



Naphill & Walter's Ash Gazette

March 2024

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Naphill & Walter's Ash Gazette

March 2024

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Come and Join Us!

Our Local Clubs and Organisation Contacts

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

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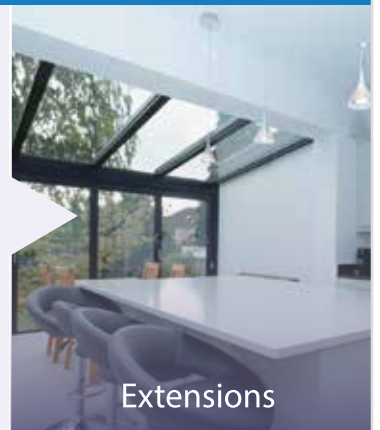
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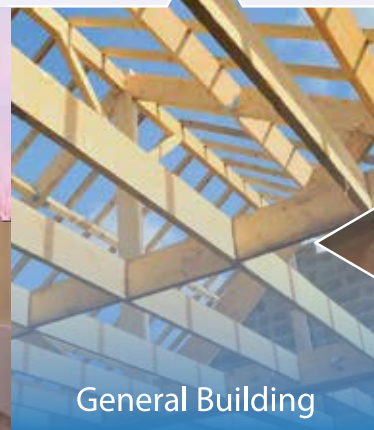


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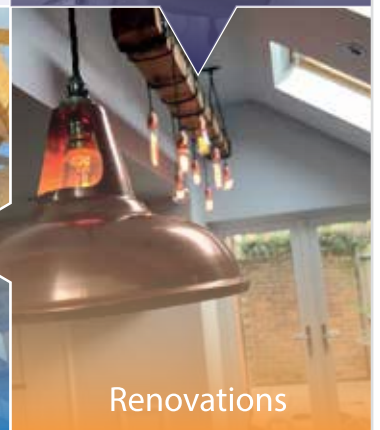
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www.naphillvillagehall.org.uk

Local Council Contact Information

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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
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Hughenden Parish Councillor	Chris Janes		chris.janes@hughenden-pc.gov.uk
Buckinghamshire Councillor	Steve Broadbent	07471 144181	Steve.Broadbent@buckinghamshire.gov.uk
Buckinghamshire Councillor	David Carroll	01494 716967	David.Carroll@buckinghamshire.gov.uk
Buckinghamshire Councillor	Clive Harriss	07768 876568	Clive.Harriss@buckinghamshire.gov.uk

Helpful Contact Numbers

Hughenden Surgery	See website www.ourpractice.co.uk	01494 562189
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Copy Date for March 2024 Gazette 15 February 2024

As always, January and February are busy months for our treasurer, all the advertising accounts have to be sorted and any advertising spaces are very quickly filled. As always, a big thank you to Judy and to all our advertisers for their support. Please, everybody, look through our adverts and support these businesses whenever you can.

I have altered the small advertiser displays, please see page 46. Each advert is now displayed in a box. These advertisements remain as text only. The font size can be adjusted according to the amount of text required but it has to fit into the bounding box. I will be limiting this page to sixteen advertisements, so when the page is full there will be a waiting list. These advertisers, as with all our feature advertisers, do have access to our Facebook page giving them further opportunities to boost their business. Please, for all queries regarding access to this facility, contact our business Facebook coordinator, Karen Kerr, via Facebook messenger. For all Gazette advertising in the Gazette, please contact me.

This month I have placed two 'volunteers needed' pleas. The Gazette is run entirely run by volunteers and of course, you have to look at how much time you have to spare and what you enjoy doing, there is no point in volunteering otherwise. I certainly understand "busy lives". There was no way when I taught fulltime, had the

family and everything else to do that I would have had time to edit the Gazette. However, had I had the skills to update a website and pop a few posts up on Facebook, all done quickly and easily at home on a computer, I might, perhaps have considered lending a helping hand? If you love being out and about and enjoy being with young people, could you perhaps be one of the people to help save our Brownies from closing? There are so many opportunities in our villages where, by just giving a little time, sometimes a little expertise, we can help our community to be a better, happier and brighter place.

My thanks to all our contributors, I get the most amazing articles and photographs, and this month we welcome more new contributors! A polite reminder that no group or individual can demand that their contribution will be published or dictate how or where their contribution is placed or displayed, this must be an editorial decision.

With Mothers' Day and Easter, all before the April Gazette drops on to your door mat and so many signs that Spring has sprung, we have much to look forward to. I wish you all a lovely Mothers' Day and a very HAPPY EASTER!

Sonia

gazeteeditor@btinternet.com



Editorial Disclaimer: Although the editor has made every effort to ensure that the information in this magazine was correct at press time, the editor does not assume and hereby disclaims any liability to any party for any loss, damage, or disruption caused by errors or omissions, regardless of the cause. The content of any article is the responsibility of the contributor, if the text is edited/substantially altered, the editor will inform the contributor before publication. Any opinions expressed in articles herein do not express the personal opinion of the editor. Comments or queries on individual articles will be forwarded to the author/contributor to substantiate. The editor retains the right to refuse any contribution. No group or individual can demand that their contribution will be published or dictate how or where their contribution is placed or displayed. The editor will close comments on any subject if this is agreed by the Gazette committee member.

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Naphill Village Hall & Playing Fields Council Chairman's Report

Registered Charity No: 300309

www.naphillvillagehall.org.uk



The Village Hall committee held a meeting on the 5th February, there were 17 members present.

- It was reported that the probation service had not replied to our email detailing the areas needed to be decorated. There could be a problem with making the hall available when they could do the work.
- A business has approached the committee with an offer to sponsor the Christmas tree lights. Due to the very high level of support from the community in support of the lights it was decided that it would be inappropriate to accept their offer.
- Due to a computer problem the financial statement from Paul did not arrive by e mail in time for the meeting, so Paul read out the accounts for January.
- Tanya Stevens, the lettings secretary, told the committee that the hall was becoming well booked for the weekends for at least a couple of months.
- The football pitches are having work to improve their drainage and will then need topsoil added to certain areas to level them. They will also be weeded and fed. The relevant areas will be taped off while this work is carried out.

- Bartha Pitman has been reviewing the village hall constitution and some changes could be made at the AGM. Bartha and Jo Keatch have also been looking at and in some areas clarifying what the committee needs to do for the safeguarding policy of the village hall. You do need the correct accreditation if you are using the hall or playing field and it involves children. All the current organisations ie, Football Club, Scouts and Guides, Ballet classes comply with the regulations.
- I made the proposal that we should think about making an area above the current storage areas into a permanent storage area and I have undertaken a feasibility study.
- We have had a person contact us who would like to run an event on the crick, probably later this year. The details of this event need to be discussed before a decision is made. This would be a hiring of the playing field so a charge would be made for this event .

Clive Lawrence

Chairman Naphill Village Hall .

**NAPHILL VILLAGE HALL & PLAYING
FIELDS COUNCIL**



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The Parish Council has set its budget for the year from April 2024 to March 2025. The budget covers items that the Parish Council has a statutory duty to carry out, and some activities that it has the power to undertake beyond its duties. As parishioners will be aware, the Parish Council was effectively reformed almost two years ago inheriting many long-standing issues that had not been resolved during the Pandemic and a period of disruption affecting the Council itself. The Council has made great progress in bringing these issues to a resolution, and the current budget addresses the final two open issues; the potential renovation of the playgrounds at Great Kingshill and Templewood, and the restoration and management of many meadows, ponds and woods owned or leased by the Council (more on this below).

In summary, the Parish Council is setting the local precept, or tax, at the same level as the past three years. For a Band D household the precept is £53.42. Different Parishes can be of very different sizes and shapes, with different demands, but it might be helpful to know that nearby Parishes such as Downley, Great Missenden, The Lee and Chenies had Precepts between £52 and £60 this year. Little Missenden and Little Marlow were between £65 and £70. Penn was a bit lower, Lane End was much higher. Hughenden is bang in the middle. We know a few residents would like the Parish to do less and reduce the Precept, and that others think we should be doing more - and better - without increasing the Precept. We would welcome new Councillors to join us and challenge the balance that we have struck, and believe is about right.

Among the long-standing issues that we have resolved are the land ownership dispute with Hughenden Community Support Trust, the repair and securing of vandalised speed monitoring equipment, adoption of the streetlights in Widmer End, the installation of secure gates at the Garden of Rest, the replacement of defective play equipment at Hughenden Valley Village Hall, the lease of the cricket pitch to Great Kingshill Cricket Club and the pruning or felling of a number of unsafe trees. In recent months the Parish Council has made grants to support the Ward newsletters and gazettes, a defibrillator at Hughenden Valley School, ongoing work at Bryants Bottom Community Trust and Grange Area Trust and resurfacing of the car park at the Village Hall at Hughenden Valley.

As mentioned above, we have budgeted for two substantial projects next year. The Council has long intended to refurbish the playgrounds at Templewood in Walters Ash and Great Kingshill. Some Community engagement took

place several years ago, but the high turnover of Clerks and administrative staff have meant that this work has not been taken forward. The Council hopes to consider options and practical proposals for the playgrounds with a view to installing any approved facilities in Spring 2025.

The second large project is to develop Site Management Plans for the almost twenty sites around the Parish that the Parish Council is responsible for. Many of these sites have been neglected for ten or more years. The policy for managing them has not been reviewed for even longer. Some of the sites will have simple plans - to continue grazing, or use as sports or amenity fields. Others, such as Little Burnham meadow and spinney or Vincents Pond and meadow, are of considerable ecological value and require more imaginative and careful management. Our strategy is to feed these Plans into our next set of contracts for Grounds, Field and Hedge Maintenance in the Spring of 2025.

The Council has held reserves for these projects for several years. If plans are approved, reserves will be used to fund the work, and the reserves in our balance sheet will be drawn down. These projects are included in the budget, and some planning activity has been approved, but the main activities have not yet come to Council for approval. Other than these projects, the budget reflects the ongoing maintenance of our allotments, Garden of Rest, open spaces, road safety and streetlights, as well as grants to local organisations. Staffing costs cover a Clerk (currently a part-time Locum), part time Deputy (currently advertised) and a Burial and Allotments Administrator, and part-time Responsible Financial Officer. We have two vital objectives for the coming months. We must stabilise the executive team, which has suffered high turnover, and which has been covered by several interim appointments. Councillors give direction to the Clerk and other officers, but it is they, not Councillors, who are the executives who carry out the work. A stable team is a prerequisite for a fully effective and efficient operation. A second priority, closely related to the first, is to improve our management of basic services like trimming hedges, clearing footpaths etc. We know that many residents are frustrated by slow turnarounds for this work. It is also the case that there is a lack of clarity about who is responsible for what. We need to address both issues. Improving these services goes hand in hand with establishing a stable administrative team."

Regards

Stan Jones - Chairman Hughenden Parish Council



BRADENHAM PARISH COUNCIL

Update from the Parish Clerk

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

At its January meeting the Parish Council set the 2024/25 budget and precept, the money we ask for from Buckinghamshire Council, to pay for the functioning of the Parish Council, which you will see on your rates bill. We have had to ask for an additional £1172 over 2023/24, £9059, which means the Band D property charge will be £40.26 per annum.

The increase is mainly due to increased charges for the grass cutting in the 30mph zone, for which we are mostly responsible, and the uncertainty of the contribution Buckinghamshire Council will make towards the cost of this. We need a third dog waste bin in the parish, which will need emptying every week. This is a service the parish council has to pay for.

We have budgeted for a village fete again, always a popular event. We need to put money aside for maintenance and the parish council

is aware that in recent years it has kept its precept little or unchanged thereby reducing our reserves. The clearing of the footpath/cycle path along the A4010 in our parish remains a priority allowing for a safe cycle/walking route from Princes Risborough to West Wycombe.

The Council decided that it will put a Biodiversity policy in place, even though we don't own any land, but we do maintain the pond and will take it into account when commenting on planning applications.

Our next meeting is Monday 11th March @ 7pm at Bradenham Cricket club.

All welcome to attend.

Deirdre Hansen

Clerk to the Council.

clerkbradenhampc@gmail.com



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



The Princes Risborough Rotary Club is "your Club". We hold regular Monday evening meetings (excluding the first Monday of the month), with a meal and a speaker, at the Whiteleaf Golf Club; and we are a friendly, fun group. But we also raise money to enable us to help local and wider needs (£30,000 plus a year).

One of our major projects this year is the:

"Risborough Rotary Ramble" on the 7th of July (the first Sunday of the Town's Festival).

It comprises 3 stages around the Chilterns, each of around 7 miles - Wades Park to Longwick, Longwick to Lacey Green and Lacey Green back 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. The walk is primarily in aid of SCANNAPEAL*, plus local Charities. It's hoped that while the Ramble is in aid of charity it will also be fun. If you would like to participate there is a fee of £10 per adult which

will go to Charity, and perhaps you could also get some individual sponsorship. More information on registering can be found on various posters and magazine articles locally, and our campaign will become increasingly prominent as we approach the date.

If you think you might be interested in joining the Club, to enjoy the social side and help us contribute locally and internationally, we are keen to recruit new members and we are always looking for men and women of all ages who would like to be part of our team. Visit our website and, if you are considering coming to one of our meetings to see if it might interest you, or if you know of causes that would benefit from our support, or you would like to donate to our Charity Account, please use the contact details below.

You can contact us at: rcpr.org.uk or call Graeme Card on 078272 98411, or email: gpcard@gmail.com

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



Princes Risborough Bowls Club



As the days begin to lengthen, we are all avidly looking forward to the start of the new season in mid-April, when our green reopens for play. As always, we are keen to recruit new members to play this much underrated, sociable sport. Perhaps you would like to make new friends and get more exercise, if so then why not give Lawn Bowls a try in 2024? All ages from 10 upwards are welcome and the necessary equipment and free coaching can be provided. You just need a pair of flat soled shoes and a good sense of humour. A generous trial membership offer is available for those with no previous experience. Social membership is also available. If you are interested or require more information, then please contact me. I will personally get in touch with you before our green reopens for the new season to arrange a taster session. For more information about our Club, please visit our website: princesrisboroughbowlsclub.co.uk

Meanwhile, our bar is open on Tuesday afternoons and Friday evenings. Prospective members are welcome to pop along and introduce themselves.

There will be two more Bingo sessions on Saturdays 2nd of March and 6th April, 7.30 pm start. Why not come along and enjoy a game? A Quiz and Curry night is planned for Friday 5th April.

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

**Del Behenna (Recruitment & Sponsorship) on
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Guarding Against Rooftop Fraudsters and Van Tool Theft

As spring approaches (hopefully!), many homeowners eagerly embark on renovations and maintenance projects, including essential rooftop repairs and upgrades. However, when having work done on your roof, you should keep the following in mind:

- It is possible, that a minor repair is all that is needed. Always get a second opinion and a written quote if someone suggests you should have your whole roof replaced.
- If you ask for quotes on the internet, you open yourself up to being contacted by anyone - reputable builders and roofing companies, but also fraudsters. It is better to ask friends and neighbours, who had work done in the past, for recommendations.
- Do not rely on a photo that seems to have been taken of the damage on your roof.
- If you are elderly and are in any doubt about work that is being offered, ask your adult children, friends or neighbours for advice before agreeing to expensive work being carried out on your property.

Any fraudulent activity from gross overcharging or doing work that doesn't need doing, should be reported to the police on 101 and to Trading Standards on 0808 223 1133

There has been a spike in tool theft in the Thames Valley area, including south Buckinghamshire, specifically targeting the property of tradesmen by breaking into vans.

This crime can be particularly harmful as it can have severe effects on businesses and livelihoods, due to loss of time, revenue and expenses to replace tools. Thieves are usually opportunists above all else and will take advantages of easy steals, so it is crucial it is not made convenient for them.

Lock your tools in a secure van, aim to vault bolt the tools to the floor of the van; remove them at night and store them in a safe place. Always lock your van and close your windows, possibly investing in a good quality alarm. If you do have an alarm, make sure it is always set and in working order.

Mark your tools by using ultraviolet pens and permanent markers and record your serial numbers and identifiable markings. You can register your tools on "Imbolise", which is the national property register and it is integrated into the police system. Security solution companies like Smartwater, SelectaDNA and datatag are very effective in helping you protect your property.

Email: office@wdnhwatch.plus.com

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Editorial Comment: *Thank you Caterina for your help this month with sourcing scam posters. I am looking forward to your proposed article on "litter" next month.*

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Charity Number 248607

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We would like to introduce you to this local charity whose objectives are:

1. the relief of persons resident in the area of benefit who are in need, hardship or distress.
2. the trustees may help by:
 - (a) making grants of money to them; or
 - (b) providing or paying for goods, services or facilities for them; or
 - (c) making grants of money to other persons or bodies who provide goods, services or facilities to those in need.

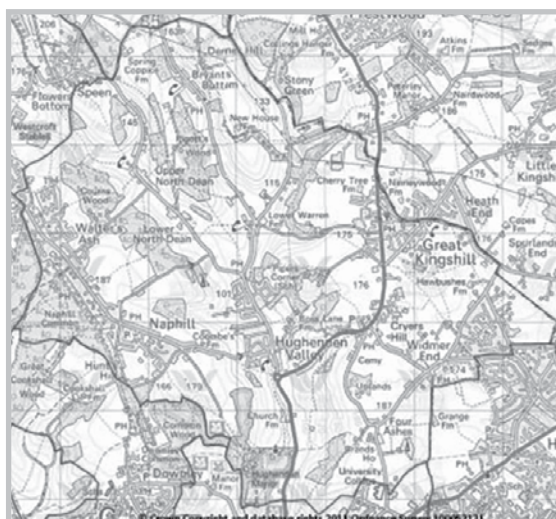
We are in a position where we can offer small grants for residents in Hughenden Parish, the area outlined in black below, who may need a little help, e.g. those who cannot afford school trips, special equipment, respite care, etc., particularly, in these difficult times. Grants have to be awarded to those in need of financial support who cannot otherwise afford such items.

Application forms for grants can be obtained from the Hon. Secretary by email to

lyn.marchant@btinternet.com or to the address below. All applications are confidential.

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HAVING THE FAMILY OVER?
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AVOID WAITING



Friends of Naphill Common

AGM - There was an audience of 60 at our AGM on 2nd February to listen to a fascinating talk on the history of the RAF at Walters Ash, given by David Brown, BEM. We agreed our annual fees should increase from £5 to £10 (the first such increase since our founding over 15 years ago), which will help to cover our regular outgoings for insurance and equipment renewal and maintenance.

Our committee, who contribute so greatly to the success of FoNC, all agreed to stand and were duly re-elected. But I must reiterate the plea I made at the meeting: we're all getting a year older every year and would really like to recruit some younger members. The 'duties' are not onerous, 3 or 4 committee meetings a year, held in the congenial surroundings of The Wheel, thanks to the good offices of Claire & Mark and their team.

The Common - I'm writing around St Valentine's Day, so the sap is rising, catkins are out, birds are nesting, and amphibians are returning to the ponds (listen for the frogs 'humming' on sunny days). Our dew ponds (seven of them on The Common) are looking their best at this time of year, in no small part due to the efforts of our working parties. The rain that has filled the ponds over the

winter has also made some of the footpaths quite muddy, though not as muddy as used to be the case before thinning work by the Estate started. Our other working parties have also cleared a lot of holly and improved the footpaths along Ladies' Mile

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

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

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

Chris Miller

Chairman





Judith Tardif
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Hunt from:

Jenny Stothard kindergymjenny@gmail.com

or Canon Tony tony.bundock49@gmail.com

Tickets will be available on the day



Passiontide, Holy Week and Easter Church Service Times

March 17th	PASSION SUNDAY (FIFTH SUNDAY OF LENT)
8.00am	Holy Communion (BCP)
10.00am	Parish Communion with Hymns
3.00pm	Bereavement Service
24th	PALM SUNDAY
10.00am	Parish Communion with Liturgy of the Palms
25th	Monday of Holy Week
7.00pm	Compline with Meditation
26th	Tuesday of Holy Week
7.00pm	Compline with Meditation
27th	Wednesday of Holy Week
7.00pm	Compline with Meditation
28th	MAUNDY THURSDAY
8.00pm	Sung Eucharist of the Last Supper followed by stripping of the altar
29th	GOOD FRIDAY
2.00pm	Last hour and prayers at the Cross in Church Lane
31st	EASTER DAY
8.00am	Holy Communion (BCP) with lighting of the Paschal Candle
10.00am	Family Communion with renewal of Baptismal vows
6.00pm	Festal Evensong

Easter Greetings to Naphill and Walter's Ash.
You are very welcome to join our services and events.



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Wycombe Photographic Society

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

6th March	Talk by Steve Smith FRPS
13th March	Talk by Chris Palmer FRPS
27th March	Themed Assignment – Creative
3rd April	New Members Evening – all welcome. <i>Come and see what we do.</i>
10th April	The PIC group visits WPS
24th April	Talk by Phil Joyce FRPS

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

www.wycombephotographicsociety.org.uk

Peter Davis

Membership Secretary

Wycombe Photographic Society



photograph courtesy Peter Davis



Naphill Tennis Club

We are always delighted to welcome new members and others in the community who would like to try tennis. Several residents in Naphill & Walter's Ash have said they would love to be able to play on darker evenings after work/school if only the Tennis Club had lights.

With this in mind, one of our members took on the project and has come up with a solution. Ugly high-level lights on poles are a thing of the past and these days modern low-level illumination is the answer. This can be erected on top of the netting that surrounds a court, gives minimum light pollution and would be suitable in an area of outstanding natural beauty.

You may have already seen some notices around the village as the Tennis Club has applied for planning permission for the above. Please feel free to get in

touch if you would like further information. We are only planning to have lighting on our double court which is mainly hidden behind hedges.

We do hope this project will go ahead for the benefit of members and the wider Naphill & Walter's Ash community but especially to provide an added activity for the youngsters in our village and those at work during the day.

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](#).



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Local Tales - *"Sometimes things are just not fair!"*

We know that the Post Office scandal has resulted in thousands of people being unfairly treated and many persuaded that they committed a crime when in fact they were innocent. The injustice against them was gross and beyond anything that happens to most of us. However, many of us may well remember times when we were blamed for things we did not do, or, if we did, it was for reasons that were more complicated than the accuser knew.

As a schoolboy, I remember playing in the snow on the way home from school and my mother asking on my arrival, "where is your cap?". I could not think and said that someone must have taken it. I then remembered repeatedly sticking my head in the snowdrifts and had to retrace my steps looking in the indentations until I found the cap. My mother rebuked me, not for losing the cap but for lying.



Remembering this, reminded me of an event at Naphill School when the headmaster, Mr Easton, became exasperated with a boy in my class who was very often late. "You're late again" he said, "and you live opposite the school!" (this was when the school was at the end of Louches Lane). "Look at Johnnie in your class, he lives right up at Walters Ash and he's never late!". The offending lad dropped his head, desperate for an excuse and stuttered that it wasn't fair. "If, if, if Johnnie's late he can hurry but if I'm late I can't because I'm already here".

I thought the excuse was brilliant, if desperate, but Mr Easton didn't, although he was speechless for a second. The whole class seemed to agree that the lad was blame-worthy. But did we or the teacher know or care about the circumstances?

I think that often, through lack of knowing or not wanting to know all the facts, blame may need to be mitigated. I know now and probably knew then, that the lad who was late, lived on a smallholding and had to feed the chickens and collect their eggs and was given other tasks to do before he could go to school, which he no doubt accepted without question.

This made me think of the old monologue you may remember by Stanley Holloway. It was about a chap who committed the dreadful social faux pas of wearing brown boots to a funeral. Each verse ended with the refrain 'brahn boots, I ask yu, brahn boots!'. Meanwhile, the final verse explained: 'But we didn't know, he didn't say, he'd give his uvver boots away' – to a chap who hadn't any boots at all.



Of course, social mores change over time. As a boy, I remember that public houses were largely the domain of men. 'Respectable' women would not go in unless taken by a man and then only into the saloon bar if there was one. They and the children, would often sit outside in the summer with soft drinks, or perhaps a Baby Cham, if the woman was adventurous. Behaviour was then, as now, largely socially regulated by chat and gossip. One thing for certain, it was for men to propose marriage.



I remember that there was one middle aged couple who were often seen together walking on the common or through the village and maybe having a drink at a pub. They were not married and did not live together but 'kept company', perhaps of an evening, in a relationship that was long established and did not raise eyebrows. However, although their long-term association was accepted as part of village life it was not entirely without stress, an unspoken stress one of the couple felt. I was told that one evening, after having a drink in the pub in their usual silence, the lady finally gave vent to her frustration. She looked at her friend and burst out with: "Billy, ain't it about time we two got wed?" Billy, genuinely perplexed, frowned and looked at her and replied, "don't be silly woman, who'd have us at our time of life?"



From the Vicarage

*"This is the kind of fast day I'm after:
to break the chains of injustice,
get rid of exploitation in the workplace,
free the oppressed,
cancel debts.*

*What I'm interested in seeing you do is:
sharing your food with the hungry,
inviting the homeless poor into your homes,
putting clothes on the shivering ill-clad,
being available to your own families.*

*Do this and the lights will turn on,
and your lives will turn around at once.*

*Your righteousness will pave your way.
The GOD of glory will secure your passage.*

Then when you pray, GOD will answer.

You'll call out for help and I'll say, 'Here I am.'

Isaiah 58:6-9 The Message Version

Fasting has often been associated with the season of Lent. When we think of fasting, we naturally associate that with abstaining from food for a meal, or two, or on occasions for a more prolonged period of time. Many have testified that abstaining from meals, in order to devote ourselves wholly to prayer and worship can lead to a time of profound blessing.

However, in the time of the prophet Isaiah, the nation of Judah were going through the motions of fasting. Whether the practice had become more of a cultural than a religious one, or was perhaps not taught well by the religious leaders, we cannot be sure, but what was clear to God, was that the people who chose to fast, were not producing fruitful lives which one would have expected, if their fasting brought about a more godly lifestyle.

The people became disillusioned with God, complaining that their prayers were not being heard. Through the mouthpiece of his servant Isaiah, God set the record straight and called them out for their hypocrisy.

Many choose to give something up for Lent, but have you thought this lent instead about taking up a new practice or hobby, which helps to address the injustices we see all too often in the world?

Although Isaiah's words were spoken thousands of years ago, they could equally apply to the world we live in

today – one full of injustice, exploitation, the hungry and the homeless, and many anonymous people suffering in silence, without a voice.

Why not set aside one day this Lent as a fast day as proposed in Isaiah 58:6-9? Just imagine what difference you could make to the lives of many. Campaign for the release of those unjustly imprisoned by signing an online petition or writing to your MP, offer to volunteer at one of our local charities which help the most vulnerable members of society – set aside a day to pray for them, and invite a friend around to join with you, make a donation to support their work.

"Do this and the lights will turn on, and your lives will turn around at once."

God bless

Rev Keith Johnson

Church News

We have recently had a defibrillator fitted alongside the hedge in the carpark, which we hope will be unnecessary, but provides a community resource accessible to park users and others. A defibrillator is, of course a machine able to deliver a high energy shock to someone suffering a cardiac arrest.



The Resuscitation Council of the UK states:

Public access defibrillators are designed to be used by the public. When you switch the defibrillator on, it will provide clear instructions and talk you through what you need to do.

A defibrillator will not harm the person suffering a cardiac arrest and will only give them a shock if and when it is needed. There's no reason to feel nervous about using a defibrillator - just follow its simple instructions and know that using it could save someone's life.

The defibrillator can be operated without training, since as stated above, operating instructions are provided (and an ambulance called) by dialling 999 from the machine.

Please check out the position of the defibrillator when you are in the park: you may be able to save someone's life.

Other news is that we are looking to appoint a full time Children and Families' minister to support our work in the parish. Full details for interested parties on the Church website: www.hughendenparishchurch.org.uk.

On the 11th February we welcomed Heather Stanley from Wycombe Homeless Connection to talk about the charity's work. Whilst most of you will be familiar with that sadly necessary work in helping rough sleepers, you may not be aware of its work to avoid evictions (some of which are illegal), to help with setting up people in accommodation and to provide guidance through the difficulties of applying for benefits.

It was shocking to learn that the charity was founded as a result of the discovery on Christmas Morning in 2006 of Josie, a local rough sleeper, found dead in Easton St carpark. The charity originally provided the Winter Night Shelter, but now as mentioned above, its work is now much wider.

Mothers' Union News

The MU held the AGM on the 6th February, which was presided over by the Vicar, and very well attended. New members were enrolled, and a long-standing member's birthday celebrated. Reports were given of the work of the MU both nationally and locally, the latter including Tiny Tots@St Michael's, baptism and wedding support, MU garden and social outreach. Information was given about the considerable sums raised for charities.

The next meeting will be on Tues. March 5th at 2:00 pm when the speaker will be from Wheelbase, a charity that promotes sporting activities by wheelchair users.



Jane Tyrer



HAPPY EASTER

PALM SUNDAY 24 MAR

9.00 am Palm Procession & Choral Communion
11.00 am Family Communion
6.00 pm Evensong

HOLY WEEK 25-27 MAR

Holy Communion:
Monday - 7.00 pm Tuesday - 11.00 am Wednesday - 7.00 pm

MAUNDY THURSDAY 28 MAR

7.00 pm Holy Communion

GOOD FRIDAY 29 MAR

9.00 am Morning Prayer & Sung Passion
11.00 am All Age Service
2.00 pm An Hour at the Cross

EASTER EVE 30 MAR

7.00 pm Easter Vigil

EASTER DAY 31 MAR

9.00 am Choral Communion
11.00 am Family Communion
6.00 pm Evensong

Not from the Vicarage - *The Wine Bar*

One of the delights of going abroad is immersing oneself in local culture. With our regular to-ing and fro-ing between the UK and Gibraltar, we have lost little time in finding out what makes Gibraltar tick. As you would expect in an area of high rise/density housing, public parks and spaces are vital to the wellbeing of all. In addition, living spaces are often small, offering little opportunity to entertain at home – being asked out ‘for dinner’ frequently means being treated to a meal at a local eatery. It is also standard practice to share a glass or two of wine with friends in a local hostelry.

Losing little time in embracing this way of life, we soon found a tiny wine bar nestling in a local parade of shops. The Wine Bar (not its real name in case I infringe advertising rules) is little bigger than a domestic lounge and has just 20 covers. A few bar stools and modified wine barrels serve as outdoor seating whilst indoors is one single, large, glass topped table running almost the length of the shop. Lining the walls are hundreds of bottles of wine, spirits and liqueurs. You can select and buy wine as in any wine shop, albeit slightly over supermarket prices. Do bear in mind that our favourite supermarket wine out here costs £3.45/bottle, so a modest markup is not going to break any piggy bank. For a small corkage fee, we can sit and drink wine at the table. Xabier, the bartender makes you feel like you are his honoured guest in his private dining room. No fancy sommelier could give you better attention. If you

don't drink the whole bottle, you take it home or Xabier puts it in the fridge to be drunk the next time you come.

The wines range from time honoured favourites to unusual grapes and rare vintages. When I checked for this article, the most expensive wine on offer was £406.60 a bottle (that's right – four hundred pounds a BOTTLE!) But the best thing of all is the company. You quite simply never know who you will be sat next to, which friends will drop by or who will be the next person to prove the adage ‘strangers are friends you haven't yet met’.

Everyone is welcome. No one judges you if you are alone – indeed, it is expected that if someone is alone, you at least offer a greeting and ask how they are. People happily engage in conversations on all levels, ranging from weather to quantum physics with everything in between. Theology frequently features. It is a wonderful place of meeting and belonging.

Jesus spent much of his time eating and drinking with friends and strangers, indeed, his first recorded miracle was to change water into wine. When we share food and drink, we share a common human experience; these experiences were one very real way in which Jesus shared our humanity.

Every blessing,
Rev Jenny Ellis



Gordon the Birdman - *The Dangers of Lead Shot*

It is now two years since a ban on lead shot in and around wetlands came into force throughout Europe.

It is estimated that a million water birds a year are poisoned by lead shot, the impact of which has been hidden to the wider public but painfully clear to wildlife organisations.

In the UK, thousands of tonnes of lead ammunition are discharged during the hunting season each year. Foraging birds often eat spent pellets, mistaking them for seeds or grit and suffer the results. Ingestion of lead can affect the reproductive and nervous systems, plus muscles and other organs. Tests and post mortems reveal that a substantial proportion of wildfowl in the UK have significantly high levels of lead in their blood. In the UK alone research indicates that up to 100,000 water birds perish annually and the welfare of several hundred thousand more may be compromised. Focus must now be on achieving a complete ban on

the use of all lead ammunition in outdoor settings. A ban in wetland is not enough, because many birds, as well as wildfowl, spend much of their time feeding on farmland outside wetlands. Research has also shown that compliance with the partial restrictions currently in place in the UK can be poor.

It seems that locally Spring has almost arrived. I have been blessed by a pair of Bullfinches between 14-25 Jan and now have Siskins and a pair of Goldcrests. Also, a flock of between 18 and 24 Waxwings entertained a lot of people on the Rose Avenue estate, Hazlemere around the same time. On eighth of February Lesser Celandine was seen in flower and frogs were observed being active in Willow Pond, with two Brimstone butterflies recorded in the garden on the 15th of February.

Gordon.



Naphill Brownies

PLEASE HELP!

Since September we have been looking for new people to take over from us as leaders. Tigger (Jill) and I love being brownie leaders, but after many years of running Naphill brownies, ***we will be stepping away at the end of the Summer term. It would be very sad if no-one steps forward to keep this wonderful group going.*** If you think you could give it a go, or know someone who might be interested, please, please do get in touch.

Ruth Daly (details below)

Brownies News

Since December, the brownies have been looking at all sorts of winter traditions and activities. Everything from Christmas and Chinese New Year, to taking part in the Big Garden Birdwatch and making venetian carnival masks for the start of lent.

Over half term the Brownies enjoyed a visit to the Swan Theatre to watch the Science Museum Live show. It was fascinating and very entertaining.

As the evenings lighten, we will soon be able to get outside again, which will allow us even more opportunities for hikes, cook-outs and outdoor adventures at Brownies.

This weekend (Saturday 2nd March) we have our ever-popular Brownie Jumble Sale. I do hope you have been saving your jumble for us. Something you no longer need could be just what someone else is looking for. We look forward to seeing you there. Doors open at 1:30pm.

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



Shear Madness



March is here which means Happy Birthday to us! You gorgeous lot have been in our lives for 13 years and some of you I've known even longer from when I worked in Princes Risborough.

Over the years I've seen all the kids grow up and all go through schools, university, apprenticeships and work. We spend our lives worrying about them but in the end they turn out OK and it's lovely to see them all flourish. I'm even on 3rd generation haircuts!

I've had some recent health concerns so lots of tests and scans but I'm pleased to say it was nothing nasty. Thank you for your patience while I was off work with this, I felt like I was doing the Hokey Cokey, in out and shake it all about. Fingers crossed I'll still be here for a few more years.

As you know I like to decorate the shop windows, it's nearly a full time job! But it's nice to add a bit of sparkle to the village. Currently I'm writing this at Chinese New Years and this month I've got St David's Day and St Patrick's Day.

Once again I thank you for your loving support, I have a saying, "I have friends who are customers but I now have customers who are truly lovely friends" Thank you.

Love as always

Mandy x

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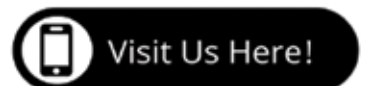
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We hope you have come through the winter unscathed and are now enjoying the spring flowers in and around the area. Spring has certainly arrived at our u3a with plenty of Groups to choose from and ideas for outings to enjoy as the weather improves. This month we are showing just a few photos of our recent activities which are part of our display which can be viewed on the 2nd floor at High Wycombe Library.

Last month I referred to our annual meeting of convenors who, between them, run over thirty interest groups. This month I am announcing a special meeting for new and recently joined members along with prospective members, to introduce them to all of our activities. This meeting

is planned for Thursday 21st March 10 am at Downley Community Centre, please check our website or contact me to confirm the venue. Please come along and see for yourself what we have to offer. Perhaps you have a suggestion for a new group you would like to run or see started, if so please contact me.

Paul Gillam

Email: gilliamph@aol.com for details.

March General Meeting Lacey Green Village Hall.

27 March. 2pm 'Homeward Bound - railway stations' A full list of all our Groups, meeting dates, times and topics can be found on our website details and QA as above.



Naphill & Hughenden Scout Group

The thriving Naphill & Hughenden Scout Group are poised and ready for the days to get that little bit longer! Until they do, however, the Leaders of the various Sections, two Beaver Colonies, two Cub Packs and a Scout Troop, continue to use their imagination, initiative and patience to deliver sessions that develop our Young People with 'Skills for Life' (the Scouts Association's current motto). Despite the weather and limited light, each Section is also getting outside as much as possible.

The Scout Troop continues to build towards their 40Km hike 'Endurance Challenge', whilst the Cub Packs will set out on a more local 10Km hike from Hughenden Church to the

Speen Scout Hut. All of these followed, of course, by some delicious 's'mores (a sandwich of melted marshmallow between two biscuits). The Scout Group is lucky to be supported by a committed band of volunteers, without whom no Scouting could take place.

We always welcome new volunteers to help in a variety of ways, from helping with administration, sorting the finances to delivering face to face sessions...so, please get in touch if you would like to get involved (contact Hamish Pearson, the Group's Lead Volunteer on:

groupleader@naphillcubs.org).



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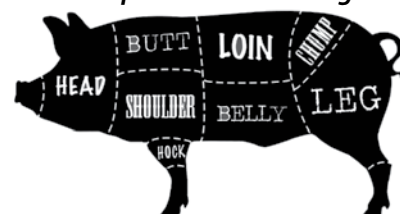
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Growing Your Own

It seems to have rained virtually every day since last September. So now is the time to prepare for the drought! The last few years have seen long, dry periods in the late spring/early summer. I can remember one summer recently where we had no rain for three months and it was very hot. It may have rained elsewhere, but not here in Naphill and Walter's Ash. There have been many times when, on a parched allotment, I looked at the dark cumulus clouds dropping enormous quantities of water on High Wycombe, and another such cloud dropping a deluge on Princes Risborough, but not here. I surmised that, with the prevailing wind coming from the South-West, and the Chiltern Hills in roughly the same direction, that the hills diverted the large rain clouds to each side, leaving my allotment devoid of water. So, what is YOUR plan for the likelihood of a long, prolonged drought this year? It is a matter of saving your plants, and saving your crops. There might be a hosepipe ban!

I have been experimenting for a few years following a discovery I made in a very hot, very dry period. I have not heard anyone remark on this phenomenon before. My discovery started with a brick on my allotment. The soil was like dust to a depth of about two inches. I picked up the brick and it, and the soil underneath, were soaking wet. I then turned to a piece of black plastic – it too revealed water underneath. I then realised that moisture is rising from the depths all the time and, on reaching the surface, evaporates and is lost. However, if one stops the water evaporating,

with a sheet of black plastic, the moisture can benefit the plants. Furthermore, I noticed that a row of carrots grown three inches from a sheet of black plastic was twice as high as a row of carrots grown a further six inches away, so the carrot roots had reached into the moist soil under the plastic.

So I thought that, if I divided my plot into six-inch-wide strips, with black plastic six inches wide (see photo), and sowed seed in the centre of each strip, the row of seeds would be three inches from plastic on both sides and would benefit from having moist soil both sides. The strips of black plastic would also lessen the risk of weeds taking precious moisture – as well as halving the chore of weeding! (TIP - damp course membrane from builder's merchants, 150 mm x 30 m and wire ground pegs 6 inches deep to hold the membrane down, are relatively cheap.)

Before I gave up my allotment I tried out the above method, but was confounded when the heavens opened in summer and we did not have a prolonged scorchingly dry period. What will happen on my vegetable plot at home this year? I'll let you know.

Happy gardening!

Mike Mason





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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 Tel: 01494 562 210

The Wheel News

As I sit and write this article, we have quickly arrived into February and my word was January an unusually busy month, even with dry January!. Our Unromantic Valentines Menu went down a storm, so thank you to everyone for your support (and filling the pub with the aromatic smell of garlic and chillies). March is one of my favourite months as the 6 Nations Rugby season continues. We have had lots of entries into The Wheel's sweepstake, it will be interesting looking at all the results as they unfold, as the competition and banter between everyone is so strong in here. We also move towards the lighter evenings and fingers crossed some lovely warm spring days.

March is going to be a busy month as we still have the remainder of the 6 Nations games, Mother's Day, St Patricks Day and then the end of the month its Easter. For everyone who is organising a Mother's Day outing please remember to book your table.

- Mother's Day – Sunday 10th March
- St Patrick's Day – Sunday 17th March

- Easter Weekend – Fri 29th March – Mon 1st April
- Ron's Big Beer Festival – Fri 3rd & Sat 4th May

The organising of Ron's Big Beer Festival is well underway, Friday nights band is confirmed and the first of two is confirmed for Saturday. We are aiming for 20+ Ales and lots of different ciders. So please keep the dates in your diary, kicking off from Friday 3rd May from 4pm, we will keep you updated on our Facebook page.

Mark and I would like to thank Chloe, Julia, Bella, and all the staff for looking after the pub when we went away to Pembrokeshire, which was a much-needed break and greatly enjoyed. As always you and the team did an amazing job, thanks again.

We can't wait for the lighter evenings and to see you all out in the gardens again, as always thank you for your ongoing support.

Cheers and see you soon.

Mark and Claire.



Tel: 01494 562210
www.thewheelnaphill.com



RAF High Wycombe News and Events



6000th Bomber Harris visit with Dave Brown

Since being restored to its former glory back in 2014, the Sir Arthur 'Bomber' Harris room has seen people from all corners of the globe come to visit and be regaled with stories of Bomber Command by resident RAF historian Mr Brown BEM. Nine years on we are proud to welcome the Station Commander, Wing Commander Dennis as its 6000th visitor! The indomitable Mr Brown presented the Station Commander with a certificate and conducted a personal visit.

Ushering in the hundreds of guests over 80+ visits a year (sometimes as many as three visits a day) through those hallowed doors into the past, Mr Brown discovers new information every time:

"The anecdotes I pick up from the visitors are priceless and I use many in my talks," said the former RAF Sergeant. "I always inject a little humour into my talk which I think is appreciated. When I started the tours, I never expected to reach a thousand visitors. It was a great challenge to meet the 6000th visitor and I look forward to welcoming the 7000th!"

Laurence Parker,
RAF HWY MCO.



New Director at the European Air Group

Lieutenant General André Steur, Director of the European Air Group (DEAG) and Chief of the Royal Netherlands Air Force (Staf Commando Luchtstrijdkrachten, RNLAF) officially handed over his role as DEAG to Lieutenant General Ingo Gerhartz, Chief of the German Air Force (Inspekteur der Luftwaffe, Luftwaffe Bundeswehr) on 18 January 2024. The event marks the official change of command of the EAG from the Netherlands to Germany. Also attending the ceremony was EAG Steering Group member and Chief of the Air Staff, Sir Richard Knighton who commented "I am delighted to welcome Lt Gen Ingo Gerhartz to EAG HQ RAF High Wycombe and give my utmost thanks to Lt Gen Andre Steur for his tenureship."

Naphill & Walter's Ash Residents' Association

Vice Chairman's Report

We read much about the difficulties the services (I'm ex RN) are having with recruiting. NAWARA is in a similar position and there was no response to my cri de coeur of last month. On the upside the duties are less onerous than those of the services but on the downside you don't get pay or foreign travel! The Association has been going for over 35 years and does good work looking after village interests, especially planning matters. We would like to do more so if you can help, especially with social media, please contact Gloria - 01494 563634.

Speeding is a matter of recurrent concern. If you live on Main Road you might like to consider putting a 30 mph sticker (available from Gloria) on your wheelie bins. Parking on the pavement is another ongoing problem. Most of the village was designed and built when cars were fewer and smaller, so houses often have insufficient parking space now that some families have more than two vehicles. Pedestrians, buggies and wheel chair users are forced into the road as the result of inconsiderate parking.

David Frost
Vice Chairman



**NAWARA very much need
somebody to keep our
social media presence
and website up to date.**

**If you can help us
please get in touch.**

email: glorialeflaive@msn.com

Call Gloria: 01494 563634.



Hello it's your Naphill & Walters Ash Local Lads again ... It's been a while, but we are now settled into our Uni studies & work placements and find ourselves with a little spare time on our hands ... with spring around the corner and evenings getting lighter who's looking forward to getting out into the garden again? - even though it's still a bit cold out there! ... If you'd like some help clearing away the leaves or a general clear up after the winter why don't you give us a call - we'd be happy to help ... and at £12.50 an hour (per Local Lad) there's no need for you to get your hat & coat on quite yet?

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Classics on the Crick Sunday 9th June 2024

Once again, the Crick will be full of fabulous Classic cars and bikes.

The 2024 show is being held on Sunday 9th of June, starting at 10am and finishing around 4pm.

As normal all profits from the show will go to the Thames Valley Air Ambulance.

This year is the 25th anniversary of the Thames Valley Air Ambulance and they are seeing an increasing demand for their services. In 2023 there were 3,293 call outs, of which 1,095 were in Buckinghamshire.

The most frequent type of call out was for cardiac arrests. Crews responded to 1,212 cardiac arrests in 2023, which works out as more than three per day.

The TVAA paramedics and doctors bring hospital-level care to people whenever and wherever it is needed, from the oldest members of the community to the youngest. Last year, 213 seriously ill or injured children were treated by the expert crews, including 86 children under the age of five.

Classics on the Crick started in 2014, and due to the inevitable break in 2020, this is the tenth event. This year we are hoping that we can bring our total donations to the Air Ambulance to over £100,000.

As well as hundreds of classic cars and bikes we plan to have great live music throughout the day. The village hall

team will be providing their usual excellent bar, and we have an exciting range of food outlets lined up.

Entries are now open, so if you have a Classic vehicle, visit our website www.classicsonthecrick.co.uk for full details. All types of cars and bikes are welcome.

Finally, we are always looking for volunteers, so if you can spare a few hours on the day or perhaps would like to get more involved in the show set-up, please contact us at classicsonthecrick@gmail.com.

The Classics on the Crick Team



Valley Players

Valley Players are looking forward to presenting, "Sugar and Vice" by Patricia Gay. set in 1888, a social climbing family of sweet makers finds one of their employees has been horribly murdered. Only they know the secret sweet recipe which will increase the family fortune. Who dunnit! The usual line up of suspects are interviewed by Inspector Pratt of Scotland Yard and the culprit will be unmasked.

Bring your friends and an indoor picnic and win prize. There will be a quiz to run with the show also!

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

Andrew Pitman

contact@valleyplayershughenden.co.uk





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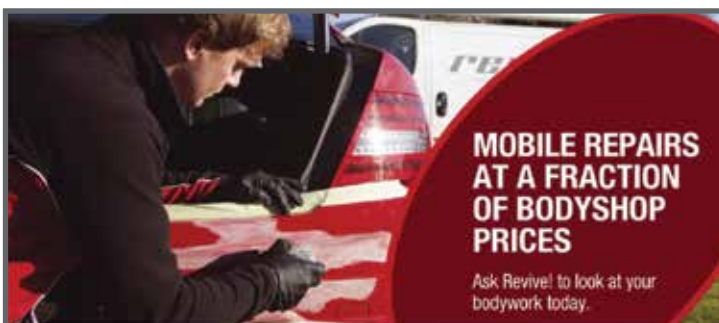
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How to Help Children Talk

Listen Actively.

Take time to listen when they're ready without pressure. Often a child will open up in the car or in bed when other distractions have gone away. Avoid the temptation to advise but offer to talk through what they think would work and discuss solutions together.

I love you, no matter what.

It's so important to be reassuring, especially if their behaviour is difficult. They may need reminding that they are enough – regardless of grades or other issues. After an argument, have a moment of 'resolve' where everyone can apologise without blame. Parents can apologise if they lost their temper too. It's better to model 'sorry' than being right.

Acknowledge feelings.

Ask your child about their feelings and repeat what you hear back to them, so they feel heard and understood. Try not to judge whether they should feel that way but acknowledge that they do. This helps them to know all feelings are OK. If your child is disappointed with their grades or didn't make the team, acknowledge how hard that must be rather than trying to jolly them along.

Look out for stress.

Stress for one child might manifest in sleep difficulties (too much or too little), a change in eating habits, feeling unwell or lacking in energy or interest in seeing friends. If you notice your child is behaving differently to the norm, ask them what they need. This is very simple but powerful question!

Open questions.

We have all experienced the grunting 'yes' and 'no' conversations with children, especially teenagers. Asking more open questions can help, such as, "What was the most interesting thing about today" or "Tell me more about how it's going in Maths".

Share your stuff!

Children often like to hear your stories of your 'bad' behaviour or how you overcame a challenging subject at school or failed exams. This makes them feel less judged. Many parents like to be seen as 'perfect' but this does not help the child feel connected, valued or understood.

Seeing the funny side.

Finding humour in situations when you can as this helps build connection and trust. Sometimes, just spending time hanging out and not communicating together is important.

Respect Their Privacy.

Like adults, some children are naturally private and may resist sharing things. If they begin talking, really listen until they have finished rather than jumping in with comments. Teenagers in particular need to know you're there and at least trying to understand them.

Don't take things personally!

The hardest challenge of all as we all take far too much personally. Take a step back, distract yourself and let the wave of fury pass. Save talking until things are calm.

Alison Scott Hypnotherapy - 07989 535527

I can help young people with issues, including bullying, OCD, ADHD/ADD and exam stress as well as helping parents with overwhelm.



Alison Scott

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

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

Alison Scott



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

Contact me for a free initial consultation:

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- Mental wellbeing – our dogs give us something to focus our mind and energy on. Being responsible for caring for their needs can provide a sense of purpose. In addition, they are fantastic companions and can help us meet new people and feel part of the community.

In return, we must meet the needs of our pooches, with the 5 basic welfare needs.

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- Behaviour – the ability to behave naturally, e.g., play, run, etc.
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Charlie Hughes



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Our visitor this month was Jennifer Shraga on the subject of 'Crime Prevention'. She lives in Naphill and is a police officer; a community officer based in Princes Risborough and covering a large area from Aylesbury to High Wycombe. She gives talks to various groups on request, including to schools.

One of the biggest problems in this area is 'Scams'.

We were advised not to give Bank numbers over the phone, or your name. These fraudsters are very articulate and convincing, sounding charming and helpful over the phone and even ordering a taxi to take you to your bank to collect cash. One person who was taken in cashed £5000 and handed it over. She did eventually get her money back from the bank and found it hard to believe she had been taken in.

Naphill is a very pleasant area and there are few burglaries. Those that do occur tend to be opportunistic rather than planned. It is a good idea to make your house look occupied if you are away, having lights

which go on at different times, or a radio. Security lights are a deterrent even if they are not connected.

Police officers will not come to your door unannounced; if one does, take their number and Ring 101 to check if they are genuine. Do not let them in the house until you have done this.

Another suggestion was to keep hedges and other boundaries low so strangers cannot 'Case the joint', or hide easily. I'm on a loser there. The officer had many useful leaflets and volunteered to put them through people's doors when the supplies she had brought ran out. I think we all felt well informed and protected; a worthwhile afternoon.



Our next speaker will be David Hughes on March 11th on "St. George's Chapel, Windsor and the Garter Knights," 2pm as usual.

Peggy Ewart
01494 565969.



*From my
good friend,
Margaret Hunter's
garden, proof that
SPRING
has Sprung!*

I am not too confident re the pink, purple and green creature, lurking in the right hand photo, answers on a post card please. Love the photos, thank you!

Sonia



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Rennie Grove Peace

Quiz Night Naphill

Friday 22nd March

London Bridge Walk

Sunday 22nd March

Rennie Grove Peace Hospice Care is delighted to announce the return of its annual London Bridges Walk – a family-friendly day out that takes in some of the capital's most iconic bridges and landmarks.

With two different routes – one five miles long and the other ten miles – there is an option for all abilities. Walkers are encouraged to bring not only their relatives and friends, but their canine companions too.

Taking place on Sunday 24 March, the two routes begin at the Pear Tree Café in Battersea Park. The five-mile route then takes in five famous London bridges, ending at Parliament Square. The longer ten-mile route takes in no fewer than 12 bridges, ending with arguably the most recognisable one of all – Tower Bridge.

All participants will be awarded a medal on completion, as a keepsake from the day and a reminder of what they have achieved.

The money raised through entry fees and sponsorship will be used to fund vital care and support for people living with progressive life-limiting illnesses in Buckinghamshire and Hertfordshire.

Tracey Hancock, Director of Fundraising at Rennie Grove, says:

"We're delighted to be bringing this popular event back. The London Bridges Walk is a fantastic family day out. You walk at your own pace so there is time to stop for a coffee or buy lunch along the route if you like."

"I'd like to thank our sponsor, Origin Global, for supporting this year's event and ensuring we can raise even more money to fund our vital services for local people living with life-limiting illnesses."

Tickets cost £15 for adults and £10 for children (under 5s are free). To find out more or book your tickets, visit renniegrove.org/londonbridgeswalk.



LONDON BRIDGES WALK

Sunday 24th March 2024

Walk 10 miles across 12 bridges
Walk 5 miles across 5 bridges
Battersea Park to Tower Bridge
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renniegrovepeace.org/londonbridges



QUIZ NIGHT



Charity Quiz Night

High Wycombe Fundraising Group invites you to their Charity Quiz Night in aid of Rennie Grove Peace Hospice Care.

Friday 22nd March 2024

Naphill Village Hall, HP14 4SX

Doors open 7pm for 7.30pm start.

Ticket price: £15 - includes one course supper.

Teams of max - 6 people.

Raffle & don't forget to bring your own drink.

To book your tickets contact High Wycombe Fundraising group on rgwycombe@gmail.com or 07791581356.



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CREDIT: Ana Zaja Petrak

A Wine Giant Essay - Nebbiolo – The King of Italy

This month we move our attention to one of the world's greatest grapes: Nebbiolo. A grape whose spiritual home is in the Piedmont in Italy's north and is used to create the reassuringly expensive Barolo and Barbaresco. If you're ever looking for something distinctive and a little bit different to your usual Malbec or Merlot, then Nebbiolo is a must try.

Whilst listening to 'The Stadios', one of the world's most venerated awards shows (for fans of hipster football podcasts!), over the Christmas period my mind was strangely drawn to Nebbiolo as I had a sudden realisation: Nebbiolo is a Catfish! Obviously, I don't mean it tastes like a bewhiskered sea creature, but it is the grape version of someone with a fake online identity who is out to trick you. Bear with me here...

When you open it up and pour a glass you will inevitably notice it's lighter colour, almost ethereal in it's beauty, with soft shades of garnet and even a slightly orange tinge. You'd be forgiven for thinking it might be a subtle Pinot Noir. Then you take a sniff and think of violets or even roses. This is going to be like Princess Diana you say to yourself. Then, after you've let it breathe for a good hour, you take a generous sip and realised the Nebbiolo has emptied your bank account and sent embarrassing photos to your spouse – you've been 'catfished'! This is no

gentle wraith or wisp, this is a wine that turns the amp to 11 in every area: intense flavour, intense tannins and intense acidity and high alcohol. Your senses are thrown into overdrive as your brain tries to catch up and process what has just happened!

Having alternated between 19 Crimes, Jam Shed and a Trivento Malbec you thought you knew what red wine tasted like, only for Nebbiolo to shatter that with its rustic and savoury profile. Flavours of raspberry, cherry and cranberry sit alongside rose, herbs and violet, whilst there's more beneath it all that you can't put your finger on – 'Is that anise? Tar? Leather?'. Quite possibly so. This was not what it looked like in the glass!

I appreciate this description may not be a classic sales pitch, but if you've never before supped this regal and historic grape, you must. It's a wonderful experience that makes you try and convince yourself that drinking it is actually an intellectual and moral pursuit. 'No, my darling, I'm not drinking tonight – Nebbiolo doesn't count, this is educational, a spiritual awakening even!'

Adam Sergeant



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Hughenden Valley Climate Group started life back in the late Spring of 2021 with the aim of promoting our local area and protecting it from the ravages of climate change. Our core group of around 8 meet on a monthly basis to discuss various local projects but our Facebook membership is 84 and growing. We work in a completely organic way with little funding or structure but plenty of goodwill and imagination.

Projects to date have included:

- A Terracycle bin at the Harrow Pub to recycle tricky plastics such as crisp packets, snack packets, pens, toothpaste tubes etc (please look at our Facebook page to better understand how this works and what can be put in before using it)
- Seed swaps in early Spring: the next is Sunday 17th March outside of Hughenden Village Shop from 11am until 1pm - please do come along and support by bringing and/or taking your excess seeds. Everything is free.
- Seedling swaps later in the Spring (date to be confirmed but keep an eye on Facebook) - bring those excess courgettes and zinnias!
- The planting of a wildflower site opposite the Harrow pub with the help of Hughenden Parish Council with a view to repeating this throughout the Valley as well as working alongside the mowing contractor to allow our verges to flourish

- Liaising with other local groups such as Speen Environmental Group, B-Squared (who give out free wildflower seeds) and Wycombe Environment Group to share knowledge and resources.
- The planting of over 350 hedging trees at Hughenden Primary School.

We welcome members from the entire parish of Hughenden reaching from Great Kingshill to Naphill and Walters Ash. If you would like to become part of our group, please just join us on Facebook or drop a line to Angie, Sarah or Simon at hvclimategroup@gmail.com



In Memoriam

ROGER OLIVER HUSSEY. Roger died 11th January 2024, aged 95. He was born and lived all his life in Naphill/Walters Ash. Although a quiet, reclusive man he was actually very adventurous. He and his twin brother Rodney went to Naphill School and chose to do their national service in the Paratroop Regiment.

Roger once walked around the narrow parapet near the top of West Wycombe church tower. With his wife Marion he travelled to every continent and even developed altitude sickness on Mt. Everest. He was an admirable naturalist and photographed an enormous range of plants and animals, including all of Britain's wild orchids. He leaves behind a huge collection of photographic slides. His funeral was held at the Chiltern Crematorium on Friday 16th. February at 3.30pm.

Dr. Trevor Hussey



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There is such a lot of splendid work being done locally to ensure that our Area of Outstanding Natural Beauty remains attractive and accessible. Climate Groups and Litter Pickers work hard to raise awareness and to mitigate for the thoughtless few. It is sad that some people seem determined to undo this work. Chucking empty drinks bottles, wrappers and hot drink containers on the ground is dreadful however, there is one piece of 'rubbish' that is more dangerous: dog poo. A recent stroll in Hughenden Valley revealed a snapshot. Two bags of poo were placed at the foot of a tree – is there some sort of Poo Pixie waiting to collect it when the humans and their dogs have left? Another was chucked over a fence to nestle in the overgrowth. Another hanging on a tree. There are bins readily available, so why just dump the bags? A bigger issue is the poo clearly visible on the ground. Too often a small minority of dog owners are not being vigilant, or they simply do not care. Either way, it is not acceptable. It is annoying for humans, interesting for other dogs to sniff (lots of information can be gained apparently if you are a dog!) and downright dangerous for wildlife and our rivers and streams. A recent article in the Guardian newspaper explains the impact:

Dog faeces and urine are being deposited in nature reserves in such quantities that it is likely to be damaging wildlife, according to a new study.

The analysis found that the resulting over fertilization of the ground with nitrogen and phosphorus by footpaths could reach levels that would be illegal on farmland.

The scientists reached their conclusions by counting dog numbers over 18 months in four nature reserves on the outskirts of Ghent in Belgium. They said the situation would be similar across Europe, which is home to about 87 million dogs.

Dogs are fed at home and then excrete nutrients while on walks, leaving an annual average of 11kg of nitrogen a hectare and 5kg of phosphorus, the research estimated. That is a similar level of pollution known to be transported through the air from farming, industry and traffic fumes, which ranges from 5kg to 25kg of nitrogen, meaning the impact of dog faeces and urine is significant.

Many dog walkers think that leaving their pet's excretions in nature will not do any harm. But most ecosystems are naturally low nutrient environments and over fertilization reduces biodiversity by allowing a few thriving plants, such as nettles and hogweed, to drive out others and the wildlife that depends on them.

"We were surprised by how high the nutrient inputs from dogs could be," said Prof Pieter De Frenne of Ghent University, who led the research. "Atmospheric nitrogen inputs from agriculture, industry and traffic rightfully receive a lot of policy attention, but dogs are entirely neglected in this respect."

The researchers estimated the illegal levels of nitrogen and phosphorus in situations where dogs must be kept on leads and can only stray 2 metres either side of a path. "Those levels are quite staggering, as our study concerned nature reserves," he said. "Of course, there are a lot of beneficial effects [to walks in nature], both physically and psychologically, for owners and their dogs but the drawback is bringing in significant amounts of nutrients."

De Frenne said the level of dog ownership is very similar in many countries in western Europe, so he saw no reason why the situation would be different elsewhere to that in Ghent. British charity Plantlife has warned that nitrogen pollution is "one of the greatest threats to our wild plants, lichens and fungi, yet little is being done to tackle it."

Read the full article : <https://bit.ly/49jebra>



Please be responsible if you are a dog owner. Our environment is depending upon you.

Hilda Stearn

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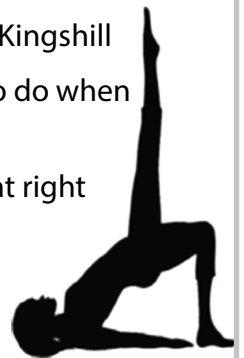
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