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June 2024

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*Jonathan Filder*  
PUBLISHER



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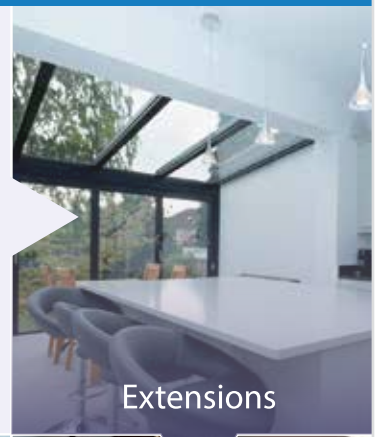


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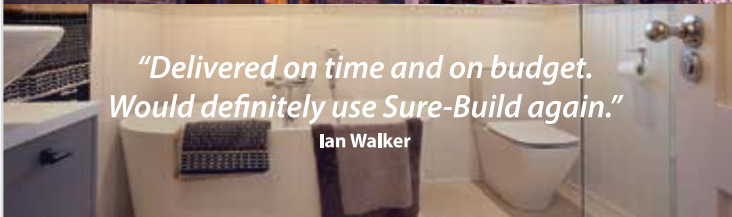


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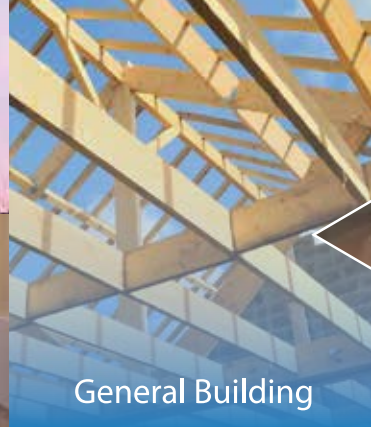
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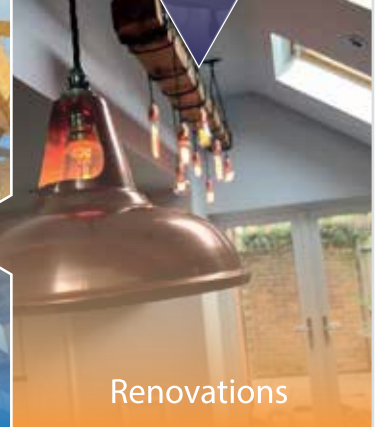


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### *Our Local Clubs and Organisation Contacts*

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

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Email: [chairman@naphillvillagehall.org.uk](mailto:chairman@naphillvillagehall.org.uk)

**Bookings** - Tanya Stevens

Email: [hallbookings@naphillvillagehall.org.uk](mailto:hallbookings@naphillvillagehall.org.uk)

Tel: 07851 169275

[www.naphillvillagehall.org.uk](http://www.naphillvillagehall.org.uk)

## Local Council Contact Information

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

## Helpful Contact Numbers

Hughenden Surgery	See website <a href="http://www.ourpractice.co.uk">www.ourpractice.co.uk</a>	01494 562189
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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
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Wycombe Women's Aid/Also Men	Counselling re domestic violence	01494 461367
		Male 0808 8010 327
Carers Bucks	Help for carers	0300 7772 722
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Copy Date for July 2024 Gazette 15 June 2024

Welcome to the June Gazette and I truly hope that by the time you read this, the sun is shining, the weather is much warmer and my thick cardigans can be packed away for a few months!

A very quick reminder that the annual gazette subscriptions are due, please see the notice below. Should you have any questions or queries re subscriptions or deliveries please contact Paul and Jo at [distribution@naphillandwaltersash.org.uk](mailto:distribution@naphillandwaltersash.org.uk) or give me a call 0149 569428.

As you will see on page 11, our village hall is in much need of a new secretary. The current secretary has written a job description which I very much hope will encourage somebody, who has the skills, to volunteer. As I often say, "many hands do make light work"! We have a great village hall, but without volunteers, without fund raising events, we will lose this fantastic community asset.

No NapFest this year, which is very sad! Why? A simple answer "a lack of volunteers!" So please, before you reach for your phone, iPad, computer whatever to complain about the lack of these much-loved events or the job done by those of us who do volunteer and do our very best to do a good job, perhaps look at your diary and see if you could spare a small amount of your "busy life" to help the community.

Classics on the Crick, a fabulous community event raising money for a charity which helps so many, please support and enjoy!

Sincere thanks to all the contributors and as always to Jonathan for the photographs and help and to Himself for the endless patience and coffee when I am stretched to the limit! Have a lovely June everybody, please look through the advertisements and support local business and events wherever possible. I look forward to being back chatting with you all in the July Gazette!

Best wishes,

Sonia



## Gazette Annual Subscription Collection 2024 Notice

The distribution team now have their collection bags and will be calling to collect the annual Naphill & Walter's Ash Gazette subscriptions for 2024. Please have your £5 ready.

Thank you for your ongoing support.

Sonia - editor

[editor@naphillandwaltersash.org.uk](mailto:editor@naphillandwaltersash.org.uk)

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

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### Chairman's Report

On 13 May a committee meeting was held in the village hall, there were 12 trustees present. The main item of conversation was the playground. It was agreed that we would have the fencing around the playground replaced and a discussion followed about replacing the play unit that has the slide. The other item that was discussed was the updating of the trustees code of conduct, data protection policy, complaints policy and the financial reserve policy. They were all amended slightly to bring them up to date.

Unfortunately, the next morning after the meeting we received the latest inspection of the play area. There were several items that needed urgent attention. The main two being the unit with the slide is now considered unsafe as the poles that support it have rotted at ground level and also the larger swings also have a pole that has rotted at ground level. So, we had no alternative but to close the playground. This has been done, the gate is locked and the swings taken down. The fencing replacement has been put on hold until we have decided what course of action we should follow. We are now discussing ways of replacing the slide unit and the

one leg of the swings. We have looked at a couple of catalogues of play equipment, including one that uses recycled plastic that does not rot! On initial working of costs it looks as we will probably looking at £28,000. The committee hope that we can obtain grants and we are also considering setting up a "go fund me page" to help with the costs.

The committee urgently need a secretary for the village hall, at the moment we do not have one. Please, if you can help, email me at [chairman@naphillvillagehall.org.uk](mailto:chairman@naphillvillagehall.org.uk) (Please see job description below)

***The next event on the crick will be Classics on the Crick on 9 June. The Fireworks will be on Saturday 2 November.***

*Clive Lawrence*

Chairman Naphill Village Hall  
[chairman@naphillvillagehall.org.uk](mailto:chairman@naphillvillagehall.org.uk)

## We are looking for a new Secretary for the Village Hall

***This role is voluntary and involves the following:***

- Producing & distributing monthly agenda and related documents for the trustees, then publishing approved meeting minutes
- Producing & distributing the Annual general meeting agenda and related documents, then publishing annual minutes.
- Coordinating with the other officers (Chair, Deputy, Treasurer, Bookings) and working groups (e.g. maintenance)
- Communicating with all the village hall charity trustees
- Handling general queries (from email & website) about the village hall and directing them to the right group/person
- Ensuring the Charity is compliant with Charities Commission requirements
- Managing content on the village hall website & Facebook group.

The above takes a few hours a week to manage, along with attending the monthly and annual meetings. Would suit someone with their own PC/laptop and comfortable using Microsoft Outlook, Word and Excel (we provide a free (charitable) license to latest Office365)

if you can help, please email at [chairman@naphillvillagehall.org.uk](mailto:chairman@naphillvillagehall.org.uk)

*Clive Lawrence* - Chairman, Naphill Village Hall





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You will no doubt be aware that over several years including during the lock-downs, a backlog of issues built up, and subsequently progress has been limited by the rapid turnover of staff and councillors. We have just had another troubled year retaining staff, with the departure of our clerk Alice after only a few months in post. We had to employ another locum clerk, Philip Truppin, who is very experienced and has been a great help in putting our affairs in order. However, with so much disruption it has been barely possible to do more than essential and urgent tasks, leaving a number of important things that should have been done undone. Because of this lack of activity, reserves that have been set aside for long-planned projects has not yet been spent.

However, there is some good news. Thanks to the combined actions of staff and councillors we have made some real progress.

The Garden of Rest has been refurbished including new gates and the allotments put on a far better footing including the reintroduction of an allotment working group all thanks to our administrative assistant Marilyn Heybourn.

We have finally started to make progress on our significant number of open spaces as will be described later by the Chair of Environment and Services, Gareth Cadwallader.

We are also contracting to refurbish the two rather neglected playgrounds we own at Great Kingshill and Templewood.

The hedges, areas of grass and trees owned by the parish council have continued to be maintained by our experienced contractors.

The street lights the parish council have adopted in Widmer End now have policies drawn up for their maintenance and for the gradual replacement of ageing lights over the next few years.

Various grants have been awarded within the four wards and we are encouraging new applicants.

We are still short of councillors, having only 9 out of the 15 full complement. This means we might not have as wide a representation as we should, so would welcome any resident wishing to contribute.

We will continue to recruit a clerk and deputy clerk over the next few months, so our complement is up to budget. Then we can build on this base and provide the full service to our residents that they should expect.

*Stan Jones*

Chairman Hughenden Parish Council

[stan.jones@hughenden-pc.gov.uk](mailto:stan.jones@hughenden-pc.gov.uk)

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## Friends of Naphill Common

The rain, which has broken records for the last 18 months, finally seems to be abating. The Common quickly becomes muddy in the wet, but also dries equally swiftly, so we're optimistic that we may soon be able to recommence the use of our newly purchased flail to keep bracken and brambles under control – particularly along Ladies' Mile. The results of last year's efforts have been a beautiful show of bluebells and forget-me-nots, particularly opposite the new 'Heatherlands' development, but also in the interior of the Common, where the Estate's thinning activities have opened up areas to sunlight and encouraged new growth of wildflowers.

### Open Spaces Working Party

At their meeting on 7th May, Hughenden Parish Council agreed to set up an Open Spaces Working Party, under the chairmanship of Councillor Gareth Cadwallader – I am also a member, representing FoNC and our village. Hughenden Parish owns several important open spaces: the Cockpit Pond area in Great Kingshill; Little Burnham Field and Spinney (in Hughenden Valley, between the two football pitches adjacent to the Village Hall); Cockshoot Wood in Widmer End (Four Ashes);

and (most importantly for us) Vincent's Pond and Meadow in Naphill.

Work has already begun on developing environmental management plans for these areas, which have been sadly neglected in recent years. We'd welcome any thoughts and input you may be able to offer us.

### FoNC Working Parties

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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There are 2 routes, both starting and finishing in Wades Park in the centre of the town. One is of approximately 6 miles. The second, for the more adventurous, is of about 20 miles, in 3 stages, of which participants can choose to walk all 3, 2 or just 1 stage. Full route instructions will be issued at the Start, and refreshments will be available at the end of each stage. There will a small charge for a shuttle bus service for those who might need it.



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For more information about the Club, contact David White at [david@dhwhite.plus.com](mailto:david@dhwhite.plus.com) or call 07787 750889

## Pete Dalby Marathon Success!

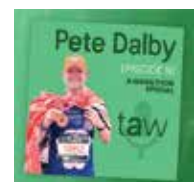
Hi All,

I just wanted to say a huge thank you to everyone that supported me on my marathon fundraiser this year. Running the London Marathon 2024 was one of the most memorable experiences of my life and I'll never forget it. The support I received on my journey has totally blown me away and I'll be forever grateful. Huge congratulations to Ali Brown from Naphill who also ran too and anyone else that ran it this year. I'm delighted to say that in total, we raised £10,816 for Brain Research UK which is just fantastic, I couldn't have done it without a long list of people and you all know who you are, thank you!

If anyone's entered the ballot for next year or has wondered what it's like to run the London Marathon, we recorded a podcast episode to document the journey, the build up, the electric atmosphere on the day and even an interview with the Chief Executive of Brain Research UK, you can listen to it on Spotify or Apple Podcasts it's called the There's Another Way Podcast Episode 10 - A Marathon Special, or by scanning the QR code below.

Thanks again,

*Pete Dalby*





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## How to Report a Crime to the Thames Valley Police

If you have been a victim of crime you can report it in several ways.

### Is it an emergency?

Does it feel like the situation could get heated or violent very soon? Is someone in immediate danger? Do you need support right away? Is a crime still taking place? If so, you need to call 999.

If you have a hearing or speech impairment, use the textphone service 18000 or text the police on 999 if you've pre-registered with the Emergency SMS Service.

### Non-Emergency

**By Phone** - If it's not an emergency, do not call 999. This doesn't mean the crime is not important – it just helps the police to make the best use of their resources. Call 101 for non-emergency enquiries. If you have a hearing or speech impairment, use the textphone service on 18001 101.

**Online** - Online reporting has been introduced to offer another option to victims of crime when reporting a crime or incident where an urgent police response is not required. Examples of crimes and incidents that can be reported online and also by phone include: criminal damage and vandalism, thefts from a vehicle, shed, garage, outbuilding and house burglaries when the reporting is after the event.

You should try to include as much information as possible about the crime.

Online reporting allows you the freedom to report non-emergencies at a time that is convenient for you. It means you are able to spend some time writing in your own words exactly what happened and there is no need to wait until somebody become available to take your call.

<https://www.thamesvalley.police.uk/ro/report/ocr/af/how-to-report-a-crime/>



### Reporting Anonymously

If you have information regarding a crime and don't want to talk to the police, contact the charity Crimestoppers online or call 0800 555 111. You will remain 100% anonymous.ALWAYS!

### Following a crime

Support for yourself: if you have been affected by crime and need confidential emotional support or advice on what to do next, you can contact Victim Support on 08 08 16 89 111.

Email: [office@wdnhwatch.plus.com](mailto:office@wdnhwatch.plus.com)

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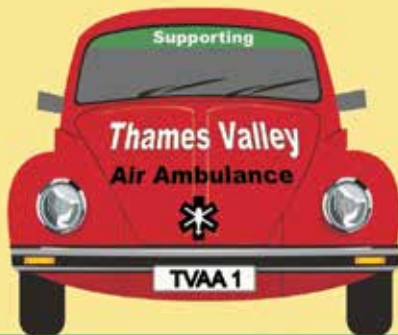
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Sunday 9th June 2024



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Come along to Classics on the Crick on Sunday 9th June

This is the 10 Year Anniversary Show and we have lots of things going on, not just Classic Cars!

There will be a great selection of trade stalls and tasty food outlets, spread across the field.

The village hall will be running a Rebellion Beers bar, and this will be complemented by a separate wines and cocktails van.

There is live music running throughout most of the day. We have the SKAvengers who play popular Ska and 2 Tone Hits, followed by the talented Steve Ling, who will entertain us with songs from all genres.

As usual, we shall have a raffle with lots of exciting prizes, including a barrow of booze which proved to be very popular last year. Our wine game is returning, where bottles can be won!

We will have a new Classics on the Crick t-shirt available for purchase, featuring an exclusive and iconic 80's car.

There is also an opportunity to win merchandise, if you can guess all ten cars in our new Mystery Classic Picture Quiz.

Finally, of course, there will be over 500 fabulous classic cars and bikes to see. As usual, we will have the opportunity for all visitors to vote for their favourite, with a Public Choice Award.

Tickets can be purchased in advance via the Classics on the Crick website, or on the day, at the public entrance.

Adults £8 (£7 advance), Children £4 (£3 advance), Family Tickets are available.

[www.classicsonthecrick.co.uk](http://www.classicsonthecrick.co.uk)

Public Car Parking is free within a separate field down Stocking Lane, courtesy of the Horses Trust. Space restrictions mean that Blue Badge parking will be very limited on the main field.

Dogs are very welcome at the event, on condition they are always kept on a lead.

As usual, profits from the event go to the Thames Valley Air Ambulance. The Air Ambulance are also celebrating an anniversary this year, marking 25 years since they started operating their life saving service across Buckinghamshire, Oxfordshire and Berkshire.

We hope to see lots of you on Sunday 9th June. It's a great day out!

*The Classics on the Crick Team*

[www.classicsonthecrick.co.uk](http://www.classicsonthecrick.co.uk)





## Church News

In May we had very thought-provoking visits from two of our mission partners, a celebration of Bell Sunday and two performances as part of the Chiltern Arts Festival.

We also marked Ascension Day on the 9th of May, celebrated several weddings and hosted a variety of meetings and events for groups both connected and not connected with the Church.

Kevin and Jen Cable, our Mission Partners on a flying visit from Israel to the UK, visited on 4th May and spoke about the realities of life in Jaffa and their work with children, refugees and the inhabitants, and how it has been affected by the current conflict. Kevin spoke of the religious integration in Jaffa, and his and Jen's personal experiences of the war, together with his clear exasperation of its reporting in the UK.

The same weekend - on the Sunday, we heard about the work of Mission Aviation Fellowship, another mission partner. This Christian organisation uses planes to overcome problems of isolation and access caused by war, geography, politics, and weather. Their planes and pilots deliver relief workers, doctors, pastors, school equipment, food medicines and building materials to places where planes are the only means of getting there. Sometimes they have to build their own landing strip. (Runway would be too grand a word for some of the pictures we saw.) The need is so great that on average a MAF plane takes off or lands every 6 minutes.

Bell Sunday (12th May) was an opportunity to hear some magnificent ringing as we went to Church and to sample the excellent bell-shaped shortbreads made by our new Tower Captain, Verity Nicholls.

The following week, both the Church and Church House were used for Chiltern Arts festival events: a poetry workshop and spoken word performance by Cathi Rae, and a celebration of Czech music by the Alinde Wind Quintet. Chiltern Arts Festival has been associated with Hughenden Church since 2018 and we enjoy their visits.

Events we are looking forward to including our annual swim and barbecue and our biennial parish visit to High Leigh conference centre.

*Jane Tyrer.*

## From the Vicarage

I wonder, have you heard of Love Wycombe?

Love Wycombe is a registered charity, run by leaders from within the churches of High Wycombe, and its main purposes are to encourage Prayer, Celebration & Social Action in our area. It seeks to bring believers together from different churches and denominations to encourage each other, be a witness to our wonderful town, and arrange special events together to celebrate our faith in Jesus Christ.

Do you have any plans for Sunday 9th June? If not, why not join us down on the Rye in High Wycombe for a town wide celebration, under the banner of Love Wycombe?

Please arrive from 10.30am, with a start time of 11am. A celebration service will launch the event, followed by fellowship, food and fun together with charity stalls, live music and inflatables.

But why is it important to meet together with Christians from other churches? Because when Christians get together, God changes lives.

I have been privileged enough to be involved in several gatherings of churches together in the various towns I have lived in over the years, from Tunbridge Wells, to Hastings, to Redditch, Chatham and now High Wycombe, and I have always found it such an uplifting experience.

I have marched behind a wooden cross through Chatham on Good Friday, reenacting the stations of the cross, as shopkeepers have come outside to watch and share in this act of witness, I have taken part in early morning prayer meetings, more ambitious town wide missions, and special events where we have invited musicians and speakers to present the Christian Gospel, attract young people to a gig, and lots of other creative ways of reaching our town for Christ.

In the run up to Love Wycombe this year, Christians across the town are being encouraged to prayer walk their local area, asking the Lord to bless their neighbours.

*Rev Keith Johnson*

## Naphill & Hughenden Scout Group

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



## The Annual Saint George's Day Parade

One of the biggest annual events in the Scouting calendar takes place every April, as Scouts the nation over celebrate St George's Day. St George is the patron saint of Scouting and parades and services are held to celebrate this. The Chiltern Vale District parade is held annually in Princes Risborough and sees leaders and young people march through the High Street and to the church, where they re-make their Scouting promises.

The parade brings into focus just how much Leaders and young people gain from Scouting and just how many people come together to make it all happen!

If you have a young person who would like to get involved with Scouting, or if you would like to volunteer to assist either face to face with the young people, or helping behind the scenes, please email Hamish Pearson, the Group's Lead Volunteer at [groupleader@naphillscouts.org.uk](mailto:groupleader@naphillscouts.org.uk)



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## Naphill Neighbours

This week we had a visit from the charity "Ukraine 2 Chilterns". Several Ukrainians came, including a young man who spoke to us in English. We listened in admiration and sadness.



There are over 100 Ukrainian guests living with families in the Princes Risborough area. Over 10 million have left their homeland, and the menfolk in their families continue fighting. They manage to keep in touch by What's app. All these people are willing to work and some of them, though professional people, will do menial tasks in order to earn a living. One of those who came to visit us was a midwife but her English wasn't fluent enough for her to work in one of our hospitals.

Many of these families had been bombed out of their apartments, surviving by sheltering in the basements. We saw images of their attractive homes, now empty shells

unfit to live in. The charity helps guests to find work, open bank accounts, go to school, attend English classes, etc. They have organised local events and run cookery classes.

One excellent baker brought one of her delicious cakes for us to share. She bakes to order and examples of her work are available - hannahkurashcake@gmail.com. The charity's website 'UKRAINE2CHILTERN.S.COM provides further information.

We are running two outings this year. One to Worthing on Tuesday 2nd of July and another to Worcester City on Friday 20th September. We are using small Motts coaches and have a few seats left. Ring Yvonne Cook for further information. **01494 563960**

*Peggy Ewart 565969*



## Not from the Vicarage

Due to a calendar mix up, I found myself home alone for nearly a month. Someone was needed to look after house, garden and pets. So my husband pootled off to his dream role of Port Chaplain in Gibraltar, my daughter and her new husband pootled off to their dream holiday in the Far East and I pootled down to the local supermarket!

Did I have fun! Alone does not have to mean lonely. I didn't have to worry about planning meals that all four of us could eat (my daughter is a vegetarian, her new husband is not, hubby prefers veggie and I feel if we were not meant to eat meat, why did the good Lord make it taste so good!). No family consultations on which TV programme to watch. No queues for bathrooms or to use the washing machine. No games of Tetris with cars on our drive. I could do what I wanted when I wanted!

Cue binge watching favourite boxed sets until 1am, shopping for a whole morning at Ikea, bacon butties, chip butties, delicious salads with fennel (daughter and hubby think fennel is horrible!) and finally getting round to a host of jobs I had been meaning to do when I 'got around to it'.

Bathroom drawers, kitchen drawers, bedroom shelves, utility room and hall cupboards all totally transformed (with the aid of the storage systems I had spent all morning buying at Ikea). Contents were consolidated, out of date medications safely disposed of, things way past bbe dates chucked in the bin. The curtains we inherited on our move were re-homed using a local free stuff website and clothing I hadn't worn in years went to the charity shop. I rented a carpet cleaner and cleaned our rugs, carpets and

soft furnishings, taking a risk with the woollen oriental carpets. The carpets came up a treat, but there was an unfortunate side effect – the house smelt of wet dog for days afterwards! Even the weeds in the garden beat a retreat when they saw me coming armed with hand fork and trowel!

My time on my own was transformational. Not only was my home transformed into a more organised space, but having time to myself gave me space to be me. I was free from the demands of family and fitting in around the routines of others. I had time to read, pray or to simply be. I was almost sad when my daughter and husband returned and I flew to Gibraltar to join my husband (though now I'm here, the blue skies and 20°+ temperatures have dispelled even the slightest hint of melancholy)

In a busy world, it is important to have time and space to ourselves. The New Testament frequently tells us how Jesus would take time to be away from life's hurly burly and be alone. That's right - even Jesus, the Son of God, with all the power and resources of heaven at his command, took time out to be alone.

May you be blessed with the time and space that you need.

*Rev Jenny Ellis*





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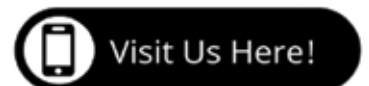
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## Year 4's trip to Woodrow High House

Recently, our curious Year 4's had the experience of a lifetime as they took part in a residential trip to Woodrow High House in Amersham. They had an amazing time over 3 days, taking part in lots of new activities including; becoming adventurous in archery, conquering fears in the high ropes course and many more exhilarating challenges! A favourite amongst the children was bush-craft, as they really enjoyed getting to learn new things about different plants and creatures around them. One of the messiest challenges was the rabbit hole, which was a maze of gloomy tunnels with mud, puddles and slugs in abundance!

The meals at Woodrow were a huge success with the only complaint being, "There was not enough of the cheesecake!" The children especially enjoyed breakfast as it consisted of: scrumptious waffles, pancakes drizzled in syrup and fruit - a bit better than cereal!

For lots of the children, it was a bit of a challenge stepping away from home for the first time, but with the excitement of dormitories and new opportunities, they soon overcame their fears. During their stay, it rained non-stop which meant that the mud was extra deep and they were surrounded by mammoth-sized puddles; which lots of the children loved splashing in!

One special night was spent round a campfire where everyone (including the instructors) sang silly songs whilst toasting marshmallows! Many jokes were told around the fire and after plenty of laughing and heaps of fun, it was time to head back to the High House, have showers (which were apparently freezing!) and get clean before going to bed.

Year 4 were disappointed when their Woodrow adventure came to an end, and were rather sad to say goodbye. However, they left with memories that would last forever.





## On the Farm

The extremely wet winter weather is still having its effect on farmers in the region. On average we have had an inch of rain per week since mid-October. With breaks in the weather allowing frantic periods of work to get overdue tasks done. Spring cereals were planted later than most would have liked for optimal yields, these crops replacing the planned autumn planted crops that never got planted or failed to get established. Our maize has been planted in mid-May when we are usually aiming for the last week of April, this will push the harvest date back a bit. But good planting conditions should allow the crop to get off to a good start.

The cows have been turned out a month later as we waited for the grazing fields to dry enough not to be instantly churned up by their feet. We operate a hybrid system where the cows have top up feed indoors and also graze so we are more flexible. There are many farmers, more to the west of the U.K. that rely on grass only in the spring; with the cold wet weather in March and April these cows have not milked well, which has reduced the U.K.'s spring flush of milk. This is when the country peaks in milk production, and the milk price is often reduced. In the middle of May the U.K. were producing 44.13 million litres of milk per day which is 903,000 litres less per day than last year, 2.4% down on long term average. Arla announced this spring it is planning a new cheese plant in Devon, making mozzarella. Cheese making helps with the spring flush. Milk supply is finely balanced. The USA is 1% down in milk production which will probably lead to milk prices rising later this year.

Winter crops of wheat do not look good here, but also across Northern Europe and Russia (a major exporter) which will result in a smaller 2024 harvest and putting

pressure on wheat prices, something we will probably notice in food prices next year.

We did the first cut of grass for silage on 20th April, hopefully 2nd cut will be around a month later. If we can cut the grass before it goes to seed, the silage we make will be high in protein and highly digestible so the cows produce more milk from it, hopefully resulting in us needing to feed less of the expensive concentrates. See photos of grass being picked up in a field called 'Wathams'. (if you walk the footpath between Westlands and Church Lane you will recognise it). Also a picture of maize being planted in a field we call 'Moseley' in Naphill. Maize seed has got very expensive, now costing towards £100 acre, so you can't afford to make mistakes, or plant it in the wrong conditions.



On a positive note our herd has now been declared free of Bovine Tuberculosis (TB). We have tested all the cows 5 times in the last year, some have been culled but we have now had 2 clear tests, so a big relief. However we are a closed herd, which means we do not buy cows in, so the initial TB infection probably came from infected

wildlife in the area, making it highly likely to return. We try to mitigate against this but, with cattle now going out to graze, it becomes very difficult.



Construction has started of our new grain store. Hopefully this will be ready for this year's harvest . Our old grain barn is over 40 years old, it has been a subject of conversation during our Red Tractor Audits

and no longer really fit for purpose. The walls, being made of metal, are becoming weak with fatigue and the roof is not high enough to tip modern trailers so its replacement should be a big improvement. Also easier to clean and so keep insect and rodent free.

We will soon be planting up some areas to be left for nature as part of our Mid-Tier Agreement. These are field corners and less productive areas of the farm. We are planting 3 plots of nectar flowers and several areas to provide bird food next winter, that should provide food in the hungry months for various farmland birds. We have some hedge planting planned in for next year. We have done the 1st bird survey this spring, still with good numbers recorded despite not being the kindest of weather on the day. We will be doing another one shortly and a butterfly survey is being conducted throughout the summer so lots of things happening!

*Richard West* - Stocken Farm



## The Exhibitionist Art Fair

THE EXHIBITIONISTS presented their Art Fair at West Wycombe over the May Bank Holiday weekend 4th - 6th May at St Paul's Church, and are delighted to be able to donate more than £1,300 to St Paul's Church and to Wycombe Homeless Connection.

We would like to thank all those who made this possible by visiting us over the weekend, and there were a lot of you!

It was a fantastic Art Fair, with over 40 Artists and Crafters exhibiting their work, in the beautiful and historic St Paul's Church on West Wycombe High Street. (More local EXHIBITIONIST art fairs coming soon)

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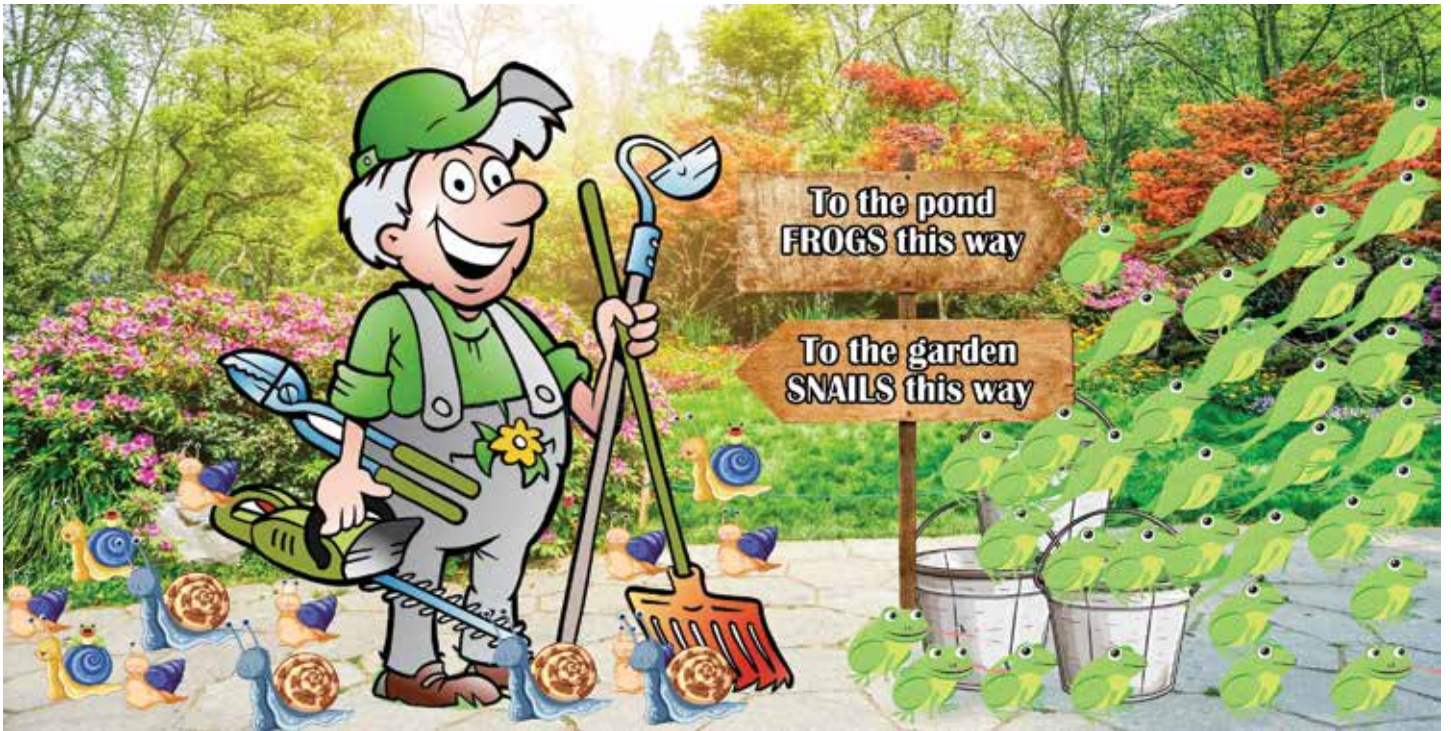
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## Growing Your Own

Apparently, snails have a homing instinct. So those of us who are a little squeamish about dispatching these garden pests, and lob them over the fence instead, are likely to find the snails return. Similarly, those on allotments who throw them as far as they can are unlikely to lob them 65 feet, which has been found to be the range at which the snail's homing powers run out. Also, neighbouring allotment holders, when you are not there, could lob them back onto your allotment so a trick is called-for. To find out who is returning snails onto your allotment, put a tiny drop of quick-drying paint onto the Gastropod's shell, green for ones you lob to the left and red for ones you lob to the right. That way, you will be able to keep tabs on which of your neighbours is "at it". It would be useful, for snails which are returned by your neighbours, to paint a second mark before throwing them again, then a third mark for a third airborne journey. The reason is that after three solo flights the snail qualifies for its wings and a Private Pilot's Licence.

How does one address a Gastropod snail? One cannot use Mr, Mrs or Ms, nor Monsieur, Madame or Mademoiselle since they are hermaphrodites, having both male and female reproductive organs. This gives them a deep complex and makes them shy in company. They need another snail to reproduce, but as I have never seen them in the act I cannot tell you how they do it.

Gastropod snails are not the only small creatures with homing instincts of course. Frogs have an irresistible urge to spawn in the pond they were born in. The house at the back of my old allotment had a pond into which a frog, many years ago, exuded a mass of frogspawn. Thereafter, in spring, the frog babies returned, but by this time they were fully grown measuring about 3 inches head to tail. They literally filled the pond and my neighbour scooped them out with a net into dustbins and transported them a few miles away to release them – but they still came back. One year I persuaded him to let me have the dustbins full of frogs to let loose in my garden, since they consume Gastropod slugs. I had three dustbinfulls and tipped them over together on the lawn at the back of my house. I was amazed that they all shot off in the same direction – the direction of "their" pond. I had a rickety fence in their way at the time; they found holes in it and continued on their trek. My immediate neighbour, all unsuspecting, was very surprised to see an army of large frogs crossing the lawn in the direction of his house – there were hundreds. A story to dine out on!

Happy gardening!

*Mike Mason*





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# Wycombe Photographic Society



Photograph courtesy Peter Davis

*Flower photography – consider getting down low for a different perspective.*

Wycombe Photographic Society is coming to the end of the season and we start again at the beginning of September when we will meet 4 times a month in the large hall at Hughenden Valley Village Hall, on the 1st, 2nd, 3rd & 4th Wednesday of each month at 8pm. We will have a new programme of events, wider range of Guest speakers and lots more.

12th June AGM and Social

29th June Meet us at the Hughenden Valley Village Fete

To see everything that is happening at Wycombe Photographic Society please visit our website at: -

[www.wycombephotographicsociety.org.uk](http://www.wycombephotographicsociety.org.uk)

*Peter Davis*

Membership Secretary

Wycombe Photographic Society



## Bon Ami News

We have been very busy over this recent warm spell and very grateful to our two new ladies, Jackie and Rachel who many of you may already know. They have coped admirably learning on the job while we have welcomed many customers old and new. Tracey, who has now been with us for a few months and proving herself a great asset to our team, specialises in making gluten free cakes.

Many of you will have seen and admired Chris Jones's art displayed at Bon Ami. She has now produced a selection of greeting cards which are also available for purchase.

Like many we are gearing up for Classics on the Crick. We will be open from 10am - 4pm, serving tea, coffee, cold drinks, bacon baps, a selection of rolls, cakes, ice creams and snacks. We hope to see you on the day.

### **A reminder of our opening hours**

Monday to Friday 10am - 4pm

Saturday 10am - 2pm

***We are closed on Sundays and Bank Holidays***

Please pay us a visit soon

*Ruth and Dorothy*





# RAF High Wycombe New Year News and Events



## **Gunning for success** - *"If I were to do it again, I would just eat chocolate wraps!"*

On 3 January 2024 Gary Binns, Phil Angus, Justin Wallace & Dan Martin – the 'Atlantic Rocks' team – set out in the 'Sentinel,' a purpose-built eight metre long, two-foot-wide boat complete with state-of-the-art satnav and its own water maker. The mission? To cross from the Marina Rubicon in Lanzarote, Canary Islands to The Jolly Harbour, Antigua. To put it in context on how tough this challenge is, more people have climbed Everest than have rowed across an ocean, temperatures can reach up to forty degrees and you can burn up to 4500 calories a day. If that isn't amazing enough, teams can row in excess of 1.5,000,000 oar strokes during the crossing.

A rowing schedule was set from the outset to discipline the crew. "We changed pattern a few times, with two hours on, two hours off during the heat of the day and two times three hour shifts during the night," said Gary. But boredom with each other during the endless hours of monotonous rowing was never allowed to happen: "We made a conscious effort to socialise. We never rowed with just one person. During a two hour shift we rowed with two people – one for an hour and a half and one for half an hour. It worked! It also helped us

mentally. We had quiz nights whilst rowing, and at times we had the phones on watching Band of Brothers. Time seemed to go really fast."

Four days into the voyage repairs to the boat meant that a new compartment had to be made for the life raft. Water crept in, causing pressure to build and it seeped into two of the ration compartments, one of them being Gary's. A third of his rations were lost, including all his snacks. As each man needed his rations it was virtually impossible to share.

Whilst battling mother nature the Gunners also had more man-made difficulties. The electrics powering the Sentinel were intermittent meaning there was not the luxury of having power 24/7.

If you thought the food was going to be tasteless freeze-dried lumps of unidentified meat, you would be wrong! Rations were set at four meals a day per man (equalling 4500-5000 calories a day) and was split very much fifty-fifty between freeze dried and wet food. The luxury item travelling with them is something we can all relate to: "We all bought Nestle chocolate – a godsend! The wraps last for four months and we had two each night. It gave a real energy boost."

With such a huge task in front of them and with the numerous setbacks the inevitable question had to be asked: Did they ever feel like giving in? "We all spoke about it. Every time we saw a ship sailing by, we would say let's get on it. It became a bit of a joke," said the Cpl in good humour.

Reaching The Jolly Harbour in Antigua after a feat of endurance few will experience in their lifetime was understandably overwhelming. "It was very emotional. All the families had arrived two days earlier. I knew I would be emotional seeing my son again. I was even more emotional for the fact of actually achieving the goal," said a clearly tearful Gary. The local people also welcomed the gallant Gunners carnival style with steel bands and a ticker-tape.

With the benefit of hindsight, would the team have done anything differently? "Everything," said the plucky Cpl, cheekily. "From the training onwards. We would have had different food, no dry rations."

So far, the RAF crew have raised over £22,000 for five worthy charities including The Centurion Fund, Tough Enough to Care, Mental Health Research UK, SSAFA & The Veterans Charity.

*Laurence Parker*, MCO.

**Editorial Note:** *Gunner, Cpl Gary Binns is based at RAF High Wycombe especially proud to share this achievement.*

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### Message from Padre Andi - Grief after the loss of loved ones.

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I'd always considered myself as someone who could deal very easily with death, as many would expect, a clergyperson should have a developed understanding of what happens when someone dies and the impact that may have on themselves and those around them.

However, over the last year I have experienced numerous significant deaths of those around me. This has ranged from losing all three of our dogs (two from old age), a number of friends as well as relations, including my father-in-law who came to live with us in the final weeks of his life. During this period, I came to recognise that all the training and experience I had of working with others and their grief, came as little comfort when death came to visit. I spent time reading through C.S. Lewis' 'A Grief Observed', as well as The Revd Richard Coles' 'The Madness of Grief', both offering me perspectives that helped me to begin to make sense of 'feeling' the deaths of those who I lost. One of the key things I took away, was the relationships that had developed with those around me during this time. Truly authentic interactions with people I work with, those in the wider community and the local churches which I serve within.

Of note is the wonderful care that my father-in-law received from the Rennie Grove Peace Hospice and the local NHS Trust, having the opportunity to work with other professionals meant I was able to locate myself in part of their story, for me

to recognise them, helped me to place myself. Yet, through this process of grief, I am constantly reminded that it is being with others that helped me make sense of how I was feeling. It is as if they were way makers on my journey from pain into acceptance.

I do not believe that we ever 'get over' losing someone, rather we adapt to their absence and learn to accept we won't see them again in this life. There are many trite phrases that are used around grief, yet one that I took to heart came from her late Majesty:

*"Grief is the price we pay for love."*

*Queen Elizabeth II*

This was used by her late majesty in response to the 9/11 attacks. If we don't love, then we won't have the pain of losing someone, yet where there is grief, there must be love. For me as a priest, I believe that God is love, therefore that love that I grieve for, is encapsulated within God as well.

If you are someone who has experiencing grief, it is my hope that you have someone you can speak to. If in doubt, you can speak to one of the local clergy, or perhaps a bereavement charity... or indeed Samaritans.

With peace and love,

*Padre Andi*

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### Opening Hours

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*Tuesday - Saturday:*  
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*(Bank Holiday Mondays)*  
12pm - 8pm

#### Food

*Tuesday - Saturday*  
12pm - 2:30pm then 6pm - 9pm

*Sunday*  
12pm - 3:30pm

*(Bank Holiday Mondays)*  
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*Last food orders are 15 minutes before the advertised closing times.*

*The Wheel, Main Road, Naphill, Buckinghamshire, HP14 4QA Email: [contact@thewheelnaphill.com](mailto:contact@thewheelnaphill.com) Tel: 01494 562 210*



**Mon, 27 May 2024 – Sat, 8 Jun 2024**

**The Wheel will be showing the Isle of Man TT on the TV, so all you motorbike fans can come and enjoy the action!**

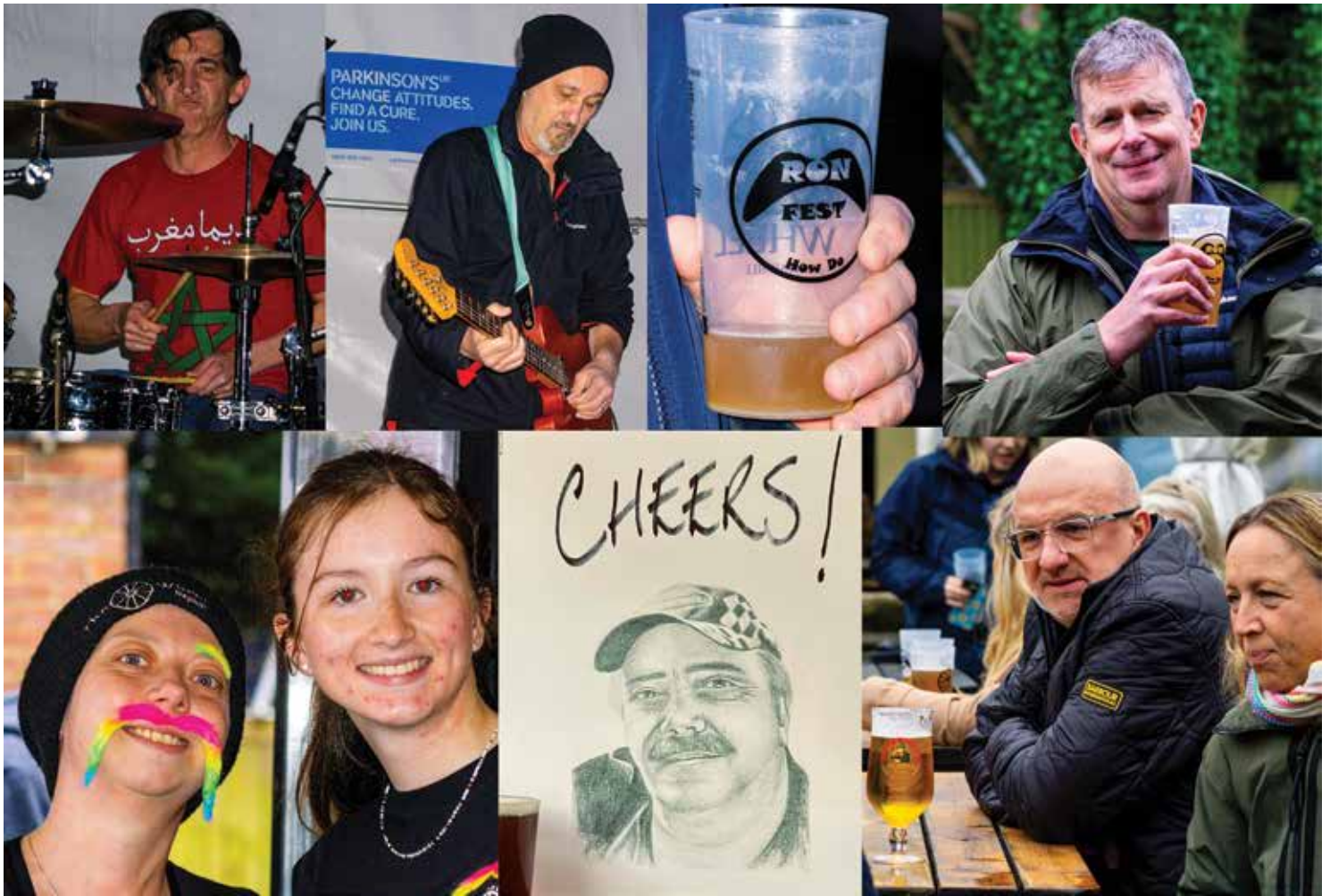
**Classics on the Crick**  
**Sunday 9th June 2024**



**Naphill, Buckinghamshire**



**Father's Day Sunday**  
**16th June**



## The Wheel News

Thank you so much to all that came along to RonFest, what an amazing weekend. The two-day beer festival in honour of Ron and also this year raising money for Parkinsons UK could not of been better. The sun came out and so did all of you. Friday night may have been a bit colder but the beer was flowing and the music was great. Saturday was even better with Duss Cuisine serving great food and the music was fabulous. Mark and I can't thank everyone enough for the support and our fantastic team of staff for working so hard.

I am pleased to let you all know that we have raised over £1300 for Parkinsons UK from the sales of RonFest glasses, the collection buckets and the Just Giving Page. We are still collecting now and I will be shutting the page down later in June, so if you couldn't make the weekend and still want to donate the link is [www.justgiving.com/page/claire-christian-171154312070](http://www.justgiving.com/page/claire-christian-171154312070)

**Claire Christian's  
Just Giving Page**

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So here is our thank you's

- Our amazing team of staff
- Sabir (the sound man)
- The Eclectics
- Duss Cuisine
- Carrie Link
- 55 Jive
- Excelsior Marquees
- Country Supplies
- Our neighbours – for putting up with the noise

So now we have finally cleared up and have had some much needed sleep it's onto the rest of the summer. The next dates are Classics on The Crick (9th June), which is a fabulous village event and is always great fun. Father's Day is Sunday 16th June, so treat your Dad to a nice cold pint. As always we will be showing the Isle of Man TT on the TV, so all you motorbike fans can come and enjoy the action.

Thanks again to everyone for your ongoing support and we will see you in the beer garden.

*Claire, Mark, and our Team*

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## Naphill Tennis Club

Our tennis courts have recently benefitted from their summer 'make-over' and are a joy to play on. Artificial grass courts (Tiger Turf in Naphill's case) are generally based on sand and are extremely kind to hips and knees as well as being playable all year round.



As a result, our tennis teams have done well in their recent matches against other clubs with both the ladies and men winning their respective matches and our men's second team, The Rally Cats, achieving a draw. A great start to the season!

New members are always welcome and, if you are feeling somewhat out of practise, our excellent coaches, Mel and Becca, can provide just the coaching you need. As well as private lessons, there are group sessions, see below:

<b>Tennis Coaching Sessions</b>	
	Juniors, 5-17 year old <b>FRIDAY evenings</b> 4.30 - 7.00pm
	<b>Mondays our adult coaching</b> 6pm-7pm beginners - tennis Xpress 7pm-8pm improvers with doubles strategies and tactics

Further information from our Membership Secretary on 07905 226203 or email [naphilltennismembership@gmail.com](mailto:naphilltennismembership@gmail.com).

*Jenny Tench*



New Members ALWAYS Welcome!

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



## Afternoon Social in Naphill

Hughenden Street Association in partnership with **Bon Ami Café** invite you to join us for an afternoon of fun and games.



*There is no charge to attend and you can purchase a hot drink and fresh homemade cakes. Without obligation.*

Be part of a growing community

Timing: 2.00pm – 3.30pm on the FOURTH Monday each month, excluding Bank Holidays

Contact Susan Bickerstaffe to find out more: 07880 519323

## Keeping Your Mind Active And Well

The Afternoon Socials hosted by the Bon Ami Café in Naphill provide a great way to keep your mind active and well. This year's Dementia Action Week in May highlighted recent research that has found that regularly challenging your brain and staying mentally active can help protect your brain health as you age, lowering the risk of memory and thinking problems. The researchers believe that mental activity helps to build your 'cognitive reserve' which is the brain's ability to cope and keep working, even in the face of damage from diseases like Alzheimer's.

Remaining social active seems to have a positive impact to reduce the likelihood of developing dementia although the research is still on-going to understand why this relationship exists. Hughenden Street Association was created to help reduce the sense of isolation and to create friendship pathways by bringing residents together. Why not come along to the next Afternoon Social on Monday 24th June to enjoy an afternoon of games, chat and fun?

*Hilda Stearn*

Communications Coordinator  
Hughenden Street Association  
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# NAPHILL FC U17'S LEAGUE CHAMPIONS 2023/24

## Charity Match

30 June 2pm, Naphill Crick  
In aid of National Autistic Society  
**PLEASE COME AND SUPPORT!**



Naphill u17 boys started the 2023/24 season with a defiant win over local rivals. They went from strength to strength being in the top 2 all season. The u17's, having lost only 2 league games all season, have just secured the 2023/24 division 3 league title with 2 games to spare scoring 110 goals so far. They had a really good cup run, beating teams from the division above before going out in the last 16 in a penalty shoot out against one of the top teams in division 1.

Naphill FC will finish this season with a charity match on 30th June on the crick from 2pm in aid of 'National Autistic Society'. Come along and enjoy a nice summer afternoon watching your local u17 team play an invitation side made up from our sponsors! Enjoy some refreshments and help raise some money for the charity and Naphill FC!!

Naphill FC is an inclusive grass roots football club hosting boys and girls from age 5 to 18 years.

For more information or to join Naphill FC, visit our website:

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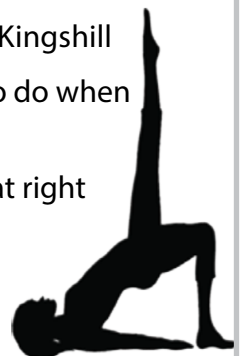
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## Naphill & Walter's Ash Resident's Association

Residents will have noticed that most of the estate agents' signs that have recently been disfiguring our verges have been removed. This is the result of NAWARA contacting the agents concerned and asking for their removal. Estate agents' signs are subject to legislation. Broadly speaking they must be on the premises being sold and of a standard size. Anything else is likely to require planning permission and also the permission of the landowner on whose property they are placed, neither of which had been obtained in these instances. Sadly it is not just Naphill and Walters Ash which suffer from this plague – you can see signs elsewhere in the district such as on Coombe Hill.

I mentioned last month that Gloria Leflaive was reducing the enormous workload she has undertaken for NAWARA since 1985. She has now decided to stand down altogether at the AGM and we shall be looking to find other, and new, committee members to take on the workload. The AGM is in the village hall at 1930

on 10th June so please come along to hear what we have been doing these past twelve months and share a glass of wine and some nibbles.

Best wishes

*David Frost*



**NAWARA AGM**

**Naphill Village Hall**

**Monday 10th June at 8pm**

*Everyone is welcome!*

*This is a good opportunity to hear what we've been doing for the past year and to meet other residents for a chat over a glass of wine.*



## Naphill Brownies

In spite of a rather damp and chilly start to the SUMMER term, we have been busy brownie time.

We've been finding out all about maps and compasses and following directions. In fact, more than half of the brownies went on to test their skills at the Bucks Girlguiding Competition Hike.

On the hottest day of the year so far, over 150 girl guides of varying ages headed out into the beautiful Buckinghamshire countryside armed with maps and directions. The older girls walk 10 or 20km, the brownies do 5km. Along with Walters Ash Brownies, we entered 2 teams into the Brownie hike. The girls were fully in charge of following the instructions and both teams completed the course in a very good time. Quite an achievement. We were proud of them.

With the improved weather over the past couple of weeks, we have finally managed to get outside for Brownies. We had a brownie-led walk in the woods, and an evening of games and activities on the Crick.



Aren't we lucky to have the Common and the Crick right on our doorsteps? Between us we managed to find and name over 25 different flowers on the Crick. How amazing is that for a village playing field?

The Naphill Brownie pack have been thriving in the village for 70 years. In the absence of new leaders for the pack, we have been looking for a way to take us forward for years to come. We have always worked closely with Walters Ash Brownies, so are investigating the possibility of combining the Naphill and Walters Ash Brownie packs. This larger

brownie pack would be able to accommodate all our current brownies. The logistics are now being looked at more closely.

Brown Owl (Ruth Daly)

ruth.daly3@btinternet.com

1st Naphill Brownies

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In the May entry for the Gazette, I recorded that many members were requesting more visits to local attractions. As a result we followed up our visit to Bisham Church with a guided visit to St Botolph, Bradenham, noting both the archeological features and beautiful interior. Plus, of course the Pudding Stones evidenced outside and within the structure of the exterior walls.



Towards the end of May one of our members introduced us to the artists and work behind many of the stained glass windows we can visit in our area. This included the work of John Piper and Reyntiens.



We were fortunate in that our Discovering Art Group had an illustrated talk on Chichester Cathedral which included the Bapistry Tapestry designed by John Piper.

Dr Helen Fry concluded an exciting month talking on MI19: The British Secret Service for Escape and Evasion?

On June 11th, our members will be listening to a talk on the history of Penguin Books followed by a visit to the Penguin Books Collection held by Oxford Brookes University. The story of how in 1934 Allen Lane noted that all the books on sale at the station bookstall at Exeter St Davids were of a 'poor quality' and overpriced. This led to his realisation that good books were needed at a price everyone could afford. Both the talk and curated visit will give us the chance to experience both the entrepreneurial and artistic skills of the founders.

Our General Meetings continue to attract increasing numbers of new as well as existing members. In April we heard from our speaker about the Coffee Industry and were able to sample over fourteen varieties. In May, the guest speaker, Roy Larkin, Transport Historian and Author gave a fascinating talk on 'Day to day costs on the Western Front.'

**General Meeting on June 26th from 2pm - Members and Visitors Welcome**

Following our talk and visit in early June to The Penguin Collection, at the June General Meeting (Lacey Green and Loosley Row Village Hall, HP27 0QT), we will be looking into 'where Novelists get their ideas.' We do not charge for a first visit to our u3a and at General Meetings, you can find out more about us - over refreshments.

Email [gilliamph@aol.com](mailto:gilliamph@aol.com) for details of all our activities and events. Open Links to: Web: High Wycombe and District (u3asite.uk) FB: Facebook

**Shear Madness**

Hopefully by now the weather has eventually sorted itself out and at last we can have summer! Happy to say RonFest was a success as usual and that it's a shame we haven't got Napfest this year but hopefully it's a temporary thing. I know lots of events that have been cancelled this year because of lack of volunteers and that's a sad thing to see, as well as the loss of the revenue they all bring in and also the memories that are made.

I'm a Chesham girl and my mum helped organise the first Chesham Carnival 50 years ago, I think I was in the parade for a good few years until my middle teens. I used to absolutely love it! So fingers crossed that they come back in the future.



We don't have any holidays planned until September but hey ho, you know me, that could all change! Have a happy June, make memories and support your local businesses and events. That's me done for this month so that just leaves me to say,

Love as always  
*Mandyx*



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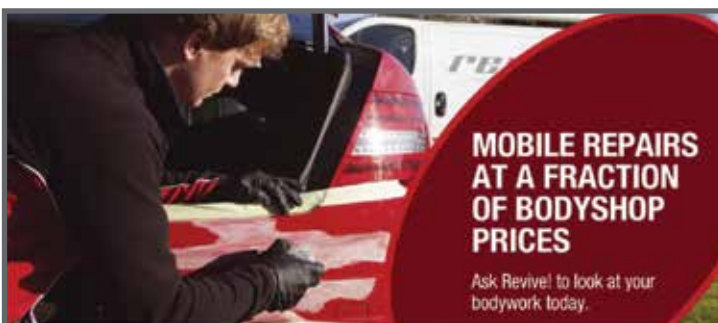
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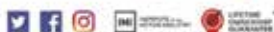
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## If what you want lies buried, dig until you find it – what our dogs can teach us!



Like many of us, I'm loving spending these warmer days walking my dog, 'Bonnie' in beautiful Naphill. There is so much to be gained by getting out in nature, taking time to ponder and just enjoy the simple joys that having a pet can give us. That pure unconditional love is so rare and there is much to learn from them about appreciating life and finding happiness.

The following wise words are not mine but the dog in the photo is!

To see huge improvements in our everyday life, we can learn the following from dogs:

- When your loved ones come home, always run to greet them.
- Allow the fresh air and wind in your face to be pure ecstasy.
- Take naps often
- Stretch before rising.
- Run, romp, and play daily.
- Let people touch and comfort you.
- Avoid biting when a simple growl will do.
- Stop to lie on your back on the grass or sniff the flowers.
- On hot days, drink lots of water and lie under a shady tree.
- When you're happy, dance around and wag your entire body.
- Delight in the simple joy of a long walk.
- Be faithful.
- Never pretend to be something you're not.
- When someone is having a bad day, be silent, sit close by, and nuzzle them gently.
- If what you want lies buried, dig until you find it!

### Pets and Well-Being

The mental health benefits of owning a pet have been proven by many scientific studies. Animals help guard against depression, anxiety, and stress. They provide companionship and ease loneliness. Moreover, pets bring us joy and unconditional love. Playing with a pet raises our levels of serotonin and



dopamine. These hormones calm the nervous system. When we laugh at our pets' cute behavior, that also helps stimulate these 'happiness hormones'. Just the sensory act of stroking a pet lowers blood pressure.

So, I hope you all enjoy these warmer months and find plenty of time to enjoy all the delightful countryside on our doorstep.

*Alison Scott*

### COGNITIVE HYPNOTHERAPY



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- OCD and neuro-diversity
- Health and pain issues

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

*Alison Scott*

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



Contact me for a free initial consultation:

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## Pedigrees to Heinz 57 – We Love Our Dogs!

Have you ever wondered about your pooch's heritage? It's very easy to forget that the older breeds all had some sort of working purpose to support us, with many of the newer breeds emerging for life as we know it now.

Here's a snapshot of our favourite pooches and what they were bred for, which may explain some of their traits and characteristics (good and bad!)

### Cocker Spaniel

Originally thought to have been called "cocking spaniels" (or "cockers") from their job of flushing woodcock and other birds, for hunters. High energy, happy dogs that need mental and physical enrichment.

### Labrador Retrievers

Also known as Labradors or "Labs" were traditionally used as gun dogs and many still are. Labs are very popular family pets due to their reputation for being a good all-round dog. This is true if, like with any young dog, appropriate training is given from an early age.

### German Shepherds

Developed as herding dogs for sheep and are now often used as military or police dogs and can be perceived as aggressive. German Shepherd puppies, like any breed, can grow into loving dogs if they are given the appropriate training and socialisation.

### Border Collie

This ancient breed is linked to the history behind all working dogs in Scotland. They make fantastic companions but like to be kept busy and were originally bred to herd sheep. They are fiercely loyal and tenacious and as working dogs, can keep going all day long.

### Dachshund

"Dachshund" is German for Badger dog. Being low to the ground to follow scents and small enough to get into burrows, they were also used to sniff out other prey.

Today, there are many new hybrid breeds, which are a mix of 2 recognised pure breeds, that whilst not recognised by the Kennel Club, regularly appear in the top 10 most popular dogs breeds. Many of these hybrid breeds, such as the Cockerpoo and Labradoodle were bred to combine the best traits from each breed. For example,

Poodles are non-shedding and mixed with Labrador Retrievers, make excellent assistant dogs that are highly intelligent and make fabulous companions.

*Charlie Hughes*



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## Hughenden Players

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### *Picnic and play anyone?*

The Valley Players have got a bit of a reputation for being able to bring at least one dollop of sunshine to the British summer.

This year we are pleased to present probably the best known of Sherlock Holmes famous cases - "The Hound of the Baskervilles". Written and published 1902 by Sir Arthur Conan Doyle and set on Dartmoor, it follows Holmes and Watson as they investigate the mysterious death of Sir Charles Baskerville and the ominous legend of a supernatural Hound that haunts and terrorises the Baskerville family!

But this is Naphill in Summer and we shall do our best to create the bleak scenery of Dartmoor that will give you the shivers.

The adaptation is by Steven Canny and John Nicholson who as the Daily Telegraph reports produced a "wonderfully barking spoof"

We hope you will bring a picnic and be prepared to be scared.

*Andrew Pitman*

Chair, Valley Players



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By Sir Arthur Conan Doyle adapted by Steven Canny and John Nicholson  
"A wonderfully barking spoof" (Daily Telegraph)

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## Princes Risborough Bowls Club



### Our News and Updates

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The 2024 season is now well under way and early results have been very good. Our first 6 club friendlies resulted in 5 wins against Gerrards Cross, Thame, Amersham, Ad Finem and Chesham, with just one loss to Waddesdon. 2 of our 6 games in the Mid Bucks League have also been played, with a narrow win over Long Crendon and a defeat, again by Waddesdon. A close match at Chesham in the 1st leg of the Jubilee Cup gave us a 2 shot advantage to take into the 2nd leg at home on 30th June. For a full fixture list, match reports and more information about our club, please visit our website:

[princesrisboroughbowlsclub.co.uk](http://princesrisboroughbowlsclub.co.uk)

The ever popular Tuesday triples, held each week at 2pm, regularly attracts over 30 members, old and new. If you would like to come along and spectate at any time, you will be made most welcome. There is ample seating and refreshments are usually available. We

are always keen to recruit new members to play this most sociable of sports, so if you would like to make new friends and get valuable exercise, why not give Lawn Bowls a try in 2024? No previous experience is necessary and free coaching is at hand. Social membership is also available. If you are interested or require more information, then please contact me. I will then be able to arrange a "taster" session as soon as it's convenient

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Del Behenna (Recruitment & Sponsorship) on  
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