

# Naphill & Walter's Ash Gazette

*Annual subscription £5*

November 2023

*Jonathan Piers*  
PIERS PHOTO



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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
Residents Association	Gloria LeFlaive	01494 563634	glorialeflaive@msn.com
Naphill Neighbours	Janet Judge		
Scouts (Naphill)			Groupleader@naphillscouts.org.
Tennis Club	Jenny Tench	01494 565406	uk.jttench@gmail.com
Naphill Football Club	Chris Keats		naphillfc@btinternet.com
Hughenden Street Association	Susan Bickerstaff	07880 519323.	

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# Naphill Village Hall



**Chairman** - Clive Lawrence

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

**Bookings** - Tanya Stevens

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

Tel: 07851 169275

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

## Local Council Contact Information

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

## Helpful Contact Numbers

Hughenden Surgery	See website <a href="http://www.ourpractice.co.uk">www.ourpractice.co.uk</a>	01494 562189
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Stroke Support Service	Stroke sufferers, carers & family support	0300 3300 761
Shaw Clinic - Genitourinary Medicine	Genitourinary Medicine	01494 425430
Hearing Clinic Wycombe Hospital	Self refer	01494 526161
Healthy Minds	Anxiety, depression, stress, postnatal wellbeing	01865 901 6000
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		Male 0808 8010 327
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## Copy Date for December/January Gazette, 15 November

NOVEMBER! The days are short and the nights are long, the temperatures, along with the leaves are falling, AUTUMN has arrived and Winter is surely on the horizon. As I have often said, I am not a cold weather person, it is certainly time for me to don my winter jumpers and for Pedro Chihuahua to bury himself under his favourite furry blankets.

The Gazette team met last week to talk about the Gazette budget for next year. Our treasurer, Judy Whitehouse, keeps our accounts in meticulous order and I am truly grateful to her. Our printer will have to raise the printing costs next year but he has assured us that he will do his very best to keep the increase as low as possible. Thank you, Turville Printing.

The Gazette relies on your subscriptions and on advertisers to fund our costs but we are very aware that our local business and you, our subscribers, are facing ever increasing costs. With this in mind, we will NOT be raising our advertising fees or our subscriptions for 2024. Judy will be sending out the advertising accounts in early January. Fortunately, the Gazette does have a healthy reserve fund which we plan to use as necessary, to meet any shortfall in costs. We thank our advertisers and subscribers for their ongoing support.

On with the bright and cheerful! We have so much to brighten the dark days with two big community events, both of which have been given lots of space! Please support the Fireworks

on 4th November and the Christmas Fayre, 1st December. A lot of work goes into organising these events and our village hall relies heavily on these events to finance their enormous running costs.

Our local business are gearing up for Christmas, the village pubs are publishing their Christmas events and menus, our shops will be stocking up with Christmas fayre, please buy local and support our local trades who do so much to support us all the year round. I have placed several new business advertisements over the last two editions, so please do browse and support our new, and of course, existing advertisers.

Next month will be a combined December/January edition so it will cover the Christmas/New Year events and hopefully news of the lights being put on the Village Hall tree. As always, I will, with the help of the contributors, endeavor to make this edition especially bright and cheerful.

My thanks as always to all our contributors for their articles and photographs! Thank you Jonathan for the cover and Paul for the school photos. Stay safe everybody and enjoy November. I look forward to sharing the Christmas edition with you next month.

Best wishes,

Sonia

*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

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On the 2nd October the village hall committee met. There were 12 members present.

### Naphill Tennis Club

Jenny Tench, the tennis club secretary, reported on the tennis club plans for lighting at the tennis courts. Jenny stated that a primary reason for installing the lighting was to enable their members, many of whom work full time, to participate in evening coaching sessions all the year round. The club plays in leagues so daytime playing is sometimes restricted. The club needs to offer good facilities all the year round to encourage and maintain membership. A survey was held and 37 people were in favour of the lights and 2 against. The club are currently awaiting a decision on their plans from the planning authorities.

### Hall and Crick Maintenance

- A roofer has been contacted for a quote for repairs to the gully between the two apex roofs.
- The ash tree has been made safe after a branch snapped. Whilst the tree surgeon was working, he noticed that there was a hole in the tree. He took a photograph and this information has been passed to the Wycombe council tree protection who require a survey by a consultant, before a decision can be made regarding any further action. A consultant has been contacted.
- The area at the back of the tennis courts has been completely cleared of trees, shrubs and

other vegetation. It appears there has been some dumping of various bits of concrete in this area and this will be removed.

- The football club have laid turf on one of the junior pitch goalmouths.
- Councillor Usha Prashar represented Hughenden parish council at the meeting and informed us about the problems the council are having with reference to the Parish Clerk's resignation.
- We are looking to replace the piano with a keyboard, which we think would be an improvement!

The next fundraising event for the Village Hall is the Fireworks on the 4th November. The fireworks committee has decided that NO tickets for the event will be sold on the day, so you will need to buy them in advance either from a local vendor or from the fireworks website. The last 2 firework events have been sold out before the day and it is anticipated that demand for the tickets will be as great as previous years, so make sure you buy your tickets early to avoid disappointment.

As always extra volunteers are always required for the night and if you think you could help us please apply via the website. We hope we will have a successful night and the weather will be kind to us.

*Clive Lawrence*

Village Hall Chairman



### Remembrance Sunday Service, Naphill Village Hall



A reminder to you all that the annual Remembrance Sunday Service will be held in the Village Hall on Sunday, 12th November at 2.30pm.

Remembrance Day holds a special place in the national calendar in which we remember and give thanks to the many thousands of allied men and women who have given their lives to ensure our freedom.

We must all remember the gift of their lives.

*Reg Horne*

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The poster features a dark blue background with a central sunburst pattern of fireworks. The text is arranged in a hierarchy: 'NAPHILL' at the top, 'FIREWORKS' in large letters, 'SPECTACULAR' below it, and '2023' at the bottom of the main title. A yellow banner contains the event details. Below the banner, the schedule is listed in white and yellow text. The bottom section is a red banner with white text.

# NAPHILL FIREWORKS

SPECTACULAR

2023

NAPHILL VILLAGE HALL  
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FIRE LIGHTING 5.30pm

DISPLAY FROM 7pm

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

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Unfortunately we are unable to provide parking for our event. The 300 bus between High Wycombe and Aylesbury, running in both directions, stops directly opposite our entrance.

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## Christmas Gift Fayre Friday

1st December 6 – 9pm

How does a glass of mulled wine or fizz and a homemade mince pie whilst doing your Christmas shopping sound?

We have almost 20 stalls booked offering a wide range of products, so join us at The Village Hall for the chance to shop local, meet friends and buy some very beautiful and unique gifts at this fabulously festive shopping evening in aid of Village Hall funds. You could also win a Christmas Hamper in our raffle!

30 per cent of the stalls are new to us this year so put this date in your diary, and please come along to support not only the Village Hall, but all the local crafters and traders.

For more details of the stalls that will be there check us out on Facebook

<https://www.facebook.com/groups/NaphillChristmasGiftFayre>

If you are a local business and would like to donate a festive prize for our raffle, we would love to hear from you!



*Cathryn Carter & Moira Harris*



# *Naphill Christmas Gift Fayre*

**Friday 1st December,**

**6.00 - 9.00 pm**

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Talk Friday in Naphill has been created to connect the many business, trades and skills that we hold within the local community. The morning is dedicated to support and strengthen the needs for linking local businesses together.

**Free event**

**20th October 2023**  
**17th November 2023**  
**15th December 2023**  
 10am-12 noon



**Bon Ami Coffee Shop. The Pavilion,**  
 Village Hall, Naphill. HP14 4SX





**Opening Hours**

Monday - Friday  
 10am to 4pm

Saturday  
 10am to 2pm

CLOSED - Sunday and Bank Holidays

Every month, starting on October 20th Talk Friday in Naphill (TFIN) will be holding a forum at Bon Ami. Please see their included details for more information and dates.

A reminder that the Street Association holds a box games afternoon in the back room on the last Monday of the month 2-3.30pm. The next meeting is on November 27th.

On the first Monday of each month there is a Rummikub group in the back room from 2pm. Do come along and join in the fun.

We continue to serve our usual menu of homemade cakes, bacon/sausage baps, sandwiches and toasties. We will be including soup in our variety of specials now that Autumn is here.

We look forward to seeing you.

*Ruth and Dorothy*

## Naphill Brownies

Mindfulness is quite a buzz word these days. It means to actively focus on your senses and feelings at the present moment. It relaxes the mind, allowing you a moment to step away from daily concerns. With the increasing pressures on our young people, it has become an important skill to learn, and there is even a Mindfulness brownie badge. With this in mind we spent the first evening of the brownie term outside focussing on our senses - Can you feel your heart beating when you have been running about? How does it feel to be led about blindfolded? etc.

We made the most of one of the remaining dry, light evenings by doing a Mystery Hike. It was a bit like a game of Cluedo. The brownies took a walk around the village answering questions about the things en-route, until hopefully they deduced the solution to the Mystery. Fortunately, they answered correctly and managed to retrieve the brownie treasure.

Early in October, we were delighted to welcome our Community Police to brownies for the evening. Police Community Support Officer Jennifer Shagra (a Naphill resident) and 2 of her colleagues, based in Princes Risborough, came and talked with the girls about keeping safe, what to do in an emergency and about their jobs as Police Officers. They spoke with sensitivity to the age group and with real enthusiasm.

We looked at all their different police equipment, from riot gear to handcuffs, walkie-talkies and batons. We also got to try on a lovely selection of police hats & helmets, and get inside the car with flashing light going. We had such a fab evening.

Thank you all once again for all your wonderful support at our recent Jumble Sale. We had masses of jumble to sell and made a lovely amount of money for the brownies. It could not be done without all the wonderful helpers who turn up and work their socks off. We thank you all.

We plan to spend a bit of this Jumble money on getting a Bollywood dance teacher in to give us a lesson next month. Should be great fun.

*Please do consider whether you think you could become a brownie leader. We are looking for new leaders to take up the reins and move the Naphill Brownie Unit onwards. There is plenty of help available, and all sorts of prepared resources. It is a really enjoyable and rewarding thing to do.*

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



**Brown Owl (Ruth Daly)**

ruth.daly3@btinternet.com

1st Naphill Brownies

Thursdays 5:45-7pm

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Our speaker this week was Peter Hague; his title 'Being an Extra'. He had worked for some years as a 'supporting artiste', out of interest rather than for remuneration. He explained that extras were called in to provide 'atmosphere'; such as for battle scenes or teeming hoards as in Gandhi.

Extras were on an agent's list and big crowds were referred to as a 'Cattle call'. Wages were low but meals were provided and these were quite good. Some shoots took all day so three meals were provided.

Regular 'extras', such as the tenor in the 'Go compare' adverts, are paid on a 'buy out' contract as he is needed so often. I imagined there was only one director for a film but apparently there are sometimes several; each directing a particular aspect of the Programme/ film.

There are fewer 'cattle calls' these days as crowds can be created easily with modern technology.

An amusing anecdote was about an extra who was supposed to be a dead body. He was lying supine on the floor when the director, number three perhaps, stood over him and demanded he 'put a bit of life' into his performance!

Our next meeting is on November 13th when the broadcaster, Bill Hamilton, will present his talk entitled "Man on the spot". Guests are welcome but it may be sensible to book a seat in advance, 1.45 for a 2pm start as usual.



Peggy Ewart

01494 565969

### Not from the Vicarage - *Remembrance Reboot*

The last vestiges of summer have well and truly gone, the harvest festivals have been celebrated and we now face a long wait until the next big celebration of Christmas. Perhaps it is that the festivities of Christmas seem too far off that the start of November always seems to see a dip in mood. The weather is worsening, nights are long and dark. The fun of Halloween and Bonfire Night quickly gives way to a period of nothing. Even the name of this month begins with a negative – NOvember.

But November does see a festival, though we do not often see it as that because of its sombre overtones. We are entering a quieter, more reflective time, a time of Remembrance. Many of us will share in the televised 'Festival of Remembrance' from the Albert Hall which will give a focus for our reflections around this time. Remembrance Sunday goes on to explore the theme of memory, both corporate and individual, as we confront issues of war and peace, loss and self-gift, memory and forgetting. It is good to have this time of reflection, without which we would be in danger of forgetting the sacrifices made by so many so that we may enjoy the world we share today.

*When you go home,  
Tell them of us and say  
For their tomorrow,  
We gave our today.*

Kohima Epitaph



Remembrance provides us with an opportunity to reassess our priorities and in the quiet stillness of November, a chance to reboot our lives.

For the Church, this month sees the end of the Ecclesiastical year, the new year beginning on the first Sunday of Advent. This period is known as Kingdom Season and its theme is of looking forward to the coming Kingdom of God, which will be a Kingdom marked by justice and peace. This is also the season of saints, beginning with All Saint's day on November 1st and ending with the feast of Saint Andrew the Apostle on 30th November. We often think of Christian Saints as those who have suffered a grisly end because of their faith, and sure enough, there are a good few of those commemorated throughout the month, but there are many others. St Martin who shared his cloak with a beggar is celebrated on the 11th, Queen Margaret of Scotland on the 16th with St Hugh of Lincoln being celebrated on the 17th and St Hilda of Whitby on the 19th. Richard Hooker, William Temple and hymn writer Isaac Watts, whilst not given the title 'Saint', are all remembered on various days throughout this month. Theirs are stories of faith, courage, persistence, love and hope. Some are stranger than fiction. They sit well with the stories of courage and self sacrifice we recall at our Acts of Remembrance. All provide an inspiring moment of enlightenment during this dark time of year and maybe give a light with which we can examine ourselves.

Perhaps as the days grow darker, you can take inspiration from some of these stories of light.

May you be blessed with the light of God's presence this November.

Rev Jenny Ellis



## RAF High Wycombe

### An Interview with Frederick Forsyth

by Laurence Parker



He has sold more books worldwide than there are people in the United Kingdom – over 80,000,000 and counting. His 1971 novel 'The Day of the Jackal' stands as a yardstick by which modern thrillers are measured. Researching his books, he has interviewed everyone from mercenaries and Nazi SS officers to military dictators and psychopath drug lords. But did you know that Buckinghamshire resident Frederick Forsyth was also one of the youngest RAF pilots in 1958 to receive his wings at aged eighteen?

As I was ushered into his home, there is no sense of ostentation. Family portraits adorn his office wall, including those from his flying days as a Pilot Officer in the RAF during his National Service. The neat row of his novels peep from behind a cabinet, the only clue to his fame. He lives by his diary, and at nearly eighty-five he is still very much in demand for interviews and political opinions. I am ushered into the manicured garden, eagerly followed by his two Jack Russell's who favour running around more than quizzing the new visitor.

Peacetime conscription, or National Service began in January 1949 with the last conscripted men entering service in November 1960. Frederick Forsyth was one of the last intakes to serve Queen and country. The body may be older, the hair a little greyer but the mind is still sharp and the eyes a twinkle as we regress sixty-five years to those exciting RAF days. He welcomed the nostalgia, like meeting an old friend.

The only child of a shopkeeper, he was raised in Ashford, Kent, before going to prep school in 1948. Living in the heart of East Kent, the Battle of Britain had been fought over his young head in 1940. As a war-time welfare officer, his father frequently visited the local fighter base with his six-year-old son in tow. "I was dumped with the pilots and ended up next

to a parked Spitfire. One swung me up and dropped me in the cockpit. I was mesmerised and began to sniff the canvas, leather and oil. I also smelt fear because fear has a smell.... As I looked up into the Kentish sky I made a private oath – one day I would fly a spitfire."

The seed had been sown. Despite tutors at Tonbridge school trying to talk him out of it ("they regarded pilots as little more than mechanics with spanners") he left school at seventeen. At a time when many were trying to evade National Service, Frederick was desperate to get in. The "most rigorous medical on the planet" awaited him. For those one in a hundred who passed the night vision, colour blindness, aptitude, finger-tip dexterity tests and personality interviews, RAF Cardington in Bedfordshire awaited, followed by a three-month boot camp in Lincolnshire. As one of sixteen in a single dormitory, the grand title of 'Acting Pilot Officer' was bestowed – or "the lowest form of human life," chuckled the novelist.

Basic training followed at Turn Hill, Shropshire with one hundred and twenty hours flying in the propeller driven Provost aircraft. Known to be docile, obedient and above all safe, the simple and uncomplicated low-wing monoplane was the training aircraft of choice. For those who got through the destination was RAF Worksop in Lincolnshire. "There we walked onto the apron and saw it....we just salivated, we lusted after that De Havilland Vampire."

"You fly in it, or you die in it!"

The Vampire was a British jet fighter. It may have been the prize for eager young pilots, but unlike the Gloster Meteor, which was a bigger aircraft, the Vampire had little room for an ejector seat. ("It meant that if anything went wrong up there – bye!")

Despite its apparent flaw, the novelist still regards this as his favourite aircraft to fly.

Reality hit home when the dangers of flying became brutally apparent. "We flew in it and two of us died in it," said Frederick. But the bulldog spirit that is the emblem of Britishness shone through; "We had lost two, but we were not going to stop flying. We were raised in the shadow – being teenagers in the 50s – of the legendary few in the 1940s."

The burying of his two comrades remains a memory forever imprinted on the flyer's mind.

"In hindsight, the 50s generation were an okay lot. We were up to everything and afraid of nothing."

So, what was so special about the Vampire? "It was just the first jet. In 1956 I trained on a Provost. It was pedestrian. Ordinary. It didn't go that high. It didn't go that fast. It would do basic aerobatics. But the Vampire was a fighter. It was transferred from Fighter Command, Strike Command as it was called then, to Flying Training Command so although then called an Advanced Flying Trainer, it was still then a Vampire fighter. So, I can proudly say I flew fighters at eighteen. I think the only one who ever did."

Out of the fourteen who passed out on parade back in 1958, Frederick Forsyth is the sole survivor. The memory of these men is being marked by a new TV documentary, 'The Vampire Boys' to which the novelist has contributed his recollections.

For the pilot who thrived on the twisting, turning and spinning whilst in the air, what is the fascination with flying? The best-selling author is resolute with no flicker of hesitation; "Exhilaration. To be free of gravity, the bonds of the earth. Flying is twisting and turning, up there, looking down at the landscape or seascape and rolling in the clouds – huge cathedrals of white vapour – diving through them and out the other side."

However, there have been scary moments too.

"I remember in a Vampire I went out of control and plunged 25,000 feet from thirty to five, out of control. Why it did this I do not know but I was able to stop the twisting and turning, convert the motion of the spinning aircraft into a downward dive with level wings and then you pull out and see the ground rushing up and then sky beyond the nose cone. Then you are out of the dive and back to flight. I don't know why it went out of control. It just did. I was doing high altitude aerobatics and the wings just lost purchase, so yes, scary!"

To a person who had not been born in those times, those heady days of yesteryear were vividly brought to life by the novelist who considers having his Wings stitched on as being one of the proudest moments in his life, along with the birth of his first-born son, bowing in front of HM The Queen to receive his CBE in 1997 and finally fulfilling his boyhood ambition, at aged seventy-five to fly in a spitfire.

"At Duxford, I climbed into the rear seat (specially converted Spitfire with a seat behind the pilots) and took off. When the air marshal learned that I got my wings on Vampires, he said 'you have control!' So, I took the throttle in the left hand and then rolled her. I thought I am doing what so few people have ever done....I am flying a spitfire...It was ultra-sensitive to the touch!"

What qualities do you think make a good pilot? "Staying calm when things go wrong is no 1, 2 & 3. That may sound easy, but surprisingly it isn't. Anyone can fly when things go right. In the flying training programme 80-90% was handling emergencies. In other words, if a sky is like this (calm) and you are flying straight and level and you are not climbing or diving and you are not rolling or banking, anyone can do that. It is when something goes wrong. You react and reflect. And you must not panic or lose it."

Though the memories are fond ones, the world-famous author has no regrets about not signing up for the long haul. He could have upgraded to a direct commission, adding six years to his tally, or even a permanent twenty-two year one, but for the boy who had two ambitions – one was to fly, the options were limited. "The Cranwell boys would get the cream of the squadrons. I don't think if I had stayed that I would have been airborne again. If I was lucky, I might have made co-pilot on a freighter flying milk and mail to Malta. More likely I would be flying a desk."

The other ambition? To travel – ably encouraged by his father, who wanted more for his son than be a shop keeper in a small Kentish town. "He was in a rut, but at least it was a fur lined rut," reminisced the author. "He said don't be trapped in this little, tiny one-horse town."

"Writing novels. That was another fluke. My life is full of flukes."

Had Frederik Forsyth stayed in the RAF he may never have embarked on a journalistic career that saw him fulfil that second ambition to travel the world. He may never have worked in France that sowed the seeds for a certain thriller being written....Call it destiny, call it fate, Frederick Forsyth's life, just like his flying career, has been full of twists and turns.

Fame may have come with his success, but it has not blighted his life. "If you decline to be impressed by yourself you will succeed," he said wisely.

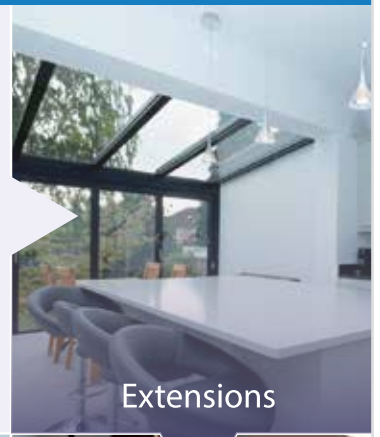
Our time in the sun drinking tea and recounting his earlier days is coming to an end. There is a wistful smile as he deliberates on my last question - how would he liked to be remembered? - whilst looking into the clear blue sky.

"Of all the adjectives, I think the one that I like is 'kind.' I hope I have been kind to other people. That I would regard as a compliment – to be thought of as a kind person. It is short but it takes in a lot. It signifies a lot."

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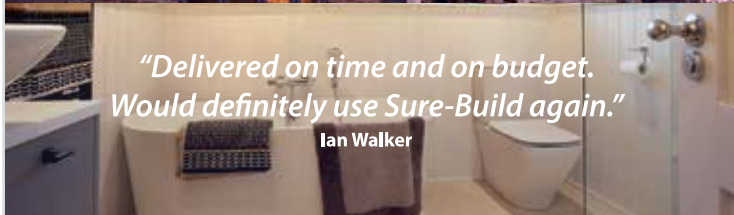


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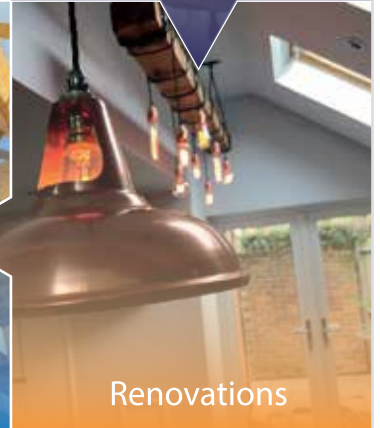


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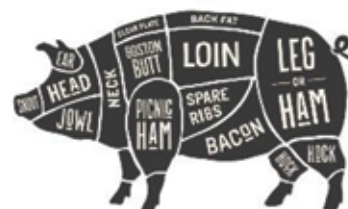
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## Tackling Rural Crime

Rural crime encompasses a diverse array of illicit activities which occur in sparsely populated areas, typically outside of urban or suburban environments. These areas are characterised by small communities, farms, and open spaces.

### Rural crime tends to fall into one of four categories:

1. Wildlife Crime like animal cruelty, poaching, badger baiting, killing or taking of wild birds or damage of protected habitats
2. Agricultural Crime like theft of, or damage to plant vehicles, equipment or livestock
3. Heritage Crime like lead theft from churches, damage to ancient monuments and illegal metal detecting
4. Environmental Crime ranging from illegal dumping of hazardous waste to the pollution of water sources

Rural crime is an issue for large areas of the country, but it tends to go unreported. Its consequences include potential increases in insurance premiums, food prices with harm to local communities. By taking some simple steps you can help prevent crime.

- Equipment and tool security in rural areas is crucial because agricultural equipment, tools, and machinery are often valuable assets and are at risk of theft due to their high market value. Use lockable barns, sheds, or garages to store equipment and tools when they are not in use.

- Estate and building security: take a good look around your property boundary for any potential places where it could be made more secure. Consider CCTV or audible alarm systems, use gravel on driveways, keep fences and boundary hedges in good repair.
- Livestock and equine security: check your livestock and the security of boundary fencing regularly; if possible, park trailers in a well-lit location and secure them with wheel clamps, hitch locks or a ground anchor.
- Diesel and scrap metal theft is a problem for many farms and rural properties. Store diesel in a secure storage tank with a bund and good quality locks; plant prickly shrubs around tanks, regularly check fill levels, consider using a mobile bowser so that fuel can be removed from isolated sites and kept in a secure place when not in use. Mark valuable metal, such as lead and copper; paint a distinctive mark on gates and take photos.
- Fly Tipping: gates, fencing and CCTV cameras properly strategically placed can act as strong deterrents and provide valuable evidence for prosecuting illegal dumping.

Learn more about crime prevention by joining the Neighbourhood Watch!

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

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## Friends of Naphill Common

**Bat Walk** - We were fortunate with the weather on 30th September, so there was a good turnout and plenty of bats to detect with the equipment on loan from the North Bucks Bat Group. We heard (and caught glimpses of by torchlight) both Pipistrelle (tiny, but with an 8"/20cm wingspan) and Daubenton's (slightly larger, but still lighter than a Robin) bats.

**Annual Subscription** - Ever since FoNC was founded 15 years ago (as a successor to earlier groups), subscriptions have been £5 per annum for adults and £2 for younger members (under 18). Although membership numbers have steadily increased over the years, this amount is no longer sufficient to cover our running costs (principally public liability insurance), so at our last committee meeting we decided to increase the sub to £10 for adults and £5 for under-18s. This will be ratified at the AGM next year.

**Mower update** - We have been very pleased with the performance of our new flail mower, which has now been deployed on the bracken growing over the Clumps (at the bottom, Bradenham end of the Common) as well as along Ladies' Mile (at the top end) to very good effect, and we've received plenty of compliments on this work.

The flail needs to be towed, and for this purpose we use our (rather ancient) ride-on mower, which can't last forever. We've been very generously offered another 'pre-loved' mower, which we would like to keep in reserve in case our existing mower fails. What we need is somewhere this mower can be stored in the

meantime, ideally somewhere close to the Common. If anyone has space in a shed or their garage, please let me know!

Meanwhile, we are continuing to pursue sources of funding that would allow us to purchase a new mower or quad bike to provide a reliable tow for the flail.

**Activities** - Our AGM will take place on Friday 2nd February at 7:30pm in the Village Hall. There will be a talk by Dave Brown from RAF High Wycombe on the history of the base in its various incarnations.

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

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

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



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## Growing Your Own

Most readers will be appalled that the government continues with the mass culling of badgers – completely eradicating them in certain areas – to counter the spread of bovine TB. However, help may be at hand following a farmer’s astonishing experiment, reported on the TODAY programme on Radio 4.

The farmer had a herd of 600 cattle. About the year 2002 he was in the same situation as neighbouring farmers – he lost stock to bovine TB and the local badgers had TB. Then, for reasons unconnected with the TB problem he decided to go organic. He was astonished to find that his cattle no longer went down with TB. In the subsequent five years he did not have a single case of bovine TB in his herd. All the surrounding farmers’ cattle continued to be plagued with TB.

He decided that it was the change of diet which must have been responsible. Previously his cattle were fed largely on maize. When he went organic he fed his cattle largely on clover. He looked into this and found that maize was deficient in two vital trace elements – selenium and iodine. Clover was not deficient in those two trace elements. In other words, his cattle had previously been suffering from malnutrition and thus had reduced defences against an attack of bovine TB.

He therefore tried an experiment with his badgers. Badgers love maize and he felt there was a possibility that they also were suffering from malnutrition. He put buckets of feed rich in the missing two trace elements near their setts. His badgers no longer suffered from TB – but surrounding farmers’ badgers continued to suffer.

If this “cure” for bovine TB can be substantiated there would be no need for the government to conduct the mass culling of badgers. All that farmers would have to do is to feed their cattle food supplements containing the two missing trace elements. They could do the same with their badgers and whole swathes of the country could be free from the scourge of bovine TB.

The farmers in our area started to grow maize for the first time about the year 1995. If cattle have been fed on maize ever since and have thus been suffering from malnutrition ever since, that could explain why the problem of bovine TB has been increasing exponentially, to the increasing

frustration of the farmers, the government and badger-lovers. The “plague” could be down to the change of the cattles’ diet on to maize. So the mass culling of badgers has just been an enormous mistake.

There is a lesson here for human health. About one third of the UK population is suffering from the effects of malnutrition. One example is that people on average consume only a quarter of the Recommended Daily Amount (RDA) of selenium and less than the recommended RDAs of the other 18 essential trace elements. By growing nutrient-rich food in our gardens and allotments and having a balanced diet we gardeners have a better chance of avoiding malnutrition.

Bon appétit!

*Mike Mason*

## Valley Players



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To book tickets you simply go to our website, click on the Robin Hood poster image and you will be taken to the Ticket Source booking page. Ta Dah.

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*Andrew Pitman,*

Chair, Valley Players.

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### Local Tales - Owen Dean, the last local bodger

As I feel sure everyone will know, Wycombe was once called "THE furniture town." It had an industry that gave it a very distinct character. It was rather a pleasant industry: It made very little waste apart from sawdust and enough offcuts to light people's fires; it offered employment to thousands and many of the jobs required skills from both men and women. Even Wycombe Wanderers football team had the nickname 'the Chairboys'. I suppose they still have but for how long will that survive? Will it disappear like (almost all) of the chair making?

Most families, including my own, had someone working in the furniture trade. I try to avoid writing about my own family but we do have one small claim to fame. My uncle Owen Dean was the last of the chair bodgers. The word 'bodger' suggests someone who is unskilled and who makes a poor job of all he/she does, but in the case of chair bodgers, the opposite is the case; they were very skilled. Owen Dean lived in Hampden and he worked in nearby woodland. He had to bid in an auction for standing beech trees of just the right size. He would then set up his pole lathe in the wood, fell suitable trees, cut them into baulks of just the right length (which explains the many small sawpits you find in woods around here) and then split them down into square billets of just the right size. The billets were then shaped with a drawknife to take the corners off and produce a shape suitable to be turned on a lathe. The lathe was of a kind first used in the Middle Ages. It consisted of a long, flexible pole

anchored to the ground at one end and with a cord at the other. The cord came down to a foot treadle. In turn, each billet would be entwined in a twist of the cord and clamped between the centres of the lathe. The noise of the turning was very distinctive: not the continuous sound of a modern lathe but a regular series of short bursts of sound as the foot treadle span the billet and the pole pulled the cord back up. The operator used a chisel to shape whatever was needed – the chair leg, spar or rail for a Windsor chair. The top of each leg had to be exactly the right diameter to fit the hole bored in the Elm seat and the legs had to be a matching set. All this seemed to be done by eye, as I can't remember seeing any measuring involved.

Being such an historical oddity – the last of his kind – Owen Dean eventually attracted a lot of attention. When working in the woods near Chequers the various Prime ministers would be brought out to see the spectacle. When Uncle Owen visited us in Stocking Lane he and my Dad would often argue about politics, but Uncle Owen could always cap any argument by saying "Well, as I said to Lloyd George", or whoever the latest Prime minister happened to be.

**Trevor Hussey,**

*With grateful thanks to FRANK GHYSEN5, the photographer and to the CHILTERN SOCIETY for kindly allowing the Gazette Editor to use these photographs.*



Naphill & Hughenden Scout Group - <https://www.naphillscouts.org.uk/>

For those of you wondering what it is that keeps the young people of Naphill and Walters Ash busy of an evening and weekend, one of the answers is involvement with the Naphill & Hughenden Scout Group. The Scout Group provides opportunities for young people from 6 – 14 years old to participate in a range of fun and adventurous activities that teach them skills for life that they will not learn at school. The Group is made up of different 'Sections'. We have two Beaver Colonies for young people aged 6-8; two Cub Packs for those aged 8-10½ and one Scout Troop that takes young people up to the age of 14 before they can join other parts of the Scouting organisation a bit further afield. The Group has been running for many decades and operates from the 'HQ' at the back of the Village Hall, with our Scouts meeting in the Speen Hut. The Group is open to any gender, from any background and we take part in such a wide range of activities that anyone will be sure to find something they enjoy! You can find more details on the Group, including meeting times on our brand new (and ever developing!) website: <https://www.naphillscouts.org.uk/>

This short article is our first one back in the Gazette for some time and is, hopefully, the first of a regular contribution to show just what we have been up to. So far this term, our sessions have included learning about navigation, hiking through the woods in the dark, learning about different cultures and trying out new sports from around the globe. As we head into the darker months we will still try to get outside for most of our activities but it will also allow us an opportunity to hone some of our indoor skills, and learn how to use the kit that we have ready for adventures next year. We are currently preparing the Group for our involvement with

the village Remembrance Parade, which is a key date in our annual Calendar, as is our Carol service which will be held on Thursday 7th December in the Parish church in the grounds of Hughenden Manor.

Should you have a young person who would like to join the group then please get in touch with either Hamish Pearson the Group's Lead Volunteer by e-mail ([hamish.pearson@naphillscouts.org.uk](mailto:hamish.pearson@naphillscouts.org.uk)) or Beth Foster who manages our Waiting List ([beth.foster@naphillscouts.org.uk](mailto:beth.foster@naphillscouts.org.uk)). The entire Group is run by a band of enthusiastic and dedicated volunteers. We are always looking for more people to join us! If you would be interested in getting involved with the Group, either as a leader interacting with the young people on a weekly basis, or behind the scenes in roles such as assisting with organising events, helping fund raise or writing a regular article for the Gazette then please get in touch with Hamish or Beth.

We look forward to providing you with a regular show and tell of what we have been up to each month, so watch this space!

**Hamish**

Naphill & Hughenden Scout Group Lead Volunteer





# Naphill & Walter's Ash School News



## Meet our School Media Team



*Hello, my name is Nathan. I like kayaking – I've been 4 times and I haven't fallen in yet!*



*My name is Erin and I'm obsessed with frogs! I have a passion for Art.*



*I'm Josie. I go ice-skating at the weekends and I'm most proud of my spins!*



### Harvest Festival with One Can Trust

The children at Naphill and Walters Ash school collected a huge array of goods for our Harvest Festival on Friday 6th October.

Helen, from the One Can Trust joined us for our assembly, where the children sang a song they had learned called 'Thank your Lucky Stars'.

A huge thank you to all the parents who generously donated items for the Harvest Festival in support of the One Can Trust.

### Out and About School Trips

**Hazard Alley** - On the 29th of September, the year 6's visited Hazard Alley, a learning centre in Milton Keynes, which helps children of all ages learn how to keep safe in hazardous situations, within a secure environment.

Different 'rooms' house different scenarios: for instance, a fake kitchen, equipped with over-crowded plug sockets and trailing wires, a fake telephone box in which to practise 999 calls and a shadowy alleyway which is supposedly a "short cut" home, but holds many dangers. We also took part in a workshop, teaching us how to stay safe online.

We all learnt so much, and we now know how to keep safe and sound in any situation!

**Windsor Castle** - On the first week of term, our inquisitive key stage 1s had the pleasure of visiting Windsor Castle to get hands on experience of what castles are like.

Many of them were fascinated by the huge cannons and the battlements. They even saw Queen Mary's dolls house. As the pupils walked round the castle, they gained knowledge and even saw the Queen's Tomb as well as St. George's Chapel. To their delight, they had the fun of re-enacting an attack on a castle and practised shooting through arrow slits. The children thoroughly enjoyed the trip (especially the lunch, as one child told us!) and stated that they would love to visit again.



From the Vicarage - Rev Keith Johnson

One cannot help but be moved by the plight of the victims of the recent troubles in Jerusalem, Gaza and the surrounding region. At my time of writing, it is mid-October, tensions are high, the international community are seeking to provide humanitarian support and encouraging restraint on both sides, and events of the next few weeks appear uncertain.

Christians amount for 2% of the population in Israel, and yet their physical presence in the land where our Lord himself walked 2,000 years ago, and as peacemakers, cannot be understated.

The history of Jerusalem is bloody. From the Crusades to conflict in the last century, can there ever truly be peace on earth in a land considered holy by Jews, Muslims and Christians alike?

The first time I visited Jerusalem on pilgrimage in 2012, we heard a remarkable speaker at St George's Cathedral preach in English and Hebrew on the Sunday morning - Hosam Naoum, who at the time was the Canon Pastor/Dean of the Cathedral. I wasn't surprised in 2021 when his appointment as Archbishop of Jerusalem was announced. Our tour leader, the Bishop of Rochester invited him to come and speak with us at our hotel a couple of nights later, and we were able to hear more about his calling to become a Priest, coming from a Palestinian Anglican background, and his perspective as a Christian in Jerusalem. I was moved by his words that night, and have endeavoured to keep in touch with the Cathedral since, thanks to Facebook.

Archbishop Hosam has written in response to the terrible events in the area, and I have copied below an extract from his letter:

*"Once again we find ourselves living through hard times in the Land of the Holy One, where we are surrounded by war, violence, hatred, and destruction. Many in our region now live with great fear and uncertainty.*

*Nevertheless, from Jerusalem, the City of the Resurrection, I send you all hope for the assurance of a better life: one with a brighter future, more blessed circumstances, and freedom from bloodshed, injustice, and death.*

*We condemn all acts of violence and killing, especially of civilians and the innocent. And we advocate for a just and comprehensive peace for all living here. In order to stop the vengeful cycle of violence, we exhort everyone to exercise self-control. Since everyone loses in war, we also call for all parties to pursue peaceful, diplomatic solutions towards a just and lasting agreement for both peoples in a two-state solution. Only in this way can we all enjoy freedom, justice, and peace."*

Has there ever been a more critical time than now to respond to the words of Psalm 122:6: "Pray for the peace of Jerusalem: may those who love you be secure"?

I finish with the words of Archbishop Justin: *"Pray for the people of Israel, Gaza and the West Bank. Pray for the future of the Holy Land. Pray for those who will weep, and fear, and die tonight.*

*Lord God, we pray, by your great mercy, defend your children from all perils and dangers of this night." Amen.*

## Church News



After the closure of the Church for a week, during which time a combined service (i.e. combining the usual Sunday morning services) was held in Hughenden Primary School, and other meetings held in Church House, the new step free access was available for use on a bright, sunny, Sunday.

The old -very worn, and trip hazardous- sandstone threshold has been retained for posterity and currently resides under the yew tree.

Wheelchair, walking stick and buggy users, so far have pronounced themselves well satisfied.

The new entrance coincided with the Harvest Services where generous giving of food or financial donations were made for the important work of the One Can Trust which provides the local food bank.

By the time the Gazette goes to print, our (annual-ish) Supper Quiz will have been held, and this writer might (but probably won't) be able to report our team's triumph.

Remembrance Sunday will be marked by an Act of Remembrance on 12th November at 10.45 in between the usual 9 am and 11 am services.

Plans are already afoot for the Christmas celebrations which will include a concert from the Community Choir. Leaflets giving full information about service and concert times will be delivered throughout the parish towards the end of November/beginning of December, and also will be on our website.

Jane Tyrer

### November Meeting –Walking the Via Francigena

Mike Hill shared with us details of the pilgrimage he made with his wife Gwen.

The Via Francigena is an ancient road and pilgrim route running from Canterbury to Rome. Mike and Gwen spent 2 holidays in consecutive years covering the final Italian stages from Siena to Rome. They averaged about 10 miles each day in rain and shine. Accommodation was pre-booked and their luggage was transported ahead. As the pace was reasonably relaxed, it gave them time and space for reflection. They were able to admire the wildlife which consisted mainly of butterflies, birds and a variety of exotic creepy-crawlies.

They met very few other pilgrims as the route is not as popular as the Spanish one. Each small village or town had

its own particular point of interest ranging from exotic monuments to signposts warning of the prevalence of vipers.

When they reached Rome, they were able to present their stamped itinerary and get their certificates to prove they had done the 100km walk. They were also able to 'jump the queue' for the Basilica and could admire its size and beauty in peace.

We all thoroughly enjoyed Mike's talk and slides but decided that perhaps a 100km pilgrimage was not something most of us would manage!

Ann Gee



We have often talked about the importance of rematching and supporting our Ukrainian Guests in our articles. This time we would like to show you how, through such efforts, we have all made a very real difference to many lives.

Our Guests are determined to integrate into their new communities and become valuable members of them. Please read on to see how hard work and determination have secured good career opportunities and training in new areas of expertise for the Natalias!

Now many of our Ukrainian friends are becoming very settled in all areas of our community, they are making plans for exciting futures.

We would like to highlight the career development of Natalia Albokrinova and Natalia Zabrebienvav who joined Aston Hearing on a part time basis when they settled in the area.

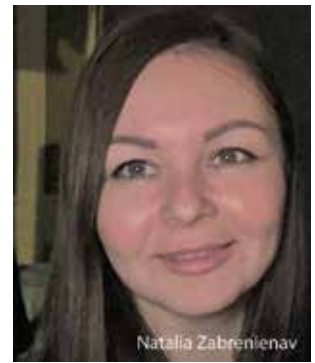
Both have focused on accounts and finance and now between them carry out all the daily bookkeeping activities for the business reporting directly to the finance department, based in Edinburgh. In August they both undertook intensive training to be able to use a new online accounting package – Xero.

### The Natalias! The Aston Hearing Accounts Department!

Natalia Albokrinova "September brought some newness not only to the work process, but also to my life. I have started my bookkeeping course AAT level 1 and AAT level 2. Why are you taking 2 courses, you will ask? I don't like wasting time and I



Natalia Albokrinova



Natalia Zabrebienvav

would like in time to confirm my qualifications as a manager-economist. I'm excited for a new future. I am happy to work within the finance department".

Natalia Zabrebienvav: "I am pleased to be a part of this lovely team and I prefer to work in the clinic at Thame and enjoy conversations with members of the team which give me experience and help to develop my communication skills."

As well as our adult guests making great strides forward in career development, our young guests have also had quite an impact on our community.

Sofia Kurtseba age 11 and Loosley Row resident is delighted to have successfully auditioned for a place in this year's Risborough Youth Theatre production of Dick Whittington. Sofia is loving the Sunday afternoon rehearsals, that take place every week through to the production in December. She is making new friends of all ages and developing her dancing, singing and drama skills. Ukraine to Chilterns Charity is delighted to support Sofia by contributing to the term's fees.



www.ukraine2chilterns.com or contact us on [info@ukraine2chilterns.com](mailto:info@ukraine2chilterns.com)



Nikki Annable Dip FH MCFHP MSC

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## Shear Madness

Well it's all exciting news at the house of Shear Madness, Hannah, Dawn's daughter has joined the team doing nails!

Hannah has recently qualified as a nail technician in BIAB and Gel nails, we have made a little space for her in Dawn's room, she is offering a discount until 17th November, you can check her out on Instagram @byhannahmaisie or you can text her on 07376 486434. We wish Hannah all the very best in her new venture I'm sure she will do amazing!

We are wishing you all a fab bonfire night and fingers crossed it's dry, the weather has been so

unpredictable lately. Sadly no more holidays for us but we will be spending a long weekend seeing our gorgeous grandchildren and it's also my Dad's 80th birthday! So I'll be missing for a couple of weekends but apart from that I'll be here. I hate to say it but you can now book for Christmas, I know, I have so many organised people!

Yes I got in early again..... gold star for me!

Love as always



Mandy x

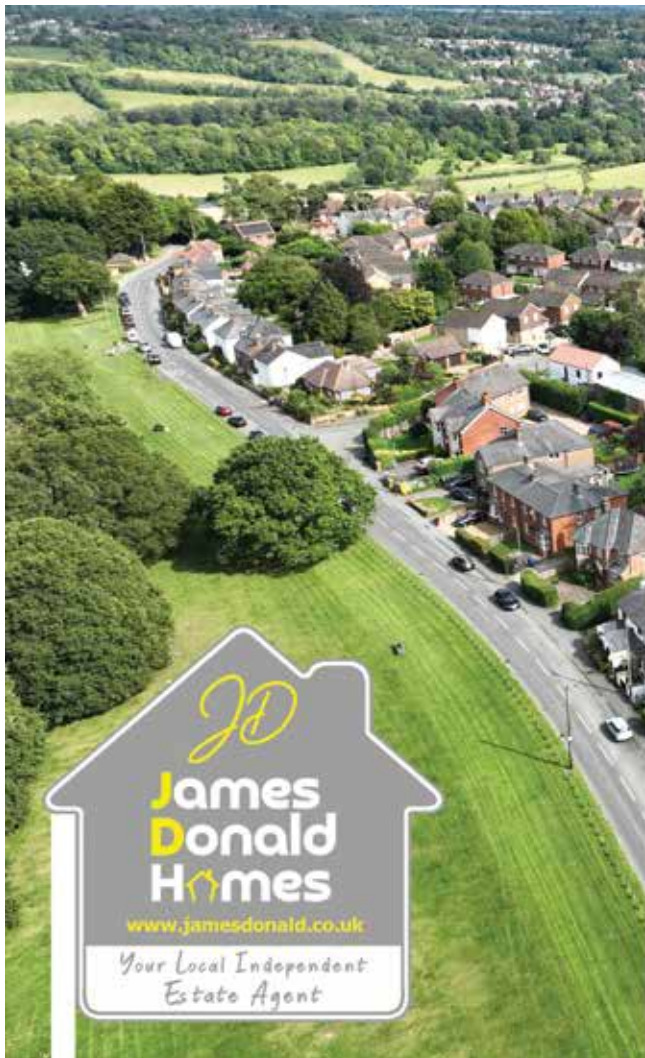
Shear Madness



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*(Bank Holiday Mondays)*  
12pm - 4pm

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

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## The Wheel News

What a busy couple of months it's been here at the pub. Not only have we had some great weather which has brought you all back out to enjoy the garden, but we have also been doing lots of improvements. Firstly, we would like to thank John Lee Tarmac who did an amazing job on our car park, not only is it flat and properly tarmacked but there are also some lines so you can now park straight! Secondly, a big THANK YOU to One Construction, Neil and Ash, for the renovation/relocation of our front bar which is making our lives so much easier. Lots of money all well spent!

We have recently been recognised by CAMRA for being in The Good Beer Guide for an incredible 15 years and yes, my photo was in the Bucks Free Press.

As always, we can't wait for Bonfire Night and the spectacular display the team put on. We will be selling tickets as normal (Cash ONLY). For those that wish to watch from our garden, we will as usual have the collection buckets for donations. We will be doing food as normal although we will be running two sittings, one at 5pm and one at 7pm (please book)

Christmas is just around the corner now and we are doing things a little differently! This year we are doing a Christmas Specials board throughout December (and end of November). To help with peoples costs we have

chosen to not have a Christmas Menu that makes you have 2 or 3 courses at an increased price. We will still be taking bookings and making the tables special, a full Turkey Roast with all the trimmings will only be available on Sundays. Please contact us for further details on what will be on our specials board.

A little reminder of Christmas and New Year trading hours, which I will give further details in the next gazette. We close at 2.30pm on Christmas Day (no food), Closed Boxing Day and Closed New Years Day. On the upside Christmas Eve open till Midnight and New Year's Eve Open till 1am (ish). So let's talk about New Year's Eve.... after a couple of years of controlled fun its all go this time. We are also bringing back the themed night and this year its 'Cowboys and Aliens' there may also be a best dressed prize this year.

We would like to thank Chloe and Julia and all the team for holding the fort whilst we were on holiday, a much needed break and wind down in Pembrokeshire with the dogs.

Thank you to everyone for there support as always and we will see you soon.

Claire, Mark and Team Wheel

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## Naphill Tennis Club

Our next Tennis Clinic for members and non-members takes place on Saturday 18th November 10 am – 1 pm with our two excellent coaches Mel & Becs. Get tips for doubles play, practise useful drills and generally have fun. Light refreshments provided. These clinics are always very popular so booking with Mel (07949 128195 email [melebbles@hotmail.com](mailto:melebbles@hotmail.com) is essential. For those who are interested but can't make it this time, a 'Xmas' Clinic is being planned for December. Details to follow.

The Club is delighted to announce that it now has a second Men's Team for matches against other clubs. They have named themselves "The Rally Cats" and we hope that's a good omen for plenty of successful rallies! Anyone interested in joining is most welcome.

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

*Jenny Tench*

### Tennis Clinic with Mel & Becs Saturday 18 November 10am -1pm

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## Wycombe Photographic Society

November is the ideal month to photograph Fireworks especially as we have our own village firework display on the Saturday 4th. See Gazette for more details.

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

- 1st Nov** Your Project for the year ahead.
- 8th Nov** Visiting photographers show their work
- 22nd Nov** Themed Assignment – Album Cover
- 6th Dec** Members Evening

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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## Keeping in touch during the winter months

As the nights draw in and Winter announces its imminent arrival, we look forward to nights spent snugly indoors with the optimism of lots of new programmes on the tv (ahh, if only!) to help us while away the hours. Across Hughenden there are many communities: immediate neighbours, streets and villages that have a strong track record of mutual support. This was shown clearly during the pandemic and continues as 2023 draws to an end. Hughenden Street Association (HSA) continues to encourage neighbourliness whilst recognising that for some people this time of year, despite the short days is, in many ways, just like any other. The default of someone living 'alone' and therefore being 'lonely' needs to be challenged. Whilst for some people this may be true, for many others it really is not a concern. I recently met a woman who lives on the edge of a village with a few neighbours down the road. She and her husband join in the 'community events' that take place during the year and know that if they (or indeed their neighbours) needed help that they would be there for each other. For most of the year, she is happy pottering around her garden, reading and occasionally travelling to see friends. Her husband loves the warmth of the sun and spends quite some time abroad. She enjoys what we might call her 'solitude'. This might fill us with horror! One of the aims of HSA is to build a support network that is there when needed. Our popular Pub Lunches are a great example of this in action. Some people are

happy to come along on the third Wednesday each month to the Black Lion in Naphill, others also like to attend the lunches at the Full Moon in Little Kingshill and the Harrow in Hughenden Valley. Getting together for a couple of hours to chat with friends, old and new whilst having a tasty lunch can provide the social interaction needed to help us feel involved. If you have not yet experienced the gathering at the Black Lion (not forgetting the monthly Afternoon Social at the Bon Ami café, held on the fourth Monday each month) then why not get in touch with Susan Bickerstaffe who organises both events? It is important to pre-book the Pub Lunch – a bargain at £12 – and you can just turn up at the Bon Ami. More details from Susan: 01494 565161 or [smbickerstaffe54@gmail.com](mailto:smbickerstaffe54@gmail.com)

Another way to keep up to date with local events and issues is to receive our weekly e-newsletter which is also promoted by the team at the Gazette. Working together we hope to reach more people and provide useful tips and information to keep everyone safe. Our newsletter is published on the NAWA website and on our Facebook page. Just search for Hughenden Street Association.

**Hilda Stearn**

Communications Coordinator

Hughenden Street Association

E: [hughendensa@gmail.com](mailto:hughendensa@gmail.com)

## Naphill & Walter's Ash Residents' Association

NAWARA held its annual quiz and raffle on 13th October. We had a full house of guests in the Village Hall tackling the challenging questions from our long-term question master, Peter Oxbrow and enjoying a curry or lasagne meal. It was a very pleasant evening and the raffle proved popular as we had many prizes donated by local businesses and residents. We're very grateful for that support and hope residents will continue to support the businesses that contribute so much to our vibrant local community. From the proceeds of the raffle we have been able to make a contribution to the Ukraine to the Chilterns programme.

One of NAWARA's activities is Speed Watch. A resident has asked whether the operator needs to be standing by the camera for this to be lawful. Apparently with

the new type of camera it is only necessary for the operator to be in the vicinity as the system is now fully automated. If you would like to volunteer to do Speed Watch please contact Gloria.

*Finally, I must reiterate my plea for some more volunteers for the committee. We want to involve more members of the community, particularly younger people as we are keen to widen the scope of our activities, including a greater presence on social media. We also need a new chairman. I'm older than Joe Biden and can only hold the fort for a limited time!*

*David Frost*

Vice Chairman





## How REIKI can create more ease and flow in your life

*Alison Scott*

Reiki therapy is a Japanese energy-healing practice based on the belief that vital energy flows through your body. The Reiki practitioner uses gentle touch or places their hands just above your body to help guide and release this energy in a way that promotes balance and healing. It works in a similar way to acupuncture, releasing the disruptions in energy flow that can cause pain, illness and anxiety.

The name Reiki is broken down into two parts, Rei meaning higher power or God's wisdom and Ki which is life force energy. Life force energy occurs naturally in all living things, but when it is low, we don't feel as healthy and balanced as we should. Reiki boosts the energy in the body, removes blockages, calms the body and mind, and gives a deep sense of well-being. It works wonders for settling the nervous system.

Even one treatment can help stimulate the immune system, balance emotions and enhance the body's natural healing processes.

### What are the benefits of Reiki?

Reiki is very powerful, and the many benefits include:

- *reduced anxiety / mood enhancer*
- *creating vitality, overcoming fatigue*
- *pain relief for injuries or ill health*
- *relief from insomnia, grief and emotional upheaval.*

### The 5 Reiki principles and how to incorporate them into your life.

*Reiki also offers a set of five key principles which can form the foundations of a happier life and serve as 'medicine to the soul' for all those who practise them.*

#### Just for today, do not worry.

If anxiety is your problem, this number one principle can really ground you when you find yourself worrying. We can make up very negative 'worst-case scenario' futures and they almost become real to us when they are only imaginary. This principle slows

you right down into the here and now and keeps you on track and in the day itself.

#### Just for today, do not anger.

Feeling angry is not always a bad thing. It tells us when someone, or something has crossed a boundary or triggered an old wound. How we deal with that anger does matter. Anger often makes a negative situation even worse or we find ourselves upset before we have had time to think it through. This is not about suppressing emotions – all emotions are communicating to us - but rather taking time to look deeper into what is underneath the anger. Anger often masks real pain and, if so, it is worth noticing that pain, and letting yourself lean into it first. The anger can then dissipate more quickly, and clearer thinking can come into play which is needed to find the best course of action to help relieve the situation. This also avoids you feeling ashamed of yourself which makes difficult situations last much longer.

#### Just for today, be humble.

The ego can easily get out of hand, and you can find yourself demanding appreciation from others which may not be forthcoming. The ego also makes us easily critical of others. If you find yourself needy for attention, take some time to bow down to a humbler place and love those around you simply for love's sake.

#### Just for today, be honest.

Being honest to yourself and others is a rewarding goal to strive for, but in practice, it's challenging. We so want to fit in that it's easy to find yourself putting on a false front or even outright lying to hide the truth about yourself. This then can lead to shame and a sense of isolation as no-one gets to really know the 'real' you. The most important thing for contentment is to love yourself just as you are. Taking this day by day feels less daunting and means we start each morning with a clean slate.



**Just for today, be compassionate towards yourself and others.**

This is a reminder to cut yourself and others some slack and to give people the benefit of the doubt whenever possible. Compassion can hugely help to reduce judgment, blame and anger. Practicing compassion is not easy but it quickly becomes a habit over time. Everyone around you will thank you for it.

*Alison's Reiki treatments are tailored to nurture the needs of the individual in a warm, calm and healing environment.*

*Alison has been a qualified Reiki practitioner (Second Degree) since 2018.*

*She takes a holistic approach to her client's well-being and can draw on hypnotherapy techniques, coaching skills, NLP, and CBT where necessary*

**Reiki with Alison**

If you'd like to treat your mind and body to some Reiki, contact me:

Email - [ali@alisonscotthyypnotherapy.co.uk](mailto:ali@alisonscotthyypnotherapy.co.uk)

Call 07989 535527

More information at:

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# COGNITIVE HYPNOTHERAPY



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I practice hypnotherapy, reiki, and therapeutic coaching in Naphill as well as online.*

*Hypnotherapy can help with such a wide range of issues. Our unconscious mind is often in charge of how we think. We don't know why we repeat the same negative patterns. Making the unconscious conscious can bring about powerful changes in the way we perceive ourselves and others.*

**"LIFE-CHANGING!"**

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- Lack of confidence
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- Young people struggling with exams, school or relationships
- OCD and neuro-diversity
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*Alison Scott*

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



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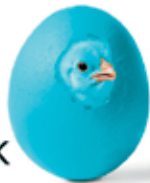
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## Remember, Remember.....

If you're a new dog owner, you may not have considered the potential impact that the Firework season may have on your pooch.

Many animals find fireworks scary. Owners will often see their pets struggling, either frozen with fear or, in the most dangerous circumstances – bolting when out on a walk.

Planning ahead can help dogs cope with the Firework season, which seems to get longer each year!

- Walk your dog during daylight hours – if your usual routine involves a walk after dark, replace it with simple games, or treats indoors, so that your dog has some mental enrichment to replace the physical exercise.
- Classic FM have dedicated programmes for pets over 2 nights on 4th/5th November, playing calming music between 5-9pm.
- Provide toys and treats, such as kongs/lick mats to keep your dog occupied when the fireworks start and wherever possible, stay with your dog, doing usual activities, without making a big deal of the noises. If your dog can see that you are not reacting, this can help to decrease their anxiety.
- Create a safe space, this can be as simple as putting a blanket over a table, so that your dog can hide under it. If your dog is used to sleeping in a crate, put blankets over the top and on the inside.
- Keep the curtains and windows closed to muffle firework sounds and flashes.
- If you are planning on letting fireworks off at your home, consider your neighbours and let them know, so that they may make plans to minimise stress to any pets they may have.
- In the long-term, getting your dog used to loud sounds can be a better solution. By gradually desensitising your dog to loud noises over a period of time, you can teach them to associate these sounds with something positive, instead of something to be scared of.

Even if you have a totally non-reactive pooch, taking them to an organised firework display can cause your dog's senses to be hugely over stimulated. So do the right thing, leave them at home, switch on Classic FM and leave them with a chew or toy.

If you are going to a local firework display, have fun!



Charlie Hughes



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Last month we bravely went where your palates may never have trodden before and I think we all survived – thrived even! So, we shall do the same again and explore some more under-known, under-valued and under-appreciated grapes that could add a little variety to your shelves/racks. Only this time the focus is on whites rather than reds...

### Falanghina

Something of an unknown quantity to your average drinker on the streets, this enchanting white grape is much loved amongst those in the know. Falanginha's arrival at the club is not the marquee name summer signing the Galactico seekers would welcome but it promises to bring some much-needed freshness, vibrancy and structure to the squad. Less Figo and Zidane, more Kante and Mahrez. Not exactly a £200m Neymar or £100m Grealish, but not dissimilar to a £1m Jamie Vardy or £60k Seamus Coleman.

So many of Italy's white wine grapes produce crisp dry whites, but they can be a little neutral with limited character. However, Falanghina has it in spades, with its distinct orange peel, cut cumquat and quince notes, distinctive herbiness and soft leafy palate which works well as an aperitif, light enough for a summer garden lunch, but also matches brilliantly with crab, mussels and barbecued prawns.

### Assyrtiko

Fresh, full of flavour and with decent length and balance, the Assyrtikos on some of the value supermarket shelves bring way more to the party than they have a right to and are great bargains. They sort of remind me of Riyad Mahrez...

Greece is not in the upper echelons of the wine world's class system, just as Algeria are do not eat at football's top table. Also, when you enter £6.99 into the Wine Giant Booze-Football Price Conversion app (patent pending) it comes out at £450,000. The exact amount Leicester City paid for Mahrez; an unknown Le Harve winger who scored about 3 goals a season. Fast-forward a couple of

years and he was PFA Player of the Year as Leicester won the Premier League in the greatest upset in football history. Similarly, a year or two on from seeing this Greek wonder on the shelves and it's gaining quite a following.

### Picpoul de Pinet

PdP is by no means a new region or grape but is sort of an up-and-comer in the UK who's quietly risen through the rankings like an unfashionable boxer before making the wider public realise that it is actually quite special. Tyson Fury on the eve of the Klitschko fight is not an obvious allegory for a light, delicate and refined French white wine but I feel I can make such bold claims!

Tyson's Gypsy upbringing needs no introduction, nor does the long history of prejudice this brings with it. However, I imagine few will be aware that for a long time Picpoul was viewed with similarly discriminatory views in the world of French wine. Picpoul is the name of the grape and the de Pinet part indicates that it is from one of a few communes in the Languedoc region of southern France. In the 19th century these communes specialised in dubious imitation Madeiras before moving into providing wine that was used in Vermouth. However, the plunging sales in Vermouth in the 70s and 80s meant it to reinvent itself to survive. This was no mean feat - who wanted an unexciting seaside white discarded by the vermouth trade, produced in a nondescript little zone one-eighth the size of Corbières? Well, everyone does it turns out. Like the current public clamour for Fury, the average man on the street is also calling for a bottle of Picpoul to lubricate their summers and provide the soundtrack to their seafood dishes. It is produced near the coast and one can almost taste the summery sea in every bottle.

Like Fury, Picpoul's secret is that it appeals to a wide range of palates with its upbeat freshness – it offers something straightforward and unpretentious but also zesty, zingy and steely with hidden depths.

I will not pretend that a rainy, November evening is the ideal drinking conditions for this bottle. However, if Tyson Fury can defeat Klitschko for the first time in 10 years and follow it up with the most unbelievable of sporting redemption stories, I have no doubt that a Picpoul can win your hearts on a wet, windy, Monday night – if not, then wait until that really hot week in June and try it again then!

*Adam Sergeant*

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## u3a Activities - do come and join us!

It has been a busy time for all our groups, many have welcomed new members!

Several new members have joined our Local History Group having found out so much from the Geology Group about where we live in the Chilterns. In October members attended an interesting talk about the history and growth of our area and noted that the Romans and Danes left us "pretty much alone." On 14th November, our speaker will be explaining what we can and can't learn from the various censuses. This will be a fascinating talk, based on the findings of volunteers from The Wycombe Museum. Email: [gilliamph@aol.com](mailto:gilliamph@aol.com) for details.

### Some of our Summer Visits and Excursions



Our 'Poetry, Prose and Plays Group' enjoyed an excursion on the Grand Union Canal. See above them enjoying refreshments on their cruise.



The above photograph shows members enjoying a free film show, hosted by Cineworld. Thank you Cineworld! What a treat, members of our u3a and other organisations for older people had when they went to a free cinema screening with afternoon tea included, at Wycombe's Cineworld. We did have the tea at 11 am, but never mind, it was delicious and gave us all a chance for a relaxed social chat over tea which was served by the smiling, friendly staff who made us all so welcome.



Our final photograph for this month shows our French Conversation Group eager to attract new members, do come and join them!

The u3a is a great place to make new friends. We believe we are offering groups to suit most tastes but if there is a subject we're not covering please contact me and best of all tell us if you could act as a new subject leader.

As we approach Christmas our Group Convenors are planning special events for their members. We hope to brighten up the winter months! It is not too late to join them. Email for more information. We run groups every weekday in the mornings and afternoons, plus special events. Best of all, you can enjoy them all for £32 per annum (plus a small charge for refreshments and any incidentals occasionally required for a group). Please come and see what we do!

Ring: 01494 562843. Please visit our Public Facebook page: <https://www.facebook.com/hwdu3a2022>(FOR privacy, Individual Groups have their own private 'members only' pages).

*Paul Gillam*



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# Speen Helping Hospices

Supporting Helen House for Children, South Bucks Hospice,  
Florence Nightingale and Rennie Groves Hospice Care

Dear Naphill and Walters Ash Residents,

SHH was set up in Speen 2002 to raise funds for and awareness of four local charities. Now, as 2023 draws to a close, we feel the fund-raising group can do more for these charities if we extend an invitation across to local villages to participate in the group.

All four charities need the support of local communities to help fund vital services for people across south Bucks, as they continue to deal with a very challenging financial climate.

We are proposing that the name of the group is changed to *Chiltern Villages Supporting Hospices (CVSH)* to reflect the wider involvement.

Please visit our website [www.shh-shop.org](http://www.shh-shop.org) as this will give you our history and the range of initiatives, we have been involved in over many years.

Would you like to get involved? If you would like to discuss this, please contact me [grainnesuter@googlemail.com](mailto:grainnesuter@googlemail.com) or 07778803260.

## Luxury Perfume and Cosmetic Sale



SHH has been given exclusive access to a significant amount of high-end perfume by the **Brands Owners** to help raise money for the local hospices that we support. We have Estee Lauder cosmetics, Jo Malone and Tom Ford perfumes and many other products at vastly reduced prices. Go to our website [www.shh-shop.org](http://www.shh-shop.org) and follow the link through to perfume sales. Christmas present shopping all sorted then!

**Fundraising Challenge** - Help raise money for Speen Helping Hospices in 2024. Speen Helping Hospices are looking for people to raise money for SHH by taking part in a local fun run/half marathon/cycle race or other event.

If you are planning or considering taking part in a sporting event, would you help others by fundraising for Speen Helping Hospices as you run/cycle/swim?

We, at Speen Helping Hospices will support you on your fundraising journey, we would promote your participation locally and via social media and our website to attract sponsorship.

If you are up for this challenge, now is the time to plan it, visit our website at <http://www.shh-shop.org/FundraisingChallenges.htm> for information.

## Future Events In 2023



Sponsored by



*Christmas Market - 18th November at the Chapel Hall in Speen. We have lots of new stallholders and a wide range of gifts for Christmas. Come and see us. We are open from 11.00 to 4.00pm*

For further information about all our events check out our website [www.shh-shop.org](http://www.shh-shop.org)

Or contact me:  
[grainnesuter@googlemail.com](mailto:grainnesuter@googlemail.com)  
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## What's on at THE BLACK LION This Christmas



Wednesday 1st November  
Christmas Menu Launch

Saturday 9th December  
Christmas Music Bingo | 7.30pm



Saturday 16th December  
Breakfast with Santa | 10.30am



Sunday 17th December  
Christmas Quiz | 8pm

Sunday 24th December  
Christmas Eve Party | 6pm onwards

Christmas Day!  
We're open for drinks 12-2pm



Sunday 31st December  
New Years Eve Party! | 7pm onwards

## The Black Lion CHRISTMAS MENU

### Bloody Mary Tomato Soup

served with artisan bread (Ve)  
Spinach, roasted aubergine and red onion filo crackers

served with a rocket salad (Ve)

### Creamy Mushroom Pate

with artisan bread (V, GF\*)

### Truffle infused Mac, Cheese and Chorizo Balls

served with cranberry sauce (GF\*)

### Smoked Salmon Parcels

filled with whipped goats cheese, ricotta and chives (GF\*)

### Main Course

#### Hasselback Butternut Squash

served with a maple miso butter and herb buttered new potatoes (Ve, GF)

#### Cauliflower Wellington

served with roast potatoes and wild mushroom gravy (V)

#### Creamy Fish Pie

a mixture of Prawns, mussels, squid and scallops. Topped with indulgent three cheese mashed potato and a Madagascan crevette (GF)

### Feeling Festive

#### Roasted Pork Belly

served with caramelised pears, herb buttered new potatoes and a cider and apple sauce (GF)

#### Traditional Christmas Dinner

Turkey Crown on a bed of parsnip puree with duck fat roast potatoes, pig in sage blanket, apricot and chestnut stuffing, a homemade Yorkshire pudding and cheesy brussels (GF\*)

#### Christmas Espetada

Hanging kebabs with crown of turkey, pigs in sage blanket, apricot and chestnut stuffing and roasted brussel sprouts served above a homemade yorkshire pudding with a sticky port gravy (GF\*)

#### Chocolate Orange Brownie

with clotted cream ice cream (GF, V)

#### Baileys Crème Brûlée

with sugared shortbread (V, GF\*)

#### Sticky Toffee Christmas Pudding

with brandy cream (V)

#### Key Lime Pie

with lemon sorbet

#### Strawberry and Prosecco Truffle

with vanilla ice cream

#### Chocolate and Pecan Pie

with vegan ice cream (Ve)

2 courses

£26.95

3 courses

£31.50

V - Vegan | Ve - Vegetarian | GF - Gluten free | GF\* - GF available on request



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