

Naphill & Walter's Ash Gazette



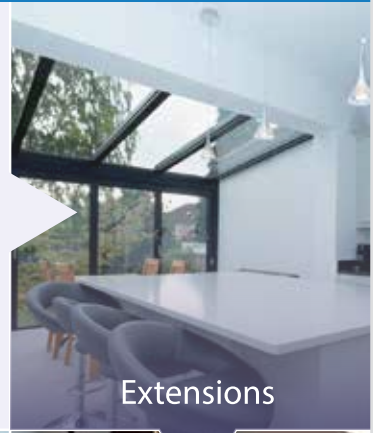
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DESIGNER

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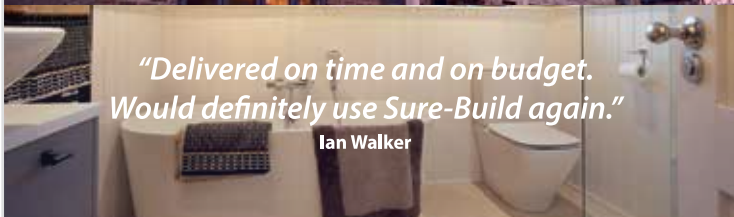


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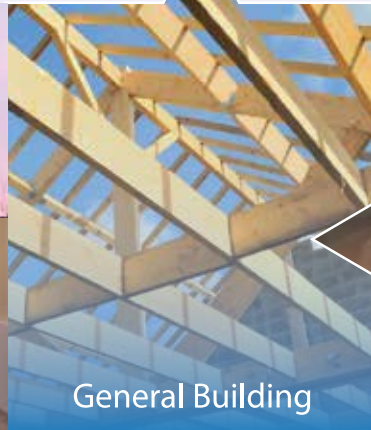
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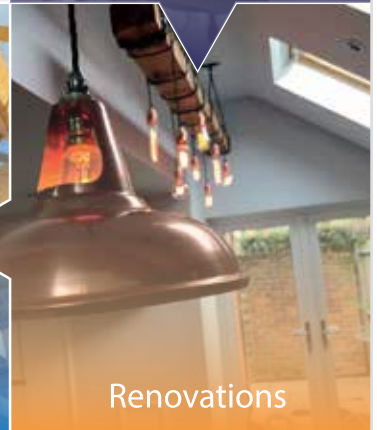


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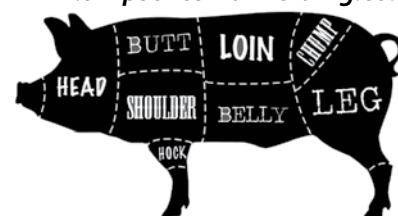
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Naphill & Walter's Ash Gazette October 2023



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Come and Join Us!

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Naphill Football Club	Chris Keats		naphillfc@btinternet.com
Hughenden Street Association	Susan Bickerstaff	07880 519323.	

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Chairman - Clive Lawrence

Email: chairman@naphillvillagehall.org.uk

Bookings - Tanya Stevens

Email: hallbookings@naphillvillagehall.org.uk

Tel: 07851 169275

www.naphillvillagehall.org.uk

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Hughenden Parish Council	Clerk Vacant	01494 715296	clerk@hughenden-pc.gov.uk
Hughenden Parish Councillors	Usha Prashar	07778 141920	usha.prashar@hughenden-pc.gov.uk
Hughenden Parish Councillors	Marc Byrom	0777 1754501	marc.byrom@hughenden-pc.gov.uk
Hughenden Parish Councillor	Chris Janes		chris.janes@hughenden-pc.gov.uk
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Buckinghamshire Councillor	David Carroll	01494 716967	David.Carroll@buckinghamshire.gov.uk
Buckinghamshire Councillor	Clive Harriss	07768 876568	Clive.Harriss@buckinghamshire.gov.uk

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Copy Date for November Gazette, 15 October

Welcome back from what was supposed to be a lovely, lazy, sun-drenched August but turned out to be rather grey, cool and not quite what a lot of us hoped for. However you spent the Summer, I hope you have enjoyed our beautiful countryside and peaceful villages. With so much strife and misery in this world, it certainly makes me appreciate my safe, warm, comfortable home here in Naphill.

One of my personal, special August events was the Gazette team tea which Abigail Sawney and our distribution managers, Paul and Joanne organised at Bon Ami. This was the first time that I have been able to meet so many of our distributors and to be able to thank them personally for the vital work they do. My thanks to Abi, Jo and Paul for organising this and of course, to all who attended! Jonathan has written a report, please see page 15.

I have now completed 10 years as the very proud editor of the Naphill & Walter's Ash Gazette so this is my 101st edition. My very first cover was the Naphill Neighbours 50th anniversary and again, in this edition we celebrate with them on this their 60th anniversary! Please see page 19. Over the past 10 years, inevitably, some of the people in the last photo have passed away but happily, some are still with us and new members have joined this, our oldest village social group. So, to all their members, CONGRATULATIONS and keep up the good work!

This month's front cover is very special! There were no discussions. Jonathan took the photo and we both knew

instantly that this one was the cover! You see, a year ago, we were all very concerned for little Nathan Youens and his family, as many of you will remember, Nathan had just been diagnosed with cancer. Jonathan recently visited the family to get an update. We have his lovely, encouraging report, with photos, on page 25. Thank you to the Youens family and Jonathan, I love good news and this was definitely "best good news".

Oh, the joys of having a gregarious fun loving, talented photographer as my deputy editor and member of our team! I am delighted to share his interviews and photos with you. I would love to publish more "chats with Jonathan".

Jonathan says: "Do you have a story, do you know a local hero, do you have a hidden passion that could be of interest to us all? Please do get in contact with me at jonathan@piersphoto.com or give me a call on 07787505786 so we can add it to the magazine."

Please do contact Jonathan and of course send me your own reports, photos and contributions, let's continue to make the Gazette a really good read!

My thanks to all of our contributors, welcome to our new advertisers, have a safe and happy October, and a happy, safe Halloween. I look forward to being back in the chair for the November 2023 Gazette!

Best wishes,

Sonia

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Naphill Village Hall & Playing Fields Council Chairman's Report

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The village hall committee meeting was held on 4th. September. There were 11 members present. The committee was told that the lease for Bon Ami has now been completed and is now in place. The aertex covering on the kitchen ceiling has been removed and the ceiling has been replastered and a working party repainted the ceiling and then new lights were fitted. I would like to thank Jenny Tench, Linda Clark and Dennis Lynch for their help in painting the ceiling, it was noted that the whole of the kitchen needs redecorating and quotes will be obtained for doing this.

The committee are still receiving complaints about the dog fouling on the crick. We now have an extra 3 bins for the dog mess but it appears that a few dog owners ignore that their dog has fouled and do not clear up after the event. Please keep your dog on a lead at all times on the crick. Dog owners who ignore this will be asked to leave the crick. If you see an incident of this, let the dog owner know so that they can make amends. We do not want to ban all dogs from the crick but if the situation does not improve we will have to consider taking this action.

The tennis club has submitted a planning application for LED lighting on the tennis courts.

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 we have sold out before the day and anticipate 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

Chairman Naphill Village Hall .

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- This resource is for the enjoyment of all.
- Please help us to keep the site in good condition – put your litter in a bin or take it home.

**NAPHILL
FIREWORKS
SPECTACULAR
2023**

**NAPHILL VILLAGE HALL
THE CRICK, NAPHILL
SATURDAY
4TH NOVEMBER**

*Service of Remembrance
Naphill Village Hall
12th November at 2.30pm*

Naphill Christmas Gift Fayre

★ ★ ★ ★ ★ ★ ★ ★

**Friday 1st December
6.00 - 9.00pm**

Naphill Village Hall

★ ★ ★ ★ ★

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Hedge Cutting/Overgrown Hedges

Hughenden Parish Council has recently signed a contract to maintain the Hedges it owns. However, there are far more hedges owned privately that also need to be maintained. It is essential that no hedges are allowed to obstruct pavements, forcing pedestrians to walk in the road risking being struck by vehicles. The Parish Council is responsible for requesting householders to carry out such maintenance and ultimately Bucks Council has authority to carry it out themselves and charge the householder. To avoid this hassle, please ensure your hedge is not overgrowing onto the pavement.

Stan Jones

Hughenden Parish Council Chairman



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



The 1st of July was the start of a new Rotary Year. Last year, amongst others, our main focus was the youth, the elderly of Princes Risborough (PR) and surrounding areas, and support to Ukraine. During the past 8 years we have donated over £240,000 to a range of projects, in the past 12 months we have donated over £33,000. Amongst other young recipients were the PR Youth Club, now also hosting Ukrainian youngsters, Bucks Young Carers sailing away-days, a number of local schools which entered 1300 children in our Art Competition (12 schools signed up for it), a Monks Risborough School play-area project, the Longwick School library, a Lane End Parish playground, Bledlow Ridge School and support to years 10 and 11 Interact Clubs at PR School and the RGS. We provided the town's "seniors" with a Christmas Lunch and a Coronation Lunch, and we made donations to the Princes Centre and supported the Bourne End Care Centre. We have continued to support the Lacey Green/Loosley Row Ukraine2Chilterns Charity, which is supporting over 200 Ukrainian guests, and we have been involved with a number of their social events and helped finding work

and accommodation for them. We have also donated to a Rotary International fund providing equipment for mobile emergency operating theatres in Ukraine. The Club is now examining where our help will be needed in the next 12 months.

In addition to all this work we are a fun, friendly Club of men and women, the concept of Rotary being friendship and companionship. If you would like to be part of it and help us contribute locally and internationally, and might be thinking about joining, visit our website about coming to one of our meetings to see if it might interest you. Additionally, if you know of local causes that would benefit from our support, or you would like to donate to our Charity Account, please use the contact details below.

We would love to hear from you.

You can contact us at: rcpr.org.uk or call David White on 07787 750889 or email: david@dhwhite.plus.com

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The poster features a dark blue background with a yellow border. At the top, there are stylized fireworks in blue and red. The text 'NAPHILL' is in yellow, 'FIREWORKS' is in large yellow letters with a blue outline, 'SPECTACULAR' is in yellow, and '2023' is in white. Below this, a yellow banner contains the event details in black text.

NAPHILL FIREWORKS SPECTACULAR 2023

**NAPHILL VILLAGE HALL
THE CRICK, NAPHILL
SATURDAY
4TH NOVEMBER**

Naphill Fireworks Spectacular 2023

Naphill's 'Best in Bucks' annual Fireworks display on the Crick is back with a BOOM again, this year on Saturday 4th November!

We have our bonfire to keep you warm, our delicious BBQ, soup kitchen and bar to keep you fed and watered, to top it all off, we have Naphill's local music legends Bad Neighbours rocking your socks off both before and after the display! So why not come a little earlier & stay a little later?

Whilst all our concessions will have the technology to take digital payment, for speed and to avoid any unforeseen technical issues we recommend you bring a little cash to the event.

Tickets and further information will be available through our website www.naphillfireworks.co.uk and on local social media. You can also pick up tickets, cash only, in many of our local shops and pubs – The Wheel, The Black Lion, The Co-op and Naphill

Post Office to name a few. We have a limited number of tickets, and therefore, they will not be available on the gate, we strongly advise getting yours early as we sold out last year!

Please also note, due to health and safety, there will be no parking available, we ask politely that you either walk or use public transport.

These fun village events don't run without you. We are always looking for volunteers to help us achieve an enjoyable evening which raises vital income for the Village Hall and other community projects. If you can help us out on the evening, please get involved and contact us through our website.

For now, that's it from us. Everything is coming together; we cannot wait to celebrate the most notorious act of treason England has ever seen. We hope you can join us!

Fireworks Committee.

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A Much Enjoyed Gazette Team Meeting

An excellent afternoon in the back hall of the Village Hall with a gathering of the Gazette team, organised by Abby Sawney. We had our editor in chief the ever-lively Sonia Goby and her management team of treasurer, webmaster and deputy editor and a large number of our wonderful distributors and distribution managers. It was brilliant to get most of the team together and find out who they are and where they deliver. Faces were put to names, with refreshments from our friends in Bon Ami.

This village has a vibrant magazine which is the envy of many, but it cannot be produced without the input of the entire team! We were especially pleased to meet

the distributors, a vital part of the team, who make sure that the Gazette is delivered promptly to every Gazette subscriber, regardless of the weather!

My thanks to all who came, to those who organised today and to Bon Ami for their excellent refreshments and service. Most of all thanks to our editor Sonia Goby for her tireless work in making sure we have a great magazine which does our community proud.

Jonathan Hilder
Deputy Editor

Naphill Brownies

It seems so long ago since we had our wonderful beach-themed day at the start of the school holidays. The weather was typical British beach weather – wet. But, in true British beach holiday style we had a fab day anyway.

Now we are looking forward to the autumn term. This is typically a busy term for us with the autumn activities squashed in together with the Jumble sale, Halloween, Remembrance and of course CHRISTMAS.

We have welcomed some new brownies this term. I hope they enjoy their brownie adventure as much as the rest of us. It will be a term packed with games, crafts, challenges and new experiences

Tigger (Jill) and I love doing brownies. It really is lots of fun for us as well as the girls, and is hugely rewarding. We both started out when our girls were brownies and have been here ever since. However, looking to the future, we cannot run it forever. In a perfect world, we are looking

for a couple of volunteers to come and join us in running brownies, with a view to possibly taking it over. If you would like to find out more, do get in touch

It may have happened by the time you get this, but, don't forget our Brownie Jumble Sale on Saturday 7th October 2023. Doors open 1:30pm. See you there!

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)
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1st Naphill Brownies
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Local Tales - *Lost for Words!*

I came across the accompanying illustration showing an assortment of the tools of Jack Hill the chairmaker. I think that included in it are all those necessary to make a Windsor chair, (less a saw and a lathe). I recognised the tools and I am sure that many readers will too, but despite being familiar with the trade I can't remember some of their names. The tools and their names fall into disuse as the trade dies. The same, of course, applies to words in general. Many become redundant or replaced by others. Some we may christen "dialect" words if older generations, or other communities still use them. We do hang on to some for a very long time – you may still hear 'hern', 'hisn' and 'yourn', (hers, his and yours), from Middle English dated c1150 to c1470.

The other day, when most of Europe seemed to be roasting and this country was rather on the cool side, someone told me that they were "pizzle-twisted". They meant, of course, that they were cold. Now, I understood what they meant and I'm sure many readers will too. 'Pizzled' is an old dialect word in old Bucks and probably other local, traditional languages and I have used it myself. This set me wondering how many other words of that sort I might understand if not use.

How many of us would understand if someone was described as 'ferrucking' or 'ferreting' about – that is, poking around looking for something? Would you say that someone "quilted the lot" if they ate everything? If someone said they had "gurt hommocks" would you look to check the size of their feet? If I 'poshed' an egg would you know that I had broken it?

Many expressions using dialect words seem much more modern. If I ambled would you say I just 'poodled' along? If I 'mized' along it would be to move quickly. A tummy ache might give you real 'jip' or pain. If I am 'pimmocky' would you describe me as fussy? Most, I think would know what a 'Didicoy' was and would call the smallest puppy in a litter the 'dillen'. All these are dialect words, perhaps being lost but not yet and still echo in the memory. Personally, I would like to know if anyone else called a policeman a 'pibby' as I did as a boy?

We grew up to hear words that our family or social group would not use, or perhaps, with a different pronunciation. I've mentioned before my dad recalling a balloonist above his head, asking the name of the village as he studied his map and the old man he was with, shouting "Napple", to the balloonist's confusion. Such confusion caused by a strong accent can be embarrassing if amusing.

Some readers may have heard the story told by an English author who toured Australia to promote his book. He recalled sitting in a bookshop and customers would bring a book to him. He would take the book, ask the bearer his or her name then write in it 'to so and so with thanks and best wishes' and sign it. On one occasion a woman with a strong Australian accent, passed a copy of the book to him and he asked her name. Emma Chisset, she replied. So, he wrote 'to Emma Chisset with thanks and best wishes' and signed it. She, however protested: Na Na emmachisit? emmachisit? – how much is it!

Philip Hussey.



WORKING FOR A SAFER COMMUNITY

Wycombe District Neighbourhood Watch Association



Minimising the Risk of Fraud

Fraud protection involves safeguarding oneself against deceptive practices that can lead to financial or personal harm. Taking positive action to block the routes of communication often exploited by criminals is essential. Being aware of potential threats helps you recognise and avoid them.

Secure accounts: use strong, unique passwords for each account, enable two-factor authentication, and regularly update your passwords. This adds an extra layer of security to your online accounts.

Monitor financial statements: review your bank and credit card statements for any unauthorised transactions. Reporting suspicious activity promptly can help mitigate potential damage.

Protect personal information: be cautious about sharing personal information online or over the phone. Only provide information to reputable sources and avoid oversharing on social media.

Be wary of unsolicited communication: confirm the identity of individuals or organisations before sharing sensitive information or making transactions.

Say 'No' to doorstep callers: they might claim to offer services, products, or assistance. Politely but firmly decline any offers or requests, and avoid sharing any sensitive details or signing any documents without thorough verification.

Criminals are experts at impersonating people, organisations and the police. They spend hours researching you for their scams, hoping you'll let your

guard down for just a moment. Stop and think. It could protect you and your money.

If you have been a victim of fraud, you should report it to Action Fraud, the UK's national reporting centre for fraud and cybercrime. You can call the Action Fraud team on 0300 123 2040 or use the online form on their website www.actionfraud.police.uk. Reporting fraud helps track down and stop fraudsters and can prevent other people from becoming their victims.

Remember, falling victim to fraud is never your fault. Scammers are skilled at manipulation, and anyone can become a target. It's essential to acknowledge that the experience of fraud, even if prevented, can still trigger feelings of vulnerability, anger, or anxiety. Remember, these emotions are natural reactions, and seeking support from friends, family, or professionals can provide a safe space to process them. If you have been a victim of fraud contact Victims First on 0300 1234 148 or through the online form on their website www.victims-first.org.uk

Staying informed and taking proactive steps can keep both your financial and emotional wellbeing safe.

Learn more about crime prevention by joining the Neighbourhood Watch!

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Naphill Neighbours 60th Anniversary!



A Wonderful 60th birthday party for Naphill Neighbours

On a Monday afternoon in August members of Naphill Neighbours celebrated 60 years with a delicious afternoon tea supplied by Dot's Flying Tearooms. A lot of Prosecco (as well as non alcoholic drink!) was drunk with a splendid selection of sandwiches and cakes, not to mention scones with jam and cream!

Naphill Neighbours - September Meeting Report

This month's meeting did not go as planned but we had fun! Our speaker was unwell so our contingency plan came in to play.

We arrived to a large circle of chairs and a table of colourful wrapped gifts at one end. When we got started all participants were given two playing cards each. From another pack the caller named a card and the person with a matching one went to collect a prize. Our careful treasurer had purchased new packs from a charity shop but they turned out to have unusual cards for the jack, queen and king. The Queen had a V for Victoria and the King was Henry VIII. This caused some amusement when we started and it was downhill from then on! Gradually everyone built up a little collection of prizes but we didn't open them until the end. One parcel looked like a bottle of wine and there was some vying to get that. Much mirth as elderly ladies hobbled across the circle in pursuit. At the end we could all open our little prizes and this parcel turned out to be a bottle of fabric conditioner! The unlucky winner of that was highly amused.

We all appreciated the trouble that had been taken to prepare the game.

Our next meeting is on October 9th when the speaker will be Peter Hague on the subject of 'Inside the world of a TV and film extra'. As usual 1.45 for a 2pm start.



Peggy Ewart.

565969

**Congratulations to
Naphill Neighbours
on their
60th Anniversary!**



Judith Tardif
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Give yourself a 19.1% pay rise. Now, that is quite an attention-getter for the start of an article! Let me explain. According to the retail industry data provider Kantar, comparing vegetable prices for May to July 2023 with two years earlier, prices had risen by 19.1%. So, your labours in your garden or on your allotment are now worth 19.1% more than two years earlier. A 19.1% increase! (The price of seeds will have also risen, but the cost of seeds is very small compared to the value of the vegetables produced.) So that part of your daily labours will have been rewarded with a 19.1% increase in two years. GROW YOUR OWN!

How have my crops grown this year? It has been a crazy year, with that extremely hot, dry period in May/June followed by a quite cold and very wet July and early August. In the greenhouse, which has an automatic watering system, the Carmen F1 all-female cucumbers have been twice as productive as in previous years, the Corno di Toro peppers three times as productive and the Black Hamburg grapes four times as productive. Outside, in the vegetable plot, it has been a different story. Twice-sown carrots have been an absolute disaster, as have the strawberries. Sweetcorn is about average, radishes a disaster, poirée brilliant, beetroot brilliant, celeriac good, leeks very poor and butternut squash OK. Braeburn apples are about average and, as I have reported before, the two espalier peach trees have survived the drought but produced no peaches and the espalier apricot died. The climbing French beans are average (but delicious) and the elephant garlic has a reduced crop. I planted the Centurion F1 onion sets close together in order to produce smaller onions and what happened – the largest onions I have ever grown! What a year! How unpredictable!

A new menace has appeared in the garden – a large slug. There are on average in the UK about 60 slugs per square foot. Nearly all of them remain in the soil and



never come to the surface. In Naphill and Walters Ash we probably have more than 60 per square foot since our soil, a clay loam, is paradise for slugs. Nearly all of the ones which attack our plants above ground are nocturnal. I have spent over 50 years dealing with slugs here, but this new one is a real monster. They attack our plants in broad daylight and are very large, some 2.5 inches long and very fat (and they all seem to be about the same size). They are reddish-brown in colour and are everywhere, a real plague. I suppose the newcomers are out and about in broad daylight because their size must make it difficult for them to burrow down into the soil. It would be interesting to hear whether other gardeners in Naphill and Walter's Ash have noticed this new menace.



Good gardening!

Mike Mason

Shear Madness

This month's cover photo made my heart sing! Nathan is not out of the woods yet but he's well enough to start school and make some new friends. HOORAY! Such a very brave family facing such a horrible time, if only love could cure cancer the world would be a better place.

Sadly cancer affects many families but for a child to get it is so sad! Many of you know I lost my business partner nine years ago and I'm in recovery from breast cancer but I'm now four years clear. An early diagnosis often gives with a fighting chance.

It's hard to believe that I'm writing my October article sat on a beach in Cyprus but I must include Halloween and fireworks so be safe at Halloween and only knock at houses that have decorations and have fun but please stay safe. I'm sure I'll be selling fireworks tickets as usual

but remember to get them early as they go fast and are limited to how many people that can be there.

So that's me then, I shall email this to Sonia my village grandma, I'll be in her good books, so I am awarding myself an EXTRA Piña colada.! CHEERS!

Love as always

Mandy x





From the Vicarage

As I write these words, we are in the middle of September, and have been enjoying a welcome warm period for the last couple of weeks. Record temperatures in the UK have even exceeded mainland Europe.

However, at the same time, we have been all too aware that the nights are closing in, and autumn is just around the corner.

Keen gardeners are staying on top of mowing while the sun shines, before preparing their gardens for the winter ahead.

We are all too familiar with the changing of the seasons, and yet they can still take us by surprise. When British Summer Times ends in October and clocks “fall back” one hour, we subconsciously prepare for hibernation mode, as the amount of daylight we enjoy is cut even more, and we spend more time indoors, in the warm.

Nature is also closely attuned to the seasons. They often seem better equipped than us, squirrels hoarding their winter’s supply of nuts, before sleeping through the winter, nesting season in the Spring. Many birds migrate to warmer climates during the winter (as do some humans too), and the cycle continues for another year.

We are creatures of habit. My favourite season is Spring – the welcome arrival of warmer temperatures, stunning floral displays, and the promise (hopefully) of several months of decent weather. I wonder, do you have a favourite season, and if so, why?

We live in a remarkable world, which some of us appreciate, but which is sadly not well looked after by humanity. The delicate cycles of the seasons, which have run since time immemorial, are at risk of losing their distinctiveness, due to global warming, and a lack of good stewardship of our natural resources.

Politicians across the globe are far more inclined to make short or medium term decisions for financial gain, which will have a lasting impact upon our planet. World leaders have an unenviable task in trying to juggle a nation’s resources and needs, and often have pressure put on them to find immediate solutions to economic strife, whose consequences are keenly felt by future generations.

Each season is precious. I encourage you to welcome and cherish the changing of the seasons, to thank God for the plentiful supply of rain, flowers, sunshine and the canopy of autumn leaves, which will be upon us very soon.

One final thought – is there one thing that you and I could do differently to play our part in looking after the planet? Perhaps it is something we could do with a friend, inspire a neighbour to get involved – many world transforming movements begin with the seed of a good idea.

Keith



Church News

As many of you will have seen (we had over 500 visitors!) the Bank Holiday Flower Festival was a great success. The variety and range of the floral representations of ‘A favourite Hymn’ was testament to the artistry of those involved. This was also exemplified by the U3A exhibition of photography, paintings, and a range of exquisite hand-made quilts. A different form of artistry was enjoyed in Church House as friends gathered to sample the teas and range of homemade cakes.

Thank you to all our visitors for coming and for the generous donations received.

The following weekend saw on Saturday, a Men’s Breakfast, with participants being served the usual sumptuous breakfast, though minus toast, owing to an electrical glitch. The speaker was David Cliff, talking on gold mining.

Still on a bit of a foody theme, the next day was Ice Cream Sunday (pun is deliberate), perhaps known to some as ‘Back to Church Sunday’. The young members of the 11 o’clock congregation led the entire service. We had puppet performances, Cordelia gave the address, primary schoolers read the prayers and then we were served excellent ice cream in the by now blazing sunshine. An exhilarating and uplifting service, in which we thought particularly of children, teachers and other school staff returning for the start of the new school year with all the excitement and challenges that would bring.

Looking forward, we are continuing the installation of better and more ecofriendly lighting in the church and there will be some building work to the entrance to give easier disability (and pushchair) access. This will necessitate the closure of the church on a few days, for which apologies: it will be worth it!

Jane Tyrer

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(Bank Holiday Mondays)
12pm - 8pm

Food

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

Sunday
12pm - 4pm

(Bank Holiday Mondays)
12pm - 4pm

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

The Wheel, Main Road, Naphill, Buckinghamshire, HP14 4QA Email: info@thewheelnaphill.com Tel: 01494 562 210

The Wheel News

What a strange summer it has been! The weather has not been great but most people have still been out and enjoyed the gardens when possible. Lots of you have all been away chasing the sunshine. Now as I write this the sun is blazing and it's 32° and the kids are back at school. I'm sure it's wishful thinking but long may it last.

The last two months it all been fairly normal here without a huge amount to report. This year I only had one member of staff collecting his A level results and no GCSE to report either. I'm pleased to say Ben got the results he needed and is off to university. So Izzie, Ben and Chloe S. will all be back to university by the time you read this. I would like to welcome Fred Wallace to the team.

So the next few months for us is all about the Rugby World Cup, every game will be shown as long as its during our opening hours. For those of you that believe the pub is only as big as the front bar, there is also a TV in the backroom that will be utilised for the bigger games.

By the time you read this, our carpark will have been resurfaced and all the potholes will be gone! This should make a nice dry carpark for you all. Hopefully we will also have had a bit of redesign in the front bar and a new fridge is being put in, so that we will have more bottle choices.

With Christmas well on its way we have been looking at an alternative Christmas to help keep your cost down. Our Traditional Christmas Roast will be available on Sundays only, and our specials are going to have a Christmas twist! The bar will be set up to create that festive feeling and there will be some interesting, festive drink choices!

We can't wait for this year's fireworks display, and thanks to the team for all their hard work.

Once again thanks to everyone for their continued support.

Claire, Mark and The Team

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PARENT 2023



'We can see that the Year R teachers and support staff take their time to get to know every single child and work with each individual personality.'

PARENT 2023



'Thank you so much for the nurture and great start to school that you have given my child.'

PARENT 2023

Come and visit us:

October Open Afternoon - Tuesday 17th October - 1.30pm

November Open Morning - Thursday 9th November - 9.15am



naphillandwaltersashschool.co.uk



A Year On! - Jonathan's catch up visit with the Youens Family

Sometimes, when working with the Gazette, you get the chance to meet people whose stories truly warms the heart. On 6th of September 2022 Jacob Youens, who was just 3 and a half years old, was diagnosed with A L L. a type of Leukaemia, and was a very ill little boy. Treatment was started and then in October Lucy and Matt, his parents, and their friends and family, set about fundraising for others who had cancer. The fund raiser in the Village Hall was an absolute triumph of a community pulling together. The event raised an incredible £6966.03.

Fast forward to the 28th of August and Lucy, Matt, Kaitlin, and Jacob welcomed me into their home to talk about how Jacob is doing. Well, I could not believe the whirlwind that is Jacob. His hair is back, he has lost the steroid roundness and is now on what they call maintenance treatment. It's been a really tough time for the family, and they still have tough days and this will continue to be so as Jacob continues with his treatment. Managing the medication and its side effects is never easy and you never know what is round the corner. He will be on the maintenance treatment for another 15 months.

Nathan is a true bundle of outdoor energy and a great live wire! Much to his mother's relief he is off to Naphill school in September and will join the Gruffalos class. Not sure Naphill school will be ready for who is about to enter their doors, so good luck guys!

There have been things that have made life just a touch more bearable for the family, like the gentleman from the charity "Cyclists Fighting Cancer" who turned up on their door with a bike for Jacob the day they got out of hospital.

Lucy and her family are forever grateful to the community for the support they have received and they now want to undertake another fund raiser to help other charities who help kids with cancer. So if you would like to help or have ideas please contact Lucy on jkmyouens@gmail.com or myself on jonathan@piersphoto.com and let see if we can beat what this amazing community did last time.

I would like to add that I know from personal experience that living with cancer is tough, my father set up Lymphoma Action from our front room whilst suffering from it, and it is only through the help of others that we get through. Talking is helpful and can make the journey easier to navigate especially when children are involved. On behalf of the Gazette, I would like to wish this great family continued progress for Jacob and a return to some semblance of normal family life.



Jonathan Hilder
Assistant Editor



Touch-me-not Balsam (*Impatiens noli-tangere*),



Photograph courtesy Amanda Gillan

Friends of Naphill Common

Minibeast Safari

Our safari took place on Sunday 3rd September, a warm day, and was well attended. We walked around Vincent's Meadow (at the bottom of Downley Road) and encountered crickets and grasshoppers as well as crab spiders. For me (and, I think, for others) one of the highlights was the discovery of Touch-me-not Balsam (*Impatiens noli-tangere*, Latin scholars will spot the connection, and gardeners will know *Impatiens* species as "Busy Lizzie"). I was previously unaware of this native species, but was familiar with Himalayan Balsam, an invasive species now spreading throughout Europe. Both balsams spread their seeds in the same way, by seed pods that 'explode' on touch, when ripe.

Mower update

Our newly purchased flail is performing well, able to tackle longer grass and bracken that would have defeated the old mower – see illustration of work on the Clumps at the Bradenham end of the Common. The old mower recently suffered another failure, this time of the magneto. Fortunately, parts for the engine are still readily available, unlike spares for the mower deck (which is why we needed the flail), and the mower/tractor is now back in operation. We are still working to raise the funds needed for a replacement.

Activities

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

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

Chris Miller - Chairman





For Love of Naphill Common



A Tribute to Our Beautiful Common and the Volunteering Folk who Keep it that Way!

At this time of year the poem by John Keats *"To Autumn"* could have been written for our beautiful Naphill Common... *"Season of mists and mellow fruitfulness"*, I think, says it all.

We moved into Naphill about thirty years ago in late August – with two dogs who loved their walks – we soon discovered the local woods and The Common – we found it a tranquil place – over grown in places, with plenty of brambles to negotiate across the foot paths, and holly in abundance- but a warm, gentle place always beckoning you on further, just one more corner tempting you on.

Autumn ,the golden age, followed by chill Chiltern winds sending the beech trees into a frenzied dance, casting their leaves upon the floor to cosset the bluebells and foxgloves that grow up in spring.

I was working then, so my observations were limited to mainly checking my dogs.

Retirement bought me time to walk further and take a closer look at my surroundings – I always walked with a neighbour on a Thursday morning come rain or shine. We began to sniff the autumn smell of bonfires and noticed some of the paths had been cleared and glades were appearing so encouraging the bluebells and foxgloves to grow stronger and spread. One such morning we came across a bunch of people cutting holly and scrub therefore opening up the path in front of us, we also had found our "smell" of bonfire. We stopped and chatted to these

friendly folk and discovered FONC – Friends of Naphill Common ! They volunteer all year, weather permitting clearing paths, ponds and glades, restoring the common to a very beautiful, natural but controlled place.

I have been retired for twenty plus years now – I still wander the edge of the common, in much shorter bursts now – anno domini has slowed my legs – the dogs have left over the Rainbow Bridge – But The Common gets more beautiful as the years go by – Remember as you enjoy this Glorious Space the folks from FONC who have made it as it is – the same team as I met up with 20 years ago – they love it , but would welcome some younger blood, as also for them "anno Domini"!

Oh ! and beware, there are mischievous nymphs that live in this magical place, that whisper "follow me, follow me" and before you realise it, you look, and know not where you are.

The Shy Contributor

If you would like to make a contribution to the FoNC "Mini Tractor Fund, details below:

Friends of Naphill Common

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Sort code: 23-05-80



If you can help with fund raising or would like more information, please contact Chris Miller, chairman@naphillcommon.org.uk



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Better health: Let's Do This

Strolling up to the allotments in Hughenden Valley it was great to see people busy harvesting their plants. As residents in Naphill and Walter's Ash will know being an allotment holder is hugely satisfying despite all the hard work! Hughenden Street Association is keen to help the Parish Council to encourage more residents to rent an allotment. The health benefits are many: physical and mental well-being are improved and the chance to natter with other allotment holders and passing members of the public are additional benefits.



Whilst on the subject of health, October is of course Stoptober, and many people will take advantage of the opportunity to stop smoking. There are plenty of useful resources available and it is good to know that the benefits begin to appear in a matter of weeks. These include:

After 20 minutes your pulse rate will already be starting to return to normal. Did you know that smoking raised it?

After 48 hours all carbon monoxide is flushed out. Your lungs are clearing out mucus and your senses of taste and smell are improving.

After 72 hours you may notice that you are breathing more easily, and your energy levels will be increasing. This is great news, isn't it?

Despite declining smoking rates, there are nearly 6 million adults in England who still smoke. Smoking remains the single biggest cause of preventable illness and death in England. It also costs the NHS £2.4 billion a year, with the wider cost to society in England being approximately £17 billion a year (GOV.UK)

Quitting smoking is not easy and having supportive friends and family members is important. Evidence shows that people are FIVE times more likely to quit for good if they can make it to at least 28 days smoke free. If you know someone who smokes and would like to quit, then you can help them. Encouragement and support is highly complementary to the medical and other professional support available.

Another factor is the sheer cost of smoking. HMRC reveals that the average smoker can save around £2,000 a year when they quit.

To find out more visit: www.nhs.uk/better-health/quit-smoking/

Visit Hughenden Parish Council website to see the full range of allotment sites available:

www.Hughenden-pc.gov.uk/community/allotments/

Hilda Stearn

Communications Co-ordinator

Hughenden Street Association

Email: hughendensa@gmail.com



The HSA pub lunch is here!



Hughenden Street Association in partnership with the Black Lion public house, invite you to our monthly Pub Lunch

Enjoy a lovely 2-course lunch for only £12 in the reserved restaurant at the Black Lion, Woodlands Drive, Naphill.

12.30pm every THIRD Wednesday of the month

Places must be pre-booked

Contact Susan Bickerstaffe to reserve:

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RAF High Wycombe

One step can take you far



In 1999 twenty-four-year-old Jo Sangwin was working as an NHS nurse and would routinely accompany patients down to their diabetes appointments, quietly thinking to herself that living with the disease looked very hard and unrelenting. Little did she know that she would be diagnosed with Type 1 diabetes. Twenty-four years later Jo, a civil servant working at RAF High Wycombe who effervesces with a passion for life, is undertaking the One Million Step Challenge to raise money for leading charity, Diabetes UK.

In Type 1 diabetes insufficient insulin is produced because the body's immune system attacks the islet cells in the pancreas that makes insulin. As a result, glucose (or sugar) in the blood can become too high. Its onset is not due to age or being overweight. Jo believes she contracted the illness through her first pregnancy where she was prescribed insulin. When she ceased taking insulin after the birth her weight fell to just six stone, "...and my body was essentially eating itself," said Jo in disbelief.

Living with an ailment that has no known cure is one thing. Accepting it is another. *"I accepted it far quicker than I thought I would, but I have had moments of denial. With a busy life you don't always have time to check your blood sugars. I did become a little kamikaze about it which was foolish. But I do believe every diabetic goes through that."*

A check-up at her annual retinopathy (disease of the retina) clinic last year revealed a proliferative diabetic retinopathy in her right eye. This causes the small retinal blood vessels in the eye to become diseased. Left unchecked it can cause permanent blindness. A course of laser treatment in her right eye has slowed down any deterioration. "My consultant said if the condition had not been found I would probably have had only five years of sight left. To help my eyes I take omega oils, mackerel and leafy green vegetables."

Diabetes UK annually run the One Million Step Challenge with over 15,000 taking part this year nationwide. Initially, Jo had no interest in doing it for fear that she would finally have to acknowledge her demons. *"I have always been in that horrible frame of mind of never wanting to do something like this because it makes what I have real. To be honest I didn't want to put myself out there and say, 'I'm diabetic.'"*

However, Jo is a fighter and facing her demon within has been a cathartic experience. In accepting her illness and helping herself, she also hopes to help others. Running from 1 July 23 to 30 September 23, Jo has already walked 700,000 steps, with an average of 14,000 steps a day. A wall



chart helps her plot her daily progress and she admits to being obsessive about the number of steps she achieves each day.

So, what advice would Jo give to someone who has been newly diagnosed with diabetes? The mother of four suggests doing research into the illness and joining social media groups. *"I didn't do that in the beginning, and I really wish I had," commented Jo. "There is a whole force out there – particularly younger people who are wearing all of their tech with pride. I read a lot of comments on social media from the younger people who have diabetes but they're still continuing to smoke, and I think it's silly. Don't do it! You have to look after every single blood vessel in your body because it will come back to haunt you. It is all about acceptance."* The One Million Step challenge runs from 1 July – 30 Sept 23. You can sponsor Jo by logging onto her fundraising page at <https://step.diabetes.org.uk/fundraising/joanna1986>. (see QR on photo). The site will remain open for donations until 30 Oct 23.

Laurence Parker,
MCO, RAF High Wycombe.



RAF High Wycombe

A Message from Padre Andi



Dear Friends,

As I write this article, I'm sat in my room at the St. Padarns Institute in Llandaff, where I am studying towards completing a dissertation. From my window I can see a rose bed full of blooms, the college chapel and beyond to trees where the grass has been allowed to grow long to encourage wildlife. Travelling away from RAF High Wycombe to this place gives me opportunity for reflection on what my life as a RAF Chaplain, and naturally the duty and service that I am to perform.

The opportunity to reflect is something that this time of year seems to encourage, with Remembrance Services, All Souls Day and other events, ensuring

that reflection on those things that have passed are recalled. Yet to simply reflect is not enough, upon reflecting... there has to be action with the potential to change or progress a situation. Jesus would often go to a solitary place to reflect and pray, usually before having to take on a specific task or to retreat after a hard time with the crowds. How do you find time to reflect on the world around you?

We are blessed to live in such a lovely area, with such an abundance of creations beauty all around us. This I believe lends itself to observe and reflect who we are within God's creation, and what it means for change to be ever present in the move from Summer to Autumn. So, if you have time, perhaps take a moment to stop and watch the changes all around us, to reflect on whats happening in our own part of the world, and then see what action is necessary or required.

Peace and all good,

Revd Andi Chapman TSSF, RAF.

Station Chaplain; RAF High Wycombe.



Naphill Village Hall Service of Remembrance

12th November at 2.30pm



The Annual Remembrance Service will be held at the Village Hall, Naphill on Sunday, 12th November at 2.30pm.

The Service will be taken by Padre Andi Chapman, the Station Chaplain at RAF High Wycombe.

I hope that this year that there will be a good attendance and you are all invited to come. A reminder to all who attend that there will be a collection for the Royal British Legion Poppy Appeal after the service, so please remember to bring along some cash.

Wreaths will be laid at the end of the service on the Remembrance Stone. I should remind all organisations that it is their responsibility to provide their own wreaths.

Remembrance Day holds a unique and special place in our national calendar.

It gives us all a chance to remember, and give thanks, to the thousands of allied men and women who have given their lives to ensure our freedom from the tyranny of oppression. We must all remember the gifts of their lives for our freedom.

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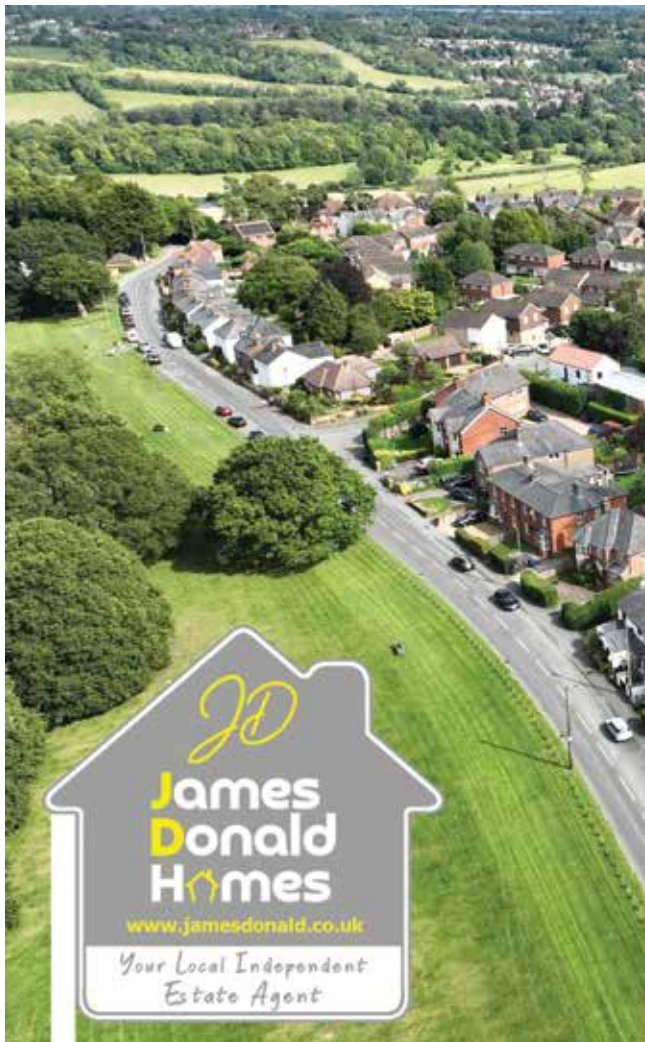
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this do exist and we are pleased to welcome James Donald Homes to the pages of the Gazette.

James has been in the Estate agency business since 2005 so now has 18 years of experience under his belt, having worked for some well-known local names around High Wycombe. He has now launched his own business, James Donald Homes, but offering an end-to-end service where he will personally undertake the following:

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I also discovered that James does not treat this as a 9-5 at all - he will be available when you want him and not just by faceless email. A truly personal service in a world that seems to have forgotten how this is done.

James lives locally, knows the area, walks his dog locally and is involved with the local community. He is also very proud of his reviews on google and facebook, so take a look at those when you have a moment. When asked for his favourite band he settled on The Eagles (a good choice) and has also recently seen the Illegal Eagles when they tour round here. So, if you would like to talk to a local expert who covers Naphill, Walters Ash, Hughenden Valley, West Wycombe, Downley, Widmer End, Holmer Green, Hazlemere and Little/Great Kingshill give him a call.

Jonathan Hilder

Assistant editor



Nikki Annable Dip FH MCFHP MSC

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Bradenham Parish Council

The parish council met as usual for its September meeting at Bradenham Cricket Club. Buckinghamshire Councillor Carl Etholen reported that three parish councils had petitioned the North West Community Board for speed reduction. The Lacey Green petition affects our parish. They would like the speed limit between Walter's Ash and Lacey Green reduced from the national speed limit of 60miles/hr to 40 miles/hour. The cost of getting this done is substantial, it involves considerable legal costs and several consultations. We have not been asked to contribute. We will keep you updated when we hear more.

A number of issues were raised with our Buckinghamshire Councillor about parking and the conditions of pavements in High Wycombe. Also Main Road, Naphill having been blocked by a vehicle delivering materials to the works laying the high voltage cables and Gigaclear not informing residents of works being carried out.

Hedges - We have received a number of complaints of hedges not having been cut back and obstructing foot/cycle paths. It is the landowner's responsibility to cut back their hedges and trees so that they do not obstruct foot/cycle paths. Some hedges concerned are Buckinghamshire

Council's responsibility others are privately owned. The clerk will be contacting those landowners asking them to clear the foot/cycle paths.

The dog waste bin in Bradenham village is often overflowing after the weekend, it does get emptied on a weekly basis. We are going to purchase a larger bin once our waste disposal company has confirmed they would be able to handle a larger bin. We are delighted that the dog waste bins are being used, but can we ask you, if the bin is full can you please take your dog waste home.

Buckinghamshire Council have launched a survey about the way they spend and intend to spend their money. This is the way residents can tell the council which areas they want prioritised in next year's budget please look at 'Money Matters'

Our next meeting will be Monday 13th November 2023 at 7pm @ Bradenham Cricket Club.



Deirdre Hansen - Clerk

clerkbradenhampc@gmail.com

www.e-voice.org.uk/bradenham-parish-council



Opening Hours

Monday - Friday
10am to 4pm
Saturday
10am to 2pm

CLOSED - Sunday and Bank Holidays

Our News

We have enjoyed a busy summer so thank you to our regular customers for your support and a warm welcome to the many newcomers who visited us and promised to return. Thank you too to Judy Whitehouse for the glorious hanging baskets which have decorated our terrace over the summer and been thoroughly enjoyed and admired by everyone.

It has been pointed out to us that our Saturday opening hours, although listed as sent to the editor, were not correct in the last issue of the Gazette. We do apologise for any inconvenience caused. Please see the correct times on the header. We are also trialling opening on Sundays for a takeaway service from 10am until 12pm during the football season when matches are taking place. We will not be open every Sunday.

We will be holding a Macmillan Coffee Morning on Friday 20th October. As always 50p from the sale of each hot drink will be donated to this very deserving charity. Please do come along and support us.

On the 4th Monday of each month the Street Association runs a session from 2pm - 4pm when all are welcome to come and play board games such as Scrabble, socialise and treat themselves to refreshments from Bon Ami.

On the 1st Monday of each month from 2pm - 4pm a Rummikub club has started so please come along and join in if you enjoy the game and spend a pleasant couple of hours pitting your wits against your opponents and treating yourselves to refreshments from Bon Ami

We have lots of different activities taking place or just come along and enjoy a warm welcome at Bon Ami.

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Naphill Tennis Club



Tennis is back in full swing and 16 members turned up to play at a recent Tuesday morning club session. Could have done with 4 courts instead of 3!

The Children's Summer Camps in August proved particularly popular with teenagers though not so many younger children joined this time – away on holiday perhaps?

September's heatwave did not stop members from turning out to play though they sensibly aimed for the cooler parts of the day when there were any. How thankful we were that we had artificial grass courts and not tarmac which would have been hotter!

With children back to school and cooler weather on its way, our usual coaching sessions with Mel and Becc are back on schedule. New members always welcome. For further information, please see our website www.clubspark.lta.org.uk/NaphillLTC or find us on Facebook: Naphill Tennis Club.

Jenny Tench



New Members ALWAYS Welcome!

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



Possibly some of the Birds Named in this Article



Gordon the Bird Man - *A strange Year for Birds*

So far it has been a strange year for a birder. Bramblings did not appear in the garden until March 19, reaching a maximum of 18 on April 11, by which time they will normally be moving North. Numbers gradually declined until last recorded on May 3rd which is twenty days later than previously last seen. This was followed by a very quiet May and June, probably resulting from first nest failures due to the cold and wet. July saw a large increase in numbers of Blue and Great Tits, which continues to this date. Highlights so far being a female Spotted Flycatcher on August 3rd and 4th although I was not happy seeing her feeding on butterflies from the Buddleias, the other being a male Bullfinch on August 10th, the first to be seen in the garden since 2019.

Further afield, birds which a few years ago would have attracted Twitchers from all over the country now seem not

to merit a glance. A visit to Wallasea Island produced Great White Egrets, a Cattle Egret, two Black Winged Stilts and a Glossy Ibis. At Dungeness, a Purple Heron and again a Black Winged Stilt all were given little interest. Every one was looking for a Black Crowned Night Heron (not seen when I was there). All these are birds associated with Africa and until recently Southern Europe was at the Northern edge of their range. Now, all except the Night Heron breed in this country and all have arrived through natural colonization.

A visit to the West side of Poole Harbour near Wareham saw a White Tailed Sea Eagle and two Ospreys. I know these are captive bred introductions, not natural colonizations, but on the "South Coast" and the only interest shown were a few holiday visitors asking if I knew what the huge bird was.

Gordon.

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History Group enjoyed their Summer activities.



The Creative Art Group display at Hughenden Church

Reporting on some U3A Summer Activities

Although many of us have been enjoying holidays at home and overseas, August and September have been busy months for our u3a. Our Italian Conversation and Rummicub Groups are up and running and welcoming new members. September saw the first of the scheduled meetings for our Psychology Group. The meeting attracted eighteen members under its theme of "Who am I?" June, our Convenor, has put together a challenging and 'thought provoking' programme. You can find out about all our Groups by looking at our web site or Facebook pages.

Following on from the visit to The Archaeology Monastery site at Cookham and John Lewis Heritage Centre in August, our Local History Group heard one of our members tracing the fascinating history of Piddington Village. In 1902 there was nothing but fields and farms but Benjamin North, a furniture manufacturer and devout Wesleyan Minister changed

all that! In September the Local History Group will have been studying 'What remains of Roman London' and is looking forward to a presentation in October on 'The history of 'The London Docks.'

Our Creative Crafts Group participated in the thoroughly professional and brilliantly organised St Michaels and All Angels Flower Festival. The afternoon teas came as a real treat for all the visitors. (photoabove)

This article just gives a snapshot of the activities of six Groups. We have over thirty! We look forward to telling you more. Please come and see what we do? Join in the fun. 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

Naphill & Walter's Ash Residents' Association

Following N&WA's marvellous achievement in winning the BKVC DeFraine Cup in 2022 after 20 years of competing, we were placed in the most challenging competition category for 2023. We had to compete for the Tindall Cup against all the 2022 winners in Bucks. The picturesque village of Weedon won, but we did brilliantly, coming second. So a very big thank you to all those, including the Gurkhas, who did such a fantastic job litter picking from beyond Grimms Meadow in Walter's Ash down to Hill Brow in Naphill to get the villages looking sparkling.

We are sorry to announce the resignation of our chairperson, Bartha Pitman, who presided over the launch of our new website www.nawara.co.uk, for which we are extremely grateful.

Two vacancies on the NAWARA committee await new members. If you are over 16, keen to protect our village

environment and beautiful Green Belt countryside, as well as assist with a variety of issues that affect local residents, you would be most welcome on the committee. To put your name forward please contact Gloria Leflaive on 01494 563634 or email glorialeflaive@msn.com. Input by younger folk on a Residents Assn. committee can be extremely valuable. We meet on the second Monday evening of each month (except in August), when we consider, and take action where necessary, on local planning applications and other local matters that have arisen during that month. All residents are very welcome to attend our meetings.

David Frost

NAWARA Vice-Chairman



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The charity has had a very busy summer. Thanks to incredibly generous support we have been able to provide 2 weeks of SuperCamp fun at the Beacon School in Amersham, for 30 of our Ukrainian children aged between 5 & 12. We have had a fabulous fun family day at Wendover Woods, sponsored by the Mothers Union, and a wonderful day trip to Cliveden, organised by Janet Voke and Sarah Halliday.

This is the second year that the Beacon has provided this opportunity to our guests, as well as offering transport to and from the school. The children enjoyed swimming, water fights, play and nature walks, while allowing their parents to continue to work. Ukraine to Chilterns have presented a commemorative artwork to the school, acknowledging their outstanding support of Ukrainian child refugees.

The Mothers Union sponsored an amazing day of 'Go Ape' fun at Wendover Woods. Over 15 families took part with the very brave taking on the high treetops, whilst the less intrepid stuck to the, in my opinion still very scary, easier option! Whichever level was undertaken, all agreed that it was great fun and everyone had a brilliant day!



The day trip to Cliveden was well attended and very interesting. Motts coaches generously supplied transport and Cliveden offered a chance for the guests to see a fascinating part of English heritage, as well as an opportunity to take in the views of the beautiful Thames Valley and surrounding Chiltern Hills. A big thank you to Janet and Sarah for their tenacity in arranging such a lovely day.



The Kop Hill climb offered a great opportunity for several of the ladies to sell Ukrainian street food to the crowds. We also had hand painted ceramic sunflowers for sale and a selection of soft furnishings, all produced by our talented guests. We will host stands at the Princes Risborough Farmers markets and the Christmas Lights event in November, please do come and say hi!

As always we are indebted to the kindness and generosity of our local communities. Our guests are really making the best they can from such a tragic situation. All of our guests have left family behind in Ukraine and so many returned to see relatives over the summer. When they came back they shared terrible stories of cities devastated, families decimated and life as they knew it destroyed. The bombing is incessant and the threat to safety overwhelming. It is clear that whilst we are providing a safe haven for some, there are many who cannot escape the ravages of this war. There is no sign of an end to the terror and plans for rebuilding cannot be put in place. Our guests and Ukraine will need our support for many months to come.

For more information about our Charity, re-matching a local Ukrainian family and our upcoming events, please visit www.ukraine2chilterns.com or contact us on info@ukraine2chilterns.com



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The Black Lion

The Autumn is upon us which can only mean one thing – Halloween is here with Christmas following closely behind... We can't believe how quickly this year has gone. We've got so many exciting things coming up at the Black Lion so get your diary out!

Friday 27th October – Wizard School

Back by popular demand! All trainee Witches and Wizards welcome... Join us from 10.30am for spooky crafts, games, spell writing, cauldron decorating and potion making! Tickets are £15 per child which includes unlimited squash and a pizza buffet! To book, please pop in or give us a call.

Saturday 28th October – The Black Lion Halloween Party

Gather your best fancy dress and join us to party the night away with live music from the incredible The Decades cover band. With prizes for best dressed, spooky drinks specials and Halloween style BBQ!

Wednesday 1st November – Christmas Menu Launch

Our delicious festive Christmas menu will be available from Wednesday 1st November right the way through November and December. It is available on a pre order only basis. Whether you are planning a get together with friends, a works christmas party or just simply want to try some delicious food – give us a call to get your table booked in!

Saturday 9th December – Christmas Music Bingo and Karaoke

It's beginning to look a lot like Christmas... So why not come and join our tree-mendous evening on singing, dancing and

just generally having a bau-BLE. Okay, we'll stop with the puns but our music bingo is a must this christmas! £15 per entry which includes your bingo card, a drink on arrival and festive nibbles! Join us from 8pm!

Saturday 16th December – Breakfast with Santa

Join the big man himself for breakfast, with a gift for every child! £15 per child which includes unlimited squash and an English breakfast! Breakfast is also available for the grown up's too at £12.95 which includes free tea and coffee.

Sunday 17th December – Christmas Quiz

It's time to crack open your Christmas knowledge! From Christmas number ones to christmas movies, brush up on your Christmas Trivia and join us from 7.30 to get your quiz on!

Sunday 24th December – Christmas Eve Party

The fire will be going and mulled wine a plenty! From 6pm onwards, join us in celebrating the most wonderful time of the year!

And of course, last but certainly not least... on Sunday 31st December, it's our New Years Eve shebang! Welcome in 2024 (!!!) in style, with entertainment! More details to follow soon!

Hopefully this is enough to get your teeth into for now, but we will of course have more events coming your way over the christmas period!

Thanks for taking the time to read and we hope we will see you soon!

Tanya, Jon & the Black Lion Team

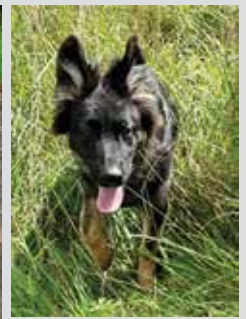


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Hounds & Howl-o'ween

I started writing this month's article whilst we were experiencing our somewhat hot spell, so it has been challenging to get my head around this month's topic!

Halloween can be a scary time of year for our dogs. If you are happy to have trick or treaters, then pop a carved pumpkin, or other ghoulish item outside your house, this will let people know you are expecting visitors.

- * Unexpected people at the door, dressed in costumes is confusing and at times, frightening for them, but there's lots you can do to keep your dog safe and content. Here's a few suggestions:
- * Walk your dog before it gets dark. If this is not possible, think about fun ways to tire them out indoors, such as putting some kibble or treats in a towel and rolling it up for them to find. Take a look at the Bluecross website for ideas on indoor games for your pooch. (<https://www.bluecross.org.uk/advice/dog/indoor-games-for-dogs>)
- * Prepare treats and games that you can give your dog when the doorbell goes, to keep them busy when trick or treaters arrive. Also, have treats ready to give visitors, to minimise stress to your dog.
- * Keep your dog separate from the entrance to your home, either in another room, or put up a stairgate. Even the friendliest dog can get spooked by children dressed up in ghoulish costumes and some children will also be wary/not know how to act towards a dog.
- * If your dog is nervous around people, pop a note on your gate asking trick or treaters not to knock on the door & leave Halloween treats outside. If doing this, be careful not to leave treats that are potentially toxic to dogs. There may be some who are dressed up and out trick or treating (with their owners!)
- * Make sure your dog has a safe space to go if they are worried, with a treat toy, or similar & reward and reassure them at regular intervals.

Happy Howl-o'ween

Charlie Hughes



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Wycombe Photographic Society

October / November are a good months to look for and photograph fungi. We are very lucky to have Naphill Common on our doorstep where over 390 different species have been found including a few rare species. Get down low to photograph them. Use any camera or phone. Go on give it a go. 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 for the 2023/2024.

11th Oct	Workshop – Mounting and Framing photographs
14th & 15th Oct	Our Autumn Exhibition in the Small Hall – everyone welcome
25th Oct	Themed Assignment - Reflections
1st Nov	Photographic Projects for the year ahead
8th Nov	Group visit from Amersham PiC Group
22nd Nov	Themed Assignment – Album Covers

To see everything that is happening at Wycombe Photographic Society please visit our website at: - www.wycombephotographicsociety.org.uk

Peter Davis

Membership Secretary
Wycombe Photographic Society



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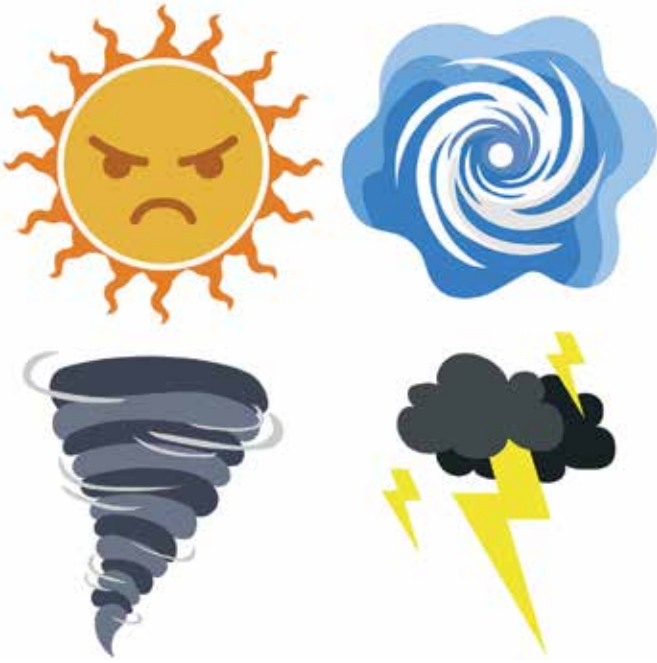
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Not from the Vicarage - *Whether the weather....?*



This year's washout summer, followed by an early autumn heat wave has had us all scratching our heads. Just what is going on with our climate? With our planet?

My partner and I returned from Gibraltar just as the June heat wave ended. Things were boding well and we were excited for our fix of English summer before returning to Gibraltar in September. Hmmm....that went well. Garden jobs went undone as we were pinned indoors by rain and high winds. When we did manage to get out, the lawn took twice as long to cut as the grass had grown so much and there seemed to be three times as much dead-heading to do. Don't even go there on maintenance. 'Ensure all woodwork is completely dry before applying' the instructions on the wood treatment tin said. As if that was going to happen! I could barely get my washing dry, let alone have the timbers of my raised beds dry enough for the regular anti-rot treatment they needed.

The September warmth was not so unusual. I remember as a teacher the children always returned to school in summer uniform for the first two weeks of term before switching to their winter clothing. On a number of occasions, this was extended, even as far as half term because the weather was still so warm. What was different this year was the height the mercury rose to, especially since the UK temperatures frequently exceeded those in Gibraltar!

The strange weather has had far more deadly effects elsewhere. I didn't even know there was such a thing as a Mediterranean Cyclone until the TV weather forecaster explained the weather science behind the catastrophic storms experienced in Libya. This coupled with earthquakes in Morocco – it's not just been our weather that has behaved in a disturbed way.

In many ancient civilisations, there are ideas of the world resting on the back of a slumbering creature. Earthquakes, floods and other natural disasters were the result of the creature shifting in its sleep or maybe being irritated by the activity of humans. One does wonder if perhaps the earth is irritated by our presence, injured by our exploitation of it and now seeks to rid itself of the irritation. Science and satellite pictures have shown that the earth does not sit on the back of a turtle, bull or any other slumbering creature, but the idea of myths is to convey a greater truth. We now know that the whole earth is intimately linked by a variety of networks and systems as if it indeed were one single giant creature.

When God created the earth, he breathed his spark of life into it, making a whole world that was alive. Humanity was given the task of caring for the created world, yet it seems that we have forgotten his charge. Maybe we need to think of our planet as a living entity that needs careful nurturing, as all living entities do, and embrace more fully the task that was given us at the dawn of time by God himself.

Rev Jenny Ellis



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 businesses together.

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

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Contact me for a free initial consultation:

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www.alisonscottcognitivehypnotherapy.co.uk

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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Maintenance treatments can help keep muscles relaxed, for the animal to live and perform optimally and reduce the chance of injury by maximising the range of motion and decreasing muscular restrictions.



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About Equine Sports Massage and Rehabilitation

I have been around horses and dogs nearly my whole life, so felt a career being around these incredible creatures was the way to go. I qualified for Equine Sports Massage in 2022, and Canine Sports Massage in 2023 - I continue my personal development in different therapies and new equipment to be able to offer my clients a range of options for treatment to maintain health and increase the chance of a full recovery.

I am based in Walters Ash, so will be offering a local discount which can be found on my advert.

Massage therapy is a non-invasive treatment for animals to alleviate pain, discomfort, and emotional stress. The purpose is to target muscular issues using hand techniques that put different levels of pressure on certain areas of the body. Essentially, this treatment is part of the rehabilitation process for a range of issues and conditions. I may focus more closely on specific areas of tension or pain, including pre/post-surgery, with the aim to relieve discomfort, relax and rebalance muscles to therefore improve recovery, movement and performance. Maintenance treatments can help keep muscles relaxed, for the animal to live and perform optimally and reduce the chance of injury by maximising the range of motion and decreasing muscular restrictions.

Kat McFarlane

Jonathan meets Alison Scott and learns all about the benefits of hypnotherapy.



One of the nice parts of this job is that you meet interesting people who all have a different story to tell or business that they run. I had the pleasure of meeting Alison Scott who has recently moved into the village. Alison invited me to her well appointed, peaceful practice offering Cognitive Hypnotherapy and Reiki which she sometimes combines together. Now, this is nothing like the Paul Mackenna pieces which you may have seen on TV.

Alison explains, "We only use about 10% of our brain in the frontal cortex and the other 90% is unconscious, meaning that the majority of decisions we make, the actions we take and our emotional reactions are beyond our conscious awareness. By uncovering and reframing some of this hidden information, we can change our perceptions and reach a much greater awareness of ourselves and our beliefs. This is done in a calm state or trance which can be described as similar to when you drive somewhere but are not quite sure how you got there. This is a relatively easy state to get someone into and the person is awake and aware of everything around

them. Those negative lessons we have learnt from our life's experiences can then be changed or updated to serve us better and so assist us to lead happier, more fulfilling lives."

Alison is a natural born communicator with a compassionate approach to life and you can easily see why she is so good at what she does, which can be done in person as well as online equally successfully. She sees us all as fellow strugglers in life and has a desire to bring assistance to those who need it. She treats people of all ages (from 12 to 70!) with a broad range of issues, including anxiety, phobias, grief and lack of confidence.

We had an interesting discussion on the demise of social interaction in the young and what this could mean for society and how this is manifesting itself in how they feel. More about this in future articles by Alison.

I should like to welcome Alison to our community, and I am sure she will be welcomed by you all.

Jonathan Nilder
Deputy Editor



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A Wine Giant Essay - *Off The Beaten Track*

It is part of our evolutionary journey as humans to be a little bit suspicious of change – too much could literally kill you. There are many examples in modern society of things that cannot change: one's football team, a leopard's spots, political leanings and the exact grape, region and producer of a bottle of white that my wife will drink without pulling a disapproving face and saying it tastes like vomit.

The latter position is one of the modern world's biggest and most pressing issues, falling somewhere in between climate change and war, and we have a duty to address it. That's where this issue comes in - some of my tips for less common varieties that you should consider sipping in place of the standard fare that we fill our baskets with. This month the focus is on three reds that have recently improved my life...

Mencia – An up and coming little wonder from Spain. Suggested to me as the best pairing for pepperoni pizza by the Guardian's wine guru, Fiona Beckett – she wasn't wrong. Can come in a range of styles, but most I've tried have been tasted like a cooler, funkier and fun-loving cousin of Pinot Noir. Almost like a love-child of Burgundy and Beaujolais that has been raised surrounded by Latin flair.

Saperavi - An all-round 'turn it up to 11' sort of wine. Big colour, big flavour, big acidity and big tannins. You'd be forgiven for thinking it will be like drinking a Temuri Ketsbaia celebration, but the skill of a winemaker is in

harnessing these natural traits and crafting them into a beautifully balanced and intriguing palate pleaser. Therefore, it will be bold, like a Ketsbaia boot through an advertising board and powerful, like a Gorgodze run from the base of a scrum. Yet, it will also be refreshing and sexy, like a Kinkladzhe dribble from half-way.

Dolcetto - Unlike many globe-trotting grapes who take Paul Young's approach to defining one's home, Dolcetto is almost entirely associated with one place – Piedmont. Not an easy region to hail from with uber talented and sought after brothers like Barolo and Barbaresco, yet Dolcetto is not to be sniffed at. Metaphorically speaking – obviously it is literally very much to be sniffed at or it just won't taste as good! It is a grape that is perhaps more similar to Barbera, in that it excels when young and does not need to be fuffed with, pampered and stored for years on end until it becomes approachable. Dolcetto is a great pairing for most foods and brings generous berry fruits, hints of violets, an occasional undertone of savoriness, and enough tannin to balance richer foods but not so much weight that it's boorish. I know what you're thinking – talented and worthy in it's own right, but with more talented siblings; bold, no nonsense, but approachable and incredibly likeable; it's the Jack Charlton of red wine!

Adam Sergeant

@giantwine



@thewinegiantuk



Valley Players

Valley Players have started rehearsals for "Robin Hood" which will be performed in Hughenden Village Hall 7th, 8th, 9th December. It is quite a modern take on the traditional tale of Robin, Maid Marian and the dastardly Sheriff of Nottingham! Comedy, Song, Dance and "Nottingham's Got Talent" will make a terrific time spent watching. Tickets will be on sale early November from our website or Ticket Master.

Have you ever wondered about the origins of Panto? Here's a (very) short Time line:

16th Century – Panto is born in Italian street theatre, with stories of Pantalone, The Clown Pierrot and Columbine – the girl in love with the naughty servant Arlecchino.

Commedia spreads across Europe and becomes particularly popular in England. Harlequin becomes a popular Character.

18th Century – The first recorded performance of Aladdin at the Theatre Royal, Covent Garden 1788. The character of Widow Twankey is named after a cheap Chinese green tea, Twankey Tea. It was of inferior quality!

19th Century - Joseph Grimaldi, the famous clown, invents many of the gags still used in Panto, including the real Slapstick. It really was a stick!

1806 – First production of Sleeping Beauty. 1814 Dick Whittington, 1819 Jack and the Beanstalk!

From the mid 1800's Amateur Theatre begins to take off, with fairy tale scripts becoming popular – the rest as they say is history!

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Andrew Pitman,
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