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July 2025

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Naphill & Walter's Ash Gazette

July 2025

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Men's Club	Andrew Wasilewski	01494 562770	naphillmensclub@yahoo.co.uk
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Hughenden Street Association	Susan Bickerstaffe	07880 519323	smbickerstaffe54@gmail.com
Tennis Club	Jenny Tench	01494 565406	jttench@gmail.com



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Naphill Village Hall



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Email: chairman@naphillvillagehall.org.uk

Bookings - Tanya Stevens

Email: hallbookings@naphillvillagehall.org.uk

Tel: 07851 169275

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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

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Copy Date July Gazette 15 June 2025

So here it is, the July edition of the Naphill & Walter's Ash Gazette, just 48 pages finally finished and about to wing its way to Turville Printing Services to be printed and returned to Paul and Joanne, our distribution coordinators, to deliver to all our volunteer distributors to pop them through your letter box. A process which perhaps we take for granted but which can only happen if there are volunteers to complete these tasks!

This edition of the Gazette has been more difficult than some and it has taken much longer than usual to put together, so a labour of love! Special thanks to Jonathan Hilder, Mike Beckley and Peter Davis for the Classics' and NapFest photos, arranging as many as possible and fitting them in with appropriate articles and into every available spare space, has kept me out of mischief for over a week! Thank you to the contributors for all the articles and big thanks to Harriet Clark, my assistant editor, for editing all the articles, I certainly would have struggled without you. One last comment on the Gazette production this month, thank you Himself for the cover photo. Now before you all reach for your phones, keyboards etc, NO this is not a local photograph, there is a big world beyond our villages, much of which I struggle to reach. This was a photo taken in the Lake District, which I love, so decided to share with you all.

June brought us TWO consecutive weekends of village events, Classics on the Crick and NapFest. All the events were a huge success and thoroughly enjoyed by the huge crowds who flocked to support and enjoy. Many of our contributors have made a point of thanking the

organisers of these events for their work and I join them in adding my thanks and congratulations. Well done to you all! I received several individual reports of these events, which I have included in this edition and which I hope you will enjoy.

The Gazette subscriptions have mostly been collected. If you have not yet paid and wish to do so please speak to your distributor or get in touch with Paul and Joanne, distribution@naphillandwaltersash.org.uk. My thanks to Paul, Joanne, all the distributors and Hilary our treasurer for collecting the subs and to all our subscribers for your ongoing support.

As some of you will be aware, Hallmark, the Lacey Green and Loosley Row village magazine is no longer being published which is very sad. Keeping our village magazine going is only possible with TEAMWORK! We have a great team here all fulfilling their roles but there is no magazine without contributors, we do need more people please to write, tell us about your business, your hobby, your travels, if you need help to put an article together Jonathan and Harriet are here to help, content is important. The sun is shining, it is mid-Summer and I am looking forward to going out and about and relaxing in the garden! Enjoy July and I look forward to sharing the August/September combined edition of the Gazette with you next month.

Best wishes

Sonia



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Chairman's Report

Classics on the Crick and Napfest were held over two weekends. Classics had a good turnout of both cars and visitors and the weather was fine. It was a busy fundraising day for the Air ambulance for them. Napfest was held over two days with a cinema event on Friday. Two films were shown, both sold out. The village fete followed on Saturday which was well attended and included a Royal Airforce flypast by a Lancaster bomber. The plane flew low over the crick three times and thrilled the crowd. In the evening there was the live music event with many more people attending. The atmosphere was fantastic and everyone had a great night. On behalf of the village hall committee, I would like to thank the Napfest committee and all the volunteers that helped at the event, without them there would not be an event!

Now back to more normal village hall business. The monthly meeting was held on 2nd June and 10 committee members attended. One of the items discussed was that there was a gathering on the Crick on Saturday 31st May of about 40 people that seemed to be an organised event. I was made aware of this by a neighbour of the Crick and was told that they were swearing loudly and urinating by the garden fences. This behaviour is not tolerated by the committee and we have sent the group a bill. We are happy to have organised events but they must be booked through the lettings secretary and then they can have access to the hall's facilities and also any liability insurance that is required.

I have been asked what the money raised at the fundraising events goes towards. Well - there is quite a list! All of these works need to be done with varying degrees of urgency. The costs are approximate and based on previous quote.

- Repair/replacement of the tower on the roof. £8000 - £12000
- The valley in between the 2 apex roofs leaks in heavy rain and must be repaired. £2000/£3000.
- The main hall roof needs repairs or replacement. £35000/£45000
- The scout/guides roof needs replacement at a similar cost.
- Replacement of the footpath on the Downley road side. £2000.
- The Bon Ami veranda ceiling repair. £2000.
- The kitchen units need replacing. £2000.
- The carpark lines need redoing. Cost £1500
- The area to the side of the tennis courts needs to be landscaped. £2000.
- Repair to the roof above the front entrance on the main road. £1000.

So you can see that sometimes it appears that all the village halls money goes into just keeping the village hall standing! We in the past have had help from the parish council but it seems that is dependant of various criteria being met and the most they will fund is 20% of the cost, so the village hall still always needs to fundraise.

Talking of fundraising, the next events are the fireworks and bonfire on the 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



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Naphill & Walter's Ash Brownies

We've enjoyed lots of lovely outdoor activities this term at Brownies.

We spent a fun evening on the Crick testing our senses. We used our eyes trying to spot where various photos were taken – flowers/ gates/ signs etc. With shoes and socks stripped off, we explored different textures with our feet. Everything from sand and astroturf to jelly! And finally, we took a blindfolded dip with our hands into a number of covered boxes to try and identify everyday objects – lego, feathers, cooked rice and many more. It is surprisingly unnerving reaching into a box when you do know what you will come across

Our annual 'sausage sizzle' is always one of the highlights of our year. For this, we all head down to Speen Scout & Guide Hut. The girls collect firewood in the nearby woods, and then learn to strike a match and make fires,

over which we cook sausages and s'mores. The festivities are topped off with a few campfire songs.

We were excited to be asked to run a stall at the Naphill fete. The brownies enjoyed getting everything ready for their fete games, and running their stall. It is great to take part in community events and to allow the girls to experience the pleasure of volunteering their time.

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



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

Clive Nicolaou's wife was recently at a Speen Helping Hospices (SHH) fundraising lunch and the speaker was from South Bucks Hospice. He was talking about fundraising by individuals taking part in sporting events. Clive had just turned 65 and thought it was about time he entered a Triathlon so he decided to complete the Blenheim Palace event on Saturday 7th June.

He set up a Just Giving page hoping to raise £500 for the hospice fundraising group. A page was set up on the SHH website and the event was promoted by the four hospices SHH raises funds for - Helen & Douglas House for Children, Rennie Grove and Peace Hospice Care, South Bucks Hospice at Butterfly House and Florence Nightingale Hospice Charity. There was also promotion on local Facebook Group pages and WhatsApp groups. Clive also contacted friends and family for support. In the end over £1,000 has been raised.

The 2025 Blenheim Palace Triathlon took place over the weekend of the 7th/8th June which unfortunately turned out to be a rather wet weekend. Clive said "it wasn't ideal weather but we missed the worst of it as our start time was just before midday - it was awful later on."

This is not the first time that individuals have raised funds for SHH with sporting endeavours. In 2002 Ian

Waterman took part in the London Marathon and Shelley Jennings and Christine Symondson cycled 500km across Vietnam and Cambodia in 2008. There were two Sassy Santa fun runs in 2020 and 2021 raising over £2,500 and in September 2024 John Radford a member of the High Wycombe Rotary Club raised £1,500 with a Charity Abseil down Spinnaker Tower, Portsmouth .

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 Gráinne Suter, Chair [SHH Hospice Fundraising events@shh-shop.org](mailto:SHH_Hospice_Fundraising_events@shh-shop.org)



The Bereavement Café

If you are experiencing grief and loss and would like to connect with others who have/are undergoing a similar experience, we would like to invite you to our
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A Notice of Thanks

Hazel Lowe and her family would like to thank everyone who came to Dave's funeral and get-together at The Wheel. They would like to thank The Wheel for being so welcoming and organising the buffet and drinks. Furthermore, a special 'thanks' for all friends and contacts who have been so supportive during this very difficult time, sending cards, flowers, and lots of love.

Hazel

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The Wheel News

Thank you to the organisers and volunteers of both Classics on The Crick and NapFest. Both events were amazing as usual, and it was great to have them both running this year. I would also like to thank everyone who came to my birthday celebrations on the 13th of June, it was a fabulous night.

This article is all about RonFest on the 30th of August.

- Dementia UK is our charity this year and is so vital for so many who suffer this awful disease. It's not just about the individual but the people who look after them too. Please bring cash for the charity buckets, we will be doing the one-off charge for a RonFest glass and there is also a Just Giving Page. The link and QR code are below this article.
- We are aiming to have 15 plus ales and ciders on the outside bar during the event, as always there will be a list of what is available but remember to get here early if you have a favourite one! We will also have all our normal drinks available in the pub. This will be both cash and card, but cash will

really help with the speed of service as we only have two card machines.

- Food will be served 12pm – 8.30pm off our normal menu. Duss Cuisine will also be back with his amazing West Indian delights.
- Live music on the day will run between 3.30pm and 9.30pm (more information will follow once all are confirmed)

Here's hoping that we have a great summer for the kids and adults to enjoy this year. I would also like to welcome Alex and Ethan to The Wheel Team.

Thanks for all the support as always.

Claire, Mark and Team Wheel



www.justgiving.com/page/ronfest25



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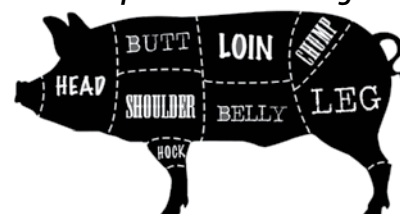
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Last year I mentioned that I was trying out a new idea – the use of compost from the compost heap, right at the bottom. Well-rotted, concentrated, “crème de la crème”, the Real McCoy. Before I give you the results, first a little theory. If one plants out a young plant, completely bare-rooted, into soil in which there are no soil micro-organisms, the plant would immediately die, because without bacteria and mycorrhizal fungi round the roots the plant could not access water and nutrients. Without these soil micro-organisms there would be no plants, no animals and no humans on this planet. The planet would resemble what it was many billions of years ago with just rocks and sand. Then, life started in the sea, some micro-organisms ventured ashore, multiplied, soil was formed, then plants and animals. I thought, why not take advantage of my Real McCoy? So, last year, when planting out tomatoes, peppers and cucumbers in the greenhouse and other vegetables outdoors, I would dig a deeper hole, fill it half-full of the Real McCoy, water well and plant out, to see if the concentration of real goodness would cause my crops to be better.

Like 2023, 2024 was a year of almost continuous light rain and, worst of all, an overcast sky reducing the sunlight which plants need to grow. So, on the one hand the Real McCoy was helping growth and on the other hand the lack of sunshine was impeding growth. My tomatoes were a little better than usual. The cucumbers and peppers were much better than usual. Sweetcorn was a disaster with no crop. Climbing French beans gave about double the usual crop. Newly planted strawberry plants were twice the size of normal and gave a good crop. Poirée (silver chard), which is my favourite vegetable, was amazing with broad white stems up to 4 inches wide instead of the usual 3 inches. Beetroot were poor. Onions were average.



Now to this year. I planted out my elephant garlic in early October and the plants so far are about double the normal size. No doubt they have also benefitted from the fantastic sunshine we have had since late February. In the autumn we remove the trailing geraniums from our three window baskets and replace the soil with ex-compost bag compost in which were grown peppers and cucumbers. This time I put some Real McCoy in the bottom than the spent compost on top with some little yellow fertiliser pellets then planted out our yellow pansies. The results were amazing – about four times as many flowers as usual. So, there is an idea for those who like to have hanging baskets. The soil micro-organisms from the Real McCoy migrated to the spent compost, enriched it and produced more accessible food for the pansies.

Conclusion. I am greatly encouraged by this new way of transplanting and shall continue with the method.

Good gardening.

Mike Mason



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Gordon the Birdman



Bird lovers are all too aware that the Nightingale's song is getting harder to hear, having declined by 90% between 1967 and 2022. This red listed songbird is now restricted to breeding in small pockets of southern and eastern England. The last I heard locally was on Lodge Hill in 2006. Research shows that numbers have fallen far more in Britain than over Europe. Previous research shows that Nightingales were being adversely affected by factors such as scrub clearance and deer browsing, damaging the understory habitat they rely on for nesting and protection from predators. This has been rectified in many areas. However, Nightingales are here for only three to four months of their annual cycle and the presence of so many empty, apparently suitable habitats within their former British range has led us to wonder if conditions in their wintering range are contributing to their decline.

With ever more miniature tracking devices now on the market, it is now possible to fit birds weighing less than

a pound coin such as Warblers and Nightingales. So, between 2022 – 2024 birds in both Britain and all over Europe were tracked and data collected from Britain, France, Italy, Germany and Bulgaria.

The results were startling. They revealed that Nightingales breeding in Britain, winter in a small, increasingly degraded area on the west coast of Gambia and nowhere else. Nightingales from all over Europe used far larger areas of central and east Gambia. Surprisingly, no mixing of UK birds and those from Europe were detected during the non-breeding season. Data shows that there are issues on the British Nightingale's west african wintering grounds. The suitability of this habitat is lower than that used by populations breeding in other parts of Europe. This might be due to climate change, including drought but also to human habitat degradation such as overgrazing and firewood collection.

So, with a problem being identified, it is hopeful that various organisations can rectify this problem. Patterns such as these found for Nightingales might become detected more frequently as high resolution tracking technology gets even smaller, allowing it to be used on a greater range of even smaller species.

Gordon.



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Meetings and outings are attracting record numbers!

Following the talk in June from Jeff Rozelaar entitled 'Ruth Ellis, the last lady hanged', we would like to invite you to our General Meeting on 22nd July when Rob Smith will be talking about 'Castles around London'. Our General Meetings are held from 2pm at Lacey Green & Loosley Row Village Hall on the 4th Wednesday of the month. General Meetings are also open to members of the public and offered free if this would be a first visit to our u3a.

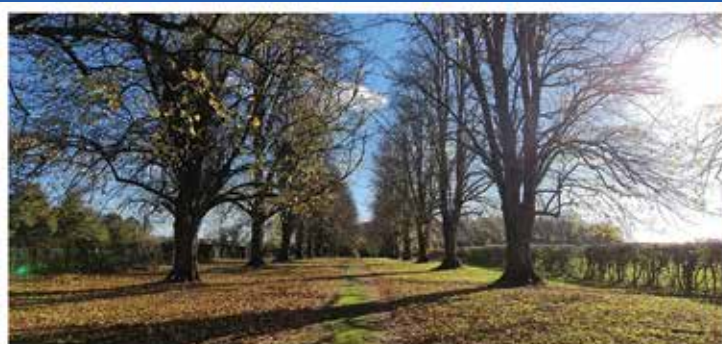
In June we were most grateful to accept an invitation from the Earl & Countess Howe to visit Penn House. Whilst Penn House is virtually on our doorstep, few of our members had visited the house and gardens. We are planning further 'guided outings' this summer, one in July to see the results of an archaeological dig in Cookham, and another to a local abbey. Please email me for tickets gilliamph@aol.com if you want to come but are not members of our u3a. Our Antiques and Collectables

Group have visited the well-known Dorking Antiques Centre and the Discovering Art Group will have visited the art collections at Compton Verney by the time you read this article.

Members have also been busy recalling their memories of places they have lived in and often challenge me with question such as, "is there any connection between Godstowe School and Godstow Abbey?" I hope to give the often surprising answers and explanations to our Local History Group.

Although we have over 30 Groups, I am also working on starting new Groups for the forthcoming Autumn and Winter season. I am always grateful if you could suggest and lead one of our Groups.

Find information on all our groups at: [Groups - High Wycombe and District](#)



Penn House Gardens



Penn House



Hughenden Street Association Social Events

Part of Hughenden Street Association's vision is working to create safer and connected communities. The monthly lunches at the Spindle and Thread on the 3rd Wednesday each month, and the Social Afternoons at Bon Ami on the 4th Monday of the month aim to help prevent social isolation by fostering community and friendships in our 2 villages.

We also strive to keep residents safer, informing them of scams and linking with other local agencies such as the police, the fire service and Neighbourhood Watch.

Our next lunch is Wednesday 16 July 12 noon for 12.30pm.

The next Social Afternoon is Monday 28 July 2-4pm in the back room of Bon Ami.

Why not come a bit earlier and grab a bite to eat for lunch and then stay for the afternoon?

We welcome all newcomers. Please contact Susan Bickerstaffe on 07880 519323 to book a lunch place, or for more information about either event.'



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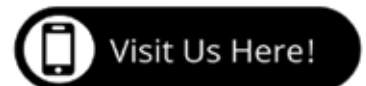
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Bon Ami has been buzzing this month with preparations for and a very busy day on "Classics on the Crick". We hope that everyone had a wonderful day and we eagerly await to hear the total amount raised for the support of Thames Valley Air Ambulance. Such an incredibly worthwhile cause.

Thank you to all of our staff and several of our lovely customers who worked so hard for the day. Sorry we do not have any photographs; we didn't have any time to take any!

While writing this we are looking forward to a hot and sunny Napfest weekend. Bon Ami will not be open; we are hoping to attend ourselves. We hope that the event goes smoothly and raises much needed funds to ensure that all of the community can continue to use and enjoy the Village Hall and the Crick.

We continue to be busy enjoying serving customers from near and far. We always look forward to seeing you.

Best wishes

Dorothy & Ruth



Reporting from Parliament

As we head into June, it's hard to believe a full year has passed since the 2024 General Election campaign began. My focus remains exactly where it should be - on protecting Buckinghamshire's countryside, its farmland, and the rural way of life that defines our communities.

In recent years, we've encountered large-scale development pressures. From the disruption of HS2 and East West Rail, to speculative housing proposals and energy schemes that may not necessarily benefit residents, it sometimes feels that Buckinghamshire shoulders many of the burdens of national infrastructure while receiving few of the rewards. With new higher targets for building new homes and potential development of ground-mounted solar panel sites now on the table, I am alert to the need to advocate for our farmland and the character of our landscape.

The Planning and Infrastructure Bill returns to the House of Commons for its Report Stage. I have tabled two key amendments to protect our communities. The first would ban ground-mounted solar installations on all grades of agricultural land, helping to preserve our productive farmland for food and nature. The second

seeks to ensure that areas already affected by national infrastructure projects - like ours - can challenge further development. Planning authorities should be free to consider what we've already taken on.

At the same time, we must not overlook one of Buckinghamshire's most precious - and most threatened - natural assets: our chalk streams. These globally rare rivers run through our county, supporting rich ecosystems, and offering clean, flowing water that is a vital part of our environment. Yet all of England's chalk streams are in poor overall health, and they lack the specific protection they so clearly need. Without national recognition in law, these fragile ecosystems will continue to decline. That is why I am supporting efforts in Parliament to secure stronger legal safeguards for chalk streams and calling on the Government to introduce a proper national strategy to restore and protect them for the future.

I will continue to fight for fair treatment, for common sense in planning, and for the protection of the countryside we all cherish.

Best wishes

Rob Buler MP





Classics on the Crick 2025

A Glorious Day of Engines, Sunshine, and Community Spirit

The sun shone kindly over Naphill as the village once again hosted the much-loved Classics on the Crick—a spectacular showcase of vintage vehicles, community camaraderie, and heartfelt fundraising.

This year's event saw an impressive turnout, with over 430 classic cars and motorbikes arriving in style, just ahead of the eager crowds. Thanks to the exceptional organisation and the tireless efforts of a dedicated team of volunteers, each vehicle was perfectly parked, allowing visitors to roam freely and admire the gleaming treasures of the road.

Music filled the air thanks to live performances from Steven Ling and the brilliant Camino, providing the perfect soundtrack to a relaxed summer's day. The showground buzzed with activity—stalls offering everything from crafts to curios, a fantastic selection of food vans to satisfy every appetite, and plenty of shady spots to sit and soak it all in.

And it wasn't just the engines drawing admiration—this year also saw a record number of four-legged visitors, with wagging tails and happy barks adding to the vibrant atmosphere. It's safe to say Classics on the Crick has become a truly inclusive day out for the whole family.

Behind the scenes, a heartfelt thanks goes to the organising committee, our generous sponsors, and the many volunteers in red vests who made the event such a success. Most importantly, this special day raises vital funds for the local Air Ambulance—a service we hope we'll never need, but are forever grateful for.

If you enjoyed this year's event and would like to get involved, the organisers are always looking for fresh faces to join the team. Whether you're a car enthusiast or just love being part of something meaningful, your help could make next year's event even better.

Until then, thank you to everyone who came, supported, volunteered, and made Classics on the Crick 2025 another unforgettable day at The Crick, Naphill.

Jonathan Hilder





Classics on the Crick, Sunday 8th June 2025

The week before the event is always a nervous one, with last minute hiccups and the changeable British weather. This year the forecast was showing rain showers all week but a dry Sunday, and thankfully this turned out to be true.

In our opinion, this year had the best selection of cars so far. One High Wycombe resident certainly created a bit of a stir with his collection of 7 matt black supercars.

Our crack judging team from BMW UK head office selected a fantastic 1990 DeTomaso Pantera GT5S belonging to Colin Bradshaw as the car of the show. This special car was highly modified with 458bhp and a 4.1 second 0-60 time, which is fairly quick for a 35 year old vehicle.

The best bike award went to a very rare Triumph T100 ex police bike which served in Devon from 1969-1975. The owner Robert Relf demonstrated the various extras including a working siren.

Finally the Public's Choice award went to the ever popular VW Bugle Beach Buggy owned by Mark Dobbs, who lives in Naphill.

As ever the show can only run with a lot of help from various people and organisations. We would like to thank Naphill Village Hall for the use of the main field and providing the essential bar, The Horse Trust for the use of their fields off Stocking Lane, Chiltern Vale Scouts for providing invaluable help in marshalling the public car park, and Sytner High Wycombe BMW for their continued support as event sponsor.

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The Classics Team







Life with young kids in N&WA Celebration time

Friday the 13th was full of good fortune as it turned out, bringing fair weather and a party atmosphere to this year's Napfest. I've heard great things about the cinema event and as for the fete – what a tremendous success. A huge thank you to the organisers, volunteers, stallholders, musicians and many others. A lot of work goes into making this such an enjoyable village event and it is fully appreciated.

Highlights for our family included the bouncy castle, some enormous ice creams and the ferret racing. I'm not sure whether introducing one's four year old to the concept of gambling is entirely ethical, but putting a pound on her selected ferret – Digger I believe his name was – certainly added to the fun. We also spent a very happy chunk of time at the craft table, decorating biscuits and making puppets, so many thanks to the team from St Michael's for their work in making that so enjoyable. The flyover by a Lancaster was of course both spectacular and memorable and made the occasion feel unique to our village.

While we were unable to attend the evening festivities this year I'm sure they were also brilliant, and we certainly hope to make an entire weekend of it in the future. Once again, thank you to all involved in pulling off such a lovely event. Napfest is certainly a fantastic day out for those of us with small children, but it's also an occasion for the entire community – which makes it such a pleasure to be part of.

Harriet Clark -assistant editor
aassistanteditor@naphillandwaltersash.org.



Cestreham Masonic Lodge 6674

As always, Napfest was a great success. We would like to say a huge thanks to the organisational team who made it happen again this year.

We were delighted to contribute sponsorship to the "Wine or Whine" stall. Unsurprisingly it proved to be popular, but then again what's not to like about 'sporting' £1 and walking away with a bottle of wine.

We also took some time out to build the stocks and give you the opportunity to throw a soaked sponge at your local football coach of choice. Who knew this would be so popular? Not the coaches, for sure.

Our most recent charitable contribution has been

towards the challenge being undertaken by our very own Jo Razzaq of Surebuild Ltd. Jo is hiking up the Old Man of Coniston in the Lake District, raising funds for the IFS Foundation, a charity of which she is a trustee. Breaking the poverty cycle in Sri Lanka.

Cestreham were delighted to donate £1000 to this fine cause. <https://www.ifsfoundation.org/>

By taking a stall at Napfest, Cestreham Masonic Lodge 6674 took the opportunity raise our profile within the local community. We spoke to several people on the day who were interested in Freemasonry, but didn't quite know where to go for more information. Hopefully we answered those questions and gave more transparency as to who we are and what we do.

Cestreham Lodge meet on Thursday evenings at the Beaconsfield Masonic Centre behind the church in the old town at 7.15pm to rehearse ceremony and enjoy a pint in the bar afterwards.

If you didn't manage to speak to us on the day, but would like to understand more about Freemasonry, and what it involves, please email David Russell for an invitation to meet for a beer and an informal chat. David can be reached at doctorfossil35@gmail.com

Mike Beckley
Master of Lodge
Cestreham 6674

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Not from the Vicarage

A great delight of working for Mission to Seafarers in Gibraltar is having visitors. We are now pretty competent 'tour guides' and know lots of good places to visit. 'Ellis Tours Inc' tailors outings to suit visitors' curiosities on wildlife, Nelson, anthropology, geology, military history, snorkelling, WWII etc. We even do a bit of 'Abandoned Engineering' style urban exploring. Almost everyone wants to see the apes. Our latest visitors have been no exception and we spent quite some time watching a group of young apes playing. The game involved a stolen biscuit wrapper and initially consisted of chasing after it in the wind; once caught, the proud owner of the wrapper was then hotly pursued by the other apes. Interestingly, there was no attempt to steal back the wrapper, making the game some form of 'follow the leader'.

All young creatures play – kittens, puppies, calves, foals, fox cubs, dolphins – you name it, it plays when young. Scientists tell us this play is learning and rehearsing skills for adult life. We all play as children and for pretty much the same reasons. I can still remember sitting my dolls and teddies in a row and playing school with them... when I did my teacher's training, I actually studied a worthy tome entitled 'Why Children Play'. When we become adults, we stop playing – the rehearsing is at an end now, this is the real biz.

But why should we stop playing? We maybe don't need to rehearse adulting skills anymore, so why not play for fun? Organised sports, board games, card games, clubs and classes all give us opportunities to play, often with the additional agenda of keeping physically and mentally fit. But what about playing just for sheer fun? Why does our society dictate that once you hit a certain age, you can no longer enjoy a swing, roundabout or see-saw?



It doesn't have to be energetic play – add fun to your home or garden with playfully grouped ornaments, colour schemes or planting (we have a fairy made from an old CD hanging in one of our trees). Find opportunities to have fun. On North Mole, one of the local bunkering vessels has decided that from the side its bridge looks a bit like a camper van.....so they have placed fenders shaped like tyres under the windows, giving the impression of a camper van parked at the top of the ship's superstructure. Does it make the vessel any more efficient or add any monetary value? No, but it's fun and makes people smile whenever they see it. In a world where so much seems to be amiss, it's good to make time to be playful and have fun.

In the book of Proverbs we read of Wisdom playing with God in the act of Creation – it's a beautiful, powerful image. The Bible tells us we are beings made in God's image, so it follows that part of that image is being able to play and have fun.

Rev Jenny *Ellis*

Fabulous Weekend!

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What an excellent Fete Day! The sun shone and it was lovely to see so many people enjoying themselves. A big thank-you to the Fete Committee for all their hard work in organising a traditional British event that brought the community together. A good variety of stalls and entertainment provided enjoyment for all and hay bales for seating were a lovely touch.

Our Ball Machine on the tennis courts proved to be an enjoyable challenge for young and old alike and a number of youngsters showed their prowess with the mini-nets. We hope this will encourage them to join our Junior Coaching after school on Friday evenings. From small beginnings Wimbledon champions have emerged!

The success of Fete Day culminated in a wonderful low-level fly-past by The Battle of Britain Memorial Flight's Lancaster Bomber. What an iconic aeroplane!

Jenny Tench



For more information on Naphill Tennis Club, please visit our website: www.clubspark.lta.org.uk/NaphillLTC or contact our Membership Secretary at: naphilltennismembership@gmail.com

Jenny Tench

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Naphill & Walter's Ash Residents' Association

July marks the 40th anniversary of the first recorded action by what was described as the reconstituted Naphill Residents' Association (NRA). As it was reconstituted there must have been a previous iteration but there are no details. A public meeting was held in North Dean village hall on 12th July 1985 to discuss proposals from a Mr Suter to create a golf centre at Naphill Farm and Church Farm. Roughly speaking that is all the land lying between Naphill House and Hughenden Manor amounting to 195 acres. Mr Suter said that EEC milk quotas made the farms unviable. NRA objected to the proposal on several grounds including: five footpaths cross the land and would be made dangerous if golf were being played; there would be a loss of agricultural land contrary to the County Structure Plan; hedges would have to be removed; and another golf centre was being considered at Penn.

These things take time but eventually the land was bought by the National Trust and added to the Hughenden estate. That brought about a significant change in its character. The grass and cattle disappeared and were replaced by the arable farming you see today. More than 30 years ago I flushed two snipe near the kissing gate on the path from Hunts Hill Lane but that would not happen now without the cow dung to encourage worms etc. On the plus side the NT planted new hedges and created permitted footpaths to add to the public ones. When we moved here in 1987 few walkers would be seen on the fields but the NT encourages access and walkers are now numerous. How much they understand of the farming that goes on and the crops that are grown is uncertain. Certainly the increase in the number of dogs has made sheep grazing unviable.

NAWARA has evolved since 1985, but our main business continues to be keeping an eye on planning applications to ensure the character of the two villages is not unduly altered. We also monitor the way in which planning approvals are implemented as some owners are inclined to push the boundaries. We do other things like managing the village's entry into the Best Kept Village Competition, Speed watch and running a very successful quiz which will be on 17th October this year.

We held our AGM on 9th June and it was very well attended. The main attraction was a very informative and amusing talk by Trevor Hussey on the history of the two villages. Residents were able to chat over a glass of wine afterwards.

We still have some vacancies on the committee. The work is not onerous but it is worthwhile. If you'd like to find out more my phone is at the front of the Gazette.

Best wishes

David Frost

Vice Chairman



Naphill & Walter's Ash Residents' Association were at NAPFEST Fete

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Artwork by Philip Hussey

Local Tales - Going for a song

I sometimes think of all the things we humans do; singing is one of the strangest. The development of language itself was remarkable, but I can see what an evolutionary advantage it has given us, with the accompanying development of consciousness and intelligence. But why singing? I cannot imagine a time in the past when we did not sing, yet why? Then again, why music at all? I do not know of a people that do not beat out a rhythm, chant a musical sound or develop some sort of musical instrument. It seems that chimpanzee will beat out a rhythm. The pleasure gained from music appears to be innate. Very young children respond. Mothers will hum to calm a newborn. My wife would sometimes sing to get a child to sleep and a grandson, just a toddler, would ask "ding me a dong nana".

Music and singing are enjoyed by most of us either when we or others do it. In the past, many villages had brass bands that would give concerts or play at events such as the village fete. At a time before radio and recording, there was a need for music whether from church organs or wandering minstrels. People would leave their houses to listen to traveling players. They might entertain with concertinas, mouthorgans or a variety of instruments. My father recalled going to see a man with a small dancing bear, playing his hurdy-gurdy set on a pole on the grass at the top of Bradenham road.

It was common for children to learn to play an instrument. Many homes had a piano and children learnt this and other instruments like

the recorder with different degrees of success. I'm sure that some still do. As a boy, an uncle lent me his violin which I was certain I could teach myself to play. I soon found that I couldn't – sometime after the family had come to that conclusion, so I gave up for their sake and that of the instrument.

Another uncle had walked from the north at the time of the Jarrow march, marrying my aunt and played in the Naphill band. The band, which some will remember, accompanied the parade of people and floats manned by various village organisations, that marched from Walters Ash, (Forge Road as I remember or the Short Road as it was called then): marched and sang their way to the Crick to open the Summer Fete. Whether this tradition was stopped by the increasing traffic or the decline in the number of instrumentalists or fewer village organisations, I do not know but it was a grand opening event.

The village bands would sometimes compete in friendly competitions. On one such occasion Naphill's band did well but did not win. They played a piece by Franz Shubert called 'Silvia where art thou?' The judge in his comments after the performance said that the band played this piece too loudly and added that wherever Silvia was it must have been a long way away!

Philip Hussey.

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Naphill & Walter's Ash School



Welcome To the Dens!

The Dens are one of the best parts of our school! These are outdoor areas set amongst the shade of the trees, where we can build, create and let our imaginations run wild! Using things like pieces of old wood, tyres and rocks, we make castles, tree-shops - anything we can dream up!

It's a place where teamwork, creativity, and fun all come together. We all love spending time in the Dens at breaktimes; it's where ideas come to life!

One of our favourite things to do in the Dens is to create 'rock-shops'. We decorate our Dens with stones, set up our stalls, and pretend that we're running our very own businesses! It's fun, imaginative, and sometimes very competitive – but only in a good way!

The School Media Team



Across England, 2.4 million adults struggle to read which makes everyday life more challenging and impacts on mental health.

Read Easy Chilterns supports adults living and working in Buckinghamshire who want to improve their reading skills to maximise their opportunities in life and work.

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Read Easy will help any adult who either can't read or who lacks confidence with reading. We are proud to be inclusive. For example, if you are dyslexic, the Turning Pages manuals we use work well for people with dyslexia. Our reading coaching is confidential, one-to-one and absolutely free!

Read Easy Chilterns is a friendly and inclusive organisation that is open to all – our service is completely free and everyone is welcome at any stage of their journey of learning to read. There are no deadlines or pressure; the programme allows everyone to work at their own pace one-on-one, to fit around a reader's commitments, with their own trained volunteer reading coach.

Currently the group supports close to 30 reading pairs. Liz Saunders, the Chilterns Team Leader states, "We know that there are many more potential readers within the Chilterns area and we are actively working with organisations to increase our reading pairs so that we can really make a difference to the local area".

Please come and see us at NapFest for more information about how we teach adults to read for free.

Further information is available at <https://readeasy.org.uk/groups/chilterns/> If you would like to discuss joining the coaching programme or you know of someone who might benefit from it, please contact us on t: 01494 926171 or e: chilternscoordinator@readeasy.org.uk



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Friends of Naphill Common



Friends of Naphill Common were at the NAPFEST Fete

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

The Bucks Amphibian and Reptile Group (BARG) continue their survey of amphibians and reptiles on the Common (repeated visits are necessary to build up a complete picture). They've also surveyed Mannings Pond, which is on Downley Common – if you continue past Daisy Pond, it's a few hundred yards further on the left of the footpath. Mannings is rather overgrown with Yellow Flag Iris and other water plants, but has a few open patches, and BARG found Great Crested Newts there.

Is it Vincent's or Pickop's Pond?

When I first moved to Naphill, almost 30 years ago, I was introduced to what I heard as "Pickup's Pond". I was even told that it was a spot where 'assignments' may have taken place (rather like Ladies' Mile), although such attributions should always be taken with a grain or two of salt! Marian was intrigued enough to do some research on the subject:

What's in a name? The signage recently erected by Hughenden Parish Council at the pond in Downley Road reminds us that this area was once part of Vincent's Farm (as also were Vincent's Way and Vincent's Meadow), named after the Reverend Frederick Vincent, vicar of Hughenden from 1825 to 1835. But isn't this pond better known as "Pickup's Pond" and why might that be? Is it pure coincidence that a Mrs Anne Pickop (sic), a widow from Lancashire, lived at Red Cottage, the house next door to the pond. Mrs Pickop, was only 24 when her husband died in 1870. She never remarried but was able to live independently on the annuity left by her late husband. She probably moved to Naphill in the 1880s and lived at Red Cottage with her adopted son (her nephew) George Charles Pickop Heathcote until she died in 1904 at the age of 58. Any more information about the name of the pond, or Mrs Pickop would be gratefully received.

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





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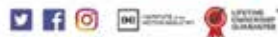
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What does hypnotherapy help with?

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.

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Escape the torment of fears and phobias

We all have fears and worries. The human mind is wired to avoid perceived danger, and it's good to remember our unconscious mind is trying to keep us safe. It's just that it can get it wrong!

But when these turn into more established phobias, they can seriously restrict your life - not only because you have to live with trying to avoid the phobia, but living with these fears has a knock-on effect and can play havoc with your overall confidence levels.

Summer is a holiday time for many of us, yet many people are anxious about travel, fearful of going to foreign places or getting ill abroad. Just being away from home or out of our normal routine can feel deeply uncomfortable. Of course, the very common fear of flying stops many people from venturing abroad at all. Our home environment becomes our place of protection and predictability.

Hypnotherapy can help!

The good news is hypnotherapy can be an effective treatment for phobias of all kinds, whether it's of spiders, needles, or flying or anything else.

Alison commented, "I have a variety of techniques that help me get to the nub of why a fear has become established. There is always a reason. Then we can work together to reframe past experiences and unlearn these lessons. The use of powerful visualisations and relaxation techniques also help to change the client's perceptions of the threat on a deep, unconscious level. The results can often be mind-blowing!

The Power of Suggestion

When in a relaxed or trance-like state, the mind is much more open to suggestion. I write and record 'word weaves' which focus the mind on specific messages – literally working daily to 'change your mind'. These are devised with each individual in mind and are theirs to keep for life-long support. Often clients listen to these long after the primary issue has gone, as it keeps them feeling positive about life.

I also teach self-hypnosis techniques to empower my clients to induce a deeply relaxed state whenever they feel anxious.



Testimonial from a happy client:

"I started with the aim of improving my fear of being away from home that had stopped me from flying for over 7 years. After just 6 sessions I was able to go on a work ski trip without any of my support network, which was a huge achievement for me, and even better than that I actually enjoyed it! I thought that this would be the only benefit of hypnotherapy, but I didn't realise the impact it would have on my day-to-day life. Being able to look at my experiences and mindsets differently has lifted an enormous amount of guilt that I didn't realise I was carrying on a day-to-day basis."

"I feel more confident, relaxed and proud of myself and I genuinely believe that being able to prioritise myself has made me a better mum to my 2 young boys too. I regularly tell people about my experience with hypnotherapy and strongly encourage anyone who thinks it may help them to give it a try as it has been a life changer for me that I didn't realise I needed so much. I cannot thank Ali enough for her support and guidance through my journey."

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.





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Naphill Neighbours - Low Maintenance Gardening - Sandy's Way

This month's Naphill Neighbours' meeting, held on 9th June was attended by 27 members and 2 guests, and featured a talk given by Sandy Primrose.

Sandy briefly introduced us to the work of Peter Smithers, who was a British politician, WWII intelligence officer (reportedly one inspiration for James Bond), and later an internationally celebrated gardener and plant photographer. Sandy spoke about Peter's gardening philosophy & approach and Peter's 7 principles.

Sandy then continued to explain his own approach to low maintenance gardening. He spoke first of the need for performance plants - hardy, reliable perennials and drought-resistant species that thrive with minimal care, which were ideal for time-pressed gardeners. He talked about the need to design with purpose and resilience, incorporating gravel or dry-stone beds and well-drained soils, choosing plants adapted to one's climate and soil and using mulch to suppress weeds and conserve moisture. He advised the need for a balanced plant palette with some specimens for height and structure, others for bloom and seasonal colour. Sandy continued to take us through the gardening year, giving examples of suitable plants and shrubs and provided us with a list of these plants for our reference.

It was reported to the meeting that some of the members had enjoyed the break to Sidmouth and Seaton during May, which was the first collaboration with a group from West Wycombe. All enjoyed the

break, for which the weather was kind. The meeting was also given details of a further trip in early December to Paignton, which features early Christmas and New Year celebrations and includes a visit to the Plymouth Christmas market.

Members were also reminded of the annual August Afternoon tea to be held on 11th August..

Next month's talk, to be held on 14th July, is entitled 'Tooth, Claw and Mane' by Tom Way, who is an award-winning photographer with awards including European Wildlife Photographer of the Year, the World Sony Photography Awards, Nature Photographer of The Year Awards and Nature's Best Photography Africa.

Jan Honey



Naphill Neighbours had a busy time at NAPFEST Fete



RAF High Wycombe Farewell to Wing Commander Jenny Dennis,



It is with sadness we say a fond farewell to Wing Commander Jenny Dennis, Jenny has been a stalwart supporter of RAF High Wycombe, Air Command and Space Command for over two years and has made a huge contribution to the lived experience of families and personnel locally, from improving the Single Living Accommodation and refreshing @ 3 Café to a complete refurbishment of Smithy's All-Ranks bar. Our lovely Nepalese families are especially sad to see her go as she has been a huge supporter of the Nepalese community, opening her home, offering genuine hospitality and friendship. Everyone here wishes Jenny all the very best on her future posting, she leaves the Station in a much better place and with plans in place to ensure the improvements continue. We welcome the new incoming Station Commander, Wing Commander Mike Adamson, I'm sure he will be keen to continue to forge the strong links we have with the local community and he will be looking forward to meeting everyone during his tenure.

Dani Bowman

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The Rotary Club of Princes Risborough



The end of June marks the end of the Rotary Year, which involves a change of President and the Club Council.

Canon Tony Bundock, of St John's Lacey Green, is now presiding, and will be working to keep our lively members on the straight and narrow, whilst still caring for his parishoners and a busy parish. He has our full support, our thanks and good luck wishes.

The past 12 months have been exciting for a number of reasons: we have seen our numbers continue to grow, with an additional 6 new members and a further 4 in the "pipeline"; we have raised a record of over £40,000 through such events as Race Nights, Farmers' Markets, Street Collections and our Rotary Ramble etc. Much of this has already been donated to over 32 organisations, schools and individuals, the vast majority being local. We are holding the Ramble again this year, on the 6th of July in Wades Park, Princes Risborough, with an emphasis on something for the local community, including a Chocolate Hunt, "Tea in a Tent", and a Barbeque etc. There is a choice of walks from 6 and 12 miles, and a family walk of 3 miles. For more details go to www.prrr.uk.

Our lunch on the 7th of June for those over 75 in the town who live alone was a great success, and plans are already being worked on for our Christmas dinner for the same group. As was our Farmers' Market on June 21st, which focused on "Blood Bikes. Readers of previous articles will recall that our Club comprises a group of lively, fun-loving men and women focussed on giving back to the community whilst having a good time. If you want to be part of this, and are considering 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



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Valley Players

It may be summer time, with holidays on the horizon, but the Valley Players time machine is in full operation! Our TARDIS tells us that it is time to think about auditions for our 2025 panto, which will be "Snow White and the Curse of the Ice Queen" by Peter Nuttall. After the success of our modern style panto last year, we are coming back with another!

If you fancy taking part contact Andrew Pitman via contact@valleyplayershughenden.co.uk. I will be happy to talk!

Happy Summer
Andrew



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Church News



A slight drizzle was not enough to put off the babies and toddlers, mums, grannies, a GREAT GRANDMA, the Tiny Tots team, and, of course, an array of teddies, who enjoyed the annual Mothers' Union Teddy Bears' picnic held as usual in the MU garden.

Balloons, bubbles (soapy, not alcoholic), toys, a sumptuous spread, a story from Helen and music from Chris and Nikki accompanied by enthusiastic singing from young and not so young ensured a good time was had by all.

The sun soon came out again, take-home treats were handed out, tinies were snuggled down for afternoon naps, and older ones scampered off with calls of 'see you next week', for the usual Tiny Tots meeting (hopefully also to be held in the garden).

As I write, the St Michael's team is preparing to run the bar and host crafting events for children (the crafts are for children, not the bar) at Napfest. Hopefully, by the time you read this it will have been bathed in a weekend of sunshine.

Our next events include the Mothers' Union Ploughman's Lunch on 1st July 12-2pm in Church House and in the garden. All are welcome: a sumptuous spread of ham/cheese/salads/fresh bread/cakes - all for £10 - should not be missed.

Don't forget the Church Flower Festival, 24-26 August (Bank Holiday weekend). The theme is "Happy Bloomin' Holidays." To add YOUR entry, please see the church website. The Church will be open to view the exhibits over the weekend (the Church is always open in the daytime) and refreshments will be available. This is the third such event and the exhibits (and indeed the refreshments) are always amazing!

The Big News from St Michael's, however, is the forthcoming departure of our Vicar, Keith Johnson, who after overseeing huge changes at our Church in the nine years of his service, is taking up new challenges, caring for eight (yes, eight!) parishes in the west country. He will not be leaving us for a few months, so more to come later. For now, I will suggest that the opportunity to be nearer his parents and his beloved Somerset cricket team has proved too much to resist.

Jane Tyrer

From the Vicarage

I cannot believe that it is nine years since my family and I moved to Hughenden Valley. This area holds a special place in my heart, as do the people. I have enjoyed that time immensely, but soon I will be moving to pastures new.

I recently applied for the vacant post of Priest in Charge of Postlebury, Stoke St Michael & Leigh on Mendip with Downhead, in the diocese of Bath & Wells. Following a successful interview, I have accepted this post, and so I will be leaving St Michael & All Angels, most likely in September.

My new post, located to the South and West of Frome, in rural Somerset, is comprised of eight rural churches in small villages. The Postlebury group of churches, which number five, include Nunney, a picturesque village a few miles from Frome, where my wife and I will be living, as well as Cloford, Marston Bigot, Wanstrow and Witham Friary, with a combined population of 2,350.

To the North West you will find Stoke St Michael, and the parish of Leigh on Mendip with Downhead, whose population numbers 1,643.

During my time at Hughenden, I have had the privilege of serving as an Associate Area Dean, supporting the rural benefices of South Chilterns, West Wycombe and Hambleton Valley, and this experience has reinforced my sense of calling to rural parish ministry.

My new parishes include a castle, one of the largest working quarries in Europe, three primary schools, bellringers, friends organisations, and other community organisations within the Mendip hills.

But the principal reason I took the decision to accept this offer was twofold: Firstly, that I felt strongly that God was leading me to apply, and secondly, I found the entire parish visit and interview process reinforced that calling. I met people in all eight churches, and was deeply moved by their warm welcome. I was able to imagine myself living and worshipping amongst them.

It will not be easy to say my goodbyes to you all.

God bless

Rev Keith





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