

A photograph of a forest path covered in fallen leaves, with tall trees and a small dog in the distance.

Naphill & Walter's Ash Gazette

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Photograph courtesy Jonathan Hilder

March 2022

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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
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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
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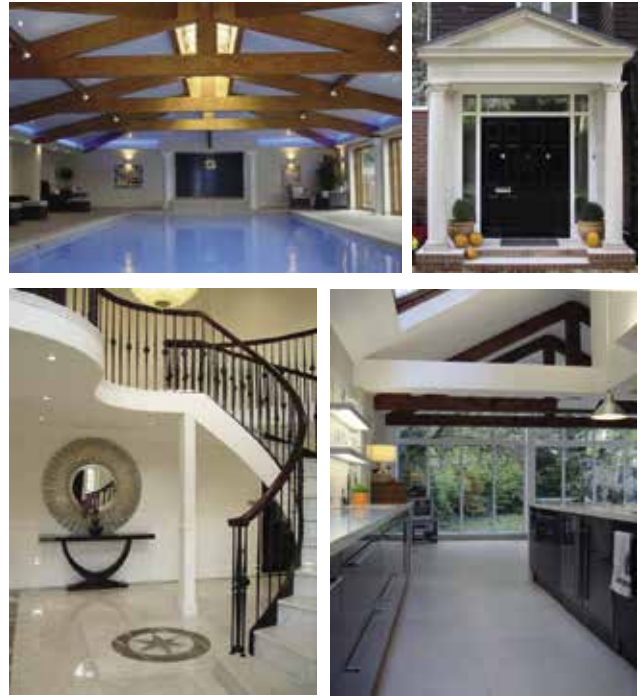
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Local Council Contact Information

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Hughenden Parish Council Clerk	Melinda Woof	01494 715296	clerk@hughenden-pc.gov.uk
Hughenden Parish Councillors	Paul Hardinge		paul.hardinge@hughenden-pc.gov.uk
Hughenden Parish Councillors	Vacant		
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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

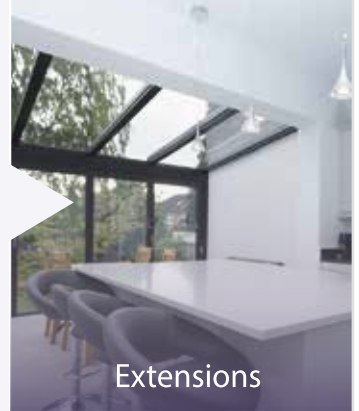
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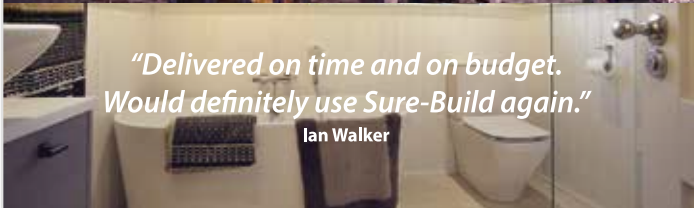


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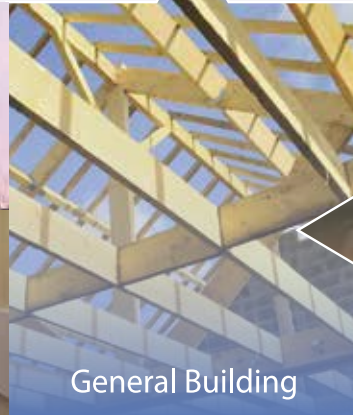
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Photograph courtesy Jonathan Hilder

Copy Date for April 2022 Gazette, 15 March 2022

What horrible weather! The lashing rain and the howling winds certainly made me very grateful that I have a comfortable, warm home and I did not need to venture out. Sadly Hughenden village hall suffered severe roof damage in the storms and will be out of action for some time. Hopefully the storms have passed and we can all look forward to Spring.

A wry smile this week! A young relative is a school teacher and is starting a new job as a reception class teacher next week. She visited her new "charges" last week and she was telling me, a longtime retired schoolteacher, about this. Oh she is definitely going to alter things when she arrives! Currently the children are being taught to a timetable with "sit at your desk" lessons, definitely not the current methods at all! I smiled, how things have changed, how teaching, technology and understanding have moved on since I was in the classroom twenty years ago! I am certainly in no position to advise on teaching methods these days! Sometimes, when we are "older", we perhaps need to remember that things do change and perhaps we are not quite the fount of knowledge that we once thought we were!

It has been a busy few weeks here in the office. We have welcomed some new advertisers and most of our "regulars" have hung on in there through all the COVID lockdowns and restrictions and are back up and running. Please continue to support our local businesses.

More Gazette news. Judy is busy preparing the Gazette end of year accounts and we intend to share these with you next month. We will also be announcing our annual subscription charges and collection information.

Summer events to look forward to! The NapFest team and the Classics on the Crick Team are busy making plans to hold full scale versions of these events and they are promising to share more details with us soon. Please see the updated plans for the the Queen's Platinum Jubilee in the Village Hall report on page 9.

Many of us have been concerned that Hughenden Parish Council is currently inquorate and so unable to meet at the moment or make decisions at the moment. I have been given update information on this situation which, with the permission of the acting clerk to the parish council, I am sharing with you on page 13. I am also asked to advise you that a full council meeting will be held on 8 March at 7.30pm. The venue has yet to be announced, so details to follow.

My thanks to all our contributors and to Jonathan Hilder for helping so much with the photographs and I look forward to sharing a colourful, bumper, Easter edition with you all next month.

Best wishes

Sonia

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The February meeting of the Village Hall Committee was held on the 7th and there were 18 members present. Among things discussed were a party that had been held on a Sunday, from which children had gone into Bon Ami, unlocked their door and went out into the car park. We have now attached security tags to the door to deter this happening again. It also appears that the cleaner's cupboard doors were forced open although nothing appears to be missing.

The tennis club lease was discussed and the committee voted on two proposals relevant to granting the tennis club a new lease. These were that the land they occupy was indeed part of the committee's charitable aim and therefore would continue to be used as a tennis facility. In view of that decision the committee also agreed that a specialist third party organisation is better placed to manage the facility rather than the village hall committee. The committee has this in place and we can now negotiate a lease so that the tennis facility can be used for that purpose.

Paul Riglar, the treasurer has spent a huge amount of time researching what has been done in the past and

what is needed to meet the village hall commitments to our charitable status. Paul has read through the last 30 years of the village hall minutes and also tried to comprehend the charity commissions rules on granting of leases. We have contacted a solicitor and had some free advice from them but it is not a straightforward process. Paul and I will now be able to talk to the tennis club and move forward on discussions for a new lease. The Bon Ami lease was also discussed and several questions were asked of the committee so that this can progress further.

The activities on the crick this year include the Fete on Saturday 11 June, a bonfire/beacon on Thursday 2 June and on Sunday 5 June a big picnic to which people are invited to bring their own picnic. All for the Queens Platinum Jubilee.

There will be Music on the crick on Saturday 10 September and the Fireworks on Saturday 5 November. Let's hope that we can get back to near normal this year.

Clive Lawrence

Naphill Village Hall Chairman.

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Naphill Village Hall Christmas Tree Lights

The team hope you all enjoyed the lights, which we left on until Candlemas, 2nd February, to cheer everyone up in these difficult times of the COVID pandemic. Special congratulations to Mike Leggett who did the climbing of the tree for the 30th year – a tremendous achievement. He had to climb the tree on three occasions: 23rd November to put up the sphere and connector box at the top of the tree; 28th November to attach the garlands to the connector box and 5th February to take down everything.

Driving the cherry picker was Daniel Smith and he was assisted on high by Stephen Fountain of Lacey Green. Since the tree is about 70 feet high that was quite a task, and very cold even with good weather because of the wind-chill factor. Up a tall ladder attaching/detaching the ends of the garlands to the lower branches were Kevin Oxnard, Neil McMinn and Andy Debrou. Other members of the team on the ground were, Ron Collins, Gary Putnam of Lacey Green, Peter Davis, John Harris, Paul Hewitt, Glenn Gavin and myself. The team's electrician, Ross Greenlee, checked out the garlands, sphere and connector box before we put them up, and tested and repaired the garlands with the help of Paul Hewitt after we had taken them down. I checked 1,048 bulbs afterwards and stored them in the loft of my garage ready for next time.

We must give special thanks to Paul Johnson of Upward Powered Access who supplied the cherry picker free of charge. And a special thank-you to you, the public, who responded so generously to Cathryn Carter's appeal for donations. At the time of writing the total is £903.00, a really splendid amount to help pay for damaged equipment which needs replacing, the electricity and insurance. And thanks to Marlene Mason who provided the essential fresh mince pies, tea and coffee for the team when the work was finished.

Mike Mason

Photographs courtesy Peter Davis



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Update re Hughenden Parish Council – Information collated by the editor and verified as correct by the Acting Clerk to the Council, Helen Hogan, Councillor Simon Kearey and Councillor Linda Derrick

On 1 February 2022, Hughenden Parish Council became inquorate. The parish council acknowledges that this is a cause for concern across the parish. This situation has never happened before to Hughenden Parish Council as far as anyone knows and it is unusual for a parish council to become inquorate but not unknown.

The Council should have 15 councillors and it has a quorum of 5. Over the last few weeks, a number of councillors have resigned and now only 2 remain. These are Cllrs Linda Derrick and Simon Kearey. Neither represent Naphill and Walters Ash which therefore has no councillors to represent it on the Council. At the time of going to press, the Council is inquorate, so it is unable to meet and take decisions and all its committees and working groups are suspended.

In these situations, Buckinghamshire Council (BC) has powers under S91 of the Local Government Act to appoint sufficient councillors to make the Council quorate. In line with its procedures, BC is in the process of appointing David Carroll, Steve Broadbent, and Clive Harriss, who are BC councillors for the Bucks ward of Ridgeway East, to Hughenden Parish Council.

This will bring the number of councillors on HPC to 5 and HPC will be quorate. BC is arranging for the Council to meet on 8 March, further details will be announced, and members of the public will be welcome to attend this meeting.

Once the Council is quorate and can meet, it can then co-opt residents onto the Council. To date seven residents have applied to be councillors and are waiting to be co-opted. Once new councillors are co-opted, then the BC councillors can step down so as long as the parish council has 5 councillors.

HPC is unable to release the names of the applicants at this point but a resident from this ward has applied

to represent Naphill and Walters Ash on HPC. Residents will know details on 8th March.

Any resident can apply to become a councillor and even if all seven applicants are co-opted, there would still be six vacancies. Applications can be obtained from Helen Hogan, the Acting Clerk at HPC, clerk@hughenden-pc.gov.uk. Please see www.hughenden-pc.gov.uk/council-info/role-of-councillor/ for more information on about the councillor role. If anyone is thinking of applying, they might like to go to the meeting on 8 March and see what the Council is like and talk to the parish councillors – both existing and newly co-opted. This meeting would also be an opportunity for residents to see and talk to Buckinghamshire councillors who represent who represent our parish.

Every meeting of HPC has a session for public participation where anyone can comment or ask questions about anything on the agenda. The session only lasts 15 minutes and each person has a limited time to speak.

The dates of parish council meetings are announced on the website. www.hughenden-pc.gov.uk

Sonia Goby

Full Council Meeting
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Annual General Meeting

The FoNC AGM took place on Friday 4th February at 7:30pm in the Village Hall, and was attended by nearly 40 members. After several years of service as membership secretary, Lynn McMinn has decided to stand down from the committee – we thank her for all her efforts over the years. Lynn's work will be taken on by Neil McMinn who, as treasurer, is automatically aware of membership payments by bank transfer. All the other committee members agreed to stand for re-election and were duly elected, but there is now a vacancy on the committee, so if any FoNC members would like to join us in our deliberations (we're a very friendly bunch!) please let me or any other committee member know of your interest.

After our regular business had been concluded, there was a fascinating talk, followed by a Q&A session, by John Shaw of the Chiltern Rangers, who work with communities to provide practical habitat management in the Chilterns and manage 13 nature reserves for Buckinghamshire Council in the Wycombe area. John explained how the Rangers work with local schools and colleges as well as NEETs (those Not in Education, Employment or Training) to provide work experience, while enhancing the local natural environment.



A reminder to members that annual subscriptions are now due. And if you're not a member, whyever not? Subs remain at the low, low price of £5 – details of how to pay can be found on our web site:

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

News

The recent warmer weather has meant that we must stop our working parties operating on the ponds within the Common, as frogs and other amphibians have been seen, and frogs are already indulging in their spring chorus (croaking) on some of the ponds. Work will start again in the autumn, but meanwhile we have plenty to do clearing holly and maintaining footpaths, and the work of spreading woodchip to alleviate some of the muddiest stretches of footpaths has resumed.

The Common

Although it may not always have felt like it, this winter has been a relatively dry one, but the Common is, as always at this time of the year, very muddy in parts. This is the result of the local geology, which consists of up to 5m of clay overlying more than 30m of chalk, giving rise to very similar conditions to those encountered in Flanders during the First World War, which has almost identical soil. Indeed, many practice trenches were dug in the Chilterns by troops undergoing training prior to their deployment to the French and Belgian battlefields, the remains of which may still be seen. In any case, for walking on the Common, wellies are advisable or a stout pair of waterproof boots – not your best white trainers!

Activities

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

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

Chris Miller - Chairman



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In the January issue of the Gazette the changes arising from the demise of the Hughenden Neighbourhood Action Group (HNAG) were outlined. It is important to reduce any confusion surrounding 'who does what' as sometimes the same people are on several community groups as we move forward. NAWARA has a clear role with a priority around the important topic of planning and it is great to see that arrangements are now in place to enable residents to follow those planning applications that matter to them. Here is the link to the planning section of the NAWARA website: <https://bit.ly/3uPwymk> which is hopefully helpful. This will be shared this in HSA weekly newsletter too!

Hughenden Street Association (HSA) will continue to welcome residents to become more active within their local community and the recently launched Pub Lunch at The Wheel is largely due to the sterling efforts of Anne Smart, Ward Leader at Hughenden Valley who under the new arrangements will be co-ordinating and supporting the activities of all Ward Leaders across the Parish. We are delighted to welcome Susan Bickerstaffe, new HSA Ward Leader NAWA who is leading the social activities of HSA in Naphill & Walter's Ash including the pub lunch. This takes place on the third Wednesday each month starting at 12.30pm. Do contact Susan for more details (01494 565161). A lovely 2-course lunch for only £10 awaits you. Don't forget you can also come along to the pub lunch at the Harrow pub in Hughenden Valley which takes place on the first Wednesday of the month. It was lovely to welcome several NAWA residents earlier this month! Again, contact Susan in the first instance and she will liaise with the organiser, Anne Smart.

Now that Spring is (almost!) here popping into the Bon Ami Coffee Shop for a natter is something HSA continues to promote. The Tuesday Natter from 11am provides the ideal opportunity to catch up with friends and make new ones. Have you been along? There is also a Friday Coffee Morning at

Great Kingshill Village Hall and new visitors are always most welcome.

Don't forget our 'book swap' suggestion that was included the last Gazette. This is an ideal way to ensure that books don't sit on the shelf read only once. HSA is keen to hear from anyone who would like to get involved and we hope that village halls will provide the venue and residents associations take the lead in each Ward. To express interest simply send an email to Hughenden@btinternet.com A virtual meeting of interested residents and organisations will then be arranged.

Finally, HSA is working with Community Impact Bucks (CIB) to get feedback from Hughenden residents about their community. There are only 4 questions, and your input will be invaluable. Click [HERE](#) to take part.

Best wishes,

Hilda Stearn
Communications Co-ordinator
Hughenden Street Association

Hughenden Street Association Naphill Lunch Club Report

On 16th February, 19 of us met at the Wheel for our 2nd Street Association Lunch. It was good to catch up with old friends and meet new people over a delicious 2-course lunch for £10. Why not join us next month on Wednesday 16th March?

Please contact Susan Bickerstaffe (01494 565161 or 07880 519323) if you are interested. Booking is required.

Susan Bickerstaffe
Ward Leader N&WA

HSA Lunch Club Dates

2 February - Harrow Hughenden
16 February - The Wheel, Naphill

Brownies



The Brownies have just loved the Spring term so far
We have celebrated Burns Night – making (Soft toy) Haggis and shortbread.

We marked the start of the Chinese Year of the Tiger with origami Tigers and macrame key fobs

Our 5 senses have been given a testing with a blind trail, some sound experiments and a bit of painting with our toes.

An evening of climbing at Handy Cross last week, allowed us to let loose our adventurous side. The leaders were truly amazed at how the girls pushed themselves to go higher and higher

It won't be long before the clocks go forward and we can get back outside for some outdoor fun

As you know, we usually have our Brownie Jumble Sale on the first Saturday of March, but with covid still in mind, we have decided to postpone it until Saturday 23rd April (Doors open at 1:30pm)



Naphill Brownie Jumble Sale

23rd April

Naphill Village Hall

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!

I do hope you have all been saving up your bags of jumble for us.

Won't it be great to get back to some of these events that we have all missed?

We are so dependent on our wonderful helpers who turn out to assist with jumble sorting and selling. We really, really hope that we still have your support. New volunteers are always most welcome, of course. Do get in touch if you could spare an hour or two.

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, or email me directly.

We look forward to hearing from you.

Brown Owl

Ruth Daly

ruth.daly3@btinternet.com

1st Naphill Brownies
Thursdays 5:45-7pm

News from Naphill & Hughenden Scouts, Cubs & Beavers



31st January is the date in the year when we make our annual Census return to the Scouts Association. Naphill and Hughenden Scout Group is a registered charity, as is every other scout group across the UK. There are over 7500 different scout groups across the UK and the Scouts Association acts as an umbrella organisation for these many groups. See www.scouts.org.uk to find out more about what the Scouts Association does and how it works. As a Scout group we have an Executive team that is responsible for operating the charity, and a Scout Leadership team that delivers our programs to our young people in our various sections (Scouts, Cubs and Beavers).

The purpose of the Census is that the Scouts Association would like to know how many young people are involved in scouting all over the country and how many adults there are supporting those young people. We know from the last Census that, mainly due to Covid, across the UK there was a huge slump of 117,000 youth members (nearly a quarter) and 1 in 10 of adult volunteers, around 15,000, also slipped away. Anecdotally things have improved across the country and once all the Census declarations have been assessed we will have an updated view of how things are. Here in Naphill and Hughenden we declared 91 young people in our return. As a Group we pay an annual membership fee to the Scouts Association based on the number of young people in our Group. This fee helps the Scouts Association deliver a wide range of services and support to groups across the UK including development of all the programmes (badges), volunteer training, safeguarding, DBS checking and insurance. As charities, all scout groups can also benefit financially from Gift Aid claims to help them run their activities. For us in Naphill and Hughenden, this is fairly well automated as we use a system called OSM (Online Scout Manager) where parents / guardians can tick a box if eligible and we do all the rest of the work. If you are a parent / guardian and are not sure if you have done this or if this applies to you, please speak with your section leader or contact Adrian who can assist. As far as we are concerned it is very useful money that the tax man lets us claim to assist with our activities.

Over the last month our sections have been undertaking a wide variety of activities. The Scouts had a real focus on environmental awareness and recycling. They were delighted to have a talk from Gemma Green, Waste awareness and Education manager from Bucks County Council. Thank you Gemma, for coming to see us. Naphill Beavers had a focus on aviation this month.

One of the parents, James Crawshaw, brought his radio controlled model aircraft to demonstrate, and Woodpecker (Steve), our Assistant Beaver Leader gave a talk about paragliding. Steve brought in a huge paragliding wing for the beavers to see which filled the scout hut from one side to the other. Hughenden Beavers have been celebrating Chinese New Year which included exploring dragon puppets and tasting Chinese food. Last month I wrote about the Cubs stargazing. This month they have been building on this by practising their navigation skills. The Cubs are preparing for a 10k organised hike from Chesham to Great Missenden called Explorer 10. Cubs took part in this hike last time it was allowed and are all looking forward to being to put their navigation skills into practise again.

As ever, if you have any young people interested in joining Beavers, Cubs or Scouts, please reach out to Adrian Curtis, Group Scout Leader,
naphill@chilternvalesscouts.org.uk.



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Growing Your Own

I have been growing asparagus since 1967. Initially I purchased young plants from Le Blevenec, the most famous grower in France, and obtained their most popular variety, *Asperge d'Argenteuil*. They grew well in my garden and we had plenty of asparagus. After 3 years we had to move so I dug up the now enormous roots and took them with me. Luckily we moved in January when the plants were dormant; they all survived the move and gave lots of asparagus in their new location. Then, disaster. We moved again after 2 ½ years, this time to Naphill, again I transplanted them but this time in August and they all died.

I then tried again, purchasing new plants from several growers and trying several types of asparagus. They all failed, so for quite a few years we had no asparagus from my allotment at Walter's Ash. In desperation, in 1987, I went back to my first love and purchased asparagus seed of the variety *Asperge d'Argenteuil*. The plants gave their first crop 3 years later and we still pick a couple of pounds of delicious asparagus every 3 days from the end of March to the end of June. I usually bring on the crop by covering the bed with fleece from the end of February.

How does one raise asparagus plants from seed? I sowed mine in a standard seed tray in ordinary compost in the airing cupboard in February. The seed are quite large, about 2 mm in diameter, so are easy to handle and space out in the seed tray. There were about 100 in the packet and I had nearly 100% germination. As soon as the first ones had germinated I placed the seed tray on a sunny windowsill to allow them to grow on. In mid April

I planted them in the garden after hardening them off. I planted them about 3 inches apart in rows 6 inches apart and they grew vigorously. I left them there for nearly a year then planted them out on the allotment about 18 inches apart, and waited for 2 years before taking the first crop.

Asparagus grows very quickly in the season, about 3 inches per day, and even faster in very warm weather. One ceases cropping at the end of June to allow the spears to grow on to their final height of about 4 feet and the whole bed becomes a mass of fern. The plants continue to grow until the frosts of November, putting back into the roots the energy they will need the following spring to produce the next crop. Asparagus is believed to grow well in all soil types. I have grown asparagus in sandy soil and in heavy loam.

The asparagus spears should preferably be cooked immediately they are picked to retain their fantastic taste, delicate softness and freshness. Serve them on a hot plate with butter. Delicious! Restaurants just can't compete!

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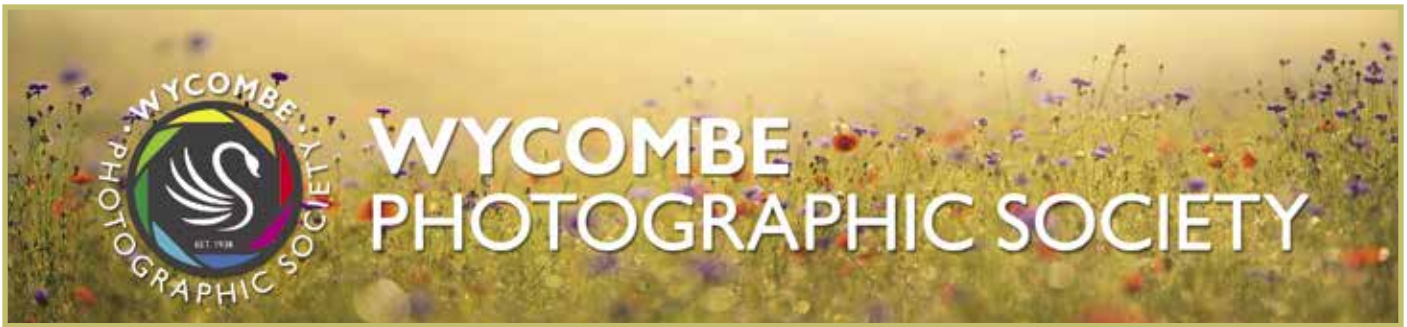
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The society year is up and running with a full calendar of events for March and April.

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

MARCH 2022

Wednesday 2nd

Member's Evening – How Can We Help? – An opportunity to ask the more experienced members for advice on various technical issues with camera and post-production including a critique on work.

Wednesday 16th

Presentation by members of Wycombe Photographic Society of the **themed assignment for March** – **“Contrasts”** plus any general photographic questions or issues that members, or visitors, maybe having with their photography.

Wednesday 23rd

Guest Speaker – Paul Mitchell FRPS – award-winning photographer and Chairman of the Royal Photographic Society Visual Arts Panel.

“Woodlands Way”.

Go to his website for more information about the talk.

<https://www.paulmitchellphotography.co.uk/portfolio/#/woodland-ways/>

This will be a Zoom Meeting Presentation

APRIL 2022

Wednesday 6th April

Member's Evening – An opportunity for six members to share their work with us, more information to follow.

Wednesday 13th April

Covent Garden, London

Special Meeting, Private Viewing for Documentary Photographer of the Year at the new Fuji Centre London 17:30-19:00.

Join us for an afternoon in Covent Garden, London before joining the exhibition, more details to follow.

Wednesday 20th April

Themed Assignment – “Weekends” plus general work

Wednesday 27th April

An “Introduction to Lightroom” by Roger Crocombe

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

www.wycombephotographicsociety.org.uk



Letter from David Carroll Buckinghamshire Councillor

Dear residents

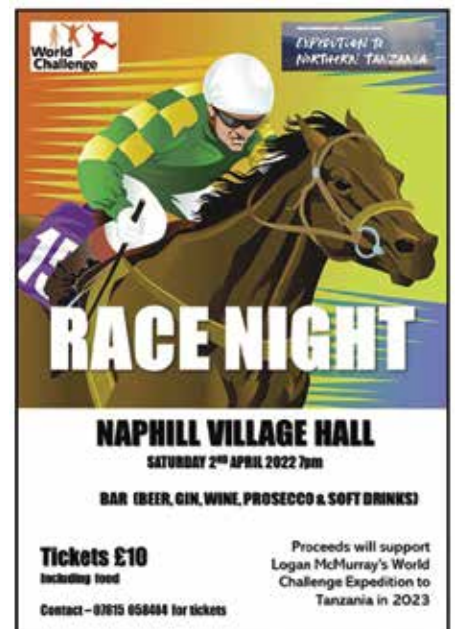
It's been a very hard and challenging time for us all but hopefully life will start to get back to some sort of normality.

So many people and community groups have supported and helped each other through this testing time.

Please can I thank all the many residents who contact me on various issues. I always try to point people in the right direction for help or advice. I have been doing this for many years and so together we all contribute towards our great community.

Regards

David





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Spring is in the air

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

In our February report we mentioned that we had undertaken a thorough review of our activities and I am delighted to report that we have recommenced running Groups that were temporarily withdrawn during the pandemic. Perhaps our most successful 'Restart Group' has been French Conversation in February where we welcomed a new convenor. Its success has meant that we will need another convenor, could it be you? We also offer German Conversation. Please email Paul at gilliamph@aol.com if you feel you could help a small group of members enthusiastically developing their conversational skills.

Our relaunched Music Group goes from strength to strength with February focusing on how the inspiration of Shakespeare influenced the music of many composers. Of course, this included Bernstein's music for West Side Story (Romeo and Juliet) which brought back many memories. Likewise, the music of Prokofiev (chosen by the producers of the TV Series as the theme tune for 'The Apprentice' was listened to enthusiastically. We start all our meetings with our own style of 'Desert Island Discs.' Many of our Groups operate in private houses and we are so grateful to members who offer to host events in their homes.

Perhaps the most 'magical' moment to its members so far this year (new members always welcomed) was when our Science Group isolated the DNA of strawberries using, amongst other things Washing Up liquid, Industrial alcohol, and water. Whatever next? Come and join us to find out. Our talk on 'Lost London' in January resulted in lobbying our speaker to go further and in February, we covered lost occupations, lost buildings, and forgotten gardens. This gave way to the fascinating story of one of London's most notable and infamous 'lost' hospitals. Provisionally (in case we are asked for even more on London, we have scheduled the importance of Lifelong Learning.

The diversity of topics covered by our Groups (over 30) has meant that some of us can now answer a few more questions posed in the popular Monthly Quiz. Patchwork, Reading for Pleasure, Art and Discovering Art, Ten Pin Bowling, Walking Groups—even Pub Lunches are further examples of the choices open to everyone. Plus

of course two of our most popular Groups, 'Photography' and 'Antiques and Collectibles' give so much pleasure and technical knowledge to their members. Equally popular are our Computer Groups tackling head on issues around Windows 11 such as when must I change or is my equipment suitable? Even should I change? We try help. Our friendly (and practical) Beginners Group may be what you are looking for.

Although we are making good progress, we remain aware that, notwithstanding the excellent support we have had from our Naphill Gazette, we needed more effective publicity, especially on social media such as Facebook. Please contact Paul Gilliam if you can volunteer to help us set up a social media presence.

Our January speaker gave an excellent talk on the importance of the Wheeler family in the history of High Wycombe. In February we heard from John Wilford talking about his life in the music business. Our monthly Speakers for March (Kate Bowen and Rukiya Khatan) will talk about Sanctuary Housing for refugees and migrants. By way of contrast in April, Tony Ring will introduce the Art, Music and Words of P.G. Woodhouse. These talks are open to all members and when you become a member, you can attend as many different Groups as you like. Some operate in the mornings and some in the afternoons in Halls and Homes throughout our region. Do not miss these and other opportunities to meet and chat, including - if you act quickly - a chance to come on our annual holiday to South Wales and the Bristol area. We welcome 'singles' as well as couples. An email to our membership secretary is advisable if you are interested in joining us. Plus, as a member you will have access to extra topics offered by other organisations including the continuing and popular series of talks we offer members through the u3a's 'Thames Valley Network'.

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

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News from The Wheel

We would like to thank everyone who has ventured out to support all the local pubs and business during the past two months. It is much appreciated and vital for us to all make it through another long winter. But now the days are starting to get longer, and the hope of spring is on its way.

The 6 Nations Rugby has started and as always makes for a great atmosphere here and its even better now that we can seat more people in different areas. We have the outside covered area in the back garden, the back room also now has a TV too. We do recommend booking seats especially for the England games, so you can guarantee to be able to see a screen.

Our chef will carry on with all our homemade specials that have been flying out. He will also still be running the Takeaway menu alongside the regular one. (please book)

- The 6 Nation Championship will carry on. (19th March is Super Saturday)!
- Saturday 12th - we will be holding a private function in the evening from 8pm.

- Thurs 17th – Celebrate St Patricks Day with the best Guinness in the area
- Mother's Day 27th March – Remember to book early

We have several functions booked on Saturdays during April and May most of these are private birthdays in the backroom, but the rest of the pub will be open. We also have Ron Fest booked in for Saturday 7th May which will be an all-day event to remember an amazing person. We will slowly give you all the information over the next two months!

The Wheel family would also like to thank Charlie Marshal for the last 5 years, as he is leaving us to join the RAF. We wish you good luck and that we see you soon.

Its great to feel the world is going back to normal and people are back to work properly and can now go out to the pubs and drink properly too!!

Thank you to everyone and especially our staff.

Claire and Mark

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The Black Lion

Hello from all of us at the Black Lion! Firstly, we would like to thank everyone for their support since opening the pub back in July 2020. We've hugely appreciated the support we have received from the local area, with various closures due to Covid restrictions it has been a challenge to say the least! However, hopefully with no more closures in the pipeline, we're going to be bigger and better than ever!

We've got some really great plans for the Black Lion this year with lots of events coming up including our Mother's Day Afternoon G&Tea on Saturday 26th March and a Mother's Day Sunday Lunch on 27th March which includes a special treat for Mum.

Not only are we focusing on events, we're also lifting our food menu and opening hours. We will now be open every day for food daily from 12pm. Our Kitchen opening hours are now as follows:

Monday & Tuesday: 12pm-3pm (Bar open until 7pm)

Wednesday – Saturday: 12pm-3pm & 6pm-9pm (Bar open until 11pm)

Sunday: 12pm-6pm (Bar open until 10pm)

However, our plans don't stop with events... We've also got a significant investment going into both the inside

and outside of the pub including a new decked area in the garden, a new child's play area, a Stretch Tent with both heating and lighting which will provide much needed cover on those wet and windy days we so regularly get! We are also working on the inside of the pub and planning to replace the bar flooring and redecorate throughout! So, keep an eye out for improvements happening throughout the pub.

We now have a bookings page on our website, so it's never been easier to book a table. All you do is visit www.theblacklionnaphill.co.uk/book-a-table, enter your booking information and we'll be in touch to confirm your booking. Alternatively, if you prefer just to give us a call then please do on 01494 506065.

To receive regular updates of what is going on at the Black Lion, why not like our Facebook or Instagram page [@theblacklionnaphill](#) or head to our website at www.theblacklionnaphill.co.uk

Thank you for taking the time to read and we welcome you to visit us soon!

Tanya, Jon and all the Team at the Black Lion



An Exciting Announcement!

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

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Greetings from Padre Andi - RAF High Wycombe

New beginnings.

There is a great joy at this time of year, as we begin to see winter lose its grip; and for spring to begin to show its glory. As a gardener, seeing the pots of bulbs my other half and I planted in autumn beginning to go from brown soil to the tips of green of the tulips, daffodils and our new acquired 'Fritillaria Imperialis' gives such hope for the coming months. The signs of new beginnings appear all around at this time of year.

For me, as I begin in the new role as chaplain to RAF High Wycombe, it represents a series of new beginnings, working in a new team of people, in an area of the country I've not lived before (coming from the North, I've never lived quite so far south before) and within a new Christian community, both with the church on station and the local churches in the area.

The Judaeo-Christian scripture from Ecclesiastes 3:11 says:

"He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from the beginning to end"

This verse speaks so much of the beauty of the creation that is around us, as well as the reassurance that there is a plan amongst it. Yet, sometimes that plan seems so distant to what we can see in our minds eye. However; spring is beginning, something of a certainty that the earth keeps revolving and that in all the uncertainty in the world at the moment, knowing that spring is coming, is a sign of new beginnings.

With every blessing,

Andi (Station Chaplain, RAF High Wycombe)

Editorial Comment:

Welcome Padre Andrew Chapman to our community. Thank you for writing for the Naphill & Walter's Ash Gazette and ! hope you enjoy your time with us

Best wishes

Sonia

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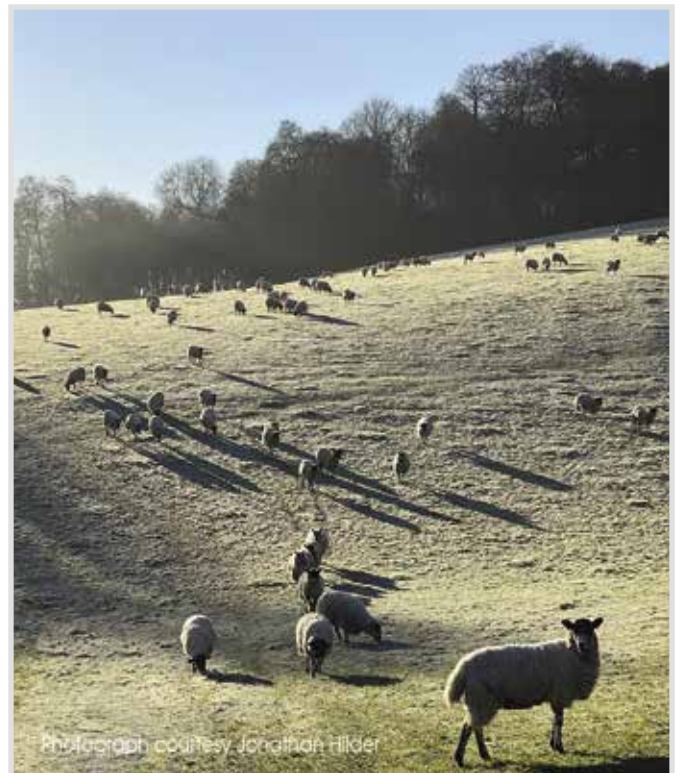
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Are You Living Your Best Life?

Living your best life means leading a life that brings you purpose, happiness and meaning. This looks different for everyone, but the common thread is sharing elements of your life with a companion, whether that's a partner, friend, relative or carer.

Sadly, there are 1.4 million people in England alone experiencing chronic loneliness, a factor which can lead to a multitude of emotional, cognitive and even physical concerns. At Hub Care Support, we have met many clients whose quality of life has decreased through lack of companionship. Many have found they are hesitant of going out alone and subsequently are missing out on events, experiences or even the basic joys of day to day life.

The benefits of companionship

Companionship meets a basic and intrinsic human need. As social beings, we all experience huge benefits from regular interaction. These benefits include:

- Freedom to do the things you want to do
- Motivation and purpose
- Mental stimulation
- Physical movement
- Respite for loved ones or friends if they are relied on frequently for support
- Prevention or reduction in social isolation and loneliness



There are many social groups designed to battle loneliness, providing the opportunity to meet like minded people, try GOOD COMPANIONS (monthly meetings at Hughenden Village Hall), Age UK, Careline and Re-Engage for local groups near you.

However, the thought of going out to join a social group can be too much for some or it simply doesn't enable them to do the activities that bring them joy. In these cases, a companion carer or Personal Assistant may just be the key to help you on your way to living your best life. They can provide anything from someone to chat to and do errands with, to support attending social groups or even someone to visit your 'must-see' places with! At Hub Care Support we believe everyone deserves to get the very best from their life, no matter their age or circumstance. That's why companionship sits at the heart of what we do. For a free no obligation guidance and support on companionship, speak to one of our lovely team: 01494 774 888 or info@hubcaresupport.co.uk.

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www.hubcaresupport.co.uk



From the Vicarage

I love pancakes! Shrove Tuesday falls on 1st March, when many reach for the flour, milk, eggs or pre-made packets, to enjoy this peculiar delicacy. Traditionally Shrove Tuesday was the day Christians finished up their rich leftovers, to lighten their larders before the season of Lent fasting, beginning the following morning and running for the 40 days up to Holy Week and Easter Sunday, this year falling on 17th April.



Many churches, including St. Michael's Hughenden, mark the beginning of Lent with a 'Service of Ashing', hence the term Ash Wednesday. During this service the congregation are invited to have a cross marked on their foreheads in (cold!) ash, accompanied with the words: 'Remember you are dust, and to dust you shall return. Turn away from your sin and be faithful to Christ.'

The reference to 'dust' is a simple reminder that God created the world and all that is in it (you can read this and the reference to dust in the opening two chapters of Genesis, at the beginning of the Bible).

Being reminded we come from dust might not seem very cheery, but is an important reminder of our mortality. When we remember we are only human, we stop pretending to be God. When we stop pretending to be God, we stop judging others, we acknowledge we make mistakes, misread, and misunderstand. Ash Wednesday is a day to take an honest look at ourselves and say: 'I am human, I make mistakes, I'm not as good a person as I like to think, I'm sorry God, help me to change.'

Be encouraged, we may be dust, but remember we are God's dust, made in his image and deeply loved.

Did you know that 'shrove', of 'Shrove Tuesday' comes from the word 'Shriven' meaning forgiven. The Journey of Lent to Holy Week and Easter Sunday travels via Good Friday. God demonstrates the full extent of his wide, deep, high, strong, and tender love, giving Jesus to die on the cross in our place, for all our messiness.

As you enjoy pancakes, and journey the 40 days towards Holy Week, Good Friday and Easter Sunday, my hope is that you do so humbly, acknowledging you are human, knowing God's love and forgiveness.

*As a father has compassion for his children,
so the Lord has compassion for those who fear him.
For he knows how we were made;
he remembers that we are dust. Psalm 103*

Traditionally the ash for 'Ash Wednesday' is made from palm crosses collected from previous Palm Sunday services, which

are then burnt. If you have a palm cross which you would like to contribute please bring to St. Michael's and leave in the bowl you will find, labelled, at the back of church.

We would love you to join us at St. Michael's for our 'Service of Ashing with Holy Communion' on Wednesday 2nd March 7.30pm

Revd. Helen Peters
Associate Minister, St Michael and All Angels.

Church News

Slowly, slowly, things are getting back to 'normal' aren't they? Although the scaffolding is still up on the Church tower, the main structural work is complete, as I reported last month and only the finer details of the masonry remain to be completed. The work has been undertaken with the minimum of disruption to Church life, after sterling fundraising efforts from Church officers and congregation. But the 'normality' to which I refer, is in the format of services, and in particular the provision of REFRESHMENTS after services which were reinstated for the first time on 13th February, with much rejoicing. The ability to meet in fellowship in this way has been an important part of the Church's ministry, and much missed especially when socialising has been constrained for so long.

The beginning of February also saw the restarting of the Baby and Toddler Group in North Room. Although some old hands were missing after positive Covid tests, it was clear that not only visiting mums, grans and children, but also the 'helpers' had missed the weekly meetings.

Friendship group will be restarting soon, and the Mother's Union has restarted: news below. Easter will soon be upon us: you will be receiving details of our Easter services through your letter boxes shortly: what better time to celebrate together?

So, normality practically here! We hope and pray that our community as a whole can feel similarly restored.

Jane Tyrer

News from the Mothers' Union

We started 2022 with a good AGM held in the church in February, and we have great hopes for a better and more 'normal' year.

Our first meeting will be held on the 1st March when the Revd Mike Hill our resident champion for all things growing, creeping, and flying around (and sometimes in) the church will be speaking on 'Nature'.

We have planned the year ahead with a range of other interesting speakers (of which details will follow) and would welcome any new members. Please contact Norma Clarke (normaclarke99@gmail.com) for further details.

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Valley Players

To be, or not to be?

With our successful Panto behind us and tickets selling fast for our mystery murder supper, "Dig for Vengeance" on **12th March (ticket line 07942357499)**, our thoughts have turned towards the summer production.

This will be "Pride, Prejudice and other Useful Qualities" by Geoff Bamber. Yes it is a version of our alltime favourite by Jane Austen. Yes it is a comedy version but the whole story is there in an hour! Apologies to Jane but we are sure she would smile if not laugh out loud at, Elizabeth, Mr Darcy, et al, in this version. Dates are 11/12 June and further details will follow – but bring a picnic!

Just for now the Director has the task of casting the show so hence "to be, or not to be"!

If you want to catch up with us please look at our updated website for the Valley Players Hughenden – Mr Google will find it! Meanwhile keep supporting live Theatre, you know it makes sense!

Andrew Pitman
Chairman, The Valley Players

Naphill Neighbours

Our lives are getting better but the Covid pandemic is still able to disrupt our normal activities. We were supposed to be entertained by a musician at our monthly meeting yesterday but unfortunately he had Covid.

Members of the committee rallied round to make the afternoon an enjoyable one. They set out tables and chairs, baked cakes, buttered hot cross buns and created an informal atmosphere. Conversations flowed, in part because we were all relaxed, but also because the lockdowns have denied many of us the opportunity to chat face to face and we can be slow to get into chatting mode. The function was a great help in this regard.

There was a short talk, given on the spur of the moment by a member, about the life of Benjamin Disraeli and his wife Mary Anne in Hughenden Manor.

Our next meeting is on March 14th when the talk will be about Liberty's, the London Shop. All are welcome.

Peggy Ewart
565969



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

WHAT HAS THE ROTARY CLUB EVER DONE FOR US?

Well, the Rotary Club in Princes Risborough, which has recently celebrated its 40th anniversary, does offer over 50 members from the surrounding area the opportunity for a friendly, interesting dinner at the White-leaf Golf Club 3/4 times a month. Ok, but what have they done for us? A fair question, the Club raises on average over £30,000 a year which it donates to a host of needy causes, primarily local, but also nation-al and international. It sponsors students in the UK and overseas and supports a number of local events and activities in our area, for example:

Over 20 volunteers for the Kop Hill Climb. Approaching 200 volunteer hours to the Princes Risborough and Hughenden Surgery Vaccination Centers. The Town Council Farmers' Markets. The 'Tree of Light' – providing a focus for those wishing to commemorate friends and relatives who have passed away. The Princes Risborough Christmas Lights switch-on. The Naphill Firework display. The Prince's Centre and the over 75's Christmas lunch. The Risborough Primary School Sensory Garden.

Bucks Young Carers. The Hearing Dogs Charity.... the list goes on.

Ok, but what can it do for me? Well, do you know of a local organisation, club or group working to improve the lives of those in need? Then maybe our Club can help. Would joining a group of socially active individuals, who offer friendship and willing support to the local community, be something that would in-terest you? If so, or you're not sure, why not come along one evening (perhaps with a partner or friend) and see what you think.

If you would like to see what we could do together you can go to the Club website below and click on "contact":

<https://www.rotary-ribi.org/clubs/homepage.php?ClubID=561>

Or contact **David White, on 07787 750889**

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

<https://www.justgiving.com/campaignrotaryclubofprincesrisborough>



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We are recruiting Volunteers!

Would you like to get involved with one of the flagship charities in Bucks.

Lindengate urgently needs volunteers across all areas. If you would like to join a warm and friendly community, meet new friends, working together to support the wellbeing of people and the environment and help us maintain the beautiful Lindengate Gardens, please get in touch.

Programme Support Volunteers:

Rest & Reflect Volunteers – Wednesdays evenings / Saturday afternoons

Welcoming the general public visiting our free drop-in sessions, assisting with our garden shop, working in the gardens, serving cream teas & answering any general questions.

Peer Support Volunteers – weekly 3 hour sessions

Work as a “buddy” to an apprentice volunteer, to guide them through their journey to become an independent volunteer.

Memory Pathways Volunteers– 3 Fridays each month, 3 hour sessions

Working alongside our team to support people with mild to moderate dementia or memory loss and their carers, to make friends, whilst having a relaxing & stimulating time.

Green Volunteers Volunteers – Saturday mornings

Supporting our under 18’s working together in our Nature Reserve. All activities are nature based, focussing on conservation, bushcrafts & heritage skills.

Short Programmes Volunteer – once a week for six weeks per programme, or one off half days

Join our team to support people’s wellbeing, enabling them to connect with the healing power of the natural environment through nature based activities.

Other Key Volunteer Roles:

Woodwork Volunteers – supporting our woodwork team to create crafts to sell & raise much needed funds

Events Volunteers – working with our team to plan, promote & attend events

Meet new friends, working together to support our community, while benefitting from the natural surroundings.

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Camomile PT Personal Training and Nutrition - *How does it work and what does it cost?*

Commitment to your health and wellness is for the long term, however the beauty of personal training is that you can access the level and type of support that you need, for the length of time you need it. There are lots of options, of which a few, are listed below. I can mix and match, to suit your requirements.

- You may simply want a few 121 sessions supplemented with an exercise plan, that you can do on your own. This could be a good option for beginners and those looking for very individual requirements (e.g postural assessment and improvement). 121 in-person sessions cost £50 per hour, I do offer discounts for block bookings.
- You may wish to build or maintain your fitness levels through regular classes. The cost of small group PT classes starts at £10 per person per online session. I also offer an unlimited class pass, which enables you to attend as many online classes as you would like for £25 per week.
- You may be recovering from an injury and would like a safe exercise programme to rebuild strength or mobility (this could be delivered via a mix of 121 time and exercises to perform in between sessions).

- You may want to learn new techniques so you can perform them on your own with confidence. This is also something you might like to do with a small group of friends, so you can enjoy learning new skills together.

What works for me personally, is to have a weekly PT session with my trainer, 1-2 sessions on my own or in a class (as I enjoy training with other people), a weekly run with a friend, and daily dog walks.

To make sure you find the best training and nutrition options, I always offer a free initial consultation to understand what you are looking to achieve. This enables us to discuss and agree together an approach that will work for you and your budget.

Whilst I have your attention, I am considering starting up a course of lunchtime classes focussing on posture, core and functional fitness in the village in March/April. If you are interested in joining or would like to find out more, please do let me know.

Hilary Spain

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Shear Madness

Fingers crossed that the worst weather is behind us now and we can look forward to spring and the clocks changing maybe even a holiday or two. Hopefully if it all goes to plan I will be away for a week in May to see our friends in Spain and then two weeks in June to Croatia which I'm really looking forward to as I've wanted to go there for years ! And lastly a week in September to Portugal.

As I keep saying the appointments are staying for good and on the whole it works although I have had the odd slip up and put people in on the wrong day but that is bound to happen thankfully not that often. I know some people aren't a fan of the appointment system and if that's you you can always ring me in the morning to see what availability I have but that's not a guarantee that I can always fit you in as I'm sure you understand. As restrictions are eased I know some

people will still feel it's unsafe and I count myself in that so if you would prefer me to wear my PPE just ask at the time of making your booking as I'm more than happy to do so. Hopefully onwards and upwards.

Keep staying safe, wash those hands and look after yourselves.

Love as always

Mandy x





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Seventy Years On!

I think we are all looking forward to the summer, and the promise of Happy Events to celebrate our Queens Platinum Anniversary; again this winter has been a long haul of fear and negativity

I was just 12 years old when George the 6th died. Running to catch the train to school (late as usual!), my head full of my birthday party that was to take place the following Saturday. Yes, we had parties with games and wore frilly party frocks! Statues and eating Mars Bars with a knife and fork in gloves were 'de rigueur', we were very naive compared to today's generation. Although the weather was cold and wet I bounced into school without a care in the world.

Oh how the mood changed – we were called to an assembly in the school hall at a very unusual time. The corridors were filled with crocodiles of silent girls (as school rules dictated) and entered the hall finding our usual form places. We realised as we faced the stage all the teachers were in place with Miss Norris at her podium. The faces of the teachers looked strange, a bit red, we were little uncomfortable when we realised they were crying, embarrassed even, grownups didn't cry especially teachers at a 'gals' school where you were told 'stiff upper lip at all times'. Without a preamble Miss Norris read out the statement as issued by Sandringham. The silence in the hall was palatable – after a pause, the numb silence was broken by our head mistress saying we were all to be sent home. We shuffled out in line to go and collect our belongings and start the journey home. As I left the station at North Harrow to start the walk home I found the shops shutting and mainly empty streets apart from children from the local schools making their way home like me. Mum was surprised when I knocked at the door (I noticed she was a bit red eyed). I explained we had been sent home because the King had died – She said 'yes it was sad, but think of Elizabeth who has lost her Dad' - that was a sadness I could understand.

Dinner was a very sombre affair that evening, until I blurted out 'can I still have my party on Saturday?' Mum and Dad tried to look shocked at the insensitivity of their youngest child, luckily the situation was defused by my very much older grown up sister getting the giggles! After a mild rebuke from Dad, Mum said "yes of course you can have your party, the King would have wished it!".

Over the weeks the sadness dulled and the excitement of the Coronation became reality! We

rejoiced in our very young beautiful Queen – we had street parties, maypole dancing and pageants at school. Let's look forward with happiness and excitement to all our Village events and rejoice in Her Majesties 70 glorious years.

Margaret Hunter

Gordon the Bird Man

As we lose green and wild spaces, tidy up and insulate buildings, birds are losing places to nest. To compensate for this we can provide nest boxes in our gardens. By offering a nest box we are bringing wildlife to our doorstep where we can watch the birds activity through our windows. This can bring great insight into their nesting behaviour.

Nest boxes can be purchased at most garden centres or online. For boxes that will stand the test of time "Woodcrete" boxes are made of a mixture of concrete and woodchip which are excellent at keeping young chicks at a constant temperature. They are extremely long lasting but also expensive. Attractive looking boxes which can be aesthetically pleasing but impractical in design should be avoided. Thin wood gives limited protection from fluctuations in weather and temperature, while entrance holes of the wrong size may provide access to predators.

So you are looking for a box that is well made and of a size sufficient to accommodate a brood of chicks (Blue Tits can have fourteen!). Also look to see if it can be opened to enable you to clean it out once the breeding season has ended.

An alternative is to build your own. Timber of at least 15mm will ensure the box lasts longer and will provide protection from the elements. Different species require different boxes. Blue and Great Tits will use a box placed 2-3 metres off the ground with an entrance hole of 25 – 28mm, while Sparrows use a community box with a 32mm hole. For Blackbirds, Thrushes and Robins an open fronted box nestled in a shrub or other vegetation around a metre off the ground helps to hide their nest from predators.

There are various reasons why a perfectly good nest box may not be used and there are some ways to improve the chances of a box being used. If there is more than one box in the garden place them as far apart as possible, as close placement could lead to aggressive territorial behaviour in adult birds. The entrance hole should not be in a South facing position, and avoid placing a box near branches which could facilitate access by cats.

Gordon



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Naphill Tennis Club

We would love to see more people from Naphill and Walters Ash joining the Tennis Club.

I played tennis a little in my teens but then more regularly in my forties. After my husband was diagnosed with cancer, I found it extremely therapeutic to run around a court and take it out on a tennis ball! As tennis is an all-year-round activity, it definitely gives one a sense of well-being as well as providing a welcome dose of fresh air and exercise.

Naphill Tennis Club is a small, friendly club and our excellent coaches, Mel & Becs, provide most enjoyable group coaching for both beginners and improvers. They are also happy to give one-on-one coaching.

The Club has worked hard over the years to maintain good quality courts but we would now like to see more people using them. It is a wonderful amenity for a village to have so do please come and join us. We are planning FREE tennis 'taster' sessions for those who haven't played before or who are somewhat 'rusty' as well as our usual programme of events. Coming up shortly will be:

- Adult Beginners starting Monday 28th February 9 – 10 am
- Adult Improvers on Mondays from 28th February 10 – 11 am
- and Wednesdays 9 – 10 am
- Junior Coaching – School Summer Term – Fridays after school
- Under 7s Club – School Summer Term – 9 am Saturdays
- Children's Easter Tennis Camps

In addition, we have our usual club sessions where members just turn up and play (no partner required) as well as matches against other clubs for those who want something a little more demanding.

If you are interested in 'having a go' and would like more information, please call me on **01494 565406** or contact naphilltennismembership@gmail.com.

Hope to see you on the courts!

Jenny Tench

Message from Bradenham Vicarage

Leeks and Lent

As March begins, hopefully we have put the worst of the winter weather behind us. I say hopefully because the 'Beast from the East' last struck on March 18th in 2018, so it does no good to be too optimistic about the commencement of spring weather.

This year, the season of Lent begins at the start of March, with Shrove Tuesday on March 1st and Ash Wednesday

on March 2nd. Natives of Wales will have an addition to the merriment of Shrove Tuesday aka Pancake Day as this year Pancake Day falls on the feast of St David, patron saint of Wales.

St David is one of those saints we actually know a fair bit about with some accuracy. His sainthood results from being a proper holyman, who was renowned as a preacher and teacher, founding a number of monasteries throughout the UK and Western Europe, including St David's Cathedral, Pembrokeshire. He is often depicted as standing on a hill with a white dove on his shoulder, the hill having miraculously risen under him as he preached a sermon (not sure how accurate that bit of the story is!). His symbol is a leek.

Like every good founder of a monastic order, St David created a rule by which the monks lived. Given that his day falls at the beginning of Lent, the Rule of St David is surprisingly relevant. His monks were to refrain from eating meat and drinking beer, eating only bread flavoured with salt and herbs and drinking only water. They were to use no draught animals for ploughing, using only manual labour to plough the fields. No personal possessions were allowed and the monks spent their evenings in prayer, reading and writing. Their whole lives were subject to this highly disciplined rule.

This year, as we turn our minds to consider some form of discipline over Lent, maybe we can look to St David as an example. Perhaps you will give up alcohol and drink only water. Maybe you will follow an increasingly popular trend and go vegan for Lent, limiting yourself to a diet of vegetables and herbs – leek soup anyone? Maybe you will avoid using a draught animal (in the 21st century aka a car) on short trips to 'plough' up and down the aisles of the supermarket. Perhaps you will actively seek to spend more time reading and less time sitting in front of the TV. How about writing? Journaling your progress through Lent or writing letters to people you don't see very often. What about spending time in prayer? If you are not sure how, take time to learn to pray.

The disciplines of St David make for a useful guide to start our observance of Lent, but they do not end there. For David's monks, the Rule was for the duration of their time as monks – for some an entire lifetime. For us, Lent is for a period of 6 weeks, its discipline preparing us for the celebrations of Easter and the cycle of death and rebirth or resurrection that punctuates our temporal and spiritual year.

May you know God's special presence and blessing at this time of year.

Rev Jenny Ellis

Naphill & Walter's Ash Residents Association

Your Residents Association continues to work hard on behalf of the villagers, especially in relation to the latest clutch of controversial planning applications within the greenbelt surrounding our beautiful, yet fragile Chiltern hilltop villages. Our comments can be viewed on the public access portal of the Buckinghamshire County Council website. We understand how hard it is for some of you to track these applications so we publish a list on the village website (naphillandwaltersash.org.uk/residents) with the planning numbers to assist you.

We continue to act as a focal point for locals to voice any concerns. We in turn react to those concerns and try to investigate as fairly as possible and advise where we can. We liaise with many other organisations including the Hughenden Street Association (we include both a founding member on our committee and the active social events organiser for our villages), the Parish Council (regrettably now inquorate, but hopefully soon to be re-instated with fresh faces), the Speed Watch Group, Clappins Field Development Group, and we also have one of the longest standing members on the Village Hall Council. We meet up in person at the village hall, or over zoom every month on the second Monday and all residents are very welcome to attend our meetings and express their views.

Earlier this year the clerk of the Parish Council asked the parish Residents Associations and local newsletter editors to encourage residents to apply to become parish councillors and so take up some of the thirteen parish council vacancies which have currently rendered Hughenden Parish Council inquorate. At this point Naphill and Walter's Ash sadly have no representative on the council. N&WA residents association were quick to respond to this appeal! We did this by contacting over 200 people in N&WA both personally and by email and we hope that there will be a positive outcome and that our parish council will soon become quorate. The acting clerk to the council requests that if you are interested in becoming a parish councillor you should please contact her, clerk@hughenden-pc.gov.uk

Speeding remains a problem within our villages and our local Speedwatch team headed by John Russell are always looking for more volunteers. Please contact Gloria (glorialeflaive@msn.com) if you think you might be able to assist us with this.

NAWARA are very much committed to protecting our countryside and livestock. Please remember that it is an offence to allow your dog to worry livestock so keep your dog on a lead!

We are enjoying the longer days! The snowdrops are out, by the next time we write it will be daffodils.

For further information on anything in this article please contact our secretary Gloria, glorialeflaive@msn.com

Next NAWARA meeting 8pm Monday, 14th March in Naphill Village Hall.

Obituary Don Baker

It was with great sadness NAWARA learned that Don Baker of Coombe Lane died last year in his late 80s. Don was the longest serving Planning Member of Naphill & Walter's Ash Residents Association and a very popular member of our team. For 3 years from 1985 he helped NAWARA battle to save Church Farm and surrounding woodland from conversion to a private golf course. Throughout the next 26 years Don used the expert knowledge he acquired on government planning policies to convince the Local Planning Authority to refuse the applications most environmentally damaging, not only to N&WA but also to our beautiful Chilterns GB/AONB countryside. We've tried to maintain the high standards Don set in his work on behalf of our community since 2013, when with regret he stepped down from our NAWARA Committee due to signs of failing health. We add our sincere condolences to his family and friend.

John Russell
Chairman

Neighbourhood Watch



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This is particularly important in the vicinity of schools where parking is a huge problem anyway, but your consideration might save a child's life.

Stan Jones



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