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**May 2024**

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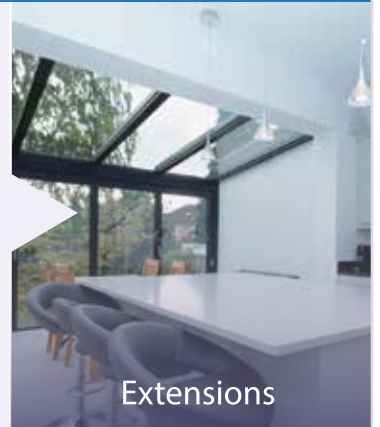
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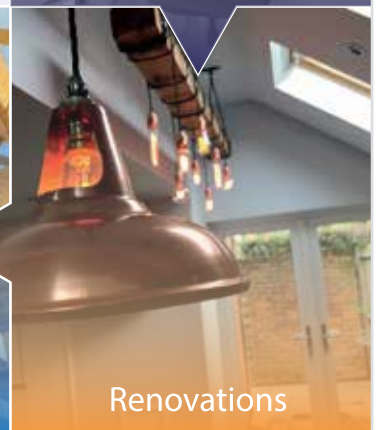
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## Local Council Contact Information

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Hughenden Parish Council	Clerk Vacant	01494 715296	<a href="mailto:clerk@hughenden-pc.gov.uk">clerk@hughenden-pc.gov.uk</a>
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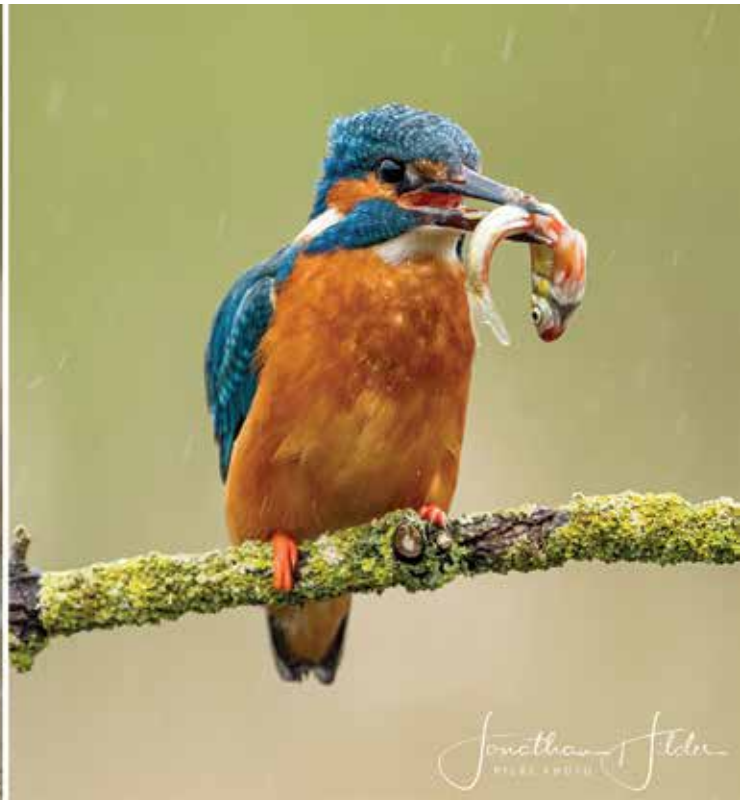


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## Copy Date for June 2024 Gazette 15 May 2024

Welcome to the May edition of the Naphill & Walter's Ash Gazette. As always, I am looking forward to the SUNSHINE! The longer days certainly brighten my life but it still takes the fire in the evening to persuade me that I am warm enough!

It is very sad that this year we have no NapFest or village fete. The traditional village fete has long been "the village event" which binds the community together and so keeps us as a village rather than individuals who live behind closed door and do not socialise locally. It is easy to blame Lockdown, we all had to "stay home" within our own space, we communicated via social media and so perhaps lost the need to go out, meet up and support village groups and events. We do need to remember that NapFest/the Fete were major sources of income for our village hall, a facility I am sure we would not want to lose, so food for thought! Please see the village hall chairman's report!

On or around the 8th of every month, August and December are the exceptions, I send to the contributors for their articles and photos for the upcoming Gazette. The vast majority are fantastic and the in folder is bulging by the 15th of the month! There are a few who need a polite reminder and the odd one or two or three who are always late and so get nagged a wee bit. Sometimes nagging goes with the job and having been a wife for well over 40 years, I am well practised in this art, so not a problem to

me. I do appreciate that not everybody can contribute to every edition and it does help if I am told "not this time". I do regularly send to our member of parliament and parish council, but getting replies is difficult so I apologise to you for the lack of information from time to time.

On to the bright and cheerful! The Wheel's annual RonFest is a special charity event, well worth our support and of course, an opportunity to socialise within our community. The Wheel is a great social hub all the year round, don't forget to book a table for Father's Day on Sunday 16th June!

Our very last remaining big Summer event on the Crick is of course Classics on the Crick, please see page 13 for details, mark the date in your diary and of course, SUPPORT!

A very big thank you to all of this month's contributors, there is no Gazette without you, I know I nag over content and photo quality, but together we do produce a good publication. I have no idea where Jonathan took the kingfisher photographs, but they are very special and I thank him for allowing me to use them.

Well, enjoy May everybody and I look forward to being back to chat in the June Gazette.

Best wishes,

Sonia



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

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## Chairman's Regular Report

At the May 8 Meeting of the Village Hall committee there were 11 members present.

The meeting was started at 7.30 and being restricted to 30 minutes only a few items were discussed, as the AGM was due to be held at 8.00. The main item discussed was the decorating of the kitchen and the main hall. The committee agreed that this should go ahead and the work will be done when the rental schedule allows. After a couple of other items Paul Riglar and I presented a gift and a bouquet of flowers to Norma Clarke for her services to the village hall. The meeting closed at 8.00 and the AGM started. There were 2 members of the public in attendance.

The AGM was a relatively short meeting at just over an hour. I gave a short speech on how the hall and playing field had progressed over the past year and the Treasurer also spoke to outline the year's finances. One member of the public raised a point over the donation from Mr. Sweet, that he hoped the donation would be used for a specific item, and then it could be attributed to Mr. Sweet.

On reflection, the poor turnout for the AGM was just one example of how difficult it now is to get people in the village to join in and help with the various events that the village hall needs organised to keep its finances in order. The treasurer told us that the committee needs in the region of £28000 to keep the hall open for a year, so if we have a couple of years without raising a substantial amount the hall will struggle to keep its doors open.

There will not be a Fete this year, the Fete committee is down to 2 or 3 members and cannot organise the event without volunteers, this in turn will mean less revenue for the hall. Now I realise that not everyone in the village uses the hall but there are also the other groups that operate under the hall's umbrella, the scouts and guides, cubs and brownies operate from village hall premises. The football club with many junior players. The tennis club and the men's club would all struggle if the hall had to cut back to make the finances cover its costs. The village hall is independent and owned

by the village by way of a trust that the village hall committee administers. The trustees are financially liable for any shortfalls, so we are very aware of the finances and would not put ourselves in a position that would incur us having to put money in to keep the hall going. The village hall needs people to help us run the hall and events, otherwise in a few years the hall might end up being shut or even sold.

*Clive Lawrence,*

Chairman - Naphill Village Hall Council

## Chairman's AGM report 2024

This past year has been another year of continuing work on the village hall. The committee has instigated several improvements to the hall and the playing fields.

In terms of cost, the most expensive was the updating of the heating system. This was undertaken, as although the new boilers were working well, the 1930's plumbing was not capable of delivering the required heat to all parts of the hall. This resulted in all sorts of problems and the outcome was to re-pipe all the radiators and include modern valves in the system to control the heat flow to the areas that required it. The system after a few teething problems is working correctly. This has cost the village hall £18000.00.

Other expensive areas included:

- The playground where the swings were repaired at a cost of £3432. And I thought timber grew on trees!
- The Bon Ami lease that had to be drawn up by a solicitor. This cost £3000.
- The two trees that were felled and the clearance of the jungle by the tennis courts. This cost £4600.
- The committee has also agreed to spend £2000. On the football pitch to bring the pitch back to a good order.

- Inside the hall, the kitchen ceiling has had the artex removed and then plastered and a working party from the committee painted the ceiling. We then had new LED strip lights installed. The committee also had new metal front doors fitted which should last 20 years or more costing £4145.
- There was also another large expense and that was the hall insurance, this cost £5000.

As the treasurer has outlined in his report the village hall committee has spent a considerable amount of money on the hall and the playing fields to keep it in good order for the future.

The bookings for the hall were slightly better than last year and appear to increase steadily, but they are still not at pre covid levels.

The committee applied for and received some more dog fouling bins for the crick, these were supplied by Hughenden Parish Council and they also see to the emptying of the bins.

The fund raising this last year has been exceptional with just over £44000 raised, a brilliant outcome from the committee and all the volunteers that have helped at all the fund raising events. Without them the hall would

struggle to exist, so thank you all for your great efforts. We also had a large will bequest from Mr. Sweet who lived in the village and the committee will spend this money on continuing improvement of the hall.

The committee are losing the longest serving member, Norma Clarke as she is moving away from the village to Sussex. Norma has been looking after the maintenance of the hall and playground for many years and will be missed for all the work she has done on the committee. If there is anyone who would like to join in helping run the many aspects of the hall, please come along to a meeting, usually on the first Monday of the month. Not only would it be nice to see you but you could find a niche to help with the running of the hall and keep it in a good order for the village.

I would like to express my thanks to the committee for all the support they have given me during the year and at the fundraising events and to the committee members that have organised these events. Without their success the village hall would not be the asset that it is for the village.

*Clive Lawrence,*

Chairman - Naphill Village Hall Council

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**Charity Car and Bike Show**

**Sunday 9th June at the Crick**

**10am until 4pm**

This year's Classics on the Crick is now fast approaching, and preparations are in full swing for our 10-year anniversary event.

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 Buckinghamshire.

Unfortunately, as no village fete is currently planned, the car show will be the main event on the Crick this summer.

Along with a fantastic display of Classic cars & bikes, live music is planned throughout the day plus the village hall will be providing their usual excellent bar. Additionally, we shall have some great food outlets, and several interesting retail stalls.

We still have a bit of space to squeeze in a few more non-food trade stalls, if you are interested, please contact us at [traders.classicsonthecrick@gmail.com](mailto:traders.classicsonthecrick@gmail.com).

In view of the lack of other Crick events, we would also be interested to hear from anybody who would like to reserve a small area to promote or

fundraise for any local community charities or organisations.

The show is now an established part of the Classic car calendar, and a very steady flow of entries means that we are now over two thirds full. If you want to enter a classic car or bike, head over to our website, [www.classicsonthecrick.co.uk](http://www.classicsonthecrick.co.uk). Based upon the last few years, we are likely to reach our maximum capacity for cars and light commercials ahead of the day, so don't delay.

Public entry tickets will be available to purchase on the gate, or in advance via the website.

Public Car Parking is available 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 if they are always kept on a lead.

Finally, the event does take a lot of people to run smoothly. If you can spare a few hours on the 9th of June, (does not have to be all day), please contact us at [classicsonthecrick@gmail.com](mailto:classicsonthecrick@gmail.com).

Go on, play your part in raising money for a great charity.

***The Classics on the Crick Team***



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We have had a busy and fun few weeks recently. Both the breakfast morning at the Red Lion Bradenham, and the curry evening, were popular, and the Ten Pin bowling night was as entertaining as ever. The Race Night at the Brushwood Suite, Wades Park, was fully booked and a great fundraiser. In addition, our stall at the April Farmers' Market attracted considerable attention, with our "guess the number of ducks, in the crate" competition, in aid of local charities, proving very successful. Thank you Shear Madness for the ducks and crate.

We have also welcomed 3 new members to the Club, bringing our membership to 62. We are now focusing on our charity "Risborough Rotary Ramble" on July 7th (the first Sunday of the Town's Festival). This is a day's walk in the Chilterns, in 3 fairly equal stages (you can choose to walk all 3, 2 or just 1 stage), if you walk all 3 it's about 20 miles. There is also a shorter route of around 6 miles. Refreshments will be available at the end of each stage. The walk is primarily in aid of SCANNAPPEAL\* and local Charities. The registration fee is £10/adult. Perhaps you could also get some individual sponsorship. For more information and/or to register go to [www.prrr.uk](http://www.prrr.uk) or scan this QR code:



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### Shear Madness

Water, water everywhere! Gosh what a nightmare it's been! I'm sure the temporary traffic lights are breeding? I've been loving the comments on the Community Facebook pages especially those about the Stocking Lane Marina by Charles Leigh Dugmore. He's got my sense of humour... hilarious.

Talking about good weather for ducks, mine have been borrowed by Risborough Rotary along with my dog crate, raising funds for local charities. David White with many other Rotarians who are also customers, Tony Bacon and David Cliff to mention a couple are pinching ALL of my ducks, good luck with that and let's hope they don't lose any.

Sadly, no holidays coming up but I will be closed both Bank Holiday Weekends as it's my son's 30th and my Mum's 80th this month so lots of celebrations to come.

Lovely to see all this fundraising taking place. So, good luck to everyone involved. Don't forget RonFest at The Wheel, another fantastic fundraiser on May 3rd and 4th.

Love as always,

*Mandy x*



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## Get your garden and shed safe or expect shedloads of trouble!

Your garden, as well as your house, has valued possessions that thieves would love to steal. It also has equipment that could help them break into your house. Most burglars are looking for easy ways of getting into a house or garden. By taking a few simple precautions you can reduce the risk of being burgled and make your house and garden more secure.

Gravel paths and drives are an ideal way of cheaply and unobtrusively discouraging thieves from your garden. The gravel makes a loud noise underfoot which carries well at night, when any thief relies on moving around silently. For this reason, it is also worthwhile putting gravel near house windows or doors, as the noise of any movement on it may wake the owners or any dog.

Garden sheds are a prime target for intruders. Therefore, it is highly recommended that you regularly keep on top of the security of your shed, to ensure that the contents inside are as protected as possible at all times. Consider the use of a strong lockable box or cage within the shed in which you can store not only your garden tools but also insecticides, weed killers or other items which may be harmful to health or plants if improperly used.

A thief could use your own spade to prise open a back door or window and burgle your house or even a neighbour's house! Wycombe District Neighbourhood Watch Association has products to help you:



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- An alarmed padlock, which can be used as a normal padlock or alarmed. It has a shock and movement sensor, a powerful 110 decibel siren, keyed operation, battery powered, a weather-resistant hardened Zinc Alloy body, hardened steel shackle, and an anti-muffle design. Price £12.

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## Local Tales - Cherry Ripe



The Chiltern hills were traditionally renowned for their cherry orchards. The ups and downs and thin clay over chalk and flints was not easy to farm and the hills had spent most of their history covered in beech forest. Local names like Stocking Lane, Stocken Farm and Stokenchurch are believed to derive from the ancient Celtic for a stumpy place, suggesting forest clearing. Cherry trees, like the beech, thrived on the chalky soil and in my youth, when the Naphill Main Road was far less built upon, the gaps between the cottages, farms and pubs seemed filled by cherry blossom in the spring. Large orchards surrounded many villages and come harvest time there was a rush to pick the fruit and get it to market.

The cherries were black, and rather small compared with modern varieties, but my, no doubt biased memory, tells me that the taste seems to have been lessened as they were 'improved' over time. I believe that there were several local varieties or perhaps local names, such as Aylesbury Prune and Prestwood Black. Some of the old trees must still remain. I believe that the tree at the end of Pursell's Meadow may be one. The rush to get the crop picked before the birds ate them made necessary additional pickers and their families from afar. Many who came were known as 'travellers' and 'gypsies' who traditionally moved from place to place in tune with the various harvests of apples, corn and vegetables, etc. The cherry picking was arduous as the trees were very large compared with modern varieties and demanded massive eighty and fifty rung ladders with a four-foot spread to the base. We youngsters climbed and ate but could earn pocket money by collecting the buckets and baskets. Again, at other times, we could pick gooseberries and raspberries and the wild fruits like blackberries and crab apples, when in season. Mostly for jam making.

The hay harvest and the corn also needed school aged children to lend a hand and this gave rise to the long summer holiday. Parents might give pocket money for all sorts of daily tasks that needed doing. I collected bundles of lighting wood – twigs for lighting the fire. If collected from private woodland then this could only include dead twigs and branches that could be gathered 'by hook or by crook'. The bundles were traditionally bound with a withe – mostly a sprig of willow, osier or spindleberry. We, of course used cord, often bailer twine. I remember an old man saying that he had been 'collecting withes over on the diblock'. I didn't know what withes were or where or what the diblock was, but it stuck in my mind as a rather pleasing expression. I also collected sacks of dead leaves from the dells in the woods. These would be spread in the chicken run (pen) and it was great to see the excitement of the chickens as they clucked and scratched and pecked among new surroundings. Youngsters might be rewarded for feeding chickens or collecting their eggs or tending various animals.

On a lighter note, one seasonal means of collecting a little pocket money was by carol singing. In the festive season it was hoped that a small group of us could wander the village singing at doors in the hope of reward in the spirit of Christmas or simply to stop the discordant noise. We would make a few pence unless the householder could feign absence. If they did, a second carol was usually enough to convince them that they might get a third. I do remember one attempt was greeted by the householder heating pennies over his fire and bringing them to his door. Their acceptance could have been a painful experience except that he was carrying them on a small coal shovel which rather gave the game away.

*Philip Hussey.*

Artwork - *The Fifty Rung Ladder* by Philip Hussey



## Church News

At last Spring seems to have arrived! As I write we have had three rain-free days, so no doubt by the time you read this, we'll have a hose pipe ban. (Though this may well be contributed to by the repeated water leaks in Naphill, rather than any hope of baking temperatures.)

Our churchyard is full of flowers: the snowdrops have finished but cherry blossom is amazing! Spring for us also brings, at the end of April, our Annual Vestry Meeting and Annual Parish Church Meeting. These basically are similar to the AGMs of other types of organisations. Churchwardens and Parochial Church Council members are elected, reports from the various activities within the church are presented, as is the all-important financial report. The financial health of the church depends largely on donations and so is inherently unpredictable.

As a Church, we consider it part of our mission to financially support particular causes, both local and overseas and then there is money to be found to maintain and improve our historic buildings. Many people visiting St Michael's assume we are part of the National Trust, because of our location, but that is not the case.



On 'people' news, our Associate Minister, Helen Peters, started a three-month sabbatical the day after Easter, so there were many 'temporary farewells' made in the weeks before. The picture shows her being given a present from the Tiny Tots group. Sabbaticals are of course, to enable the minister to step back from the everyday work of the church, but also to gain spiritual and personal development. Helen will be having some time visiting family, but her spiritual development will perhaps be most enhanced... or challenged... in a 15

day silent retreat. The young people in the congregation and in our local schools have been intrigued by this aspect, especially when they are told the retreat rules include: NO PHONES! We wish her well, not only for this most challenging aspect of her time, but for the whole three months.

*Jane Tyrer*

### News from St Michael's MU

Fur, Feathers and Fins -All creatures great and small, was the title of the wonderful talk given by Alan Jaycock, illustrated by his fabulous photographs.

Many of the extraordinary photos were taken at two places which protect endangered animals. Port Lympne Wild Life Park in Kent rears endangered species such as Mountain Gorillas so they can be put back to the wild in Central Africa. The Park also houses some Scottish wild cats - said to be the most vicious of all cats for its size. The Big Cat Centre (also in Kent) has lions, tigers, and leopards and many others that are endangered in the wild.

The feathers section of the talk was represented by fantastic photographs taken in the Farne Islands, where sadly many birds were lost last year due to bird flu.

Arctic Terns migrate annually as far as the Antarctic and these feisty birds are very protective of their area and, as Alan pointed out, a hat is a must as a guard against being dive bombed. Other photos were of guillemots and of course the much-loved puffin.

On to fins. A particularly wonderful shot was of an Osprey diving in for a catch.

Others included dolphins seen from The Wild Life Survey boat off the West Coast of Scotland.

Many thanks to Alan for such an interesting talk and some stunning photographs - it makes us realise how much we need to be aware of and look after all God's creatures both great and small.

Our next meeting is on Tuesday June 4th at 2pm, to which everyone is welcome.

Our speaker will be Dr Dorothy Moore -Brooks from Great Ormond Street Hospital.

*Sara Badrick*

## From the Vicarage

---

Soon after we returned from a memorable parish pilgrimage to the Holy Land at the end of February 2020, we began experimenting with recording sermons in church, with a view to posting them up on our website later that year.

Little did we know that within three weeks, our lives as we knew them would change dramatically overnight, as Covid-19 spread, and we were instructed by the then Prime Minister Boris Johnson to remain at home wherever possible. Churches closed overnight, as did the vast majority of shops and other businesses, unless they were considered crucial, such as supermarkets.

We found ourselves residing in bubbles, and began exploring something called Zoom, to stay in touch with friends and family and to do business virtually.

From the outset Hughenden Church had an online presence, starting with simple services, before getting more ambitious and involving contributions from others, such as pre-recorded bible readings and prayers.

We launched St Michaels @ 10 on a Sunday, and following our online service, we met for virtual coffee and fellowship, in order to maintain a degree of contact with each other for mutual support.

Up and down the country, neighbourhoods became more proactive in setting up WhatsApp groups and other support networks. This became the lifeblood which kept the most vulnerable in our communities well supplied with food, medicine and other essentials. Meanwhile our NHS made us proud with an extraordinary effort to care for the sick and the dying, as well as many other caring and emergency services.

We are now four years on from those dreadful days. However, our online presence, through Hughenden Church YouTube channel is really appreciated by many who tune in regularly, either live, or at a later date, to share in our Christian worship.

I know that each service gets at least 50 views each week, and some many more than that. Some who became virtual worshippers during lockdown then went on to join us in person once restrictions eased, and are now part of our church family. Others are not able to be with us in person, either due to illness or mobile challenges, personal circumstances or a busy life – and if that applies to you, may I say that I very much consider you part of our worshipping community as well!

If you watch us from time to time online, please can I ask you a favour? We would love to hear more feedback from you. How does it feel to watch online? What do you appreciate? How could we change?

We have excellent cameras in our church, which enable us to produce a good quality presentation. However, we are challenged in a couple of ways – first and foremost the church does not have fibre-optic broadband connection, so that can sometimes affect our quality of streaming – please bear with us. Secondly, there are Sundays when there isn't an online service, and that is because we don't have enough trained operators on our team. Perhaps you might be interested in joining our team. Training is provided. Please have a word with me in the first instance if this is a possibility and I will pass you on to our wonderful media team.

God bless

*Keith*





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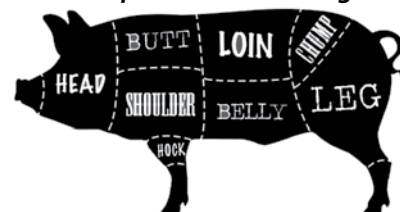
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## Valley Players - Goodbye to a special player!

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And all the men and women merely players  
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And one person in their time plays many parts"  
William Shakespeare "As you like it"

It is with great sadness that Valley Players has had to bid farewell to one of our members, Daphne Hicks. Daphne made her acting debut in our 2019 production of "A Spot of Murder". She had never been on stage before but made a terrific start to a love of acting. As she said "doing something I never in a million years thought I'd do"

She was involved with many productions subsequently, Pantomime and Plays her final role being Mrs Bennet in our Summer production of Pride and Prejudice in 2022. She truly was the quintessential Mrs B!

We shall all miss our friend with her good nature, infectious laughter and good humour.

*Andrew Pitman*

Chairman, Valley Players



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## A little bit about Wycombe Sinfonia

Many Gazette readers may not know that High Wycombe has its own orchestra, Wycombe Sinfonia. The orchestra, made up of talented adult instrumentalists from the local area, was founded in 1985 by its conductor, John Dunnett, who some may remember from his time as a teacher at John Hampden School and also as the conductor of the Wycombe Music Centre Senior Orchestra.

Wycombe Sinfonia performances are of a very high standard and concerts are held three times a year at St Mary's Parish Church in Wycombe, which has wonderful acoustics, (and very comfortable seats and also toilets now). Usually the orchestra performs a full Symphony or Concerto with a guest soloist, but this concert on May 11th is different in that they are performing a number of shorter pieces. It should therefore be an excellent introductory concert for those who have not been to their concerts before, and also be of particular interest to the many RAF personnel in our villages, including as it does the **RAF March Past** and the **Dambusters March**. **The Trombone Concerto** in this concert should also be interesting for any young person learning a brass instrument, and admission for under 18's is always free.

So do come and give it a try. Tickets can be booked beforehand but seats are not reserved and may also be bought at the door on the day.

For more information, go to [www.wycombesinfonia.co.uk](http://www.wycombesinfonia.co.uk)





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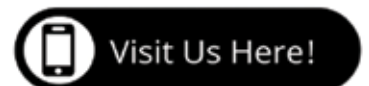
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# Naphill & Walter's Ash School News



## Our School Science Week

In March, we had our school science week to which scientists (parents and family!) were invited to share their expertise. Starting off the fantastic week, Mrs Manze – a pathologist – paid Year Six a visit and gave us a very interesting talk about the study of germs and different blood types. During Covid they had scientists working 24 hours a day to test samples!

The next day, Mrs Bowyer came into Year Six and taught them about artificial intelligence, suggesting different scenarios and how AI would solve them. It was astounding to discover how much we already use AI in our daily lives (phones/Spotify/YouTube/Amazon Alexa to name a few).

Then, Mrs Fulcher – an Egyptologist – visited Year Three to give a very factual lesson on restoration and ancient Egyptian tombs. Unfortunately she couldn't fit any mummies in her car to bring along!

Soon after that, we were paid a visit by an accountant, Mrs Harding, who taught Year Three about how computer science is used by accountants.

The following day, Mr Bailey, who works for Space Command, came in to teach Year Four about present and future, then he went on to Year Five to give them a fascinating fact-based lesson on Space.

Afterwards, Mrs Barton visited to educate Years One and Two about climate and weather. Maybe some will be the weather-forecasters of the future!

Finally, Mrs McKinstry came and taught Year Five about being an Equine Veterinarian; showing some horse X-rays and her ultra-sound machine.

So, to sum it all up, we all had a spectacular Science Week and our future careers may have been shaped by these inspirational visitors!!



## Wycombe Photographic Society

Spring is here, time to get your camera out and start taking photographs.

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.

- 8th May Field trip from Hughenden Valley Village Hall
- 22nd May Portfolio Reviews and Mentoring Evening
- 5th June Projects
- 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



Photograph courtesy Peter Davis



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I'm sorry to have to report that the Japanese Knotweed has reappeared in the area at the end of Downley Road, close to Daisy Pond. We had hoped that we might have eliminated it, but as many will know, it's extremely hard to kill off completely and we must do our best to keep it under control. It's down from an area about the size of a tennis court to just a handful of plants – the Estate are aware and will be spraying it with herbicide, while we have found the most effective method to be injecting the stem with a systemic herbicide.

We're preparing our activities for the summer. We hope to have a walk around Bradenham farm to view the

wonderful wildflower meadows for which the farmer, Andrew Stubbings, has been nationally praised. David Brown, who gave a talk on Bomber Command at the AGM in February, has offered to lead a small group to view the preserved office from which Sir Arthur 'Bomber' Harris directed operations during the Second World War. And there will be our ever-popular bat walk – watch out for more details!

Spring has definitely sprung – as I write the first bluebells are showing, and the skylarks are rising above many of the local fields. My short walk on Wednesday 1st May, starting at 10:30 from the Village Hall, will go down to the area below the RAF base, where the best local display of bluebells is to be found along the "Queen' Ride" (the queen in question being Elizabeth I, who in 1566 was on her way back from Hampden House to London, having visited Oxford). The June Short Walk has been brought forward to 29th May, to fit in with the Chilterns Walking Festival.

Ron has been unlucky with his longer walks, which take place on the third Monday at 9:25, having had to cancel the last two because of forecast heavy rain. 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



## Naphill & Hughenden Scouts



This month had a charity focus for the Naphill & Hughenden Scout Group learning about the work of and assisting the OneCan Food Bank Trust. Over two days we collected about 90 crates (about 2000 items).

As an organisation the Scouts Association looks to develop skills for life across a range of activities and disciplines. Learning about charitable work, especially in our local communities, provides a platform from which our young people can understand the needs of different groups and help in supporting them. The badges and awards that our Young People work towards provides them with a varied outlook on life and the visit to the OneCan Trust is just one such example. If you have a Young Person who would like to join the Naphill and Hughenden Scout Group then please contact the Group Leader. Hamish Pearson by email to [groupleader@naphillscouts.org.uk](mailto:groupleader@naphillscouts.org.uk)



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### Hughenden Walk With Us Timetable April - June 2024

**National Trust**

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**Walk Details:**

- Grade 1: 20-30 minute walk, 1-1.5 miles (10-15 minutes walk to a nearby bus stop for catchment area and regular services).
- Grade 2: 30-45 minute walk, 2-3 miles (20-30 minutes walk to a nearby bus stop).
- Grade 3: 60-90 minute walk, around 3 miles (45-60 minutes walk to a nearby bus stop).
- Grade 4: 90-120 minute walk, between 4 and 6 miles (45-60 minutes walk to a nearby bus stop).

**Notes for Walkers:**

- Walks take place on the 1st, 3rd, 5th and 7th Wednesdays of the month.
- Check the date of the walk on the website and on the back of the leaflet.
- Check for the latest weather and wear appropriate clothing for the weather.
- It is recommended that you wear a hat and sun cream on sunny days.
- If you have any health issues, please contact your GP or a physiotherapist.
- Walks are not for people with severe mobility issues.
- Some walks may be cancelled due to weather.
- Check the website for more information about the programme. We will contact you if we need to cancel a walk.

**Supported by:** Community Board North West Chilterns

WALK NAME	GRADE	DISTANCE	MEETING PLACE	DATE	NOTES
Hughenden Manor & Upper Parkland	1	0.7 Miles	Hughenden Manor, Stables	Friday 5 April 10.30am	Visitor car park at Hughenden HPSA 4LA or 39 bus stop opposite main entrance. Walk uphill to Stables.
Woodcock Walk	2	1.5 Miles	Hughenden Manor, Stables	Wednesday 17 April 10.30am	Visitor car park at Hughenden HPSA 4LA or 39 bus stop opposite main entrance. Walk uphill to Stables.
Hughenden Manor & Upper Parkland	1	0.7 miles	Hughenden Manor, Stables	Friday 3 May 10.30am	Visitor car park at Hughenden HPSA 4LA or 39 bus stop opposite main entrance. Walk uphill to Stables.
Woodcock Wood & Echo Valley	2	2.5 miles	Hughenden Manor, Stables	Wednesday 15 May 10.30am	Visitor car park at Hughenden HPSA 4LA or 39 bus stop opposite main entrance. Walk uphill to Stables.
Bradenshoe Countryide	2	2 miles	Red Lion Bradenshoe	Friday 7 June 10.30am	Parking on north side Bradenshoe Wood Lane (SP27 0PW). Please do not park on the village green. Access by train via Sanderton Station. Access by bus route 130.
Bradenshoe Countryide	2	2 miles	Red Lion Bradenshoe	Wednesday 19 June 10.30am	Parking on north side Bradenshoe Wood Lane (SP27 0PW). Please do not park on the village green. Access by train via Sanderton Station. Access by bus route 130.

**To book a place:** Email: [walkwithus@naphillscouts.org.uk](mailto:walkwithus@naphillscouts.org.uk) Call: 01844 335563. If you don't have access to transport give us a call.

## Guiding and Scouting isn't just Tuesdays & Thursdays

IT'S COMMUNITY AND FRIENDSHIPS FOR LIFE`



At the time of writing this piece I'm not aware that leaders have been found for either the Beavers or Brownies! I'm asking as an "old" ( in both meanings) leader for some folks to step forward to save these worthwhile village activities.

When you next drop off your children, please stop and think about the leaders inside , who have prepared and planned an evening of fun, as well as encouraging the young people in social skills that they will take with them for the rest of their lives. We have 'lost' our Guides because no one was willing to go the extra mile – life is busy for everyone, always has been, but there was always someone prepared to pitch in ! is that you?

Maybe you think you are not the "leader type", ask to stay one evening and watch – you will be welcomed with open arms – chat to Brown Owl, (she hasn't been "doing it" for 20 plus years as duty, but because she has enjoyed passing on the friendship and skills of guiding!) Likewise the Beaver leaders, they would love to chat! Parents willing to help out on meeting evenings on a rota basis, can also contribute in many ways-helping share the responsibilities. No uniform needed!

This is a plea from the heart-I was nearing retirement age and already a grandma when we moved to Naphill thirty odd years ago, the Beavers were in the same situation. I questioned am I too old ? Better than nothing I supposed. The boys accepted me, we had two years of fun! They nicknamed me Grannie Beaver! Is there a Grannie out there that could help?



Indulge me while I justify the title of this piece. On fb the other week, through two of my Gt.Kingshill cubs that were members of the Otter Pack, another cub from those distant days popped up! And at over 50 years old, remembered me. He asked where I lived and discovered he was in a village down the road. He said he would I like to meet up for a coffee, I was thrilled, a kind thought from a busy young man. On Wednesday we met and he brought along a book about his life which in itself was interesting, but best of all it contained photos of the cub camp! The years fell away, memories came flooding back! As I have said, scouting forms friendships and thoughtfulness for life, his actions made an old Akela very happy!

*Margaret Hunter* – Aka Grannie Beaver

**If you can help to keep our brownies, beavers, cubs and scout groups alive here in Naphill and Hughenden , please contact:**

**Brown Owl (Ruth Daly) [ruth.daly3@btinternet.co](mailto:ruth.daly3@btinternet.co)**

**Hamish Pearson -[groupleader@naphillscouts.org.uk](mailto:groupleader@naphillscouts.org.uk)**





## RAF High Wycombe By Royal Command!



RAF High Wycombe's PA to the Chaplain-in-Chief, Brenda Brown was one of one hundred and fifty people (seventy-five female, seventy-five male – seventy-five denoting the age of King Charles III) to take part in a ceremony dating back to the Middle Ages. The monarch or royal official dispenses 'Maundy Money' to deserving senior citizens – a custom that dates to the time of King Edward I in the Thirteenth Century.

The invitation to be a recipient came out of the blue when a Buckingham Palace marked envelope arrived at Brenda's house. "I kept thinking why me? I just couldn't believe it!" said the astonished mother of three. Recipients are normally nominated by their local diocese (in this case the Bishop of Oxford Diocese) in recognition for service to the church or local community. Brenda has a long history of working with the chaplaincy and has arranged many events involving both Windsor Castle and Buckingham Palace.

Did you know....? Royal Maundy (the name dates back to Jesus Christ and the Last Supper meaning 'instruction') is a service normally presided over by the monarch and held the day before Good Friday or Maundy Thursday.

Building started on Worcester Cathedral in the Eleventh Century and proved to be a perfect backdrop for the age-old event. Guests were given name badges before hearing the bishop's pulpit speech. The Press were in attendance. Brenda's cousin contacted her after the event to say that she had even made the news in Australia!

Did you know...? During the fourth or fifth century church leaders ceremoniously washed the feet of the poor following Holy Communion on Maundy Thursday. Monarchs throughout the ages continued the tradition, but it is thought to have stopped in the mid Eighteenth Century.

The ceremony itself was a spectacle. "It was a fanfare with HRH Queen Camilla who was attended by the Bishop of Worcester and the Sub-Dean from St James's Palace. Completing the entourage were trumpeters and gold braided beefeaters," said a clearly emotional Brenda.

Meeting the Queen was a surreal experience for the Chaplain-in-Chief's PA, and a little surprise awaited her. All were all told to do a little curtsy and a bow after being handed the purses and to say thank you. "The bishop then said 'we have a very special lady here' as the Queen approached me. I was not expecting this and can only remember doing a half curtsy. The Queen then asked me how long I had been doing my role, and for the life of me I cannot remember what I said – I was so shocked! She spoke in a whisper, warmly put her hand on mine and said, 'thank you for your service.' I will never forget that loving squeeze of the hand – it was so special!"

Did you know.....? 'Maundy Money' comprises of silver coins. Further money is also given in lieu of clothing or gifts that the monarch had originally bestowed in times gone by. Coins are presented in two leather purses, a white one containing silver coins to the value of the monarch's age and a red purse containing a £5 coin and a 50p coin. The coins are legal tender.

And Brenda's abiding memory of the day?

"Unbelievable! So humbling. I still cannot believe it happened to me. 1000s of names must be put forward. I just can't believe it, such a memorable, fantastic day where we were treated so well."

*Laurence Parker*

MCO, RAF High Wycombe.





## Growing Your Own - *Who would have thought it!*

It is said that Queen Victoria, had she been told that she shared 98% of her genes with a monkey, would not have “been amused”. Well, had she been told that she was descended from green algal slime she would probably have been incandescently apoplectic. What goes for queens also goes for everyone else. Yes, inhabitants of Naphill and Walter’s Ash, you are descended from green algal slime.

It all started about 600 million years ago, when there was life in the oceans but nothing at all on land – no plants, no animals, and certainly no people. Then, from a warm freshwater pool, some green algal slime ventured onto land. That was followed by fungi, which combined with the green algal slime in a symbiotic relationship to form lichens. Different varieties of fungi formed different symbiotic relationships with different algae to form different varieties of lichens. Today, lichens cover an eighth of the land area of planet earth. Some lichens developed to form plants, which put down roots and propagated via flowers. Trees absorbed carbon dioxide and emitted oxygen which changed the earth’s atmosphere for ever. Eventually oxygen-breathing animals evolved from the plants and dinosaurs emerged. In the following millions of years there were five great extinctions when almost all life forms perished. The one we are most familiar with is the hit of a very large meteorite which caused an abrupt climate change which killed all the dinosaurs. Then mammals emerged including the monkeys and apes with which we share about 98% of our genes.

Through the latter period the lichens, fungi and millions of other micro-organisms prospered in the soil which was being formed from decaying plant material. Decaying trees were turned into soil by fungi and plants generally prospered in the soil. Early humans hunted wild animals for food and, later, turned to agriculture, which permitted a great expansion of mankind. We are very dependent on fungi for our food, since 90% of plants have mycorrhizal fungi round their roots, supplying water and essential minerals. One of the biggest limits to plant growth is the scarcity of phosphorus, of which up to 100% is supplied by mycorrhizal fungi (and 80% of a plant’s nitrogen). The mycorrhizal fungi grow within plant roots and extend them by up to 100 times, seeking trace elements from afar. Fungi are neither animal nor vegetable, but they are closer to animal. They take surplus carbohydrates from plants and give back water and trace elements in return. A truly symbiotic relationship. A plant seed that finds no compatible fungi is unlikely to survive. So we need, on our farmland and in our gardens and allotments, to look after the mycorrhizal fungi and other soil microbes which are doing such a fantastic job for us. So, no artificial fertilisers, pesticides, fungicides and all the other “cides” which kill our friends.

Good gardening!

*Mike Mason*

PS. I am indebted to Merlin Sheldrake and his book “Entangled Life” for many of the facts in this article.



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## The Wheel News

The clocks have finally changed, and the evenings are so much lighter, sadly as I write this it still feels like winter, blustery and cold! I am reliably informed that it should get better again by the end of the week.

Obviously, we have just had the staff Christmas party in March just before Easter! It was a great evening with all 16 staff members out bowling and munching on pizza afterwards. Congratulations to Julia and Arthur for winning the team game. Also, thanks to Barry the barman and Kat for covering so we could all get out of the four walls and celebrate Christmas as a team.

April is always a busy month in the sporting calendar with the Boat Race, Grand National, Wycombe Wanderers at Wembley and the London Marathon (here's to Pete Dalby). Its always great to watch the events unfold on the TV.

By the time most of you read this Big Ron's Beer Festival will have happened, I will update you all in June. We are raising money for Parkinsons UK this year and would really appreciate your support at:

[www.justgiving.com/page/claire-christian-1711543120709](http://www.justgiving.com/page/claire-christian-1711543120709)

I have also added the QR code below.

Couple of dates for your Diary:

- **Classics on The Crick – Sun 9th June**
- **Father's Day – Sunday 16th June.**

Sadly there is NO NapFest this year which is totally understandable! Without the volunteers and support from the village these vilkage events cannot be organised, let's hope it will return in the near future.

St Georges Day, 23rd April, is always an under rated day and should be a National Holiday, but for us it was also our 20th Wedding Anniversary. Mark thank you for being my husband, I love you loads and here's to Benidorm!

Thanks to everyone for your continued support, hopefully we will see you all soon sunning yourselves in the garden with a cold drink and good friends.

*Claire and Mark*

plus the Wheel Team

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## Naphill Tennis Club

Our new season is under way with matches, coaching and club sessions in full swing.

Do come and benefit from Mel and Becca's excellent coaching as we start new courses for everyone – members and non-members (see below). Last year, the Monday evening 6 week course attracted several people who hadn't picked up a racquet for years and were surprised how much they enjoyed it!

Should you decide to join the Tennis Club, our membership rates are excellent value for money! Just £100 from 1st April for a whole year for new adult member, £30 for a junior, £10 if under 7, and the whole family (2 adults and all children under 18) for just £200. Further information from our Membership Secretary on 07905 226203 or email [naphilltennismembership@gmail.com](mailto:naphilltennismembership@gmail.com).

*Jenny Tench*



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## Gordon the Birdman

Have you heard a hooting male Tawny Owl recently? Or the short 'Ke-wick' call of the female? Tawny Owls are Britain's most numerous and widespread owls. So, there is every chance you will have a pair close to where you live. Although 20,000 pairs of Tawny Owls breed in the UK, many of them close to human habitation, a face to face with one of these night time predators is very rare. Unlike Barn, Short Eared and Little Owl, all of whom can be seen hunting by day, Tawny Owls are one of our most nocturnal birds, perhaps second only to the even more enigmatic Long Eared Owl (which, prior to the beginning of the first world war was our most numerous owl but has not adapted to urbanisation). Tawny Owls spend the day pressed up against tree trunks or hidden in dense thickets of ivy, invisible to all but the sharpest eyes and emerging only after dark. You might be alerted to a roosting Tawny by the alarm calls of smaller birds as they attempt to scare off the intruder, but most of the time the owl will stay put, ignoring the noise and appearing to go to sleep. The difficulty of getting a good view of a Tawny Owl means the species is tricky to survey using traditional methods. However, it's loud and familiar calls coupled with the fact that they remain on their territories year-round makes surveying easier.

Tawny Owls breed early in the year with the female laying up to five eggs some time from late February into March. Young birds do not disperse very far from where they hatch, with the average distance being just four kilometres.

Whereas Tawny Owls are the commonest and most widespread owl across almost all of England, Scotland and Wales they are absent from Ireland with just one recording in 2013. This appears to have been a one-off as Tawny Owls are reluctant to cross large expanses of water.

Last winter's influx of Bramblings into the garden did not repeat itself this year, with just two males appearing during March but this was compensated by over twenty Siskins with three still here. The first summer visitors

were a Chiffchaff 06-04 and Blackcap 12-04 though these have been birds that had overwintered here. So, the first genuine migrants were a Spotted Flycatcher swooping on insects from one of the apple trees and two Wheatears seen on Lodge Hill both on 14-04.

A Brimstone butterfly was recorded in the garden on 15-02 with Peacock and Small Tortoiseshell on 18-03. These would have overwintered as adults. The first of this year's hatching being a Holly Blue 26-03 and Orange Tip 02-04.

*Gordon.*

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So here we are in May. Yikes! It's already the 5th month of the year! Where is the time going to?

May is always a joyful month, marking the end of winter and beginning of summer. It is a month of planting and blossoming. I always thought the month of May owed its name to the prolific flowering at this time of *Crataegus monogyna*, aka the common hawthorn or May blossom. However, the name reaches beyond our shores and back in time to the Roman Empire, the month of May being named for the Greek goddess Maia, identified as Bona Dea by the Romans. Maia or Bona Dea was a goddess of fertility both in women and of the land. Bona Dea literally means 'good goddess' and her worship was exclusively the preserve of women, her festival being held on 1st May. The Roman poet Ovid provides a different explanation, saying that the month of May is named for the *maiores*, Latin for "elders," and that the following month (June) is named for the *iuniores*, or "young people". Either of these explanations may be correct. Personally, I think May is so named because the weather may be fine and warm or it may be miserable and damp.

Hopefully, we will be blessed with fine, warm days and clear skies so we will be able to see the Eta Aquariids meteor shower. The shower is one of a number of meteor showers linked to Halley's Comet, becoming visible from about April 19 to about May 28 each year. Unlike most major annual meteor showers, there is no sharp peak for this shower, but rather a broad maximum with good rates that last approximately one week around May 5. The best place to look is towards the constellation Aquarius, between east and south east after midnight.

In the Northern Hemisphere, the month of May has long been regarded as one of celebration. May Day has ancient roots in pre-Christian culture across Europe, whether it be linked with Greeks, Romans or the Celtic Beltane. Christians too celebrate at this time, with the feasts of Ascension

Day (9th) and Pentecost, aka Whitsun (19th). Ascension marks the day Jesus ascended to Heaven. Pentecost marks the day when the Holy Spirit is sent to Jesus' followers, enabling them to speak in unlearned languages, perform miracles and know the continuing presence of Jesus in their everyday lives. It marks the end of the Easter celebrations, so if you are still munching your way through all those Easter eggs, it's fine – the celebration of Easter lasts until Pentecost.

As the months whiz on, it is all too easy to be caught up in a whirl of activity and suddenly another year has passed. The Christian Church provides a framework within which to focus our busyness. There are times of quiet reflection, such as Lent, then times of celebration, such as Easter. Planting, harvest, birth, death and resurrection all form part of the cycle within which we can pace our lives. The month of May moves us on from the death and Resurrection of Jesus to living with his presence in our everyday lives.

May – you be blessed.

*Rev Jenny Ellis*

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## Naphill Neighbours

The title of our talk was 'Blood, Bikers and Babies'; it is also the title of the charity. The purpose of the charity is to respond as rapid response couriers during out of hours emergencies. They have 100 local volunteers covering Oxon, Bucks, Berks and Northants; the area has 26 large hospitals and the couriers ride the charities' own motorbikes to transport urgently needed blood, or frozen breast milk for premature babies, and surgical instruments that are required for specific operations.

The charity was formed in 1962. Last year the couriers had 3,357 call outs. The service these volunteer couriers provide is free and runs on public donations and sponsorship; corporate sponsors are BP and the AA breakdown service. BMW and Yamaha bikes are used, supplemented by two 4x4 cars.

The couriers are all keen bikers and respond to call outs overnight and at weekends. They have to be at least 25 years of age, experienced and willing to be called out at any time of night. They have to stick to

the speed limits but usually make good time because of the lack of traffic at the times they are travelling.

Our members had not heard of this service and found it very interesting.

as well as inspiring. It is good to know there are unselfish people about who are willing to serve others in this way; without financial rewards.

**Our next meeting is on May 12th when the subject will be 'Ukraine 2 Chilterns'**

Two day trips are planned and details will be provided at the next meeting. Yvonne continues to organise these for us, spending a lot of time researching and planning. She does a very good job.

*Peggy Ewart*

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## Naphill & Walter's Ash Residents' Association

Gloria Leflaive has informed the committee that she plans to cut back on her work for NAWARA, whilst not giving up altogether. After 38 years she deserves a rest! Melanie Penfold will be taking on the organising of regular meetings whilst Claire Patten and others organise the Quiz and AGM.



Thank you Gloria for your many years of work for NAWARA and the community. We are delighted that you will be continuing as a NAWARA committee member.

How many of you are in the red as you turn the corner by Hunts Hill Lane? Past experience shows that most of those speeding through our village are residents, which is embarrassing. You could help, especially if you live on Main Road, by putting a 30mph sticker on your wheelie bins. Gloria has some available - [glorialeflaive@msn.com](mailto:glorialeflaive@msn.com) or 563634.

We are only a couple of months away from the Best Kept Village competition so please do your bit to help keep our village in good order.

**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.*



Best wishes

*David Frost*



### Are you a Good Neighbour?

Of course, is likely to be your initial response! We like to think that we look out for our neighbours especially if they are older and less able to get out and about. With around 25% of people living in Hughenden being aged over sixty-five that is a good thing however what about the majority? According to recent surveys younger people and particularly teenagers are more likely to say that they feel lonely. How can this be? We all seem to live busy lives and social media helps to keep us connected, doesn't it?

There is an increasing amount of research indicating that many people do feel lonely and alone. As we have discussed before, being alone is different from feeling lonely. Sometimes we need to be alone to help restore balance in our busy lives. Social media may be a useful tool, but it also can be negative. Instagram and similar often promote unrealistic images of life. Having the perfect family, gorgeous partner, amazing life, etc. may not be our reality. Very few people can genuinely claim to 'have it all'. There is always a trade-off, and we need to accept this.

Two of the most powerful social tools are talking and listening. When someone talks, what are they really saying? Are we really listening to the underlying message? Sometimes a cry for help is so well disguised that we do not hear it. A case in point is men's mental health. There was a recent TV campaign to encourage men to speak up about how they are really feeling. The local **Andy's Man Club**, based in Thame seeks to remove the stigma surrounding mental health and creating a judgement-free, confidential space where men can be open about the storms in their lives. To find out more visit: <https://www.youtube.com/watch?v=EcyedyEXJCg> QR below.

At **Hughenden Street Association** we encourage everyone to 'be a good neighbour' whilst respecting individual preferences. It is not always easy however if we put ourselves in their shoes we can be the good neighbour that they need.

*Hilda Stearn*

Communications Coordinator  
Hughenden Street Association  
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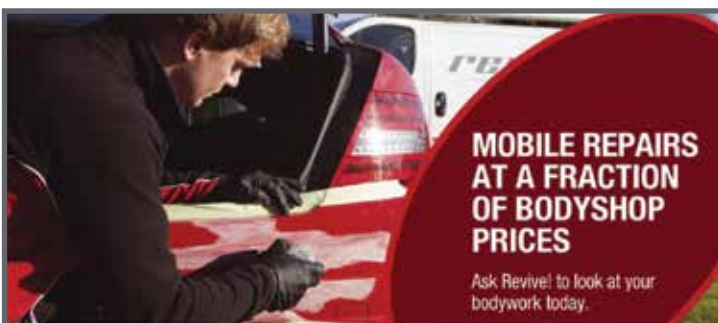
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## Reducing Exam Anxiety

*Exam season is upon us again and you may know a young person who really struggles with exam anxiety.*

**Mind / Body Connection-** Fear and anxiety are powerful emotions which slow down blood supply to the brain and other organs, producing stress hormones (cortisol and adrenaline) in response to a perceived threat. These hormones prepare us for action in an emergency but are not useful for exams!

**What does Anxiety Feel Like?** - People experience nerves in different ways, including butterflies, tummy aches, sweaty palms, headaches, shaking, dry mouth, a sudden need for the bathroom, inability to sit still or a racing heart. Many people get sleeping or eating issues and just having fun in the usual way may feel impossible. At its worst, it can literally be 'crippling'. Chronic anxiety will be seriously detrimental to the student's overall well-being and to their success.

**Healthy Stress** - Some stress is good for us. It motivates us to achieve and get difficult things done but it can get in the way of logical thinking, focus and processing. Learning healthy coping mechanisms helps students handle their nervous feelings and is a skill for life.

**Mind and Body Relaxation** - Hypnotherapy induces a state of deep relaxation, allowing the entire nervous system to calm down, alleviating the physical symptoms of anxiety. Self-hypnosis techniques can be taught and used when needed, even during an exam.

**Visualisations** - Guided visualisation exercises help students to imagine themselves succeeding in their exams. The mind can be fooled into thinking a good outcome has already happened.

**Cognitive Reframing** - In gentle trance, people can reframe their negative thoughts about exams and learning, replacing them with more empowering ones. Building inner self-belief at this deep level can be life changing as it effects all areas of life.

**Behaviour Change** - People often behave differently if they think they will fail and will unconsciously 'give up'. By changing how we think, our behaviour also changes. This may include finding more effective study habits that suit our individual learning style and maintaining a growth mindset.

**Power of Suggestion** - Hypnotherapy techniques can be enhanced by suggestive recordings students can listen to when they need some support. These tap into what the individual student needs to hear and are a powerful part of a hypnotherapists' 'toolbox'.

**All in the Mind** - Cognitive Hypnotherapist, Alison Scott, commented, "Preparing for exams is not just about how much cramming of information we can manage but also about our state of mind. The way we behave when studying and taking exams is based on the prediction pattern developed from past experiences. Our unconscious mind expects us to feel a certain way, and so we do. Hypnotherapy challenges the unconscious mind's expectations, reduces negative emotions attached to previous experiences, and allows the mind to refocus on feelings of calm and confidence."



### I am offering a special student exam anxiety package offer

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*Alison Scott*

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What does hypnotherapy help with?

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- Lack of confidence
- Big life changes (pregnancy, relationship breakdown and grief)
- 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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## Happy Hounds, Happy Holidays!

As a dog owner, whenever we are planning a holiday, weekends away or just days out, my first thought is always around my dog, Ruby and ensuring we've got appropriate cover in place for the time we will be away from home.

We are fortunate enough to have built up great friendships over the years and have a couple of very special families who will have Ruby in their homes, with their dog and we reciprocate, which means that we never have to worry about her being in an unfamiliar environment, with people or dogs she doesn't know. Another added bonus to this, is that it keeps costs down.

In my day to day job as a dog walker & trainer, especially at this time of year when people are thinking about holidays, I am regularly asked if I can recommend dog sitters/boarders/kennels. There seems to be a huge demand, with many being booked up months and sometimes a year ahead.

Below are some things to consider when looking for sitters/boarders/kennels:

- Every dog is different, with individual needs, so think about the type of care your dog requires.
- Where possible, try and get personal recommendations from friends and family with first hand & recent experience of a service.
- Check for appropriate licences, insurance, DBS, canine first aid, etc and follow up on any references.
- Visit the property your pooch will be staying at and ask to see kennels/sleeping areas and what a typical day would look like. If looking at home boarders, ensure your dog meets with any other dogs that may reside at the property.

Why not start by chatting to friends and family, who may also have a pooch and see if you can start up a reciprocal arrangement – it won't work for everyone, but it can give peace of mind. Failing that, search the Buckinghamshire Council website for licenced dog sitters & boarders.

*Charlie*



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### An Early Start for the Bird Watching Group!

Birdsong and Breakfast were the order of the day when the Birdwatching Group visited Marlow Low Ground for its annual Dawn Chorus Walk in April. Sadly the tow path which is usually our return route from Temple Lock was impassable but we were already prepared for just walking there and back through the fields and woods so it was fine. We saw or heard 37 birds including a Water Rail which was a first for most of us, and ended our trip with a really good breakfast at the George and Dragon (highly recommended) and we shall certainly be doing it again next year even if it does mean getting up at 4.45 am!

### History Group Visit to Bisham Abbey

"Recently, I went to the local history group to hear a talk at Bisham Church organised by Paul. It was without a doubt an excellent morning and thoroughly enjoyed by at least fifty members. I took some pictures of the talk and can recommend a visit to the church even if you are not a local history buff."

Following this professionally guided Local History Group visit to Bisham Church, I have been inundated with requests for more visits to local attractions. Whilst planning future visits, one of our members will be whetting our appetite with his talk on Stained Glass, scheduled for May 14th.



We had a capacity audience at Bon Ami for our March event to update all new and recently joined members with our programmes over the next few months. This included details of monthly meetings with guest speakers giving talks on a variety of topics.

*Paul Gillam*

For details of all our activities and events, Email [gilliamph@aol.com](mailto:gilliamph@aol.com), or see Web: High Wycombe and District ([u3asite.uk](http://u3asite.uk)) FB: Facebook

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## A Wine Giant Essay - Dessert Wines – Like that friend you really should keep in touch with...

It is a constant and universal truth for the entirety of civilisation that our social lives and relationships are a living embodiment of dessert wines. This may sound like a wild comparison too far this time but bear with me...

I'm sure you would all agree that the cornucopia of technological advancements make keeping in touch with friends past and present a easy thing to do. In theory. However, the reality of a busy modern lifestyle is that actually doing so is near impossible, despite all our best intentions to the contrary. This is especially true now that the pandemic is a mere memory and Zoom's share price has dropped 90% from late 2020! And so... we find ourselves at every gathering, wedding, christening or chance meeting in the street uttering those clichéd words 'Oh we must do this again soon' or 'Yeah, I'll give a you a call and we'll get together' knowing only too well that this is definitely not going to happen, even though you really do want it to be true and you really are intending on calling.

This is exactly the same as our interactions with dessert wine. When we eat an above average establishment (which can usually be defined as anywhere that serves dessert wine!) and end the evening with some sweet amber nectar to accompany our pud we say the same things. As the unctuous and divine drops of sweet, sweet heaven hit our lips we think to ourselves – 'we really should do this more' and 'let's not wait another year before doing this again'. Every time I convince myself it is to become part of my weekly drinking cycle and that this time it will be different. I lecture myself about how ridiculous it is to enjoy something this much and not repeat it regularly, but really I know I won't see it again until Tom and Sarah's wedding next Summer, or maybe on New Year's Eve. We all know that to actually be as regularly sociable as we claim we will be would not only be utterly exhausting but also absolutely impossible based on the current nature of time. Drinking more dessert wine, however, is an achievable

and noble aim. With just a little commitment we can make it a reality - 'If you give just £10 per month...'


So, what sweet wine should we be trying? How long is a piece of string...? There are many types dessert wine, each deserving of thousands of words. However, brevity is sometimes King, so here is snapshot of just a few:

1. Noble Not – made from grapes that have been attacked by *Botrytis cinerea*. While it sounds (and looks) a bit gross, it adds unique flavours (ginger, saffron, and honey). Look for the big dogs; Sauternes and Tokaji Aszu. Also look for Sauternes' neighbours Monbazillac or Barsac.
2. Late Harvest – This means exactly what it says on the tin; the grapes are harvested late on in the season to allow more sugar. Most common types are made from Chenin Blanc, Semillon and Riesling. Often golden in colour and a great match for fruity desserts.
3. Fortified – The world of fortified wines is too large to it justice in what is almost a footnote and so I think a future article on these is in order. For now, I'll keep it ultra brief – Port and Pedro Ximenez Sherry.
4. Eiswein – a fairly rare and pricey style owing to the exact conditions needed to produce it: one, it only occurs in bizarre years when a vineyard freezes. Two, eiswein must be harvested and pressed while grapes are still frozen. Therefore, it will come as no surprise that cool climate regions produce this style, with Canada being the biggest producer in the world. Style wise, think of a purer, more intense version of Noble Rot.



Adam Sergeant

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## Princes Risborough Bowls Club

The very wet early spring weather resulted in our green reopening date being put back a week, but the season got under way on the 19th April. Our first Mid Bucks League fixture is at home to Long Crendon on Thursday May 2nd at 6pm. We start our quest for the Bucks County Cup on 15th May against Wendover. There are 12 other fixtures during May and the informal Tuesday triples for members old and new takes place every Tuesday afternoon at 2pm. A full fixture list and more information about the club can be viewed on our website:

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

If you would like to come along and spectate, you will be made most welcome. There is ample seating and refreshments are usually available. As always, we are keen to recruit new members to play this very sociable sport. At the time of writing, we already have 18 ladies and gents who have requested a "taster" session. If you would like to make new friends and get valuable exercise, why not give Lawn Bowls a try in 2024? Whilst you might, understandably, feel a little bit apprehensive about starting something new, bowls is a sport that is easy to take up. The basic technique is not complex, the rules are relatively simple and all ages from 10 upwards are welcome. You just need a pair of flat

soled shoes and a good sense of humour. But rest assured, no-one's going to laugh at you whilst you're getting the hang of things and your first shot could be every bit as good as a world champion's. A generous trial membership offer is available for those with or without previous experience. You can join us for a 6 week trial membership for just £10. All the necessary equipment will be provided and 3 x 1 hour mentoring sessions are included, if required. At the end of 6 weeks, or before, you can become a Full Member for the rest of the season for a further £35 or say "thanks but no thanks" should you decide that the game is not for you. Social membership is also available. If you are interested or require more information, then please contact me. I will then be able to arrange a "taster" session as soon as is convenient to you.

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*A warm welcome is assured, we would love to hear from you.*

## Slimming World

My name is Kerry, I am your local slimming world consultant. I support all my members in Downley on Tuesdays and in Hughenden Valley on Thursdays.

I joined Slimming World as a member in early 2016, my aim was to reach my target weight before the following June. I am pleased to say that I reached my dream weight 6 months before! I am thrilled that, 7.5 years on, I'm still at target. I am living proof that at Slimming World we can support its members to achieve and maintain their dream target weight for life. I still attend a group as a member myself.

In 2018 I decided that, as I had really loved the plan & enjoyed my time as a member, I wanted to help others to reach their dream weight. I attended a local Slimming World opportunity event and was accepted to train as a consultant. In January 2019 I opened my first group which now meets in Hughenden Village Hall and after lockdown, I became the consultant at the Downley Slimming World evening group, at The Vibe Church (formally The Pastures Church).

Slimming World is not a diet, it's a far too generous to be called a diet! The plan supports our members to become fitter and healthier with our these 3 special and essential ingredients together, that are the key to lifelong weight-loss success.

1. Food Optimising plan - to generous to be called a diet.
2. Body Magic - our unique physical activity program.
3. IMAGE Therapy (Individual, motivation & group experience) - Our industry leading group support.

As a member myself I absolutely understand how much support slimmer's need to help them with the mindset change that is needed to help them to be successful! Every week, as a group, we share strategies, idea's and tips for every situation & help each member to make a plan for the week ahead. That support doesn't stop in group, I support my members mid-week with phone calls & messages. My members are so supportive & helpful to each other, we are like one big family.

***Please do not hesitate to contact me for further details.***

*Kerry*

07887 - 567 264



**yes you can**  
with  
**Slimming  
World**

If you would like to get healthier  
call Kerry on 07887 567264

<b>Tuesdays</b> <b>Vibe Church Formerly Pastures Church</b> 209 The Pastures Downley Road HP13 5RR 5.30pm & 7.00pm	<b>Thursdays</b> <b>Hughenden Valley Village Hall (Small Hall)</b> Coombe Lane Hughenden Valley HP14 4NX 5.15pm & 6.45pm
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[slimmingworld.co.uk](http://slimmingworld.co.uk) *Everyone gets a warm welcome*





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## The Misbourne 5k and 10k run Saturday 22nd June 2024.

Are you a keen runner? Could you support a race that raises money for a local school?

The race has one of the most picturesque routes in the area, taking runners through woodland and across fields as they make their way around the beautiful Chiltern hills surrounding The Misbourne School in Great Missenden. It is known to be a varied race with a number of hills and different terrain, which makes it a firm favourite with local runners and running clubs.

The proceeds from the race are used to support The Misbourne School which a number of children from Naphill attend.

You can support the race in 3 ways:

1. By entering at [www.misbournetrailrun.org.uk](http://www.misbournetrailrun.org.uk) or by scanning the qr code or visiting the website. Further information on the race is also available on the website,
2. By giving your time to volunteer in roles such as marshalling the run or helping organising on the day
3. If you are a local business / individual the race has many sponsorship opportunities.

***If you are interested in volunteering or sponsoring the event please contact Abbegail Sawney on [Abbegail.sawney@btinternet.com](mailto:Abbegail.sawney@btinternet.com) who would be happy to hear from you.***



## An update from David Carroll Our local Buckinghamshire Councillor

Dear Residents

I would like to update you on various issues.

The boundary changes are now in place and our area is still Ridgeway East but in the new constituency of Mid Bucks not Aylesbury from the next General election.

Hopefully, now with more funding agreed in the Council budget our roads will be repaired more quickly but I do understand the frustration with the traffic lights and burst water pipes situation which many residents have contacted me about and I passed those concerns to the departments responsible.

I received many emails on various issues which I try and resolve or direct residents to the right department.

Protection of our wonderful area is one of the biggest issues according to many residents, so I will continue to do just that on behalf of our community.

And finally, I should like to thank all the residents who give up their time for our community in so many ways.

Regards  
*David.*



Nikki Annable Dip FH MCFHP MSC

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