

A photograph of a large, moss-covered tree in a forest. The tree's trunk and branches are thick and covered in bright green moss. The background is a dense canopy of vibrant green leaves. The overall scene is lush and natural.

# Naphill & Walter's Ash Gazette

June 2021

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

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

**TREASURER:** Judy Whitehouse email: treasurer@naphillandwaltersash.org.uk

**DISTRIBUTION COORDINATOR:** Ian Hall email: distribution@naphillandwaltersash.org.uk

**SECRETARY & PHOTOGRAPHIC COORDINATOR:** Paul Goby email: photo@naphillandwaltersash.org.uk

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

**GAZETTE FACEBOOK COMMUNITY COORDINATOR** - Andria Benjamin

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**Chairman** - Clive Lawrence

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**Bookings** - Tanya Stevens

Email: [hallbookings@naphillvillagehall.org.uk](mailto:hallbookings@naphillvillagehall.org.uk)

Tel: 07851 169275

[www.naphillvillagehall.org.uk](http://www.naphillvillagehall.org.uk)

## Local Council Contact Information

Bradenham Parish Council Clerk	Deirdre Hanson	01494 562254	<a href="mailto:clerkbradenhampc@gmail.com">clerkbradenhampc@gmail.com</a>
Hughenden Parish Council Clerk	Melinda Woof	01494 715296	<a href="mailto:clerk@hughendenpc.org.uk">clerk@hughendenpc.org.uk</a>
Hughenden Parish Councillors	Paul Hardinge		<a href="mailto:paul.hardinge@hughendenpc.org.uk">paul.hardinge@hughendenpc.org.uk</a>
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Buckinghamshire Councillor	David Carroll	01494 716967	<a href="mailto:David.Carroll@buckinghamshire.gov.uk">David.Carroll@buckinghamshire.gov.uk</a>
Buckinghamshire Councillor	Clive Harris	07768 876568	<a href="mailto:Clive.Harris@buckinghamshiregov.uk">Clive.Harris@buckinghamshiregov.uk</a>

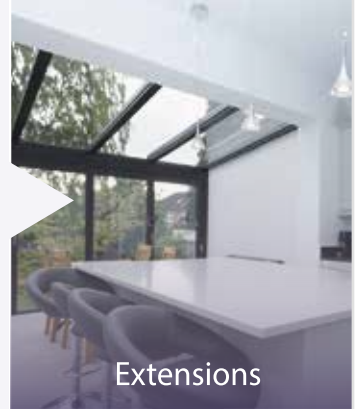
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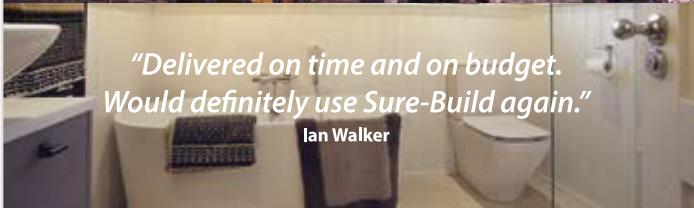


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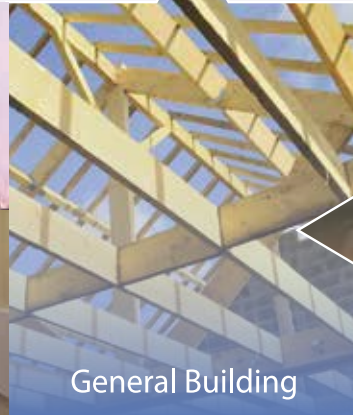
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### **Copy Date for July Gazette, 15 June 2021**

Welcome to the June edition of the Naphill and Walter's Ash Gazette! Just what a difference a year makes in terms of weather! Last May we were enjoying the sunshine which heralded the start of a good Summer. So far this May, I have been grateful for my boots and the sandals have not been worn, but ever the optimist, surely, as we hopefully, finally come out of lockdown, the sunshine will burst through and we will all really be able to enjoy our freedom once more!

I am not a cold weather person, I am never very keen to venture forth in Winter and of course, this year, with Lockdown, it has not necessarily been an option but HOORAY! Monday 17 May, we could finally go into the pub or visit a cafe, of course, still being very careful to obey the current rules. Himself charged up my mobility chariot, loaded it into the car and off we went to Hearing Dogs for lunch. Out came the chariot and I so enjoyed being able to ride around the grounds and have a celebratory lunch. I am hoping that as the weather improves, I will be able to get out more. Please, as requested in the NAWARA report, do not park on the pavement so that I, and others who need an extra bit of pavement space, can enjoy our beautiful environment.

As announced in this edition by Clive Lawrence, our village hall council chairman, subject to lockdown

being lifted on 21 June, plans are being made for NapFest and Classics on the Crick. Hopefully more on this next month .

As many of you already know, the Clappins Field development commenced a few weeks ago. This undoubtably is a sad and trying time especially for those who live near the site and of course, a great disappointment to all those who have fought so hard and long to save the field. There is now a Clappins Lane Monitoring Group Facebook page where we can keep up to date with developments. Mrs Cheryl Anderson is communicating with Dandara and the authorities on matters of concern and she will be writing regular reports for the Gazette. Special thanks to Cheryl for her report this month and for the help and support she is extending to the community.

My thanks to all our contributors for their articles and photographs. Just a little reminder to please check your facts before you send articles and emails to me.

My thanks to you all, enjoy June and I look forward to receiving contributions for the July Gazette on or before 15 June please.

*Sonia*

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

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The committee held a zoom meeting on the 26 April and 18 members of the committee took part. The first item on the agenda was election of chair and vice chair. The committee elected me as chairman for a further year and Linda Clark was elected as vice chair. The committee then appointed Tanya Stevens, Dave Evans and Judy Whitehouse as co-opted Trustees.

The committee then discussed the reopening of the hall in line with current regulations and there was a referral to the Acre information that was available and recommended a health and safety review before reopening. This has been completed, with the information passed on to the hall users.

Norma Clarke has been asked to obtain quotes for new doors for the entrance from the car park. These will be for uvpc or aluminium with no threshold for wheelchair access.

Napfest was also discussed and many of the volunteers are not available for the August bank holiday weekend, so a move to 11 September looks the best date. Classics on the crick will be held on Sunday 29 August as previously planned.

The fireworks committee are monitoring the Covid situation and they hope that the event will be able to take place on Saturday 6 November. Let's hope that the Covid situation allows us to hold these events and the village can enjoy attending them and getting back to some kind of normality.

Keep safe and well,

*Clive Lawrence*  
Naphill Village Hall Chairman.

## Buckinghamshire Councillor, David Carroll

Dear Residents,

I know that the past months have been very challenging but hopefully life will get back to some sort of normality in the near future.

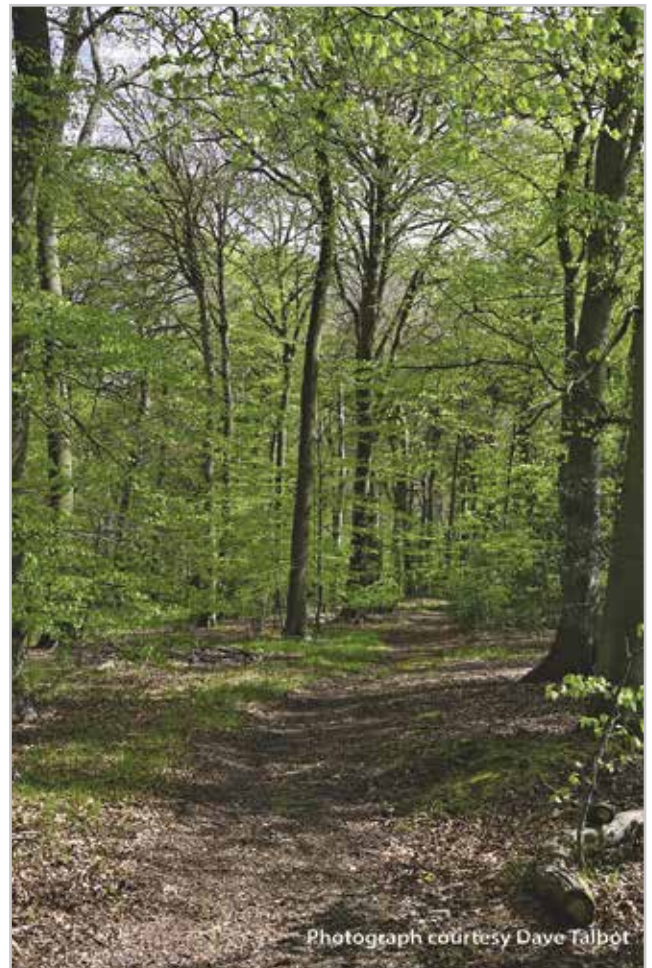
Everybody in our community appreciates all the people who help to make the place we live in special.

Recently we had an election and you have three Councillors for your area, Clive Harris, Steve Broadbent and myself.

I am sure Clive and Steve will, as I do, look into any issues which arise whenever they are contacted.

*Kind regards*

*David*



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## Letter from Hughenden Parish Council Chairman

Dear Residents,

The local elections held on the 6th May 2021, marked the end of what I feel must be a unique parish council term of six years. The normal four years was extended by a year so that parish elections could coincide with the Unitary elections and then a further year due to the pandemic.

I would like to take this opportunity to thank all the Councillors, our colleagues in the office and our service partners for their excellent work to ensure that the residents received the highest level of service possible. Our thanks too, go to all those Councillors who will not be returning, while it is wrong to single out any one councillor, I feel that Cllr Rick Gould's departure after over 26 years service to the Council should not go unnoticed.

I would also so like to thank and offer my best wishes to both the Clerk, Shona Hadwen and the Deputy Clerk, Jill Armshaw who have moved on to new opportunities. Mel Woof joined the Council in July 2021 as the Clerk and in June we will welcome Helen Hogan as the Deputy Clerk. Both come to us with a wealth of relevant experience.

The result of the May elections was that the following Councillors were appointed to Hughenden Parish Council.

Great Kingshill Ward – Cllr Paul Nicholls

Hughenden Valley Ward – Cllr Andrew Capey, Cllr Peter Gieler, Cllr Mary Hilder, Cllr Simon Kearey

Walters Ash and Naphill Ward – Cllr Paul Hardinge

Widmer End Ward – Cllr James Air, Cllr Carol Charlton, Cllr Linda Derrick.

This means we have vacancies in the Great Kingshill, Walters Ash and Naphill and Widmer End Wards. The council may co-opt into these vacancies to ensure full representation should volunteers come forward. Please contact the Clerk for further information.

There were a number of notable achievements last year, for example quick action being taken regarding Ash die back and the launch of the new Hughenden Parish Council website which is located at [www.hughenden-pc.gov.uk](http://www.hughenden-pc.gov.uk). Now that it is in place, we look forward to populating it with meaningful information for our residents on a regular basis.

There is a 100% allotment occupancy which has not been the case for many years, with the lifting of Covid

restrictions the Annual Allotment competition is back on the calendar. Judging taking place in week commencing 12 July. Check the new website for further details.

The highlight to date for the new Council, was its first outdoor meeting in its 125 year history, with 8 councillors, 7 members of the public and the Clerk, all braving the rain, wind and hail to hold the Annual Meeting of the Parish Council. This provides the structure for us to continue work and activities until social distancing can finally be lifted and we can meet properly again. We were able to hear directly from Buckinghamshire Councillors and members of the public before determining our response to local planning issues.

The last Council's broad strategic plan that underpins an improvement in services to the residents, rolls forward and the new Council will continue to develop those ambitions.

There is one traffic related concern that covers the whole of the Parish in addition to speeding, which is the ever increasing volume of heavy goods traffic. We already have an ongoing problem at one end of the parish and now with the planning application by Wycombe Recycling, we anticipate the additional heavy traffic that it will bring to the surrounding villages of Cryers Hill, Great Kingshill and Widmer End.

The Parish Council is working with relevant parties to generate positive action. Great Kingshill Residents Association, local residents, Bucks Councillors, the Parish Council together with the North West Community Board have co-operated so that a traffic survey and review has been instigated in a quick timeframe, we are hoping that Bucks Council will be in a position to share their conclusions and proposals by the end of June.

Looking back across the year I would like to thank all those individuals and organisations that did so much to support the residents during the most difficult times during the Pandemic. Our thoughts are also with those who have lost loved ones and who may have suffered from Covid themselves.

Finally my best wishes to all residents for a pleasant and hopefully Covid free summer.

*Cllr Paul Nicholls*

Chairman – Hughenden Parish Council



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# Friends of Naphill Common

By the time you are reading this, our regular guided walks should have restarted, as lockdown restrictions continue to be relaxed. Our longer walks (around two hours, finishing with optional lunch at a local hostelry when possible) are led by Ron Collins and Neil McMinn, and are usually held on the third Monday of each month, starting at 9:25am prompt from the Village Hall. Shorter walks (around an hour, finishing with optional coffee and cakes at Bon Ami) are led by Chris Miller and are generally on the first Wednesday of each month, starting at 10:30am from the Village Hall. The walks are free, and all are welcome.

We also plan to recommence our working parties, but the details have not yet been finalised. 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>

Our Hon. Treasurer, Neil McMinn has been busy wrestling with the lengthy bureaucracy involved in transferring our bank account from NatWest. There were two main reasons for making this change, we wanted to take advantage of better online management of our funds, but also our old bank were offering financial incentives for small businesses to move their accounts. Following a lot of work, we now have a new bank account and a 'windfall' gain of £1,250 provided by our former bank. We've decided to donate half this amount to Village Hall funds, feeling that their need is greater than ours.

Our new account details (now with Metro Bank) are:

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If you haven't already paid your annual £5 subscription (or would like to join us), you can use these details for a direct credit transfer. Please don't forget to include your full name in the Reference, so we know who's paid and who hasn't.

Although the weather hasn't yet warmed to spring temperatures, migrant birds are already here. Chiffchaffs are the most unmistakable arrival with

their melodic call of "chiff chaff, chiff chaff", which can frequently be heard on the Common and all around the village. These small warblers will have travelled here from as far away as North Africa, to nest and raise their young. The other traditional bird call of spring is from the cuckoo, also helpfully announcing its own name in song. Although never a common bird (there are roughly a thousand times as many of the species, such as the dunnock, which they parasitise by laying eggs in their nests), their song is extremely loud and could be heard throughout the English countryside in early summer. One was heard calling from the top end of the Common last year, but there are now only about half of the numbers of cuckoos that were here in the early 80's. Let's hope to hear one again soon.

Chris Miller  
Chairman



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## Clappins Lane Development Monitoring Team

### Update: The Clappins Lane Oak Tree

The owner of the house behind the Oak tree in Clappins Lane has generously offered part of his front garden to provide space for a footpath to be created behind the Oak, to save it from being cut down. NAWARA and the Oak End owner have separately approached developers, Dandara, to consider this alternative to destroying the Oak. Dandara are adamant that as felling of the Oak is a condition of the planning permission for the 63 houses they therefore cannot consider any alternative.

NAWARA have written to Highways and Bucks Planning to further plead the case to save the oak.

### Update: The Clappins Lane Development:

As a lot of you will know, the development of Clappins Lane field started on Monday 26th April. We are now nearing the end of week 3 and the landscape already looks very different.

I personally spoke to Dandara on Tuesday 27th April, to request more information with regards to the timeline for the development.

Coinford (the principal contractors), will be on site for approx. 12 weeks, preparing and levelling the ground. After this 12 week period, Dandara will resume control and the plots and new boundary will be configured in accordance with the site plan. A lot of residents who border the field have understandably refused to relinquish their current boundaries, so the new boundary plan (which is to erect a 6ft fence approx. 30cm from the current boundary) has naturally created a cause for concern, as this could directly interfere with the Oak trees that are not being removed, especially when RPA (root protection area) is taken into consideration. (This is an area around the roots which should not be disturbed.)

I have also raised queries with regards to the tree planting plan.

1. It is disturbing to see so many non-native trees (approx. 39%), which will be of less benefit to British wildlife than native species.
2. There also appears to be approx. 34% of trees that are potentially toxic to cats and dogs (according to the dogs trust tree list).

I have received a response from Dandara, but as 2 points on my original email had been disregarded and the explanation of the tree planting plan did not fulfil the original queries, I responded on Tuesday 4th May, requesting a full explanation of all the points that have been raised. As of this morning, Friday 14th May, I am currently awaiting their response. I hope to be able to provide their full explanation in the next edition of the Gazette.

Please do feel free to join our Facebook group, which is updated regularly:

["Clappins Lane Development Monitoring"](#)

Many thanks,

*Cheryl Anderson - Group Administrator*

### The Bench Repair - top of Clappins Lane

Michael Leggett sends his thanks to the following friends for their support in helping him to repair the bench:

**John Adsett from Smalldean Lane** for giving me a very large piece of mahogany, it was big enough to cut up and make the rails

**Gary Putnam from Lacey Green** for correcting the metal supports which were 2" out of symmetry and needed rewelding so as they were both the same and then spraying them black.



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## Naphill & Walter's Ash Residents Association

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We hope to be able to hold our first face to face meeting in what feels like ages at the village hall on **Monday 12th July at 8pm**. Any resident is welcome to drop in and see what we are about. We meet on the second Monday of the month (if government guidelines permit).

The following issues have been reported to us by concerned residents:

Clappins Field and Oak: Developments are being monitored by the Clappins Field Development Group who have their own Facebook page and are submitting an independent report to the Gazette.

11,000 volt cable under Walter's Ash Allotments: The SSE cable runs the whole length north of the track through the allotments, and directly across the track near the Main Road entrance, 2ft plus below the surface. NAWARA was asked to contact the appropriate authorities to obtain assurance that protection round the section of cable across the entrance to the allotments is sufficient to withstand the weight of the lorries that will cross it during development of Anns Cottage. It has been suggested by concerned allotment holders that a safer solution would be to raise the cable on poles as this would obviate vehicle damage along the whole length. Action: The Parish Council, who administer the allotments, have been made aware of the request and concern.

North Dean Cycle Track: NAWARA received a photograph some weeks ago of a huge zig zag scar on the hill above North Dean, clearly visible from our side of the valley. Action: We contacted Enforcement officers who took up the case immediately. The farmer, we understand, has been told to reseed the area but it will take a long time for fresh grass to conceal the damage (hopefully all this rain will encourage the grass to grow quickly).

Romanian Church parking: The large number of cars bringing worshippers from the London and surrounding area to the Church in Chapel Lane, Naphill, have created some parking problems during services, one of which has been held at night. Action: Rev. Keith Johnson of St Michael and All Angels is due to have a meeting with the Romanian pastor during which the parking issue will be discussed.

Bad Parking letters. If you would like a copy of the bad parking note provided by Neighbourhood Action Group, please let me know. It can be put under windscreen wipers of cars blocking a pavement, which can be a serious problem for people in wheel-chairs or people pushing double buggies.

Vehicle Activated Signs. The only authorised VAS pole is

opposite Kilnwood. NAWARA is pressing for some more poles to be installed in Naphill and Walter's Ash to carry the VAS as they do help to slow down speeding traffic.

Speedwatch. We still need new volunteers. Please contact Gloria on 563634 if you would like to become part of the team.

Planning applications can be seen on the website, [www.naphillandwaltersash.org.uk](http://www.naphillandwaltersash.org.uk) under the Residents Association tab and also on the Buckinghamshire County Council website, though without the planning reference number this can sometimes be hard to negotiate. BCC only published one active application this month.

*Claire Patten - Chairman*

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## Wycombe Photographic Society

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Our Annual Competition will be held during June with all entries being Projected Images due to the difficulty of getting prints collected and off to the judge plus the fact that prints do not display at their best on a zoom conference call.

As the projected images will be shown using zoom Naphill and Walters Ash Gazette members are invited to watch the best of the clubs images competing for the "Best Image" for 2020-2021 being selected from around 100 entries. Please contact me through our website if you are interested in watching this competition.

During June we will also be holding the finals of our internal competitions that were held during the 2020-2021 year.

Look at our website to see the stunning winning photos.

We are now entering our "quiet season" and with the easing of the lockdown restrictions members will be able to get out and about to replenish our images ready for the 2021-2022 year.

This month's tip..... June is the month when all gardens are in full bloom so out with your cameras and take that photo of Auntie Doris's beautiful rose... get you some "brownie points".

For full details of what is going on at Wycombe Photographic Society please see our website:

[www.wycombephotographicsociety.org.uk](http://www.wycombephotographicsociety.org.uk)

*David Greenwood*  
Membership Secretary  
Wycombe Photographic Society

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## Growing Your Own

The weather is so, so important to those who grow their own. There are great variations in weather from one year to the next and it is difficult to plan. It seems that Global Warming is causing extremes of weather to occur more frequently. For example in 2020, after the wettest February since 1914 we had glorious weather in March, April and May (which was the driest May since 1868). The weather was warm and dry and there was no frost to ruin the blossom on fruit trees and fruit bushes. 2021 has brought us down to earth with a bump! We have had a "rich choice of worries". The winter was colder than normal and that has been followed by a cold spring. So much so that my apricot blossomed about a month late and my asparagus is about 3 weeks late. It was the coldest April for 99 years. We had more frosts in April than in any April since records began. I fear greatly for the fruit trees and fruit bushes which flowered in April. I tried to cover my apricot espalier and my flat peach espalier with fleece and anxiously await the results. My apple, plum and pear trees were too big to cover. I did not have the temerity to rush out at 3.00 am and light wax candles on my allotment as they did in vineyards. I feel sure someone would have called the police and PC Plod would have shot round saying "Hello!, Hello!, Hello!" at my attempt to cause yet more Global Warming.

Now to the drought. This spring was very cold and we had an unusual combination with lack of rain (up to the end of April). The soil was amazingly dry for the time of year. I sowed seeds by making a drill, filling it with water, sowing the seeds, backfilling and tamping down and assumed that would be that. Not a bit of it! We had no rain and I had to water the rows of seeds repeatedly to try to get the seeds to germinate in the cold, dry soil.

The final item of this "rich choice of worries" was strong winds. We had one truly exceptional blast of wind at the end of April which blew the flower buds off most of the alliums in the flower garden. We have never experienced such damage before. It was such a pity, with the alliums about to bloom and give their usual fantastic display.

It was not all gloom. The watercress in the greenhouse was exceptionally good this year, and the purple sprouting broccoli on the allotment has never been better. I continue to raise plants for planting out at the end of May when the danger of frost should have passed. Who knows what the summer will bring? Gardeners have to be prepared for extremes.

Good gardening,

*Mike Mason*

## Shear Madness

Oh my, it is so good to be back seeing you all again! It's been a crazy few weeks but I think I've caught up with most of you by now. I must say it's lovely to see my customers who have been shielding since last February, it's just lovely.

For your safety I am testing myself twice a week and by the time you get this I will have had my second vaccination, happy days ! I am also offering a service free of charge for anyone who would like their vaccine card laminated to prevent them getting dog eared, I think I can get at least eight on one sheet so you can either give them to me when you're passing

or pop them in an envelope with a contact number and I will call you when I have done them.

Fingers crossed that we can return to normal times and we can have the fete, fireworks and Christmas market. I will still be keeping my appointment system going but if I haven't got my "no entry sign" on the door that will mean I have a space for a walk in but it's always better to book.

Keep staying safe

Love as always

*Mandy x*

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## Naphill Tennis Club

We had a potential new member – Penny Farthing – at our group coaching recently! Could this be the start of a new sport?



Our coaching programme is going well and is very popular. With summer on the way, it is lovely to get out in the fresh air and enjoy a very sociable activity. As a reminder, the following is our current coaching programme but our Head Coach, Mel Burn, would be delighted to offer individual lessons for beginners or rusty improvers. Just give her a call on 07949 128195 or melebbles@hotmail.com. Please remember to book with Mel for any adult or junior coaching.

*Please see below*

<b>BEGINNERS ADULT COACHING</b>	<b>Mondays 9 – 10 am starting 29 March</b>	<b>Cost: £10 per person. Open to non-members.</b>
<b>IMPROVERS ADULT COACHING</b>	<b>Mondays 10 – 11 am starting 29 March</b>	<b>Cost: £10 per person. Open to non-members.</b>
<b>JUNIOR COACHING</b>	<b>School Summer Term starting Friday 23 April for 10 weeks excl 4 June</b>	<b>4.30 – 7.15 pm 3 groups of 45 mins/1 hour. Places limited due to COVID.</b>
<b>UNDER-7s CLUB</b>	<b>School Summer Term starting Saturday 24 April for 10 weeks excl 4 Jun</b>	<b>9.00 - 9.45 am.</b>
<b>TENNIS CLINIC</b>	<b>Friday 4 June 10 am-1 pm</b>	Further details from Mel.

For details of membership, please see our website: [naphilltennisclub.org.uk](http://naphilltennisclub.org.uk) or contact our Membership Secretary (01494 563706 email [naphilltennismembership@gmail.com](mailto:naphilltennismembership@gmail.com)).

*Jenny Tench*

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## The Wheel

So, I sit here after the announcement from Boris that the hospitality trade can now open indoors as well as out. This is great news as the recent weather has not been overly kind to us all. We cannot thank everyone enough who have come out and supported us over the last month bringing bags full of extra clothes and braving what has been a very showery April and May. No doubt the weather will change in a week and you'll all be outside anyway!

We would like to thank and congratulate all our staff and especially the management team for all their hard work and having to get used to yet another way of working. I am proud of how fast and excellent our service has been and how you have all worked as a fantastic team again after so long off.

Now that you are back inside, we will be running an almost normal menu again and yes, it will be back on plates with proper cutlery. We would also advise that if you are wanting a table inside to book with us, and outside will still be a first come first serve basis.

Current Rules for Step 3 of the road map:

1. Please wear a mask whilst stood up indoors
2. Please have the Test and Trace App on your phone (if possible) – everyone over 16 must be recorded!
3. Rule of 6 (please do not move furniture)
4. Full table service inside and out

Until the Step 3 rules are relaxed, we have decided not to plan for any major events as we really don't want to have to cancel them again. Hopefully, the summer will be kind to us, and we can all start to have some enjoyable evenings in the pub gardens.

Maxii and Molly have been so happy to have you all back and are even happier that you are eating again! Although they feel very under fed over the last few months, I would request that you try and refrain from feeding them (I know they make this difficult with their sad eyes)!

Once again thank you to everyone for your support over the last month. It has been great to have you all back and it's very much appreciated.

*Claire and Mark*

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## From Our Wye Correspondent

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As we near the end of the Stamp Duty Relief extension I can honestly say that this has been the busiest and most frenetic year of my relatively short career in Estate Agency. We went from a stagnant market during 2018 and 2019 (Brexit Effect) to a market where properties were selling in hours rather than months and the dreaded gazumping made a re-appearance. It has become a very frustrating market for those looking to purchase as stock levels have run very low and houses are achieving above asking price in many cases, in addition to selling very quickly.

However, what is not being achieved quickly is the conveyancing process due in the main to solicitors being inundated with the volume of sales and purchases. Unfortunately, many Estate Agents are tied in with Conveyancing Companies from which they will receive a favourable commission. They will not refer customers to other companies even if they are aware that there are considerable delays within their favoured option. This arrangement does have advantages beyond the obvious financial one in that agents become familiar with conveyancers and often strike up a good working relationship, however, when the company becomes inundated with work, I believe that they should be more circumspect and suggest alternatives. During a frustrating conversation with another branch manager (not local) about continued delays I suggested that they should

not keep recommending the same company if they were aware of the delays. Their reply was "Why would I do that as I get a 50% commission from them". Says it all!

My advice is to shop around if you do decide to sell and do not become persuaded to use a particular firm of conveyancers without considering alternatives. I provide customers with a list of local solicitors who I have previously worked with and know and with whom I have good communication channels. I suggest that they ring round to get the best quote and at the same time get a feel for the person who will be dealing with probably the most expensive transaction of their life. I will get off my soap box now!!

Both my daughters have now signed up on the "Borrow My Dog" website and have been making lots of doggie friends in and around the High Wycombe area. It has definitely proved a great way to get some canine time without the full responsibility of owning a dog.

Finally, this month a shout out for The Tyre Team based locally in Walters Ash. I needed four new tyres for my car and rather than suggest the most expensive option they suggested a good quality mid-range tyre that I had never heard of. However, on researching the brand their advice was spot-on and equally important saved me a few quid. My thanks to Jim and the team.

*Alan Draper - Wye*



## The Princes Risborough Rotary Club

---

Have you considered joining Rotary? Would you like to be part of a team which makes a real difference in the local Community?

In the past 12 months the Club has donated around £35,000 to over 30 primarily local charities. One of these being the Princes Centre in Princes Risborough, which it has supported since it was rescued from closure by the local community 8 years ago.

It is an award-winning, community-run day-care centre, with 8 Trustees (5 of whom are Rotarians), 14 part-time staff and 20 volunteers offering day support to individuals from the local area with dementia or in need of friendship, as well as younger people with learning disabilities or suffering from mental illness. The high quality of care it provides resulted in it winning the Queen's Award for Voluntary Service (the MBE for Voluntary Groups).

It is a welcoming, modern environment with a large social space where clients can dance, sing-along, or play board or Wii games. It has a kitchen and restaurant and clients can interact with the kitchen staff or attend baking classes.

There is an IT room, an Arts and Crafts room, a carpentry shop and a popular pottery room for educational sessions. It also has its own hair salon, meeting room and a minibus to transport clients. There is also an outdoor area with a greenhouse for the clients to grow vegetables.

The Rotary Club has supported the Centre for the past 8 years by donating over £7000 and regularly providing manpower and working parties to meet the Centre's needs. If projects like this appeal to you we are always keen to welcome new members to the Club. Being a Rotarian is really something to be proud of. If you are interested please contact David White, on 07787 750889 or go to our Website below and select "Contact":

[rcpr.co.uk](http://rcpr.co.uk)

If you would like to make a donation to the Club Charity Fund, you can do so by going to:

<https://www.justgiving.com/campaign/rotaryclubofprincesrisborough>



## Hedging About Naphill

We are fortunate to be surrounded by such a delightful Chiltern landscape: the abundant woodland and the pattern of fields with their web of hedgerows. We must cherish them. The hedgerows are particularly vulnerable, but are of great importance, not just for their beauty but for many other reasons. Most obviously, they are vital linear nature reserves of plants and animals, nesting sites for birds and a network of sheltered communication for species to spread and replenish depleted populations. But perhaps a less obvious value is in the historical information the hedges contain: information which may not be available from other sources.

The pattern of fields is informative. The rectilinear tidiness of the fields on the Aylesbury Vale reflect the parliamentary enclosures of the 18th and 19th Century, but enclosure of the common open fields (privatisation) had been going on since Tudor times, often against doomed resistance and revolt by the poor. Hence the well-known poem:-

The law locks up the man or woman  
Who steals the goose from off the common,  
But lets the greater felon loose  
Who steals the common from the goose

On the Chiltern Hills the fields tend to be much more irregular in shape as they were created by nibbling them out of the prevailing woodland. The poor soil and steep slopes favoured grazing rather than ploughing – although there are signs of what might be common land plough furlongs surviving in a meadow on Little Mosely Farm.

Leaving garden hedges aside, there are two main kinds of hedge in the landscape. First, there are woodland-relic hedges which were made when the land was first cleared for agriculture. These often started life with several species of woody shrub: hazel, beech, ash, oak - whatever was to hand when the woodland

was cleared. The woodland-relic hedges generally enclose large areas and line the older roads and tracks. Surprisingly, they often retain several of the woodland flowers and grasses, such as dog's mercury, bluebell, yellow archangel, wood spurge and wood melick, The land they enclose is then subdivided by field hedges. These were generally planted with one species – often hawthorn in our area. All hedges tend to become colonised by new species over time - which can give an indication of their age. Around Naphill there are a few recent hedges either planted when roads were realigned or widened or created by birds dropping seeds while perched along a fence.

The species of woody shrubs, trees and flowers etc. in a hedge can tell us a lot about its history and hence the history of the landscape. The traditional way of recording the species in a hedge was to take a number of 30 yard samples, count the different species in each, counting from one side of the hedge. Then take the average. (Using yards as the measurement is still convenient as it corresponds to a good stride and so can simply be paced out while walking, but for those whose legs have been metricated, step out thirty 0.9144 metre long paces.)

As mentioned, all hedges tend to be colonised by new species of woody shrub as the years pass. Indeed, Dr. max Hooper devised the formula:-<sup>2</sup>

$$\text{Age of hedge} = (110 \times \text{number of woody species}) + 30 \text{ years.}$$

But there are so many complicating factors that it is simpler to say that the age of a field hedge is very roughly the average number of woody species per 30 yard sample x 100.

The hedges that are threatened with destruction in Clappins Lane include two woodland relic hedges. The roadside hedge has an average of 6.8 species per 30 yard sample, while the hedge abutting the lane near

the sub-station has a remarkable average of 8.25, with 14 different woody species in all. Such richness suggests that it may once have marked the edge of the Common. These hedges have almost lost their woodland herbs after being overrun by ivy; only some false broom grass and remote sedge has survived. The remaining two are field hedges with 3 and 5 species apiece.

The hedges on Great Mosely farm are important because the woodland relic hedges may tell us where the original edge of the Common ran, and both those and the field hedges might even give evidence of the possible whereabouts of the lost hamlet of Moseley. The presence of elder often indicates where the hedge once had a gate or a gap.

As we move down the village to little Mosely and Combe Farms there is an intriguing pattern of hedges. Stocking Lane is lined with very old woodland relic hedges. Some are almost as wide as the lane and with a great variety of species, including ash, beech, blackthorn, wild cherry, dogwood, elm, field maple, hawthorn, midland hawthorn, hazel, holly, oak and both dog and field roses, plus a great variety of woodland flowers. They must be very ancient: in fact, there is a

document from the 15th century that mentions an "... ancient hedge in Stokkynglane"<sup>3</sup> so if it was ancient in the 1400s how old and precious is it now? (Incidentally, for many years these huge hedges were clipped by hand by Ken 'Kedgel' Bristow, who would sit on top of them on a board.) The elm in these hedges is the only surviving evidence for the group of fine elm trees that stood opposite the barns of Little Mosely farm until killed by Dutch Elm disease in the 1960s. The numerous field hedges also have many species, and their complex pattern contains a lot of historical information.

It is very likely that these areas of the village will be the next target for the developers and the planning department, who will not see the beauty, the ecology or the historical value, but will see them paved with gold. We must be wary.

*Trevor Hussey.*

Notes.

*Original research done from 1980s to present. See for example Hussey T. (1987) Hedgerow history. The Local Historian. Vol. 17, No. 6, pp 327-342.*

*Pollard E, Hooper M D, Moore N W. (1974) Hedges. Ch.7. Collins.*

*N. Wheeler Robinson. (1993) Preliminary Chronicle of North Dean. p. 4. The North Dean Memorial Hall Committee.*

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## Dog Theft

Anyone who owns a dog (or indeed any other pet) would be devastated if their dog was stolen. In 2020/21 the rate of thefts increased by a staggering 170% according to Animal Rescue UK. This advice sheet sets out some clear tips on how to minimise the likelihood of your pet being stolen and the practical steps you can take should this happen. During May, Neighbourhood Watch has run a national campaign on dog theft. Find out more here: <https://bit.ly/2RRF5nf>

### Tips to keep your dog safe

Keep an ID tag on your dog with your surname, mobile number, and address on it.

Do not put the dog's name on the tag as this will help the thief build a rapport with the dog.

Make sure your dog is microchipped, and details updated.

Take photos of your dog from different angles and to show any distinguished markings.

Keep garden fences and gates secure to avoid your dog from escaping and prevent easy access to trespassers.

Avoid leaving dogs in kennels outside if at all possible, if not then install an alarm or CCTV.

Always keep your dog in sight when walking. Make sure you have trained him/her to comeback on recall command.

Vary your walks, locations and times and be wary of any stranger approaching or asking questions about your dog. Be vigilant at all times and do not use social media sites to advertise your favourite walks.

Never leave a dog tied up outside a shop or left in a car alone. Always check if the owner of the shop/café allows dogs inside.

Be careful when choosing someone to walk or look after your dog whilst out at work.

Do not advertise you own a dog(s). For example, avoid placing notices on your property.

Be extra careful when advertising puppies for sale as the thieves are on the look out to steal the whole litter in order to sell.

Be vigilant for any new markings on your gate as this may be a sign of a gang searching for possible targets.

### What to do if your dog is stolen

Report the theft to the police, stating it is stolen, not missing. Ask for a Crime Reference Number.

Give a description of the Dog(s). Date and times of when you last saw your dog(s).

Describe the circumstances around when your dog(s) disappeared.

Report your dog's disappearance to your microchip provider as they can notify when your dog has been found.

Report the theft of your dog(s) to the local authority dog warden. They will let you know if it turns up in their kennels.

Report the theft to missing/stolen animal websites such as DogLost, who can offer free advice and help and help reunite missing pets with their dog owners. See Useful Addresses below.

Make sure you have plenty pictures of your dog(s) as they can come in useful when proving ownership.

Social Media is an excellent way to raise awareness of your stolen pet. Make sure your settings for this goes on to 'public' reaching as many people as possible. This can help make you pet 'too hot to handle'.

Look at websites and places where thieves may try to see your dog(s) including pet shops, notice boards and notify the police quickly if you spot your pet.

Contact animal centres, rescue charities, your local vet, and any neighbouring practices so they are aware of the incident and will keep an eye out for your dog(s).

Check with neighbours, fellow dog walkers and businesses.

Put out posters and flyers. Do remember to remove the posters once your dog is found. They can look unsightly after a time.

Approach your local radio station/newspapers or other media contacts to advertise your missing dog and at the same time it will raise awareness about the issue and prevent further dogs being stolen.

### Useful Addresses

DogLost: [www.doglost.co.uk](http://www.doglost.co.uk)

Wycombe Sound: [studio@wycombesound.org.uk](mailto:studio@wycombesound.org.uk)

National Pet Register: [www.nationalpetregister.org](http://www.nationalpetregister.org)

Animal Search UK: [www.animalsearchuk.org.uk](http://www.animalsearchuk.org.uk)

Bucks Dog Warden Service: provided by SDK Environmental LTD. Telephone: 03444 828 342 (calls to this number are at the Standard Rate and mobile friendly)

### Some statistics

- During the Covid19 pandemic dog thefts have increased by 170% according to Animal Search UK
- Over half are stolen from a garden
- 19% are taken by breaking into a house
- 16% are taken from the owner when they are out walking
- 7% are a result of leaving a dog tied up outside a shop
- 50% of stolen dogs are puppies

*Hilda Stearn*

Hughenden Street Association  
email: [hughendensa@gmail.com](mailto:hughendensa@gmail.com)  
<https://bit.ly/2RRF5nf>



There are other ways to identify birds beyond their plumage and song. Take the Greenfinch. When perched it will stand very upright, while a Chaffinch has a more horizontal posture, and when feeding on the ground has a walking / shuffling gait, while other finches will hop. A Song Thrush when disturbed will invariably run for cover, while the similar but more upright Mistle Thrush will always fly up into a tree. Among the real aerial birds, Swifts forage high up gliding with few wing beats, while Swallows fly low, feeding just above the ground. House Martins can also feed high but are continually beating their wings. On the ground looking into the sun Blackbirds and Starlings can look similar when foraging on the lawn but Starlings have a jaunty walk, probing their bills into the grass. Blackbirds on the other hand will run across the lawn, then stop and listen before running another short distance to check again. House Sparrows and Hedge Sparrows (Dunnocks) are similar in plumage but where as House Sparrows are sociable, Dunnocks are usually seen singly and have a habit of constantly nervously flicking their wings and tail. Treecreepers creep mouselike up

trees but a bird working it's way down a tree will be a Nuthatch. As mentioned, the Greenfinch will stand on a bird feeder while the similar but slimmer Siskin has a habit of feeding upside down.

The more you watch birds the more you will begin to recognise their mannerisms. Robins will bob up and down on an exposed perch, something you can recognise without seeing it's red breast. Wrens forage at the base of shrubs, Ivy and tangled vegetation, then bolt low and fast to their next patch of cover.

So learning about the body language of birds will help in their recognition.

Thank you for your support of the plant sale at the Black Lion. Over £500 was raised for the Berks, Bucks and Oxon Wildlife Trust.

*Gordon.*  
562407

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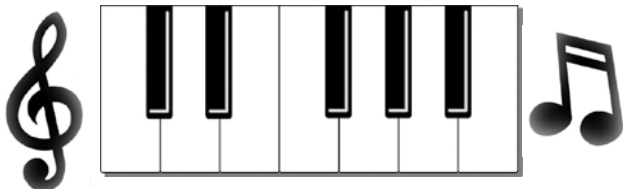
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## Chiltern Hills Arboriculture

At the time of writing, mid May, we could be forgiven for thinking we were heading back into Autumn, rather than headlong into Summer. A few weeks ago I seem to remember some lovely weather. Warm sunny days spent walking on the common and crafting various wood based projects in the garden.

However, over the last few weeks, it would appear that all the resident otters in Buckinghamshire have agreed to gather together over Naphill and collectively empty their pockets on us. I swear I saw Noah posting on the village Facebook "Don't Dump it, Donate It" page, appealing for pallet wood for his next project.

So how does this all point towards Spring..... err, springing?

About six weeks ago Mrs B invested in a web cam bird box for our back garden. Mrs B has always been a keen 'twitcher', so as opportunities to travel around are limited, this seemed an obvious alternative.

After a fixing the box, and a bit of faff regarding camera position and focussing, we were soon rewarded with pictures of a nesting female Blue Tit. We followed her progress on a daily basis, as she furnished her nest with moss, grass, old feathers and fur. Mrs B had given me a homespun lockdown

haircut the week before, so some of the fur was probably mine. The 'nesting' took about two weeks. Then she laid her eggs... seven I believe..... then Dad turned up....

So it would appear that a blue tit dad is the prototype for a modern dad.....go out all day.....come home.... and bring it home.

*Mike Beckley*

Chiltern Hills Arboriculture



Photograph courtesy Richard McVey



About our business!

Hi I am Ray Pullen and I'm a professional chef with a real passion for all thing's food! My partner, Nathalie, and I are resident in Naphill and we are very much enjoying sharing our passion for cooking and our take away dishes with the local community.

I publish a regular weekly menu on my Facebook page and I send this menu out via email, to my subscribers.

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From the Kitchen

*Back with friends & family*

With the promise of LOCKDOWN being finally lifted and hopefully some better weather, a reminder that we are here to help you with all your social events, be they indoors or outdoors. We can whip up a barbecue, supply a delicious finger buffet or afternoon tea, and of course, cook some more sophisticated, amazing dishes for dinner or lunch parties. We love to cook and we are delighted to help you enjoy entertaining. Let us do the catering so that you can enjoy the occasion with your guests! We can come to you or you can collect from us!

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*Best wishes,*

*Ray & Nathalie*

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## A Message from Pade Lacey - *What's your boat like now?*

Halfway through 2021! How did that happen! How is time moving for you at the moment? I'm reminded of my tour in the Falklands. It seemed like the days were incredibly long and yet the weeks seemed to go by so fast...like some kind of weird time vortex! This year (and a bit) of COVID restrictions has felt similar, how are you coming out of the end of it? How much banana bread have you baked? How well trodden are the footpaths as you've walked more than ever before? How is your supply of toilet roll? Have you completed Netflix yet? Did you manage to do all the things you set out to do because you 'had more time'? Has this time been filled with pain, separation, grieving or have you recentred, focused and grown in resilience? How are you coming out of the end of it?

I recently enjoyed the new series of *Call the Midwife*, and I am always amazed at how the programme highlights all the advances in science technology, welfare and societal norms. Changes which happened in such a short amount of time...and also, happened in the shadow and aftermath of the Second World War. I must confess, I tend to romanticise that period of time, but it must have been an uneasy time to go through. After years of conflict the world didn't really go back

to the 'normal' that it had been pre-war. And this isn't a negative thing...but it must have caused some to feel quite unsettled as they lived, grieved, hoped and journeyed through it.

It feels like we are living in a time when things are changing. This 'new normal' that we are starting to step tentatively into can feel like uncharted seas. But, it's not just the seas around us that are uncharted, we are also in a different boat, because you and I have changed also. We are not the same people who went into the pandemic as we are stepping out the other side...and this can make navigating these waters trickier. Like when you have a blister on your finger and you notice it every time you pick up a pen...or if you have toothache and you have to eat on the other side of your mouth. Things which we would often not think twice about we have to focus our attention on, because something within you is different.

How are you coming out of the end of it? How does your 'new boat' feel?

If you want to explore this further reach out to a friend or you can contact Padre Chrissie on [christina.lacey102@mod.gov.uk](mailto:christina.lacey102@mod.gov.uk)

### John Veysey

October 1929 – May 2021

It is with great sadness that I write to inform you of the death of John. The much-loved husband of Sheila for nearly 70 years and an adored Dad, Grandfather and Great Grandfather. The family, the many friends and all who knew this special, generous, lifelong Scout, retired headteacher, author, keen gardener, wonderful community spirited gentleman, who always had time for everybody, will miss his love, kindness and support beyond any words I can write here!

John and Sheila shared the most amazing faith and both were lifelong members of the Baptist Church so now both "Safe in the arms of their Saviour". My love and condolences to the Veysey family and all those, who like me, are mourning the loss of this special gentleman whilst celebrating his great life. A race so well-run R.I.P. good friend and neighbour.

*Sonia*

## News from Saint Michael's and All Angels Church

Since the Easter weekend, when the Church, fittingly, seemed to leap back into near full life, services in Church have taken place regularly at 9 am and 11 am and 6pm on Sundays. (Attendance needs to be pre-booked with the office for the morning services.)

The 11 o'clock service is also live streamed on our website and YouTube channel.

Masks must still be worn and social distancing observed (hence the need for booking at some services) and at the time of writing, there is no congregational singing, though members of our choir (9am) or worship band (11 am) have been in good voice. It is hoped that very soon congregational singing can take place in Church. At Pentecost, (23rd May) following the success of the Easter Day service, there will be an open-air service at which congregational singing (with great gusto!) will take place.

It has been a joy over the last few weeks to welcome the children back to Church with their special JC club, so ably lead by Bex Hawes. During the lockdowns, she has led them online with weekly meetings, but to see them "in life" has been lovely, and my, how they've grown! As a church which prides itself on being welcoming to families, it has been particularly difficult that opportunities for children and young people to be in Church have been limited.

Toddler Group has also restarted each Thursday morning, meeting in the Mother's Union garden at present, with the Tiny Tots service taking place



monthly. Even the downpour at a recent meeting did not dampen spirits, as we huddled under gazebos, sang to Nikki's flute playing, counted along to a story, and learned how to make a handled basket out of paper. Hopefully, soon, we shall be able to resume 'Cake, Piano, Church' as some of the toddlers used to call the service.

It is the fellowship of meeting and eating together that perhaps is the most difficult loss, but we also miss the members of our church family who are unable to or nervous about attending Church at the moment. The service given by our Tech Crew, who have just been able to instal easy assembly streaming kit as a permanent asset to St Michael's, has been a great boon. We are grateful to them all.

Church Suite (an email communication programme for churches) has been a great asset for sending out up to date details about changes to services etc, when the rules about what can be done have been so fluid over the last year. Technology has been a great help!

For those not on Church suite, all details about what is going on at Church can be found on our website ([www.hughendenparishchurch.org.uk](http://www.hughendenparishchurch.org.uk)) and the streamed services can be followed there or on YouTube.

Plans are tentatively being made for future events: look out for the Flower Festival over the August bank holiday weekend.

Jane Tyrer

[www.hughendenparishchurch.org.uk](http://www.hughendenparishchurch.org.uk)



### Nature Quest Weekend 12-13 June

During the weekend 12 and 13 June we are holding a NATURE QUEST WEEKEND, when young and old, amateur and expert can search our Churchyard for all kinds of plants and creatures to identify, record and upload information to the National Biodiversity Database. The weekend (10-4 On the Saturday, 12-4 on the Sunday) will be fun and informative.

We know rabbits live in the Churchyard... how many other species will be found?



## Message from Saint Michael's and All Angels Church Vicarage

*Blessed are the Peacemakers, for they shall be called children of God*

Where are the peacemakers in our society, in public life, in parliament, at the negotiating table between hostile nations?

Over the past few days, I have become increasingly disturbed, as I have watched images being transmitted from Israel – a place I visited on pilgrimage last February. Raids targeting the streets of the West Bank, the Gaza Strip, Tel Aviv, as bombs rain down on residential areas, as protests turn into looting and fighting yards from where we stayed, at the Damascus Gate beside the city wall of Jerusalem.

I am well aware that politics, and religious relations in the Holy Land are complicated, go back centuries, and can be difficult for those not living amongst the troubles every day to fully comprehend.

But where are the peacemakers in the Middle East? Our world needs to unite, and not be divided against one another, during these times of global uncertainty – joined together by the common goal of eradicating covid-19 from the face of this planet, showing compassion and generosity to the most weak and vulnerable – being generous to those who are unable to help themselves.

This seems sorely absent from our world at the moment.

We need women and men willing to stand up for justice and truth, in pursuit of peace, rather than personal gain, who will bring sides together across a table, to break bread, share a meal, look one another in the eye, have compassion for all, shake hands, and pursue peace.

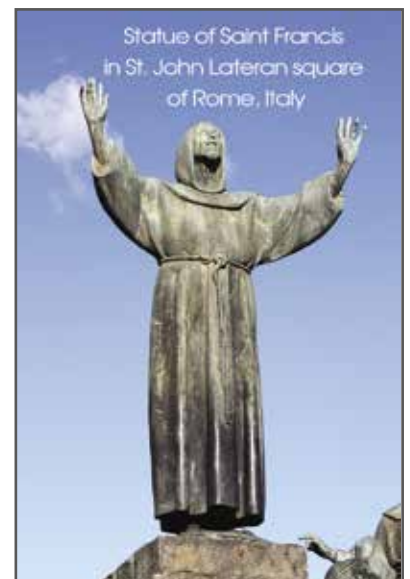
Jesus was right. During his Sermon on the Mount, he declared "Blessed are the peacemakers, for they will be called children of God".

The prayer of St Francis sums it up better than I can:

*"Lord, make me an instrument of your peace,  
Where there is hatred, let me sow love;  
Where there is injury, pardon;  
Where there is doubt, faith;  
Where there is despair, hope;  
Where there is darkness, light;  
Where there is sadness, joy;  
O Divine Master,  
Grant that I may not so much seek  
To be consoled as to console;  
To be understood as to understand;  
To be loved as to love.  
For it is in giving that we receive;  
It is in pardoning that we are pardoned;  
And it is in dying that we are born to eternal life."*

Peace be with you:

Rev Keith Johnson



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A photograph of two men, one younger and one older, standing behind a large, dark wood cabinet with drawers and shelves. They are outdoors, with green foliage in the background. A lion's head logo is overlaid on the cabinet.

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## Message from Bradenham Vicarage - *An accidental pilgrimage*

This past year, my garden has received more attention than it has ever done before. As a result, a tangled, straggly, overgrown corner has become untangled and the leggy growth trimmed allowing for strong, healthy re-growth. The space is now a short wild walk, but the access is up a rather steep bank. Discussing what to do about this, my husband suggested garden steps, so I set about making the idea a reality (a back injury makes any bending very painful for him, so it is usually me who does stuff around the garden – he has his other uses!). I had noticed just the thing to make the steps at a local hardware store, so set out to buy the items, only to find they were sold out and the store had no idea when a new consignment would arrive. Wanting to make the garden 'Easter ready', I had a rethink and realised I had a number of thick, straightish branches lopped from various trees and shrubs around the garden which could be cut into suitable lengths and pegged in place to make steps.

Spurred on by the spell of warm weather at the start of Holy Week and having a day's leave, I started my project. I created one step on the Monday. The sense of pride and achievement in building that first step inspired me to continue, but I realised that with muscles not used to sawing, whittling, hammering and digging, I would regret my enthusiasm the next day. It then dawned on me that I would need five steps – five days in Holy Week. So I planned my project one step at a time, one day at a time.

And with each step, I thought about the meaning of what I was doing and reflected on the events of that day 2000 years earlier. The project accidentally became an act of pilgrimage. My steps were creating a way to a new place of encounter with nature, as Jesus' ministry had created a new way of encounter with God. On the Monday, Jesus had cleansed the Temple from the weeds of corruption – I had cleansed the slope of weeds. As I sawed the branches into usable lengths, I thought about Jesus the carpenter 'whose strong hands were skilled at the plane and the lathe'. My hands became more skilled as each day passed.

On Maundy Thursday, as I sharpened the points of my pegs, I thought about the carpenters making the crosses for the next day's crucifixions. And on Good

Friday, I hammered in my pegs – and thought about the cross. But also on Good Friday, I built the last step and was able to say 'It is finished'.....some of the last words the earthly Jesus ever spoke.

My rustic steps now give me much pleasure. They have opened up an area of hitherto inaccessible garden. They look really nice (well – I think so). They are eco friendly, having made use of existing 'rubbish' from the garden. But most of all, they are a permanent reminder of Holy Week, of Christ's final week on earth and of the steps he took towards the cross. Every time I walk up them, I walk a pilgrim's path and they remind me that God can be encountered in many ways and in many places – we just need to learn how to notice where He is.

May you be blessed by knowing God's presence.

*Rev Jenny Ellis*  
ellisjene@aol.com



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Our Nursery is full of opportunities for the children to play, explore and learn how to navigate risks and keep themselves safe. As an adult, and Mum of three children myself, I can see dangers before my children, and often the temptation to completely eradicate risk altogether wins through. However, what if we took a very small step back? What if we allowed our children to handle glass, china, and climb step ladders, all under our watchful eye? Our children look to us to learn how to navigate the world. In the home we all 'child-proof' cleaning cupboards, ensure the iron is way out of reach without any trailing leads and that stair gates are on to prevent a tumble. This is, in my opinion, the correct way to approach our home. However, as the world starts to slowly open its doors once more, our children may get the opportunity to visit a family members' home, or a coffee shop. These places are not without risks, and are not designed to be 'child-proof', however we interpret that term.

Here at the Nursery, we believe in introducing materials that the children will experience out and about, and help them to understand how to handle these items. For instance, we have real teacups and glasses in our home area and our food is always presented to our over 2's on real plates with metal knives and forks. Our aim is to help the children to learn about the material, and respect how we need to handle them. Our Butterfly children are absolutely amazing at handling these beautiful pieces, and had they been given plastic plates that bounce if knocked on the floor, they would not have had the opportunity to learn to carefully lay the table for a visiting doll or teddy coming to tea. We even go as far as making sure the teacups match the plates!



Last week, our children helped to make 4 peg boards. These boards will be used by the children to create designs and pictures using string and rubber bands. They are a very popular way to help to develop their hand-eye co-ordination and improve hand muscles. Under the trained and watchful eye of a team member they successfully

hammered in the pins, carefully lining up the pin before testing how hard to hit the pin to get it safely in to the correct positions. We were astounded by how eager they were to have a go, and the patience they showed whilst friends went first. There were a lot of 'you can do it!' and pats on the back for a job well done. The children that made these boards, will always recall this memory, and undoubtable recall it with great pride as they use them in the future.



All of these activities are assessed before we introduce them. Every child is different, and we must always be sure that a child is ready for the challenge that we are presenting them with. If you are considering introducing a more challenging activity to your child, be sure to have considered if it is appropriate. You know your child and their current abilities, only build on their skills slowly, and always with your supervision. We take our time to talk all activities through with each child to ensure they understand what we are going to do.

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

Happy adventuring!

*Kim Cahalan Crompton*



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### High Wycombe & District U3A: Everyone is Welcome (u3asites.org.uk)

Welcome to our regular update on activities that might interest you as we move closer to the resumption of our regular monthly meetings in Halls and/or Homes. In our last report we mentioned our forthcoming talk on Naphill's role in constructing the Khyber Pass railway. This talk followed on from our AGM where we confirmed our continuing programmes on Zoom and face to face sessions, most likely to start from September. Please keep watching our website for dates and activities.

In May our Discovering Science group discussed the various 'extinctions' we have come through and whether we might soon be facing a further one! We were also privileged to hear from an Oxford University Researcher who talked live from Kolkata on 'Women's work in India on war and famine.' The story was for many of us something we knew little or nothing about and took place in the years before Independence of India in 1947. New insights into the life of Florence Nightingale also gave us some hope for the future and the relevance of her work when assessing the impact of the current pandemic.

Earlier in the year our Grand Tour of Europe was judged a success and in May we have undertaken a journey of World Train stations and the Art around the stations we have visited. These ranged from the USA, South America, India and countless destinations in Europe. Of course, London was our starting point, and we reached our first destination on the Queen Mary 2. And we did not need vaccine certificates although we ran into Leprosy in Venezuela. Did you miss our train?

The Discovering Art continues to be one of our most successful Groups and has attracted many members of other Groups who had not previously thought seriously of joining this Group. Zoom is giving our members (and all readers of this Gazette) the opportunity of seeing for themselves the work on our Groups. Our Photography and Enjoying Shakespeare Groups continue on Zoom and many of our other Groups have kept their members busy throughout this pandemic. Why not try our Film Club? In June we will be looking at a classic horror movie. June could therefore be just the time to 'try us out' by clicking into a Zoom meeting.



Florence Nightingale 1820-1910

The longest day of the year will soon be upon us and those Groups such as Walking, Croquet, Ten Pin Bowling, even Pub Lunches Group will be more than ready to welcome new members to link up with their existing members. But if you prefer the comfort of the lounge or Hall why not play a hand of Whist, join our Ukulele or Singing for Fun Group, even the Pudding Group. U3a is all about enjoyment as well as benefiting from finding out new things but above all, enjoying the company of others -something we have all missed over the past months. Or perhaps it is really the tea and biscuits.

If you have an idea for a New Group, please contact us. Perhaps you would like to start a new Group for us. We have got people to help you get started, find a venue and publicise your ideas to all our members. Gardening, Astronomy and Local History are some examples. Do let us have your views. There are U3a Groups meeting at 10am or 2pm on weekdays. Do email our Membership Secretary for full details of our programmes on: [hwu3a.membership@gmail.co.uk](mailto:hwu3a.membership@gmail.co.uk)

*Paul Gilliam*

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## Camomile PT Personal Training and Nutrition

### *Managing Cravings and Unhealthy Snacking – Hints and Tips*

Many people I talk to have very healthy general diets, however are let down by unhealthy snacking, specifically cakes, sweets or crisps. I confess that I do succumb to cravings for chocolate at times, which is fine occasionally, but becomes an issue for weight management, if it becomes a regular habit. Snacking on healthy balanced foods, as part of a good diet is fine, I am talking about the snacks that we crave that may be very convenient, but which are also calorie rich and nutrient poor.

I wanted to share some hints and tips to help understand about cravings for unhealthy snacks a little more, and to suggest some possible strategies for dealing with them.

#### **Understanding more about your cravings**

Each time you notice a craving, consider the following points and note down your key observations (in a notebook, diary or phone). Over time review them and see if any themes emerge. This can help you understand the key triggers for your craving.

- Time of day
- Time elapsed since your last meal
- Whether you feel hungry or thirsty
- Time available to prepare meals, snacks
- How you feel physically or emotionally (tired, happy, annoyed, sad etc)
- Your Stress level score - 1 (Completely Relaxed) to 10 (Very stressed)
- Anything else..

Once you understand what your key triggers are, consider ways to adapt your behaviour. For example, if you notice that you are craving chocolate in the afternoon because you feel hungry, check whether you are eating enough nutritious food throughout the rest of the day. If you notice that cravings are triggered by an emotional response to make you feel better after a disagreement or argument, maybe try going for a short walk, or other exercise, or plan a fun activity to look forward to, as an alternative to an edible treat?

#### **Other Things to Try**

- If you are snacking because you are hungry, consider switching to a healthier version of your snack of choice (e.g switch to dark chocolate), or take a smaller amount and eat it slowly and consciously.
- Remind yourself of the positives of your end goal. If you are trying to lose weight and have already eaten enough, for example, then consider a non-edible treat.

- Check that you are eating enough calories to suit your activity level across the whole day. If not, then maybe consider preparing healthy snacks or meals in advance, so they are convenient
- Give the brain something else to do as the distraction may well stop the craving– e.g a crossword or puzzle
- Wait for 20-30 minutes – cravings are temporary and may well have passed by then
- Drink a glass of water – sometimes thirst can be mistaken for hunger

In summary, as is the case for any habits you feel you should change or manage, firstly observe yourself objectively, to understand more about what triggers you, and then think about how you might make a healthier decision the next time. You'll thank yourself in the long run.

*Hilary Spain 07909 833566*

Level 3 Qualified Personal Trainer & Nutrition and Weight Management Adviser

[www.linktr.ee/camomilept](http://www.linktr.ee/camomilept)

[info@camomileconsulting.com](mailto:info@camomileconsulting.com)

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The flyer features a light green background with a white daisy logo in the top left. The title 'Camomile PT Personal Training and Nutrition' is prominently displayed. A photograph of Hilary Spain, the personal trainer, is in the top right. The 'About you' section lists three criteria for clients. A quote, 'DO SOMETHING TODAY THAT YOUR FUTURE SELF WILL THANK YOU FOR.', is written in a stylized font. The 'I offer' section lists services like online classes and personalized training. Contact information is provided at the bottom, including a phone number, email, and social media handles. A small photo of a person exercising is in the bottom right, and another daisy logo is in the bottom right corner.

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I am happy to announce that we will be reopening the doors for our group on Thursday 27th May. Booking is essential due to following Covid guidelines. I am really looking forward to welcoming both current, old and brand-new members on the 27th. There is never any humiliation or judgement at our group. Everyone gets a warm welcome.

If you would like more information or thinking of joining, please do not hesitate to contact me if you have any questions.

Warmest wishes

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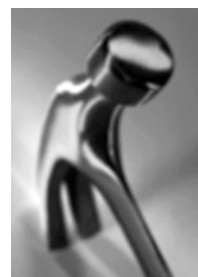
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