

Naphill & Walter's Ash Gazette

June 2025

Annual subscription £5

Jonathan Fidler
FIRST PHOTO

Your trusted local
builders in Naphill
with over 40 years
of experience.

Building is in our DNA.

- Extensions
- Renovations
- Alterations
- General Building

We provide high-quality
solutions at realistic prices.

“Pervez and the Sure-Build team delivered a great extension that was built with a smile, to a great standard, in the time scale we agreed and on budget.”



SURE-BUILD

Quality Without Compromise

07929 207550

01494 266332

pervez@sure-build.co.uk

sure-build.co.uk

A. MAY FLOORING SERVICES



Independent Hard Flooring Installation Specialist

- * Engineered & Solid Oak Wood Flooring
- * Herringbone & Chevron
- * Laminate & Luxury Vinyl Floors
- * Fixed or Floating
- * Sub floor preparation & Skirting Boards
- * Supply and/or fit only
- * Site visits and free quotations

I'm Recommended on
myBuilder
com

Call Alex 07868594191
maysflooring@yahoo.com

Your Local Naphill
Flooring Specialist



EDITOR: Sonia Goby - Tel: 569428 email: editor@naphillandwaltersash.org.uk

ASSISTANT EDITOR: Jonathan Hilder email: assistant.editor@naphillandwaltersash.org.uk

ADVERTISING: Sonia Goby - Tel: 569428 email: editor@naphillandwaltersash.org.uk

TREASURER: Hillary Spain; email: treasurer@naphillandwaltersash.org.uk

DISTRIBUTION COORDINATORS: Paul & Joanne Hewitt email: distribution@naphillandwaltersash.org.uk

WEBMASTER: Peter Davis - email: webmaster@naphillandwaltersash.org.uk

GAZETTE FACEBOOK COMMUNITY COORDINATOR - Andria Benjamin

GAZETTE FACEBOOK BUSINESS COORDINATOR - Karen Kerr

PRINTING: Turville Printing Services -01494 520322

Come and Join Us!

Our Local Clubs and Organisation Contacts

Beavers		01494 447121	Groupleader@naphillscouts.org.uk
Brownies Naphill & W.A	Caroline Purdom		wabrownies@gmail.com
Bridge Club	Margaret Stagg	01494 530736	
Cubs - Naphill			Groupleader@naphillscouts.org.uk
Friends of Naphill Common	Chris Miller	01494 563707	chairman@naphillcommon.org.uk
Men's Club	Andrew Wasilewski	01494 562770	naphillmensclub@yahoo.co.uk
Residents Association	David Frost	01494 564466	
Naphill Neighbours	Jo Keattch	07802 235578	naphillneighbours@gmail.com
Scouts (Naphill)			Groupleader@naphillscouts.org
Naphill Football Club	Chris Keats		napillfc@btinternet.com.uk
Hughenden Street Association	Susan Bickerstaffe	07880 519323	smbickerstaffe54@gmail.com
Tennis Club	Jenny Tench	01494 565406	jttench@gmail.com



Camomile PT Personal Training and Nutrition



About you

- You are looking to build or regain strength, fitness &/or lose weight, but need some help to keep you on track?
- You like the idea of training on your own or as a group (4 -8 people) or a combination?
- You are happy to train online (or face to face in line with relevant guidelines)



DO SOMETHING
TODAY THAT
YOUR FUTURE
SELF WILL
THANK YOU FOR.



I offer

- Programme of online classes offering full balanced body workouts.
- Personalised 121 tailored training programmes
- 1-2-1 or small group options
- Free initial consultation
- Locations & times to suit you
- Fully Qualified L3 Personal Trainer
- Lots of support and encouragement



Book a free initial
consultation

Hilary Spain 07909 833586
email: info@camomileconsulting.com
Facebook: Camomile PT
Instagram: CamomilePT



**chicken/
egg** free-range
creativity

READY TO HATCH NEW IDEAS

BRAND STRATEGY | LOGO DESIGN | BROCHURES | VIDEO
WEB DESIGN | WEB DEVELOPMENT | CONTENT CREATION
ANIMATION | MARKETING STRATEGY | CAMPAIGN CREATIVE
SOCIAL MEDIA ASSETS | COPYWRITING | MEDIA SUPPORT

LET'S GET CRACKING



KAREN@CHICKENEGG.CO.UK



07970 732057



CHICKENEGG.CO.UK

PREMIUM Plumbing and Heating

*Specialists in Plumbing, Heating
& Bathroom Installations*

Tel: **01494 256175**
01844 346946

Michael: **07737 007809**
Glynn: **07834 734491**

info@premiumplumbingandheating.co.uk

www.premiumplumbingandheating.co.uk



Naphill Village Hall



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

Bradenham Parish Council Clerk	Deirdre Hanson	01494 562254	clerkbradenhampc@gmail.com
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	Richard Wilding		richard.wilding@hughenden-pc.gov.uk
Hughenden Parish Councillor	Vacancy		
Buckinghamshire Councillor	Steve Broadbent	07471 144181	Steve.Broadbent@buckinghamshire.gov.uk
Buckinghamshire Councillor	David Carroll	01494 716967	David.Carroll@buckinghamshire.gov.uk
Buckinghamshire Councillor	Clive Harriss	07768 876568	Clive.Harriss@buckinghamshire.gov.uk

Helpful Contact Numbers

Hughenden Surgery	See website www.ourpractice.co.uk	01494 562189
Out of surgery hours		111
Breast Unit Wycombe Hospital	Breast lumps self refer	01494 526161
Stroke Support Service	Stroke sufferers, carers & family support	0300 3300 761
Shaw Clinic - Genitourinary Medicine	Genitourinary Medicine	01494 425430
Hearing Clinic Wycombe Hospital	Self refer	01494 526161
Healthy Minds	Anxiety, depression, stress, postnatal wellbeing	01865 901 6000
Bereavement Listening & Support	Bereavement counselling	1296 332600
Wycombe Women's Aid/Also Men	Counselling re domestic violence	01494 461367
		Male 0808 8010 327
Carers Bucks	Help for carers	0300 7772 722
Alzheimer's Society	Dementia information & support	01296 331722

Piers Photography

Jonathan Hilder is your local photographer
based in Coombe Lane, Naphill

Weddings - Portraits

Events - Real Estate

*Even likes working with children
and animals!*

Give me a call to discuss your plans

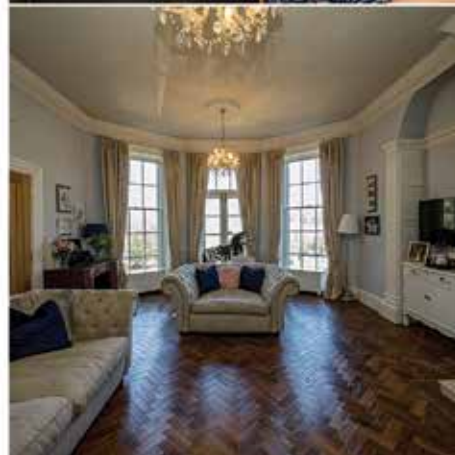
www.piersphoto.com

jonathan@piersphoto.com

07787 505 786

Jonathan Hilder
PIERS PHOTO

Master Craftsman with the Guild of Photographers



The Retro Retreat

SWEDISH MASSAGE

THERAPEUTIC MASSAGE

DEEP TISSUE MASSAGE

INDIAN HEAD MASSAGE

MUSCLE RECOVERY MASSAGE

HOT STONE MASSAGE

**All Massages are only £50 per hour
Home visits £60 per hour**



Message Andria Benjamin on Facebook: The Retro Retreat
Webpage: THERETRORETREAT.COM or text/call/Whatsapp on 07570985777



Copy Date July Gazette 15 June 2025

The VE Day celebrations on the Crick were a huge success, the wall to wall sunshine vanished but this did not deter our community from flocking to the Crick to enjoy this special event, well done and thanks to the organisers.

This month, with months of planning, a huge amount of effort by Jason and his team of volunteers, NapFest is BACK! The format has been updated, there is a new cinema event on Friday 13 June, our much loved village FETE! is back on Saturday 14 June followed by an evening of live music! Please folk, support these events which do so much to raise much needed funds for our village hall. The following weekend we have Classics on the Crick, a special charity event, where all the profits go to Air Ambulance. SO! Lots of village events to enjoy in June.

NAWARA have entered us again this year for the Best Kept Village competition. Do you remember how proud we all were when we won the De Fraine cup two years ago? Now we are asked again to tidy up our villages and help secure another win this year. If we all pull together, if we all do our bit, pick up the litter and keep our village spic and span, we can achieve this goal again!

Last month our cover photograph was of Lacey Green Windmill and I promised that we would publish an article about the windmill. I asked Harriet, our assistant editor if she would write this for me. Please see page 24. Thank you Harriet for the text, the Chiltern Society for their help and Mike Beckley for the interior photographs. If you have an idea for an article please do get in touch with Harriet, she is a talented professional copywriter, who is happy to help with writing articles.

Back to the subject of support, I am publishing the annual Gazette subscription notification. Once again we are asking you to pay £5 towards the cost of the ten copies of the Gazette you receive each year. Each individual copy of the Gazette costs over £2 to produce, your subscriptions are vital to the survival of the Gazette and we thank you for your ongoing support.

Finally, my thanks to all our contributors and to Jonathan for our cover photograph. My very best wishes to you all for a happy, healthy June! I really hope we have some glorious Summer sunshine and that we all enjoy NapFest!

Sonia

Gazette Annual Subscription Collection 2025 Notice

The distribution team now have their collection bags and will be calling to collect the annual Naphill & Walter's Ash Gazette subscriptions for 2025. Please have your £5 ready.

Thank you for your ongoing support.

Sonia - editor

editor@naphillandwaltersash.org.uk

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

PAINTER & DECORATOR
FREE QUOTES
FRIENDLY SERVICE



HUNTS DECOR

Contact Mark

✉ markdecor@gmail.com

☎ 07775 626752

Keep This Number Handy
You May Need It To Contact...
Your Local

ELECTRICIAN

Call Tony on 07944 162958

or

Email Tony@plugs.me.uk

plugs



LPME
Motor
Engineering

LPME.co.uk

Fettling Land-Rovers since 1988

SERVICING & REPAIRS

WELDING & FABRICATION

COMPUTER DIAGNOSTIC TESTING & TUNING

RESTORATIONS & REBUILDS

DINITROL ANTI CORROSION TREATMENT

BODY & PAINTWORK

ENGINE & GEARBOX CONVERSIONS

PARTS, UPGRADES & ACCESSORIES



01494 484694

contact.us@lpme.co.uk



Collection from home / work by arrangement



Logs for Sale
seasoned

Free Delivery

07816 507564

or

01844 274096

dpope1986@hotmail.com



HELEN'S
HAPPY PAWS

PET CARE
TAILORED TO
YOU....

SERVICES
INCLUDE BUT ARE
NOT LIMITED TO ...

CAT SITTING

POP IN PET VISITS

DOG SITTING

DOG WALKING

WATERING PLANTS



TO FIND OUT MORE:
07747773829



Naphill Village Hall and Playing Fields

Trustee Committee

Registered Charity No: 300309

www.naphillvillagehall.org.uk



Chairman's Report

The village hall organised a celebratory event for the 80th anniversary of Victory in Europe day on Monday 5th May. It was attended by approximately 400 people. The crick and village hall were decorated with flags and bunting, and tables and chairs were assembled on the crick. There were games for the children and fun fair rides. The only thing we did not have was some sunshine! Despite that, there was a great atmosphere and everyone appeared to be enjoying themselves.

The village hall had recently received the last payment of the legacy from Mr. John Sweet's estate so it was decided that this would cover the costs for the event so that it was truly something for the community. The only cost to people attending was the bar and even those prices were basically at cost. There were some refreshments and Morrisons provided some sandwiches and cakes.

I would like to thank Moira and Claire for organising the event, Chloe and Julia and all the people that helped it run smoothly, and all those who helped put all the equipment away at the end of the afternoon. From the feedback I have had it was very much enjoyed.

Now back to normal village hall business. The monthly meeting was held on 12th. May and the main topics were:

- Gigaclear has installed the fibre optic broadband in the village hall.
- There was an emergency on the crick where a footballer was injured and it took over 4 hours for an ambulance to arrive. Many concerned neighbours provided assistance which was greatly appreciated.
- The committee voted and duly appointed the Chairman, Vice Chairman and Treasurer. There was no change in these positions from last year.
- Napfest weekend includes a cinema with two films on the Friday, a fete on the Saturday afternoon, live music Saturday evening and a football match on Sunday. Let's hope we have some nice weather for this event!
- The Fireworks and bonfire will be on 8th November and the Christmas Fayre on Sunday 30th. November.

I hope to see you at one or more of these village events,

Clive Lawrence - Village Hall Chairman

NAPFEST

VOLUNTEERS & TOMBOLA PRIZES **STILL NEEDED**
email: Napfest.co.uk@gmail.com

VILLAGE FETE

11-3PM SATURDAY 14 JUNE

JOIN US FOR

• Great Food	• Music
• Games	• Entertainment
• Retail Stalls	• Sweet Treats
• Dog Show	• Kids Go Karts
• Ferret Racing	• Community groups
• Flypast	• Prosecco & Pimms
• Andy's Bar	• Cake Stall

ALL PROCEEDS FROM THE WEEKEND GO TO THE VILLAGE HALL

IT'S NOT TOO LATE ... BOOK TICKETS NOW

OUTDOOR CINEMA
13 JUNE FROM 4PM

LIVE MUSIC
14 JUNE FROM 5PM

Tickets available now
www.napfest.co.uk

SPONSORED BY SURE-BUILD
Quality Without Compromise

PLANET WHEELS

- ALLOY WHEEL REFURBISHMENT
- WHEEL STRAIGHTENING
- CRACKED ALLOY REPAIRS
- SAND BLASTING
- POWDER COATING
- DIAMOND CUTTING



www.planet-wheels.com

01494 564 444



Mark Franklin Garden Services

Here
to make your
garden
beautiful!

- * Grass Cutting,
- * Hedge trimming, * Weeding,
- * Turf Laying, * Fencing,
- * General garden/lawn maintenance

For regular maintenance
contracts and all your one
off garden jobs,
CALL TODAY FOR A FREE QUOTE!

Call Mark on: 0744 635 3179

HCS Furniture Ltd

01494 718070
mark@hcsfurniture.co.uk



HCS Furniture Ltd
The Woodwork Specialist
Unit 7a Binders Industrial Estate
Cryers Hill, Bucks, HP15 6LJ
www.hcsfurniture.co.uk

Specialists in bespoke fitted and free
standing furniture, made to your
specification, at affordable prices.

Our Products include:

- Wardrobes
- Kitchens
- Studies
- Dressing Tables
- Loft Spaces
- Media Units
- Bar Units
- Tables
- 3D Design

Call or email now for your free quote



Hughenden Parish Council

Parish Council Updates

<https://www.hughenden-pc.gov.uk>

Council Offices
The Common,
Great Kingshill,
High Wycombe
HP15 6EN



May Elections & Vacancies

Following the elections on 1st May, six nominees stepped forward and were elected unopposed to the Parish Council. On 6th May, the Council started its Annual Meeting, where Councillor Gareth Cadwallader was elected as Chair. Former Chair, Stan Jones, was co-opted back onto the Council at this meeting, members voted to defer the rest of the meeting to the 13th May.

The Annual Parish Meeting also took place on the 6th May at Great Kingshill Village Hall, attended by residents, Councillors from the Parish Council, Ridgeway East Councillors David Carroll and Steve Broadbent. Councillor Broadbent was also the guest speaker giving a talk on highways focusing on the Parish. We sincerely appreciate everyone who joined us.

At the reconvened Annual Meeting on 13th May, four new applications for co-option were received, bringing the Council to eleven members out of a possible fifteen. While this is great progress, there are still four vacancies—one for each ward across the parish. Thanks to the increased number of councillors, we have been able to fully establish standing committees for Environment & Services, Finance, Human Resources, and Planning, along with working groups for Allotments, Road Safety, and Communication.

We would love to see more local residents stepping forward to fill the remaining vacancies! Parish councillors commit one or two evenings a month for meetings, plus some time engaging with residents and the Chief Officer. Local knowledge and vigilance are key to addressing important issues such as development pressures, speeding, road safety, and maintaining green spaces.

Recent Parish Council contributions have supported the installation of two allotment gates, assisted the Grange Area Trust in securing land, funded Widmer End Residents Association for path improvements, and helped the Widmer End Lawn Tennis Club. We also continue working with local councillors David Carroll and Steve Broadbent to tackle speeding issues around the Parish. This is precisely the kind of work where more councillors can make a real difference.

If you're interested in joining the Parish Council or contributing as a non-voting member on a committee, please contact your ward councillor or reach out to Chief Officer Kate Rogers at clerk@hughenden-pc.gov.uk.

Current Parish Councillors:

Great Kingshill: Stan Jones, Yvonne Wilding

Hughenden Valley: Simon Kearey, John Rowe,
Naz Salauddin

Naphill & Walters Ash: Raheel Khan, Usha Prashar,
Richard Wilding

Widmer End: Gareth Cadwallader, Aatif Kayyani,
Sam Thomas

Contact details

Office: 01494 715296

Direct: 01494 919235

My days are Mon – Thursday

Parish Office opening hours are Mon – Wed 09:00 – 16:00

Email: deputy.clerk@hughenden-pc.gov.uk

Website: www.hughenden-pc.gov.uk



Established since 1973

07785 225 675
01494 257 482

www.paint-ability.co.uk

Move freely, feel better, live fully.

Specialist Manual Therapy
Helping you feel better in your body and improving your sense of wellbeing.

Led by experienced therapist Clare Goddard, our treatments are designed to address your unique needs with care and expertise.

Myofascial Therapy | Scar Therapy | Restorative Massage

Take the first step to feeling better today.

Visit therosebineclinic.co.uk to book an appointment or call 07748 050608 to talk.





Celebrating VE Day
on the Crick
5th May 2025



THE WHEEL

Naphill



Situated in the heart of The Chiltern Hills

We are a small traditional village pub with a big heart.

- Good Beer Guide Since 2008
- Gardens and Covered Areas
- Traditional Pub grub
- Great Atmosphere
- Very Dog Friendly
- Cracking Ale

Always offering a warm welcome with a good pint of traditional cask conditioned ale and proper traditional pub grub.

Visit our website: www.thewheelnaphill.com  @TheWheel



Opening Hours

Drinks

Tuesday - Saturday:
12pm - 11pm

Sunday:
12pm - 10:30pm

(Bank Holiday Mondays)
12pm - 8pm

Food

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

Sunday
12pm - 3:30pm

(Bank Holiday Mondays)
12pm - 3:30pm

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

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

The Wheel News

Another month gone! This year seems to be flying by, and it may be because of the beautiful weather we have been having. The garden has been full, and the staff are on their own inside keeping themselves entertained with lots of dancing or screaming as the May Bugs are out in force this year.

Some of you may have noticed that I have been pushing Maxii Moo in a buggy! Her arthritis has been bad and it means I can get her to the woods for her walks without having to carry her (she's ***** heavy). HMM (Her Majesty Moodle) loves her chariot and would like you all to wave as she goes by!

Thank you to everyone for coming out for VE Day at the village hall, what an amazing turn out it was, despite the clouds and the threat of rain. It's a heart-warming thing to see when a village event gets support like that. Thank you to all the volunteers and our staff that helped organise and run the day.

We are now into the summer and the village has some great events on for us all to enjoy, support and volunteer for. Firstly, its Classics on the Crick on Sunday 8th June, this great day is always hugely supported and raises money for Air Ambulance. We are always mad busy so if you're wanting a roast please book.

Next is NapFest Friday 13th and Sat 14th June. With the new committee we have a change in events and the Friday is a cinema on the Crick with two showings at 4.30pm and then 7.30pm. Saturday has some wonderful stalls for you all to peruse and then in the evening there will be some great bands to listen to. It's fabulous to have this event back and we hope the villagers support and volunteer so it can keep happening. Please note that we are closed on Fri 13th in the evening for a private event.

The Wheel is hosting RonFest again this year on the 30th August. This great day is a mini beer festival with live music throughout the day. We always raise money for a charity and this year it will be Dementia UK. They work with all forms of dementia including Vascular, Alzheimer's, Frontotemporal, Lewy Body, as well as Huntington's and Parkinson's. We will have a Just Giving page and also charity buckets for lots of cash. Thank you in advance for your support.

Lastly, we would like to wish all our staff good luck during the exam season, as we have both GCSEs and A levels this year. We hope you all study hard and get the results you deserve.

Thank you to all our staff and customers as always.

Claire and Mark



Carpet & Upholstery Cleaning Specialists

Why You Should Choose Us ..

- Thorough Cleaning & Outstanding Service
- State of the Art Truckmounted Cleaning System
- Most Carpets Dry within 2 hours
- Fully Insured
- Free On-Site Quotations
- Carpet Stainguard with Dustmite & Allergy Control
- Spot, Stain and Odour Removal

PRO CARE 07798 742835
 Carpet & Upholstery 01494 489804
 Cleaning Services www.procarecarpetcleaning.co.uk



SAFE
FOR
PETS



SAFE
FOR
BABIES



SAFE
FOR
WOOL



SAFE FOR
ALLERGY
SUFFERERS

HOME TECHNOLOGY HELP

- Mobile phone, tablet, PC, laptop upgrades
- PC, laptop faulty or running slowly
- Printer setup, configuration, diagnostics
- Wi-Fi/Bluetooth network troubleshooting
- Smart TV setup, Sky system upgrade advice
- Small business system upgrades/refresh

Call Dave in Lacey Green on
07831 775142
NO FIX – NO FEE



Mick Smith Carpets

Quality Floor Coverings

Carpet ♦ Vinyl ♦ Laminate ♦ Luxury Vinyl Tile

Quality brand name products from trusted names, supplied and expertly fitted, from your local carpet and flooring specialist.

Free estimates advice and home sample service.
 All with great customer service.
 To suit all requirements, taste and budgets.

For more info and references visit
micksmithcarpets.com
01494 528847






Fitting only service also available
Serving homes in the area for 30 years



Do you have pests causing damage or sleepless nights?

Rats, Glis Glis, Mice, Wasps, Moles, Fleas, Moths, Pigeons, Insects, etc.

Domestic, commercial, one off treatments and service contracts.

07889 624647
Tomcolespestguard@gmail.com

BUTCHERS - TIMPSONS -

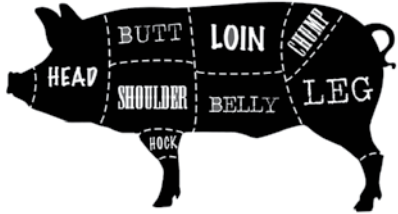
We are a small catering butcher who visit the market daily to ensure we supply high quality, fresh produce and try to source locally where possible.

We also offer a range of fresh meat, eggs, cheese, bread and cakes.

Our shop is open
Tuesday – Saturday from 9am until 4pm
 Unit 6, Ministry Wharf, Saunderton HP14 3XA

We also offer **FREE** local delivery! 

www.timpsonssmallholding.co.uk



Climate change is on us. In Naphill and Walter's Ash there was the most amazing period of the last 10 days of February and up to mid-May at least, where the sky was blue from dawn 'till dusk, with hardly any rain at all. I cannot recall a sunny period so long, and at such an early part of the year. It was really exceptional and must have been an outstanding example of climate change, even if it was of little use to the gardener since most of the period was too early in the year for seed-sowing and the planting-out of young seedlings. That was an example of the sudden impact of climate change. Another example is of a slow but major change – the absence of snow in Naphill and Walter's Ash. About 50 years ago we had around 5 heavy snowfalls each winter. About 3 of those resulted in Naphill and Walter's Ash being cut off because the 5 access roads were rendered impassible for a few days. We rarely have snow these days.

The change in climate manifested by warmer weather generally has enabled my fruit trees and bushes to be more productive. We had an apricot espalier growing against a sunny wall and for about 30 years it produced around 30 full-sized fully ripe fruit per year. Nowadays I have a couple of young peach trees growing as espaliers against a sunny wall. They are in flower in March when there are no bees or other pollinating insects around so I hand-pollinate with a cotton-bud. My espalier fig tree is very productive.

I am always experimenting and the advent of climate change made me try growing rice on my allotment in Walter's Ash. I knew that France had a well-established rice-growing area in the Camargue on the Mediterranean coast. I thought that climate change might permit the



growing of rice in the UK since it is only about 1,000 miles further north. I contacted a co-operative in the Camargue and scrounged some of the type of rice seed grown there. For two seasons I started the rice seed in the airing cupboard, then after a week put the sprouted seedlings on a sunny, warm windowsill for a couple of weeks, then off to the greenhouse to grow on, then planted them in a short row on my allotment. They grew well, resembling a grass about 18 inches high, but did not produce a crop. I was probably too early for global warming to have warmed up Naphill and Walter's Ash sufficiently for the growing of rice. But how much longer will we have to wait?

I should add that I knew that one does not need to grow rice in water in a paddy field. Rice grows very well on soil, as explained by Masanobu Fukuoka in his all-time classic spellbinding book "The One-Straw Revolution", published in 1978 and still in print. An ideal Christmas present for a keen gardener!

Good gardening!

Mike Mason



The Wycombe Photographic Society breaks for Summer. We will be back in September.

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

Peter Davis

Membership Secretary
Wycombe Photographic Society





BUCKS NEWEST **FARM PARK**

HAVE YOU VISITED YET?

**Tickets
from just
£3.95**

Free for under 2's



A LOVELY TRIP OUT FOR ALL THE FAMILY
INDOOR CAFE SERVING HOT & COLD FOOD

GREAT FOR LITTLE LEGS
LOVELY FRIENDLY ANIMALS
FREE PICNIC AREA
BASED IN LACEY GREEN



NOW OFFERING BIRTHDAY PARTIES



For more information visit us online www.widmerfarmpark.co.uk

Find us on Facebook & Instagram

Widmer Farm Park is located at Widmer Feeds Country Store, Pink Road, Lacey Green, Bucks, HP27 0PG



**Brand new
nursery
at
Naphill & Walters
Ash School
NOW OPEN!**



For more information
01494 957196
enquiries@toddleingroup.co.uk
www.toddleingroup.co.uk



BIRDS BATHROOMS

*"PROFESSIONAL,
PUNCTUAL, HONEST
AND RELIABLE"*

07743858031

BIRDS-BATHROOMS.CO.UK

LUKE@BIRDS-BATHROOMS.CO.UK

f /BIRDSBATHROOMS **@BIRDSBATHROOMS**

At the May 1st elections Bradenham parish council returned three councillors unopposed, Teif Jones, Paul Oborn and Paul Wooster. That at least meant we were quorate. Richard Langridge and Andrew Stubbings were co-opted at the ordinary meeting on 12th May. We are still two councillors short. Please contact the clerk if you are interested. We meet six times per year at Bradenham Cricket Club on a Monday evening.

At our first annual parish council meeting of the new council Teif Jones was re-elected as Chairman and Paul Oborn as Vice-Chairman. We were very pleased to see Shade Adoh and Robert Carington re-elected on Buckinghamshire Council. They both have done excellent work for us in the past. We were sorry to see Carl Etholen deciding not to stand for Buckinghamshire Council, he had served us very well for 12 years. We wish him well in a well-deserved retirement.

The fierce weather on Monday 12th not only caused flooding at the top of Bradenham Woods Lane, but much debris had been swept down the hill making the road very dangerous for any road users. BC Cllr Shade Adoh reported this during our meeting, and someone came out that evening, all credit to Buckinghamshire Council. The next morning the flooding had subsided and the next day the road was swept. BC will now clear all those blocked drains.

Of concern to the parish council is the large number of vacant properties in Bradenham village. A meeting with the National Trust has been arranged to discuss the vacant properties and what their intentions are. The Manor will also be discussed, which has been empty for some time now.

This year, the parish council will have to look at a new website and new email addresses for the parish council, a great expense.

We are having a few of our assets repaired, the Walter's Ash notice board has been revarnished, one of the bus shelters on the A4010 has been repaired and the Walter's Ash bus shelter will be repaired in the next few weeks. Hopefully, we can carry out some more repairs later in the year funds permitting.

The accounts for 2024-25 were approved and signed off, ready to go to our external auditors.

Our next meeting will be on Monday 14 July at 7.00pm at Bradenham Cricket Club. All welcome.

Deirdre Hansen,

Clerk clerkbradenhampc@gmail.com.

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



Valley Players Present
A Picnic and Play Production

Twist

By Geoff Bamber - after a story by Charles Dickens

12th & 13th July
The Orchard, Meadow View HP14 4NE
Gates open for picnic 17:00, Performance at 18:00 - Bring your own refreshments & seating.

Tickets - £10
Tickets are available either through Ticket Source or our website.
<https://www.valleyplayershughenden.co.uk>

Available from June 1st

NODA
for every stage

Valley Players News

Long range weather forecast for the show!

It will be fine, warm, sunny and dry on the weekend of the 12th and 13th of July!

How do we know this? Because that is the dates of Valley Players annual Picnic and Play, see our advert for details.

SO! Pack a picnic and buy those tickets. Perhaps we can't guarantee the weather but we can guarantee a great time!

Andrew Pitman

Chair, Valley Players)

P.S. It's nearly time to start rehearsing Panto 2025 - "Snow White and the Curse of the Ice Queen" - watch this space

Boiler Installations

Full System Installs

Vaillant Specialist

Kamco 90 Powerflush



Gas Work & Certification

Vented / Unvented Specialist

Servicing

Qualified & Insured

Specialists in domestic plumbing & heating

Call us: Laura - 07557802907 / Rob - 07534340244

Email: info@poseidonheating.co.uk

Visit us at <https://poseidonheating.co.uk>



[@poseidonheatingltd](https://www.facebook.com/poseidonheatingltd)



BEST PALS

Professional Dog Grooming

Established 20 years



Yvonne Clough

Ridgemoor

Bryants Bottom Road

Great Missenden

HP16 0JT

Mobile: 07719 874 376

Email: yvonneclough1966@gmail.com

THE ROOFING PARTNERSHIP Provides a modern, professional and friendly service. Call William White for your Roofing requirements, free estimates and advice! TEL 01494 355187 MOB 07832 146427 EMAIL: william@theroofingpartnership.co.uk

CRICKSIDE - YOUR LOCAL DECORATOR. For all your painting and decorating requirements. Reliable, tidy and trustworthy. For a quality finish and efficient service, please call 07547 445268 or email contact@crickside.co.uk

TK PLUMBING & ELECTRICS. For all your plumbing and electrical needs. City & Guilds qualified. No job too small. All work guaranteed. References can be supplied. Call Tom on 01494 580518 or 07716 440916.

PILATES AND YOGA WITH PAMELA Local classes am and pm. See full timetable on web site www.pilateswithpamela.co.uk Please call to register /for more info Pamela 07759 831706



On 28th May, following our AGM, our scheduled talk from Jon Woodhouse was enthusiastically received as he took us through his 'life as an Army Musician'.

We warmly invite you to attend our regular monthly meeting, Please note there has been a change of topic and speaker for this meeting, revised details as below.

Monthly Meeting

Wednesday 25th June 2025, 2pm

Lacey Green & Loosley Row Village Hall



Tracy Mould will be speaking about
The Role of Community First Responders in Bucks'

(300 Bus stops outside). Attendance is free, including the refreshments, if this is your first visit to a u3a. meeting.

In May we also heard our guest speaker giving a talk to our Local History Group on Local Archaeology which helped prepare us for our final visit in late July to a 'dig' in Cookham. These visits are popular with our members and children are welcome. Please email me for tickets gilliamph@aol.com if you want to come and you are not members of our u3a.



Find more information about all our groups at:
<https://highwycombe.u3asite.uk/groups/>.

Please contact gilliamph@aol.com for further details of all our activities.

Paul Gillam

gilliamph@aol.com



Life with young kids in N&WA

Baking a Storm

It's a classic activity for toddlers and preschoolers and the great benefit is it usually results in something delicious to reward your efforts but the whole process can be somewhat reminiscent of a blizzard. I used to pride myself on not being too phased by the chaos of baking with a small child, but then I realized baking with two small children of completely different levels of ability from being two years apart added a whole new layer of blizzardy consideration. Not to be perturbed, I soldier on and recently we made some delicious flapjacks that we took to the wonderful VE Day picnic at the Village Hall. The fact that we got the texture a bit wrong and they crumbled into handfuls of sticky oaty granola made them no less suitable for fuelling multiple rides on the chair-o-plane.

I thought I might share a hopefully foolproof approach to shortbread-like biscuits, which are endlessly customizable and known to me since I was a child as '1-2-3 Biscuits'. Not just because they are 'easy as', but the name is the recipe because it's the ratio you need of sugar, butter and plain flour. I do it in ounces, and usually double it, mixing 2oz of sugar, 4oz of butter/Stork (or similar) and 6oz of plain flour into a firm dough. In grams you could do 50, 100 and 150. It usually needs your hands to bring the dough together. Dust your surface and rolling pin with flour, roll the dough out to desired thickness (1-2cm is good), cut into shapes and bake on a greased and/or lined tray at 180C for around 15 minutes (depending on the thickness) or until the edges are just beginning to turn golden. They are delicious as they are, but also perfect for whatever decoration you fancy. If you don't have cutters, roll the dough into little balls and flatten.

Customize by adding cinnamon, vanilla, lemon essence, raisins, chocolate chips – whatever you like - to the dough. And please – if you have a favourite bake with your kids please share and we can publish in the next issue!

Harriet Clark

Naphill & Walter's Ash Assistant editor

harrietvash@gmail.com



National Inspection Council
Electrical Installation Contractors



Member No:041067



Our team of electrical, plumbing and gas engineers are qualified to carry out all type of domestic & commercial works including the following

For Free Estimate Please Call:
01494 700 389 / 07811 946 611

ELECTRICAL

- Extra Socket + Lighting Points
- Full / Part Re-wiring
- Consumer Unit Upgrades
- Electrical Condition Report
- Garden / Security Lighting

PLUMBING

- Hot & Cold Pipework
- Repairs & Installations
- G3 Approved Cylinder installers
- 1st and Second fix Kitchen
- Bathroom / WC installations

GAS

- Landlords CP12 safety certificates
- New Boiler & Central Heating Installation
- Boiler servicing & repairs
- Power Flushing / Magnacleanse
- Cooker / Hob / Fire installation Servicing

DO YOU NEED TO REMORTGAGE IN THE NEXT 6 MONTHS?

We are based in Downley and offer free residential mortgage advice as well as virtual, telephone or face to face appointments in the comfort of your own home.

Call us today on 01494 211194.



**Applicant
Mortgage
Brokers**

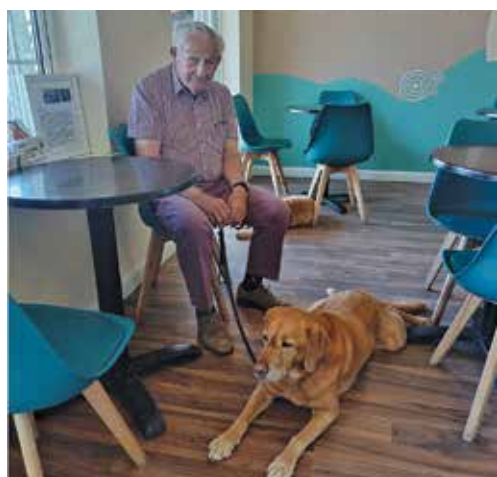


YOUR HOME MAY BE REPOSSESSED IF YOU DO NOT KEEP UP TO DATE WITH REPAYMENTS ON A MORTGAGE OR OTHER DEBT SECURED ON IT.





We are geared up for Summer!



Our opening hours

Monday - Friday 10am - 4pm

(Kitchen closes 2.30pm)

Saturday 10am - 2pm

(Kitchen closes 1.30pm)

We are closed on Sundays and Bank Holidays

We have had many glorious days with customers enjoying the sunshine on our terrace. Our hanging baskets are now up and will soon flourish. Many thanks once again to Richard and Sue Smith who very generously planted them and hung them up before they set off on their well-deserved holiday.

We are now looking ahead to Classics on the Crick (8th June) when we will be open and serving bacon and sausage baps, a variety of savoury rolls, snacks, cakes, ice creams and lollies, hot and cold drinks. Dog ice creams will also be available for your four-legged friends. Please come and support us on the day.

We are closed for Napfest on Saturday 14th June. Our regular opening hours are as above.

Take care and come and see us soon.

Ruth & Dorothy.



Princes Risborough Rotary Club

Risborough Rotary Ramble and Chocolate Hunt

Sunday 6th July 2025

9am – 5pm

Wades Park, Princes Risborough HP27 9AX

Enjoy 'Tea in a Tent' & BBQ food
and help support



For more information go to: www.prrr.uk or scan



Kindly sponsored by



The Rotary Club of Princes Risborough

On 7th June the Club is running a Summer Lunch for those over 75 in the area who live alone. Also in June, on the 21st, we will be manning a stall at the Town's Farmers' Market, in the King George V field, during which we will be highlighting the work of "Blood Bikes" and offering the chance to win a magnificent Hamper.

One of our major events this year is our Risborough Rotary Ramble on 6th July at Wades Park (9 am-5 pm). It offers a 6 or 12 mile walk for a charitable donation of £10 and a 3 mile family walk in aid of Scannapeal and the Risborough Youth Club (who will be doing a BBQ), a Chocolate Hunt, and "Tea in the Park" in aid of Shelterbox (a charity that delivers aid to families devastated by conflict or disaster, providing durable shelter and the tools to rebuild communities).

We are a friendly, fun Club which also works hard for the local community. If you want to be part of this, and consider joining us, visit our website and come to one of our Monday evening meetings at the Whiteleaf Golf Club to see if it might interest you. Also, if you know of causes that would benefit from our support, or you would like to donate to our Charity, please use the contact details below.

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

extremeclean.co.uk

Superior Cleaning and Application of Protectors

- Domestic and Commercial
- Carpet, Upholstery, Leather, Curtains
- Modern & Oriental Rugs
- Tile & Grout/Stone Flooring
- Anti-Allergen Treatment
- Specialist Stain Removal
- Wood Floor Refinishing

Paul Brooker

35 Place Farm Way
Monks Risborough
Bucks HP27 9JJ

T:01844 346379/344735 M:07866 376934
E: jjjp@uwclub.net W: www.extremeclean.co.uk

MASSAGE: Relaxing or Remedial. MASSAGE to help alleviate pain in shoulders, neck and back etc. Experienced therapist offering therapeutic, deep tissue, sports or acupuncture massage. Home visits possible. Pamela Wilson 07759 831706 (ITEC/FHT registered).

HAIR STYLIST. Fully qualified and experienced. Offering hairdressing in the comfort of your own home or come to my fully fitted salon. Also, **Crystal & Reiki Treatments** www.crystalheartandsoul.co.uk
Call Sam on: 07843257689

Pilates with Pamela

Healthy Back Pilates !

Naphill, Great Kingshill and Little Kingshill
LIVE classes / Zoom / or recording to do when
you're free !

Multi-level classes, so you work at right
level for you.

07759 831706
www.pilateswithpamela.co.uk



AIRS HOUSE

PRINCES RISBOROUGH

for

**QUALITY CARPETS, TILES,
VINYL & WOOD FLOORING**

01844 342546

Station Parade, Summerleys Road, Princes Risborough
E-mail sales@airshouse.co.uk

BUCKS AERIALS

TV & FM SATELLITE SYSTEMS
DOMESTIC & COMMERCIAL

- TV & FM AERIALS & SATELLITES INSTALLED
- EXTRA TV POINTS
- HARD WIRED INTERNET POINTS
- SATELLITE LINK-UPS INCLUDING SKY
- ALL AERIALS ELECTRONICALLY ALIGNED
- SERVICE AND MAINTENANCE FULLY INSURED
- FREE SURVEY & QUOTATION
- ALL WORK GUARANTEED
- UNRIVALLED AFTER-SALES SERVICE

Special Rates for OAP

Telephone:
mob: 0793 252 3741

*Bucks Aerials is a full member of the R.D.I.
A registered digital installer*



**PROPERTY
ELECTRICAL
SERVICES**

Domestic and Commercial Installations

Local Electrical Contractor

- *Rewires*
- *Extensions*
- *Heating systems*
- *Test and inspections*
- *Maintenance*

Part P installer to the
new 17th edition
electrical regulations



Tel: 07786803701 or 01494 636311
Email: info@propertyelectrical.co.uk

Classics on the Crick - Sunday 8th June

10am - 4pm. Entrance fee- Adults £8, Children £4



We have another full entry of classic cars and bikes, so come along on Sunday 8th of June and view a field full of magnificent motors.

As usual we shall be picking out the best cars and bikes for a selection of awards. All visitors to the show have the chance to vote for their favourite as well with the Public Choice Award.

You can test your automotive knowledge and also win some new Classics on the Crick merchandise by entering our free "Spot the Mystery Car" competition.

Plus we shall be running a raffle with a great selection of prizes including the ever popular Barrow of Booze to be won.

There will be live music throughout the day at the Classics on the Crick stage. New to the show are Camino, a 5 piece local covers band who play a mixture of rock, disco and motown. Also joining us for a second year will be the popular London singer Steve Ling.

The village hall will be providing a bar and we have our usual selection of high quality food vendors.

The public entrance will open at 10am. Tickets will be available on the gate, cash or cards accepted. You can also buy tickets in advance at classicsonthecrick.co.uk.

The awards ceremony and raffle draw will take place at approximately 3pm, with the show drawing to a close around 4pm.

Free parking will be available just off Stocking Lane, this will be clearly signposted on the day. There will be a small number of spaces for Blue Badge holders only on the show field.

Well behaved dogs on leads are welcome.

All profits from the day will go straight to the Thames Valley Air Ambulance. So come along and support this life saving service whilst also having a great day out.

The Classics on the Crick Team.

PROUDLY SUPPORTING



**THAMES VALLEY
AIR AMBULANCE**



SHH Speen Helping Hospice

Fund raising since 2001 for local hospices in Chiltern Villages

Helen Douglas House for Children - Rennie Grove and Peace Hospice Care - South Bucks
Hospice at Butterfly House - Florence Nightingale Hospice Charity

Supporting Helen & Douglas House for Children - South Bucks Hospice - Florence Nightingale Hospice Charity - Rennie Grove and Peace Hospice Care

SHH Hospice Fundraising has held two very successful events so far this year. A Quiz evening in February and the Annual Ladies Spring Lunch in May.

The group has been able to distribute £4,000 to each of the four hospices it raises fund for from the 2024 events.

Last September a Comedy Night was held at Lacey Green and Loosley Row Village Hall. Elliot Wengler, who

organised last year's evening, is hosting another this year. He will be bringing on a selection of different comedians and again it will be held at Lacey Green and Loosley Row Village Hall.

Save the date: Saturday 11th October, Doors open at 7pm and Showtime at 8pm. Tickets £20.00 per person (No booking fees to third-party agencies) Further details at www.shh-shop.org

Finally, if you are interested in raising money by taking part in an event or finding out more about becoming part of our fundraising group at SHH, please contact me events@shh-shop.org

Gráinne Suter

Chair SHH Hospice Fundraising



Lacey Green Windmill - A local icon through the ages

With extensive renovations having recently been completed thanks to The Chiltern Society, the future of Lacey Green Windmill has been secured for many years to come. Now is the perfect time to support this local treasure with a visit. Read on to find out everything you need to know before you go!

Early history and an origin dispute with Chesham

Lacey Green Windmill is the oldest surviving smock mill in England. A smock mill features a sloping structure of six to eight sides and a top which rotates in order to angle the sails into the wind. Estimates based on the wooden machinery inside the mill put its origins in the middle of the 17th century. It was in use until 1915.

For many years it was believed that the mill had actually been built in Chesham, and moved to Lacey Green in 1821. An archaeological survey carried out in the 2000s of the spot where it was believed to have stood revealed no evidence at all of the structure having been there, and the good people of Chesham were obliged to relinquish their claim on the landmark.

We do know that the main structure was rebuilt in the early 19th century, and other modernisations were carried out. They included the fitting of a fantail (a device to turn the cap automatically into the wind), a pair of patent sails (which can be adjusted to regulate the amount of wind they catch), and some upgrades to the interior machinery.

Cycles of restoration in the 20th century

By the mid 1930s the mill was in a very poor state. The fantail had blown off in a Christmas snowstorm of 1927, and extensive water damage to the inside put it in danger

of collapse. A team of local people with the support of The Society for the Protection of Ancient Buildings came together to save the structure with urgent repairs and protections.

Sadly, however, things were looking pretty bleak once more by the mid 1960s. The body was distorted and again close to collapse. In 1971 a fresh campaign began. Over more than a decade, works to restore the mill included a complicated process of straightening out and repairing the main structure, extensive work on the cap, weatherproofing, and the manufacture and installation of new sails.

In the 1980s attention was turned to the interior machinery. The mill was successfully brought back to working order and even milled wheat into flour on a couple of occasions, but it was decided that active milling was too risky for the inner machinery – some of it centuries old by this time.

Latest renovations

Despite attentive and unceasing care from dedicated volunteers in the intervening years, a few years ago an inspection revealed a new major programme of works was necessary to ensure the mill's survival, requiring £53,000. The timbers supporting the sails were found to be rotten, and the sails were duly taken down for safety in 2023. 11 of these timbers, known as stocks, have now been replaced as well as integral parts of the mechanism which allows the cap to turn. Repair to the weatherproofing was also essential, and the sails needed to be repainted before carefully being lifted back into place. Congratulations to all involved in funding and carrying out these remarkable works.

Plan your visit

The windmill is open on Sundays from 2pm – 5pm until 28th September. It will also be open for the same hours on bank holiday Mondays. Knowledgeable and friendly volunteers will be on hand to answer all your questions. The team request a donation to visit, with a suggested minimum of £3.00 for adults and £1.50 for children. All children must be accompanied by an adult. Parking is in Pink Road with the Windmill accessible via a path. The 300 bus stops very close by. Please note there are steep wooden ladders and staircases to access the upper levels of the mill, and three steps down into the ground floor which unfortunately make the interior inaccessible to wheelchair users and those with mobility issues. The team can provide a folder of photographs of the interior and copies of the displays in the basement for those who wish to see it.

For more information see www.laceygreenwindmill.org.uk and www.chilternsociety.org.uk to find out about some of the volunteers who have been the lifeblood of the mill for many years. It is wonderful to have this historical treasure on our doorstep and we must do what we can to preserve it for future generations.

Harriet Clark

Naphill & Walter's Ash Assistant editor



Lacey Green Windmill

Opening Times

Every Sunday until 28 September.

We ask for "Donations to Visit"
with suggested minimum of Adult £3.00,
Child (5 to 15) £1.50.

All children must be accompanied by an adult.

Following Jonathan's beautiful May cover I said that I would publish an article about the Lacey Green windmill, My grateful thanks to Harriet for writing and organising this and to the Chiltern Society, the Lacey Green Windmill volunteers and Mike Beckley for their input.

Sonia

Gordon the Birdman

What many of us have long suspected is now official. 2024 was the worst on record for butterfly sightings. My own garden records show a just below average species count but a low sightings count in some species with none for Fritillaries, Skippers or Painted Lady.

With a warm, dry period during April and May butterfly fortunes have improved for 2025 with more sightings of Orange Tip and Green Veined White than all last year. There has also been a new species to record. On 14th May a Green Hairstreak made a brief visit before moving into the woods.

There is more and more evidence that some birds are suffering from a situation known as Phrenological Mismatch. We know birds are migrating and breeding earlier. The problem seems to be that even with these advances they still may not be breeding early enough. For many species, evolution has shaped the timing of bird breeding so that the peak of food availability coincided with when their growing chicks need it the most. The problem is that many food sources are also shifting their breeding earlier and to a greater extent than the birds. One habitat where birds may be susceptible to such mismatches are our European temperate woods and forests. These habitats see a short-lived burst in the abundance of caterpillars which time their development to coincide with the arrival of new leaves. So,

in a warming climate the peak of caterpillar abundance can come and go before the peak of food demand from chicks, reducing the chance of chicks fledging.

The B.T.O. Cuckoo tracking project has shown that Cuckoo spring arrival is largely determined by when birds leave their Pre-Sahara crossing stopover in West Africa. This is dependent on the timing of the rains which dictate the bird's insect food supply. This timing is largely fixed, preventing Cuckoos from advancing their arrival in line with earlier European springs, leading to a mismatch with some host species. Historically, Cuckoos laid eggs in the nests of non-migratory hosts such as Robins, Dunnocks and Pippits. With climate change they now appear to be shifting more to laying their eggs in the nests of other long distance migrants such as Warblers.

This suggests that Cuckoos are arriving too late to coincide their brood parasitism with the breeding period of their usual hosts. Which moving this theory forward could be why we now hear so few Cuckoos in the Chilterns.

Gordon.





Hunter Homes

With over 20 years experience, Hunter Homes are a professional building company who can work with you from your initial ideas, through to completion. We offer all building services including, total refurb, kitchens, bathrooms, extensions and hard landscaping as well as full project management. A local, family business who offer a professional and high quality service.



Before



After

Contact details:

☎ 07708 800 237

@ Hunterhomes@live.co.uk

📧 @hunterhomes bucks

Yoga For Healthy Lower Backs

A specialised 12-week Course

An evidence-based mind body approach to improving lower back function and reducing pain

- Reduce/ eliminate lower back pain
- Improve flexibility and strength
- Suitable for beginners



"Great course and amazing teacher. After 7 years of neck, shoulder and back pain, I now have weeks of no pain and am improving all the time" Sarah

📍 Courses in Lacey Green

For more information and to sign up, contact

📞 07711 588214

✉ hello@clairepageyoga.com

🌐 www.clairepageyoga.com

VILLAGE ENVIRONMENTAL SERVICES

DOMESTIC DRAIN SERVICES

Proprietor: Dennis Cook
Est. 1979

BLOCKED DRAINS?

FAMILY RUN BUSINESS SINCE 1979

BLOCKED DRAINS CLEARED

REASONABLE RATES

CCTV DRAIN SURVEYS

NO EXTRA CHARGE FOR EVENING, WEEKEND OR BANK HOLIDAY CALLOUTS

FULL PUBLIC LIABILITY INSURANCE

CALL US DAY OR NIGHT

**24/7
CALLOUT
SERVICE**



07850 635 844 01296 624 221 (MESSAGES)



Not from the Vicarage

When I was a university chaplain, one of the chaplaincy tasks was helping maintain morale among staff and students. We often did this by marking various celebrations, holidays and events. This was easy for national events such as the Coronation and at times like Hanukah, Christmas, Diwali, Eid and Easter, with the chaplaincy hosting themed teas or distributing treats such as mince pies, chocolate, halwa, doughnuts or hot cross buns. However, these events often came grouped relatively closely together, so what did we do in between times? Answer – www.daysoftheyear.com.

This website lists a large number of weird and wonderful celebrations (many invented by our cousins across the Atlantic) providing endless resources for minor celebrations and morale boosts. For example, February 10th is Chocolate Muffin Day – perfect opportunity for the chaplaincy to hand out mini chocolate muffins as treats; whilst March 7th is Flapjack Day....our local supermarket did very well out of us as we purchased copious quantities of assorted bite sized treats for muffin day, flapjack day, doughnut day, rocky road day and so forth. It wasn't always about food – 21st January is World Squirrel Day so cue images of cute squirrels on the university information screens along with fun facts about squirrels. June has its own selection of weird and wonderful days including:

- June 1 – Hazelnut Cake Day
- June 4 – Hug your Cat Day
- June 8 – World Gin Day
- June 9 – Donald Duck Day
- June 17 – Take your Cat to Work Day (good luck with that one!)
- June 21 – Peaches and Cream Day
- June 23 – Midsummer's Eve (my daughter's birthday)
- June 24 – International Fairy Day (Midsummer's Day)
- June 26 – Coconut Day

.....you get the gist. There are literally hundreds of these days, giving opportunity for a bit of fun and levity, but in amongst them are far more serious subjects, often endorsed by UNESCO, the UN or other international organisation.

- June 1 – World Reef Awareness Day
- June 5 – World Environment Day (UN)
- June 14 – World Blood Donor Day (WHO)
- June 20 – World Refugee Day (UNHCR)
- June 25 – International Day of Seafarers (IMO)
- June 27 – PTSD Awareness Day (US Veterans)

...you get the gist. The list is extensive and there seems to be an almost overwhelming number of days related to nonsense, good causes, highlighting world issues or centred on public information (6 June – Insect Repellent Awareness). Some seem trite, but others serve to bring to mind important issues, even potential lifesavers (1 June Heimlich Manoeuvre Day). The dates serve as an annual reminder and provide a focus – it's an obvious thing to organise training in applying the Heimlich Manoeuvre on 1 June.

In a rare Psalm written by Moses, we read 'Teach us to number our days, that we may gain a heart of wisdom' (Psalm 90:12). The Bible says a lot about our days and how we use them, especially in how we use them in being thankful, getting to know God and gaining wisdom - but that doesn't mean we can't have fun whilst doing so.

Be blessed and have fun.

Rev Jenny Ellis

Naphill & Walter's Ash Residents' Association

We have already had a number of volunteers to do litter picking as part of our entry in the Best Kept Village competition which takes place in June and early July, but we could do with a few more so that both villages are fully covered. The task is not onerous – just making sure that any litter in the vicinity of your home or business is cleared up. Actually, it's not just at competition time that this needs to be done but on the whole we are a tidy lot.

Come and see us at our AGM in the village hall at 1930 on 9th June – as an enticement there will be a glass of wine, nibbles and the chance to have a chat with fellow residents. We shall also have a stand at Napfest on 14th June.

Best wishes

David Frost

Vice Chairman

564466



MOBILE FISH AND CHIP VAN

SERVING:
LACEY GREEN
WALTERS ASH
NAPHILL

EVERY SATURDAY
3.30PM TILL 7.30PM

ONLINE TRACKER
AVAILABLE

HOME DELIVERY
AVAILABLE WHERE
POSSIBLE

27

DIFFERENT STOPS
FULL ROAD LIST ON
FACEBOOK
FACEBOOK.COM/
MOBILECHIPPY

07376395678



HAVING THE FAMILY OVER?
WHY NOT PRE-ORDER LARGE ORDERS TO
AVOID WAITING



**RJM GAS
SERVICES**

RJM GAS SERVICES

Local Plumbing
and Heating
Gas Engineer

Gas Safe Registered 579347

SERVICES:

- * Boiler Service, Breakdown and Repairs
- * All Boiler and Heating Installation
- * System Powerflush
- * All Plumbing Repairs and Installation Big or Small
- * Bathroom Installations

Call Ralph

☎ 07792 651 399

@ rjm-gasservices@hotmail.com

GAS
safe

579347



**All Round Property
Care Ltd**

**1 SOLUTION FOR ALL YOUR
PROPERTY SERVICES**

OUR SERVICES:

- Domestic and Industrial Cleaning
- End of tenancy cleaning
- Decorating
- General Property Maintenance
- Plumbing and Electrics
- Man and Van Services including waste clearances
- Home Moves
- Garden Maintenance
- Property Renovation
- Window Cleaning interior and exterior
- Soffit and Fascia Cleaning
- Solar Panel Cleaning and Velux Roof Windows
- Industrial Exterior Cleaning
- Gutter Clearance and Maintenance
- Patio and Driveway Professional Jet Washing
- Expert Graffiti Removal



**1 SOLUTION FOR ALL YOUR
PROPERTY SERVICES**

☎ 01494 355001 🌐 www.ar-pc.co.uk ✉ info@ar-pc.co.uk



Naphill & Walter's Ash School Residential Trips



Year 4 have just come back from a very exciting adventure away from home, staying 2 nights at Woodrow, which is about 9 miles from Naphill. They took part in a variety of fun activities which helped build their confidence. Most children said 'High Ropes' was their favourite activity because although it was not easy, they had a real sense of achievement. One student said, "I conquered my fears!"



Mealtimes were an exciting part of the day and the children said the food was delicious- one of the most popular meals being, of course, pizza!

Year 6 have also been on a residential trip to Rhos y Gwaliau, Wales. During our stay, we participated in many outdoor activities such as: gorge-walking, mountain hiking, 'cata-canoeing' (in a canoe which looks like a catamaran), paddle-boarding and the Via Ferrata. Most of us agreed that the Via Ferrata (which means 'Iron Way' in Italian) was our favourite activity. While crossing the Via Ferrata, we climbed across a variety of terrains, ranging from little streams to rushing gorges, and to make sure we were all safe, we were all strapped on with secure harnesses.



All of us thought the food was fantastic! Our favourite meal was the Spaghetti Bolognese, with Victoria Sponge for dessert. The dormitories were very comfortable, and getting a sheet onto our beds was for some of us- a challenge in itself!

We will cherish the memories we made at RYG forever!



We are fundraising to replace our obsolete School Computers

Please Help Us Reach our Target!

<https://www.gofundme.com/f/naphill-and-walters-ash-school-need-30-new-computers>



We are urgently raising funds to replace our obsolete school computers. Working with parents and local businesses, we have raised enough to purchase four computers out of the 30 which need to be replaced.

We still have 26 computers left to replace before the end of this school year, so we are asking the residents of Naphill and Walters Ash, if you are able, to make a donation towards the remaining £13k that is needed.

If you are a business or have an employer that is able to donate the value of a computer or two, or any amount, it would be a huge help. Many thanks for your support, we will update you as our fundraising progress.

<https://www.gofundme.com/f/naphill-and-walters-ash-school-need-30-new-computers>





Judith Tardif
Osteopathy

Clinic: 2 Oakeshott Avenue
Naphill, High Wycombe
HP14 4QL Bucks

Appointments: 07796343789



Massage with Pamela

In need of a massage?

Sports, or Remedial - for bad back, necks and shoulders.

Deep Tissue, NMT, PNF,

MLD Manual Lymphatic Drainage

or just for **Pure relaxation**

Treatment Room in Naphill

Call Pamela to book your apt now, 07759 831706

Home visits possible

Pamela Wilson Massage Therapist + Pilates/Yoga Instructor

www.chilternmassagematters.co.uk

Please do read the very complimentary testimonials



The Window Doctor

**CARE & REPAIR FOR ALL YOUR
UPVC & ALUMINIUM WINDOW
& DOOR PROBLEMS**

- Replacement of broken down sealed units
- misting up inside glass
- Adjust front & back doors that do not shut
- New handles, hinges and door locks
- Replacement of patio door wheels
- New security handles with keys
- New door panels and cat flaps
- New Georgian style or leaded style sealed units
- All insurance work • Burglary damage • Servicing

PLUS INSTALLATIONS OF NEW UPVC WINDOWS & DOORS



Call us for a FREE Survey and Quotation,

No call out charge



Friendly Family Established Business

Cowling & Co.

Tel: 01865 891776

Mob: 07860 435742

www.windowdoctor.co.uk

email: cowlingandcothewindowdoctor@gmail.com



Smooth Newt



Great Crested Newt

Friends of Naphill Common

We're looking forward to the return of Napfest in June – FoNC will be operating the 'lucky dip' stall, so we hope to see you there!

I'm saddened to report that, following work by volunteers led by Chiltern Rangers CIC and supported by the Parish Council, the information board at Vincent's (Pickup's) Pond has been vandalised – broken up and then (it seems) attempted to be burned. The Rangers (bless 'em!) have told me they will reinstate the board when time permits, let's hope it remains intact this time.

Save the date!

A couple of forthcoming events: on Saturday 16th August at 3pm there will be another of our Minibeast Safaris, led by local naturalist John Tyler. This is aimed at children aged 8 and older and will end with a free ice cream, generously supplied by Beechdean. And on Friday 26th September there will be our annual bat walk – weather dependent, as usual.

Common

We've recently made contact with the Bucks Amphibian and Reptile Group (BARG), who operate in conjunction with the Berkshire Buckinghamshire & Oxfordshire Wildlife Trust (BBOWT). They have several new members who are working towards gaining their Great Crested Newt handling licence from Natural England and are keen to undertake survey work. Surveys are taken using live capture traps, and to minimise any harm to the newts these are set at dusk (this also allows 'newt spotting' using powerful torches) and then emptied and recorded at first light the next morning.

I've led them round the six dew ponds on the Common (plus Vincent's pond), which we know to have very active amphibian populations, and the results have been extremely positive with large numbers of Palmate Newts and a smaller but still significant number of Smooth Newts found, alongside plenty of frog and toad tadpoles. The only pond in which Great Crested Newts

were found was Vincent's (two males and a female, so a breeding population), but "absence of proof is not proof of absence" and multiple surveys will need to be carried out to establish accurate population records.

BARG also hope to set out some reptile mats on the Common. We know there are numerous slowworms (a type of legless lizard) and grass snakes are occasionally seen in the ponds, but there are known to be Common Lizards in Bucks, too, and it would be exciting to find them on our Common.

Walks

Our monthly walks – a shorter walk (about an hour) led by Chris Miller at 10:30am on the first Wednesday of each month (although the June walk has been moved forward a week to the end of May); and a longer walk (roughly 2 hours) led by Ron Collins at 9:25am on the third Monday – continue to be popular.

FoNC Working Parties

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

NAPFEST

13-14 June



Architectural Design
Interior Design
Planning Applications
Building Regulations

hello@retsofdesign.com 07985 478563 www.retsofdesign.com



Clean and Tidy Decorators

All aspects of the trade internal and external protection, preparation, painting and paper hanging
Locally based, professional, friendly and reliable
With over 30 years experience



'Quality work without cutting corners'

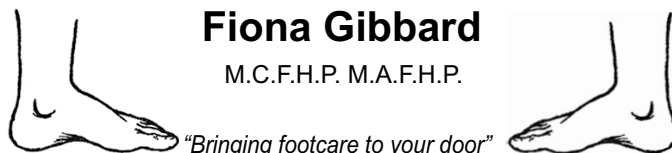
Call Steve: **07932749510** alternatively
email: cleanandtidydecorators@gmail.com

Mobile Foot Health Practitioner

for all your Chiropody requirements

Fiona Gibbard

M.C.F.H.P. M.A.F.H.P.



"Bringing footcare to your door"

Prompt and courteous attention assured

Tel: 01494 482444

Mob: 07946 821451



Banford Flooring

Your local domestic and
contract floor layer

Kerry Banford

01494 562966 / 07443 451303

email: thebanfords@btinternet.com



**MOBILE REPAIRS
AT A FRACTION
OF BODYSHOP
PRICES**

Ask Revive! to look at your
bodywork today.

Bumper Scuffs • Car Scratches • Alloy Wheel Damage

For a free quotation, contact Byron:

01494 490072

Byron@revive-uk.com

www.revive-uk.com

revive!
setting new standards in mobile car care



Speen Pilates

**ONES TO ONES ON STUDIO EQUIPMENT
GROUP MAT CLASSES (MAX 5)**

Pilates aims to enhance your posture, strength and flexibility, body tone, stamina and general fitness whilst releasing unnecessary tension.

For more information and details of group classes
go to www.speenpilates.co.uk

All covid 19 social distancing guidelines and safety measures implemented.

Amanda: 07733 307475

COGNITIVE HYPNOTHERAPY



Do you feel that you are not living your best life, no matter how hard you try?
I practice hypnotherapy, reiki, and therapeutic coaching in Naphill as well as online.

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

"LIFE-CHANGING!"

What does hypnotherapy help with?

Most clients come to me for help with the following:

- Stress and anxiety
- Low mood
- Lack of confidence
- Big life changes (pregnancy, relationship breakdown and grief)
- Young people struggling with exams, school or relationships
- OCD and neuro-diversity
- Health and pain issues

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

Alison Scott



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

Contact me for a free initial consultation:

07989 535527

ali@alisonscotthypnotherapy.co.uk

www.alisonscottcognitivehypnotherapy.co.uk



How Hypnotherapy Can Support People with Ill Health

Alison Scott

Are you or is someone close to you know suffering with ill health? Maybe it's a serious diagnosis, a long-term condition that needs managing or a broken bone? Being unwell can be so debilitating and can often affect us mentally as well as physically.

While I may not be able to treat the health issue itself, the wide-ranging hypnotherapy techniques I use can help people with their emotional, psychological, and physical well-being, through the following ways: -

- **Easing Anxiety, Depression and Stress**

Coming to terms with a period of ill health can be incredibly challenging. The whole world may seem to have turned upside down. Hypnotherapy can help patients process their feelings of fear, anger, grief, denial or helplessness and help them to gain back a sense of control and inner strength.

Phobia reduction therapy is also useful if people have phobic anxieties about scans, hospitals or surgery which are all very common.

Often in the case of cancer patients and following a stroke, the deepest depression can set in once the 'worst' is over and the mind has time to realise what has just happened. This can be both confusing and distressing as most people expect to feel much better after being given the 'all clear'. The bottom line is that no two people's experience is ever the same and a very individual response to therapy is essential.

- **Pain Management**

Hypnotherapy can be used to reduce the perception of pain by helping the brain 'turn down the volume' on pain signals. Deep relaxation techniques and powerful visualisations work to help the body on its own healing journey.

- **Improved Sleep**

Hypnotherapy is a very effective aid for sleep which can often be disturbed by anxiety, pain, or the side effects of medication. By use of relaxation techniques and visualisations, relaxation comes more easily and aids the mind to gently switch off. With sleep being a key component in healing and well-being, this is an extremely important part of any unwell person's journey.

- **Coping Skills**

Often relying on friends and family for support can be tricky as there might be a great deal of pressure to minimise feelings to protect loved ones. Learning to negotiate other people's feelings when you are ill while developing personal coping skills is important. Hypnotherapy incorporates mindfulness elements too so can be a very useful way to help with acceptance, resilience and managing others.

Alison Scott commented, "For the most part, unwell people benefit most from therapy that helps them feel fully understood and that can significantly reduce their emotional and physical suffering. It's a privilege to help my clients regain a sense of self and agency during the most challenging times in their lives. A safe, non-judgemental space can often make all the difference."

Alison Scott Hypnotherapy

Alison Scott, Cognitive Hypnotherapist, works remotely and face to face in Naphill, Buckinghamshire. To find out our more, please visit: www.alisonscottcognitivehypnotherapy.co.uk or call 07989 535527.





Church News

Our new Children and Families Pastor, Chris Coyston, has been busy with some unusual visitors to the Church over Easter. I will let him tell you in his own words, as I can't take the credit/blame for his puns!



This Easter, St Michael's Church in Hughenden was bursting with springtime cheer as it hosted the Great Easter Eggventure - a lively celebration that brought together nearly 60 children and their families for an afternoon of laughter, creativity, and community spirit. The main event? A brilliant scavenger hunt that had children darting about with excitement, searching high and low for hidden letters. Once all the clues were collected and the mystery word revealed, participants proudly claimed their well-earned Easter eggs - a sweet reward for a job well done.

But the adventure didn't end there. Families enjoyed a fantastic lineup of games where giggles were plentiful and competition was all in good fun. Meanwhile, the craft tables inside buzzed with creativity as little hands made bunny ears, Easter cards, and colourful decorations to take home.

Adding a hilarious twist to the festivities was an unexpected guest - a cheerful inflatable dinosaur, who stomped (and wobbled) around the grounds, posing for photos, handing out high-fives, and spreading laughter wherever it went. The dino's presence quickly became a highlight for children and adults alike, making the day feel even more magical.

As families soaked up the sunshine and cheered each other on, it was clear that this wasn't just an Easter event—it was a celebration of community. St Michael's provided the perfect setting for this cheerful gathering, with its welcoming atmosphere and picturesque outdoor space.

A heartfelt thank you goes to the incredible volunteers who helped plan, set up, run activities, and guide the scavenger hunt with smiles and boundless energy. Their dedication made the day seamless and full of joy, and their behind-the-scenes efforts truly made the Eggventure eggstra-special.

The Great Easter Eggventure proved that when community, creativity, and a little bit of silliness come together, the results are nothing short of eggstraordinary.

In other news, St Michaels hosted a fantastic piano concert given by five senior pupils at the Purcell School as part of the Chiltern Arts Festival. This took place on the 13th May, the day after the 'Great Hailstorm'. Thankfully the weather had reverted to the wonderful sunshine we have been enjoying, and so the brilliance of the pianists was not marred by the torrents and noise of the previous evening. And what is more, it allowed for an outside bar - a first for Chiltern Arts, I believe.

We have also much to look forward to including:

- Nature Quest on 7th June

Nature Quest is our church's response to a national programme called Great Big Green Week, and is the UK's biggest celebration of community action to tackle climate change and protect nature.

- We will of course be joining Naphillites for Napfest.
- August bank holiday Flower Festival (more in next edition)

For further details of these and other events, see the Church website.

Jane Tyrer

Not from the vicarage

Regular readers may remember my Sabbatical last year, which included the first 15 days of a (silent) retreat at St. Bueno's Jesuit Spiritual Centre in North Wales.

I feel very privileged to have just returned from St. Beuno's for a second time having now completed the full 30 days of the (silent) 'St. Ignatius Full Spiritual Exercises'. It has been amazing, and I shall write about the experience in more detail another time.

Whilst on retreat I was reminded of my April 1992 musical theatre debut in a production of Godspell. Over the first 5 days of the retreat I was asking God for the 'gift

of an ever-deepening knowledge of Jesus: To see him more clearly, love him more dearly and to follow him more nearly – day by day’. These were the lyrics of the song I delivered back in 1992!

It was an opportunity to immerse myself in the gospel stories of Jesus, to imagine myself there, walking closely alongside Jesus in my imagination, discovering more of his character: his extravagant love, compassion and grace, his patience with those who doubted and were slow to grasp his message, his heart for the marginalised and hatred of hypocrisy and injustice.

Another significant event on retreat was the funeral of Pope Francis II – a Jesuit, whose life was founded on the principals of St. Ignatius. Pope Francis knew what

it was to ‘see Jesus clearly, love him dearly and follow him nearly’. I was struck by some words Pope Francis wrote from hospital:

‘Respect yourself, respect others. Walk your own path and let go of the path others have chosen for you. Respect, do not comment, do not judge, do not interfere. Love more, forgive more, embrace more, live more intensely. And leave the rest in the hands of the creator’.

As I enjoy being back home (and talking feely!) my desire is to continue to know, love and follow Jesus and to share the incredible things he has done for you the reader, and for me – I’d love you to join with me on the adventure.

Reverend Helen Peters



**WORKING FOR A
SAFER COMMUNITY**
Wycombe District Neighbourhood Watch Association



News and Updates

Our association is noted for innovations that have included the Bucks New University scheme and schemes at several mosques. This year we have set up our first Youth Watch Scheme at Cressex Community school, further extending our age range.

TV police have redefined their borders within Bucks of their three police areas, Aylesbury, Wycombe and South Bucks, and we are working with them to ensure our operations are compatible.

We also work closely with Bucks Council safety team, regularly attending events they organise.

Cons and scams represent some 50% of all crimes with criminals dreaming up new versions every day. The general rule is if you get any communication you do not expect, phone, mail or e-mails, do not respond immediately, have a good think about whether it could be luring you into giving away personal details that could be used against you.

Burglaries continue and tend to happen in bursts as some criminals move around the country and sometimes descend on our area. If an area is covered by a NHW scheme, with members aware of the steps to fight back, it tends to deter burglars who would rather have an easier time somewhere else.

More expensive cars are still being stolen from drives because of the new remote door opening technology. You can prevent it by making sure your car keys are inaccessible. Drug dealing continues to be commonplace and it is important to report it and any other crime to the police. All information is recorded and acted on based on its severity. If you see drug dealing in your area, reported it each time it is seen, and by all those who witness it, so it raises its level of severity and will be acted on accordingly – so keep reporting.

Apart from continuing to add schemes and scheme leaders, we also need to boost our committee, preferably with some younger members. Volunteers would be most welcome.

Being a member of a NHW scheme can make you feel safer and be safer in your home and neighbourhood.

Stan Jones

REIKI THERAPIST/PSYCHIC TAROT CARD READINGS. Reiki will aid physical and emotional wellbeing, allowing the body's nervous system to active, detox and balance. Tarot will guide and give comfort. I am also a qualified Teacher of both. Contact Dee 07765884363 or Deebangel43@yahoo.co.uk



Chiltern Hills
Arboriculture

All Aspects of Tree Surgery / Hedge Cutting
Commercial Sites / Domestic Gardens Estate
Maintenance / Tree Surveys
Full Public Liability Insurance

07555 831391 / danny@chilternarbor.co.uk

www.chilternarbor.co.uk



**100% FULL FIBRE
BROADBAND FOR
NAPHILL &
WALTER'S ASH**

We've landed in your rural
community to deliver a digital
boost to homes and businesses.

Upgrade today
0370 774 0514 or gigaclear.com



UP TO
15x
FASTER
THAN PART FIBRE

UP TO
5x
MORE
RELIABLE
THAN PART FIBRE



Gigaclear
Faster broadband for rural Britain

Naphill Neighbours - Who's Watching YOU!

This month's Naphill Neighbours' meeting was held on 12th May and attended by 31 members and 4 guests. It featured a talk given by Keith Muras, a former British Embassy official in Moscow. It left us feeling so glad that we were citizens of the UK and not of the former USSR or modern-day Russia. Keith painted a picture of life in the USSR in which every move made was observed and noted and the information used to acquire some sort of hold over the individuals concerned.

The talk, entitled 'The KGB', explained the origins of the organisation. Following the October revolution in 1917, the new Soviet regime established the Cheka (All-Russian Extraordinary Commission for Combating Counter-Revolution and Sabotage) under Felix Dzerzhinsky. Then the GPU/OGPU (State Political Directorate / Unified State Political Directorate) emerged from 1922–1934, followed by the NKVD (People's Commissariat for Internal Affairs) under Stalin from 1934–1946, and the MGB (Ministry of State Security, 1946–1953).

On 13th March 1954, the KGB was officially established as a separate organization and existed until 1990, when the USSR collapsed. It was split into domestic security under the FSB (Federal Security Service) and foreign intelligence under the SVR (Foreign Intelligence Service). The collapse of the USSR, caused by Gorbachev's reforms of Perestroika (Restructuring), Glasnost (Openness) and Democratization, led to the KGB being disbanded.

Keith went on to give us an insight into his experience of life living with the KGB presence in the 1980s. He painted a picture of a dystopian existence in which the KGB maintained constant surveillance, encouraging others to note and report on individuals' actions so that they could exploit weakness and manipulate the population. Keith

explained that even within the British Embassy itself, a large number of support staff were Russian. It was always a real threat, except in a very few places, that any conversation could be overheard and information fed back to the KGB.

He gave us two first-hand examples where close surveillance directly impacted him. He told us of an electric fault in the family's accommodation, which called for an electrician to isolate the electricity supply. It was noted after isolation that three lights, in the kitchen, living room and bedroom remained on. They realized that these were installed to enable covert surveillance of life in the flat.

Keith also described a trip with visiting from in-laws to the Orthodox Church in Petrograd (now St. Petersburg), which is the state church of the Russian Empire. Finding the toilet facilities unappealing, Keith's mother-in-law tried to make use of natural coverage of the woods, only to be accosted by the KGB who took the opportunity to engage in an interrogation of Keith, requesting to discuss Margaret Thatcher's policies on Northern Ireland. It was clear that the official wanted to develop their relationship, no doubt with the intention of making use of any information he obtained.

The talk was followed by quite a number of questions, exploring further Keith's experiences in Moscow.

This month sees Naphill Neighbours' first holiday collaboration with a group in West Wycombe, where the group will be spending five days in Devon. Those going are all looking forward to it.

Next month's talk on the 9th June is entitled 'Performance Plants' and will be given by Sandy Primrose.

Jan Honey

NAPFEST

VILLAGE FETE
11-3PM SATURDAY 14 JUNE
JOIN US FOR

- Great Food
- Games
- Retail Stalls
- Dog Show
- Ferret Racing
- Flypast
- Andy's Bar
- Music
- Entertainment
- Sweet Treats
- Kids Go Karts
- Community groups
- Prosecco & Pimms
- Cake Stall

ALL PROCEEDS FROM THE WEEKEND GO TO THE VILLAGE HALL

MAN & VAN – House/office removals, house/garden clearances, item collection/delivery & waste removal. Available at short notice and happy to travel long distances. Local, reliable and efficient. Call Chris on 07540088573

LOCKSMITH: Local Locksmith available 24/7 for emergency repairs & boarding up. Locks supplied, fitted, opened or upgraded. No call out fees, fast response Tel: 01844 274229 (day) or 07702 809477 (night) www.rpclocksmiths.co.uk

NAPFEST

SPONSORED BY
SURE-BUILD
Quality Without Compromise

Canine Cutz

Bespoke Dog Groomers & Spa



Long Established, Professional, Friendly, Knowledgeable

★ Award Winning Dog Groomers ★

Welcoming and Professionally Equipped Salon

Premium, Natural and High-End Products

Full/Bespoke Grooms, Styling, Bathing

Puppy Grooms, Puppy College

Spa Treatments and Ultrasonic Teeth Cleaning

01494 44 33 49

www.canine-cutz.com

info@canine-cutz.com

High Street, Downley, HP13 5XJ



Dog walking & Pet Care

- Regular or adhoc dog walking
- Solo or group dog walks
- Pop in pet care

“ I can't say enough good things about Charlie and her business Ruby&me! If you're in need of a reliable, caring, and downright amazing dog walker, look no further. ”

Client, dog owner

Get in touch:

e: charlie@Rubyandme.uk.com

m: 07780600977



www.Rubyandme.uk.com

LOCAL WINDOW CLEANER Friendly professional service & Fully insured. Cleaning windows the traditional way. Also available, Solar Panels, Conservatory Roofs, Gutters, Fascia & Cladding Cleaning. Supported by The Princes Trust. Call Mathew 07979150155 Email. powell.cleaning@hotmail.com

HIGHCLERE IRONING Your local professional ironing service, using state of the art professional grade equipment. Free local collection and delivery within Naphill and surrounding areas. I provide a 24 or 48 hour turnaround. Contact Liz on 07890 056696

Christina Bohane Fitness helps busy people to achieve lifestyle change: HEALTHY-STRONG-LEAN using Finnish SISU methods PHYSICAL-NUTRITION-MENTAL live online coaching programs for 1:1 & small groups. Contact: www.christinabohane.com, info@christinabohane.com, cominfo@christinabohane.com

NEED HELP IN CUTTING YOUR HEDGES AND GRASS.....call Dave on 07971324817.
This is not a business, it is just to help elderly or disabled folk keep their garden under control.



Hughenden
Ladies Running
Group



ANNOUNCEMENTS

Summer Evening sessions start again
on Thursday 3rd April 5.15pm

Currently taking new members
for day time sessions:
Mondays 1.30pm
Thursdays 9.15am

Coaching is tailored to the individual
and all levels are welcome!

FOR MORE INFORMATION CONTACT
HELEN HINDE ON
helen.hinde27@gmail.com or 07772 150276

On the Farm

I hope this isn't our last Hallmark article but its looking like it could well be as, as far as I know, no one is taking over from our editor Mike who has been doing an excellent job for at least 16 years.

Hallmark first came out in 1970. My mum, Joan West, started writing in the Hallmark in 1976. At that time it came out every other month. I took over from her and have been contributing an article about the farm for the last few years. One more year and we would have been contributing for 50 years - that is a lot of articles! The good news is, they can all be found on mum's website: LaceyGreenHistory.com. Joan's website is a huge resource of history of the people, places and events in and around Lacey Green. She is continuously researching and compiling it. If anyone has any information about local history she would love to receive it, you can contact her on: Laceygreenhistorywiki@gmail.com.

When Hallmark first came out my grandparents, Dick and Hilda West, were farming Stocken Farm in Partnership with my parents, John and Joan. Later myself and my wife, Maxine, joined the Partnership. Hopefully our children, Charlotte and Robert, will become Partners before long. They have both been working on the farm for a number of years now and it's time their enthusiasm and new ideas are put to the test to drive the business forward.

Much has changed over the years. Many different enterprises have come and some have gone. Some of you will be surprised to learn we used to have a flock of sheep and a herd of Pigs. For many years we had about 1500 hens and raised replacement pullets, selling fresh eggs direct from the farm. We also used to do Christmas turkeys and cockerels, up to 1000 at one point. We have had milking cows since at least the 1950s and they have become the main part of the business, along with raising beef cattle and growing various arable crops. Over the years we have grown: oats, barley, oilseed rape, linseed, flax, triticale and turnips. We currently grow milling wheat to sell and grass, maize, lucerne and rye to feed the cows.

Similarly to 1976, the first year we wrote in Hallmark, we seem to be in a drought. Grass has been very slow to grow with cold nights as well, until the 30 mm of rain we had in about 2 hours on the 12th May. We were lucky to get this as it was very localised. A lot of crops are beginning to look desperate for rain and will consequently not deliver well at harvest.

The cows have been out grazing for a couple of months now. We have managed to keep enough grass growing and, with the dry spring, we have had excellent grazing

conditions (see photo of Daisy the red cow leading the herd out to grass after milking).



We planted some maize after our first cut of grass using a strip till technique. This is where only a small strip of land is cultivated. This is plotted with GPS. Then a drill comes and plants the seed using GPS again to put it in the same strip (see photo). This method prevents water loss so the seed will germinate quicker and more evenly. Also less land is cultivated saving fuel and protecting carbon within the soil. We will be able to compare with the conventionally sown crop before long.



On the 11th of May we hosted the County Young Farmers pre Rally day (before the Country Show in Bledlow on the 31st May). This included fencing, clay shooting and stock judging competitions (see photos of young farmers from around the county scrutinising the beef cattle for the competition). All the competitions are awarded points for the overall Rally Trophy. Our local club, Princes Risborough Young Farmers, are organising and hosting the show at Bledlow this year. Everyone is welcome to come along, it's a great day out, so get the date in your diary!



Richard West - Stocken Farm

A. ELLIS

Tree Surgery

Fully Qualified Tree Surgeons



We undertake all aspects of
hedge trimming and
tree surgery

For a free, no obligation
quote please contact us

T: 01494 817234 M: 07709 491589

E: info@aellistrees.com

www.aellistrees.com

For fencing enquiries call Mike on:

T: 01494 868466



01296 706260

**SOLAR PV
DESIGN
&
INSTALL**

Sunshine
Energy Solutions



*Join the green revolution and harness
the unlimited power of the sun*



www.sunshineenergysolutions.co.uk
info@sunshineenergysolutions.co.uk

SPICER

PLASTERING SERVICES

Your Naphill Resident Plasterer

All types of plastering undertaken
including

- Artex ceilings re-plastered to a smooth finish
- Rooms re-skimmed

**Over 40 years
experience**

Fully insured

contact

Ian Spicer 01494 562958

or **07973 553960**

e-mail i.spicer288@btinternet.com



SUTTONS PROPERTY MAINTENANCE

07754948743 | 01494638953

suttonsproperty@aol.com

All General Maintenance Work Carried Out

Wall & Floor Tiling

Painting & Decorating - Internal & External

Plumbing

Minor Roof Repairs

Patio Specialists including Porcelain Patios

All Types of Fencing

Blocked Drains

Gutters Replaced/Cleared

Decking

Call Trevor for a free, no obligation quote

Naphill Lawn Tennis Club

NAPFEST



Come and join us at NAPFEST FETE DAY for some fun activities on the tennis courts! Try your hand against our ball-machine - ideal for young and old alike – or our mini-nets for the younger ones.



Tennis Club News

Our courts have been in action as usual and summer matches have started with teams in the Bucks Babolat Summer Shield (women's, men's and mixed) and a men's team in the Aylesbury & District Summer League. We are always on the look-out for new team players or for those just interested in trying tennis, visit our website: www.clubspark.lta.org.uk/NaphillLTC or get in touch with our membership secretary at: naphilltennismembership@gmail.com

Jenny Tench

Secretary



Coaching

Would you like to improve your tennis skills at one of our coaching sessions.

For details please contact our coach

Mel Burn on 07947 128195



Naphill & Walter's Ash Brownies

After a few chilly weeks after the Easter break keeping us indoors, we are now enjoying the sunshine

This term we are doing the 'Have adventures' part of the brownie This involves things like first aid whilst out & about and what to do if you get lost.

For a team of our more adventurous girls, the adventure included taking on the County competition Hike at the beginning of May It was a very tricky route this year, but the team completed the route with a smile

We are also doing a 'Roaming and Rambling Challenge' which will get us out and about using our senses to experience our surroundings.

We are also looking forward to running a stall at Napfest. Hope to see you there. Do come and say hello.

If you think your daughter may be interested in brownies, please visit: <https://www.girlguiding.org.uk/information-for-parents/register-a-child/> to register your interest. There is no fee to register and no obligation to join when a place becomes available.

Ruth Daly



TJ & Co. YOUR LOCAL LADS

We are a group of friendly, reliable 17+ year olds living in Naphill & Walters Ash who are happy to undertake any local jobs, such as general gardening, car washing, babysitting and odd jobs.

Find us on Facebook: [yourlocallads](#)



How can we help?

Odd jobs, jet-washing, car washing, babysitting...

TJ & Co are ready to help you! We are local young people, living in Naphill & Walters Ash, who are looking forward to working hard for you through the summer months, for example (but not limited to):

- Fence and shed painting
- Mowing and weeding
- Clearing out your garage
- Jet washing your patio or garden furniture
- Hand washing your car
- Hospitality: serving food and drinks at your party

We range in age between 17 and 20 years and some of us drive, so we can travel within a reasonable local radius.

If you need ad-hoc babysitting or 'teen-sitting' – day or evening – Jonny has a current DBS certificate, is paediatric first aid trained and has completed his food hygiene certificate with John Lewis. Between end June and mid-August, he's heading out to Camp Canada so catch him before he goes!

Jonny Goddard

DELUXE ROOFING CONTRACTORS & SUPPLIERS LTD



John Mulry Mobile: 07860 845343

***NEW ROOFS *RE-TILING *SLATING *FLAT ROOFS**

***SARNAFIL & SINGLE PLY *LEAD ROOFS**

APPROVED CONTRACTORS
FREE ESTIMATES

Binders Industrial Estate, Cryers Hill, High Wycombe, HP15 6LJ
Phone 01494 716184 Fax 01494 717384
Email johnmulry@deluxeroofing.co.uk

Naphill Fete

14 June

Book Stall



This year's fete will once again feature a second-hand book stall.

We rely on donations from around the village to offer a fabulous selection of books for all tastes.

We are asking you to gather up any books you have finished reading, or that have been unread on your shelf for a while, and pass them along for others to enjoy.

Hardback books and reference books do not really sell, so please try to stick to paperback fiction. Children's books are very welcome and always in demand.

Books can be left neatly in the Village Hall cloakroom after 1st June. Not before please.



Nikki Annable Dip FH MCFHP MSC

FOR YOUR EVERYDAY FOOT HEALTH NEEDS IN YOUR HOME

General foot health and hygiene
High risk feet
Diabetes
Peripheral arterial disease
Arthritis
Fungal infections
Ingrown toenails
Corns and calluses
Verrucas
Athlete's foot
Dry and cracked heels
Sports injuries
Foot massage
Cut and file nails

CALL OR EMAIL
TO BOOK AN
APPOINTMENT
TODAY:



07714 207180

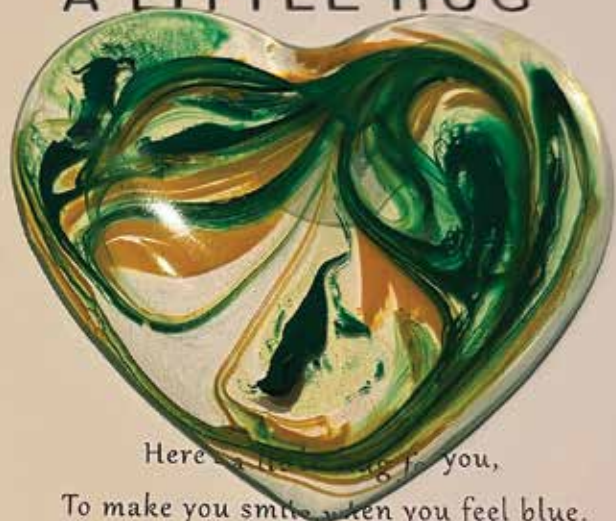


annablen324@gmail.com



Grovewood Foot Clinic

A LITTLE HUG



Here is a little hug for you,
To make you smile when you feel blue.
To make you happy when you feel sad.
The littlest hug you've ever had.
But when it's time to hug once more.
There are lots more hugs for you in store.

Love you lots

Shear Madness

When I wrote my last article I got a bit ahead of myself so I'm not sitting on a beach yet and we have a week to go for the wedding, it's mid May! I'm actually away from the 5th to the 19th of June. I'll still be away for Napfest and I hope it all goes to plan and the sun is shining I'm sure it will and you'll all have a great time.

My latest hobby is making things out of Epoxy Resin, pocket hugs, bookmarks and key rings and Worry bears, I am currently making teacher gifts so pop in and have a look if you're passing.

Apologies that this article was written in a panic rush so no time to think it through, hopefully I've covered June and will put more thought into July's effort and maybe a picture of me in "the wedding frock!" next month.

Stay safe and love as always

Mandyx



DRAINS & DOWNPIPES

ALL ASPECTS OF DRAINAGE & GUTTERING COVERED

UNBLOCK – INSTALL – MAINTAIN

- Blocked drains, toilets and sinks cleared with fixed prices
 - High pressure jetting
 - CCTV drain surveys
- All drain & gutter repairs & maintenance covered
 - Residential & Commercial
 - Fully Insured
- Free quotes, no call out fees
 - Friendly, local & reliable



Contact Glenn on:

Tel: 01494 482465

Mob: 07535 644363 / 07950 403094

Email: info@drainsanddownpipes.co.uk

Web: www.drainsanddownpipes.co.uk

Shear Madness

Your Local Barber



Mandy Dearden

Appointments only

Tel: gents - 07843 100 574

girls - 01494 563006

Email: s.madness@yahoo.co.uk

Open: Mon-Fri 9.30am - 5pm

Saturday 8.30am-1pm

CLOSED Thursday

245 Main Road, Walter's Ash, HP14 4TH

MOBILE TYRE FITTING WE COME TO YOU!

- Car, Van & High Performance Tyres
- Specialist Wheel Alignment Service
- Truck & Plant Tyre Specialist
- Trade/Accounts Welcome
- Wheel Balancing
- 4 x 4 Tyres

**Stockists Of All Leading
Makes Of Tyres**



AAAAAA TYRETEAM MOBILE



T: 01494 565920



**Stump Grinding
On-Site Log Splitting
Garden Clearances**

**Call or WhatsApp: 07427410011
Email: info@stumpd.net**

**www.stumpd.net
Kieran Geggus
Based in Naphill**

FIND US:    **Yell**

BUILDING PLANS & PERMISSIONS



ZACHARY DESIGN

07711043244 • zacharydesign@btconnect.com
CHARTERED DESIGNERS • LITTLE MOSELEY HOUSE • NAPHILL • HP14 4RE



News from our local Scouts, Cubs and Beavers

With the summer fast approaching and the Beavers, Cubs and Scouts about to spend most of their evenings outside, I thought it would be useful for our community to understand from a leader viewpoint how I started in scouting and how I found my feet with 20 young people.

Like many parents, I started helping out at Scouts with a simple "sure, I'll lend a hand." Fast forward a few months and somehow I found myself wearing the neckerchief full-time as the official Beaver Section Leader! While I wasn't quite sure what I'd signed up for at first, one year in, I can confidently say - this has been one of the most rewarding experiences I've had.

What's surprised me most is how much fun it is - not just for the Beavers, but for me too. Week after week, we've planned adventures big and small: woodland hikes, outdoor games, building dens and toasting marshmallows by the fire. We've paraded proudly, learned the basics of navigation, and spent the colder months indoors crafting, building, experimenting, and sometimes just getting gloriously messy. And the best part? The wide-eyed excitement and belly laughs of our young scouts.

Of course, keeping a room full of energetic 6-8 year-olds engaged takes creativity, teamwork, and the occasional deep breath. Luckily, Scouts provides brilliant training that helps new leaders get up to speed - from safeguarding and first aid to program planning and program building. You're never on your own, and there's a whole community of experienced volunteers ready to share tips and support. Whilst we are on the topic of support, we couldn't have run these sessions without the help of Caroline and Laura, my two Assistant Leaders as well as of course the parents that have helped term after term.

But beyond the activities and the laughs, what makes leading Scouts truly special is the values at its heart: integrity, respect, care, belief, and cooperation. We don't just teach these values, we live them. Whether it's learning to support each other in a team game or helping someone new tie their first reef knot, the Beavers grow in confidence and character every single week. And I do too. It is so touching when you hear "this is the best activity I've ever done" or "this is so much more fun than school".

If you've ever thought about getting involved, even if it's just handing out juice and biscuits, I'd say give it a try. You might find yourself hooked, like I was. There's something deeply meaningful about shaping the next generation's adventures, one session at a time.

So here's to another year of muddy boots, creative chaos, and unforgettable memories. And if you're reading this as a parent, neighbour, or someone with a bit of time to give, why not come along and see what we're all about?

Be Prepared

Lars Ulph

Beaver Lead Volunteer

john.huddleston@naphillscouts.org.uk

www.naphillscouts.org.uk





PRM SERVICES
Property & Garden Maintenance

Garden Maintenance

- All general gardening
- Lawn & hedge cutting
- Garden clearance
- Patios
- Fencing
- Decking
- Turfing
- Millboard decking approved installer

Property Maintenance

- General maintenance inside and out
- Internal painting & decorating
- Laminate flooring

“ Paul did a lovely job rebuilding our courtyard, very pleased with it and other work he has undertaken for us. Lovely hardworking man and can recommend his work ”
- Facebook review

Based in Naphill, High Wycombe, I believe in delivering excellent customer standards by providing a high quality, reliable and personal service. I am fully insured and both private and commercial contracts welcome.

Call or email Paul for a free quote.

07808 056109 / 01494 563784
p.munday@hotmail.co.uk

 Follow us on Facebook (facebook.com/PRMservices)



argent
CHARTERED FINANCIAL PLANNERS



Feel confident and in control

Financial advice for the future you imagine.
We're here to help you feel in control of your money.
Not the other way around.

Let's start a conversation.

Nick Barber
BA(Hons) AFS Cert CII
Managing Director & Chartered Financial Planner

01494 257856
07714 720280
nick.barber@sipp.co.uk
www.argentwm.co.uk

 Chartered

Senior Partner Practice
St James's Place

Argent Chartered Financial Planners is an Appointed Representative of and represents only St James's Place Wealth Management plc, which is authorised and regulated by the Financial Conduct Authority for the purpose of advising solely on the group's wealth management products and services, more details of which are set out on the group's website www.sjp.co.uk/products. The St James's Place Partnership and the roles Partner and Partner Practice are marketing terms used to describe St James's Place representatives.

NAPHILL LOCAL MINI MARKET Post Office

- Newspapers & Magazines (home delivery available)
- Lottery
- Fresh fruit & vegetables
- Freshly baked bread, rolls, sweet pastries & hot savouries available daily
- Frozen food & ice creams
- Organic & Gluten free products

- Refillable Bio D washing up & fabric conditioner
- Stationery & mailing products
- Greeting cards
- Beers, ales, spirits & wines
- Wide range of everyday grocery essentials
- Postal services, free cash withdrawals & cash deposits

19 Main Road, Naphill, High Wycombe HP14 4QD
Tel: Post Office: 01494 562173 Shop: 01494 563125
Email: Naphilllocal@outlook.com



YOUR AWARD WINNING CHILTERN'S ESTATE AGENT



**We've won 3 awards at the UK's
biggest agency event making EweMove
The Best National Estate Agent.**

This is a huge achievement for us, as the Estate Agent Masters assesses over 15,000 agents nationwide.



We were judged on our property marketing, customer service and results during a data analysis project and a mystery shopping exercise. EweMove proudly excelled in all areas.

Rachel & Julian Butcher
Branch Directors



Book your **FREE** valuation appointment.
Select a date and time online at:
EweMove.com/Chilterns
or call (24/7): **01494 917 051**

Scan
Me
↓



ULTIMATE EYE CARE



JACKSON & Co

247 Main Road, Walters Ash // 01494 564600