



Naphill & Walter's Ash Gazette

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Photograph courtesy Paul Goby

February 2022

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Naphill & Walter's Ash Gazette February 2022

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Come and Join Us!

Our Local Clubs and Organisation Contacts

Beavers	Tony Bobbin	01494 447121	naphillbeaverscouts@gmail.com
Brownies (Naphill)	Ruth Daly	01494 565571	ruth.daly3@btinternet.com
Bridge Club	Margaret Stagg	01494 530736	
Cubs - Hughenden			handnhcubs@hotmail.com
Naphill	Martin Beddows		naphillcubscouts@outlook.com
Football Club - Junior	Andy Sinclair		mailto:naphillfc_cwo@yahoo.com
Senior	Harry Salter	07403 249208	
Friends of Naphill Common	Chris Miller	01494 563707	chairman@naphillcommon.org.uk
Good Companions	Pat Furness	01494 565501	
Men's Club	Andrew Wasilewski	01494 562770	naphillmensclub@yahoo.co.uk
Residents Association	Gloria LeFlaive	01494 563634	glorialeflaive@msn.com
Naphill Neighbours	Janet Judge	01494 563186	
Scouts (Naphill)	Adrian Curtis		naphill@chilternvalescouts.org.uk
Tennis Club	Jenny Tench	01494 562282	jttench@gmail.com



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Chairman - Clive Lawrence

Email: chairman@naphillvillagehall.org.uk

Bookings - Tanya Stevens

Email: hallbookings@naphillvillagehall.org.uk

Tel: 07851 169275

www.naphillvillagehall.org.uk

Local Council Contact Information

Bradenham Parish Council Clerk	Deirdre Hanson	01494 562254	clerkbradenhampc@gmail.com
Hughenden Parish Council Clerk	Melinda Woof	01494 715296	clerk@hughenden-pc.gov.uk
Hughenden Parish Councillors	Paul Hardinge		paul.hardinge@hughenden-pc.gov.uk
Hughenden Parish Councillors	Vacant		
Hughenden Parish Councillor	Vacant		
Buckinghamshire Councillor	Steve Broadbent	07471 144181	Steve.Broadbent@buckinghamshire.gov.uk
Buckinghamshire Councillor	David Carroll	01494 716967	David.Carroll@buckinghamshire.gov.uk
Buckinghamshire Councillor	Clive Harris	07768 876568	Clive.Harris@buckinghamshiregov.uk

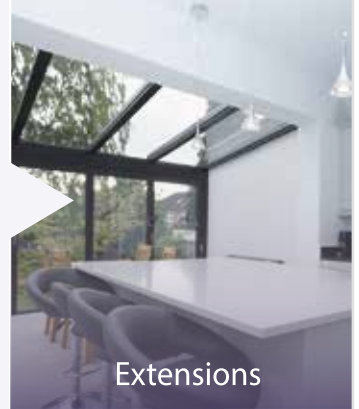
Helpful Contact Numbers

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
Specsavers Hearing (NHS hearing tests)	Self refer	01494 520304
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
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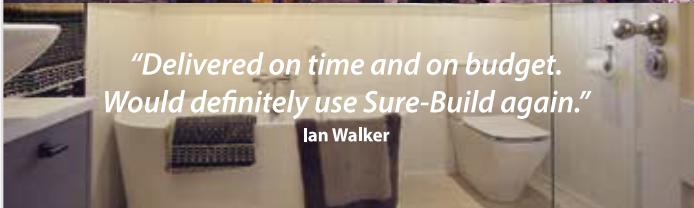


Extensions



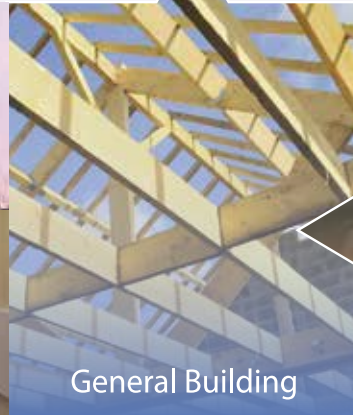
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Photograph courtesy Jonathan Hilder

Copy Date for March 2022 Gazette, 15 February 2022

New Year greetings to you all and welcome to the February edition of the Naphill & Walter's Ash Gazette. After an indulgent Christmas and New Year, I am delighted to be back in the office chair and have the opportunity to communicate with you all once again.

For this first Gazette edition of 2022 I chose my editorial header photograph with special care. We all have high hopes as we step into a new year, possibly a peaceful and kinder world where people work together to achieve this goal and where COVID does not cause pain and suffering. Every individual will have their personal hopes and aspirations. So I have chosen one of Jonathan Hilder's photographs, "A bright new day dawning". I wish you all good health, success and happiness for this bright New Year .

It was with great sadness that I learnt of the death of Nancy Hussey, the much loved wife of Trevor Hussey. Nancy was a member of so many local groups and a great pillar of our community. Just after Christmas I was also informed that Hazel Vickery had passed away. Hazel was another lady who did so much for our community. Both these ladies will be greatly missed by their families, their friends and our community. I send my personal condolences to all who mourn their passing.

On to the good news! I understand that plans are being made for events to celebrate the Queen's Platinum Jubilee and that there will be a NapFest, a firework display and a Christmas Fayre. I will look forward

to sharing more details of these and other events when I receive details from the correspondents for the organising groups. I was delighted to hear that the Hughenden Street Association have launched a monthly community pub lunch and a weekly coffee morning. More details on pages 16-17.

The advertising accounts have been sent out and we are very grateful to all the advertisers who have renewed their advertisements. We do have a few spaces which we can allocate, please contact me if we can help you to promote your business via the Gazette and our Facebook page.

There appears to have been some misunderstanding amongst some contributors as to who decides what goes into the Gazette. I confirm that this is an editorial decision, no group or individual can demand that their contribution is published nor can they dictate how or where it is displayed, please see my disclaimer below. For more information on the articles and activities in this edition, please contact the contributors directly.

My thanks to those who have contributed to this edition of the Gazette. Special thanks to Jonathan Hilder who allows me to publish his "window on the world beyond" photographs in the Gazette. I look forward to receiving your contributions for possible inclusion in the March Gazette on or before 15 February please.

Best wishes,

Sonia

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

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Naphill Village Hall & Playing Fields Council Chairman's Report

Registered Charity No: 300309

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The Christmas Fayre at the village hall saw many people buying the multitude of gifts and sweets on sale helping, to make it a success. The Christmas Fayre was held the weekend that the Christmas tree lights were switched on. The illuminated tree is a great reminder of how a group of people work together to bring a little bit of light relief to the community.

The village hall committee meeting was held on the 3rd. January and due to the covid situation it was held over Zoom with 15 members taking part. At the meeting we have commissioned a climbing survey of the ash tree near the footpath through to Downley Road and also a survey of all the trees on the crick. We received a donation from the lunch club as the club has finished due to the ongoing situation with covid. The donation was thankfully received from Pauline Pool and her helpers who have done a great job running the lunch club. The tennis club lease is in negotiation and appears to be more complex than

the previous lease, hence the length of time that will be spent on the negotiations. There are a few jobs to do in and around the playground and these will be done when the weather permits.

This year's fundraising events have been decided and the dates are, 11 June Naphill Fete, 12 June Classics on the Crick, a music night event on the crick on 10 September and Fireworks on the 5 November. It is hoped that an event will be held over the Bank holiday/weekend of the Queens Jubilee and details will be released when known. The trustees do try to keep the village hall in good order but do not notice all the problems with the hall and playing fields so it would be helpful if you see something that needs attention to let the committee know via the website naphillvillagehall.org.uk

Wishing you a prosperous and healthy New Year.

Clive Lawrence
Naphill Village Hall Chairman.

Village Hall Christmas Tree Lights 2021

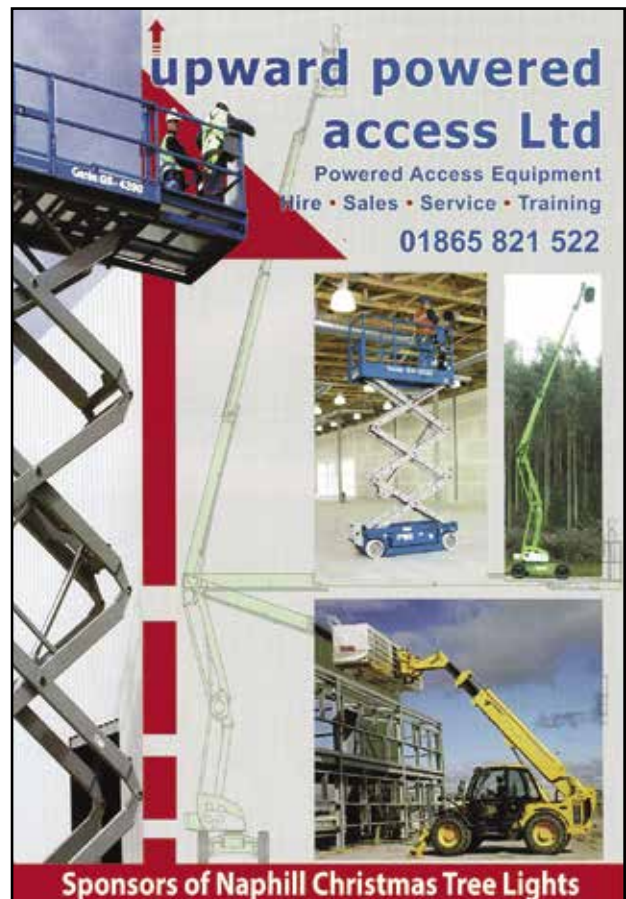
Our spectacular tree lights never fail to bring joy! They are loved by everyone and also considered to be the best in the area.

As always, our thanks and admiration goes to the team, led by Mike Mason, who brave the elements each year to bring us all such pleasure and cheer up the dark evenings. Once again they had to cope with Covid restrictions and, as last year, did a truly remarkable job.

However, the biggest thanks must go to everyone who contributed towards the lights by going online to make a donation through our Total Giving page or who put a donation in one of the few collecting boxes. You were incredibly generous and the donations via Total Giving were an amazing £646, the collecting boxes and other donations came to £184 giving a grand total of £830.

We can safely say that our tree's future remains very bright!

Cathryn Carter



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Bradenham Parish Council

Happy New Year!

The Parish Council has sadly learned of the death of Ivor Herbert. Ivor had been Bradenham Parish Council Chairman for more than 40 years. He had been materially involved in the establishment of the "constructors road" in the 1980's, which diverted a large number of trucks away from Bradenham Wood Lane. He had also been involved with the establishment of the pavement in Bradenham. The Chairman gave thanks for Ivor's many years of service.

The National Trust have done great work on Bradenham Hill with repairing and digging out water runoffs, creating new ones and fencing them all. They have also filled in some of the very deep ruts on the track. The Parish Council is very pleased with the work that has been done and has thanked the National Trust. A trench was also dug in the field parallel to Rectory Lane to take the overflow. It is already noticeable that this work has reduced the flooding problem although it is agreed that due to the steep incline of the hill and the nature of the track the problem can never be completely alleviated. The next step is to have the many potholes on Rectory Lane patched. We are working on getting that done in the spring.

Parking on Bradenham Woods Lane is causing serious traffic issues. With many more visitors to the village it often ends up with a stream of cars waiting to pass the parked cars, as there are no passing places. The council is going to ask Transport for Buckinghamshire (TfB) for some advice. The small

unofficial carpark by the pond is always full. TfB have put down some hardcore by the edge of this carpark to ease exit and entry. The official carpark in Bradenham is actually up the hill just past the cricket club. Any good ideas on parking are always welcome.

The parish council have set it's budget and precept (parish council tax) for 2022/23. We have had to increase our precept by 4%. We will need to eat into our reserves next year to balance the books. One of our biggest expenses is grass cutting, the money we get from Buckinghamshire Council does not cover the cost. Having our dog bins emptied weekly is a considerable expense, since lock down we have had to increase the frequency of dog bin emptying.

We plan to celebrate the Queens Jubilee, we need to maintain our assets and have some new projects on the horizon. We have an aim to have a neutral budget in two years' time.

We have been investigating a quieter road surface for the A4010 through the parish. Road noise has become much more prominent in recent years.

If you spot any potholes please report them on <https://fixmystreet.bucks.gov.uk>

Our next meeting will be Monday 14th March 7pm at the cricket club.

Deirdre Hansen, clerk to the Council.
clerkbradenhampc@gmail.com

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

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HUGHENDEN PARISH COUNCIL

Chairman's Letter and Councillor Vacancies Notice



Fellow Residents,

Christmas has been and gone with only the stray pine needle or glitter, which seem to emerge well into June, to remind us. The New Year is well underway and thankfully Covid seems to be reasonably under control. Parking at our Hughenden Valley vaccination centre has settled and the many volunteers and staff members who manned the process, might have time, finally, to take a breath.

Hughenden Parish Council procedures were delayed in December and so this month we have been catching up and processing two months' worth of work. Our Officers have worked long hours to achieve this and Councillors have been bombarded with a lot of information to process and determine. With the resignation of our Clerk, Mel Woof, we are now recruiting for a new Clerk and Responsible Financial Officer as well as looking for new Councillors to fill the eight vacancies across all wards which we currently have. A full complement of councillors will significantly reduce the workload and pressure on our existing team and allow us to move forward with work that has been waiting to start. If you are interested in either a role within our office or as a Councillor we would be pleased to hear from you. You can contact Mel, Helen or me in confidence to discuss your interest. Details are also on our website.

We are sorry to see Mel leave us, she arrived during the first lockdown and with only limited handover possible and launched in to managing the Parish Office at a most challenging time. Mel is joining the County Association of Local Councils as their Chief Officer and we wish her well in her new role.

Finally, to the many volunteers in all areas of parish life who keep our community together,

from Village Hall Associations, Residents Associations, Community Watch, Speed Watch, Sports Clubs, private individuals who take out a rubbish bag when they go out for a walk, picking up rubbish on their way and of course the newsletter contributors and editors who keep us informed. You and others not directly mentioned here, all contribute to our community, thank you!

Paul

Cllr Paul Nicholls

Chairman

Hughenden Parish Council



COUNCILLOR VACANCIES

Hughenden Parish Council

All Wards

Following vacancies arising following the May 21 elections and subsequent resignation of Councillors all previously advertised, Hughenden Parish Council are able to co-opt applicants to fill these vacancies. Vacancies are as follows:

- Great Kingshill Ward – 2 Vacancies
- Naphill and Walters Ash Ward – 3 Vacancies
- Widmer End Ward – 2 Vacancies
- Hughenden Valley – 1 Vacancy

If you are interested in your local community and would like more information and details of the qualifying criteria, please contact The Clerk by the 29th of January 2022 for details.

Dated: 5 January 2022

Signed: *MJ Woof*

Hughenden Parish Council, Council Offices, The Common, Great Kingshill, HP15 6EN, Telephone: 01494 715296, Email: Clerk@Hughenden-pc.gov.uk



Friends of Naphill Common

Annual General Meeting

The FoNC AGM will take place on Friday 4th February at 7:30pm in the Village Hall. After our regular business has been conducted, there will be a short talk by John Shaw of the Chiltern Rangers, who work with communities to provide practical habitat management in the Chilterns and manage 13 nature reserves for Buckinghamshire Council in the Wycombe area.

News

As mentioned in last month's article, the information board at the entrance to the Common from Downley Road has been restored superbly, by Tim Bird of Merlin Signs, who also produced the replacement sign for the Village Hall. Tim has now removed to his workshop the sign at the end of Hunts Hill Lane and it will return, fully refurbished, in due course.

The work to remove ash trees affected by the ash dieback fungus, as well as currently healthy trees along public and permissive footpaths has begun in Stocking Wood (off Stocking Lane). Ash trees that are sufficiently far from footpaths (further than the height of the tree, so they can pose no danger to walkers) are being retained and it's hoped that, in time, they will naturally regenerate the wood.

As noted in previous articles, the Common itself has relatively few ash trees, but there is a stand close to Daisy Pond, near the border with Downley Common, that will be felled in due course.

The Common

The third phase of felling is now well under way, with trunks being stacked near the end of Forge Road. The larger specimens will be made into planks, and smaller trunks cut up for firewood. More trees than hoped for are going for firewood, as many have suffered from 'windblow', the natural effect of strong winds on standing timber, which introduces weaknesses along the trunk, rendering them unsuitable for use as planks.

The wet weather has made the Common very muddy (as usual), exacerbating the effects of the heavy vehicles used in the felling work, and producing large ruts. As in previous years, these will eventually fade, but meanwhile wellies are advisable. Care is being taken not to intrude onto the archaeological site of the Roman-British Farmstead near Dew Pond.

To make it easier and less messy to load the logs at the end of Forge Road, a temporary hard standing has been created. This will be removed once the felling has been completed.

Activities

Our working parties are in full swing and take place on most Tuesday and Thursday mornings. Because they are dependent on the weather, it's best to check our web site for details (where our walking and other activities are also listed):

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

Chris Miller - chairman

Friends of Naphill Common - Charity Walk News

For the last five years Friends of Naphill Common walking group have undertaken a walk in November for Children in Need. Each participant is expected to donate a minimum of £5 for the pleasure of being led on a walk in the Chiltern countryside. This year we raised £542 and over the five years we have been raising funds for this charity we have raised a total of £1898. As they say "Every little helps!"

If you would like to join us on our walks we meet at the Village Hall on the third Monday of the month from 9.15am, departing prompt at 9.30am. Our walks are generally about five miles long and we will travel by car up to 30 minutes away to the start. We try to walk in a different area each month and for those who wish to we will end up in a pub for lunch. All very convivial. Why not come and join us.

Give me a ring if you would like more details on 01494 562240

Ron Collins



FoNC AGM

Friday 4th February

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Happy 2022 from Hughenden Street Association!

A new year is like a blank canvas. We may have some plans – who knows if they will pan out! Optimism is generally high although in light of recent events in Parliament this is being surely sorely tested. More locally Hughenden Street Association is delighted to report on some positive changes that will, we hope, make a real difference locally. The demise of the Hughenden Neighbourhood Action Group is a fantastic opportunity to bring together like-minded residents and to pool resources. The activities of the Group will continue with greater clarity around 'who does what'. Here is a summary:

Speedwatch and parking – Hughenden Parish Council's Road Safety Working Group will resume responsibility.

Criminal activities including cons & scams and anti-social behaviour – Hughenden Street Association in partnership with Neighbourhood Watch will work closely to raise awareness and to encourage reporting to the appropriate statutory bodies including Thames Valley Police. Tips and suggestions across a wide range of these activities regularly appear in the weekly Association newsletter. If you would like to receive a copy directly into your mail box simply send an email to hughedensa@gmail.com and you will be added to the circulation list.

Litter picking – the Association will continue to encourage this as part of its environmental agenda and working closely with interested groups across the Parish. We have litter picking equipment which can be borrowed. Just contact Stan Jones for more information: stan.jonestheelectric@btinternet.com

Pub Lunch launched on Wednesday 19th January 2022 at The Wheel - By the time you read this article the first Hughenden Street Association Pub Lunch for Naphill & Walter's Ash will have taken place at The Wheel. Open to everyone, this is a fantastic opportunity to enjoy a lovely two-course lunch in a private restaurant. The inaugural Hughenden Valley Pub Lunch was a roaring success and the organiser, Anne Smart, has been working closely with the Naphill & Walter's Ash organiser, Susan Bickerstaffe, to ensure that everything goes smoothly at Naphill. As the recently appointed Hughenden Street Association Ward Leader, Susan has certainly 'hit the deck running' and we hope that others will join her to develop other initiatives within the Ward. The Naphill & Walter's Ash Pub Lunches will take place on the THIRD Wednesday of each month and booking is essential. Contact Susan for more information and to book: 01494 565161.



HSA Pub Lunch



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Relaunched! - The Hughenden Street Association weekly Monday Mingle catch up, hosted by Bon Ami café will now become the Tuesday Chatter. Please see the poster on the facing page. Hope you can make it!

Environmental Agenda - To start 2022 as we mean to go on the Association is promoting a 'book swop' as part of its environmental agenda. Book reading increased during the pandemic and there are doubtless many books occupying a shelf (or a box!) that someone else could enjoy. Our idea is to encourage an old-fashioned book swop. Would you be interested in volunteering to make this happen in your community? Perhaps the local village halls would host the events as this is a great way to engage with residents. If you as an individual or as a local group who would like to explore this idea, just send an email to hughenden@btinternet.com with your contact details. A virtual meeting can then be arranged to bring together everyone interested in getting involved.

Hughenden Street Association is delighted to partner NAWA Gazette, and we appreciate the support from everyone involved at the Gazette. Teamwork in action!

Hilda Stearn

Communications Co-ordinator
Hughenden Street Association
E: hughedensa@gmail.com
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A Message from Bradenham Vicarage

Good omens/bad omens?

Between lockdowns my husband and I fulfilled our dream of owning a boat. Covid was the spur we needed to embark on the venture (pardon the pun), so 'Schöne Maid' came into our lives. We had a great time on the Thames, but it was always our intention to take her down to the sea, which we did just before Christmas.

Being at a loose end over New Year, we decided to have a couple of days away and explore this new location with the 'Maid'. New Year's Day dawned bright and fair. The winds and sea state forecasts looked good, the tides were right; we had all we needed for our maiden voyage out into the Solent.

We had fun. Even the 'Maid' seemed to be enjoying the trip, joyfully ringing her bell as the waves playfully

buffeted us. All too soon it was time to turn back. As we negotiated our return, without warning one of our engines cut out. All attempts to restart it failed, but this was not too much of a problem since we had two engines, so we limped back to our mooring.

The current, tide and winds that should have been our friends now conspired against us. Our manoeuvrability severely compromised, no matter how hard we tried, we could not get back to our pontoon. We were not in any danger, but we really needed to moor.

Always helping someone in difficulty is the unwritten rule of the sea and the owner of a neighbouring boat came to our aid. Using his tender, he helped us to moor on an empty mooring, close to our actual berth. The harbourmaster came out and escorted us to our proper place. We felt such idiots, but the harbourmaster did not judge and pointed out that this sort of thing happened to the best of mariners.

We now had to sort out the engine, so we called out 'Sea Start' – the AA of coastal waters. The engineer quickly established the problem – diesel bug. We thought we had taken all the precautions against this nasty gloop that can grow in diesel, but they hadn't been enough. The problem was solved, both engines started again and ran sweetly. The 'Maid' was ready for her next adventure.

Many people would have seen this as a really bad omen – first time out on the first day of the year beset with problems; how does this bode for the rest of 2022? We took the view it was a blessing things happened how they did. We could have been much further out in busier waters, necessitating an RNLI rescue. The problem could have occurred across both engines, leaving us drifting helplessly towards commercial shipping lanes. We learnt a huge amount that day - about our limits in a new environment, about diesel bug and experiencing first-hand the rules of the sea. We also made some new friends.

St Paul in his letter to the Thessalonians encourages us to give thanks in all things. This can be hard at times, but being thankful, seeing the good in whatever befalls and embracing a positive attitude is an ancient lesson that is more relevant today than it has ever been.

.....or, to quote Monty Python, always look on the bright side.....

Rev Jenny Ellis & 'Schöne Maid'



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Hazel Frances Vickery 1928-2021

Hazel Frances Vickery was born in North London on 18th Oct 1928.

She was married in 1958 in London to dutchman Johannes de Jong and moved soon after to Holland to start a new life.

She had two sons, Mark and Andrew. Unfortunately her husband passed away in Feb 1974, but she stayed on in Holland being heavily involved with the tennis club, local WI and teaching English from home, with a huge circle of friends. In 1980 she met up with former childhood friend Ken Vickery whose wife had also passed away some years earlier.

By the summer of 1982 Hazel had accepted Ken's proposal of marriage and the family moved back to England early in 1983.

By the autumn of 1983 Irving Cottage had been purchased, the home she loved so much.

Hazel immersed herself in village life, including the tennis club, WI, Naphill Neighbours, Gazette, volunteering for the National Trust, playing Bridge at RAF Strike Command and cruising the world with Ken and friends. Sadly Ken Vickery passed away in December 2000, but undeterred Hazel kept living independently, driving her car into her late 80's.

Hazel kept herself busy until the end, living happily in Irving Cottage for more than 37 years, supported by neighbours and friends.

Hazel passed away in High Wycombe Hospital on the morning of Christmas Eve 2021.

We would like to thank all her friends and neighbours in Naphill and wider area for the love and support given to her over the many years she lived in Naphill.

Andrew De Jong

Hazel's funeral service will take place on Wednesday 2nd Feb, 11AM at Hughenden Church, followed by a small reception at the cottage from noon onwards, Hazel's many friends are invited to attend. RSVP to Hazel's son, Andrew if you are able to attend.

T 01886 853712
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Hazel Remembered

I took over from Hazel as Secretary of the Village Hall Council in 2012. Hazel had given many years' service to the Village Hall and I was lucky to inherit her meticulous systems and record keeping. The Village Hall Council will always be grateful for all her work on their behalf. She felt she should step down from the Secretary role to make way for use of new technology, having previously always typed the minutes on a manual typewriter. When I went to see her in September she informed me that she was still able to get supplies for the typewriter, which had pride of place in her office area - I do hope it finds a good home now. As one of her go to people for assistance with online applications, TV programming etc I will remember visits to her beautiful cottage where I was shown the latest photos of her family and we discussed gardens and cats. I rarely left without being gifted a plant.

Judy Whitehouse

Hazel was the editor of Naphill Gazette from 1986 to 1996 ie before me. She didn't just edit it, she was the writer, proof reader, typist, layout artist and designer of it, and she delivered it to the printer herself. She put it together largely by hand, gluing articles and other contributions onto a template - in an age before widespread IT and digitalisation.

When I took it over, she was patient, supportive and very kind. She eased me into the role, offered to babysit and even embroidered a wall sampler for my then baby daughter. Her kitchen was the first place I ever encountered the Dutch waffle biscuits, "stroopwafel", and I always think of her when I see them. She was generous in her volunteering and in herself - a lovely lady.

Sheila Draper.

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Goodbye from Padre Chrissy

Ironing out the wax!

An added duty in my role as Padre is that I occasionally am found rummaging in the recycling for brown paper and preparing the iron...getting rid of wax from the linen or the carpets at church is SO satisfying!!!! It's like some kind of magic to see the wax transfer from the fabric and onto the brown paper. It's made me think about what marks we leave on other people (not by ironing them or dripping hot wax on them!)...but how do our actions or words leave a mark on others in a way which creates part of their story.

In church recently we've been looking at a letter a guy called James wrote, to a bunch of new Christians. He writes about how powerful our words are. To build people up, and to likewise, knock people down. Think of it like this, instead of wax being ironed out of the church carpet and a mark being left not being great, but still telling a story...instead, think of wax being used in the process of dying fabric to make beautiful patterns and the potential the fabric has as a piece of art or clothing. Our words can leave a mark which tell a story, but are not best placed, or, our words can be a part of forming a beautiful part of the person's life.

This is my final article in the Gazette as I am off on deployment. So, this theme of what impression, or mark, we leave on people is something on the forefront of my mind. As I have said farewells to people and reflected on what I have done while here it's challenging to ponder on whether the mark I leave is like wax on a carpet, not ideally placed, or a mark which creates in a positive way, part of the story of individuals and a community.

In the letter James wrote, he challenges us to strive to speak good things. To choose whether what we produce is going to be salt water or fresh water...are what we going to speak be something that enables people to stand tall, or want to hide, bringing life, or bringing hurt?

Look out for Andi Chapman, the incoming Chaplain, and to all who have got this far through my articles, God bless and I pray you have words of freshwater spoken over you to continue building up your beautiful stories.

Padre Lacey

Editorial comment: *Goodbye Padre Chrissy and thank you for all your kindness, help and support for the Gazette and our community!*



Goodbye to Christmas 2021 Father Christmas's Visit to Walter's Ash & Naphill School



Photograph courtesy RAF Benson

A Puma helicopter from RAF Benson has helped Santa to deliver a Christmas Challenge to a number of schools in the local areas today, including Naphill & Walter's Ash School, where the children were delighted to greet Santa!



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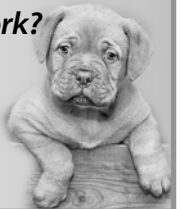


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Things are slowly coming back to normal for our Scout troop, Cub pack and our two Beaver colonies. With the evenings slowly becoming lighter, all our young people are looking forward to being able to spend more time outdoors doing all those things that Beavers, Cubs and Scouts love doing. While it is still dark, the Cubs have been making good use of the night skies over Naphill stargazing and learning about the constellations that the stars make.

Back in December we had our annual carol concert at St Michael and All Angels Church. We invited the Brownies to join this year and as a consequence we had a packed church. Thank you to all the parents who attended and joined in with the performances that the young people enthusiastically delivered for us. Thanks also to Hazel, David and Andy for organising the refreshments afterwards. I cannot tell you exactly the record for how many mince pies and chocolate biscuits an individual cub is able to consume in the space of 15 minutes but believe me when I tell you it is quite a few! During the carol concert I was pleased to announce that one of our leaders, Martin Beddows, was given his 15 years service to scouting award. Well done Martin and thank you for all the time and effort you have put in to supporting our young people.

On a more serious note, our Scout HQ building was out of service for two weeks at the end of November. Some unsavoury individual(s) attempted to steal the digger which was being used for some works on the Crick. Having been unable to get it in the back of a van they had acquired for the purpose, they decided to set fire to the whole thing and burn it. This was right outside the entrance to our Scout HQ. Initially the police cordoned off the whole area while they investigated, and after that we took the view that it was not really safe for our young people to walk around the burned out wreck to access the Scout HQ. Fortunately, the Village Hall was able to come to our rescue and make some space available so scouting activities could go on. I am pleased to report that everything is now back to normal.

It is great to be able to tell you that we currently have sufficient leaders for all our sections, but we do anticipate demand for places across all our sections as the year goes on so if you do fancy helping us out a bit, please make contact. As ever, if you have any young people interested in joining Beavers, Cubs or Scouts, please reach out to Adrian Curtis, Group Scout Leader, naphill@chilternvalscouts.org.uk.



Shear Madness

I always find this month hard to write. It's too late to wish you a happy new year and I'm sure you've broken your new year resolutions by now! I haven't, three months, no smoking! We haven't had any snow to moan about, well not at the time of writing this in early January.

I'm sure you've all heard that I got covid over Christmas. To be honest I was always going to get it at some point, even with the best will in the world and all the cleaning and PPE, it was going to get me eventually. In true Mandy style I got it pretty badly and was truly grateful for having had all three vaccinations and a flu jab. Goodness knows how poorly I could have been without these!

Onward and upwards, fingers crossed for a better year ahead and hopefully foreign holidays. I'm missing my friends in Spain but what will be, will be.

Please stay safe my lovely village family.

Love as always.

Mandy x



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New Year – New Discoveries

A lot of people swear by new year resolutions. Personally I've never been a fan of the quit smoking, start exercising, eat healthy brigade starting on January 1st. You are either going to do it... or you're not. Why assign an arbitrary date to change your life goals? Does that make it any more achievable, more worthy, or give your aspiration any greater likelihood of success... I seriously doubt it. So I like the fact that you won't be reading this until February.

Prompted by the pandemic and the lack of social interaction, the last two years have probably been a great opportunity to give up stuff, like meeting other people and doing more communal things outside..... but probably not (home) drinking, smoking or eating.

So now we are hopefully slipping back into normality, we are venturing out again in search of human contact. You could go to the pub. You could join a golf club, if you can play golf. You could join the Ramblers Association, assuming you like to ramble. What I do believe is that a lot of people have become very isolated and detached during the pandemic, and I think we can probably agree that this is not good.

Alternatively you could acquaint yourself with the Freemasons. "Ooh, join a cult..." I hear you cry! I only say that because a friend once said it to me after I declared my involvement. I think it was said in jest, and yes we are still friends.

For those of you that don't already know, Danny and I are both Freemasons. You may recall reading about his charity "24hr Tree Sit" at The Wheel a couple of years ago for the benefit of his son's school.

OK, so joking aside, who are the Freemasons? Well, we are a worldwide organisation of about six million members. The society is based on the virtue of three beliefs. "Brotherly Love, Relief, and Truth". It is a fraternal organisation with a creed that all men are equal, put here to support their fellow man and conduct themselves with propriety at all times. Let's focus on relief. It basically means charity. The Freemasons are the largest contributor to charity in the UK after the National Lottery. After we focus on performing masonic ritual, our main activity is charitable fund raising.

Mike Beckley
Chiltern Hills Arboriculture

Men's Club AGM

For those of you who do not know what the Men's Club does, it is a social club for men in Naphill and Walter's Ash. We have a club room to the right of the Village Hall with 2 snooker tables and we can play snooker and billiards any day of the week. In the support of village events we provide the bars for the fireworks and fete and a lot of our members are involved in the running of the fireworks display.

Our AGM will be held as usual in the Men's Club room on the first Wednesday of February. We have a good compliment of members which has risen over recent years to over 40 which means that certain evenings are very busy. We run annual competitions for snooker and billiards with a finals night where all members are encouraged to attend. The AGM is open to all members and anyone who would like to become a member.

For more details, please contact me.

Andrew Wasilewski - Chairman

Valley Players

Dig for Vengeance!

No this is not the gardening column with new methods for the allotments or your prize roses!

It is, in fact, the title of the next production from the Valley Players.

Following on from our sell-out production of "The Wizard of Oz" in December (which many of you attended – thank you, it was truly wonderful to be in front of real live audiences) we are producing a Murder mystery night on Saturday 12th March 2022. Come and try to work out whodunnit by blowing up Mrs Jardine in her potting shed! Work as a team or individually. There will be prizes!

The evening will start at 20.00, there will be a bar and supper is included in the price of £15.

Tickets will be available from Monday 14th February by phoning the Ticket Hotline 07942 357499. Come and show off your Miss Marple or Hercule Poirot skills.

In the Summer we are going to produce an outdoor play – watch this space. Sunshine, picnic, good entrainment – what's not to like. Enjoy!

If you would like information about joining the Valley Players contact Andrew Pitman 07971840877 or ajpitman123@gmail.com

Andrew Pitman

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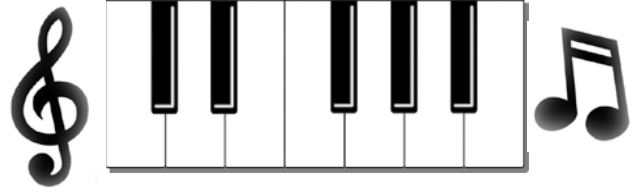
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Re-Forestation And Re-Wilding

At a time when the terms re-forestation and re-wilding are in vogue it seems incongruous that companies can destroy ancient woodland. People cut down trees because they block a view or drop fruit. With local residents or councils, protests seemingly a waste of time and resources spent on them. So, I wonder how many of the millions of trees now being planted will reach maturity, or will they be cut down in thirty or forty years time in the name of progress and development.

There is a misconception that Britain up until the middle ages was covered in forest or wildwood. But while there were far more trees than now, they did not provide continuous cover. In fact, much of the ancient landscape was everchanging, governed not by forest but by water.

It is hard to imagine but up until the end of the 15th century, if you were to travel from London to York, Bristol to Southampton or Plymouth or Birmingham to Lancaster the journey would have been very difficult and very, very wet. Vast tracts of bog with a connecting network of lowland wetland with reedbeds, sedges, fens and watercourses which twisted, split and spread bearing little resemblance to our conception of what a river should be.

This complex mosaic was home to now extinct Aurochs (an ancestor of our domestic cattle), exotics such as Black Storks, Pelicans, Elk, Wolves and Bears. Species now rare like Eels, Corncrake, Bittern and Black Terns would have thrived in vast numbers, while Beavers opened the canopy continually driving a cycle of succession from wet woodland to pools and open water, followed by water meadow, scrub, then back to woodland. We now have just fragments of these wetlands, the Cheshire Mosslands, Cambridgeshire Fens, Somerset Levels and the Humberhead Levels. recently, wetland creation and expansion projects like the Great Fen, Wallasea Island and the Avalon-Stearth Marshes mean we are seeing more Bitterns And Marsh Harriers and the return of Night Herons, Spoonbills, Great Cattle and Little Egrets, also Common Cranes.

If the vision of vast areas of re-wilding is to become more than just that, human communities are crucial to that vision. But with a rapid increase in population (a subject not given a mention at COP26), education and a radical change in planning laws will be required to prevent the scenario with which I started.

Gordon.

P.S. If you are part of a community or school project planting trees, you can apply for a free box of saplings at – woodlandtrust.org.uk/planting.

Naphill Neighbours

We had a very enjoyable reunion Christmas lunch at the Gate in Bryants Bottom on December 13th. It was lovely to meet up again and we had an excellent meal amongst friends. Sadly three long standing friends have passed away recently, none of them from Covid. Margaret Pearce had another stroke whilst staying with her family in Devon, Nancy Hussey had pancreatic cancer and died after a brief illness. Hazel Vickery had a stroke and died in hospital on Christmas Eve; she had served as Naphill Neighbours' secretary for many years. She was very involved in village life until recent times and her long association with Neighbours was of great value to the club.

Further news of colleagues : Daisy Leek is now living in a residential home in Princes Risborough, and Pam Smith has also moved to a residential facility.

Our latest talk was given by Len Little, a retired police officer, who had served for many years as a dog handler and trainer. He had a wealth of amusing anecdotes about his path to the police force and how he came to apply to be a dog handler. As a boy he witnessed the arrest of a burglar near his home, using a trained dog. This inspired him to train as a police officer and subsequently as a dog handler. He handled 5 dogs during his career, all buried in his garden. The dogs often become family 'pets' but have to remain outside in kennels with runs so they do not become too domesticated. Most dogs are German Shepherd dogs which start training at 10 months old. It was an enlightening and entertaining talk.

Our next meeting is on February 14th when we have musical entertainment. We like to provide variety! Meetings commence at 2pm. Guests and new members are welcome; we have recently welcomed a few gentlemen.

Peggy Ewart - 565969

Naphill & Walter's Ash Residents Association

30mph Bin Stickers. If you would like a speed limit sticker for your bins, please contact Gloria on 563634.

Community Speed Watch. Following a pause over the Christmas break CSW will resume again in Naphill/Walters Ash in early February. Any new volunteers will be very welcome and if you are available, please phone Gloria on (563634).

John Russell - Chairman

Naphill & Walter's Ash School

Pudsey Day - On Friday 19th November, we did a Pudsey Day where the whole school did some orienteering. Year 6 planned it, with almost no adult help! The Head Boy and Girl and all of the House Captains were involved in the planning and did an amazing job.

Tag Rugby Tournament - Here at Naphill and Walters Ash School, we like to do sporting tournaments that take place at different schools. Recently, Year 6 took place in a Tag Rugby Tournament. We won three matches and drew one of them which was enough to come in 1st place.

WW2 Talk - In Year 6, we had some visitors to talk about life on the home front during the Second World War. They brought in some artefacts to show us such as an old bear, a doll and a few replica bombs. I thought that it was very educational and everyone agrees.

COVID restrictions - Unfortunately, due to the new outbreak, we have had to change the way that our normal school day operates. We are now back to Year group bubbles and eating in classrooms but at least we are all doing our bit to keep everybody safe!

Yr.6 Media Team



Midday Supervisor Required Naphill & Walters Ash School

We are seeking to appoint an enthusiastic and motivated person to join our small team of lunchtime supervisors to work in a friendly and supportive environment.

Hours of work are 11.45am to 1.15pm, term time only. Rate of pay is £8.91 per hour.

Duties will include setting up and clearing away before and after lunch, dealing with small injuries, assisting children and general supervision both indoor and outdoor. You should be hard working, able to use your initiative, and enjoy being part of a team.

Naphill & Walters Ash School are committed to safeguarding and promoting the welfare of children. Successful candidates will be asked to apply for an enhanced disclosure from the Disclosure and Barring Service prior to commencement.

For more information about our school, please visit our website:

www.naphillandwaltersashschool.co.uk.

Please contact the school office on 01494 562813 or email office@nap-walt.bucks.sch.uk for an application form.

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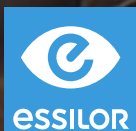
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February and things are ramping up with general meetings and special Guest Speakers throughout February and March.

Below are the activities for your diary: (all held at Hughenden Village Hall).

FEBRUARY 2022

Wednesday 2nd

Talk and Presentation – “Three Fellows Come to Wycombe” – Steve Hunter, Mark Phillips, and Roger Wotton who have all gained the Fellowship of the Royal Photographic Society during 2020-2021

Wednesday 16th

Presentation by members of Wycombe Photographic Society of the February themed assignment – “Decay” plus any general photographic questions or issues that members, or visitors, may be having with their photography.

Wednesday 23rd

Guest Speakers - Eddy and Pam Lane – Wildlife and Travel Enthusiasts presenting:

“In the Footsteps of Shackleton”.

Go to their website for more information about the talk. This will be a Zoom Meeting Presentation.

<https://eddyandpamlanephotozenfolio.com/p577272418>

To see everything that is happening in the NEW Wycombe Photographic Society please go to:

www.wycombephotographicsociety.org.uk



David Greenwood
Membership Secretary
Wycombe Photographic Society

Brownies

The brownies had a busy few weeks before Christmas!

The burnt out van in the Scout & Guide HQ car park put the hall out of use for a while so a few programme amendments were required. Thankfully the village hall team managed to accommodate us between the regular Thursday night groups so that we could go ahead with our Strictly Come Dancing meets Children in Need night. We dressed up in true ‘Strictly’ style with lots of glitter and sequins, the girls brought along a friend and we all had a great time learning a dance in just one hour. What is more we raised over £50 for children in need.

On a cold, dark December night we headed out for a night walk in the woods. Using our torches we followed a trail of reflective waymarkers through the woods. It is quite an adventure when you know you would be totally lost without the torches. It’s good sometimes to try things at the edge of your comfort zone.

For our final session before Christmas we were delighted to join the Hughenden Scouting groups for their Christmas carol service at Hughenden church. Between the carols, each scouting pack presented a short Christmassy entertainment. I was so impressed with what the groups came up with. The scouts certainly set a standard.

We are now excited to have started back for the Spring term. Spring has so much potential for things for us to do at Brownies. There are lots of celebration days to choose from – Burns Night, Chinese New Year, Holidays, Mothers’ Day, Pancake Day, as well as all the Spring activities such as growing things, feeding the birds, etc.

The brownies also seem keen to cook!! – Pancakes, shortbread, cakes, brownies.....I’m sure our brownie parents are looking forwards to taste-testing.

If you know a girl aged 7-10 years old who would enjoy all this, do get in touch.

You can either register interest via the Girlguiding website, or email me directly.

We look forward to hearing from you!

Brown Owl
Ruth Daly
ruth.daly3@btinternet.com
1st Naphill Brownies
Thursdays 5:45-7pm



The May Family Christmas Lights Appeal

The lights at Windswept came down on 3rd January after another successful year for donations to BURPS. The weather was kind to us this year with only one night where the lights had to be turned off due to high winds. Hopefully those of you that visited were able to spot the new additions, however a couple of the older ones had to be retired due to malfunctioning fans. We've now secured some replacements in the January sales. It was good to see so many people wander into the drive for a better look. We hope the display brought a little joy during these difficult times and we are very grateful for all the donations made; thank you. We've

been made aware of a couple of online donations from friends but unfortunately, we are unable to identify any further online donations as the charity has changed its collection method and there does not appear to be a place to reference our appeal. However, we are pleased to report that we have received a total donation amount of £152.02, comprised of cash and known online contributions. We know BURPS will be very appreciative of this money.

Thank you again and we wish you all a Happy New Year; looking forward to seeing you again at Christmas 2022.

Trevor & Jan May

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The Wheel

We would like to wish everyone in the Village a very Happy New Year and hope you all have a prosperous and hopefully healthy 2022. Also thank you to the Christmas Tree lights team, they were amazing as always.

December as always is a very long month for all those who work in the hospitality industry, especially so this year with all the ups and downs. On the upside it was great to be open! I would like to thank Rachel and Alan who donated their amazing Christmas decorations for the Spare Wheel which looked fantastic. Also well done to all the families that took part in the Christmas lights trail which was organised by the school, and I hope you all enjoyed your chocolate Santas.

New Year's Eve was a brilliant night with so many of our locals celebrating and dancing lots, the back garden really paid off as everyone could be outside as well as in, which made it feel very safe. The theme this year was colour and you all looked amazing. Mark and I would like to thank Sean for being our DJ on the night and helping to entertain everyone, in more ways than one! It was a cracking night and trying to get rid of you all this year seemed to take for ever. (Possibly due to the booze)!

We restarted the takeaway menu last month and plan to keep running it until the spring. So, if you are unsure about having a night in the pub, we can provide you food and takeaway ale instead, all you need to do is ring us to place your orders.

February and March as always will be all about Rugby and The Six Nations, we now have a TV in the back room and the courtyard to ensure you can enjoy all the games with extra space and seating. We will be taking part in the Risborough Rugby Club Sweepstake and the more that join in the better the prize. I personally can't wait!

Hopefully 2022 will be a better year for everyone and we have lots of plans for making it enjoyable and fun. There will be dates for your diaries in the next gazette.

We would like to thank those who donated to the poppy appeal box £304.67, and the Christmas tree lights box £72.55

Once again thank you to everyone who supports us and to all our wonderful staff.

Thanks, and see you soon.

Mark and Claire



An Exciting Announcement!

Ray's Kitchen is joining forces with the Whip at Lacey Green and we hope to see everyone there to sample our delicious new menu soon!

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Growing Your Own

I have written before about the absence of insects which formerly used to spatter the front of my car. However, my joy in no longer having to remove the mess was tempered by the realisation that most crops are pollinated by these same insects and without pollination, many of my crops might fail. In 2021 the situation became worse. I did not see a single wasp (a great pollinator). Although wasps are not usually regarded as our friends, especially by those allergic to wasp stings, they were, until 2021, able to carry out valuable pollination. Wasps rarely sting, but will defend themselves if attacked. They are a nuisance in summer when they want to share our lunch outdoors, but I wave them away which seems to work. So, have the farmers finally won their battle against the insects, destroying them with relentless doses of toxic insecticides, etc? Of course, in doing so, the farmers are depriving themselves of pollinating insects and have to hire beehives and place them among their crops to ensure crops are pollinated.

Some of our vegetables do not need pollination before we take the crop. For example all the brassicas, the onion family and root crops, including asparagus and potatoes. However, all the bean species, tomatoes, peppers, aubergines and the members of the marrow and pumpkin families need to be pollinated. All varieties of fruit need to be pollinated, with the exception of rhubarb*. I

hand pollinate the peppers and the first trusses of tomatoes in my greenhouse since my greenhouse is an aphid-free zone. (I grow a few oxalis triangularis "purple shamrock" and marigolds in the greenhouse and never have greenfly, whitefly, blackfly etc.) In 2021 I was ever more grateful for the honey bees which pollinated my crops. I think my crops could have been much reduced had the bees not decided to search my garden and allotment for pollen. But where do they come from? Although most species of honey bee can travel up to 4 miles for food, that is about the limit and most species do not travel more than a mile. So where is the apiarist who has hives for the bees which do such a good job in our area?

I have mentioned before that about half our food is imported. The whole picture is worse than that. Farmers in this country rely on the artificial fertilisers, nitrogen, phosphorus and potassium to fertilise their land. However, we import 60% of those fertilisers, so, if we could no longer import food and fertilisers, we would have only about 25% of the food we need. It is vital that the sea lanes are kept open! Grow your own!

Good gardening.

Mike Mason

*As to whether rhubarb is a fruit or a vegetable, one applies the custard test. If one eats the item with custard it is a fruit, in my opinion!



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Naphill Tennis Club

During a club tennis session on Sunday 9th January, we took possession of a lovely, new bench made out of larchwood by Ant Harley during his Christmas break. Ant and his wife, Sue, delivered the bench and joined members on the courts for a glass of Prosecco in fond memory of David Fletcher, Sue's father, who sadly died on 16th November 2021.

David was a longstanding and extremely loyal member of Naphill Tennis Club. He will be remembered for his friendly manner towards everyone, his kindness and his get-on-with-it approach to life. He was always one of the first to volunteer to do jobs at the Club be it repairs and maintenance to the courts and clubhouse to sorting out the website for us. He was even prepared (maybe slightly reluctantly!) to don fancy dress and take part in the Naphill Fête procession on several occasions. David served as Chairman from 2007-2016 and again from 2019-2020.

The new seat will be known as the "Oh No" bench as David's favourite exclamation on miss-hitting the ball was just that, "Oh no"!

The Club is most grateful to Sue and Jenny (David's daughters) for their very kind donation of the bench in memory of their father and to Ant (Sue's husband) for his excellent craftsmanship.

Since Christmas, we have had a good turnout of members on the courts and the fresh air and exercise have been a delight. For anyone who is interested or who would like to try their hand at tennis, please visit our website www.naphilltennisclub.org.uk. We would be delighted to welcome you to the Club.



Jenny Tench

The Arts Society West Wycombe (based in Lacey Green)

Are you interested in finding out about a variety of Arts media or possibly be an artist yourself?

The Arts Society is an international organisation which has operated for over 50 years, having been founded by Patricia Fay, with a first meeting at Chenies Manor.

Lecturers go through a detailed national assessment procedure to ensure high standards. Topics are very varied from the traditional Old Masters to street art, music in art, garden design, Great Railway Stations, the Bayeaux Tapestry, Book of Hours

The Arts Society West Wycombe is based at Lacey Green Village Hall. We are noted as being a friendly and welcoming Society. Pre COVID, we met on the third Wednesday of the month for refreshments from 10 am followed by a 1 hour lecture from 10.50.

Throughout the pandemic we have continued to deliver lectures to our members and their friends, via Zoom. We are now moving back to 'hybrid' lectures giving members

the best choice possible. Following this period of reassessment for many people, we would like to offer you an opportunity to become involved in new social events since we have a limited number of membership places to offer. When we get back towards 'normal' there will also be opportunities to take part in volunteering activities and visits.

This year the membership fee from September was £40 for 11 lectures, with access to a national organisation offering extra lectures and a quarterly magazine.

If you would like more information or an application form, please contact Jill Rogerson, our Membership Secretary on 01494 488315 or jill_rogerson@btinternet.com

You can also take a look at our website:

<https://theartsocietywestwycombe.org.uk>



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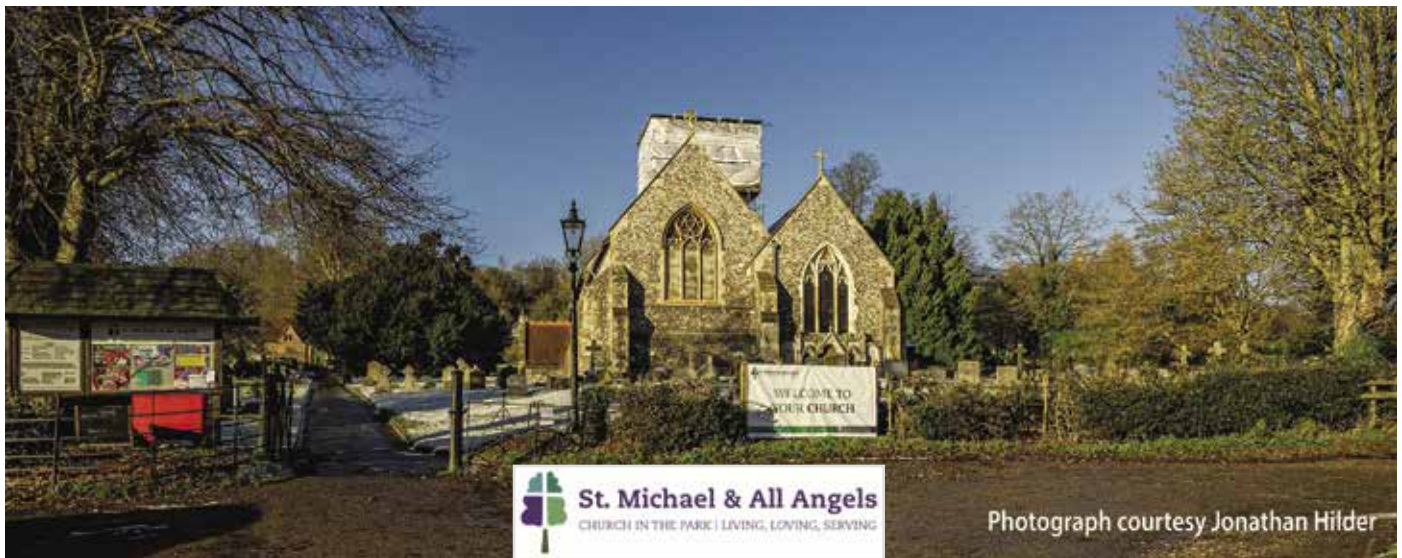
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From the Vicarage

A group of tools once came together for a meeting with Mr. Hammer presiding. Sister Screwdriver said, "Brother Hammer must go, because he is always making noise, always knocking." Hammer said, "Sister Screwdriver has to go, because you have to turn her around all the time to get her to do her job."

Someone else said, "Sister Plane has to go, because she always wants to just touch the surface. She never goes deep." Plane said, "Brother Sandpaper has to go then, because he is always rubbing people up the wrong way." Sandpaper spoke up, "Then Brother Saw must go, because he is always cutting things up and leaving sawdust all over the place."

Then the Carpenter from Nazareth came in and said, "I need all of you. We have a job to do. Put yourselves in my hand. Let me use you."

I recently preached in Church about gifts, inspired by Saint Paul's letter 1 Corinthians chapter 12, which has a lot to say about our gifts and talents.

If I were to ask you over a cup of coffee in one of our local Cafes – "what do you think are your gifts and talents", how do you think you would respond?

When St Paul wrote this letter, he was speaking especially about spiritual gifts, but of course, we cannot put God in a box, and as a Christian I firmly believe that God blesses and equips us all to do good and make a positive contribution to society, both within the Church and in every area of our lives, our work, our voluntary service, our relationships, and our families.

Spiritual gifts are given by God, as he determines in the Church, for the common good, and the same applies to our local community as well. What a wonderful range of different talents we are blessed with as a parish, and how dull it would be if we were all the same.

Some of us make good teachers, are great with children and young people, others are useful with their hands, building, as architects, structural engineers, musicians and gardeners. Some are blessed with a compassionate nature which makes them ideal to be nurses or carers, others are right at home

working with figures, computer programming, in retail, driving or flying for a living, or working with animals.

We are stronger together as a society, and as a Church, when we each work together for the common good, using our God given talents.

That brings me back to my previous question – what do you think are your gifts and talents? If you have discovered the answer to that question, then well done! If not, whether you are 8 or 88 years old, you are unique, made by God in his image, and treasured beyond measure. If you are unsure where your own gifts lie, why not ask someone who knows you well, I am sure they will be able to tell you.

Affirming one another's gifts is also important – a small word of encouragement can go a long way – don't be like Sister Screwdriver and Brother Hammer who criticised the other tools – and remember that Jesus the Carpenter always has a plan to put your talents to good use.

Rev Keith Johnson

Church News

Happy New Year from all at St Michael's and we hope that it is safe and secure one for our Parish.

Visitors to the Church and the Park, will have seen that the work on the rebuilding of the Bell Tower is well underway, and is scheduled to be completed by April after some very effective fundraising. It remains to be seen whether our normal influx of ladybirds inside the tower and house-martins inside the porch will return after all the disturbance.

Services are now taking place in a regular pattern, (9, 11 and 6 on Sundays, and 11 on Tuesdays) and one of the Sunday morning services being live streamed each week for those unable to attend in person. After the surge in infections due to the Omicron variant of Covid, other activities (including coffee after services, and toddler group) have been temporarily suspended, but these will restart as soon as it is deemed prudent.

Jane Tyrer



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Happy New Year to you all! At this time of year, many set out with the best intentions of improving health and wellbeing, and becoming more physically active, but it isn't always obvious where to start. What I would recommend is going right back to basics, and start with an assessment of your posture.

You can do this yourself at home with a mirror or alternatively try engaging the observational skills of a willing family member or friend. Why not help each other?

Most, if not all, of us are aware that we don't sit or stand properly much of the time, and fear that we have little or no core strength, however the prospect of hours of sit ups, to improve the situation, seems even more daunting than the potential impacts of doing nothing about it.

The good news is that you can assess, and start to improve these areas yourself, and even better, there are more fun and functionally useful ways to improve core stability and strength, than doing endless sit ups - (my clients will attest to this).

Step 1 - Achieve Neutral posture and practice coming in to it whenever you are standing. The more you do it, the more natural it will become.

Stand tall and check the following:

- Place feet hip width apart
- Ensure the knees are soft (neither bent nor locked out)
- Hips and lower back are in neutral – To find your neutral, place the hands on the hips and gently rock the hips backwards and forwards, work through your full range of movement. Neutral will be in the centre of the movement. In this position, your hip bones and pubic bone should be vertically level with each other. You will notice that there is a natural curve in the lower back.
- The tummy should be gently pulled in (imagine pulling your belly button towards the spine)
- The shoulders should be away from the ears and shoulder blades pulled back and down and arms down by your side
- The neck should be long, the chin parallel to the floor and eyes fixed on the horizon.

In this position there is minimal stress on the joints and spine.

Step 2 - Back to basics core activation

Whilst standing tall in your neutral posture, imagine you have a corset around your middle which runs from below the ribs to your hips, place your hands on the sides of your body just above the hip bones. Now imagine tightening the corset all the way around your middle and hold for a couple of seconds and release. You should feel the core muscles all around your middle activating. Don't worry if you don't feel this all the way round at first, but do keep practicing and it will come.

The muscles you are activating here are the core stabiliser muscles which provide support and protection of the spine and lower back as we move. Correct use and balance of these muscles between the front and back of the body provides protection against injury and helps reduce the risk of lower back pain. They are (or should be) the first muscles to activate before any movement.

I would also love to hear if you found the information above useful and how you got on. Do get in touch if you have any questions or would like to know more.

Hilary Spain- 07909 833566

Neighbourhood Watch

Keep Burglars at Bay

There has been quite a sharp increase in burglaries in the Wycombe Police Area so everyone needs to do as much as they can to make sure they aren't targeted.

Please take the time to look into your home security:

- Do you have working exterior lights that automatically come on during the evening?
- Do you make sure your property is locked and secured before leaving - even in a rush?
- Do you have CCTV even a fake one?
- Do you use a timer switch for internal lights (rooms rather than hallways) and for a radio?
- Do you have a TV simulator to make it look as though a TV is operating.

The police are continuing to patrol the area to help reduce the burglaries. If you see anything suspicious or need to report an incident please report to 999 emergency, 101 non-emergency or fill out a webform by going onto our website <https://www.thamesvalley.police.uk/>.

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Thumbs up from over 30 local Groups!

Remember your first visit is free. Once you have joined (£20 for the year March 2022 until August 2022), you can attend as many different Group meetings as you like during your year of membership. We've over thirty Groups meeting monthly and additional monthly speakers. How is that for value! *Please contact our membership secretary for details.*

January 19th was an important date for your local u3a. All our local Group Convenors met to discuss how we had performed and were performing during the pandemic. Whilst there were still some reservations about meeting in Halls and Homes, there were early indications that members were returning and were benefiting from our hybrid service (using Zoom). This is how people watching from home can join in with those meeting in Halls. Everyone agreed how valuable the Groups on Zoom were for people who were unable to attend meetings in Homes or Halls.

Our planning meeting discussed opportunities for new Subject Groups (please input your own ideas to Paul Gilliam (gilliamph@aol.com)). We were made aware that, notwithstanding the excellent support we have had from our Naphill Gazette, we needed more effective publicity, especially on social media such as Face Book. Please contact Paul Gilliam if you can volunteer to help us develop a social media presence.

Following our very successful (and socially distanced) Christmas Party in December in the Village Hall featuring unbelievable inputs from Shakespearean works, we sung our hearts out to the 12 Days of Christmas. This was followed in early January (on Zoom) with a successful Christmas and New Year online Quiz. We have had some very well attended Groups in January, including Photography, Computer, Discovering Science and Discovering Art. Who knew the work of Frances Hodgkins (a New Zealand artist)? We've had some excellent feedback from Groups operating from private homes where chatting over tea and refreshments makes the whole experience even more pleasurable.

Our January speaker, who spoke to us after the Gazette went to print, reminded us of the importance to the town of "Whealers," I

will report on this next month. We should be delighted if you can join us on February 23 from 2pm, at Lacey Green Village Hall, to hear John Wilford, our guest speaker for February, talking about his life in the music business. We have a full programme of monthly speakers booked!

Best of all, when you become a member, you can attend as many different Groups as you like. Some operate in the mornings and some in the afternoons in Halls and Homes throughout our region. Do not miss out on these and many other opportunities to meet and chat.

Last year, our annual holiday was to the Northeast. This year in May 2022 we will be holidaying in South Wales and the Bristol area. We welcome singles as well as couples. An email to our membership secretary is advisable if you are interested in joining us. If you are not a member but want to come and share in any of our activities, please do get in touch. You will also be able to see and take part in a wide range of extra topics offered by other organisations including the continuing and popular series of talks we offer members through the u3a's 'Thames Valley Network'.

Spring is rapidly approaching!

If you're new to the area or want to see how our countryside is changing, why not join one of our Walking Groups? I suspect the optional coffee or pub lunches at the end of the walk are what many look forward to most! Come and see for yourself.

We look forward to meeting you and sharing the knowledge and experience of our Group Convenors and Members. Please contact our Membership Secretary for more information: hwu3a.membership@gmail.com

+ Meetings in Halls are Subject to Government Regulations

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Red & Grey

Around 25 years ago an eclectic mix of High Wycombe based people sat at a jam session wondering whether they were good enough to play to an audience and if so, what on earth to call their band. The four of them, a policeman, an architect, a probation officer and an employee relations manager had little in common beyond a love of rock music. Looking around the room, one of the men noticed that he and his male band mates were all beginning to go grey, whereas their lady singer had a shock of red hair. At this point the band name was born and because all of the members had 'day jobs' and were playing music for fun rather than income, they decided to devote their musical efforts to supporting charities. They adopted Cancer Research U.K. as their principal charity but resolved to play free for any charitable causes.

In the years since their formation, Red & Grey have undergone several line-up changes but have remained true to their cause, having donated around £12,000 to C.R.U.K. and played for other charities such as M.S. They've played all over Bucks and Oxfordshire and as far away as Wales and even on one occasion in Germany.

"We'd never ask a fee from a charity ", said Robin (Drummer and original member), "All we look for is a meal and a couple of drinks and we're happy to support a good cause. When we do paying gigs such as pub evenings, we donate 75 percent of our fee to charity, just retaining a small amount for band expenses such as our Public Liability Insurance".

Simon, (Rhythm Guitar and the other original member) comments: "We've never lost our enjoyment of playing live and we now have our strongest line-up ever".

Having played Napfest twice and Hazlemere Fete on several occasions, the band's biggest gig was at Silverstone Racing Circuit, playing to several hundred people in a huge marquee. "We went down so well that the crowd wouldn't let us go. We actually ran out of songs and had to repeat one!" said Kevin (Bass Guitarist).

As part of their ongoing desire to play music and raise funds for deserving causes, Red & Grey are planning a benefit concert for C.R.U.K. at Hughenden Valley Village Hall on Sat. 26th Feb 2022. If past events are anything to go by, this should be a great evening to dance to, sing along with, or just listen to some of your favourite songs, whilst helping raise money for C.R.U.K.

Details and tickets can be found at:

www.redandgrey.org.uk.

The band hopes to see you there!

Robin Cooper



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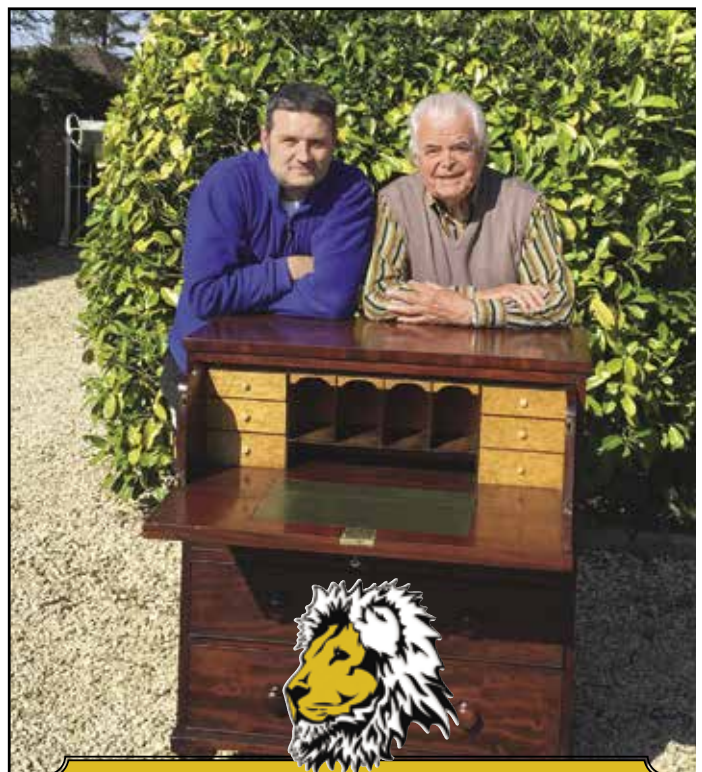
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Through the provision of nature based activities, we empower everyone to nurture their wellbeing, connect to the healing power of nature and respect the environment.

After a well needed Winter Wellbeing break, our incredible team & volunteers have been busy onsite, planting bulbs and wildflower seeds to ensure that our bees and other pollinators have plenty of food in the Spring and Summer months

We offer an all age, fully integrated service, through a variety of different programmes, all based on the Five Ways to Wellbeing to promote positive wellbeing. Why not come along to one of our free drop-in sessions, see opening times below, as part of Rest & Reflect, to see how we can support you.

Wednesdays 1.30 – 3.30pm (no children/dogs) & Saturdays 1 – 4pm. (for seasonal opening times, please check website before visiting)

If you've ever thought about volunteering, why not get in touch to see how you can get involved. From weekend Green Volunteers (13-18 yrs), working alongside the Programme team, supporting participants, or supporting the team to keep Lindengate looking fabulous, there are plenty of opportunities to join our community.

Further information on volunteering and all our programmes, can be found on our website:

www.lindengate.org.uk/programmes

Welcome to Lindengate

- Free & Inclusive**
Free drop-ins for everyone.
- Lindengate Online**
Stay connected from home through the Five Ways to Wellbeing.
- Green Volunteers**
For under 25s who want to volunteer in our Nature Reserve. A chance to make a difference to the environment around you.
- Through The Gate**
An opportunity to volunteer at Lindengate's gardens with peer support from another volunteer.
- Rest & Reflect**
Supporting groups to work with their teams to build resilience and improve mental health and wellbeing, through nature based activities.
- Wellbeing Pathways**
Weekly sessions for anyone with low to moderate wellbeing needs, focusing on nature based activities in small groups of up to 6.
- Women's Wellbeing Group**
Supporting women from the Black, Asian, Minority and Ethnic community, offering a safe and relaxing environment, to build resilience and improve wellbeing.
- Peer Support**
Work as a 'buddy' to an operative volunteer to guide them through their journey to become an independent volunteer.
- PROTECT**
Sessions take place once a week, over 8 weeks, for young people, using both craft, conservation and mindfulness, to develop skills to increase employment opportunities.
- Planet**
Nature based programme supporting young people under 26 to personal growth and resilience.
- Urban Gardens**
Encouraging inter-generational relationships, to share skills, taking part in activities such as growing vegetables in limited spaces, recapturing, foraging & cooking.
- Senior Pathways**
For people with mild to moderate dementia or memory loss and their carers, to make new friends, have a relaxing and stimulating time and get support.

To find out how you can get involved go to our website: www.lindengate.org.uk or email info@lindengate.org.uk

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