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December 2020/January 2021
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Naphill & Walter's Ash Gazette

December 2020/January 2021



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Our Local Clubs and Organisation Contacts

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Brownies (Naphill)	Ruth Daly	01494 565571	ruth.daly3@btinternet.com
Bridge Club	Margaret Stagg	01494 530736	
Cubs - Hughenden			handnhcubs@hotmail.com
Naphill	Martin Beddows		naphillcubscouts@outlook.com
Football Club - Junior	Andy Sinclair		mailto:naphillfc_cwo@yahoo.com
Senior	Harry Salter	07403 249208	
Friends of Naphill Common	Chris Miller	01494 563707	chairman@naphillcommon.org.uk
Good Companions	Pat Furness	01494 565501	
Guides (Naphill)			
Men's Club	Andrew Wasilewski	01494 562770	naphillmensclub@yahoo.co.uk
Residents Association	Gloria LeFlaive	01494 563634	glorialeflaive@msn.com
Naphill Evening W.I.	Sarah Bacon	01494 563479.	Sarah.bacon39@googemail.com
Naphill Neighbours	Janet Judge	01494 563186	
Scouts (Naphill)	John Huddleston		naphillscouts@aol.com
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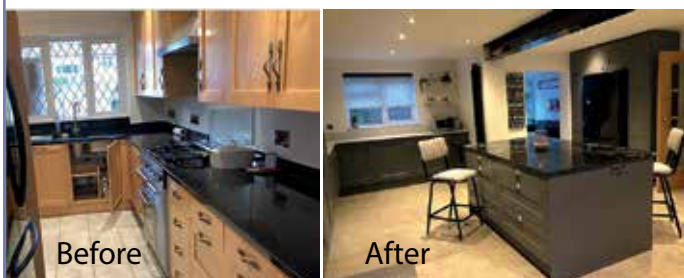
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Chairman - Clive Lawrence

Email: chairman@naphillvillagehall.org.uk

Bookings - Tanya Stevens

Email: hallbookings@naphillvillagehall.org.uk

Tel: 07851 169275

www.naphillvillagehall.org.uk

Local Council Contact Information

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Hughenden Parish Councillors	Chris Waterton	07968 268067	chris.waterton@hughendenpc.org.uk
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Hughenden Parish Councillor	Peter Williams		peter.williams@hughenden.org.uk
Buckinghamshire Councillor	Steve Broadbent	07471 144181	Steve.Broadbent@buckinghamshire.gov.uk
Buckinghamshire Councillor	David Carroll	01494 716967	David.Carroll@buckinghamshire.gov.uk
Buckinghamshire Councillor	Clive Harris	07768 876568	Clive.Harris@buckinghamshire.gov.uk
Buckinghamshire Councillor	Graham Peart	07785 98677	Graham.Peart@buckinghamshire.gov.uk

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Copy Date for February 2021 Gazette 15 January 2021

EDITORIAL: Welcome to what for me is the strangest and most difficult Christmas edition of the Gazette to date!

When 2020 dawned we all knew about COVID, a nasty virus which was hopefully far, far away from our shores, and anyway, we had come through all sorts of viruses in the past so we would come through whatever this Covid thing was! Well we surely are coming through it but the battle is not over and the scars and wounds are very evident! Our local businesses have taken a huge hit, unemployment is a big problem for so many, ALL our major social events have been cancelled and even Christmas and New Year will not be the celebrations we would wish them to be. It is very hard to see the positives in all of this! BUT! What a great community we have, so many people rallying to help one another. Our local shops who could open have literally gone the extra miles to help the most vulnerable. When the other businesses opened their doors again, they had put the PPA in place to protect and keep us safe! The COVID 19 team too, always willing to help. Times are still hard for so many. Please let us all do our very best to support our local businesses and one another and hope that the promised vaccines WILL become available soon.

One of the greatest joys as I work to complete this edition of the Gazette is that our village hall tree is once again festooned with its Christmas lights and because this

edition is very late going to print, I have some photos to share with you! My thanks to Mike Mason and the "light up team" for working through the restrictions and to Peter Davis for all the photographs. My thanks to those who have decorated their homes and gardens and who have responded to my plea for photographs.

Huge thanks to the Gazette team, Ian, our distribution coordinator and the distribution team, Judy our treasurer, Peter our webmaster, and Paul our photographic coordinator for their tireless work. their patience and kindness. Thanks too to our contributors and advertisers, there would be no magazine without you and to you, our readers who subscribe to the Gazette. A very quick reminder that Judy will be sending out the advertising accounts in early January 2021 and we hope that we will be able to work together with our advertisers in supporting one another next year.

The Gazette team join me in wishing you all a very happy Christmas and a much easier, healthy, 2021 with NapFest, Classics on the Crick, Food Festival, Fireworks, local businesses open and running normally. Basically, a return to life as we knew and loved it!

My very best wishes to you all, stay safe and enjoy Christmas in spite of the restrictions!

Sonia

Naphill Village Hall & Playing Fields Council Chairman's Report

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www.naphillvillagehall.org.uk



A meeting of the committee was held on 2 November, there were 13 members online.

Closing the village hall for the new lockdown was discussed and so the village hall was closed from the 5 November until further notice. We hope we can reopen at the beginning of December. We are still hopeful that the Christmas Fayre will go ahead but this also will depend on the lockdown situation. The playground has finally been inspected and is now open. The Christmas tree lights will be put on the tree in time for early December so there will be a glowing beacon in the centre of the village for the Christmas season.

Just to remind you that the village hall has signed up to Amazon Smile. If you shop at Amazon we will be given a donation of 0.05% of your spend less VAT and carriage. The link to Amazon Smile is <https://smile.amazon.co.uk/ch/300309-0>. and select Naphill village

hall. With the current climate, I would think many of you will be ordering online for Christmas and Amazon will donate to the village hall and it does not cost you a penny.

There has been great support for the fireworks fundraising page on facebook and also by some individuals who have been very generous. Last year's fireworks event sponsor has agreed to pay the same this year, despite the event not taking place, a very generous gesture from Pervez at Surebuild. There is still time to donate on the fireworks Facebook page.

The Remembrance service was still held although with only 6 officially in attendance and some members of the public at a safe distance.

I hope you are all keeping safe and well, and have a merry Christmas.

Clive Lawrence Village Hall Chairman

Factoid #24 - The next council (including Parish) elections are less than 200 days away



Do you realise what's significant about the 21st of March 2021?

- The 47th anniversary of the kidnap attempt on Princess Anne.
- It will be 41yrs since JR was "shot"

Well, while both of those were notable events in the past, 21st of March 2021 is when the next national census will take place. The last having taken place in 2011.

It is also the target date for our next parish survey. The last of those having taken place in 2013. Just like the national census, our local survey collects anonymous data from every household to help us understand how things are changing where we live.

As the national census assists local, regional and national government plans for the next 10 years in terms of housing, transport, broadband, etc, our survey in its own small way does the same for the Parish Council. Helping us to understand the changing demographic of our population, we can analyse the data by ward

allowing us to target our limited resources where they are most needed and where they can have the most impact. We also get to ask more local questions on things like our playgrounds and allotments, what we like about where we live and what we don't and what we think is important to maintain, protect & improve the quality of life for everyone who lives here.

An example of this is how our 2013 survey helped us identify speeding as a concern for the majority of parishioners hence the Council building up the number of mobile vehicle activated signs (MVAS) we have to deploy across the parish.

If you want to see more insights from the 2013 Parish Survey visit <http://www.hughendenparishcouncil.org.uk/council-information/survey/>

If you want to explore the data for the parish from the last national census visit

<https://www.nomisweb.co.uk/reports/localarea?compare=E04001604>

Councillor Peter Williams



Village Hall Christmas Tree Lights

By the time you read this, the Christmas tree outside the Village Hall should be lit up, brightening the dark winter evenings and bringing much needed festive cheer to the whole village at the end of what has been an extraordinary year. We all feel the stresses of the day fade away when we see the tree looking so wonderful on our way home - some even change their route just to admire the tree!

Our Christmas tree has brought joy to the community for generations. The lights are put up and taken down each year by a team of intrepid volunteers, led by Mike Mason, who this year have had to jump through hoops and navigate a lot of red tape to ensure that the lights were put up in a Covid secure way. They did it!

Insurance and running costs for the lights are usually around £600 per year and any repairs required can add significantly to these costs.

If you would like to make a donation to show your appreciation and to keep our tree alight, you can do so in several ways:

- Scan the QR code below
- By going direct to our Total Giving Appeal Page: <https://givi.ng/3ni9>
- By visiting the Naphill Village Hall website (naphillvillagehall.org.uk) and following the link

If every household in the village gave just £1 our costs would be covered, so please give what you can. Any donation, big or small, will be very welcome.

Enjoy the lights and have a very Happy Christmas!

Cathryn Carter





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Hughenden Parish Council Chairman's Report

Reflections on 2020

As we near the end of the year I am looking to provide you with a short reflective update on the activities of Hughenden Parish Council. I feel confident in saying that this time last year no one reading this article, could have foreseen the unprecedented events that would transpire in 2020.

I am pleased to say that despite lockdowns and other constraints the Council Office and our service partners have continued to deliver the high level of service that our residents expect. While the Office has remained closed to the public since the first lockdown, all activities including council meetings have continued in a virtual environment. Members of the public are encouraged to join these meetings.

It would be most helpful if residents contact the office using the email address clerk@hughendenpc.org.uk rather than by phone as the office is generally unmanned. All parish councillors have their own parish email address which is their firstname.familyname@hughendenpc.org.uk, messages to these addresses go directly to the councillors.

We have seen a substantial increase in communication regarding traffic, speeding and parking concerns. The Parish Council has no powers to respond to these concerns and we refer you to Thames Valley Police for breaches in abiding by road traffic laws and to Fixmystreet.com to report issues regarding the condition of the highway. HPC have invested in Motor Vehicle Activated Signs located throughout the parish to alert drivers as to their speeds, but these are manned by volunteers and the team is anxious for new people to get involved in order to continue this service.

Hedges remain a concern and with an extremely short season during which we may legally cut hedges and the vagaries of the weather, not all the hedges were cut in the early part of the year. Work started again in September and continues when weather and surface conditions allow. Of course HPC only owns a few hedges, we manage a further small number on behalf of Buckinghamshire

Council but the majority are owned by private landowners and we cannot legally cut these. We would ask everyone to inspect the other side of their hedges and cut them back so that they don't encroach into footpaths and roads.

While the Council have no covid lockdown responsibilities, after consultation with the local volunteer groups it was agreed that the Council would set up a virtual forum where information, ideas and best practices could be shared. This proved to be beneficial and has been re-established for this lockdown.

This was to have been an election year but due to the Covid restrictions these have been postponed until May 2021, Councillors were requested to continue for a further year, I am pleased to say that all the councillors serving at that time agreed to do so.

The co-option in July of further councillors now means that we are 3 short of the full complement of 15. Your Councillors have been active in a number of issues that impact on residents such as support of the objections to the development at Clappins Lane in the Naphill and Walters Ash ward.

One major project this year has been to survey all the trees on Council land to identify any required action to keep them in a healthy condition. As a result across the Parish this winter you will be seeing our qualified contractors undertaking the work to attend to the trees. There will be an ongoing program over a number of years.

I am writing this as we have just entered the second lockdown so would like to wish you the very best with a plea to adhere to the government regulations so that hopefully next year we will all be able to enjoy our parish.

Cllr. Paul Nicholls

Chairman

Naphill & Walters Ash Ward Councillors

Cllr Peter Williams – peter.williams@hughendenpc.org.uk

Cllr Peggy Ewart – peggy.ewart@hughendenpc.org.uk

Cllr Chris Waterton – chris.waterton@hughendenpc.org.uk



Council Offices, The Common, Great Kingshill, HP5 6EN
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clerk@hughendenpc.org.uk
www.hughendenparishcouncil.org.uk



PLANNING

The following are planning applications received by Bucks Council between 15th October and 23rd November 2020 for Naphill and Walter's Ash.

Any responses by NAWARA appear in full on the Buckinghamshire Council Planning website.

20/07745/ADRC 17 Ash Close, Walter's Ash. HP14 4TR. Application for approval of details subject to Condition 4 (AMS & TPP) of planning ref: 20/06302/FUL. Validated 20/10/20.

20/07824/FUL Beehive Cottage, Downley Road, Naphill. HP14 4RQ. Householder application for construction of single storey triple garage following demolition of existing outbuildings. Validated 30/10/2020.

20/07920/FUL 155 Main Rd., Naphill. HP14 4SB. HA for construction of single storey side extension. Validated 05/11/2020.

20/07966/FUL Langlea, Coombe Lane, Naphill. HP14 4QX. HA for construction of single storey rear extension with lantern roof lights and raising of roof height to provide additional first floor accommodation.

20/07959/FUL 68 Woodcock Avenue, Walter's Ash HP14 4TN. Change of use of land to side to residential curtilage and construction of two storey side & single storey rear extensions. Validated 12/11/20.

20/07951/FUL The Oaks, 18 Vincents Way, Naphill. HP14 4RA. HA for construction of part single, part two storey rear extension. Validated 11/11/20.

20/07934/FUL High Trees, Laurel Drive, Naphill. HP14 4RD. HA for construction of four side roof dormer in connection with first floor bungalow extension, internal alterations and alterations to fenestration. Validated 10/11/20.

Permitted

20/07507/FUL 42 Woodcock Avenue, Walter's Ash. HP14 4TN. **20/07181/FUL** 3 Allen Drive, Naphill. HP14 4SS

20/07158/FUL 8 New Road, Walter's Ash. HP14 4UZ. **20/06549/TPO** Naphill Village Hall. 79 Main Road, Naphill. HP14 4SX.

Awaiting Decision (25/11/2020)

19/08031/FUL Erection of 63 dwellings with vehicular access from Clappins Lane, parking, landscaping, sustainable drainage, public open space provision and associated infrastructure | OS Parcel 1789 Clappins Lane Naphill Buckinghamshire.

This application was considered at a virtual Buckinghamshire Council area planning committee meeting on 10 November, please see Councillor David Carroll's report about this meeting on the next page.

Some local residents have expressed opinions that they were not happy with the way this meeting was conducted and have contacted Buckinghamshire Council through the official Complaints Procedure. NAWARA have requested that this application should be reheard. For further details please see the CFAG **Facebook page**, **Save Clappins Field** and their website: www.nawaraid.co.uk

We wish everyone a very safe and Happy Christmas and New Year.



Gloria Leflaive. 563634

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Dear Residents,

We are all living in extraordinarily challenging times! As I know from the local residents who have contacted me, life is a struggle for so many people at the moment! I am sure we are all grateful to those who are helping and supporting us all, we are fortunate to be a part of such a great community.

The Buckinghamshire Council continues to release regular COVID information as to how we can best protect ourselves and so help to keep one another safe. I thank the Parish Council and the local residents' groups who also update residents on the current information for our area. My thanks too to our local schools who are doing a great job in making life as normal as possible for our children.

On the 10 November I attended a virtual West Buckinghamshire Area Planning Committee meeting along with my fellow councillor Steve Broadbent, Parish Councillor Rick Gould and the secretary of NAWARA, Gloria Leflaive. We were each allocated a 3 minute time slot to address the meeting with our objections to the proposed plans

for the Clappins Lane development. Our many objections were based on the planning policy, the traffic problems and the environmental issues this development would raise. Two of the planning committee supported our reports, but unfortunately the other members expressed the opinion that our area was part of 'The Area Development Plan' and as other such areas had been forced to accept far larger developments, we should not be exempt. A vote was taken and I am disappointed to report that the plans were approved. At this point I did state that in accepting these plans, an extraordinary precedent was being set for undermining the national policy on protecting the ANOB, which along with my associates, I found unacceptable and bewildering.

Keep safe

David

P.S. This Planning approval process is currently being reviewed and is subject to a complaint process.



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Photograph courtesy Chris Miller

Because of Covid restrictions, none of our regular FoNC activities are taking place at present. But we can still enjoy the attractions of our Common, whether walking, cycling or riding.

The idea of 'wilding' (or rewilding) has become popular over the last few years. It involves returning an area back to as near a natural ecology as it is possible to achieve. You may have seen the TV program, based on a recent book by Isabella Tree, about the 1400 hectare farm at Knepp in West Sussex, which was transformed from a desolate area stripped of almost all natural vegetation by years of intensive farming, into a nature reserve rich in plant and animal species. This was one of the very few wilding projects in Britain, although some countries on the Continent have been more ambitious. There may be some farms around our village that could be candidates.

People sometimes ask about the possibility of rewilding the Common. As far as we know there are no plans to do this, but it might be interesting to speculate about how it could be done. The first question is why it might be proposed, given that the Common is already a Site of Special Scientific Interest (SSSI) and a Special Area of Conservation (SAC) and the Friends of Naphill Common work to preserve and enhance its ecology. However,

rewilding is a much more ambitious approach which would return our 63 hectares to as near as possible to the wild state it would have enjoyed before human beings interfered with it.

Its fauna would include large herbivores such as cattle, wild ponies, red deer and pigs, foxes, badgers, wild cats, red squirrels, stoats and weasels, plus a wide variety of mice, voles, moles and shrews. Several reptiles would move in to join our slow worms, including smooth snakes and adders. We cannot retrieve the ancient species so the cattle would have to be longhorns or Kerrys (as the nearest modern equivalent), the ponies possibly Exmoor type and the pigs would be Tamworths. Unfortunately, without taking in some adjacent land, the area is too small for large numbers of animals and is certainly not large enough for wolves. The flora would become richer by gaining woodland and heathland herbs, including various orchids, helleborines and grasses, helped by the work of the pigs who would root up the soil. It might even enhance its already impressive range of fungi. The gorse and juniper might return and slowly a greater variety of trees and shrubs would become established.

The idea of wilding the Common may sound attractive (to some) but it is almost certainly unrealistic. Cattle grids on the roads would not be sufficient and the numerous houses that open onto the Common could hardly be expected to fence and gate their front gardens. Wire fencing all around the Common would be ugly and unpopular. The larger animals could be fitted with collars that respond to underground electric wires to deter them from crossing, but that would make them more like domestic beasts. Of course, we humans and our dogs would definitely have to stay out, so it would be a Common no more.

Chris Miller - Chairman

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Located at a stunning five-acre site near Wendover, Lindengate Mental Health Charity is a safe haven of peace and tranquillity, where nature breathes new life into anyone who is struggling with their wellbeing. The garden lends itself to supporting people in recovery from a range of common mental health needs.

With Winter nearly upon us and the nights drawing in, Lindengate can provide the perfect space for you to meet with a friend, or family member for a catch up, sitting in a sheltered spot amongst our therapeutic gardens and wildlife haven.

Drop in to our free Rest & Reflect sessions, open on Tuesdays/Fridays/Saturdays between 1-4pm. Why not make a regular date for a catch up, giving yourself something to look forward to in the coming weeks.

During the past 6 months, Lindengate has opened its gates as part of our Rest & Reflect programme, supporting anyone who has been struggling with their mental wellbeing and to date, have welcomed over 1,000 people.

We will be continuing this support over the Winter, with plenty of sheltered areas dotted about and space to meet with a friend for a chat, or to bring a book and enjoy the peace, ensuring our therapeutic gardens and wildlife haven are accessible to anyone who needs it.

Finding time to give yourself space can be difficult in the best of weather, but in Winter, the challenge becomes even greater. There are many benefits to spending just a few minutes a day outdoors. Here are a few of them:

- *15 minutes outdoors every day can improve both our moods and our physical health, leading to reduced stress and increased self-esteem*
- *Builds our immune system, as the cold weather actually kills off bacteria.*
- *With the current restrictions in place, we can meet up with a friend, which will improve our mental wellbeing, through physically distanced, social interaction.*

Take a look at our website for full details and other ways that you can look after your wellbeing.

www.lindengate.org.uk

Lindengate,

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Growing Your Own

On being told that she shared 99% of her genes with a monkey, Queen Victoria is reported to have been "not amused". Had she been told that she shared 90% of her DNA with a cabbage she would probably have been livid. Had she been told that she shared 50% of her DNA with a toadstool she would probably have been apoplectic. What goes for queens goes for the residents of Walter's Ash and Naphill. Paul Goby's excellent montage of toadstools on the front cover of the November Gazette could be useful for you to select to which toadstool you would like to be related!

Toadstools are the fruiting bodies of mycorrhizal fungi, which grow in the soil and can be very large. For example, Honey Fungus is like black bootlaces which can grow out 40 feet from the tree root the fungus is devouring. In a handful of soil there are more species of soil micro-organism than there are people on the planet. Only about 10% of them have been identified and named. It is a vast unexplored world beneath our feet. Yet we are completely dependent upon soil micro-organisms for our existence. Without soil bacteria and mycorrhizal fungi round the roots of our fruit and vegetables nothing would grow, there would be no food, there would be no human race, no animals and Planet Earth would be a sandy and rocky desert devoid of life.

So we need to look after our soil micro-organisms. Ideally we should refrain from pouring onto the soil man-made chemicals such as fungicides, pesticides, all the other "cides" – and artificial fertilisers, since they all kill our friends. Our farmers should all adopt "no-till" methods so as to leave the soil structure as undisturbed as possible. In our gardens and on our allotments we should never dig and limit soil disturbance to hoeing and raking. Worms will do the digging for us, and so aerate the soil. I have just completed 21 years of no-dig gardening and can report that my crops are just as good as before. Just think of all the hard work of digging avoided! I just apply a layer of well-rotted farmyard manure to each patch of my allotment every four years or so and grow crops in it. The manure keeps the weeds down for the first year and makes it much easier to uproot any weeds in subsequent years. So, make a New Year's Resolution to be kind to your soil and don't dig!

In the November 2020 Gazette I described my successes and failures for the excellent growing year 2020. I can now add two greenhouse crops. I have had an enormous crop of sweet peppers and my watercress plants are at least twice as big as those in the past. What a year!

Good gardening!

Mike Mason



Bon Ami

Hello everyone, we hope that you are all safe and well. We hope also that you are looking forward to Advent and Christmas, although it may be very different this year.

At Bon Ami we are giving our afternoon teas a Christmas feel with Christmas cake and mince pies being popped into the boxes. Gift vouchers are also available as presents if your family and friends prefer to sample the delights after the festive period. We are happy to offer boxes of six Bakewell mince pies to purchase throughout December if you fancy a treat

We wish everyone a very happy Christmas and look forward to an improved New Year when we may be able to reopen.

Amanda & Ruth.



Happy Christmas Everybody!

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Update from Hon. Rob Butler MP

This update comes a year since I was elected to represent the Aylesbury constituency. That year has not been one I or anyone else could have expected and it has certainly been far more challenging than we could have imagined. What has not changed is my determination to serve all my constituents to the best of my ability.

I know that people in Naphill and Walter's Ash have made many sacrifices to keep our neighbours, friends and family safe, and as we come to the end of 2020, I would like to take this opportunity, once more, to thank you all for continuing to abide by the coronavirus regulations.

Despite the overwhelming efforts of residents, last month, unfortunately, we had to return to more stringent national restrictions to help stem the tide of the virus. I have been inspired by the incredible work being done by the local community in response, and

how our local businesses have adapted: The Black Lion's takeaway services and Ray's Kitchen's meal deliveries, to name just two examples. Thankfully, the second lockdown proved to be strictly time-limited, and there is now a return to local restrictions instead. This is progress, but of course it still means there are significant changes to our everyday lives.

This will be a Christmas like no other, but it's heart-warming to see continued community spirit, for instance through the Hammocks for Hope bra appeal. I hope that you are still able to enjoy the festive season, and that together we can look forward to a new year with optimism of a return to the way of life we miss so much. With my very best wishes to you for 2021, and as ever, if you need help from me, please email rob.butler.mp@parliament.uk.

Rob Butler

Bradenham Parish Council Report

Bradenham Parish Council wishes you a very Happy Christmas and may 2021 bring a lot more fun and freedom.

Parishioners are reminded that the Buckinghamshire Council website: www.buckinghamshire.gov.uk has a lot of information on the council's services, but also on assistance it can provide or signposts for Covid -19 related matters.

The flooding in Bradenham has been of great concern for a long time and although Buckinghamshire Council has done work, there is still a flooding problem when we have rain at the bottom of the hill at the junction with Rectory lane.

The problems and possible solutions were discussed and it was decided that professional help is required.

We had a report from our Buckinghamshire Councillor, Carl Etholen and an update from our RAF representative.

It was noted that elections for Parish Council Councillors and Unitary Councillors are due to be held May 6th 2021.

Our next meeting will be Monday 11th January at 7pm, mostly likely by Zoom as all our meetings have been since the first lockdown in March.

Kind Regards

Deirdre Hansen
Clerk to the Council



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The Wheel

The Wheel team would like to thank everyone for all their support this year, which has been a very difficult year for everyone. This village is an amazing place to live and it shows in how much we all look out for each other.

I would love to say more about our future plans for the coming months, but sadly we have no idea until the government tells us what we can, or should I say cannot do! No matter what, we will continue our takeaway menu and takeaway beer, we have all our fingers and toes crossed

that we will see you all back in the pub soon. Our phone line is always open even for a chat or to ask us questions, we are still here to help.

Mark and I would like to thank all our staff new and old for helping and supporting us during this year, they have all been fantastic.

Claire, Mark, and Team Wheel

P.S I know there have been a few of these around but this is our version below!

The Twelve Days of Christmas

On the twelfth day of a Covid (Christmas) the government gave to me....

12 Months not knowing

11 Ways of serving

10 pm Curfews

9 Lots of signage

8 Fancy dress nights

7 Styles of face masks

6 People only

5 Months closed

4 Bar screens

3 Tier system

2 Bored dogs

And an amazingly supportive village

Merry Christmas Everyone

Claire, Mark & the Wheel Team



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It was with sadness that we received the news that Sheila Rolfe had passed away during the first week of November. Sheila had been President of Naphill Neighbours for 18 years and at our AGM in November 2018 she informed the meeting that she would be retiring from that post and simply coming along to our monthly meetings without any strings attached.



After all those years at the helm, we hope that she did feel more relaxed and able to enjoy that freedom.

As President, her goal was always that the members and guests should enjoy themselves whether at the monthly meetings, fund raising events for the Village Hall and Playing Fields, outings or our

Christmas dinner and she worked hard to make that happen. She had a gift for encouraging people to become involved and at Naphill Fete time she had a list of willing bakers to make cakes so that we had a healthy supply to carry us through an hour or two of sales on the day. We can only imagine how long she spent organising the table plan for our Christmas dinner making sure that everyone was sitting close to friends enabling a lively buzz of conversation. Sheila was a warm and generous person and we missed her on our Committee when she retired; she was 'a hard act to follow'.

Our thoughts and prayers are with her right hand man, her husband Nigel, as he comes to terms with his loss. Sheila often said of him 'he has supported me throughout without a word of complaint.' We hope he has the support of his friends now.

Yvonne Cook

Naphill Guides

We were very happy when the village hall committee decided that the Scout and Guide hut could be used again. Naphill Guides were able to meet up again early October with, under Covid-19 rules, a maximum of 15 guides plus leaders. Luckily only 8 girls wanted to come back, which meant that we could all socially distance in the hall. We had new rules, new risk assessments, lots of cleaning, hand sanitising and different activities, but it did mean we could meet. We had a few sessions in the hall, then lockdown 2 happened. We are now meeting on-line, which works very well and has given the opportunity to "show your pet", completely impossible in the hall. It was great to see everyone's pets, to hear all about them without pets getting friendly with each other. We are very lucky that families have been able to access zoom. We hope we can meet in the hall after 2nd December for the last few meetings, but..... zoom also works.

There are a few more meetings until the unit will be suspended at the end of December, no one has come forward to run the unit. If you are

interested in running the unit please get in touch @ wateractivities@girlguidingbucks.org.uk

On suspension/closure we are aiming to have the Guides in the Naphill Guide unit transferred to other Guide units in the area, as long as those are not full.

It is very sad and it also means that the Naphill Brownies when it comes to moving up, will have to move out of the village. I first came to Naphill Guides in 2000 with my 10 year old daughter, left in 2009 and moved to help with the District Ranger unit, which I have been doing ever since. Toni, Amanda and Verity have been running it since then until summer this year. Our thanks go to these 3 ladies for running such a fun and popular unit for so long. It is great fun to do especially with a few friends, our location means that in the summer months we can easily go outdoors too. New helpers are so needed.



Deirdre Hansen,
*Hughenden District Commissioner,
Firefly Rangers Leader
County Water Activities Advisor.*



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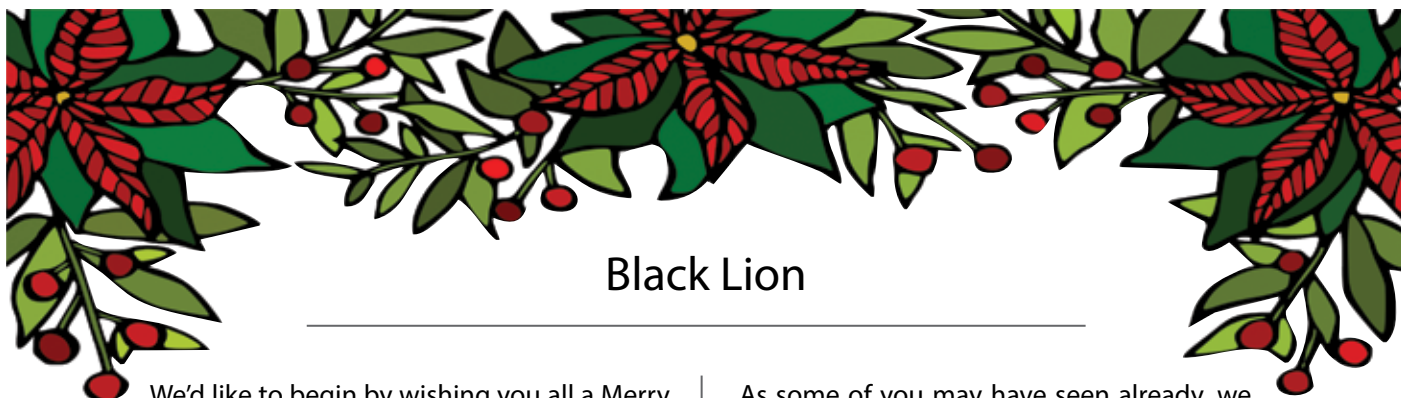
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Black Lion

We'd like to begin by wishing you all a Merry Christmas and a Happy New Year from us all at The Black Lion. Let's hope 2021 brings us much more than 2020 ever has!!

The everchanging guidelines have made our time at the Black Lion challenging to say the least (say the people crazy enough to take over a pub during a global pandemic in the first place!). We want to thank you all for bearing with us, being understanding and helping us by complying with all the rules and regulations that have been put in place.

At the time of writing this, which could of course have changed from that time to this, our doors are officially open after Lockdown 2.0! With yet more rules in place restricting the hospitality industry, we firstly ask that you don't avoid pubs and restaurants. We promise that we will do everything in our power to keep you safe – we are following all restrictions to the letter, we ensure our staff are safe and well before coming into work but most importantly, we are taking cleaning and hygiene extremely seriously.

The new rules have of course changed the way we are having to operate – we have made some decisions with a heavy heart – such as closing on Monday and Tuesday for now. However, we have also made some changes that we're really excited about! We've added some great additions to the menu that we think you'll love! We've also introduced a £3 Rolling Buffet – which will be available throughout our opening hours. A variety of buffet plates will be brought to your table during the duration of your visit, once you feel you've had your "substantial meal" we ask that you drink up and head home, it's as simple as that! Our buffet will be running alongside our usual Restaurant menu so you are still welcome to come in and enjoy a delicious meal too! The previous rules still apply such as wearing a mask when entering and moving around the pub, signing in via our track and trace system and closing up at 10pm, however this time round, you have until 11pm to finish up your drink. We will also be continuing our Takeaways on Friday, Saturday and Sunday – to order, you can either visit our website or give us a call on 01494 506065. Takeaways are available as both collection and delivery.

As some of you may have seen already, we have added a large marquee in the garden. This is to facilitate being able to meet in groups of 6 outside but in a covered area so you are sheltered from whatever weather nature throws our way this winter!

So, enough about Coronavirus and on a much lighter note, we wanted to let you know about our Boxing Day and New Year's Day Brunches! Join us on the 26th or 1st between either 12pm – 2pm or 3pm – 5pm for Brunch Style food and unlimited house spirits, house beer and house wine. Tickets will be £40 per person unless you would like a non alcoholic package which will be £25 and include unlimited soft drinks. We are limited on numbers so we recommend calling to book in advance.

And of course, who can forget the final countdown at the end of the year!? As it stands, we will still be restricted to a 10pm close on New Years Eve – so we've had to think outside the box and here's what we've come up with... we'll be running a Buffet throughout the evening from as early as 4pm, we then plan to party the night away and finish the evening off with a countdown to 10pm. We will of course have the traditional Auld Lang Syne but with a socially distanced twist!

We've got all sorts of other events going on over the festive period including a visit from the big man in the red suit for the kids to enjoy! Keep an eye on our facebook page or website for further announcements and information on our opening hours (we daren't print them as things change so quickly these days!)

We'd like to thank you again for the support so many of you have shown since we took over the Black Lion in July, we hope to see the same faces (and new ones of course!) in the New Year.

Merry Christmas

*Tanya, Jon and all the team at
The Black Lion*





Saint Michael's Help Team -

We are conscious that whether or not restrictions continue, members of our villages may experience difficulties especially in the winter months, so we are continuing the helpline established in Lockdown One, throughout the winter months, whether or not restrictions continue.

As a response to the present situation, we have restarted our team to support anyone in our community who may need some friendly assistance.

Should you need help with shopping or collection of medicines do let us know. If you would just like

someone to talk with on the phone, discuss a worry or to pray with you, we have people who would love to help, just call or text the number below.

If you have problems where you need some advice or have struggled to get help elsewhere we will try and signpost you to the right assistance.

We will be very happy to do this and look forward to hearing from you.

Call or Text our Coordinator on 07958 134868

Saint Michael's Church News

Keith has explained on page 27 of this publication, what the plans are for our Christmas services, struggling as we all are to know what the constraints will be. At the time of writing, live services are not possible, but we hope some may be restored shortly. Please check our website www.hughendenparishchurch.org.uk for details.

In the meantime, services are on line and live streamed.

We are also keeping our links with the congregation and the wider community with online social activities.

Recently, an online quiz was held with about 55 participants, divided into teams, who could confer in private 'breakout rooms'. A bank of computers powered the whole enterprise. A good time was had by all!



Forthcoming attractions following COVID secure/online events

- 2 January 2021 - New Year's Car Treasure Hunt
- 30 January 2021 - St Michael & All Angels Bake Off
- 16 February 2021 - Pancake Tossing Competition

For details of any or all events please contact
Ant Rippon (07747643270)
or Frank Hawkins (07850150462)



St Michael's & All Angels Church, Hughenden, Christmas Services

Sunday 13 December	Christingle	3pm
Sunday 20 December	Carol Service	6pm
Christmas Eve	Crib Service	3pm 11.15pm Midnight Holy Communion
Christmas Day	All Age Communion Service (time tbc)	

As our schedule is likely to be impacted by any further changes to government advice, please can I encourage you to check our website regularly for the latest information about Christmas services? Please go to: hughendenparishchurch.org.uk

From Saint Michael's & All Angels Vicarage

I wonder what Christmas will look like for you in a few weeks time. This year has been like no other that has gone before it, and as the countdown until Christmas continues at an ever increasing speed, you and I are uncertain whether we will be permitted to celebrate this special time of year with those outside of our own immediate family and household, or bubble, as we now commonly refer to such a group.

Mindful of the challenging circumstances in which we currently live, here at St Michael's & All Angels, your local Church, we will be marking this holy season with special services and celebrations, and I would like to personally invite you to join with us.

At my time of writing, we do not currently know if we will be able to invite our community to join us in person at Church, but nevertheless, we will be raising our online presence, with several services broadcast

through the internet, via the Church website and our YouTube channel, and hope that you and your loved ones will be able to share in some of these moments with us, from the comfort of your own homes, with a mince pie in one hand and a glass of mulled wine, or a cup of tea in the other.

My hope and prayer is that you will know the peace and the joy of celebrating the birth of Jesus Christ this Christmastide. As we retell this story about a miraculous birth, of how God came to earth, in the form of a baby, and through him, God's plan to save the world began.

Happy Christmas & God bless you,

Keith





Naphill Evening WI

It was with great sadness that we had to suspend Naphill Evening WI at our Annual Meeting on the 15th October. Under WI rules the group has to have a Secretary, President and Treasurer, and unfortunately no-one felt able to take on the job of Secretary. SO! We are now formally in suspension for three years during which time we might be able to find the personnel to reconvene.

Naphill Afternoon WI was formed in 1922 and one of its earliest Presidents was Mrs. Coningsby Disraeli! The war years were very busy. The WI invested in a canning machine and during the fruit season hundreds of tins were filled and sealed adding both to members larders and helping the War effort. Evacuees from London were taken into members' homes and our local WI adopted a displaced family of five who had escaped from the Russian advance and fled into the Austrian Tyrol.

During the 50s and 60s the WI grew to over 100 members and drama took up much spare time. We entered Drama Festivals and won certificates and won the WI Drama Cup many times. We started the first Art Classes in the village and gave many exhibitions.

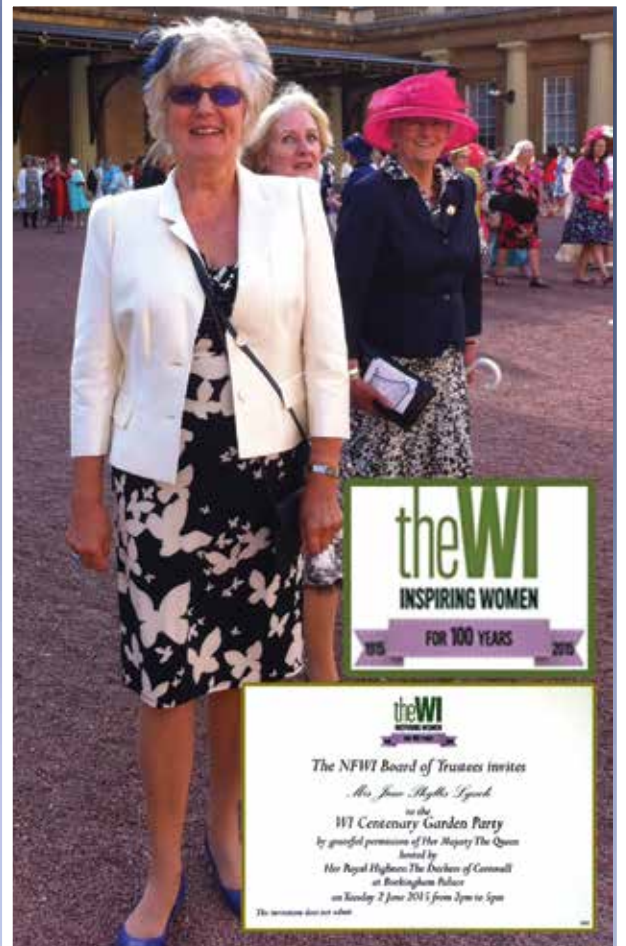
In the 70s and 80, the membership declined as many ladies who wanted to join the WI could not attend during the day as they were out working. So the idea of an evening WI was conceived. The first meeting was in October 1983 with Valerie Pushman as President, and gradually the afternoon WI gave way to the Evening WI.

Over the years the WI has been a very important part of village life, supporting the village in all its major events. Taking part in the Annual Float competition at the Fete, making teas and lunches, and providing stalls at the Fete and the Christmas Fayre. It will be missed. In the current Covid world we are unable to make any immediate plans, but do hope that when the world returns to some kind of normality we will be able to reform in some way and attract some younger new members who can carry it forward.

In conclusion I would like to thank all of our members, past and present, who have given so much of their time to serving the WI and thus our village. You have done a great job over the last 98 years.

THANK YOU!

Sarah Bacon



News from RAF High Wycombe

An event was organised and coordinated by Great Western Railway and The Veterans Charity to commemorate Remembrance Day 2020 – Op POPPY EXPRESS. 9 trains from across the UK made their way to London Paddington, GWR War Memorial, a bronze figure of a British soldier of the First World War, dressed in battle gear and overcoat and reading a letter from home. All trains arrived at Paddington before 1100 on 11th November. The trains stopped on route to collect poppy wreaths from schools, charities, associations and military organisations to name but a few.

Letters were also written to those to whom we dedicate Remembrance Day and they too were delivered to the trains as they passed through various locations. Sqn Ldr George Hannaford (OC FDS/COS), Fg Off Kathryn Duncan (STO) and Mr. David Brown BEM (GDC) met the 0849 train

as it passed through Oxford. Here they delivered a wreath from RAF High Wycombe, a wreath from St John's primary school, Lacey Green and letters written from both St. John's and Naphill and Walter's Ash primary school.



Dear Bob,

I call you Bob because I imagine you bobbing your head up and down looking out of the trenches for the attacking enemy. I am very scared for you as I wouldn't like you injured, you're a brave soldier and should never ever give up.

You've been gone such a long time I'm starting to forget your face, It would be nice if you could write back to me and send me a picture of you, Even if it's a drawing I won't care as I miss you very much.

I can't wait for you to finish the war so you can come home and be with your family again. I don't really know where you are but hopefully you're alright overseas,

It's boiling over here in the summer I wonder what the weather would be like over there. I can imagine myself there, next to you defending by your side. I hope you are back for my birthday Bob as it's nearing December days when I will be 10 years old. The best present I could ask for is you home safe to celebrate with me.

*Please write soon you loving nephew
Ben*



The letter printed here was written by Ben Slingerland, a year 4 pupil at Naphill & Walter's Ash School and was one of the items transported via operation "Poppy Express" to London.



Dani Bowman- AOC 38 Group Commendation

At RAF High Wycombe there are many amazing people, and one of them, Dani Bowman, received a commendation in the Queen's Birthday Honours list. And rightfully so!

Dani is the Community Development Officer for RAF High Wycombe and works immensely hard to connect with the local community and to serve those in the armed forces...but when we went into lockdown Dani stepped it up a notch.

Working tirelessly with the HIVE community support team to ensure families of those with deployed loved ones were supported and had good connections with



others around them. Reaching out to all the families of those working at RAF High Wycombe to ensure they had that little bit of morale and support to keep them going. Vouchers were applied for and sent out across the country, virtual activities planned, advice and support publicised, new ideas thought of and put into action and bids for funding for lockdown projects applied for and received.

On top of this, managing a team and ensuring they had appropriate resources and support, offering the wise word and voice of experience and ensuring celebrations such as Easter and VE day were appropriately marked... Dani, you are a legend and very much deserving of this commendation.

RAF High Wycombe thanks you and wishes all the best as you continue to serve in such a generous and compassionate way.

Padre Chrissie Lacey

A Message from Padre Chrissie - *How connected do you feel?*

Christmas is a time for family to come together. It's a time for people to gather to celebrate. It's a season when we enjoy seeing people we haven't seen for a while. Christmas is about presence.

In 2016 the Sainsbury's Christmas ad was about a dad working in a toy shop and how he was trying to find the best gift for his children and family. Credit to Sainsbury's because they weren't trying to flog stuff, because the advert was all about this dad figuring out that the best present he could give his family, was his presence.

But am I taunting you with this article? Writing about connecting with others and that our presence is really important? COVID has got a lot to answer for in 2020. It's torn families apart, separated friends, stopped travel and connection with other places as well as people. It's even brought the ultimate separation for some. COVID has caused a year of disconnection and it's worth pausing to acknowledge that.

A few months ago, I wrote about it being OK to have a hippo moment when we wallow in where we are at. I guess I'm inviting us all to pause for a moment to recognise what disconnection feels like. In fact, it is disconnection which is the reason why we have Christmas in the first place.

We, in our humanity, created as we are, are designed to be in connection and community with others. As a Christian

I trace this design back to being in the image of God, and that God, three-in-one, Father, Son and Holy Spirit are connection and community. If we are in his image, then we are designed to be connected to others. When we disconnect ourselves from others through greed, pride, arrogance, fear, selfishness, anger or hate and when we disconnect from our relationship with God through all these things and low self-esteem, shame, guilt...whether intentional or unintentional, disconnection prohibits life to the full.

So, God came to reconcile humanity to each other and to Himself by moving into the neighbourhood. In Jesus's birth we have God with us, reconciling humanity to God and teaching a way of life to enable reconciliation with each other. God's ultimate gift to us at Christmas was, and is, His presence, His connection with where we are at?

Disconnection hurts, connection heals. How are you going to try connecting with people this Christmas, and if COVID prohibits, how will you commit to in the new year? And the whole God thing, if you want to explore it more then I'm happy to discuss, debate or simply listen to your view.

Padre Chrissie:

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Naphill Tennis Club

As I write this, we are currently in lockdown and tennis is 'off the menu'. So, I thought a bit of history about Naphill Club and the game itself wouldn't go amiss.

Tennis was the rising game just after the first world war and a group of enthusiasts formed the first Naphill Tennis Club in about 1921. The first grass court was made on a piece of land at Kate Cottage opposite the Black Lion. After the village hall was built the club moved to a grass court where the scout hut now stands and, in due course, moved to a hard court in the present position where two more hard courts were subsequently added.

How did the game of tennis begin?

Most historians believe that tennis originated in the monastic cloisters in northern France in the 12th century, but the ball was then struck with the palm of the hand hence the name jeu de paume. It was not until the 16th century that rackets came into use, and the game began to be called "tennis." It was popular in England and France, although the game was only played indoors where the ball could be hit off the wall. Henry VIII of England was a big fan of this game, which historians now refer to as Real (or Royal) Tennis.

The Davis Cup, an annual competition between men's national teams, dates back to 1900. The analogous competition for women's national teams, the Fed Cup, was founded as the Federation Cup in 1963 to celebrate the 50th anniversary of the founding of the International Tennis Federation, also known as the ITF.

In 1926, promoter C.C. Pyle created the first professional tennis tour with a group of American and French tennis players playing exhibition matches to paying audiences. The most notable of these early professionals were the American Vinnie Richards and

the Frenchwoman Suzanne Lenglen. Once a player turned pro he or she could not compete in the major (amateur) tournaments.

In 1968, commercial pressures and rumours of some amateurs taking money under the table led to the abandonment of this distinction, inaugurating the open era, in which all players could compete in all tournaments, and top players were able to make their living from tennis. With the beginning of the open era, the establishment of an international professional tennis circuit, and revenues from the sale of television rights, tennis's popularity has spread worldwide and the sport has shed its upper/middle-class English-speaking image.

Today, Naphill Tennis Club welcomes anyone who is interested in playing tennis and, over the last few years, we have upgraded our courts with 'Tiger Turf' all-weather surface which is much more comfortable to play on than the old hard courts. Although the courts are currently closed due to the lockdown, we hope to be open again very soon as tennis is one of the few sports you can play at a social distance. Our membership increased considerably during the summer for this reason! Vive le tennis!

*We wish you all
a Merry Christmas
and a
Happy, Healthy
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Jenny Tench

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Stockings through the ages – *my ages*



Having been told that we are to have a four week 'quiet period' I started to count forward the weeks! Magically the month of December now looms very clearly on my calendar; which means my mind takes an immediate fast forward to Christmas! Helped of course by catalogues dropping through the post box. Selling things apparently that are a 'must' as stocking fillers. They assure me that the prices are reasonable and twenty pounds for a gift to pop in a stocking is really good value!

Time travel backwards, this time to the 'dark ages', OK around 1946, which probably is the dark ages to anyone bored enough to be reading this rambling!

A Christmas stocking was an old sock of your Dads (cause they were bigger than your own) and left on the end of your bed on Christmas Eve. You then pretended to go to sleep, but every so often stretching out your toes to see if it had been filled. Hoping to hear that magic crackle! This process continued to about five in the morning when you exploded with excitement and emptied the contents (in my case) onto my very much older sister's bed! I know, dear reader, that you hear it often, BUT they really did have nuts and a tangerine in the toe. A soap snowman (highly scented) was always welcome, but always seemed to get next to the small chocolate bar (a huge treat- not because of cost but rationing) to flavour it in the most curious way. Another 'must' was a tiny notepad and pencil from 'Woolly's', a kaleidoscope and all topped off with a 'tickler' (ask your Gran)

Stockings are not just for Christmas! Mine started off very thick and woolly, and were held up by suspenders attached to my liberty bodice (sorry if too much information) this phase started and ended on my first day at junior school where I discovered EVERYBODY else wore knee socks. My Mum was a bit old fashioned bless her, but I was a bolshie kid and refused to wear them again!

So on to the 1950's -The glamour and excitement of receiving and being allowed to wear your first pair of "nylons" cannot be overestimated! I was fourteen and off to my first party that INCLUDED boys. You know those strange objects that stood in the opposite corner of the room. They stared – we giggled. These again were not held firm by a glamorous frippery, but a 'roll-on' quite a firm garment to hold 'you in' (I was built like a bean pole, but it was still considered necessary.

I dived for a while in my adult years with "HOLDUPS" – an inaccurate description as ever I have seen. Advertised as glamorous, with very pretty lacy elastic tops. The image was totally ruined by having to rush off frequently to somewhere private to hitch them up, or suffer the embarrassment of ending up like Nora Batty with wrinkled stockings puddling around your knees!

The miniskirt heralded shock and rebellion and the advent of tights. For decency's sake a very necessary, although not glamorous piece of apparel! Even these could be fraught with danger if your legs were too long and the tights too short, the gusset ended up between your knees and you would end up hobbled!

And now? My stockings are elastic - - - - I will end there and refer you back to Christmas!

The Shy Contributor



Happy Christmas Everybody!



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Bodging is a traditional woodturning technique, with deep historical links to High Wycombe. The term describes the labours of the itinerant craftsmen who turned Beech wood to make chair legs and other cylindrical parts of chairs. Back in the day the work was done close to where the trees were felled. The itinerant craftsmen who made the chair legs were known as a bodgers, generally paid on piece work. Allegedly the last living chair bodger in Wycombe, Samuel Rockalls' accounts book for 1908 shows he received 19 shillings, or 95p in today's money, for 144 units of plain legs including stretchers. With three stretchers to a set of four legs this amounted to 242 turnings in total. Another belief is that the term "bodger" was a corruption of badger. Similar to the behaviour of badgers, bodgers lived in the woods and rarely emerged until the evening.

It is also a colloquial term for making or fixing something "shodily". Apparently coined by the Australians. Given the history of quality furniture production in this area, I reckon this is a darned cheek,.... But don't tell my in-laws in Queensland!

Obviously, due to the nature of the CHA business, we have pretty good access to green logs and branch offcuts. This can be quite useful when one of your hobbies is crafting 'stuff' out of wood. During the summer we knocked up some table tops for barbeques and garden picnics. Great for serving up the burger buns, coleslaw, and assorted bottles of chilled booze. But summer 'cook outs' are now a distant memory, and thoughts have turned to winter walks and Christmas decorations.

Don't get me wrong. I love trekking out in the woods for a couple of hours, whatever the state of the trails. But one of the bugbears of muddy walks is dragging the great outdoors.... err.... indoors. So I came up with the idea of "bodging up" my very own outdoor boot changing bench for the front porch. Take one decent sized Lime tree log. Slice with a chainsaw. Trim four legs to length and prepare the ends with a coring bit.

Add some wood glue, a cordial introduction to the belt sander, and a generous coat of Briwax. Proper bodging Naphill style...


So where is the festive element of all this wood crafting? Well, while I was 'bodging' my shonky boot changing stool, my wife was creating something far more exciting from the bounty of the forests. Specifically, a rustic Christmas reindeer. Here is Rudloph, changing his boots.... on my bench..... A proper Festive Bodge.

Mike Beckley

Chiltern Hills Arboriculture



Best Wishes for Christmas and 2021!




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Wycombe Photographic Society

December means Christmas and the chance to take lots of photos of smaller family Christmas festivities that you can share with friends due to the "social distancing" that we currently are living with.

Photos of the Village Tree festooned in lights. Nice long, but not too long, exposure of the lights and if taken from the correct angle you will have the light trails of headlights and tail lights of the vehicles passing the tree to add that something "extra" to your photo. Long exposure means that you will have to support your camera on something solid and not rely on just handholding or else you will get movement in your photo.

I know that the Gazette Editor will be more than pleased if you submit your photos of the Village Tree in all its glory to her.

Not a lot going on this month at the club, however, with the use of Zoom we are able to have a couple of more guest speakers than usual and we are holding regular

discussion groups at which we all display various images taken for a challenge that has been set for us. Painting with light is the challenge for December.

If you would like to join one of our discussion sessions or attend one of our guest speaker evenings then please contact me through our web site where you will find our programme.

www.wycombephotosociety.org.uk

We would love to see more people from Naphill and Walters Ash so please join in to one of our evenings.



David Greenwood
Membership Secretary
Wycombe Photographic Society

Editorial Note:

Dear Members of Wycombe Photographic Society,

Please send me your photos! Local views, wildlife, an interesting or an especially beautiful photograph, ALL ARE WELCOME!

Sonia
Naphill & Walter's Ash Gazette Editor



Hi, I would like to introduce my business, Rays Kitchen.

My name is Ray Pullen, I'm a professional chef and have a real passion for all things food. My partner, Nathalie, and I have recently moved into Naphill and I would love to share my passion for cooking and my dishes with the local community.

I will be cooking most days from my fully registered home kitchen and am offering free pickup or delivery for a small charge, of my dishes for residents in Naphill and Walters Ash. Prices start from £12 for one meal and £15 for a 2 course meal, discounts are available if you book for the week. I will always have a vegetarian option and vegan dishes are available on request.

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From My Kitchen

What a busy few weeks!

Thank you all for making us so welcome and for all your appreciative comments and messages!

I am delighted that you are enjoying my cooking and I am looking forward to making many more fabulous dishes for you all!

Have a merry Christmas and a happy New Year!

Best wishes,

Ray

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Helping Our Butterflies

Many of us welcome the sight of butterflies flitting through our gardens from April to October. These beautiful insects are, to most, a familiar sight. For me, the first harbinger of spring is the first Orange Tip or Brimstone. Each year the seeds of Garlic Mustard get sown in semi shaded parts of the garden. This encourages Orange Tips which have overwintered to visit and lay their eggs on their favourite food plant. Caterpillars emerge about two weeks later to feed on the leaves and seed pods of this shade loving biennial. When it comes to encouraging more butterflies into our gardens it's easy to think about plants that look pretty and provide nectar for the adults, such as Buddleja, Lavender, Sedums and Asters. Yes, these plants provide a nectar pitstop but we should be thinking about the life cycle of these insects, then we can turn our gardens from a pitstop to a home.

Brimstones are one of our longest lived butterflies, emerging as an adult in July. Come September it will seek a place to hibernate through late autumn and winter, often choosing a thick growth of Ivy. Without sheltered places they would be open to predation from birds and mice. Emerging in April, they then lay eggs in May and June to start the cycle again. Brimstones are not the only butterflies to overwinter as adults. Red Admirals, Peacocks and Small Tortoiseshells also spend many months in hibernation. These also use Ivy as well as your garden shed. Ivy also provides a home for the Holly Blue. These blue gems have two broods a year. Females of the spring lay their eggs on the developing buds of the Holly

berries. However, the summer brood lays it's eggs on the developing buds of Ivy berries. So by letting Ivy grow up an old tree or fence to flower and bear fruit you could support several species of butterfly. The flowers provide nectar for bees and hoverflies as well as butterflies and the berries are a source of food for Blackbirds and Thrushes. If you are not a lover of Ivy why not grow a Hop on a fence or pergola to encourage a Comma to lay it's eggs and provide food for it's caterpillars. This shade tolerant climber can provide shelter and nesting potential for Robins, Dunnocks, Thrushes and Blackbirds.

If like me, you tried to make a mini wildflower meadow and ended up with just long grass (not enough sun) keep the strimmer in the shed until spring. Longer grassy areas could be home to the chrysalis of some of the eight or nine species that lay their eggs on grasses. These include Speckled Wood, Meadow Brown, Ringlet, Gatekeeper, Large Skipper and Marbled White. These overwinter as caterpillars or chrysalis in tussocks of longer grass. So by making small changes in the way we manage our gardens we could make a large impact on the wildlife in them.

2020 seems to have been a good year for butterflies. I recorded eighteen species this year (record is twenty one). Most notable was the length of time Brimstones were around. First recorded on the 17th March, last seen 23rd October.

Gordon



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We know the employment patterns of many people will have been adversely affected and we continue to offer friendship, and the opportunity to meet new people, albeit 'virtually' at this time. We welcome anyone joining who is not currently in full-time employment. With around 40 Groups to choose from, we are sure you will find something to interest you over the winter months and beyond.

December Dates

A pre-Christmas evening of pure entertainment: 10th December 7.30pm - We are continuing with our 'Evening' meetings with an invitation to join us on a very special 'Christmas Grand Tour.' The Grand Tour was the rite of passage for young gentlemen in their late teens or early twenties. Will you be able to stand the pace? Even though your own holiday plans may have gone awry, there is still time to grab your invitation to this extravaganza of music, art and nonsense brought to you by 'The World We Lived In.' You'll need your sea legs as there were no planes, RORO Ferries or non-stop trains to Paris in the 1700's. Actually, not much has changed. Our pictures give a glimpse of what we have in store!

Plans for the Christmas Coffee morning (Wednesday 16th December, 10am) are complete. Many of our Groups will be showcasing what they have been doing over the past year. You can join in the games we will be playing. Why not join in with us? The only qualification for u3a membership is that you are not in full-time employment.

A Very Busy 2021

On 27th January, our Monthly General Meeting welcomes Paul Whittle, talking about the Venetian Collection. There is a full programme right through to August 2021. These monthly General Meetings are from 2.15pm on the 4th Wednesday (excluding December) of each month. Hopefully, at some date in 2021, these talks will resume at Lacey Green Village Hall but for the time being we will continue using Zoom.



We'd like to tell you more about what we do, the fun and laughter we all have at our meetings, including those held over the internet. Do not forget to mention topics that interest you most. You may even want to suggest an idea for a new Group. Of course, we all are missing meeting up with our friends in either members' houses or Village Halls. The good times will come back and those cups of tea although we've noticed that decaffeinated coffee is popular for our evening sessions.

And all this for £20 per annum! You can attend all our Groups. Check out all our activities, including those currently using Zoom, at: <https://u3asites.org.uk/highwycombe/events> You will need an 'invitation' from us to click into any Zoom session. All you need is a PC, Tablet, Laptop or iPad. You do not need to download any software in advance.

Please email our Membership Secretary for invitations and full details of your u3a at:
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Toddle In Group *nurturing curious minds*

Getting Ready For Christmas



Oh, the weather outside may be cold and frosty, but inside at Toddle In Group we are feeling very excited! As so many Christmas traditions have been unable to take place this year, we introduced Christmas in all it's glory at the end of November. The children came in on Monday morning to find that a band of hard working, merry elves had transformed their Nursery into a magical Winter Wonderland, dappled in fairy lights and with a new North Pole Post Office area with a wrapping station, writing station and Christmas Post box!

We have a lovely kind elf called Jingle that leaves us little messages every night with either a task to carry out, an act of kindness to complete or a present. Many families use the elf tradition to create a little magic at home. The elves are often used to create mischief and raise a giggle or smile from their little person. It's also a great opportunity to encourage kindness, and the kindness elf can really support children to understand the tradition of caring for other people. With that in mind, we would like to thank everyone that contributed to our One Can appeal. We were able to deliver 3 large bags of food to the charity in November.

Without the usual trips to see Father Christmas, festive days out or Christmas pantomimes you may be wondering how to bring the magic to your children. Whilst it is very sad that these festive treats are not accessible as they usually are, the magic is unquestionably still within reach. Our children are able to find awe and wonder in all that they see, and an enthusiastic adult is all we need to elevate the moment, and create a lovely experience. A wintry walk, baking gingerbread, and creating crafts to send to loved ones are where the real spirit of Christmas lies.

The most wonderful part of the cold and chilly days, is being able to snuggle up with blankets and hot chocolate, and enjoy a book and a chat. Hygge is a Danish word that refers to the 'mental state of cosiness, conviviality and togetherness'. After what has been a tough year for many, we all could do with creating somewhere at home that we feel Hygge. Our children asked for a cosy day with hot chocolate and marshmallows, a sure sign that they all experience Hygge at home! Costa Coffee

donated little cups for the children to enjoy their hot chocolate in, and marshmallows were on offer too.

Not everybody celebrates Christmas, and that diversity is also embraced in our Nursery. We have been discovering and exploring concepts such as hibernation, and how to care for our wild birds when the ground is too hard for them to search for their own food. Winter is such a unique time of year, and so much can be learnt and explored, especially learning how to put on hats, gloves and coats independently to stay snug!

We are still offering socially distanced tours, and now we have a short video of our Nursery on our website www.toddleingroup.co.uk/naphill for families to take a look at. If you would like to book a visit please call Kim on 01494957196 or email enquiries@toddleingroup.co.uk.

Merry Christmas to you all!



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Shear Madness

Well, 2020 is nearly over and good riddance I say !

Hopefully I'll be back on the 3rd and then we can go and meet our friends in the pub and get some kind of social life back again. I think we have all missed our loved ones this year, I myself haven't seen my grandchildren for nearly a year as they live in Bolton. FaceTime just isn't the same.

Remember we are appointments only now. You can ring me 07843100574 or Dawn 01494 563006. A polite reminder to please be on time as I've had to turn a few away for being a few minutes late, it really is a tight turnaround as I need to get as many of you done as safely as possible, a few have said, "Oh I only take 5 minutes". Remember, I have to clean the shop thoroughly between each and every one of you, thank you.

Please remember to shop local, if you don't use us you will sadly lose us so we need to stick together!

I really hope that you all have a wonderful Christmas and it's as happy as you can make it. Here's to 2021 and we can all start to get on with our lives.

Love as always,

Mandy x



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For those 50 years – 65 years

The Flu vaccination has become available to all those over 50 years from 1st December.

Please book your Flu vaccination appointment **tonLINE** at **The Practice website** from 1st December.

More appointments have been made available including some evenings and on a Saturday.

*Hughenden and Chequers Surgeries' Patient Group
- on behalf of the Practice*

Christmas Service Times at Saint Botolph's



Sunday 20th December 5pm

Outdoor Carols at St Botolph's

Bring your own lanterns and mulled wine.

Thursday 24th December 4.30pm

Outdoor Crib Service

Bring your own lanterns and mulled wine.

Thursday 24th December 11.30pm

Midnight Mass

Please book places in advance

E: westwycombebenefice@gmail.com T: 01494 483311

Following the government rules, please note

- Bookings will be required for all services in a church building
- A telephone contact number will be required for test and trace purposes.
- (An email address is also useful so that any changes of plan can be quickly conveyed)
- It is a legal requirement that (unless exempt) all attendees wear a face covering.
- 2m social distancing (for those not in the same household) will need to be observed.
- Please leave the church promptly after the service.



May you be blessed with the knowledge of God's love this Christmas

The people walking in darkness have seen a great light;
On those living in the land of deep darkness a light has dawned. ...
And he will be called Wonderful Counsellor,
Mighty God, Everlasting Father, Prince of Peace.
Of the greatness of his government and peace there will be no end

from the prophet Isaiah chapter 9

A Christmas Message from Saint Botolph's

From Bradenham Vicarage - *Christmas comes to Charlotte*

As a rookie nurse, Charlotte, my eldest daughter drew the short straw during her first year on the ward and had to work Christmas Day. Not only that, but her housemates would have all gone home and she would be returning to an empty, dark house. For us, this was a bit of a blow. We had well established family Christmas traditions, the core of which was the celebration of the birth of Christ. Christmas Eve crib service would be followed by Midnight Mass, then family service on Christmas morning. After the joyful religious celebrations, our feasting would begin. Traditional lunch, presents being exchanged and opened after the Queen's speech, sitting around a log fire. This year would be a very different Christmas.

So we had a think. If Charlotte could not be with us for a family Christmas, how about we took our family Christmas to Charlotte?

Now, I do love a good logistics problem. This really gave me something to get my teeth into. Just how to you transport Christmas? The presents were no problem – we just let Santa have the address where Charlotte was living. The rest.....

We carefully organised food that could be part cooked and finished off in the oven. We gathered together crackers, table settings, festive table linen, candles, gifts, even our special Johnson Bros Christmas china. All was carefully boxed up, a spare key acquired and we set off.

I do love a good logistics problem, and I aced it! Clockwork! We even found a film of a real time log fire on the TV that turned the screen into a virtual fireplace with crackling log sounds and Christmas carol accompaniment (well – maybe that was a bit cheesy). Charlotte came home from a difficult day on the ward to a house that was warm, welcoming, full of the scents and sounds of Christmas and her family.

We ate our meal together, her partner joining us for dessert and cheese. We located the presents Santa had left for us under the tree and enjoyed opening them together. We sipped mulled wine and talked – together. It was a very different Christmas, but probably one of the best we'd ever had. It was certainly one of the most memorable.

Christmas will be very different this year. For some there will be an aching void where a loved one had once sat and will sit no more. For others there will be the heartache of separation from loved ones. For many there will be the disquiet of things not being 'normal'..... but there has been much talk of 'new normal'. This year could be an opportunity to try something different, experiment a little, go countrycore or city chic. Perhaps in time, Christmas 2020 will become known as the 'Covid Christmas' and thought of as the Christmas of innovation and new opportunities; when Christmas became simpler yet more creative, returning to the spiritual root of its festivity.

Whatever form your celebration of Christmas may take this year, nothing can erase the fact that God loves you and Christmas marks the point in human history that God showed his love by sending his Son to be born in a stable.

May you be blessed with the knowledge of God's love this Christmas.

Rev Jenny Ellis



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NEAT ways to burn more calories over Christmas and beyond – My Christmas Challenge for you!

One thing that is for sure this Christmas, is that there will be many extra opportunities to increase our calorie intake, with tempting delicacies wherever we look. It is also highly likely that we will indulge and enjoy a few of those treats, and why not!!

The good news is, that if we want to enjoy the occasional treat, then we can do so, if we think about increasing our physical activity levels accordingly. It is always a question of balancing calories in and calories burned.

One way to do this is via exercising, however there is another important element of energy consumption, & that is Non-Exercise Activity Thermogenesis or "NEAT", which, despite sounding a bit scary, simply refers to the calories that we burn through activities that aren't part of formal exercise. By consciously making small changes throughout the day, it is possible to burn an extra 200 calories daily. Here are some ideas on how to do this



1. Stand up more – Next time you take a phone call stand up / walk around for it instead of sitting down.
2. Increase your step count – most of us now have step counters built into our watches / smartphones. Actively seek out opportunities to increase your steps. Why not turn it into a competition as a family, or group of friends, to see who can increase their steps the most?

3. Squat on the floor to watch TV instead of slouching on the sofa – squatting will promote flexibility and help improve posture.
4. Whilst waiting for the kettle to boil, repeat coming up onto tiptoes and slowly lower the heels to the floor (good for ankle stability) or try and balance on one leg at a time, using your core to stabilise you.
5. Move more whilst sitting down, rotate the ankles and wrists, or give the neck and shoulders a relaxing roll.

Every little really does help, and the body is amazingly clever in adapting to the demands placed on it, so challenge yourself to see what little good little habits you can practice over the festive period, and beyond. I would love to hear how you get on!



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No School Nativity play this year due to COVID restrictions, so a blast from the past with the hope for happier, healthier times next year!

Slimming World - Hughenden Valley

After returning to the Village Hall in September and getting back to a new normal in our group, then following Boris Johnson's announcement of going back into lockdown, we went back to our Virtual Groups. I am really pleased to say that almost all my members decided to carry on with their membership and are still getting the same support as they do in our real-life groups. I have given out lots of awards over the last few weeks and 2 members have reached the final goal weight. Which is just great before Christmas!

Unfortunately, I had confirmation this week - now that we are in Tier 2 - that Hughenden Valley Village Hall has no plans to re-open until probably January, unless anything changes.

If you would like to find out more about our warm and friendly Slimming World group and would like to lose some weight before Christmas, there is still time to do that. Alternatively, if you would like some more information about joining in January, please do not hesitate to contact me for more details.

Call Kerry on 07887 - 567264.

*Season Greetings and Best Wishes for
a Happy Christmas & New Year.*

From Slimming World at Hughenden Valley with Kerry

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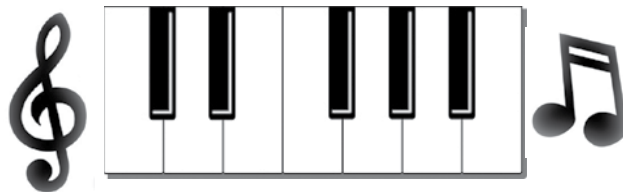


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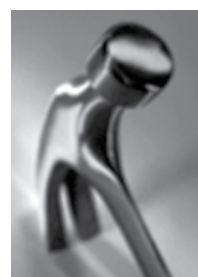
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