

Naphill & Walter's Ash Gazette



February 2024

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Naphill & Walter's Ash Gazette February 2024

EDITOR: Sonia Goby - Tel: 569428 email: editor@naphillandwaltersash.org.uk

ASSISTANT EDITOR: Jonathan Hilder email: assistant.editor@naphillandwaltersash.org.uk

ADVERTISING: Sonia Goby - Tel: 569428 email: editor@naphillandwaltersash.org.uk

TREASURER: Judy Whitehouse email: treasurer@naphillandwaltersash.org.uk

DISTRIBUTION COORDINATORS: Paul & Joanne Hewitt email: distribution@naphillandwaltersash.org.uk

PHOTOGRAPHIC COORDINATOR: Paul Goby email: photo@naphillandwaltersash.org.uk

WEBMASTER: Peter Davis - email: webmaster@naphillandwaltersash.org.uk

GAZETTE FACEBOOK COMMUNITY COORDINATOR - Andria Benjamin

GAZETTE FACEBOOK BUSINESS COORDINATOR - Karen Davis

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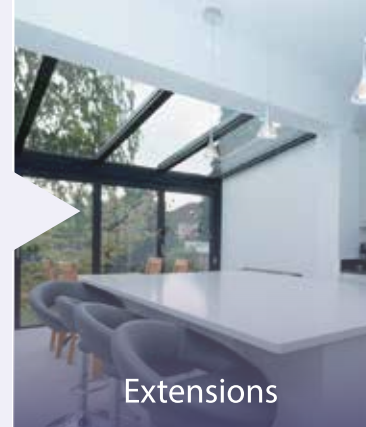
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Bridge Club	Margaret Stagg	01494 530736	
Cubs - Naphill			Groupleader@naphillscouts.org.uk
Friends of Naphill Common	Chris Miller	01494 563707	chairman@naphillcommon.org.uk
Men's Club	Andrew Wasilewski	01494 562770	naphillmensclub@yahoo.co.uk
Residents Association	Gloria LeFlaive	01494 563634	glorialeflaive@msn.com
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Tennis Club	Jenny Tench	01494 565406	uk.jttench@gmail.com
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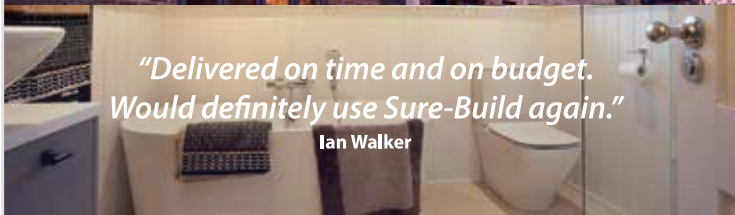


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Bookings - Tanya Stevens

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Tel: 07851 169275

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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

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Copy date for the March Gazette 15 February

Editorial: Belated New Year greetings to you all and welcome to the February edition of the Naphill & Walter's Ash Gazette. After a lovely break, I am delighted to be back in the office chair.

For personal reasons our treasurer, Judy Whitehouse, is resigning so we will need a new treasurer, please see page 9. We would love to hear from you if you can help and would like to join our team. I sincerely thank Judy for the great job she has done as our treasurer. Judy, a past Gazette editor, webmaster and distributor stepped up to the role of treasurer in 2019 when her support, advice and expertise was much needed.

Judy has been instrumental in establishing that the Gazette is run very strictly as a "Not for profit group", therefore our committee has adopted the Charity Commission's financial guide lines. This means that our funds, including our reserve fund, can only be used to cover Gazette costs and for things which are directly connected to the running and benefit of the Gazette. These funds will never be used to make financial donations to other groups or individuals for any reason, including local appeals or charities. Gazette space to advertise events will be used at the editor's discretion. As always, what goes in the Gazette and how it is displayed, is an editorial decision.

Three years ago our Facebook coordinators, Andria and Karen, established our very successful Facebook page. this was designed as a social communication base and

as a place for the Gazette advertisers to promote their businesses. During Lockdown, the ladies organised competitions and there was a lot of social chit chat. As we all returned to 'normal' so the general use of Facebook has changed, but the admin team continue to keep up the momentum and I thank them for everything they do to support the Gazette, our advertisers and the community. Jonathan has now joined the admin Facebook team, so lots more photographs to enjoy!

In December Jonathan and I met up with the editorial teams who produce the local magazines for Lacey Green and Hughenden. We agreed that whilst it is important that each publication should keep its own identity, there were areas where we could cooperate and share resources. Whilst we live in a rural environment, we have not had any articles from the local farming community. Richard West, from Lacey Green, has very kindly agreed to share his articles, which also include information about Princes Risborough Young Farmers, with us. I am delighted to welcome Richard as a Gazette contributor and hope that some of our younger residents might like to join the Young Farmers group.

February is usually a very quiet Gazette edition but not so this time, we have sixty packed pages! My thanks to all our contributors who have made this edition so busy and colourful and I hope you all enjoy reading it

My best wishes to you all and I look forward to receiving your contributions for the March Gazette on or before 15 February.

Sonia

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This is a lovely little role that doesn't take up much time and can be done from the comfort of your own home whenever suits you.

You would need to be able to use email and basic Word and Excel. And of course you must be methodical, honest and committed to the cause.

The main responsibilities are:

- * Manage the online gazette bank accounts (2)
- * Pay suppliers (approx. 2 transactions per month)
- * Attend Gazette committee meetings (around 3 per year and they are short)
- * Produce a monthly financial statement for the committee
- * Send out advertising invoices (the renewals for this year are already done)
- * Collect in payments for the adverts (most come in through BACS to the bank account) and chase anyone who hasn't paid up
- * Together with the Distribution Team, organise the annual payment of subscriptions and make sure they are banked promptly

If you are interested or want more information please contact Sonia the editor or Judy Whitehouse on [**judy.demon@btinternet.com**](mailto:judy.demon@btinternet.com)

Judy Whitehouse

Naphill & Walter's Ash Gazette Treasurer

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Naphill Village Hall & Playing Fields Council Chairman's Report

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On the 8th January the village hall committee held a meeting. There were 15 members present. Among the items that were discussed were the maintenance of the hall. The heating system was discussed and although it is working well there have been a couple of small problems. These appear to be connected with the brain of the system! The google nest that runs the system via the thermostats uses artificial intelligence to make the most efficient use of the heating system. We have found that in certain scenarios it will turn the heating down on its own initiative, this appears to happen when the thermostats do not detect any movement and apparently the nest thinks the hall is empty. We have now asked the heating engineer to move the thermostat in the main hall to see if it will cure this problem.

The probation service are being asked to provide labour to paint some parts of the hall. This is part of their payback scheme. The first areas will be the toilets. The work will be carried out under supervision by them. If the work meets a satisfactory standard we will use them for more work.

The football pitches need work on them to get them in good condition, they are going to be spiked and levelled up and the goal areas will be relaid and the whole pitch will be weeded and reseeded. A budget of £2000 has been agreed for this work.

The Christmas tree lights have been taken down. There was a problem when a skip truck exited the car park and took some of the lights off the tree, the lights were made safe and Mike Mason and his team will make good the lights before they are put on the tree next Christmas. It is good to see that the fund for the Christmas tree lights has been well supported this year.

The village Fete appears not to be taking place this year. There are various reasons why the Fete will not be taking place, among them shortage of volunteers on the fete committee and also on the day. We all seem to be disappointed that the village Fete cannot be held in the same context as years past but times have moved on. The procession down Main Road has not taken place recently as the cost to comply with red tape would run into at least £4000. The stalls need quite a few people on each stall to run them and the enthusiasm appears to have waned. The children who come to the Fete need modern ideas to encourage them to partake in the event. The committee is open to new ideas, so contact us via the website, naphillvillagehall.org.uk and hopefully we will have a new event!

Clive Lawrence,
Naphill Village Hall Chairman.



Village Hall Christmas Tree Lights

Our spectacular tree lights never fail to bring joy! They are loved by everyone and widely considered to be the best in the area.

As always, our thanks and admiration goes to the team, led by Mike Mason, who brave the elements each year to get the lights in place and bring us all such pleasure, cheering up the dark evenings. Once again they did a truly remarkable job.

However, the biggest thanks must go to everyone who contributed towards the lights by going online to make a donation through our Total Giving page or who put a donation in one of the few collecting boxes. You were incredibly generous and the donations via Total Giving were a staggering £1124 including Gift Aid, the collecting boxes and other donations came to £171 giving a grand total of £1295.

We can safely say that our tree's future remains very bright indeed!

Cathryn Carter

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The lights team, left to right: James Foster, Andy Debrou, Mike Leggett, John Camp, Peter Davis, Neil McMinn, Ron Collins, Paul Hewitt, Dave Perkins, Mike Mason, Dan Smith, Stephen Fountain, Gary Putnam. Not in photo: John Harris

Village Hall Christmas Tree Lights 2023

The team hope you all enjoyed the lights. This time was the 15th time we have used LED lights since we had to scrap our old filament lamps in 2009. The new kit cost about £1500 and the money was raised in an auction by the WI led by Juliet Shortall and by a performance in the Village Hall by the Lamphouse Players led by Beryl Gossage. We are very grateful to the public who rallied round and were so generous in their donations. Now that the equipment purchased has provided such a spectacle for 15 years we hope that the donating public are pleased with the results of their investment.

Mike Leggett was the lead climber again this year, for the 32nd time. Also on high was Dan Smith who drove the cherry-picker, accompanied in the basket by Stephen Fountain of Lacey Green. James Foster and Neil McMinn were up a tall ladder for some time attaching and

detaching the lower ends of the garlands from the tree. The team on the ground consisted of Peter Davis, John Harris, Andy Debrou, John Camp, Ron Collins, Paul Hewitt, Dave Perkins, Gary Putnam of Lacey Green and myself.

We must give our heartfelt thanks to our sponsors Upward Powered Access who provided the cherry-picker free of charge, to Ross Greenlee the electrician who tested and repaired the equipment, to Marlene Mason who provided the tea, coffee and biscuits to warm everybody up, to Cathryn Carter who organised the fundraising and to you, the people of Naphill and Walter's Ash who donated so enthusiastically to provide the finance for the operation. The costs are high, but the lights are on from the end of November until 12th Night and help to make the Christmas period so special and so cheerful.

Mike Mason

Naphill Men's Club AGM

For those of you who do not know what the Men's Club does, it is a social club for men in Naphill and Walter's Ash, however we have members from further afield. We have a club room to the right of the Village Hall with 2 snooker tables and we can play snooker and billiards any day of the week. In the support of village events we provide the bars for the fireworks and fete and a lot of our members are involved in the running of the fireworks display.

Our AGM will be held as usual in the Men's Club room on **Wednesday 31st January**. We have a good compliment

of members which has risen over recent years to over 40 which means that certain evenings are very busy. We run annual competitions for snooker and billiards with a finals night where all members are encouraged to attend. The AGM is open to all members and anyone who would like to become a member.

For more details please contact me.

Andrew Wasilewski - Chairman

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The Council held a very successful Christmas gathering at Church House on the 14th December. It was great to see so many people from the Community who are out there delivering services and support for local people throughout the year.

We hope to repeat this on a yearly basis. It was particularly special as the 14th December 1894 was the day the council was formed by Coninsby Disraeli – and first met at Church House.

New faces at the Council include: Two new Councillors:

Kevin Cormack - Naphill and Walters Ash

Yvonne Wilding – Great Kingshill

The office team have been supported with extra capacity:

Locum Clerk – Philip Truppin

Responsible Finance Officers – Melodie Beevers

Ad-hoc meeting support – Emma Marsden

Office support – Regina Bianchi

The Environment & Services Committee has been catching up on some long-standing backlog issues, and setting the future agenda for the Parish. But let me begin by acknowledging a couple of areas where we have still not quite got on top of things. First, we have a strong desire to address the long outstanding renovation of the playgrounds at Great Kingshill and Templewood. The Clerk is currently seeking proposals for a Project Manager to pick these projects up and provide continuity and professional project management. Second, on the sometimes vexed question of clearing, trimming or cutting verges, hedges and pavements, we need to provide better clarity as to when this is a Parish Council responsibility, and if it isn't, whose it is. We also need to tighten up our oversight of requests being made to our contractors compared to jobs being completed. Both playgrounds and the maintenance of hedges, verges and pavements affect the daily lives of many parishioners and we recognise that these are important things to get to grips with.

In terms of backlog issues, we have installed more secure electric gates at the Garden of Rest. As you may know we suffered a spate of thefts of the batteries out of our speed monitoring units. After many months of negotiation with suppliers and

experimentation around different ways of securing the units, thanks to the Road Safety working Group we finally have six back in action, with a seventh going up soon in Naphill. After a bit of drama, we now have the Streetlights situation in a happier place. The Parish has adopted the streetlights, and thanks to the Streetlights Working Group, has carried out needed maintenance and has secured a reduced electricity contract, saving £1,600 per annum.



Looking ahead, the Council has approved an Open Spaces strategy. This relates to the approximately twenty plots of land controlled by the Council. The strategy is to develop an appropriate Site Management Plan for each site. Some sites, such as Little Burnham Meadow and Spinney and Vincents Meadow and Pond, have tremendous ecological heritage and future potential. Others, such as Cockshoot Wood, Primrose Hill and the Old Allotment on Common Road, have amenity value. So far, we have approved a site management plan for Cockpit Hole, working with Chiltern Rangers, and are well on the way to implementing the plan, with the fantastic support of local community volunteers. We expect to present plans for Little Burnham Meadow and Spinney, Cockshoot Wood and Vincents Meadow and Pond to the Council for approval in January. The Plans have received a lot of invaluable input from interested local residents, for which we and our consultant, Mike Deegan, are immensely grateful. We are hoping to receive plans for Hatches Field, Primrose Hill among others during the first half of next year. The strategy is to incorporate the ongoing management of these sites into our future Grounds Maintenance contracts, starting in the Spring of 2025.

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Remembering Ukraine Two Years On

Over the last few months, we have all been aware of other conflicts raging across the world. Wars leave heavy burdens of loss and horror, leaving devastation in their wake, and achieving nothing. By standing alongside our brave Ukrainian refugees and helping them to find safety and build a life in the UK, we are standing in defiance of all wars and the perpetrators of them.

It is remarkable to think that our Ukrainian guests have been amongst us for nearly two years. The second anniversary of Putin's barbaric invasion will be marked locally on 24th February by a candlelit vigil held at St Mary's Church, Princes Risborough. Afterwards, our Ukrainian community will provide food and beverages at St Mary's Church Hall, for a donation.

The vigil will be opened by the Princes Risborough Town Mayor, Andy Ball, and attended by other dignitaries - Members of Parliament, Princes Risborough local Councillors, Faith Leaders and by many members of our thriving Ukrainian Community. We hope that many of you can attend to show solidarity alongside our guests too.

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, and now 2023 too, are black pages in the history of the Ukrainian people and of Europe in the 21st century.

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 as hot as hearts, we are safe.

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5.45pm - St Mary's Church for 6.00pm start.
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Friends of Naphill Common

Activities - Our annual walk in support of Children in Need, led by Ron Collins, raised £475. This brings the total we have donated to this charity to £2,823.

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).

Owl and Bat Boxes - Around 4 years ago, the Naphill Brownies made some bat boxes for us to put up on the Common, and Caroline Oxnard kindly donated an owl box. Siting these items is quite tricky and we don't have ready access to the tools necessary to erect them at an appropriate height – at least, not ones that can be taken easily into the middle of the Common! Our friends at the National Trust's Bradenham Estate have come to our rescue, and the boxes are now all in place, close to the Clumps at the Bradenham (bottom) end of the Common.

Felling - The work on behalf of West Wycombe Estate to remove ash trees in the area around the Dells on Downley Common has now been completed – some timber remains to be extracted via Hunts Hill Lane. The small number of ash trees near Daisy Pond on Naphill

Common have not been removed. As we've experienced after the thinning work on Naphill Common, the heavy machinery running over wet ground has churned up a lot of mud, but as we've also found, this doesn't take long to settle down once drier weather returns.

It's certainly been a wetter than normal autumn, with close to 24 inches of rain. The notorious "Stocking Lane Marina" – the flooded patch on the sharp bend, about 200m down from the Village Hall – has rarely been empty. It's not always appreciated how much water this involves. Farmers may talk of an "acre-inch", the amount of water produced when an inch of rain falls on an acre of land. It amounts to around 100 tons (100,000 litres or 22,000 Imperial gallons), by coincidence very similar to 1 cm of rain on a hectare of land (because an inch is roughly 2½ cm and a hectare roughly 2½ acres).

The field adjoining Stocking Lane is 16 acres (7 ha) and the natural lay of the land means that much of it drains via the 'marina', so an inch of rain falling on already sodden ground could produce as much as 1,600 tons of water – for comparison, an Olympic-standard (50m) swimming pool holds 2,500 tons. Even the extended soakaway created by the council a few years ago can't hold anything like this quantity, and most of it eventually overflows via the fields on the other side grazed by the Horse Trust (Home of Rest for Horses), but inevitably a few inches remain to flood across the road surface.



Chris Miller
Chairman



Jonathan Chats with Matthew Styles

Living as we do some 600 ft above sea level you can understand why some people regard it as mountainous! One previous resident whose mother still lives in Naphill on Downley road let this drive him on to become a para-athlete in climbing.

Meet Matthew Styles-West, a head gardener on a private estate following in his mother's footsteps, she was Sir Frances Dashwood's Estate Gardner. 12 years ago, Matthew was introduced to the world of competitive climbing, and it was love at first sight. There are 5 Blokfest National climbing competitions per year and for the last 5 years Matthew has been the lead climber at each of these taking the overall title. This has led to his selection for the British climbing squad. A new section of AU3 in the world championship which had its first outing in April 2023 saw Matthew placed 10th in the world.

So, what is a wall like? The first 2.5 metres is at a 10% angle the next 10 metres is at 40% and The Head is at 15%. You are allowed 4 minutes to plan your route before you climb and Matthew says its 80% physical and 20% mental. With the concentration on where you are going being the key to success. He compared it to chess where you are planning your next 5 moves whilst undertaking your current one.

My thanks to the Wycombe Climbing Wall team lead by Ryan Tritton who let me come and take pictures. They would love anyone who fancies trying a little climbing to pop in and see what they can offer.

A word about British Climbing Team members who work hard to represent their country who in turn give them no support. All competitors are self-funded and must pay for everything 5 pairs of climbing shoes per year, 6kg of chalk etc and all the travel costs. So, they are always looking for sponsors who could help them stay at the top of their game. You can follow Matthew on Insta: [matt_westy_styleswest](https://www.instagram.com/matt_westy_styleswest)

All of this and the man likes UB40 and Red Red Wine. He has a passion for climbing which all can see, just proud to have a Naphill connection to climbing greatness.

Jonathan Hilder

Deputy Editor - Naphill Walter's Ash Gazette

For more information about the wall climbing facility in High Wycombe, see placesleisure.org





Mr Haines (I think that is how his name was spelt) deserves to be remembered because he was a kind, generous and thoughtful man. Eighty years ago, when I was a child, my twin brother and I were sent to Sunday school every week, perhaps to give our parents some peace on a Sunday morning. We went to the little Mission Hall made of corrugated iron. (see photo above) It stood well back from the road in its own graveyard. In recent years it was demolished and a large rather plain brick building has been plonked on the site and over the graves.

The Mission Hall was run by Mr Field but he used Mr Haines as an assistant preacher in charge of the children's services. Mr Haines was, as far as I know, a devout Christian evangelist who spent his week working in a furniture factory and his spare time distributing religious tracts on Frogmoor or keeping us children in order. It was a thankless task. We boys delighted in playing up, knowing that he would be reluctant to expel us because we would then throw stones up onto the corrugated iron roof. When they rolled down, they made a noise that was delightful to us and dreadful inside the hall.

Mr Haines was a mild-mannered man who conducted his hopeless task with great patience. He was also generous. Every now and then he would take a band of us boys and girls on an outing. At no cost to us but considerable cost to himself we would go on a bus to some "treat" or other; perhaps Beaconscot, or a boat trip on the Thames from Marlow or Henley. He would be disappointed to learn how little of his religion rubbed off on me but I do hope he realised how grateful I was, and how much I admired his kindness.

In a discussion about Adam and Eve on one Sunday I mentioned evolution and claimed that I had read Darwin's 'On the Origin of Species' (I doubt if I had, although we had a copy at home.) This clearly upset Mr Haines and he even went to see my father about it.

I still feel a small flicker of shame about one incident. A group of us boys – about six in number – were walking through the woods near Hampden when we came across Mr Haines sitting on a fallen log, eating his lunch. I had never seen Ryvita and it looked rather tasty. We stood around him in a circle watching him. Eventually he asked if we would like a bite to eat and offered up his sandwiches. We ate the lot in seconds.

Trevor Hussey.

Editorial comment: Thank you Trevor for this "Local Tale". Thank you Abby Sawney for delving into the Pam Smith collection and finding the Mission Hall album. Thank you to Judy Whitehouse for letting me borrow Rex Leaver's book, "Naphill & Walter's Ash, Looking back on Village Life". I would love to buy a copy if anybody has a spare and finally to Paul Goby for reproducing the photographs to print specification.

A Mission Hall Gathering circa 1928





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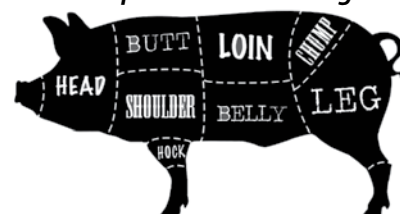
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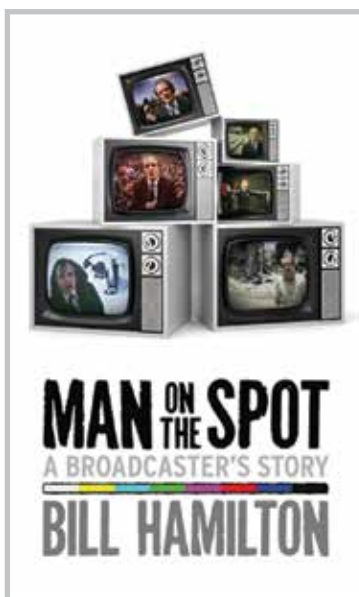
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Our speaker this week was worth waiting for. Bill Hamilton, BBC Newsreader and correspondent, gave a most entertaining talk this week. A good start to the new year. He was due to come in November but this was the week the hall was closed for pipe work and his visit had to be rescheduled.

He has just written a book entitled 'Man on the Spot' and his talk focused on his career as a journalist for the BBC in various parts of the world. Bill began by talking about the differences now in comparison with the ways in which communication methods have changed in recent years. His talk was illustrated with photos of people on trains, in pubs, walking along the street, in restaurants, in picture galleries, etc. All were reading their messages on tablets and not looking at each other at all; 60% of us are reliant on our tablets nowadays. His observations were very amusing and resonated with his rather elderly audience.

Bill referred back to his early days as a journalist when he had to record everything using Pitman's shorthand and type his reports correcting errors with tippex; those were the days. He started his varied career in the north of England, worked as a football reporter, became a referee, and nothing changes because he had to slip out of stadiums unnoticed if the crowd objected to some of his decisions! He went on to read the news on Tyne Tees TV when he was 22. He recalled being very nervous but was aided by an experienced newsreader who spotted that he was shaking and told him to look straight at the camera and pretend it was



a beautiful girl! This worked apparently even when he was told over a million people were watching him.

He moved to London and got a job as a BBC newscaster. Like many who have made it to the top, he had some lucky breaks. He was waiting to do an interview with an MP at the House of Commons on the day that Airey Neave was blown up in his car. He had a camera crew with him and reported the aftermath, interview forgotten.

One of his last assignments was to Albania where the poverty and the agricultural nature of the economy were prevalent. The film he made resulted

in 10 million pounds being donated in one week by a generous UK public who were shocked by the sight of starving children in orphanages. A new school was built as the result of this.

Bill met many famous people in his time and was obviously greatly respected. Having listened to his achievements, presented in an amusing way, it was easy to see why he had been so successful.

We were glad he had come to us, and for cheering up a cold January day.

Our next meeting will be on February 12th when our speaker is Jennifer Shrags, Thames Valley Police, on the subject of Crime Prevention. The delayed AGM will also take place.



Peggy Ewart

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12pm - 3:30pm

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

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News from the Wheel

We would like to wish everyone a very Happy and Healthy New Year and thank everyone who joined us over the festive period. It was a great month even with the awful weather. The alternative Christmas menu went fantastically well and New Year's Eve was lots of fun, it was great to see everyone in fancy dress. And as always, the village Christmas tree lights were amazing.

Please note that our email address has changed to contact@thewheelnaphill.com so for any bookings etc, please use this one now or preferably give us a call.

It is unbelievable that we are in 2024 and it is our 18th year at The Wheel, we have lots planned this year for your entertainment and can't wait to update you on the events as we go through the year. The big one for your diary is Ron's Big Beer Festival on Fri 3rd Sat 4th May. We will be doing a full Beer Festival with live music Friday night and also on Saturday, watch this space for more information as we get nearer the time.

February and March we will be showing all the Rugby 6 Nations, the games will be shown on both TV's in the front bar and backroom. Always my favourite time of year.

The following are a few dates for your diary,

- Valentine's Day – Wed 14th Feb
- Mother's Day – Sun 10th March
- Easter Weekend – Fri 29th March – Mon 1st April
- Big Ron's – Fri 3rd – Sat 4th May

The next couple of months always feel long, dark, and miserable, but do not fear we are here! With, the smiles, laughter, real ales, great food, roaring fire, chocolate Labradors, great staff, great atmosphere all from midday till late.

Mark and I would like to thank all the staff for their hard work over the last year and especially during the Christmas season.

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

Claire and Mark



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Wycombe Photographic Society

Time to look out for early Spring flowers and buds. Get down low to take your photograph. Avoid bright sunlight. Overcast is best.

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.

- 7th Feb "Digital Workshop" - Photoshop and Lightroom techniques
- 14th Feb Talk by our President Steve Smith FRPS
- 28th Feb Themed Assignment: Series of Work
- 6th March Talk by Tim Hodges ARPS "A Photographic Journey"
- 13th March Talk by Chris Palmer FRPS



Photograph courtesy Peter Davis

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



Opening Hours

Monday - Friday
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Saturday
10am to 2pm

CLOSED - Sunday and Bank Holidays

Happy New Year to everyone!

Bon Ami has been full almost every day of 2024 so far. It has been lovely to see so many regular and new customers.

We are currently looking for another person to join us one or two days a week and one Saturday per month. A degree of flexibility would be ideal to cover additional days as

needed and a home baker would be the icing on the cake!

Please do see our contact details below, we look forward to hearing from you.



Best wishes,
Dorothy & Ruth.
bonamics@gmail.com



Make 2024 the year to have your say
and to get involved!

Listening to the radio and scanning social media there are some issues that surely resonate with Hughenden Parish residents. For example, flooding can be a problem. I remember Boss Lane in Hughenden Valley being repeatedly flooded before improvements were made. I have been following one of the musical heroes from my student days, Feargal Sharkey who was the lead singer of the Undertones back in the '80s. Becoming vocal was never on his agenda. A keen river angler he was 'hooked' by a friend complaining about the state of a local river. Like many volunteers he felt that he need to do something and took to social media to voice his concerns.

Many people begin to volunteer because an 'issue' fires them up. You may not have heard of the Undertones however, it is worth noting that a Bucks resident dedicated to improving conditions on the River Chess, Buckinghamshire is active on X (formerly Twitter) and is worth following @PJennings88. He is followed by Feargal Sharkey! Paul Jennings is Chairman of the River Chess Association (RCA), an organisation dedicated to the preservation and enhancement of the River Chess, a rare chalk stream of great ecological value. He has been actively involved with the RCA since 2009. Paul received the Chairman's Award for his dedication to the conservation of the River Chess and for a

life-long commitment to raising awareness of its environmental importance.

Hughenden Street Association relies on volunteers to deliver its mission. Our team have a huge array of skills, knowledge and experience that power our activities. In Naphill & Walter's Ash Susan Bickerstaffe is the Association's Ward Leader who organises our pub lunch and Monthly Social at the Bon Ami Café. Giving your time is often the most invaluable resource and if you would like to get involved why not give Susan a call? We are always looking for new ways to engage with residents and passionately believe that ideas coming directly from the community are best. For 2024 we are looking for initiatives to develop to help reduce social isolation, encourage community engagement, and enable residents to get involved in their local community. If you have an idea, do get in touch either with Susan or send an email to hughendensa@gmail.com. We really would love to hear from you.

Hilda Stearn

Communications Coordinator
Hughenden Street Association

Contact for Susan Bickerstaff - 07880 519323



Princes Risborough Neighbourhood Team

The Princes Risborough Neighbourhood Team has been joined by Sergeant GILLESPIE following some internal changes, she joins us to complete the team of 3 Police Officers and 1 PCSO.

As the road works continue along Main Road from Naphill to Walter's Ash, please be especially vigilant near the schools. Please ensure if you are picking up/collecting students that the stretch before and after the traffic lights is kept clear. Parking close to school could cause the traffic to become quite congested and we would

appreciate your consideration whilst these works move slowly along the road.

Crime Reduction advice – please ensure all valuables are removed from vehicles when left unoccupied, we have received reports of vehicles being broken into overnight whilst parked on driveways in the Princes Risborough area.

If you require any crime prevention advice, or have any questions for the team please email HighWycombeRuralNHPT@thamesvalley.police.uk.



u3a News - do come and join us!

On behalf of the High Wycombe and District u3a, we hope you had a good Christmas and New Year.

Following the all too short Christmas break, all our Groups were fully operational again, reporting excellent attendance in both Halls and Private Homes including Naphill Village Hall Groups (Quiz, Discovering Art, Computer and Rummikub). Close by, at Hughenden Village Hall, our Antiques and Collectibles were still talking about their Christmas lunch at their January meeting whilst and our Art (painting group) were viewing and enjoying each others latest creations.

A full list of all our Groups, meeting dates, times and topics can be found on our website: [High Wycombe and District \(u3asite.uk\)](http://HighWycombeandDistrict(u3asite.uk))



Our Chairperson, Sylvia,
introducing our Convenors Day

In January we held our annual Group Convenors meeting where we reviewed progress made in 2023, especially the successful introduction of Psychology, Geology and Local History. We plan to hold a New Members Day in the spring when all our Groups will be giving full details of their own activities. Check our website (or email gilliamph@aol.com) for details of the venue for our New Members Day. Non members would also be welcome.

Following a review of our new Facebook and Website, we discussed the steps we are taking to improve further communications between members and the general public. Our exhibition at Wycome Library (2nd floor) also came in for a positive review and we will be continuing to have a presence at other local events. These will be advertised on our website.

I would appreciate your views of whether you would like to see us offering any new Groups and whether you could volunteer (with our help as needed) to be a Convenor for any Group you would like to start. How about Gardening, for example?

Please remember that provided you are not in full-time employment people of any age are welcome to join us. Your first visit is free.

Paul Gillam

Email: gilliamph@aol.com

The U3A Birdwatching Group enjoyed their January expedition



Naphill & Walter's Ash Residents' Association

Our December meeting was largely given over to a wine and nibbles reception for those individuals and businesses which have contributed to the work of NAWARA during the year. Thank you very much – your support is greatly appreciated.

It's the New Year and we are recruiting! We are very much in need of an individual or individuals with the necessary skills to keep our social media presence up to date. The duties are not onerous but would include attending our monthly meetings in order to keep up to date with what needs to be posted.

Speeding in the village is a great irritant to residents and there are two ways in which we can help reduce this. One is Speed Watch which involves manning a speed camera from time to time to identify speedsters. This is run in conjunction with

the police and it is necessary to undertake a short online course. The second is that we can obtain an MVAS - Mobile Vehicle Activated Sign – which alerts drivers to the speed they are doing and shames the speedsters into slowing down. The issue here is having a person or persons to charge and change the batteries every 7 to 10 days and Ian Penfold has kindly volunteered to do that.

As always we welcome new members to the committee. We meet in the village hall at 1930 on the second Monday in the month.

David Frost

Vice Chairman

email: hello@nawara.co.uk



Naphill & Walter's Ash School

School News



Happy New Year to you all from NWAS! We all have had a challenging start to the new term due to the constant downpours; many of the children look like they have swum to school and we all have very soggy socks; thank goodness we are on top of a hill!

Last term, the Year Fours learnt about the Roman Empire and to conclude their topic, they enjoyed a 'Day as a Roman', when they got to dress up as Celts, slaves and even Roman Gods and Goddesses.

During the day, the enthusiastic Year Fours took part in many different activities such as; archaeology (they actually excavated Roman artefacts!), baking bread and later on having a Roman feast, eating the bread they had made. To bring an end to their eventful day, the children had the pleasure of relaxing and watching an episode of Roman Mysteries. Many of the students' favourite part of the day was baking the bread and obviously eating it!

January and February are usually quiet months in School but the Year Fives have the privilege of a visit from the Planetarium to look forward to and the rest of us are really looking forward to Pancake Day!

from *School Office*



A Visit Naphill & Walter's Ash School - A trip back in time

Back in the dim mists of time (well in November last year!) I received an exciting invitation from Mrs Shimmin, the year six teacher at Naphill School. She was inviting myself, and a couple of other ladies who had lived at the time of the second world war, to share their experiences with the children as part of the year six curriculum. Those who know me well understand I didn't need persuading! I love going to Naphill School...

We were greeted at the front door by some of year six and shown to the hall, where we were given a 'standing ovation' never had one of those before!

Having been guided to our seats, the children then asked us questions, things they were individually curious about. The subjects were various, between us ladies we were able to share our experiences about being evacuated, being bombed out of our home, air raid shelters and seeing the Spitfires and Messerschmitt's in the air. One question which they found hard to comprehend more than any other was food rationing! They could not imagine life without 'take aways', frozen meals and not having as many sweets as they wanted, the mantra having to either 'eat it or go hungry' was an anathema to them. When I carefully explained to one young lady that we ate the vegetables that my Dad grew in the garden, she was in awe, commenting we must have been very healthy!

I couldn't resist my sense of humour popping up and replying maybe that is the reason we are able to be here today at our 'great age' it was all those healthy vegetables!

After coffee and delicious cake, the children entertained us with 'war songs' The Glen Miller melody was a complete triumph, with elderly feet tapping along to the rhythm! Back to the classroom to see their excellent exhibition, a few quick pics, then sadly escorted to the exit still being asked questions by this charming class of children, as always, this school is a pleasure to visit!

Margaret Hunter





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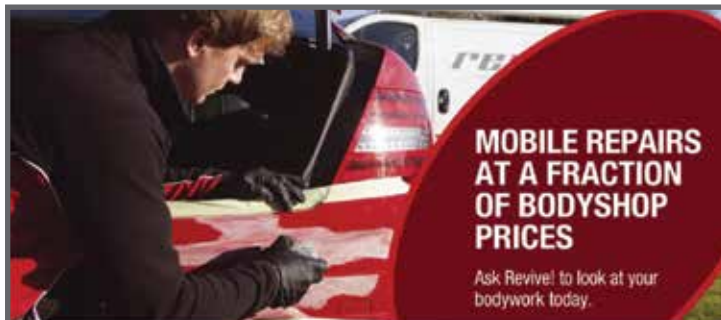
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Naphill Tennis Club



Our News

We had a great turnout of members just before Christmas for our Festive Tennis with mulled wine and mince pies as the photo below shows.

In addition, a raffle was held to raise money for Great Ormond Street Children's Hospital in London. One of our junior members has been receiving treatment there since he was a baby. He is photographed with the range of prizes generously donated by club members and was delighted to subsequently visit Great Ormond Street to present the hospital with a cheque for £275.

2024 kicked off with our Men's 1st Team winning their match against Horsenden Tennis Club after a hard fought battle which puts them currently joint top of the table.

Group sessions for Rusty Rackets and Improvers' Coaching resumed on 8th January. Our excellent coaches, Mel and Becs, inspire us to get out and play even on a cold morning. After a few tennis drills, the blood is pulsating round our bodies and we are beautifully warm!

As usual, further information on Naphill Tennis Club is available via our website: www.clubspark.lta.org.uk/NaphillLTC or find us on Facebook: Naphill Tennis Club.

Jenny Tench



New Members ALWAYS Welcome!

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



Windswept Lights



The lights at Windswept came down on 4th January after another successful year for donations to BURPS. A couple of the decorations from last year did not wake up from hibernation so we had to make some hasty repairs. Unfortunately the high winds and rain post Christmas meant the display was not on for some of the time and we started to dismantle the decorations on 5th January. There were a few new additions to the display, hopefully the

regular visitors spotted these. We had quite a few people wander down the drive for a closer look; its so nice to see the young children enjoying the display. We hope the display brought a little joy during these difficult times and we are very grateful for all the donations made; thank you. We never know where our visitors come from as we post on Naphill and Hughenden Facebook sites but hopefully residents outside of Naphill are able see this report. The charity we support is now part of the Just Giving service and together with the donations on the gate we are pleased to report that we have received a total amount of £264.66 including Gift Aid. I believe this is the largest yearly total so far so many thanks. As always, we know that BURPS will be very appreciative of this money.

Thank you again and we wish you all a Happy New Year; looking forward to seeing you again at Christmas 2024.

Trevor & Jan May



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Jonathan chats with Antony Cramp at Ant's Dairy, a year on!

<https://antsdairy.co.uk>, tel:07359 311 817



In April last year we all thought that Naphill and Walters Ash and the surrounding areas would lose their house-to-house milk deliveries, as Wren Davis ceased trading. From the ashes of this business rose a milkman Antony Cramp. In the space of a week, he went from a roundsman with Wren Davis to owning 3 milk floats and an embryonic milk delivery business.

Some 8 months on the Gazette caught up with Antony to see how this local business is developing. Antony has some great community values that are important to him and our community. This service like our postmen helps as our eyes and ears on those in the community who may need help.

- * Offering a service to help the elderly and being happy to spend time talking to clients.
- * Increasing their products to ensure they can deliver what people need and want.
- * Reducing the food miles of what they buy by working with local suppliers.
 - Tims Dairy
 - Local honey
 - Bishops Coffee from Hazlemere
 - Local eggs
 - Cheese
- * Bringing back Wren Davies employees into work.
- * Kevin is back on his original round in Naphill and Walters Ash.



The business has grown to 6 floats with 4 full time employees and Antony will be looking for a 5th shortly. They now deliver 10,000 pints per week and would love to deliver more in our area. Milk is now delivered directly to them, and they have their own fridge and have even had to buy a forklift to unload the lorries.

They are happy to bill you monthly and don't work with standing orders or direct debits and cover most of the local area.

Antony admits he has exceeded his own expectations in creating a local business that is dedicated to helping the community by bring products directly to the doors to those that need it.

It's great to see people succeed and help keep services in our community that all too often we are losing. We wish Antony every success in the future.

Jonathan Hilder



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



December kept us busy. Our annual Tree of Light dedication, in remembrance of those who have passed away, raised funds for the Rennie Grove and our Club Charities. Our Christmas Lunch for over 70 of the Town's elderly, which was held at the Princes Centre, was a great success and we were also able to raise funds during the Town's Christmas Light's switch-on and our Christmas Collections during the 2 weekends prior to Christmas Day – as always the generosity of the local populations was amazing.

One of our major projects in the coming year is the "Risborough Rotary Ramble", on the 7th of July, which is the first Sunday of the Town's Festival. It comprises 3 stages, each of around 7 miles - Wades Park to Longwick, Longwick to Lacey Green and Lacey Green to Wades Park. Participants can choose to complete all 3, 2 or just 1 stage. There is also a shorter route of around 5 miles, again starting/finishing in Wades Park. Refreshments will be available at the end of each stage. It will be in aid of various Charities (details nearer the time). It's hoped that while the Ramble is in aid of charity it will also be fun.

Over the past few years we have managed to raise annually an average of over £33,000, all of which we have donated primarily to local charities and organisations. To raise such amounts requires considerable effort by our members - luckily we have welcomed a number of new ones over the past months. Despite our fund raising efforts, the core Club activities are socially based, with our regular evening meetings at the Whiteleaf Golf Club to which we would be delighted to welcome more members: we're looking for men and women to help us make a difference. As ever, we remain a fun, friendly Club. If you would like to be part of it and help us contribute locally and internationally, visit our website and consider coming to one of our meetings to see if it might interest you. Also, if you know of causes that would benefit from our support, or you would like to donate to our Charity Account, please use the contact details below.

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From the Vicarage

Did you know that Ash Wednesday and Valentines Day both fall on the same day this year? We naturally associate Valentines Day with love, although its origins are uncertain, and come from multiple sources.

One possible origin was the pagan festival of Lupercalia which celebrated fertility, until Pope Gelasius put an end to it in the late fifth Century. Soon afterwards, the Catholic Church declared that the Christian martyr Saint Valentine would be remembered on 14th February each year.

Whilst some will be enjoying an evening in, we will be marking the first day of Lent at St Michael & All Angels Church, with our Ash Wednesday service, which starts at 7.30pm. Many attend church regularly, but have never been to an Ash Wednesday service.

Lent recalls the forty days and forty nights which Jesus spent alone in the wilderness, being tempted by the devil. Christians use Lent – the period between Ash Wednesday and Easter Sunday, as a time for personal reflection.

In order to start as we mean to go on, during this solemn season, a time of extended personal confession is included within the service liturgy, and all who wish are invited to come up to the altar rail, to be marked with the sign of the cross in ash, as an outward sign of an inner desire to follow Christ, and to walk the path of holiness and self-sacrifice.

Many who have attended a service for the first time have commented how moving they have found the experience - especially the marking of their foreheads with the ash taken from last year's Palm Sunday crosses.

Before individuals are invited to come forward to be marked with a cross, the following words of invitation are said:

"Dear friends in Christ, I invite you to receive these ashes as a sign of the spirit of penitence with which we shall keep this season of Lent. God our Father, you create us from the dust of the earth: grant that these ashes may be for us a sign of our penitence and a symbol of our mortality; for it is by your grace alone that we receive eternal life in Jesus Christ our Saviour. Amen."

As we are then marked with the cross, the following words are said over us:

"Remember that you are dust, and to dust you shall return. Turn away from sin and be faithful to Christ."

Confessing our sins and shortcomings has always been a foundational principle of what it means to be a Christian. We are encouraged to keep short accounts of our wrongs,

so that they do not become an overwhelming burden to us, and in order that we might be unencumbered as we seek to follow in the footsteps of Jesus Christ.

How ever you decide to spend 14th February this year, I hope that you have a memorable evening.

God bless

Rev Keith Johnson

Church News



The new year got off to a rousing start with (what has become) the Annual News Year's Day Walk. A wonderful opportunity to get rid of those extra Christmas pounds.... although the walk was followed by refreshments in Church House, but still healthy start to 2024.

In the Church, new lighting was installed before Christmas, providing a more eco-friendly, brighter, and easier to manage lighting system. The Christmas tree added seasonal twinkles, and the lighting was, of course, dispensed with for some candlelit services. The Christmas Crib is always a welcome focus for all especially the children, and in accordance with Church custom will stay in place until Candlemas, (February 2nd) which is the Christian celebration of Jesus' presentation in the Temple. This traditionally took place 40 days after the birth of a Jewish child.

The Church crib provided the focus for the story for toddlers at the January tiny tots service, when they all took place in a recreation of the visit of the Magi, (though there were far more than three) walking round the church and taking presents to lay in front of the new baby.

By the time you read this, our next event, the Burns Night ceilidh in the Village Hall, will have taken place. This will explain the skirl of pipes echoing round the village on January 27th!

St Michael's Mothers Union will start the year with the AGM in February. The next few months will include a talk from Wheelbase, a local charity that supports sports activities by wheelchair users. All are welcome .A full programme will be available on the inside church noticeboard.

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Shear Madness

February! I always struggle to write this month because nothing happens! It's too late to wish you a happy new year, resolutions have already been broken and we've just had Margaret Hunter in being very smug as she wrote her article weeks ago! 🤗

February means prices go up, sorry, but still cheaper than the High Street. More and more people are paying by card which means we don't get "all" the money, my card machine costs around £2,500 a year.

So onwards and upwards for another fun packed year ahead! Sending love to you all, "my hairy family", let's make this year a good one with health and happiness.

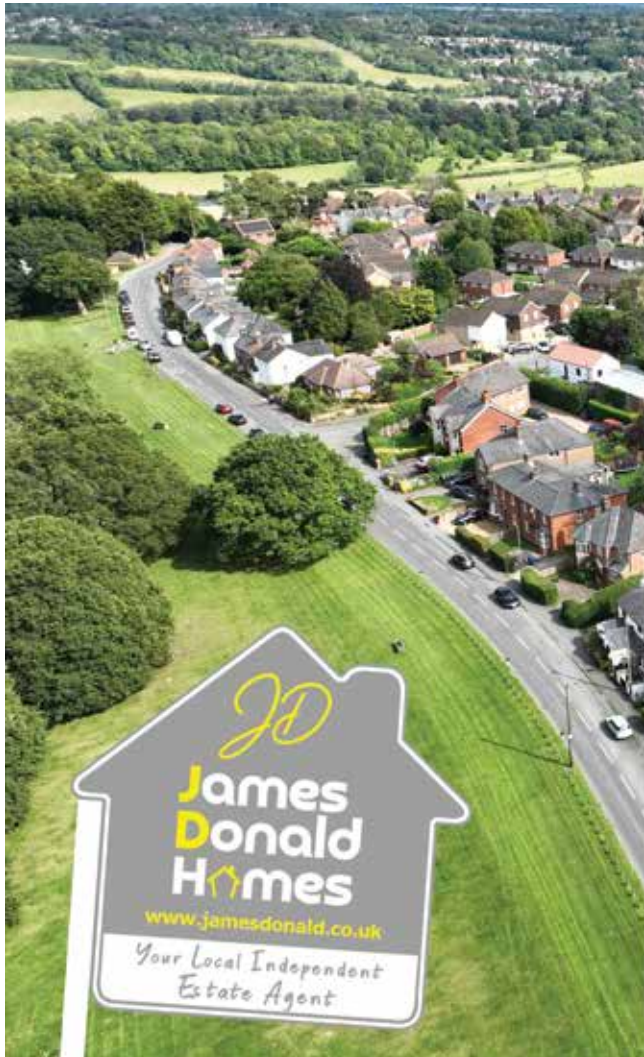
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Mandy x



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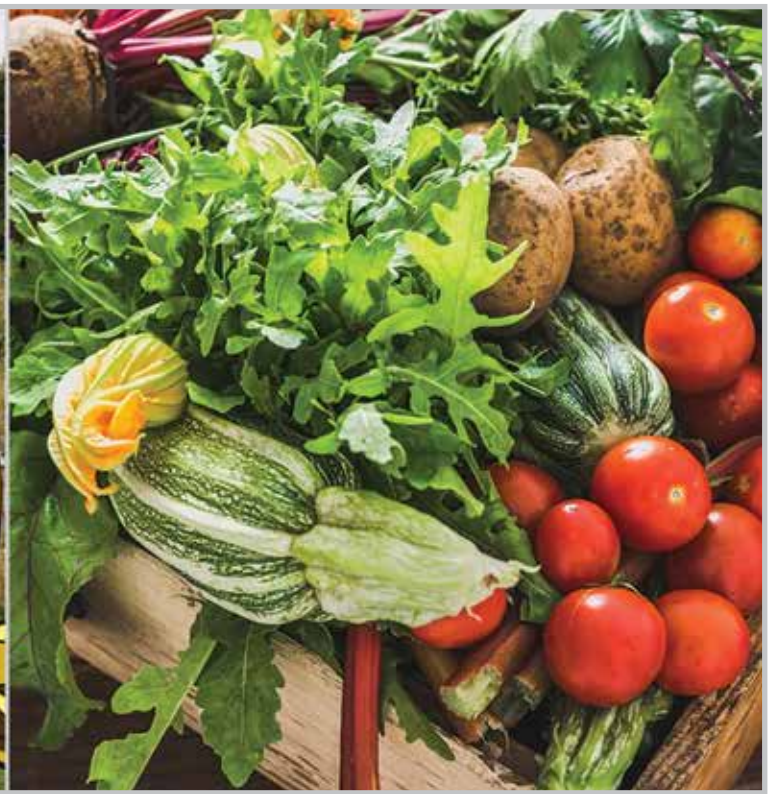
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Growing Your Own

In the December/January edition of the Gazette I gave a list of the 19 essential trace elements we need in our diet, and mentioned that the nutritionists have specified a Recommended Daily Amount of these trace elements. I said that supermarket food is deficient in those trace elements because the soils in which the crops are grown, whether in the UK or abroad, are deficient – therefore the only answer is to grow your own.

But it is not sufficient to grow your own if your soil is also deficient in the vital trace elements. Therefore, apply copious amounts of farmyard manure and gradually improve your soil. I had my soil measured for trace elements by an approved laboratory and found that the application of farmyard manure over many years had raised the trace elements by 157% and that my soil met the DEFRA guidelines.

But there is one more thing I should mention. It is vitally important for the soil to be healthy and have plenty of soil micro-organisms, for three reasons. Firstly to break down minerals in the soil to make them soluble for plants. Secondly to cluster round the roots of plants in order that the transfer of nutrients to the plants can take place. Thirdly to transport trace elements to the roots of plants. Soil micro-organisms are our friends and we must look after them. However, we kill them if we apply chemicals such as herbicides, insecticides, fungicides and, yes, artificial fertilisers. We also kill them if we dig, so stop digging! Digging breaks up the soil structure

and will actually slice in two the vital mycorrhizal fungi. DON'T DIG!!

It is the start of February so it is time to get going with growing your own this year. If you can, obtain some farmyard manure for your garden plot or your allotment from a local friendly farmer. Pore through seed catalogues to select what to grow this year (most seeds will keep in their packets for a few years, the main exception being parsnips – you need new seed every year for parsnips). If we have a few dry days give your plot a little very shallow hoeing to knock off small weeds and to produce a fine tilth for seed sowing later in the year. Onion sets and broad bean seed can be started off in seed trays in the greenhouse. Towards the end of February tomato, cucumber and pepper seeds can be started off in a warm dark place such as the airing cupboard, moved to a sunny windowsill as soon as they have germinated, then planted-out in the greenhouse when they are big enough. Hand-pollinate peaches and apricots with a cotton bud when the flowers open (there are usually few insects around to do the pollinating at the right time these days). The past two years have had long, hot, very dry periods so you will have to have a plan for keeping your plants alive - Global Warming is upon us!

Good gardening,

Mike Mason



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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.



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Happy New Year?

What does it mean to be happy? We can't be happy all the time, so maybe we need to be just 'happy enough'? Resolutions may already have proved too much, and February can bring a sense of failure in the midst of winter. So, what can we DO to feel happier? Here are 10 actions for greater happiness:

Be kind – helping others gives us a serotonin boost and takes our minds off our problems. Being kind helps us feel 'connected' and useful - vital for our sense of belonging.

Build relationships - positive relationships provide love, meaning, and self-worth. A supportive social network boosts our immune system, lowers the risk of heart disease, and even reduces mental decline as we age. These connections take effort. Prioritise your tribe!

Mind that body – looking after ourselves physically with exercise, rest, and nourishment impacts how we feel about ourselves and how our bodies function. Exercise is great for managing stress and sleep. It even improves brain function so to get happy, get moving!

Be mindful - mindfulness reduces stress, helps us manage our emotions so we can tune into how we and others are feeling. The more we can stay in the moment, appreciating the simple enjoyment of everyday things, the more enriching life will be.

Try new things - we have a psychological need for mastery. Exploring something new fuels creativity, generating new brain cells and neural connections, helping us to be curious and passionate about life.

Be positive – a hopeful outlook means we enjoy better physical and mental health. Hope and

optimism help us cope with inevitable tough times so we can take a proactive approach to problems. Writing three things each day you feel grateful for over a week, has been shown to be more effective at boosting low mood than anti-depressants. We never know what is going to happen so thinking the worst is unhelpful. Just thinking neutrally about the future is very empowering.

Set goals - working towards meaningful goals is a wonderful way to help us feel more in control and stops us from feeling 'stuck'. Goals will also help prevent distractions and 'dead-end' roads we later regret.

Build resilience – life is tough. We all experience traumatic events, such as the loss of someone we love, money worries, an accident, or serious illness. Being resilient means we can find ways to cope constructively, accept what has happened, and move forward. Reaching out and asking for help is often an important factor in recovery.

Become your own best friend - accepting we all have strengths and weaknesses, make mistakes and sometimes fail is a major component of well-being. Do all you can to ensure you speak to yourself with respect, compassion, and understanding - no matter what!

Seek Support?

If you need help in creating greater happiness in 2024, get in touch. Everyone can benefit from hypnotherapy as it promotes fresh perspectives, reframes past events, and allows us to consciously explore ways to improve our experience of life.

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Keeping your dog healthy during the Winter months

Whilst we are in the midst of the Winter months, the weather is, as ever, varied, which can have a huge impact on our dogs' behaviours. Some dogs absolutely love the rain and generally getting wet and muddy, whereas others won't even step out the back door! The very cold weather can also have an affect and there are a few things you can do to keep your dog happy and healthy at this time of year.

Wet & Muddy Conditions

- Positive attitude – if you're warm & dry, in appropriate clothing, this can encourage your dog to get out in the rain.
- Not all dogs need waterproof coats and there is so much variety available, which can be overwhelming, so ask around for advice. Spend time getting your dog used to new clothing.
- Pick walking routes that may be less muddy/wet, which can be tricky, but the occasional on-lead road walk can mean less mud. If walking in the dark, consider either reflective clothing for you and your pooch, or a reflective lead or flashing collar so that you can be seen by others.
- Hose/wash down muddy pooches after every walk & dry off as much as possible to avoid skin getting sore/infected. If you are short of time, don't rush the cleaning of your dog as this can turn into a negative experience if you're in a hurry. Cut your walk down to make time.
- Brush/groom your dog regularly, to check skin for any sores and keep coats clean and free of mud & matted coat. Again, try to make time so that this is a relaxing activity.

Extreme Cold Conditions

- Consider keeping your dog on a lead if it has been snowing, as they will be unable to see any ditches or debris hiding in the snow if they are running around.
- Ensure that they have appropriate bright collar/harness/coat on so that if off lead, you can always see them.

- It's easy to think there's no need to wipe our dogs down when the weather is not wet or muddy, but road grit can be an irritant for dogs' skin. Antifreeze is also extremely toxic and has a sweet taste, so wipe paws after every walk.

Remember, if the weather really is awful, you can always plan indoor games with your dog for their mental enrichment, which is equally important as their physical exercise. Take a look at the Dogs Trust for ideas. <https://www.dogstrust.org.uk/dog-advice/life-with-your-dog/enrichment/enrichment-activities-for-dogs>



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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



Scar Therapy at The Rosebine Clinic, in Naphill



Scar therapy, also known as scar massage, is a gentle non-invasive physical therapy method developed to treat scar tissue, fibrosis and adhesions. Treatment is applied directly to your scar and the surrounding areas to help stimulate the scar and the underlying tissue, focusing on reducing any issues related to your surgery or from radiotherapy such as:

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The treatment is now available at The Rosebine Clinic in Naphill. It's suitable for scars relating to both oncology and other surgeries.

What can you do at home?

Using skin care products, particularly in early healing (the first six months), can be very effective to prevent moisture loss and to support tissue regeneration. A water-based product helps to moisturise the skin, whilst a silicone-based product applied on top creates a protective barrier. Sun protection is a must, so cover up or use a high SPF sun cream.

If you would like to find out more, please get in touch:

Clare Goddard

The Rosebine Clinic

www.therosebineclinic.co.uk

T: 07748 050608

E: clare@therosebineclinic.co.uk



Valley Players *Break a leg!*

Valley Players had a terrific Panto this year!

We thank all of you who came and supported us for our production of " Robin Hood". We appreciated all the booing for the baddie, The Sheriff of Nottingham. The cheering for Robin Hood and Maid Marian. The laughing for the Dame and the thunderous applause for all the cast, band, tech crew and the stage manager. They all worked very hard to produce a thoroughly enjoyable and entertaining run.

It would not be theatre if there was not the odd technical hitch in this case one of our actors damaged his back in the first performance which resulted in his having to give up. However the show continued as another of our troupers took on his part with script in hand, plus playing two other parts as well. Wow the show must go on!!

There are a few photos here to give a flavour of the show. If you weren't there please come and join us next time!

Now what is next?

We will be producing another of our Murder Mystery nights where you try and guess " whodunnit ". Bring your own indoor picnic and join us on March 16th , 8.00 pm at Hughenden Valley Village Hall for:

" Sugar and Vice" by Sue Grey. Tickets £10 each via our website: www.valleyplayershughenden.co.uk or Ticket Source from 5th February .

Looking forward to seeing you.

Andrew Pitman - Chairman, Valley Players

contact@valleyplayershughenden.co.uk



Naphill & Hughenden Scout Group

<https://www.naphillscouts.org.uk/>



The winter term culminated with our annual Christmas Service at Hughenden Parish Church, where all our young people, leaders and parents got together to enjoy some angelic singing and to wish one another a very Merry Christmas. At the Service we also announced our new President and vice-President, David and Hazel Lowe. These positions are both honorary and reflect the decades of selfless service that David and Hazel have given to the Group, thank you both very much!

Although the Winter nights are long, the Naphill & Hughenden Scout Group are still getting out and about enjoying a wide mix of activities.

The Beavers had a very exciting, first ever, visit to the Nepalese Heritage Centre at RAF High Wycombe, which taught them lots about Nepalese culture and helped them work towards their 'World' Challenge Badge.



The Cubs continued to venture outside and enjoy a few hikes in the woods, as well as learning about aviation and flight in some great work towards their Air Activities badge.



The Scouts are pushing themselves physically! They have completed their first 10km training hike in preparation for the Chilterns Endurance 40km hike which will be taking place in the early Spring.

If you or anyone you know would like to get involved with the Group, please contact Hamish Pearson, the group's Lead Volunteer on Groupleader@naphillscouts.org.uk



Naphill Brownies

Happy New Year to you all!!

The end of the Autumn term saw us doing lots of Christmassy things at Brownies.

Over 50 girls got together to enjoy our Hughenden Girlguiding Christmas Craft evening, held in the Sefton Barn at the Horse Trust. The girls did all sorts of lovely Christmas crafts. One of these crafts was to create a decorative, illuminated Christmas bottle. We were VERY grateful to The Wheel pub for collecting over 50 bottles of all sorts of interesting shapes for the girls to use.

We also enjoyed an evening of Christmas-themed team challenges and made lovely floral table decorations. These christmassy activities were part of the Winter Quest badge that we are now working on.

We are delighted to be back at Brownies for the new year, and look forward to all the fresh fun and challenges that 2024 will bring.

Over the coming weeks we will be doing lots more winter-themed activities – everything from feeding the birds to winter traditions and snow play.

For our first week back at brownies we did a fun activity to focus on our New Year's resolutions or personal challenges for 2024. We soon discovered that we definitely do not all have the same priorities and targets, and agreed that actually life would be quite boring if we did.

As you are probably aware, we are looking for new leaders to take over the reins of the Naphill Brownie pack. Maybe this could be your New Year challenge for 2024. There are loads of resources, training and support available and one could easily run brownies using only the resources provided.

However, the great thing about Girlguiding is that you can actually include whatever you wish in your termly programme, so you can work within your own experience.

If you would like to come along and try helping out, please do get in touch. No obligation.

Finally, don't forget to start collecting up your jumble for us for the next Jumble Sale on Saturday 2nd March 2024.

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





Naphill Brownie Jumble Sale
Saturday 2nd March
Naphill Village Hall
Entry Fee 50p - Cash Only



We will be collecting items for the sale around the village on the morning of the sale and we would also welcome any items you wish to bring to the village hall on the sale day.
NO ELECTRICAL GOODS PLEASE



RAF High Wycombe

New Year News and Events



Cycling her way to success

The life of 22-year-old Royal Marine John Thornton was tragically cut short in Afghanistan in 2008. A high achieving student, he lived for the military and service to his country. To honour his voracity for life the John Thornton Young Achievers Foundation (JTYAF) was set up that encourages young people to 'climb as high as they can dream.' Inspired by his work, local Cadet FS Evie Collins from 332 (High Wycombe) Squadron supported the Foundation with a sponsored 24-hour cycle challenge.

Held over two days at the RAF High Wycombe gym, Evie, together with three other cadets pedalled in rotation for forty-five minutes for twelve hours each day between 20-21 Jan 24.

"I am raising money for the John Thornton Young Achievers Foundation as part of the course, Junior Leaders (JL), that I am currently a student on. JTYAF helps fund the JL Course, as there are very close links between the two. John Thornton was a student on JL before he joined the Royal Marines and was awarded 'Top Student' in 2004. As a way of giving back every student plans and runs a fundraiser for the charity. This year, I am one of over seventy JL students raising money for JTYAF," said the impassioned cadet.

Along with a group of other cadets, Evie took part in the recent Race For Life and in 2021 entered the Air Cadets 80 in 80 challenge for the RAF Benevolent Fund. However, the 24-hour challenge is the first charity event that the seventeen-year-old has organised.

A member of the cadet forces since she was thirteen, FS Collins has the RAF in her blood. Her grandfather started

his career as an engineering apprentice at RAF Halton. "My dad found an air cadet squadron near us, and suggested I go down for one night, to see what it was like." Five years later Evie is the NCO IC at that same squadron.

"I have learnt so much from cadets, and whole-heartedly believe I am a better person for joining them."

With aspirations to enter the RAF Police after completing sixth form, the focussed teenager is an advocate of the cadets and in particular, the Junior Leaders course; "I would say the best thing about it has been the journey I have gone through in terms of learning more about myself. I know a lot of courses or opportunities say that you 'learn a lot about yourself', but with JL you really do.... I have learnt how to develop myself in the future. I know where I want to be, and how to take the steps to make that happen. I would absolutely recommend Junior Leaders to every cadet I know, it's a truly brilliant course."

They say youth is wasted on the young, but this could never be applied to this tenacious teenage cadet whose zest for life and quest for personal fulfilment is palpable. Here is to a brilliant future in the RAF, Cdt FS Collins!

If you would like to contribute to Evie's 24 hour cycle challenge please visit <https://www.justgiving.com/page/evie-collins-1701812245521>

For more information about the John Thornton Young Achievers Foundation please go to www.jtyaf.org

Laurence Parker,
RAF High Wycombe MCO.

Could you do the 100?

The Royal Auxiliary Air Force is 100 years old this year! And RAF High Wycombe's Wg Cdr Alfie Hall has found a 100 good reasons to celebrate this amazing milestone: 100 10K runs over 100 days!

"I have done marathons, even ultra ones, but people who sponsor want you to do something out of the ordinary," said the Wg Cdr. "Not many can do or have done 100 x 10K runs. I thought it was a good one.....partly to get people interested in RAF Aux 100 and partly to raise funds."

The motivation for the seasoned runner is to raise interest in the theme of 100 and to get people active. "Everyone spends a lot of money on gym membership after Christmas and stop using it after a few weeks.... But if you add up how far you walk each year it easily beats 100kms," commented Alfie.

The RAF veteran is well aware that we are living in some tough economic times but believes that the British people are a generous nation and want to support good causes. Enter the one penny challenge.

"I am asking for just one penny for each of the 10Ks that I do. Literally every penny counts. If you have a penny, you



can support me.....For me the target is all about participation rather than just fundraising."

Any monies raised are being split between the RAF Benevolent Fund – who support any member of the RAF family – even if they have only served one day and The Royal Auxiliary Air Force Foundation whose job it is to record the history of reserves and signpost people to sources of help.

"If I get given one penny then you are invested in the aims – awareness of the RAF Benevolent Fund and the comradeship that we all share."

For each run the name of a person taken from the Royal Auxiliary Air Force Foundation Memorial will be on the Wg Cdr's shirt to remember those who are no longer with us.

For more information or to contribute to Wg Cdr Hall's cause, please go to <https://www.justgiving.com/team/RAuxAF100>



Laurence Parker,
RAF High Wycombe MCO.

A Message from Padre Andi - *Are you COLD or HOT?*

A thought that has been in my mind since the beginning of this New Year came via an online lecture from a Franciscan priest who was considering Revelation 3:15-16. The thoughts were around mediocracy, and should we fear this concept?.

When we make a mug of coffee, we like to ensure that the liquid is good and hot so the taste comes out... likewise with an iced coffee, it is something that is enjoyable. However, the taste a lukewarm coffee is not much good for anything except for going down the sink.

For me, this allowed me to think about my position in the world and what I bring to the communities in which I serve, and whether it makes a positive impact. I came to realise that in some areas I am like hot, where I have passion in something that drives me, while in others there are things that just don't infuse me which means I'm cold. Yet it was those things that matter where I showed indifference that caused me some distress and prompted me to respond.

Being mediocre can mean being average, or indeed just being normal; and there should be no fear in that, yet for those things that matter, how do we respond to these? If you're a parent, there is the hope that you have/would respond well to children on those things that truly matter. By disregarding issues of no consequence, more time and value could be given to those things that matter

So, are you hot or cold? Are there areas where being lukewarm on something is causing discomfort? Considering these, means that we have a clearer thought process and can develop those things that are good, while dismissing those that are of no consequence.

With peace and every blessing,



Padre Andi
Station Chaplain
RAF High Wycombe

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Not from the Vicarage - *The Guest*

A couple of months back, we finally managed to get away on holiday - our first proper holiday since BC (before Covid). Hours of internet searching and conversations with various travel agents had resulted in us booking a stay at a boutique, adults only hotel on the island of St Lucia.

The hotel was everything promised by the brochures – and more! Excellent food, fabulous views, staff who hosted you rather than just providing service, a self-serve bar at the main pool and plenty of interesting, friendly guests to talk to. I even met a registrar who had actually had a wedding stopped by a bona fide ‘just cause and impediment’ (exceptionally rare event – Hollywood has much to answer for in this sphere!)

A few days in, we were joined by a new guest who seemed to be alone. She always dressed impeccably – rather too impeccably for a Caribbean holiday, more what you’d expect for a cruise – but hey, if that was how she liked to present herself, good on her!

It being such a friendly hotel it wasn’t long before we struck up a conversation with the lady, who’s name was Cecily. Turns out she was not alone – her husband was in the island hospital! They were visiting St Lucia on a cruise and whilst walking around the town, he had fallen badly, shattering his jaw. Unable to continue with their planned holiday, the cruise line and insurance company had found accommodation for her at our hotel.

As soon as word got out about Cecily’s situation, she was never unintentionally alone again. Fellow guests rallied round and ensured she was always invited to sit

with them at meals, collected drinks for her from the bar, invited her to swim with them in the pool or join them on the beach. One evening, Cecily was sat with us at dinner. There was live entertainment and the band played ‘our’ song. We excused ourselves, asking if she minded if we danced this number as it was ‘our’ song, which of course she didn’t. We took to the dance floor as if we were competing in Strictly (well, not really, but one can but dream) and started to dance. The next thing we saw was one of the waiters had taken Cecily onto the dance floor and was gently and gracefully dancing with her.

Eventually, Cecily’s husband, Greg, was well enough to leave hospital and they prepared to be flown back to the UK. As we said our farewells, Cecily said what a difference the guests had made to her difficult stay.

It was the most extraordinary and beautiful thing to be a part of. The other guests were on holiday from their own stressful lives, with their own burdens and griefs, yet they still found time to make life a little better for Cecily.

Jesus tells a story about when we help others in whatever form of need they are in, it is as if we are helping Jesus himself. Such acts are one way in which we can bring about a better world; a world the Bible calls the Kingdom of Heaven. For a few days in that hotel, the Kingdom of Heaven was certainly present.

Every blessing,

Rev Jenny Ellis



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On the Farm -

Finally, as we got into the new year, we have had some drier weather. The Autumn has been particularly difficult with such high rainfall. The wet weather has caused us several problems, we have been unable to plant all the Winter Wheat that we planned, and some that we have has yet to fully emerge and may need replanting. We planted 60 acres of grass seeds before it started raining. This seed has rotted in waterlogged soil and will need replanting, this was for grass we hoped to silage at the end of April so another plan will have to be made. We have also ended up with more water in our dirty water lagoon so this has needed spreading, earlier than we would have liked. Being shut down with TB we have more stock on farm, meaning more cattle are being outwintered so drier conditions would have been preferred. No doubt it will not rain again and by summer we will be crying out for rain it's the way the weather seems to go at present!

The TB rumbles on with one reactor in our November test. We are testing again at the end of January. We need to have 2 clear tests to be declared TB free. We are quite over stocked, every barn is full, so we will have to look at selling some cattle at an Orange TB market. This is a market where only DEFRA registered TB fattening units can buy the cattle. Probably not very local to here and at quite a discount.

With the challenges farmers face there has been more interest in the government's environmental schemes, with quite a bit of land coming out of production. With large scale solar projects and house building also taking out land, land for food production is getting squeezed. I hope food security is a priority for the Government, it feels that it should be with the uncertainties in the world.

We have had an 8 % milk price rise since the New Year, this is very welcome as we have been running under the cost of production for a few months. The price had been dropping for us for the last 12 months. I notice when the slow down in inflation is talked about food prices are mentioned as though they are just coming down, for us they have been low for 9 months at least.

Princes Risborough Young Farmers, which most of our staff are members of, have been busy in recent weeks, with 2 charity events. They have organised a tractor run back in mid-December. This involved a large convoy of tractors that went from Thame via Chinnor, Princes Risborough, Haddenham and back to Thame. 225 tractors took part. Then after Christmas they did a Christmas tree collection and disposal. This was done with all the takings going to charity and any costs involved were donated by the Young Farmers. They supported two charities the Royal Agricultural Benevolent Society which received £4625 and the Rennie Grove Hospice which received £10125. So, if you were held up in traffic by 225 tractors or had your tree collected by them it was in a good cause.

In 2025 Princes Risborough are holding the YFC countryside rally again, so preparations for this have already started. This will be in early June and is being held in Bledlow. Young Farmers is open to anyone (you don't have to be a farmer) from early teens up to the age of 26. They always welcome new members, so if you are young and at a loose end its worth looking them up.

Richard West



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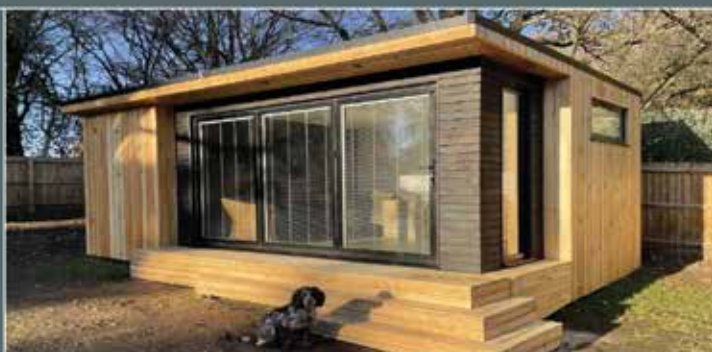
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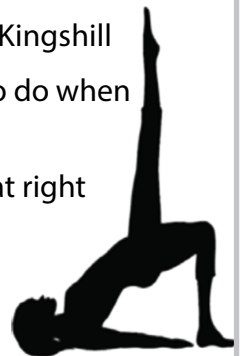
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