestly putting the world to rights, we encountered a dog walker with a magnificent black Labrador. The dog was clearly enjoying his walk, enthusiastically exploring bushes, trotting to and fro between his owner and some new object of interest, joyfully boisterous but in no way alarming, aggressive or out of control. As the pair walked past us, the lady fell to apologising profusely for her dog's behaviour, explaining 'he's only young'. Slightly bemused by this apparent need to apologise for nothing, I cheerily called out 'It's ok, he'll grow out of it, he's a beautiful dog' whereupon the lady burst into tears.

We were most concerned – what had we said? Had my throwaway remark been so deeply offensive? We offered tissues (which made her cry even more) and listened to her story. She began with the words 'Thank you so much for what you said'. It transpired that another path user had been rude to the point of abuse about her dog and his behaviour. This had made her feel she was doing something wrong, that she was a bad dog owner and she was not welcome to use the public footpath. We sat for a

bit until she was able to smile again, then went our separate ways.

Why the other person had been so rude, we'll never know. Maybe they had a genuine fear of dogs. Maybe they were having a really bad day and needed to rail at someone or something. Maybe the lady really did need to get a grip on her pet's behaviour. Whatever the reason, they had unleashed words that had deeply hurt a complete stranger. If something needed to be said about the dog's behaviour, it could have been said in a more positive, less threatening way. We were grateful we had been there to speak words that had helped to heal.

Words are powerful indeed. In the book of Genesis, Creation is brought into being by God speaking – God said 'let there be light' and there was light. Much later, when God lived among us as Jesus, he spoke many words of wisdom, love, justice and healing. Once spoken, the power of his words was released, his message was revealed and could not be unsaid. That was 2000 years ago and the power of those words remains undiminished, indeed, Jesus says'Heaven and earth will pass away, but my words will not pass away'.

The power of words is a power we all hold. Let us be careful to exercise that power well. May you know and be blessed by the power of Jesus' words.



Revjenny Ellis

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Remembering Martin James Glanfield. 1948 - 2023

Those readers who have lived in the village for more than a few years will be sad to hear of the sudden death of Martin Glanfield, at the relatively early age of 74. Many friends and family gathered on the 25th May to say their goodbyes; it was a sad occasion of course but there were also smiles and laughter, Martin was always cheerful and it was his wife Sue's wish that the service reflect the man he was.

Martin and Sue first came to Naphill to set up home in 1971, buying the butcher's shop which was then at the junction of Forge and Main Road. The business later moved to the old Post Office site at the top of Downley Road; a perfect spot for Martin who liked to keep up with what was going on in the village! Martin had a phenomenal work ethic and for him 120-hour weeks were not uncommon. Christmas was the busiest time when he, and all the family, worked tirelessly to get 600 birds out of the door on Christmas Eve so that no family was without their Christmas lunch (on several occasions he even sold his own turkey!)

Martin was a devoted husband to Sue and father to Julie-Marie, Stephen and Paula and he loved his children deeply; you really couldn't have asked for a better dad. The Glanfields have always been an exceptionally close family and as Paula commented, he always gave them his unwavering support, unconditional love and sound guidance, he was at his happiest when the family were all together. Stephen commented that his father was a man with high standards, never scared to tell people if he thought that they fell short, he certainly wouldn't back down from anything. Julie-Marie commented that

he had a big heart and was the biggest softie – especially as he grew older. His grandsons Lewis and Callum have may lovely memories and young Lewis played his oboe beautifully in the ceremony.

The shop closed in 2000 but Martin continued working for the next 20 years, though during those years he and Sue spent happy times at their house in Florida, making new friends, several of whom travelled to join the family at the funeral. During the last couple of years Sue and Martin have supported Stephen with his water-skiing business in Oxford; Martin had been a keen water-skier himself back in younger days but in Oxford he was chief parking officer and purveyor of bacon sandwiches!

Martin's friends, and there are many, remember him as a generous, gregarious, hard-working man, always the largest character in the room, always ready with a laugh. A mischievous man he so loved a wind-up and was possibly the world's biggest stirrer; many have commented on the glint in his eye! And he loved to chat – to anyone, anywhere.

And so, after the ceremony his friends and family gathered in the sunshine at the pub; to chat, to remember and to laugh at shared memories; just what Martin would have wanted.

Ros Curtis.

Celebrant Member, Humanists UK

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A Wine Giant Essay - Italian Reds - You Cannot Go Wrong

Truth be told, Italian reds are my favourite. If I could only drink from one nation ever again, it would be there.

My love affair with Italian booze began as an overzealous and inexperienced 16-year-old, when a friend suggested ordering a Bacardi and coke if I didn't like beer. However, I got confused and ordered a Martini and coke and doubled down on my error, even after the barman checked three times that I really meant Martini and suggested it would be 'rank'. Not wanting to lose face I pretended it was delicious and it became my tipple of choice for at least the next twelve months.

Later, a sixth form Classics trip to Italy saw an aggressive and intense dalliance with novelty shaped bottles of Limoncello, whose deliciousness cannot be overstated, whether drunk on warm evening overlooking the Amalfi coast, or glugged furiously on a November evening whilst your parents are on a city break in Stockholm.

As I moved into the next stage of my life, where I was supposed to be making the most of my tertiary education, my proclivity for Italian liquid and continued inability to enjoy beer like a normal person meant that my university years were just as focussed on Sambucca and its aniseedy goodness, as they were on lectures, essays and growing up.

Fast forward a number of years and my less-uncouth self has latched on to Italian reds. Italy really is a nation of immense wine tradition and heritage (the biggest wine producing nation in the world) with a wonderful array of grapes that reach absolute perfection on its soil: Sangiovese in a Chianti Classico; Corvina in Valpolicella and Amarone; Nebbiolo in Barolo, the Godfather of Roman reds. Montepluciano (Abruzzo), Nero d'Avola

(Sicily), Primitivo and Negroamaro (Puglia) and Barbera (Piedmont and Lombardy) are grapes of distinction that help highlight the divine offering from this oenology heavyweight. And, this is just the reds.

Due to the variations in Geography, geology and climate there is enormous variety in styles, meaning it can be hard to characterise the entire nation's offerings. However, sweeping generalisations of things from overseas are what we Brits do best, so I shall try! Many are full bodied, full of intense/concentrated fruits, but with the perfect lift of acidity that means you can drink something with face slapping, groin kicking flavour that almost feels delicate and sprightly. It's like listening to thrash metal that creates a sense of tranquil serenity or eating a palate cleansing steak. Italian reds are incredibly moreish and, when paired with half decent Italian food, are the stuff dreams are made of. I don't think I've ever been left without a feeling of loss and sadness when trying to pour another glass of an Italian red, only to find two drops left in an empty bottle.

When tasting something as good as Italian red you can see why Bacchus was the god of wine and ecstasy - the two are very much the same thing!

All my recomendations are available to buy in local super markets, shops and group outlets.

Adam Sergeant

@giantwine



@thewinegiantuk [0]







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