# Naphill & Walter's Ash Gazette

July 2023

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## **Come and Join Us!** Our Local Clubs and Organisation Contacts

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Brownies (Naphill)	Ruth Daly	01494 565571	ruth.daly3@btinternet.com
Bridge Club	Margaret Stagg	01494 530736	
Cubs - Hughenden			handnhcubs@hotmail.com
Naphill	Martin Beddows		naphillcubscouts@outlook.com
Football Club - Junior	Andy Sinclair		mailto:naphillfc_cwo@yahoo.com
Senior	Harry Salter	07403 249208	
Friends of Naphill Common	Chris Miller	01494 563707	chairman@naphillcommon.org.uk
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
Naphill Football Club	Chris Keats		naphillfc@btinternet.com



### Naphill Village Hall



#### Chairman - Clive Lawrence

Email: chairman@naphillvillagehall.org.uk Bookings -Tanya Stevens Email: hallbookings@naphillvillagehall.org.uk

Tel: 07851 169275

www.naphillvillagehall.org.uk

### **Local Council Contact Information**

Bradenham Parish Council Clerk	Deirdre Hanson	01494 562254	clerkbradenhampc@gmail.com
Hughenden Parish Council	Clerk Vacant	01494 715296	clerk@hughenden-pc.gov.uk
Hughenden Parish Councillors	Usha Prashar	07778 141920	usha.prashar@hughenden-pc.gov.uk
Hughenden Parish Councillors	Marc Byrom	0777 1754501	marc.byrom@hughenden-pc.gov.uk
Hughenden Parish Councillor	Chris Janes		chris.janes@hughenden-pc.gov.uk
Buckinghamshire Councillor	Steve Broadbent	07471 144181	Steve.Broadbent@buckinghamshire.gov.uk
Buckinghamshire Councillor	David Carroll	01494 716967	David.Carroll@buckinghamshire.gov.uk.
Buckinghamshire Councillor	Clive Harriss	07768 876568	Clive.Harriss@buckinghamshire.gov.uk

### **Helpful Contact Numbers**

Hughenden Surgery	See website www,ourpractice.co.uk		01494 562189
Out of surgery hours			111
Breast Unit Wycombe Hospital	Breast lumps self refer		01494 526161
Stroke Support Service	Stroke sufferers, carers & family support		0300 3300 761
Shaw Clinic - Genitourinary Medicine	Genitourinary Medicine		01494 425430
Hearing Clinic Wycombe Hospital	Self refer		01494 526161
Specsavers Hearing (NHS hearing tests)	Self refer		01494 520304
Healthy Minds	Anxiety, depression, stress, postnatal wellbeing		01865 901 6000
Bereavement Listening & Support	Bereavement councelling		1296 332600
Wycombe Women's Aid/Also Men	Councelling re domestic violence		01494 461367
			Male 0808 8010 327
Carers Bucks	Help for carers		0300 7772 722
Alzheimer's Society	Dementia information & support		01296 331722



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EDITORIAL: Another brilliant NapFest! A perfect Summer evening, great music, lots of happy people and, as I understand it, and judging by the photographs, a good time was had by all! Hearty congratulations to the team of SIX volunteers who organised this spectacular event!

Family Fun day was certainly blazing hot to the extent that the dog show was cancelled, it was far too hot for dogs to be out and about, and possibly too hot for a lot of people too! I was more than a little surprised when my family arrived and announced that WE were going to the Family Fun Day! My wheelchair was loaded into the car and there could be no argument, I was going to go! My surprises did not end there! I was astonished to be awarded the "Villager of the Year" cup and the most beautiful bouquet of flowers. I really do not see myself as being deserving of awards, I work with a dedicated team and do a job I love, well most of the time, I really am honoured and grateful and I thank you all for your kindness and support, thanks again to the organisers and volunteers, a lovely family event.

Classics on the Crick was the final day of our Napfest weekend and what an event this was! Over 400 vehicles and bikes of every possible shape, size and colour plus an enormous crowd to help raise funds for the Thames Valley Air Ambulance service! I look forward to announcing the grand total raised in the near future. Once again, congratulations and thanks to the organisers.

This month I have included as many photographs of the NapFest weekend activities as possible my thanks to Mike Beckley, Peter Davis and Jonathan Hilder for all the photographs, with around 500 to choose from, I was certainly spoilt for choice, thank you gentlemen!

I ask regular contributors to keep their reports to around 400 words but sometimes I receive much longer reports where there has been a special interview or a local response to a special event and when space allows I include these. The situation in Ukraine has been ongoing for over a year, and a local group continue their support work. I am delighted to include a heart-warming story from them in this edition, please see page 50. 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 Joanne & Paul, distribution@naphillandwaltersash.org.uk. My thanks to the distribution team for collecting the subscriptions.

The sun is shining, it is mid-Summer, I hope you all enjoy! I am looking forward to relaxing in the garden! Enjoy July and I look forward to sharing the August/September combined edition of the Gazette with you next month.

Enjoy the sunshine!

Sonía



### Gazette Annual Subscription Collection 2023 Notice

The distribution team now have their collection pots and will be calling to to collect the annual Naphill & Walter's Ash Gazette subscriptions for 2023. Please have your £5 ready.

Thank you for your ongoing support.

Sonía - edítor



editor@naphillandwaltersash.org.uk

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#### Friends of Naphill Common

#### **Forthcoming Events**

- A reminder that, on Sunday 20th August starting at 3pm from the Village Hall, we will once again be running our popular 'Minibeast Safari' led by local naturalist John Tyler. Suitable for children from age 8 to 80, we will be seeking out and identifying small insects and other fauna that frequent the Common.
- Unfortunately, our annual Bat Walk that I mentioned last month has had to be rescheduled for a week later. It will now take place on Saturday 30th September, starting at 7pm from the Village Hall. Julie Hopton, local bat expert, will bring some bat detectors that we can borrow for the evening (they convert the ultrasonic chirps of bats into sounds we can hear).

Nature on the Common - I'm writing this in mid-June, and wild orchids should be abundant by now, but (like many plants) the spring weather has meant they're a little late this year, so there should still be some to be found when this appears in print! The UK is home to nearly 50 species of orchid (perhaps more than you thought!) and the Chilterns has many areas where they are abundant. Some of these species are very rare, but common ones that are relatively easy to find are the Common Spotted (well-named, it's the leaves that are spotted), Pyramidal (actually, more 'conical' with a spike of dark purple flowers), and the Bee orchid, whose flowers mimic the form (and, presumably, scent) of a bee to attract pollinators.

The best places to search for orchids around Naphill are the nature reserve at the bottom of Coombe Lane (across the playing fields from Hughenden Village Hall), the nature reserve on Small Dean Lane, and on the farmlands around Bradenham, where Andrew Stubbings (who runs Manor Farm) has created wildflower meadows and left large borders around his fields, where orchids can thrive.

**Working Parties** - For the last few months, our Tuesday morning working party has focused on Shipwash pond (the first pond to the left of the footpath that leads down from the Piggery to Bradenham, under the electricity wires), which has been rather neglected, and is in danger of completely drying out. We recently found a large 'cache' of glass bottles which had been dumped there (a long while ago, from their appearance) – so far, we've carried away over 10kg of glass, and we think this may be just the tip of the iceberg!

I never cease to be surprised at the rubbish we come across on the Common that has been 'fly-tipped' there years ago. It's not as though you can get a vehicle up to most of this area, so I'd have thought there'd be far more obvious places to dispose of rubbish (illegally). Among the more unusual items we've found is the engine block of a small motorcycle and the (remains of) a washing machine!

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.



Chris Miller

Chairman

# Naphill Common

# Friends of Napill Common (FoNC) need help funding tools to maintain the Common.

## Launching an Appeal for £7000

The ride on mower, pictured here, is now old and obsolete, there are no longer spare parts available to maintain it! As an interim measure FoNC are looking to buy a "Tow Behind Flail Mower", so that they can continue the voluntary work they do to maintain the Common we all love, in good order!

This interim solution is fine until the next part on the ride on mower needs replacing! Surely, as a community, who love and value our access to the Common, we should support and value the work which the FoNC volunteers do and make sure that they have the right tools for ALL of their work!



Let's please help! Let's make sure that FoNC **DO** have a reliable ride on mower and a tow behind flail mower to tackle the bigger mowing jobs. Surely the Common is one of our biggest local assets which must be kept in good order for us all to enjoy!



PLEASE SUPPORT THIS APPEAL! Link to Just giving page below, plus QR code

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Editor of the Naphill & Walter's Ash Gazette email: editor@naphillandwalters ash.org.uk

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All donations will go to the FoNC Bank Account Please contact Ron Collins for bank details and other ways to donate and help FoNC: <u>ron13collins@gmail.com</u>





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### Naphill Village Hall & Playing Fields Council Chairman's Report

Registered Charity No: 300309 www.naphillvillagehall.org.uk



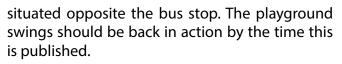
There were 14 members present at the committee meeting on June 5th.

Several items were discussed including, the insurance of he hall which has now increased to £4955.83p which the committee agreed to renew at that price. The grass and hedge cutting contract was also discussed and the new contractor has done the first cut and will have cut the hedge by the time you read this. Activities on the crick were discussed and the village hall do charge for organised activities that are of a commercial nature, so please check with the lettings secretary if you intend to run an activity on the crick. Family get-togethers and impromptu games are all OK.

Peter Williams has spoken to Hughenden Parish Council and it was suggested that there will probably be a rota of councillors that attend the village hall meetings, this being so, none of them would be trustees.

The village hall, as a charity, has been left a legacy from Mr. John Sweet who lived in the village. It is a very generous legacy of £30000 and the committee will find a project to use this money on and will put up a plaque in his name for the funding.

We are proposing to erect another signpost to advertise forthcoming events. This will be



The committee has found out that Bucks Council as part of the cost of planning, services and duties received about £500000 from Dandara builders for the Clappings Lane development. This resulted in Hughenden Parish Council receiving £129000 from Bucks Council to spend on local projects. We understand that some of this money is allocated to the playground at Temple Wood, we as a committee agree that most of this money should be spent in Naphill and not in other areas of the parish as the residue of this money might be spent in other areas of the parish. The committee are going put forward some projects for Hughenden Parish council to consider for funding with this money.

I was not at Napfest, Family Fun Day or Classics as I went to Le Mans to watch the centenary 24 hour race. The weather was as good as in Naphill and I had a great time. I have spoken to and congratulated the events committee on a good job they did on that weekend.

> Clíve Lawrence Chairman Naphill Village Hall .





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A Message from Rob Butler MP for Aylesbury

With the summer holidays just around the corner, I'd like to update you on some of the work I have been doing in Parliament on your behalf over the past few months.

In May, we saw communities across Buckinghamshire come together to celebrate the Coronation of King Charles III. I visited several of the celebrations held locally, and was honoured to meet Their Majesties, the King and Queen, when they visited Parliament before the big day.

In Parliament, I am extremely pleased to report that following my intervention with ministers, I have managed to secure additional funding to keep Buckinghamshire Fire's Urban Search and Rescue Service. This vital, awardingwinning team was under threat of closure, but working with the Government, the necessary funds have been secured to keep the service until at least 2025.

I have also been pressing ministers to commit to the Aylesbury spur of East West Rail; this vital link will improve access to the north of the county, reduce emissions and speed up journey times. It is part of my wider push to secure government help for the regeneration of Aylesbury town centre, and as part of this, I was delighted to show the Chief Secretary to the Treasury around Buckinghamshire's county town to highlight both the challenges and opportunities facing towns like Aylesbury.

As many residents will know, potholes are a continuing cause of concern, and the condition of local roads is constantly being raised with me. Maintenance of roads is the responsibility of Bucks Council, and I am glad that they are carrying out urgent repairs helped by the extra £2 million recently provided by the Government. We should hopefully see a dramatic improvement shortly.

It's always important for me to hear the opinions of my constituents, and on my website, I have a residents' survey that I would encourage you to complete. You can also contact my office at <u>rob.butler.mp@parliament.uk.</u>

Rob Butler MP

#### Email: rob.butler.mp@parliament.uk

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# **Piers Photography**



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

# Weddings - Portraits

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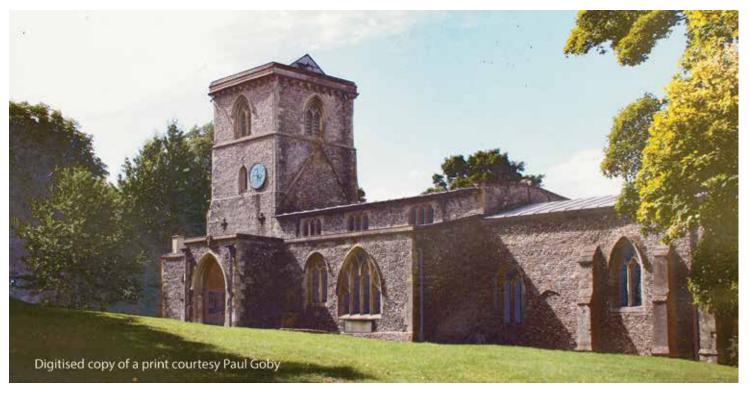
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### Local Tales: A Canterbury Tale.

My favourite pastime is walking. The pleasure of wandering the footpaths, the woods and fields and wild places. We are lucky to live in the Chilterns where, despite the constant threat of development and chemical based farming, we can still find unspoilt places. If you walk regularly, you experience the changing of the seasons. Primroses, Cowslips and Violets have their days before the trees come into leaf and their shade shelters the Bluebells and the Woodruff, while, in the sun, Cow Parsley lines the lanes. And we have the Foxgloves and the Mullein to come – and so the year goes on.

The man made can be interesting too. Old farms and old machinery and derelict barns. Villages and towns with the mix of styles in stone, brick and flint. Most of these have a parish church. according to Simon Jenkins there are some 16,000, plus many more chapels and churches for other sects and religions. Some 12,000 are listed buildings. Sadly, around half of these are seldom or never used. Their neglect makes then vulnerable. When I come across an old church, I often have a look inside Not, I confess, for any religious reason but for the atmosphere of ancient timelessness. Perhaps best described by Philip Larkin in his poem "Church Going" that begins:

"Once I am sure there is nothing going on I step inside letting the door thud shut......"

I did just that, many years ago when walking at Bledlow on the very edge of the Chiltern escarpment. There, I entered the Lyde, a wild area open to the public. Wandering around, I turned a corner to find Lord Carrington in conversation with two Archbishops of Canterbury in clerical dress. I recognised both of them. One I knew to be the then current archbishop at that time, and the other, a previous one. I thought it best not to disturb them and turned around and wandered off. I left the Lyde and walked along to the church nearby. There seemed to be 'nothing going on' inside so went in. The church seemed empty as I looked around, but then I heard movement and I noticed a young woman who seemed rather agitated, even upset about something to the extent that I asked if she was OK. She replied that she was involved with the church and had had a visit from Lord Carrington and two archbishops who showed great interest in the church and asked her many questions about it. But, when they had left she realised that she had forgotten to ask them to sign the visitors book!

As I walked home I thought about the girl's unfortunate error that had upset her so. It was, I thought, quite understandable given the surprise and fluster she must have felt at such an illustrious visit. She could be forgiven. But then the error's significance struck me more. The church was some eight hundred years old. One amongst thousands it stood, until this century, in a small hamlet in a rather isolated place on no road to anywhere. I doubted that, in eight hundred years, it had ever been visited by the head of the Anglican Church – the Archbishop of Canterbury. Then, one day, two turn up and it was not recorded

Philip Hussey.





### Addressing Begging In The Town Centre

Aggressive begging has become a concerning issue in High Wycombe town centre. Occasionally, individuals engaged in begging claim to be homeless and in need of immediate shelter, but this is often not the case. The money collected through begging may be utilized to acquire substances such as alcohol or drugs, rather than being directed towards seeking assistance for addiction issues.

It is important to note that begging on the streets is an offence, and it is considered a more severe offence when such actions result in individuals feeling unsafe, threatened, or harassed.

The presence of aggressive begging in the town centre can have multiple negative consequences. It creates an environment of fear and discomfort for residents, workers, and visitors, which can deter people from visiting local businesses and enjoying public spaces. Additionally, it can perpetuate negative stereotypes about homelessness, making it more challenging for genuine individuals in need to receive the support they require.

Encouraging residents and visitors to donate to reputable charities and organisations that assist the homeless is another vital step in order to ensure that resources are channeled towards those in genuine need, rather than enabling the exploitative practices of aggressive beggars. Additionally, fostering partnerships between local businesses, law enforcement agencies, and community groups can enhance the safety and security of the town centre. By sharing information and reporting suspicious behaviour, residents can play an active role in discouraging aggressive begging and supporting efforts to address homelessness authentically.

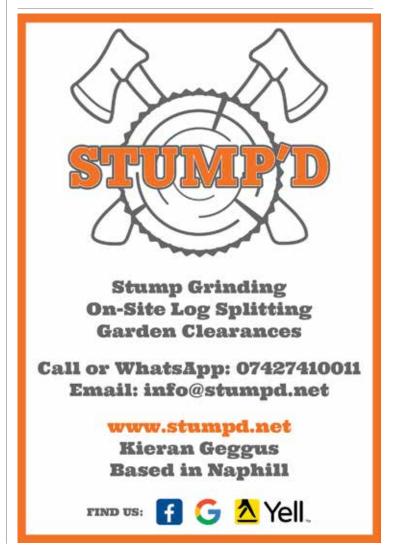
Homeless Connections and other partner agency groups are doing some great work in trying to help people who are homeless.High Wycombe's town centre organisation, HWBIDCo, is taking proactive steps to address this problem and provide an alternative way for the public to donate and support those in genuine need. This month, they have launched a new initiative called the 'Diverted Giving' scheme.

Thanks to a generous grant from High Wycombe's Community Board, HWBIDCo will install several 'Diverted Giving Points' across the town centre. These points have been located on the High Street, White Hart Street, and at the McDonald's Drive-Thru. The purpose of these points is to enable the public to make small donations using fixed card terminals.

All the donations made at the 'Diverted Giving Points' will be directed to a central trust. These funds will then be used to support Street Support Outreach Staff, who will actively engage with individuals requesting money. The 'Diverted Giving' scheme will collaborate with local charities, starting with an initial partnership with The Oasis Partnership.

We have recently met with the Anti-Social Behaviour Officer from Buckinghamshire Council regarding the town centre of High Wycombe. Our focus was primarily on exploring the ways in which Neighbourhood Watch could actively address various concerns, including drug dealing, public drinking, and aggressive begging. The meeting proved to be immensely valuable and purposeful.

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### Naphill Brownies



In recent weeks, amongst other things, our brownies have been completing a range of Brownie badges and Unit Meeting Activities. A few have even managed to achieve a much-coveted theme award. These are only awarded if girls have been fully involved in brownie activities at home and at brownie meetings

The girls have been doing the 'Grow you own' and 'Aviation' interest badges as well as the Communicate skills builder badge.

The Communicate badge saw us acting, singing, learning about body language, drawing.... as well as sharing a fantastic range of languages spoken by our brownies.

For our 'Grow your Own' badge, we sowed seeds and cared for them as they grew, and we took cuttings and watched the roots form. The final part will be to create a garden design (either on paper, in miniature or planted in a tub). We are looking forward to seeing the results – we may even have some entries for Naphill in bloom

Eurovision inspired us to have a European evening, complete with pizza making and sewing Scandinavian decorations. I was so proud of their perseverance to master a difficult sewing stitch.



After so many wet Thursday evenings, we have finally managed to get outside in the past few weeks.

The brownies are always keen to look after their environment, so we went on a bug hunt to learn about the creatures that live around the Crick and then made bee hotels from recycled plastic bottles, canes and wood The Naphill family fun day inspired us to make our own fete games for the other brownies to try. The results were amazing, We had a putting challenge, target throw, hook a (brownie-made) duck and Knock down the cup tower - great fun! If a little messy (lots of paint)

If you know a girl aged 7-10 years old who would like to get involved in Brownies, you can either register interest via the Girlguiding website (girlguiding.org.uk), or email me directly.

> Brown Owl Ruth Daly ruth.daly3@btinternet.com 1st Naphill Brownies

### Shear Madness

At last the sun is shining !

That's been a long old yucky winter! Even my week in Spain was cold and wet. Let's hope the weather continues to be nice for the rest of the summer.

Congratulations to Sonia, "grandma of the village" and now Villager of the Year! A lot of you will know her and all of her hard work that goes into the publication of the Gazette, but for me she is a whole lot more.

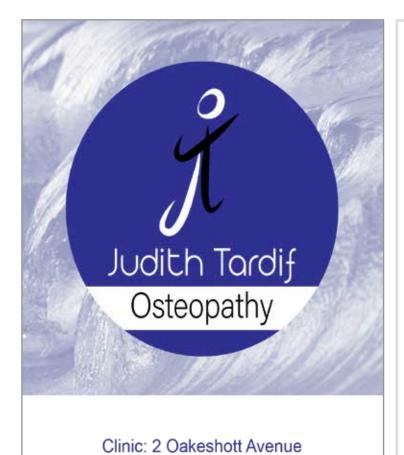
Back in the early days of the shop my business partner used to write the articles, she'd sit on the sofa phone in hand and tap out an article in minutes. Never for one minute did I think I'd have to do this one day. When she passed away in 2014 Sonia was one of the first to pick me up and dust me off, with encouraging words slowly giving me confidence to carry on with the business. I could have easily just crumbled. Many of you won't know that I'm dyslexic so to write an article is a huge undertaking and the shame of having no grammar but Sonia never judged me. If you actually saw my article every month in it's raw state you'd see the magnitude of her task, not excluding all the other articles and adverts to deal with. So Sonia, this is for you for being my village grandma for the last twelve years and making me believe in myself and the business, not the girl who was terrible at school and who has struggled most of my life. Thank you!

I'm here all summer, next holiday is September. Have a good time.



Love as always

Mandy x



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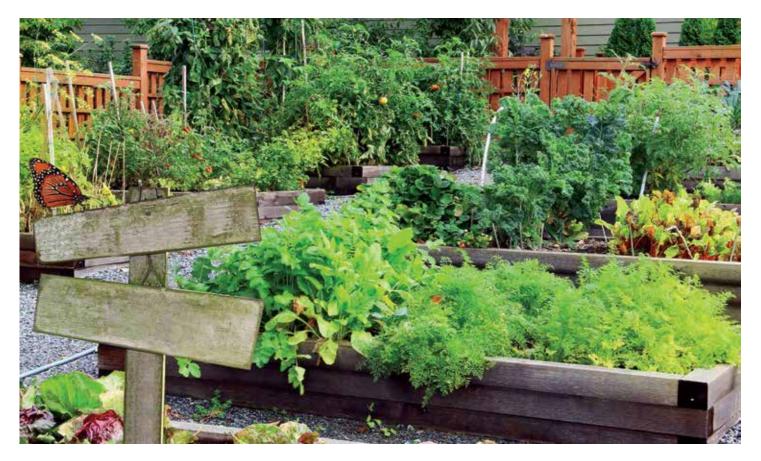
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Growing Your Own - Tasty Summer Vegetables

The next most important vegetable for me to grow in my plot in the back garden is beetroot. For many years I have grown the variety "Forono" which is a tall cylindrical variety. There are similar varieties available and they have the advantage of being easier to cut into slices, better than the spherical kinds. "Forono" are dark red in colour, and delicious when served in salads with a little mustard. They are easy to grow from seed in a seed tray, put in a warm dark place for a week or so to germinate, then onto a sunny windowsill to grow on. Predators have not been a problem, nor have mine been attacked by insects. Beetroot have a most amazing attribute. In a hot dry summer I have found that they do not need much watering. They seem to have the ability to seek out water, despite having tiny roots. It is a really amazing attribute, shared only by outdoor tomatoes "Outdoor Girl" to my knowledge.

Now onto celeriac, another vegetable which does not seem to be attacked by animals, birds or insects. I have grown celeriac for several years but have not found the secret of the very large celeriac available from supermarkets. Mine grow to the size of a tennis ball, scrumptious but small. Celeriac seeds are really tiny and seem to prefer to germinate in light, so I fill a 3-inch pot with compost, firm, sprinkle a few seeds on the surface then lightly cover with a sprinkling of kilndried sand. Then to a sunny windowsill, with the top of the pot covered with cling-film to maintain a moist atmosphere. They take about four weeks to germinate and, when they are big enough to handle, they can be transplanted into individual pots, then the garden when bigger. They will last in the ground through autumn and winter with a covering of fleece if a severe frost is forecast. I make "céleri remoulade" with celeriac and carrots, finely grated in a food processor then mixed with mayonnaise and capers. Delicious!

We eat a lot of salads, so I just have to grow lettuce. There are so many varieties available one is really spoilt for choice. I prefer, in general, the types which allow the picking of outer leaves gradually, rather than taking up the whole lettuce. There are green ones, red ones, some with conventional round leaves and others with elongated leaves. I sow them in a seed tray, flattening the compost, sprinkling seeds sparingly, then covering them with a sprinkling of kiln-dried sand. They germinate in a week or two then they can be grown on until they are large enough to handle before being planted out in the garden. That is a much better method than sowing the seeds directly into the soil. Precautions against slugs are essential! Picking just before eating ensures that the lettuces are still crispy and have not lost any Vitamin C.

Good gardening!



Míke Mason





The 1st of July saw the start of a new Rotary Club year, and with it came some new initiatives. Near the end of June we were asked to support "Lighthouse", an event free for local children. It is a fun packed holiday club in a safe and secure environment for 2-4 year-olds, and primary and secondary school children, held during the week 25th to the 29th of July. To help ensure success the Club donated £1000 towards the cost of running the week. July also sees the end of Term for senior secondary school students and, consequently, a new group of Interact members stepping up for the new academic year. Interact is a junior form of Rotary with the same ethos of helping those in need locally, nationally and internationally. Members of our Club act as mentors to, and provide support for, the Interactors in High Wycombe and Princes Risborough. Both groups will begin their activities, including raising money, at the start of the Autumn Term.

Additonally, on the 24th of July a nephew of one of our members made a third attempt to complete a tandem parachute jump for charity (in the past having been hampered by weather) – to raise money to support the increasing needs of the Ukrainian refugees being hosted locally. Our Club has formed a partnership with a group,

based in Lacey Green/Loosely Row, that has formed the charity "Ukraine2Chilterns" which is supporting over 100 households who are hosting Ukrainian families. There are still a further 100+ Ukrainians holding in various European countries waiting for Visas to come to the area. For more details see their website at ukraine2chilterns.com.

The majority of the refugees arrive with only the clothes they stand-up in. Consequently, the Charity has established a "New2You" shop, providing a range of clothing, shoes, underwear and school uniforms. They would be very grateful for any donations of second-hand items and/or financial support to enable them to purchase underwear and shoes. To do so please use the following contacts:

	Kate Collet-Fenson:	07970 547999	colletfenson@gmail.com	
	Candy Piercy:	07976 968892	candy@candypiercy.org.uk	
	David White:	07787 750889	david@dhwhite.plus.com	
We are always looking for new Rotary Members. To learn				

more, you can contact us here: rcpr.org.uk

You can contact us at: <u>rcpr.org.uk</u> or call the Club President, David White on 07787 750889 or email: <u>david@</u> <u>dhwhite.plus.com</u>

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Sunday: 12pm - 10:30pm

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Sunday 12pm - 4pm

(Bank Holiday Mondays) 12pm - 4pm

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

Email: info@thewheelnaphill.com Tel: 01494 562 210

### The Wheel

Thank you to all the committee members who organised Music on The Crick, The Family Day, and Classics on The Crick. As always, an amazing job was done, and it was another fantastic weekend. It just shows that all your hard work was worth it in the end.

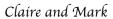
May was a great month with so much sunshine and lots of bank holidays for you all to enjoy and so far, June has also seen some fantastic weather. I would like to thank The Wheel team for all their hard work. Whilst the sun has been shining, we have seen a bustling and busy garden and our new menu is flying out. Our new chef Bella has been doing an amazing job and is a great asset to our team. The Wheel team are now looking for two new part-time members of staff to join us. You need to be 17 years old ormore to apply.

Just a little note for your diary, Saturday 19th August we will be holding an afternoon/early evening of live music in the garden. The line up for the day is.

- 3pm Acoustic sets to get you started
- These Certain People
- Founding Members (formerly Bad Neighbours)

Come and join the fun, enjoy the music, have a bite to eat and possibly a few drinks!

Once again thank you to our team and you for your amazing support.







# **RAF High Wycombe**

## The Annual Formal Reception





RAF High Wycombe recently held the Annual Formal Reception; it provided the Station the opportunity to say thank you to the local community for all their support. The Royal Air Force Regiment Band provided an excellent display, including a Sunset Ceremony and culminating with a F-35B Flypast.

Laurence Parker











### NapFest 2023

Wow, what an amazing event! Huge congratulations to the support team who have worked so very hard in organising this brilliant day. I know from all the chat and kind words I have received that all their hard work has been much appreciated by the village. I personally wish to thank you all, Paul, Hilary, Joanne, Steve, Paul, Lou, Simon, Chris, Sean and Mark, you were all awesome.

Friday night was absolutely superb and amazingly the weather was good to us, the inflatable stage could not have been used had the weather been wet and windy. The stage was a huge gamble which fortunately paid off and was much appreciated by everyone! It was wonderful to see so many local residents out with their families and friends, enjoying their picnics, Noodle Nation, Fish and Chips or West Indian Cuisine. I think all those that attended would say that Bad Neighbours, these Certain People and Flash 'the Queen tribute Band' were all superb, there were definitely some shapes being created on the dance floor.

Saturday, Family Fun Day. A huge thanks to the Naphill Football Club for providing us with a BBQ, all the volunteers who as always provided a great bar, with Rebellion Brewery supplying the ale and Nadeem from the Naphill Local Mini Market, constantly bringing us more lager and mixers. Bon Ami, who kindly agreed to open and support us with coffee and cake. I cannot forget the support from RAF High Wycombe, who provided the Ferris Wheel and bungee/trampolines and to Cpl Lucy Gunson for her fitness testing.

Additional thanks to all the village groups who provided us with the traditional cake stall, plant stall etc...

Although we did not have the procession this year, we did still have one award to present, the Villager of the Year award. This was awarded to our one, our only Sonia Goby. Sonia has been an absolute godsend this year, she created all of our NAPFEST publicity material, posters, trifold leaflets, the front page of the Gazette and has constantly supplied all of the local FB pages with NAPFEST updates.

The Fun Day was supported by Red and Grey, a local band who kept you all entertained providing fabulous music for all to enjoy. In addition, kicking off our live entertainment was 'Merlin' a young local lad who entertained us with his singing and guitar playing.

Overall, two amazing days enjoyed by many. However, this doesn't just happen, and due to the lack of volunteers, this will not happen next year. There may be scope to hold a smaller event, so If you would like to join the small team, please email nwafete@hotmail.co.uk and we will invite you to our first meeting, date TBC.

> Línda Clark NapFest Chairperson



# **Classics on the Crick 2023**

A spectacular, scorching day with over 400 classic cars and bikes and over 2000 public visitors. Best in show and Public Choice awards below.

A massive thanks to all our hard working Volunteers and Marshals, Chiltern Vale Scouts, The Horses Trust, Naphill Village Hall and our sponsors Sytner High Wycombe for making it all possible.



Best Bike in Show 1980 Laverda Jota 1000 owned by Steve Bastin

All profits from the day will go to the Thames Valley Air Ambulance, we hope to be able to announce another sizable donation in the next edition of the Gazette.

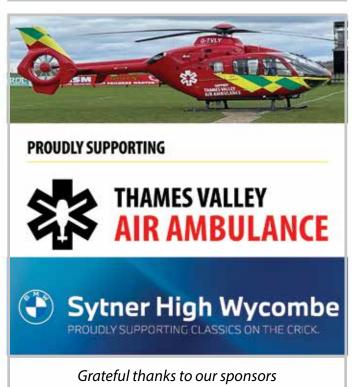
The Classics on the Crick Team



**Best Car in Show** 1960 Morris Minor Million owned by Samantha Grange



**Public Choice Award** 1959 Cadillac Coupe owned by Andy Inglis





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### A Perfect Day out at Stocken Farm

A sunny June Sunday Morning, a promise of a warm day, who could resist the invitation to visit a local farm – especially, as advertised, 'no entry charge'. Parking was easy and well organised.

A short walk up the farm track (just follow your nose to that heavenly warm cow smell), a warm welcome, and a clear map of the events were received. There were many families going in the same direction, with excited young children bouncing along already eager for a happy day out! A child's day of heaven look promised – freedom, no roads to worry about, things to see, climb on and 'wow' over everywhere.

Impressive modern farm equipment was on display, together with tractors through 'the ages' which were enjoyed by both Dads and their lads alike! I observed the funny little rusty chap on the end was my childhood memory of farm tractors

Stocken Farm is a dairy farm, with a beautiful herd of black and white cows – you could visit a barn to view some of these beauties, their heads hung over rails to reach their feed; Looking with beautiful warm, patient eyes watching 'us' as much as we were watching them.

In a barn there were displays to interest everybody – the production of the milk from start to finish – beautiful creamy yogurts to try and the creamiest ice cream ever.

A local bee keeper was there with a hive (no bees) illustrating how the hive worked through the seasons.

She was so patient, and interesting to listen to. I loved watching her with the children, hive on the floor all squatting round, she had them so focussed (even the young ones), as its inner secrets were revealed.

My husband was the 'coin man'showing coins and artefacts found in the area. With Richards's kind permission, he metal detects the farm fields. His display created a lot of interest in all ages. Helped by our son and granddaughter to explain the facts, dates and importance of the display which showed, how in this area we are all walking on history. Abigail our granddaughter is a teacher and really caught the children's imagination with her knowledge, and the lucky ones went home with a genuine roman coin to keep!

I cannot finish this article without a special mention of the Risborough Young Farmers. They were everywhere all day, working their socks off – the "Hot Dog" stand ran efficiently all day, no hold ups, no queues and all done with such happy smiles – the trade was brisk, no quiet periods for BUT the smiles never faltered!

An interesting, happy day out, so much to learn, not least keep drinking 'proper milk' from your local farms!

And my favourite exhibit? The model cow," to try your hand at milking!" Why? just loved the intense faces of the children trying!

Margaret Hunter



www.hughendenparishchurch.org.uk







The 8th June saw brilliant sunshine when the Mothers' Union Garden was filled with toddlers (plus their teddies and their grown-ups) for the annual Mothers' Union Teddy Bears' picnic for our Tiny Tots group. Lavish refreshments having been consumed by one and all, we joined in song with Nikki on the flute, before listening to a bible story from Helen aided by Charlotte and toddlers. A tree in the garden had been magically transformed into an apple tree, and the children set about picking them with gusto. A good time was had by all.

The Church has hosted a very poignant display (courtesy of the Mothers' Union Groups in the Oxford Diocese) of a giant chain of knitted links (some knitted by members of our congregation) to symbolise the number of unseen victims of modern slavery across Oxfordshire, Berkshire and Buckinghamshire. It contains 752 links in total representing the estimated number of victims in our own area.

#### **Future event**

The Church will be holding a Flower Festival at the church over the August bank holiday (26, 27 and 28 August) with the theme 'A Favourite Hymn'. Contributors are invited to interpret their favourite hymn using flowers and other materials.

As with the highly successful and popular postlockdown festival, refreshments will be served in Church House and the Mothers' Union Garden. Please contact Sylvia Clark (tel: 07570 876530; email: sylviaclark919@ btinternet.com) if you wish to enter the festival with an arrangement of your own.

Jane Yyrer

**Mothers' Union News** - Mothers Union outing to the Collings Hangar farm at Prestwood.

A group of 14 of us had a very enjoyable and enlightening visit to the Collings Hangar Farm at Prestwood. They rear organic Sussex cattle for M & S and pigs for farm gate sales, Herdwick sheep from a neighbouring farm also spend time on the farm. The land is mainly permanent pasture and all the feed for the cattle is home produced. There is a traditional orchard and old woodland in which they keep their Tamworth pigs.

As we made our way round the farm in their very comfortable purpose –built trailer, we were entertained by hearing of the reactions of inner-city school parties who had never been in the countryside beforehand which reminded us of what a lovely part of the world we live in and how fortunate we are. We left with feelings of amazement that farmers are prepared to work 18-hour days, 365 days of the year to be self-sufficient and still be amusing and upbeat about their life.

Ann Gee

### From the Vicarage

The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. Psalm 23:1-2

I wonder, when was the last time you found a quiet, relaxing, peaceful place in order to be refreshed by God?

The words of Psalm 23 are probably already familiar to you. Words written by the shepherd boy who would be King, David, as he faithfully cared for his father's flocks of sheep on the hillsides outside Bethlehem.

His job would have involved a lot of sitting around, and keeping watch, both at day and at night, time he used wisely to write Psalms, and sing hymns of praise to God. He was entrusted with the welfare of his Jesse's livestock, and he would have taken his responsibilities seriously.

We know that David was handy with a catapult, as he proved at Goliath's expense on the battlefield, and those skills would have been honed in the fields of pastureland, protecting the flocks from wild animals.

It would also have been David's responsibility to find good pasture for the sheep. Grass to eat, water to drink – he would have known all the good spots, and as a good shepherd, he tended for the sheep, and always had their welfare in mind.

I found a wonderfully peaceful spot in the Lake District, beside Ullswater lake recently, during a family break in the North West. For 30 minutes I was alone on the shoreline, listening to the water gently lapping against the rocks, gazing at the extraordinary beauty before me, and it felt just about as close to perfection as you could get. I closed my eyes, to pray and to rest in God's presence, wishing that moment would last forever.

I always find it easier to commune with God when I am communing with nature. How about you?



Jesus Christ is the Good Shepherd. He cares about his sheep, he always wishes the best for us, and is concerned when we are hurting, or have gone astray, away from the flock, struggling alone. He loves to gather us up in his arms, and take us back to the fold, to encourage us to pasture in good places, which will nourish and sustain us.

Why not find some time to sit and commune with the Good Shepherd today?

Rev Keith Johnson



High Wycombe and District <u>High Wycombe & District U3A: Home (u3asites.org.uk)</u> Access more information using the QR code, Facebook or this link to our website. Everyone is welcome!



#### New Groups have attracted New Members. Are they for you?

In June we re-launched our Local History Group and decided we would organise some outings to local places of interest until September. Three have been organised. Our new Psychology Group were so impressed with our new Convenor they requested a second meeting before September (the start of our new year, and we decided 2pm on Friday July 14th. Please email for details: gilliamph@aol.com of trips and all Groups.

#### Please come and see what we do?

Our photographs show examples of the current displays by our Groups in the Display Cases of High Wycombe Library (on the 2nd floor). We change the displays regularly so please look at them when next in High Wycombe.

We will be at the popular Flower Show at St Michael & All Angelsthe Church on the entrance to Hughenden Manor- on Bank Holiday weekend (26-28th August).

By the time you read this magazine we may have seen you at The Armed Forces Day in Wycombe on 24th June, at our picnic in the grounds of Wycombe Museum (29 June) and perhaps at Hazlemere Fete on 28th August.

Also, please visit our Public Facebook page: <u>https://www.facebook.</u> <u>com/hwdu3a2022</u>

(FOR privacy, Individual Groups have their own private 'members only' pages).

Paul Gillam

#### From Our Display Cabinet at Wycombe Library

Top to Bottom:

. Geology - our fastest growing Group Bird Watching - always a very popular group Walking - groups for all abilities





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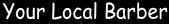
Positive change doesn't come from a 'one size fits all' approach. The heart of my practice involves listening to you to establish what you'd like to achieve. I will then create a bespoke programme for you based on my experience as an ICF accredited Life Coach, a CPCAB-certified Relationship Coach/Counsellor, a CIMSPA registered Personal Trainer and a Pilates Teacher of 20 years.

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### **Black lion**

The Summer has officially arrived, and we couldn't be more excited! We think our garden is looking fab! We've got some lovely new garden furniture, which is undoubtedly a great addition the pub.

We have also recently welcomed our new general manager Ben to the team. Ben comes to The Black Lion with a wealth of experience in the industry. He is already working on some really great ideas like our Beer & Gin festival coming later in the summer, quiz nights, live music and plenty of other ideas, so keep an eye out on our social media and next months gazette for more information. In the meantime, why not pop in and meet the lovely Ben!

Even though the summer months are in, we will still be doing our delicious Sunday lunches which are available between 12-5pm every week! Sunday lunch is getting busier and busier so we recommend booking to avoid disappointment. To book you can either visit our website, give us a call or just poke your head in! Thank you for taking the time to read and we look forward to seeing you all throughout the summer!



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Tel: **01494 562757** Mob: **07796 306087**  At its annual parish council meeting Teif Jones was reelected chairman for the year 2023/24 and Paul Oborn was re-elected Vice Chairman. The accounts for the year and the annual governance and accountability return were approved. To our surprise our dog waste bin collection contract was suddenly cancelled by the provider, we could not persuade them to continue. Luckily we have been able to find a new provider at a price just a little more than our previous contract. We just need to make sure that the bins are emptied weekly. The new provider will need to settle in.

Our Buckinghamshire Councillors reported that Buckinghamshire Council is continuing to support residents struggling with cost-of-living pressures with extra monies supplied by Government. The Helping Hands service will provide the support www. buckinghamshire.gov.uk/cost-of-living, phone 01296-531151. The parish council has decided to write to Buckinghamshire Council about the state of the road and the poor quality of pothole filling.

On Monday 8th May we held a picnic on the Green in Bradenham to celebrate the coronation of King Charles III. Unfortunately the weather was a bit chilly and attendance was lower than anticipated. The live band added a festive note. The Cricket Club were thanked for hosting the event, Lisa from the Red Lion sold delicious cakes and the church was open for visitors.

Our next meeting is Monday 3rd July, 7.30 pm at the Cricket Club.



Deirdre Hansen, clerk. clerkbradenhampc@gmail.com

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



Walking along footpaths – one of the many benefits of living in Hughenden!

Hughenden Street Association promotes the work of organisations seeking to protect the countryside. The benefits of being able to easily take a stroll across fields using designated pathways is something we perhaps take for granted. Across England there are about 41,000 miles of potential historical rights of way that need to be recorded on modern maps, according to openDemocracy (openDemcracy.net)

This is now under threat as the Government has U-turned on its vow to abolish the deadline for registering paths in England due to lobbying by landowners. The Environment Secretary, Therese Coffey announced in March 2023 that instead of abolishing the 2026 cut-off for applying to save these 'lost paths' she decided to extend the deadline to 2031, after which it would no longer be possible to apply for a path to be added to official maps as a right of way based on historic evidence. Using a Freedom of Information request openDemocracy discovered that a letter was sent from the Country Land and Business Association (CLA), which represents landowners.

The Ramblers, a British walking charity, says the new timeline will not give its volunteers enough time to compile the large amounts of evidence needed to support applications. James MacColl, head of policy at the Ramblers, said: "The Ramblers was bitterly disappointed by the government's U-turn, which threatens up to 41,000 miles of unrecorded rights of way in England.

"These routes could be hugely beneficial to communities across the country and help meet the government's stated ambitions to improve access to nature. We are shocked to learn that ministers capitulated so readily to the demands of a single organisation representing landowners, with seemingly no regard to the views of others or the wider public interest.

In Buckinghamshire there are many miles of paths, and it is important that they are retained for future generations. Use this link to view the map provided by Buckinghamshire Council: https://bit.ly/3CBXVmv If you know of a path that is not on the map do get in touch with the Ramblers. There is a lot more information on the website: www.ramblers.org.uk

We cannot take our paths for granted. We need to walk and record them so we don't lose them!

Hilda Stearn Communications Coordinator Hughenden Street Association 07808 229476 hughendensa@gmail.com Firstly, may I express the thanks of the committee to everyone who donated to the cake stall. There was plenty of stock and the stall raised nearly 400 pounds for the village hall. The cake display was splendid and attracted many visitors! Thank you all very much.

Secondly, this month's talk turned out to be very interesting whilst sounding rather 'dry'. We had a very well informed speaker from 'Greatmoor' , the recycling centre near Aylesbury. Jez Elkin's talk was very informative and gave this sceptical member hope for the future. I was not keen on the subject but came away impressed by the amount of recycling being done. We throw away mindboggling amounts of food but Greatmoor turns it into electricity or something useful like compost. In a year in Bucks we discard 720,000 oranges, 920,000 bananas, 1,200,000 tomatoes, and 800,000 apples; these items go to compost and presumably grow better food. Not so easy to recycle are nappies, they do not burn easily! Plastic waste can take 500 to 1000 years to disintegrate !!!

The Greatmoor recycling centre cost 180 million pounds to build. It is a complex facility which seems to provide good value for money. We need more sites like this so less rubbish goes to landfill, and more can be used in future in another form. I came away with hope in my heart! That doesn't happen often !!!. The Greatmoor website is clear and comprehensive. Well worth a visit.

Peggy Ewart 565969



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#### Naphill Residents' Association

**Best Village Competition 1st June-14th July** - A big thank you to all the residents who co-ordinated and/or participated in the litter pick around their roads, closes, avenues etc including those who tidied up after the Napfest weekend. HPC has also put additional dog waste boxes around the crick and there are already several on the common so hopefully all dog waste will be disposed of correctly in future, in the "poo tin".

**Born to be wild or not?** - No Mow May proved to be controversial with some residents feeling it could be a safety hazard. However, if you like the wildflower verges you will be interested in the experiment being carried out by Hughenden Valley Climate Change Group in conjunction with HPC on the verge opposite The Harrow. The verge has been divided into four sections and each section will be mowed differently to see which mowing regime gives the best wild plant result.

**Date For your the diary**-NAWARA Quiz Friday 13th October

Next Meeting - The date of our next meeting at Naphill Village Hall is 10th July 2023 at 7.30pm. All residents' welcome.

Bartha Pítman NAWARA Chair www.nawara.co.uk

#### Street Association & NAWARA's Stall at Family Fun Day



Naphill and Walter's Ash Residents' Association and Hughenden Street Association ran a combined stall at the Naphill and Walter's Ash Fete, with a Plant Stall and Name the Scarecrow to raise money for Village Hall funds.

Thank you to all those who donated plants: we had an amazing array of choice. A steady stream

of customers throughout the day meant that the majority of plants were sold.

Frank won the scarecrow, so Canny Lad will eventually take pride of place on the Louches Lane allotment where he will hopefully earn his keep by scaring the birds away with his jangling can limbs!

Susan Bickerstaff

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#### Naphill Tennis Club

Family Cup Competition Sunday 2nd July from 3-5pm



Roll up, roll up! Calling all up and coming Tennis Stars (aged 5 - 16 yrs)! Grab one of your parents or grandparents (preferably the one that's best at playing tennis) and enter the Naphill LTC Family Cup competition.

Please ask / pester / cajole one of your parents or grandparents to contact *Mel or Becs on 07949 128195 to confirm your place in the competition.* 

Prizes for the winners and if you're really good your parent/grandparent may get you a raffle ticket and let you have a free Hot Dog.

As usual, further information on Naphill Tennis Club is available via our website: <u>www.clubspark.lta.org.uk/NaphillLTC</u> or find us on Facebook: **Naphill Tennis Club** 

Jenny Tench

#### Mel's Tennis Clinic at Risborough Tennis Club Saturday 8th July 5.30pm - 8.30pm

Fun evening of tennis development- warm up , skill drills , coaching strategies, doubles competition and not to forget delicious strawberries and cream - it is Wimbledon!

Cost per person £25.00. Contact Mel 07949 128195

Valley Players

#### Tempus fugit!

Yes time certainly does march on. This article date will cross over just as we are imminently preparing to do our two performances of "Three Musketeers", the picnic and play production for 2023. Please see details below and do check for late availability of tickets on our website!

#### VALLEY PLAYERS PRESENT

"THREE MUSKETEERS" By James Barry

July 8th /9th 2023,

Tickets £12 (from 4/6/23 see website) Gates open for picnic 17.00, curtain up 18.00! Further details at our website <u>www.valleyplayershughenden.co.uk</u> NB: Limited parking can be pre booked. Wet weather arrangements will be made, watch website!

Another reason for time marching on is that we now turn our attention to this year's Pantomime "Robin Hood" As you would expect this is an "up to the minute" telling of the traditional tale. As usual plenty of comedy, songs and action, the show even features "Nottingham has Talent". You can use your imagination.

However we really would like to issue an invitation to anyone who would like to join us for the Panto - No experience required just enthusiasm . On stage, back stage, front of house let me know. Read Through and first meeting Wednesday 12th July at 19.30.

For further details of venue and with any questions email, <u>contact@valleyplayershughenden.co.uk</u>



Andrew Pítman (Chairman)



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There is a story that during the filming of Hollywood epic 'The Greatest Story Every Told', John Wayne, playing the centurion at the cross, was scripted to say 'Truly this was the Son of God'. The director was not happy with Wayne's delivery and asked him to speak the line again 'with awe'. The screen legend duly obliged with the line 'Aww...truly this was the Son of God'.

Recently, the media have latched on to the idea of awe. Awe is the feeling we get in the presence of something vast that challenges our understanding of the world, but it can also be found in the little, mundane things. When people feel awe, they may use words such as wonder, amazement, surprise, or transcendence to describe it. Various self help gurus have written books and delivered on line seminars about the positive effects of having a sense of awe. There is an increasing amount of scientific evidence that quite simply says experiencing awe is good for us.

It's easy to experience awe when we look up at the stars or see a magnificent sunset, but it is all around us. Walking along the harbour wall early one morning, I saw a flock of birds skimming the surface of the sea. In a split second, I realised they were not birds at all but flying fish. Wow! An instant later, a large tuna fish leapt completely out of the water in pursuit of the flying fish. Double wow! The whole encounter only lasted a few seconds, but was a real moment of awe.

On one of my regular walks, there is a wall where climbing plants have run riot over its top and into the street. This

have given rise to a gloriously colourful display of bright pink bougainvillea, iridescent purple-blue morning glory and an unknown yellow flower. Every time I walk past, I allow myself a little moment of awe, taking in the vivid mosaic of colours. On one occasion, a storm was brewing and a shaft of sunlight briefly illuminated the flowers against a lowering grey storm cloud. The effect was breathtakingly beautiful and truly awesome.

Awe can be found everywhere, in almost anything. We teach young children to notice the awe of a flower growing from a crack in a wall, or the perfect spherical world contained in a raindrop on a leaf, yet somehow, when we 'grow up', we lose our sense of wonder at such things. We lose this sense at our peril.

In Psalm 8, the Psalmist wrote:

You have set your glory above the heavens. When I look at your heavens, the work of your fingers, the moon and the stars that you have established; what are human beings that you are mindful of them, mortals[a] that you care for them?

Those ancient words reflect the writer's sense of awe towards God and the created world. Once again, we are rediscovering the truth of ancient wisdom.

May you be blessed with moments of awe.

Aww......go on! You know it makes sense!

Rev Jenny Ellís



After a busy and very hot weekend with the Family Fun Day and Classics on the Crick we are now looking forward to summer. We have a larger freezer so a bigger choice of iced lollies and ice creams. We have not forgotten your furry friends and so dog ice creams are also on offer and we always put out a bowl of water for doggies to cool them down after their walk.

Enjoy our terrace, now with flourishing hanging baskets, sunny in the mornings and shady in the afternoons. Treat

yourself to an iced coffee, milkshake, iced tea or a cold drink from the chiller cabinet to cool down. As well as our brunch and lunch menu, we always have a selection of home baked cakes.

You will always get a warm welcome from Ruth, Dorothy, Martina and Alison. We are pleased to welcome Ciara as a Saturday girl and sad to say goodbye to Evelyn and Georgia who many of you will have come to know. We wish them luck for their future.







Do you like PE? Football, Hockey, Netball Cross Country Running Athletics If the answer is NO read on.

Do you like... Snooker, Pool, Chess, Bridge, Draughts Would you like to play an outdoor game with no running around? If the answer is YES read on

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#### BUT MOST OF ALL ITS FUN.

The Summer holidays are just around the corner. Why don't you and your friends get together and come and try for a couple of hours. All you need are flat soled shoes to protect our lawns and we will supply the rest.

I'm Carole, email me to find out more : <u>hwcarolecroq@gmail.com</u>

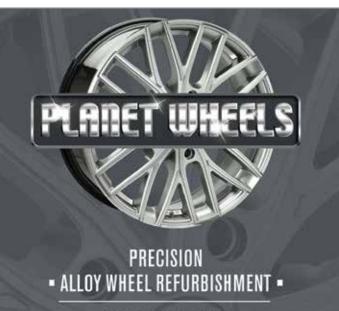




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#### Here Comes The Sun!

Summer has finally arrived and with it, some really warm days (and nights!) I absolutely love the warmer weather, but Ruby is not so keen.

I am not going to bang on about what you should or shouldn't do with your dog during the warmer weather, but rather, suggest simple activities and tips that can be carried out at any time of year and on the odd occasion, take the place of a walk if early morning or evenings are not possible when it is hot.

Dogs need mental enrichment as much as they need physical exercise and there are plenty of fun and simple games you can play and teach your dog at home.

Find it – wrap some of your dogs favourite treats (the smellier, the better!) in an old towel and get them to seek them out. You can also use carboard rolls, etc., that they can tear open, but not if they are likely to eat the cardboard! If you don't want to use treats, use their favourite toys.

Treat Bobbing – simply chop some fruit or veg, such as blueberries, strawberries, carrot etc., and put them in a bowl of water for your dog to get. You can also freeze fruit & treats in an ice cube tray and add it to their water bowl.



Frozen Lick Mats - spread natural yoghurt over the mat and add fruit and veg and freeze, for your dog to enjoy!

Frozen Lollies – use natural yogurt and add fruit,or mix kibble and water and freeze for a tasty treat.

In addition, there are many simple "tricks" you can teach your dog in a matter of minutes, such as take a bow, spin, wave & hug, that not only promote mental enrichment, but will impress others!



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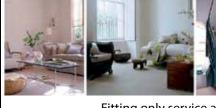
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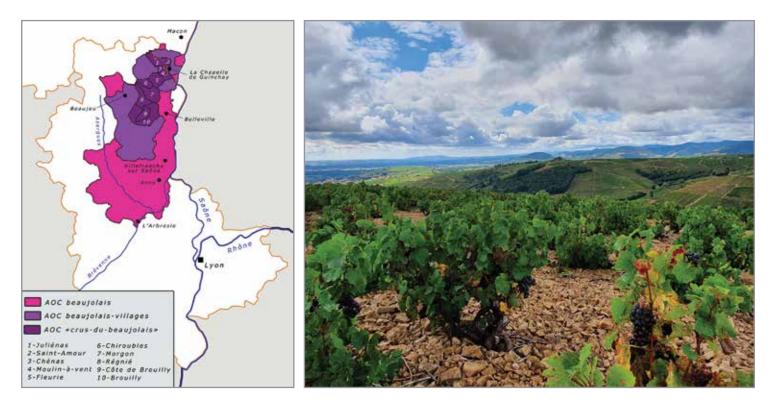
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A Wine Giant Essay - Beaujolais - The Chameleon of the Wine World

There are a lot of wines out there. So many grapes, blends, regions and producers that it can be hard to know what to drink. It's always exciting to try something new but it can also be a risk and sometimes a risk is not what we want. What we want is a guarantee of something that is, at worst, very nice. That's where Beaujolais comes in.

Beaujolais is the perfect Summer red that can all things to all people (note: also perfect for Winter, Spring and Autumn!). Need a simple midweek drop to dissipate the stress of your boss being a pain in the proverbial? Tick. Need something fresh and jaunty on a Summer's day that is still red and characterful? Tick. Need something with complexity that pairs well with food? Tick. Have no idea about wine but need something that won't break the bank but has a really French sounding name that will make your friends think it's fancy? Tick.

Made from the Gamay grape, Beaujolais tends to have high levels of acidity, which is usually softened through carbonic maceration; a process that also allows the vibrant youthful fruit expressions reminiscent of bright crushed strawberries and raspberries, as well as deep floral notes of lilac and violets. Beaujolais is a region with great quality and consistency, and an idiosyncratic taste. Light-medium bodied with a sappy and sassy sense of humour. There are definite similarities to its regional cousin – Burgundian Pinot Noir – but it is more carefree, accessible and able to laugh at itself. It is not haughty or pompous and it does not pretend to be what it is not. Essentially, it the Fresh Prince of Bel Air to Burgundy's Carlton Banks.

In some circles it's a wine trapped too often by clichés, confined by expectations and held back by a chequered

past (I'm thinking of the ropey versions of 'Beaujolais Nouveau' here – a vinous equivalent to 'Ice Ice Baby', 'Barbie Girl' and 'Macarena') that leaves many hesitant to embrace all that the best bottles have to offer. Few wines require such a re-examination more than Beaujolais. Obviously, this is unless you have never examined it before and have no thoughts or feelings about it all. In which case your instincts of 'That sounds really French, I bet it will be nice' are actually perfectly correct!

Fortunately, the Beaujolais today is different and transcends the simple wines of the past. It can be complex and it is age-worthy, but great Beaujolais remains a joyous and upbeat wine that can offer complexity and be distinguished. Yet it is also carefree and unpretentious, like an aristocratic lady arriving to a garden party in a chauffeured Rolls Royce, stepping out in neon leg warmers and body paint before leading everyone in a lary but well natured rendition of Chumbawumba's 'Tubthumping'.

There are many decent Beaujolais Villages offerings on UK shelves but if you want to spend a little more for something a little better then opt for one of the ten Beaujolais Crus – each offer something different but if in doubt, my go to options would be Moulin-a-Vent or Morgon, with some good examples available from The Wine Society, Majestic and Laithwaites.

Adam Sergeant @giantwine 💟 @thewinegiantuk ወ



## **UKRAINE TO CHILTERNS**

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#### A new start after 60 - we opened our home to Ukrainian refugees

Mel and Sue Webster of Loosley Row were used to sharing their home with friends and family but when the war in Ukraine broke out, they made the decision to host not just one Ukrainian family but two.

"As a couple, we're very used to having a full house," laughs Mel. "For nearly 2 decades, we have lived as a multi-generational family, living under the same roof as our daughter and son-in-law and their now grown up children. It's certainly kept us young and fit!"

"Over the years, we've also taken in various friends and other family members who have needed a roof over their head from time to time and we've even been foster carers," says Sue.

However, the decision to add a whole other family to the mix, and one that didn't speak English was one that the couple had not considered before, that is until the war broke out in Ukraine in February last year, instigating Europe's largest refugee crisis since WW2.

"How could you not be moved by the scenes of war that were televised daily?" asks Sue.

Despite being retired and already having a full house, the couple sat down with the whole family to discuss the possibility of hosting a Ukrainian family looking for a safe place to live.

"I suppose our decision to sponsor a Ukrainian family was prompted initially by the UK government setting up the Homes For Ukraine scheme, which enables households to provide accommodation for Ukrainians in return for £350 monthly payment." (This has since increased to £500.)

"However we were also moved by the amazing response of our little village, which set up its own community group, the Ukraine2chilterns charity, in support of the Homes for Ukraine scheme. Having lived in Loosley Row for over 30 years, I have never known a response quite like it. We all came together as one united front to do something to help others in their time of real need. The atmosphere around the village was just so exciting as we all waited for our Ukrainian guests to arrive."

Having spent his career as a mechanical and electrical engineer, Mel had years of experience redesigning commercial spaces and had even used his skills in retirement to expand the premises of the family's hearing aid business. With the decision to host now made, Mel turned his attention for the first time on the potential of the couple's own home as a safe place to live for refugees.

"I could see with a bit of creativity that I could create a self-contained space for a small family. I distinctly remember the day that the visas for our Ukrainian family finally came through. Our Ukrainian family rang to say that they were driving by car through Europe, and were due to arrive in just 4 days' time. This meant that I suddenly had to crack on with the job of making my vision of a space for our guests real in record time!" says Mel. "The day that Erhan. Natalia, Sasha 5 yrs and Melissa 2 yrs arrived was really emotional," recounts Mel. "They were exhausted."

Erhan and his family had made the decision to flee when in the early days of the war, Erhan found he was unable to escape quickly to the underground bomb shelters due to the fact that he had broken his leg and this was only adding to the trauma experienced by the couple's two young children.

"Those first few weeks after their arrival were an incredible whirlwind of activity for us all. We had to help our Ukrainian guests with everything : to get registered with the GP, get a bank account, sign on with the job centre and of course get the kids in to the local school. That said, we had the most amazing support not just from our local council but from our local community group as well." "I was really impressed by the extensive package of support that was developed almost overnight for our Ukrainian guests from health & well-being classes to advice and information on job hunting and of course free weekly English language classes. It was a huge collective effort made by so many willing and enthusiastic volunteers. We even have a Clothes Barn where our Ukrainians can go to collect good quality donated second hand clothes."

After six months of living with the Websters, with his leg now fully mended, Erhan and his family decided to return to a safer part of Ukraine to run the family business they had left behind. But within a few days of their departure, Mel and Sue began to hear of another Ukrainian family - this time however, a family already living in Buckinghamshire that faced being uprooted yet again as they were nearing the end of their six month stay.

The Homes for Ukraine scheme was initially set up to offer Ukrainians a safe place to live for a period of 6 months but with the war continuing for so much longer than anticipated, the reality is that dozens of families now need re-matching with another local host family or face homelessness.

"Our local Council Liaison Officer explained to us that by agreeing to be a rematching sponsor for Alina and her two young children, Sofiia 9 yrs and Marianna 4 yrs, the young family could continue to stay within the local area where they had begun to rebuild their lives. Alina could keep her job as a cook in the local primary school, and importantly the children could remain in their local schools."

"Being a rematching sponsor was a much easier experience for us as all the work required to settle the family into the local community such as finding jobs, getting the children in to school, registering with GPs had already been done. For us, this meant we could just enjoy getting to know Alina and her two young children," says Sue. "Alina and the children have settled in wonderfully, becoming not just close friends but a real part of our family," continues Mel. "Although they have their own



separate accommodation, we genuinely share our daily lives with each other. When Alina goes off to work in the morning, I love taking Sophiia to school every day and then picking her up in the afternoon. We chat all the way so her English is improving so guickly! It has been a real privilege to see her blossom and grow in confidence. She's just like my own granddaughter – in fact I'm teaching her to play the piano, just as I did for all my other grandchildren. As for Alina, she is an amazing cook and is always popping in to offer us the most delicious Ukrainian dishes although I have to say that she is also picking up British cuisine pretty quickly too. She particularly adores Mary Berry's cook books and makes the most amazing chocolate ganache. I know for many of my generation starting again with another young family may seem like a big commitment, but actually it's been great for the whole family. I'd really recommend becoming a rematching sponsor. It has strengthened our links to our local community in so many ways. It's also opened our eyes to an entirely new culture that is utterly fascinating and of course, we absolutely adore being grandparents to our Ukrainian granddaughters."

If you would like to find out more about our Charity please visit <u>www.ukraine2chilterns.com</u>

Louísa Spearing





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