

Naphill & Walter's Ash Gazette



March 2023

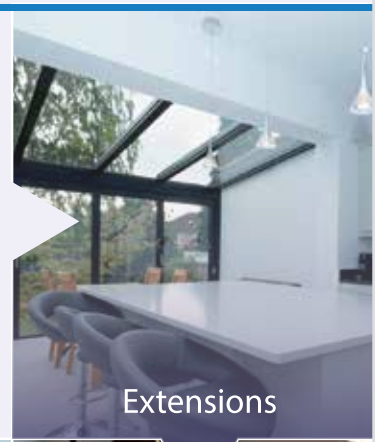
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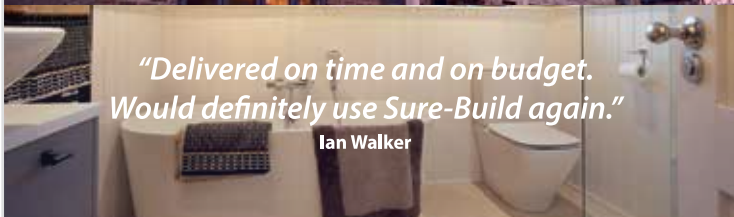


Extensions



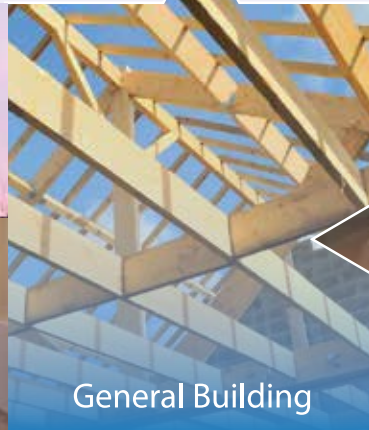
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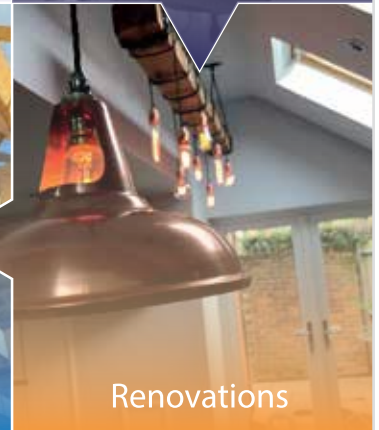


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Naphill & Walter's Ash Gazette March 2023

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Come and Join Us!

Our Local Clubs and Organisation Contacts

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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

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Naphill Village Hall



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Email: chairman@naphillvillagehall.org.uk

Bookings - Tanya Stevens

Email: hallbookings@naphillvillagehall.org.uk

Tel: 07851 169275

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			
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 Harris	07768 876568	Clive.Harris@buckinghamshiregov.uk

Helpful Contact Numbers

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

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Photograph courtesy Paul Goby

Copy Date April Gazette 15 March 2023

It has been a busy few weeks here in the office. We have welcomed some new advertisers and most of our “regulars” are continuing to advertise with us. Coles and Blackwell, who surely have been one of our “oldest” advertisers”, are retiring, please see page 47. My very best wishes to Lee and Gail for a long and happy retirement. Please take a look through our advertisements and support our local businesses. The Gazette Facebook page is also there to support our advertisers and the village community. Do please visit and post your news. Thank you to Andria and Karen for running this page so efficiently!

Summer events to look forward to! The NapFest team and the Classics on the Crick Team are announcing the dates for their events this year and they are promising to share more details with us in the April edition. The village hall council are also working on plans for the King’s Coronation. An exciting Summer to look forward to. ALL of these events will need volunteers, nothing “just happens”; a lot of work goes in and SOMEBODY has to do this work, so please remember, “many hands make light work” and VOLUNTEER your help!

The Gazette team met on 14 February. We warmly welcomed Joanne and Paul Hewitt, our distribution managers, to our team. It was agreed that I could invite Jonathan Hilder to be my assistant editor and I am delighted to announce that Jonathan has agreed to join us. Jonathan is my “legs”, he goes out and speaks to people, photographs, has lots of ideas for new articles and really helps with the stresses and ever-increasing work load involved in editing the Gazette, so, WELCOME Jonathan. My thanks to all of the team who keep the Gazette running seamlessly.

My apologies to Gordon the Bird Man for wrongly labelling the birds last month. I am definitely blaming GOOGLE! What could possibly go wrong with searching for “Blackcaps bird” or “Grey Wagtail”? In my case everything! My thanks to those of you who pointed out my errors. Gordon very kindly forgave me, and sent the definitive version of what I had published. Nobody’s version, as sent to me, matched Gordon’s completely! My good friend “Anonymous”, always on hand to help, correctly reported that there were “three birds” and sent the T-shirt to help develop my bird identification skills. A sense of humour and a helping hand are always much appreciated in this job!



On the subject of my mistakes, I put my hand up. Over approaching ten years in this chair, I have made a few of these! I try very hard, I work very long hours putting the Gazette together and as with the birds, everybody is generally generous and forgiving. I have just one comment to anybody who feels the need to scrutinise, record, report and discuss my mistakes elsewhere, “if you feel you can do a better job, if you are willing to put the work in and learn the skills needed, please do get in touch and discuss the options with me.”

My thanks to all our contributors and to everybody who takes the time to read the Gazette. Special thanks to Philip and Trevor Hussey for “Local Tales”. Another follow-up article this month. Enjoy March and I look forward to talking to you all in April.

Best wishes,

Sonía

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



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Treasurer's Report for 2022

This report covers the financial year from 1st February 2022 to 31st January 2023.

INCOME	31-Jan-22	31-Jan-23	EXPENDITURE	31-Jan-22	31-Jan-23
Adverts	£17,545.00	£16,080.00	Printing	£16,358.00	£19,126.00
Subscriptions	£2,739.83	£4,080.92	Delivery costs	£34.20	£42.75
Donations	£0.00	£500.00	Web Site	£78.59	£78.59
Interest	£0.73	£35.57	Table top sale	£105.24	0.0
Table top sale	£184.00		Software licence	£649.22	£599.28
			Postage	£48.79	£65.04
			Consumables	£59.42	£62.44
			Prizes	£140.00	£157.14
			Photos		£23.98
TOTAL	£20,469.56	£20,696.49	TOTAL	£17,473.46	£20,155.22

Year end balances

Reserve account	£ 12,425.10	(contingency fund)
Current account	£ 12,803.19	(includes £9,885 paid in advance for current year adverts)
Petty Cash	£ 25.89	

The predicted big increase in printing costs was mitigated slightly with a change to another printing company. Our thanks to Turville Printing who worked closely with the Gazette team to ensure this transition was seamless. Printing costs have increased due to the rising cost of paper and whilst steady at the moment, another increase would not be unexpected.

Apart from the monthly subscription for our software licence, any other costs of running the gazette are minimal.

Advertising rates were held at the same level to support our local businesses back from the impact of the pandemic but there was an overall small decrease in advertising revenue.

We are very grateful, as always, to Hughenden Parish Council for the annual grant they give to support the Gazette.

Subscriptions were increased to £5 this year which has enabled us to balance the books overall, returning a small surplus of just over £500.

Having left advertising rates the same for another year in recognition of the difficult trading conditions that prevail, this year we are expecting to have to use some of our contingency fund.

My thanks to everyone who keeps the gazette machine running smoothly and special thanks to Sonia Goby who is the life force behind the gazette. Sonia – a very big thank you from us all.

If anyone would like further information about any aspect of the gazette finances then I can be contacted using the details below. Judy Whitehouse – Treasurer
judy.demon@btinternet.com 07813 678844

Judy Whitehouse

Naphill & Walter's Ash Gazette Treasurer

Editorial Comment: *Thank you Judy for this report and all of your hard work and support. I am so proud that we can announce that our finances are in good shape and the Gazette's future is secure. I am so grateful that under your care, I never have to be concerned about our finances.*

Sonia





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Naphill Village Hall AGM

Monday 3rd April at 8.00pm

All residents are invited to attend.

Please do attend to hear about the work we do to keep the village hall open. This is also your opportunity to have your say!

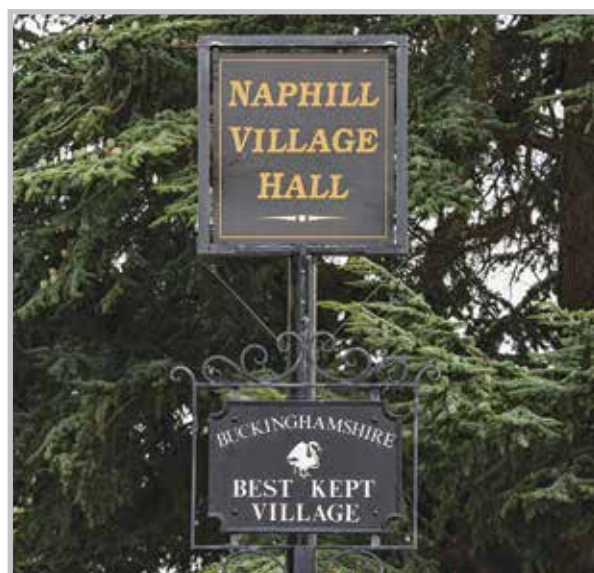
On 6th February the village hall committee met. The following items were discussed/reported:

- The 6 month trial of a smaller committee had been previously discussed, it was agreed that this would not be continued. We will revert back to a committee of all the current trustees. Currently there are 21 trustees. Hughenden Parish Council have yet to appoint a representative to replace Neil McDonald who recently resigned as a Parish Councillor.
- Dog fouling on the crick is an ongoing problem. Peter Williams has spoken to Bucks Council and they have agreed to site 2/3 more bins on the crick.
- The committee agreed that the village hall website was in need of revamping and it was noted that there were businesses advertising this in the gazette, so we will contact them to see if they can help in this matter.
- Work on the two trees which need to be cut down will commence at the beginning of April. When they have been felled the wood will be for sale so if you are interested in buying some of the logs get in touch with the committee.
- The new front doors have been delivered and will be installed by the time you read this.
- Unfortunately there is a leak from the roof in the Men's Club and one of the new ceiling tiles has been damaged, a roofer has been contacted and repairs will be carried out.
- The hot water dispenser has been replaced and I would like to thank a person in the village who has donated the money to replace the heater.

- The ceiling lights in the hall have been replaced with led light panels.
- Fundraising events were discussed and the Music Night will be on 9th June and Classics on the 11th June. A village Fete day will held on Saturday 10th June helpers have come forward.
- The King's coronation is being held on the 6th May this year. It has been suggested that a fireworks display should be organised. This was discussed and it looks as if we will be doing something on the Monday. More details to be announced.

The Village Hall AGM will be held on April 3rd and we will discuss the make up and areas of responsibility that the trustees hold. This is a meeting that is open to the public so you can attend to see and hear what the committee do to keep the village hall open and you will have a chance to voice your opinion.

Clive Lawrence
Chairman Naphill Village Hall



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NAPFEST 2023

Save the dates!

9 June - *Music on the Crick*

gates open 4pm for live music 5pm – 11pm.

10 June - *RAF High Wycombe Families Fun Day & Fete*

11am – 3pm, incorporating live music, free children's rides, children's races, Noodle Nation, Football Club BBQ, Bar, pedal planes, flight simulator, car boot sale and much, much more!

11 June - *Classics on the Crick*

YOUR VILLAGE NEEDS



Volunteers Needed!

Without help and volunteers these events will not happen. So please, RAF personnel/residents who may have an hour or two to help on either 9 or 10 Jun 2023, please email nwafete@hotmail.co.uk

Help is required for - set up Friday am, clear away Saturday from 7:30am
set up/parking for the car boot sale, clear away from 3pm Saturday

Volunteers will receive a ticket from the live Music on 9 Jun 23.

Anyone wishing to have a stall for the Families Fun Day/Fete should email nwafete@hotmail.co.uk in the first instance.

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Naphill & Walter's Ash Residents Association are promoting a

NAPHILL & WALTER'S ASH IN BLOOM COMPETITION

*Judging to take place between
1st July 2023 and 8th July 2023*

Start planning now for a wonderful summer display in your front garden and watch the smiles on people's faces when they see the results of your work.

Your entry or entries must be visible from the street for the maximum enjoyment of all, and to enable judging to take place.

Prizes will be awarded in each of the classes below:

- a) best planted container (troughs, hanging baskets etc) residential location
- b) best planted container (troughs, hanging baskets etc) – business location
- c) best overall front garden display (you can enter all or just part of your front garden)
- d) most creative garden made by a child (defined as up to and including year 6), your garden can be any size including a miniature one but you must have done all the work yourself

The judges will be looking for entries that are both creative and eco-friendly.

Entry forms and rules will be available shortly but meanwhile please "like" on our community Facebook post if you are interested.

A photograph of a pond surrounded by trees and foliage. The water is calm and reflects the surrounding greenery. The foreground is covered in fallen leaves in shades of brown and red. The text "Pickup's Pond" is overlaid in white at the top center.

Pickup's Pond

Photograph courtesy Chris Miller

A photograph of a large, leafless tree in a wooded area. The ground is covered in fallen leaves. The sky is blue. The text "Lady Horse Pond" is overlaid in white at the top center.

Lady Horse Pond

Photograph courtesy of Chris Miller

Some of us are not able to get out and about and see our beautiful Common as it bursts into Spring and so we rely on our brilliant, local photographers to be our "window on the world beyond." Thank you Chris for the pond photos and for the work FoNC on their upkeep.

Sonia



Friends of Naphill Common

I'm pleased to report that our AGM went well, with an audience of around 50 to hear Keith Spencer of Wycombe Museum give an interesting talk on Chairmaking in the Chilterns. One news item is that, after three years of making it one of the most successful stalls at the Village Fete, Ron Collins and Neil McMinn have decided to step aside from running our popular Silent Auction. We'd like to continue, if we can, as it raises much needed funds, around £1,400 each year, split roughly equally between FoNC and the Village Hall. We've had one volunteer step in, but we really need at least one more to handle the work – Ron and Neil are very happy to explain what's involved and provide advice. If anyone is interested in helping, please contact me or any of the committee.

It's the dedication of the committee that makes FoNC such a success, and while they all agreed to stand again (and were re-elected unanimously!), there is no getting around the fact that every year, we're all a year older. We'd really like some 'new blood' to join us, partly to provide some new ideas and views. The work is far from onerous – just attending three or four hour-long meetings each year (at an agreeable local hostelry), so please let me know if you'd like to join us.

Although it's only February, spring is already beginning to make itself felt. The Great Tits are staking out their territories with their "TEACH-er, TEACH-er, TEACH-er" call; Song Thrushes are singing in the mornings, with their very varied song, but one that is always repeated three or four times before switching to a new refrain;

and Great Spotted Woodpeckers are drumming their beaks against trees – they drum for several seconds at a time, if you hear repeated drumming lasting less than a second or so, this could be the increasingly rare Lesser Spotted Woodpecker, a similar black and white bird, but only the size of a sparrow, rather than a blackbird.

Queen bumblebees have emerged from their winter shelter and are actively seeking small holes in which they can produce a new brood. I haven't seen any butterflies yet, but Brimstones (the original butterfly, named for their yellow colour) are often among the first to emerge, closely followed by Red Admirals and Small Tortoiseshells. I spotted a medium-sized (1" or 25mm wingspan) white moth flying on the Common in January – this was probably the Winter Moth, which has adapted to survive freezing temperatures. If the weather continues to warm, we should soon see the ponds on the Common swarming with frogs, doing their vocal impression of a small outboard motor.

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

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



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Brownie Jumble Sale
Naphill Village Hall
4th March 1.30pm

We will be collecting items for the sale around the village on the morning of the sale and we would also welcome any items you wish to bring to the village hall on the sale day.
NO ELECTRICAL GOODS PLEASE

Hard to believe that it is half term already? So much has happened since the start of term.

Back in January, we learned about Chinese New Year traditions and made cute, year of the rabbit bunnies out of facecloths. We also tried all sorts of indoor weather-related crafts, games, songs and science for our 'Whatever the weather badge'.



Having had a go at an Escape Room over the Christmas break, it struck me how much the brownies would love this sort of challenge. So, we set up 3 challenges involving clues hidden in ice cubes and balloons, bits of jigsaw and colour codes to be found, locked boxes and bags to open and so on. The brownies showed fantastic teamwork, coming up with clever and imaginative solutions.

Our final week of term saw us launching into our Science badge with enthusiasm. We tried magic flowers that open by themselves, disappearing pictures, musical coat hangers and oobleck! We look forward to more exciting science after the half term break

Also after the half term we will be celebrating Thinking Day and Pancake Day and much more

The Brownie Jumble Sale on the 4th March is fast approaching. We really hope you will all support us by donating jumble or coming along to grab a bargain. Doors open at 1:30pm

I am delighted to say that our brownie numbers are finally starting to rise again after the inevitable covid decline. With this in mind, we would welcome an additional adult on Thursday evenings (term-time) to offer an enthusiastic pair of hands. No special skills required, just a willingness to get stuck in and support whatever the brownies are doing. Get in touch if you'd like to give it a go.

If you know a girl aged 7-10 years old who would like to get involved in Brownies, do get in touch.

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

Thursdays 5:45-7pm

Naphill & Walter's Ash School

February's Fun Begins

The second month of 2023 has arrived. New lessons and fun have now begun, including the end of half term which brings Golden Time Plus. There are loads of different activities such as: movies, chillaxing, biscuit decorating and so much more!

This year the Yr5s are taking part in the Energize performance which will be held at the Wycombe Swan. The theme is spaceships. Over 900 children from local schools will take part in this excellent event.

In YR6, our topic is Extreme Earth. We have been looking at a Japanese artist called Katsushika Hokusai who is known for his picture, the Great Wave. We have painted a replica of this piece of art and we now have a beautiful display of the paintings. We have also been looking at the poet Philip Gross. We have written our own poem based on the "Deep Ocean" in the style of Gross.

By the YR6 Media Team

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Identity Theft

As the public continue to protect their homes and property against crime, identity theft is becoming more of a potentially serious crime. As a victim of identity fraud, you might not realise you've been targeted until a bill arrives for something you didn't buy, or you experience problems with your credit rating.

Identity theft is when a person's personal details are stolen and used to commit crime. The most common types of identity fraud involve the use of compromised credit and debit card details.

Identity thieves can steal your personal information in a number of ways: going through your post or rubbish to find bank and credit card statements or tax information; from your wallet or purse by taking a driving licence, credit or bank cards or even while you shop. In some cases, fraudsters may even 'skim' your credit card information when you make a purchase, leading to card cloning or card-not-present fraud.

Your identity details are then used to open a bank account, obtain credit cards, loans and state benefits, order goods in your name or take out a mobile phone contract. They can also obtain genuine documents, such as passports and driving licences, in your name.

Here are a few steps you can take to minimise the possibility of this happening to you:

1. Protect mobile devices from access using face or finger print recognition if possible.
2. Use complex passwords throughout.

3. Try to avoid using public wi-fi for certain types of transactions such as mobile banking.
4. Shred. Shred. Shred. Never throw any paperwork away that will identify you as an individual. This includes simple letters etc containing your name and address.
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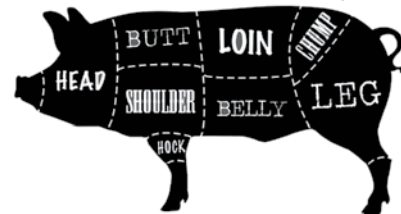
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Naphill Neighbours

This month we welcomed the founder of Hub Care Support, along with a member of the Hub's care staff. All the carers who work for the Hub are trained in personal care. The Hub started with 20 carers and now has 150. The Hub does not advertise but people in need of some level of care hear about them through 'word of mouth'.

Visiting for 2 hours a day is the norm. Carers help with domestic tasks, meal preparation, personal care, shopping, assistance to appointments, social support and companionship. The amount of help is geared to the individual. It may be just keeping someone company, taking them out of isolation.



Each person's needs are unique and great care is taken to pair up compatible people. The charge at present is twenty pounds per hour and the number of hours per week is negotiable. It was clear this service is very flexible, professional and invaluable.

View the Hub's website : www.hubcaresupport.co.uk or call 01494 774888 for a friendly chat.

Our next meeting is on Monday March 13th at 2pm. The speaker will give some insights into 'goings on' at the Royal Court Theatre from 1660 to 1830.

Peggy Ewart
01494 565969



Encouraging collaboration between community support groups

Hughenden Street Association (HSA) is celebrating its sixth birthday. Created in February 2017 with a clear agenda around helping to reduce the sense of isolation experienced by young and old alike. According to the Co-op Foundation 71% of those aged between 10 and 25 describe themselves as occasionally lonely, with 13% of pupils feeling chronically lonely. We are perhaps more familiar with the sense of isolation often felt by older people and those living with disabilities which was significantly exacerbated by the pandemic and now the Cost-of-Living Crisis.

Encouraging collaboration between different community support groups is a fundamental activity for HSA and our popular monthly pub lunches are testimony to this. The pub lunch at the Black Lion is going from strength to strength. Both the Gazette and NAWA Residents Association have promoted the event and in return HSA shares events organised by the association and other local groups in its weekly newsletter. Promoting each other's events helps spread the word. Our newest partner is the Great Kingshill Village Hub which has really taken off.

In 2023 HSA is exploring the Great Get Together project as a way of consolidating links with and between the various community groups and pupils at our local schools. Inspired by Jo Cox MP, who was sadly murdered going about her constituency work, the Great Get Together seeks to bring communities together to celebrate what unites us, to bridge divides and to tackle loneliness. Around the time of Jo's

birthday, a weekend of events take place across the UK to celebrate her message that we have more in common than that which divides us. This year's date is 23-26 June and typically people come together in parks, on streets, at allotments or in community centres to make connections with people from different backgrounds and to bring Jo's message.

Communities will be celebrating the King's Coronation in May and given the amount of organising needed for such events it might be felt that arranging something else in June might be too much. However, by signing up for the Great Get Together we can start to plan for 2024! HSA will be promoting the initiative over the coming months and if your community group or you personally would like to get involved do get in touch. We would also love to hear from our local schools. We will be inviting interested parties/individuals to join a Zoom chat to explore how we can take this idea forward within Hughenden. Just send an email to: hughendensa@gmail.com with Great Get Together in the subject line.

If you would like to find out more about the monthly HSA pub lunch at the Black Lion contact Susan Bickerstaffe on 07880 519323. You are assured a warm welcome! The next pub lunch at the Black Lion is on Wednesday 15th March

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Local Tales - The Foldex Map

As a boy, not long after the war, I found myself wandering around Bomber Command, or as we called it then, the RAF camp. I remember that the buildings themselves and an attached area beyond was still covered over with camouflage netting, presumably to appear as rough ground from the air. Slowly, things were being returned to peace-time conditions. Buildings were being renovated and a lot was being cleared out and the contents discarded.

As I explored, I came across a small hut with the door wide open. In it was a waist-high pile of discarded paperwork of no interest to me until I noticed a folder with thick cardboard lids and titled 'Foldex Map'. I like maps, so I opened it to find a folded full-colour map of northern Europe including the British Isles. Not unlike a modern Ordnance Survey map but glazed so that you could draw your route on it. I was not going to let that be thrown away.



Although treasured, the map was seldom used until my parents bought me a bike in the early fifties and I joined a cycle club. On July 23rd 1954, the photograph shows us setting off from Desborough Avenue to tour Holland and Belgium. The map was ideal because I could record our route and rub it off afterwards. In fact, I had noticed that this had been done before when it had belonged to

the RAF. I could see the imprint of lines that showed the route of aircraft, I realised, flying to bomb Germany. The flight paths carefully avoided enemy anti-aircraft guns (also marked), to get to their targets.

Our cycle tour was an adventure and a great experience. There were no enemy guns by this time, but my brother Trevor did manage to get his cycle wheel stuck in a tram line which buckled the wheel and bent his forks backwards. It looked as if his tour was over. We had arrived in a small town with a hostel where we were to stay the night. Luckily, there was also a cycle shop. The owner had just locked up but seeing the pickle we were in, he opened up, took in the bike and told us to come back in the morning. When we returned, to our amazement, the bike looked like new. The man must have worked most of the night. When we offered to pay, he refused to take any money because we were English and our country had helped his country in the war. (This still moves me).

A few years ago, I happened to mention my Foldex Map to someone in passing. To my surprise he showed more than a little interest and said that there were few if any remaining records of actual bombing raids on Germany and could he borrow the map, to which I agreed.

A couple of years later there was an open day at Bomber Command and I had the chance to visit the underground bunker where Bomber Harries had planned bombing raids during the war. To my surprise, there on his desk lay my Foldex Map. I admitted acquiring the map and was pleased that it gave historians information about RAF raids but added in haste that they should not assume from the marks, that they included a raid on Holland and Belgium!

Philip Hussey.



A Local Tale Revisited

I read with interest Trevor Hussey's article about Mr Thompson (aka 'Loopy') in last month's Gazette and would like to offer a few details about his life.

James Montague Thompson (known to the family as Jim) was the youngest of nine children born to James Thompson senior, a chair maker, and his wife, Emma (born Montague). He was born on 24/10/1881 at Laurel Cottage, Naphill Common (now Irving Cottage). After leaving school Jim began work in the chair industry working initially on the production of Windsor chairs at William Birch's chair factory in Wycombe. On 1/10/1904 at St Michael's Church in Hughenden he married the 19 year old girl who was to share his life for just over 54 years. She was Florence Ward from Walter's Ash.

During the Great War most of Wycombe's furniture industry was turned over to military production. Chairmakers' skills were particularly useful at a time when aircraft were made largely of wood. (Eventually the chair factories were obliged to devote at least 90% of production to government contracts.) Jim was probably working on the production of airframe components such as wings and fuselages at William Birch's before he signed up in 1915.

During the war Jim served as a rigger in the Royal Flying Corps in northern France and served two of the top four Great War flying aces. An article in the Gazette (July 1968) reports that he was a rigger for Captain Albert Ball, who, at the time of his death at the age of twenty on 7/5/1917, had recorded 44 aerial victories. Towards the end of the war Jim was working for Major Edward "Mick" Mannock (killed 26/7/1918 with 61 victories). Jim was responsible for setting up a bomb release mechanism on the undercarriage of the aircraft. In April 1918 he was stationed with Major Mannock at the Forest of Clairmarais near St Omer. It was while Jim was serving in the RFC that he started a secondary trade as a barber. A family story relates that he used to put the money that he received for cutting the hair of his fellow soldiers in an old tin, which he kept buried beneath a tree. One day they had to leave the area with little notice. Jim had no time to retrieve the tin and it is probably still there! He was one of the fortunate ones who survived the war and returned to civilian life in mid-1919, resuming his work in the chair making trade at William Birch's.

In the South Bucks Free Press (Friday, 9/2/1917) there is the following article about Jim:

"Second Air Mechanic A. (sic) M. Thompson RFS, son of Mr James Thompson of Spring Gardens, High Wycombe, and a nephew of Mr Simeon Thompson of Summerleys, Princes Risborough, has been promoted to First A. M. (37254,42RS). The soldier, who is well known at Naphill, joined the RFC on July 14th 1915, and prior to his enlistment worked for twelve years for Messrs Wm. Birch, Ltd, Denmark Street, High Wycombe."

Jim was a true countryman. He loved being on the Common. He liked a pint at his local, The Black Lion, on Naphill Common and conveniently he lived at Montcrest, a brick and flint cottage nearby on Main Road, which he and Florence had been living in for many years and had been able to purchase for £260 in 1938. There was a well in the back garden and a piano and a picture of Uncle Simeon in the front room. It was here that he used to cut hair in his shed and tell stories of the Great War. In order to supplement rations during Hitler's war, rather than for sport, Jim would hunt rabbits and birds on the Common. He acquired the nickname 'Loopy' from a simple loop of string that he used to snare pigeons. Often the game that he caught would be made into a pie or a stew by Florence, which would then be shared with his grandchildren from across the road.

Jim and Florence celebrated their Golden Wedding in 1954 and this was mentioned in the October edition of the Gazette that year.



Jim and Florence's Golden Wedding Tea Party

Jim died on 9/3/1959, leaving Florence, a daughter, a son, four grandchildren and several great grandchildren. Harriet was born in autumn 2022 in a town in the Lincolnshire Fens. She is Jim's great, great, great, great granddaughter.

Jim was my great grandfather. Our lives overlapped briefly, but I was told a lot about him by my father and grandmother. I like to think of him as a simple and (as Trevor said) likeable and slightly eccentric man. Like many others he did an honest day's work for an honest day's pay, served his country in time of need, and did what he had to in order to feed his family when life was turned upside down by other men's wars.

Jonathan Bristow

A Message from our RAF Chaplain

As we enter the spring season, I recognise that my husband and I have been living in the village for a little over a year now and have seen the changing vistas across the hill, from the beauty of the spring flowers to the depths of golden leaves in late autumn.

Yet that last year has brought about many changes to our world, nationally and internationally. The death of our late Queen Elizabeth II, the conflict between Russia and Ukraine and various natural disasters have all made the last year one to remember. It can be easy to focus on the adverse events in our world and then negate the more positive things that have occurred. The increase in numbers of fin whales and tigers returning to the wild, the end of the civil war in Ethiopia, breakthroughs in treating Alzheimer's to slow down its effects, and significant changes in agreements to help challenge climate change. To see the world in both its positive and

negative ways is essential, yet we have to be attentive to getting the balance correct so we don't get too much bad news while not relying on false hope.

The place we all live and work in changes, people move away, and new people arrive, yet the daffodils from last year will rise again, hopefully more beautiful than last year. The blossom will gather and cast its confetti. In all the changes there are still things that can keep our attention on the routine and constant.

I pray that you may enjoy this spring and be able to see the world in all its colours, both those that are bright and those that are dull.

Peace and all good,
Rev'd Andi Chapman,
TSSF, RAF.





Nikki Annable Dip FH MCFHP MSC

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Wheel Family News

We would like to congratulate Nikki Philips on the birth of her baby girl Freya Jane and also Kat McFarlane on the birth of her baby girl Piper. Both Kat and Nikki worked for us over the years and have become great friends, we are so proud of you both and welcome your new daughters to The Wheel family.

As I sit and write this article, we have finally made it into February and, my word, was January a very, very long month, and the wet weather certainly didn't help. Thankfully we are now halfway through February and as you read this it will be March. Dry January is far behind us so hopefully we will be seeing more of you back out again!! March is one of my favourite months as the 6 Nations Rugby season continues. We have had lots of entries into the Princes Risborough Rugby Club sweepstake, it will be interesting looking at all the results as they unfold, as the competition between everyone is so strong in here.

March is going to be a busy month as we still have the remainder of the 6 Nations games, Mother's Day,

St Patricks Day and then in early April it's Easter. For everyone who is organising a Mother's Day outing please remember to book your table. Over the next month or so you will see some changes and we are working hard on a new food menu too.

We are proud that our Cask Marque of Excellence has been renewed with the highest marks and our Guinness has also been given the 'Accreditation of Excellence Award' for quality and the perfect serve.

Mark and I would like to thank Chloe, Julia, and Chef for looking after the pub when we went away to Pembrokeshire, which was a much-needed break and greatly enjoyed. As always you and the team did an amazing job, thanks again.

Cheers and see you soon.

Mark and Claire

Wheel Diary Dates

- St Patricks Day – Fri 17th March
- Mother's Day – Sun 19th March
- Easter Weekend – Fri 7th – Mon 10th April
- CoRONation FEST – Sat 6th May



Church News

On 29th January our long-standing Bell Tower Captain, David Cornwall, stood down after approximately 50 years in post. Keith made a presentation of a silver handbell, made by the Whitechapel Foundry, after David was 'rung up the aisle' by an honour guard of hand bell ringers. (see photos above)

David has rung in 4262 bell towers all over the UK and the ringing including Europe, Canada, USA, Hawaii (hence his collection of brightly coloured shirts), Australia and New Zealand!

Under his guidance the number of trained campanologists has increased after ringing recommenced after the pandemic, including a rising number of young ringers who have competed with great success in competitions.

In 2019, on the occasion of David's 80th birthday some statistics were collated, which will probably increase even further, as, although David has stood down as Captain, his ringing days continue.

- 1220 Peals rung, many with his late wife Joyce (a peal being 5040 unique changes on the bells to set methods. Each peal taking 3 hours to complete),
- 149 Peals of Minor/Doubles (6 bells) 928 Peals of Triples and Major (8 bells) 124 peals of Caters and Royal (10 bells) 19 peals of Cinques and Maximus (12 Bells).

The new Tower Captain is Andrew Ottaway, and we wish him many happy ringing years, as we wish David some time to put his feet up.

Forthcoming events.

The Social and Outreach team are planning their programme for the coming year. Look out for details in future editions - April (date TBC) Quiz Night; 5th May: Choir event to mark the Coronation of HM King Charles III and 20th May: Nature quest and dog walk.

We hope to welcome you at these events.

Mothers' Union

The Mothers' Union AGM took place on 7th Feb and was attended by 22 members. It began with a short service in which Keith, the Vicar talked about Psalm 91.

Reports of MU support to the church were presented by Ann Gee (secretary), Louise Stallwood (treasurer), Nicky Fairburn (baptisms and toddlers group – for Helen Peters), Shirley Brown (Mothers' Union garden) and Sara Badrick (social outreach and weddings).

Norma Clarke gave news of the activities of the Mothers' Union local and worldwide, and the committee was re-elected for another year.

Jane Tyrer



From the Vicarage

The Blessings of Spring

There are many blessings,
that each new Spring brings
you can see it bloom about
and hear the song it sings.

With winters bleakness over,
and brighter days ahead
comes promises of new life
Springtime loves to spread.

As God unfolds the flowers,
and their buds begin to show
He sends to us the promise
His care for us, we will know.

He sends us the robin song,
with the promise to provide
that under His mighty wing
we have a place to hide.

He melts the snowy covers,
and sends the refreshing rain
sprinkling us with His grace
to heal winter's every pain.

God has given to all His Son,
to shed upon us a new light
and the real blessing of Spring
is to keep Jesus in your sight!

Deborah Ann Belka

As I sat at my desk, looking out of the study window at the harshness of the weather, my mind drifted back to the past few months. It has not been an easy winter, and any early signs of new life and hope are warmly welcomed by everyone. I've never had so many conversations about snowdrops, as they began bravely emerging through the frosty ground and appeared in our churchyard, and in gardens across the nation, as always coinciding with the feast of Candlemas.

Next our discussions inevitably turned towards Spring, with a mixture of yearning and hope. March seems full of so much promise, viewed from afar. I do hope it lives up to its potential. More hours of daylight, better temperatures, and British Summer Time to boot. I am sure it will be welcomed warmly by those who have struggled with poor mental health through the past few months.

I felt drawn to the poem I have quoted above, and especially to the strong links between nature and our creator God, as Deborah Ann Belka writes. The hope given to us by God is encapsulated within these words, and just as God loves to give us new life, so he does through the natural world around us, which we each have a duty to protect and care for.

As the daffodils emerge from the ground, and things begin to grow, be encouraged that God is at work in his world. He who put the moon and stars into space, also created you and I in his own image. We should therefore treat ourselves and each other with that same love and care.

See! The winter is past; the rains are over and gone. Flowers appear on the earth; the season of singing has come, the cooing of doves is heard in our land.

Song of Solomon 2:11-12

Rev Keith Johnson



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Growing Your Own

Last month I explained, now that I do not have an allotment and confine my growing to the large vegetable plot in my garden plus my large greenhouse, I need to concentrate on favourites which taste good and give a good crop. The first on the list was poirée (silver chard).

Next on the list has to be climbing French beans. The plant breeders have done wonders over the years with many vegetables and with climbing French beans they have excelled themselves. I grow "Cobra" from the UK and "Fortex" from France. These varieties are completely stringless and produce delicious bean pods which are up to a foot long. Cropping can start about 3 months after sowing and can last for a few months. One danger is to plant too many and be swamped by delicious beans. The answer is to sow progressively. I shall make two sowings, about two months apart. A row of eight 8-foot canes should suffice for each sowing, with bean plants about 10 inches apart. So, you don't need many bean seeds. The seeds keep for many years, say eight, in the packet. I have not been troubled by any pests or diseases - flank the plants with wire chicken netting if muntjac deer are a problem. A culinary tip is to add chopped garlic to the beans in the pan just before serving – delicious!

The next favourite is sweetcorn, even though they take up a lot of space. Again, the plant breeders have worked

wonders and there are many extra-sweet varieties on sale. There are usually about 50 seeds in a packet and I sow them all in 3-inch pots in March and that results in about 40 good seedlings. I leave the tray of seedlings in the greenhouse until the end of May to avoid the risk of losing them all in a frost, then plant them out in a block with, say, 6 rows 12 inches apart having 7 plants about 18 inches apart in each row. Planting in a block in that way is advised to encourage pollination with the tassels at the top emitting clouds of pollen to fertilise the cobs below (every seed on the cob has to be individually fertilised). I shall plant butternut squash plants amongst the sweetcorn, letting the squash plants run about underneath the sweetcorn. Both sweetcorn (developed from maize) and the cucurbit family (including squashes) came from the Americas, where the Native Americans grew the two crops together to make better use of space, so that is what I shall do this year. Badgers have mouths full of sweet teeth and can be a big problem on the allotment, so I moved my sweetcorn patch to the garden many years ago. Similarly muntjac deer find cucurbit plants delicious, especially if there is a drought. Draping wire chicken netting over the plants stops them.

Good gardening!

Mike Mason



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Wycombe Photographic Society meets in the large hall at Hughenden Valley Village Hall, on the 1st, 2nd & 4th Wednesday each month at 8pm. We have a new programme of events, wider range of Guest speakers and lots more

- 1st March Visiting photographers
- 8th March Talk by Steve Smith
- 22nd March Themed Assignment - Reflections

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

Peter Davis
 Membership Secretary
 Wycombe Photographic Society



Photograph courtesy Peter Davis



Postman Wazim Always Bright and Cheerful!

We all know and love Postman Pat, who was forever cheerful and wanting to help others. Well, we have our own version of Postman Pat in Naphill, Wasim, or as he is known to his friends Wazz, has been with the Royal Mail for 10 years.

Come rain or shine Wazz can be found in his shorts delivering our mail with a smile and a fist bump for all. He is forever helpful and cheerfull with a great big smile. He makes sure parcels are put in safe places and waves when out and about in the village.

We are lucky to have characters like him who bring vibrancy and life to our community.

Jonathan Hilder
 Assistant Gazette Editor

On Wednesday 8th February my lovely neighbour Lucy organised a quiz night as a charity fundraiser in support of Stokenchurch Dog Rescue. Lucy is passionate about dogs and has taken up the mantle of leading fundraising and events for them.

Tickets for the evening were sold out well in advance. The Black Lion provided a superb meal of bangers and mash or nachos and chilli as part of the ticket price, all served up at half time.

Stokenchurch Dog Rescue is a registered charity (274589). They are celebrating their Diamond Jubilee this year. They survive on volunteer labour, donations, grants, and a small income from their shop. On average they look after about 45 dogs at any one time. In January this year they re-homed 10 dogs and took in a further 14. Some dogs arrive purely as a result of their elderly owners passing away.



Shira is a mixed breed dog who has now spent 1225 days there. She arrived at 7 months old and although she has been re homed it has never worked out. She has now worked extensively with our canine behaviourist who believes that in the right environment she would make a lovely companion. She is super smart and energetic and needs to find a sofa to curl up on. She has spent virtually the whole of her life in kennels.

Marley is roughly 9 years old and is a Labrador mix. He has been at Stokenchurch for a few months now. He was incredibly overweight and definitely enjoys his food, his weight is safely dropping off having now lost 6kg. Marley is an affectionate older man and is just waiting for a life of belly rubs and slow walks.



The quiz night was a raging success. There was a stunning hamper of wine, cheese and chocolate as the main prize for the winners. I'm not sure where Team CHA went wrong, we were leading at half time.... then our wheels fell off.

However, the evening raised over £1100 for the cause, which makes a significant positive impact on their finances.

If you would like to get involved, the next quiz night is scheduled for Thursday 18th May. Details will be published in the Gazette and on the village Facebook pages. I can thoroughly recommend it as a great night out, with fantastic people doing wonderful things.

You can scan the QR code for more information and to make donations.

Mike Beckley

Chiltern Hills Arboriculture




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Getting it Right First Time!

We are overwhelmed with the variety of breeds of dogs that are living amongst us. Choosing the right dog for you can be a challenge and shouldn't be a quick decision. It's not all about size and personality, there are many other things to consider, including ongoing care costs such as insurance and training, to name a few.

There's no doubt that having a dog when you have children can be a wonderful experience, but when the kids' social lives get busy and you're rushing them from one club to the next, or the weather is particularly bad, you need to ensure that the dog doesn't fall to the bottom of the priority pile.

- **Research is Key** – consider what size of dog will suit your living space and lifestyle. Are you looking for a pure breed, or a cross, a rescue or a puppy? With many breeders out there, ensure that you only use a reputable breeder, or rescue organisation.
- **Size Matters** - males tend to be larger than females, so think about who might be caring for your dog when you are unable to – would they be able to manage a larger or high maintenance dog.
- **Exercise** – every dog needs daily exercise, some more than others. As well as physical exercise, many breeds need mental stimulation and training. There are loads of agility clubs locally – where you and your dog will get to meet and make new friends with others from the surrounding community. If agility isn't for you, then consider how you can keep your dog stimulated, so they don't get bored.
- **Family Friendly** – there are some breeds that are better suited to family life than others and there are many things you can do to ensure you integrate a new dog safely.

- **All the Gear** – we love to buy luxury items for our dogs, even though, in reality, they don't need it! Some things are important such as a good quality collar and lead, as well as toys to help keep them occupied, so think about what will benefit them. The average weekly cost of owning a dog in the UK last year, was between £20 – £145, which says it all!
- **Training** - is integral to a successful relationship between you and your dog – ensure the whole household is involved, where possible, to give your dog a consistent message and build the bond between you all.





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Group News and Updates

High Wycombe and District u3a shares 'a Trepid Cup of Tea with Oxford DPhil graduate

On February 17th our u3a was delighted to share with Urvi Khaitan her latest research into the Indian Tea Industry. Of course, we could not resist cups of Assam and Darjeeling. Urvi's research follows on from her research into the role of women and work in India during the Second World War. This "live talk" forms part of a series of talks given by international guests, many of whom had to use Zoom during Covid. We have previously had speakers in our 'World We Live In' Group from Nepal (Art), Iran (Air Pollution) and Australia (u3a overseas). More international speakers are planned.

Visit to High Wycombe Magistrates Court

Closely supervised and keeping all faces hidden, twelve brave members ventured into hidden depth of our Magistrates Court. Fortunately, all were safely released without charge. Our sincere thanks to the Court Staff who acted as chaperones.



Creative Needlecraft Group

A quote from an enthusiastic group member! *"I'm a knitter myself, but can't help admiring the fantastic work of those whose speciality is quilting at the Creative Needlecrafts Group. Such a good way to spend the 1st Wednesday afternoon of the month doing something interesting and satisfying with a group of very nice people!"*

Bringing back memories

An interesting talk, and quiz about early computers took place at a recent meeting of our Computer Group.

30 Groups to choose from!

You could be attending as many as 30 Groups, 10 monthly general meetings (with carefully chosen Guest Speakers as well as special events for around £30 for a full year! That's value.

Paul Gilliam



Princes Risborough Rotary Club - www.rotary-ribi.org/clubs/homepage.php?ClubID=561

As we edge towards spring the Club's focus, which recently has been on local community needs, has also had to turn to issues further afield. Locally, we have agreed to provide kitchen equipment and bedding to Saunderton Lodge to the value of £600, nearly £1000 towards the development of a children's playground in Lane End, £400 towards Bledlow Ridge School sports equipment, £300 for board games for youngsters at Elim Connection Café, £500 to a local Food Hub, amongst other donations. However, we responded immediately to the tragedy in Turkey/Syria, by donating £2250 to "Shelterboxes", to provide basic accommodation and the minimum necessities to help sustain earthquake survivors. Looking ahead we plan to support a Princes Centre over 75s picnic lunch as part of the Coronation celebrations. We will continue to support the Royal Grammar School and Princes Risborough School (PRS) students' Interact groups. Our plans for our annual schools' Art Competition are now well advanced and we will be offering Job interview training for PRS students.

But one of the prime objectives of Rotary is "Friendship". We are a very sociable and active group of ladies and gentlemen. Our Burns' Night celebration at the end of

January was a great success, helped in no small part by a Bagpiper who welcomed our guests and piped in the Haggis. We had an interesting evening on the 13th of February when we hosted the Conservative Member of Parliament for Buckingham, which includes Princes Risborough, Greg Smith. In April a number of Club members will be visiting our "twinned" Club in Wassenburg, Germany. Apart from our regular Monday evening meetings, we also have groups which meet socially for breakfast gatherings, coffee meetings, curry nights and games nights (ten pin bowling, snooker, darts etc).

We are always looking to provide assistance, both in person or financially, so if you are aware of anyone needing help, if you are interested in joining the Club, or if you wish to make a donation, please use the contact details below.

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



Can you be creative and eco-friendly when gardening?

We are planning a "Naphill & Walter's Ash in Bloom" competition to be judged between 1st July and 8th July. There are four classes to enter so there should be an opportunity for all residents to participate. The classes include best planted container, one each for residential location and business location, best overall front garden display and for children, the most creative garden which can be any size from miniature to container to a full garden bed. We want you to help create a wonderful summer display that will put a smile on people's faces. We will advertise the details in the Gazette, on community face book pages and on our website. (see page 13 for details)



Overgrown hedges - Staying on a gardening theme this is the ideal time to cut your hedges before the bird nesting season and, if your hedge borders a pavement, make it safer for residents to walk around the villages without being forced in to the road. There have been a few grumblings about unruly hedges so if you think your hedge is making life difficult for other residents, please tame it!

Community Speed Watch - Do you support the 30mile speed limit through the villages? If you do, can you spare a couple of hours a month to join our friendly community speed watch team? John Russell on 01494 563015 can give you all the details and is waiting for your call.

Roadworks - We are all quick to complain when workmen do a poor job but we should also give them a mention when they do a good job. At the time of writing the committee have been impressed with the standard of workmanship of both JSM in Coombe

Lane and Bradenham Woods Lane in difficult locations and the laying new fibre broadband in the Louches Lane area. Yes, there has been the odd malfunction of traffic lights but generally a job well done. NAWARA has tried via Facebook to keep residents informed of the number to ring should problems arise.

Next Meeting - The date of our next meeting at Naphill Village Hall is 13th March 2023 at 7.30pm. All residents are welcome.



Bartha Pitman
NAWARA Chair
www.nawara.co.uk

Shear Madness - HAPPY BIRTHDAY TO US!

Can you believe that we've been in the village for 12 years! I know, it's crazy isn't it! Lots of things have changed, people have come and gone, we've lost quite a few along the way but all of them are remembered fondly. All my little customers are now at secondary school, lots of my secondary school children now have their own families, it's so nice to look back and reflect.

In all that time the constant thing is "Comunity" that has not changed. I love the fact that if someone holds their hand up and shouts help we all go running even if we're not sure we can help but we might know someone who might. All of the support for the fete, fireworks, classics, Ronfest, beer festivals is fantastic, I love telling my new customers, who have moved here from out of area, about these things so quintessentially the best of British village life.

I'm not too sure that I've got another twelve years in me but for as long as my health will let me I'm not going anywhere soon. I'm one of those strange people that love my job, always have, I have the best ever hairy family, keep being Fabulous.

Love as always,

Mandy x





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The Black Lion

Spring is finally on it's way (Although we're probably in inches of snow at the time of reading this!!) and we are in full bloom here at the Black Lion with some really exciting news ahead!

We're expanding our Pub! After long and lengthy talks with contractors and breweries! We can confirm that the Black Lion will soon be almost doubling in size!! How exciting! The plans are in place and we are hoping to have them actioned within the next few months, fingers crossed of course!

With that, we are on the hunt for people to join our fun and bubbly team. We are looking for an experienced Front of House Manager and a Head Chef to work alongside our current team. This is a very exciting prospect for us and we hope you are just as excited too.

To apply for a role within the Black Lion, please send your CV to contactus@theblacklionnaphill.co.uk.

We look forward to hearing from our new recruits soon.

Tanya, & Jon



Mother's Day

19th March

See local Facebook pages and websites to book lunch for Mum!



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Naphill Tennis Club



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Spring is in the air and it is time for tennis! Our new season starts on 1 April (not an April Fool) and we have very favourable rates for new members.

Mel and Bees, our excellent coaches, run a number of tennis sessions for newcomers and for 'rusty' players as well as more competent ones. These sessions are great fun and inspire everyone to return for more. I can vouch for that as I came to tennis later in life and really enjoy the game as well as the camaraderie that goes with it at Naphill Tennis Club.

If you would like to try something new or are thinking of taking up tennis again, then please get in touch with me (01494 565406) or contact our membership secretary on 07905 226203 email: naphilltennismembership@gmail.com. You can also visit our website: <https://clubspark.lta.org.uk/NaphillLTC> or find us on Facebook: Naphill Tennis Club.

Jenny Tench

Coaching and Fun for Everyone!

New beginners adult tennis class starts April 17th 7pm-8pm. **Tennis Xpress 6 weeks** course - open to non-members. Learn the basics in 6 weeks to get you going! Coaches here to help. Rackets provided so just give us a call.

Daytime classes - beginners Mondays 9-10am, **improvers** Mondays 10-11am
Wednesdays 9-10am

Junior summer 10 week course commences Friday 22nd April from 5 yrs upwards classes start from 4.30pm.




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Talk Friday in Naphill

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My mission is to help people be fit for the life that they want to lead. I have clients who in their 60's, still enjoy playing long-beloved sports (skiing, tennis, football to name a few), one particular client has just completed a gruelling trek in the jungle in Colombia. For other clients, their goals relate to being able to accomplish physical activities of daily living with ease and safety, or building or rebuilding strength and flexibility after injury. I love seeing the expressions on the faces of clients who find they are able to do things, that they had thought they would never do again, it is incredible what can be achieved with hard work and practice. The body is truly an amazing machine.

Everyone's goals differ and their training and fitness requirements with it, however there are key areas where I help people find a good balance to keep them fit and reduce their risk of serious illness.

- Cardiovascular fitness including walking, running, cycling and any training which results in a raised heart rate. A level of cardio fitness is vital for everyone.
- Strength and power – lifting and carrying safely
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When life serves you lemons....



By the time you read this, I will be back in the UK having completed my first full two month 'tour' with the Mission to Seafarers in Gibraltar. The weather has generally been kinder to us here than in the UK, though we did get 'confined to quarters' by a force 8+ gale that closed the port, airport and several roads around the Rock! It was quite simply too dangerous to go out until the gale had blown over. The flat is definitely looking less Spartan now, and the kitchen is much better equipped since we purchased a stick blender and hand held electric mixer. The former is for making delicious soups and smoothies whilst the latter is for making cakes.

Did I say cakes? It's citrus season out here so lemons and oranges are prolific. Main Street is lined with orange trees and windfall oranges can be picked up every day. I also seem to have acquired a constant supply of home grown lemons from Pepe, the manager of the Flying Angel Club. Pepe's lemons are not like the tennis ball sized affairs all supermarkets seem to offer – they are HUGE, larger than a grapefruit. This presents an amusing dilemma of what to do when the recipe calls for the rind and juice of one lemon. You've seen the meme 'When life serves you lemons, make lemonade' encouraging us to make the most of every situation; well, life has literally served me lemons in shed loads, so I have rewritten the meme. 'When life serves you lemons, make lemon drizzle cake'. (along with Limoncello, lemon sorbet, candied lemon slices & peel, lemon curd, Greek lemon soup and lemonade!)

The lemon drizzle cake has been finding its way to the port staff and it has become a regular thing to take a plate loaded with fresh baked slices of cake to the harbourmaster's offices. It's a great opportunity to build relationships with the harbour staff. They really appreciate the cake along with the opportunity it presents to have a proper tea break. The security gate staff benefit from cake too, and this has led to a little local trade emerging – lemon drizzle cake for home grown avocados. It's hard to say who has the best deal! Suffice to say that our little acts of hospitality towards the port staff have opened up relationships to the benefit of all.

It's little wonder, then, that the Bible is big on hospitality and the blessings that acts of hospitality can bring. The Old Testament contains many stories of the offering of hospitality, sometimes to complete strangers, and the positive outcomes of these encounters. In the New Testament, Jesus speaks of the most basic act of hospitality – the offering of a cup of cold water – and how if it is offered with kindness it will bless both the giver and the receiver.

So, when life serves you lemons, make lemon drizzle cake but don't forget to share it with others!

May you know God's blessings of sharing and hospitality.

Rev Jenny Ellis

The Mission to Seafarers

The Mission for Seafarers is a global charity that cares for distressed mariners, set up to provide vital help and support to seafarers as they undertake their essential work. It offers practical and emotional support and spiritual guidance when asked, to all seafarers regardless of nationality, of all faiths or none. The Mission to Seafarers aims to provide as much help as possible to international seafarers through its representation at over 200 seaports across 50 different countries. This is often through the Flying Angel Clubs where there will be a chaplain and various other support services available to them for free.

Over 90% of world trade is carried by sea, providing work to 1.6 million seafarers. Without their service, we would see our economy crumble and our way of life evaporate. Shipping is a truly international industry: in today's global market you might have a Greek-owned vessel, registered in Malta, with officers from India and a mixed crew from Thailand, Indonesia, Vanuatu and the Philippines.

Shipping provides people with many opportunities: to see the world and to work in a job that really makes a difference. However, it is also one of the world's most dangerous occupations, with piracy, shipwreck and abandonment just some of the threats seafarers face. Mental health issues affect many seafarers, but Mission to Seafarers volunteers and chaplains are there to provide emotional and spiritual support, whether that is on board or ashore. The aim is to provide help for Seafarers when they need it most.

Find out more at www.missiontoseafarers.org



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After 64 years it is sad news to hear that Coles and Blackwell will be saying goodbye at the end of March. Lee and Gail would like to express their gratitude to long-standing and new customers for their valued custom. Having helped so many people in and around the village and sponsoring and supporting many village Fetes they will be sorely missed, we would like to wish Lee and Gail a long and happy retirement.

The team at SA Mobile Ltd will be taking over the premises and trading as Walter's Ash Garage along with their current business which operates

from Bristow's Brickfields, they will be more than happy to help with any of your future motoring requirements including mots, tyres, servicing and repairs, they can be contacted on 01494 564177.

**Enjoy your
RETIREMENT!
Best wishes from us all!**

Valley Players



Valley Players played to sell out audiences attending their Pantomime "Aladdin – Adventures in the East". It was a great start to the Christmas season with a show full of bright lights, colourful costumes, comedy and song.

I have to break my promise and say well done to Willow Randall who directed and choreographed this her FIRST show with great enthusiasm and tenacity of a seasoned trouper. Hurrah and three cheers.

All in all with the live band providing great music and our Tech wizards providing great atmosphere, it was no wonder everyone lived happily ever after and hopefully had a great Christmas!

Thank you to our supportive audience, without you, performing is not worthwhile! See you next time.



Editorial Comment: *Unfortunately I did not receive the Valley Players report last month. The report was sent but wasn't delivered. Because this performance was so long ago I have published a shortened report and added the details of the Valley Players upcoming production.*

Sonia



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