

# Naphill & Walter's Ash Gazette



May 2022

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*Jonathan Fisher*  
PHOTOGRAPHY



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# Naphill & Walter's Ash Gazette May 2022



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

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

Tel: 07851 169275

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## Local Council Contact Information

Bradenham Parish Council Clerk	Deirdre Hanson	01494 562254	<a href="mailto:clerkbradenhampc@gmail.com">clerkbradenhampc@gmail.com</a>
Hughenden Parish Council	Clerk Vacant	01494 715296	<a href="mailto:clerk@hughenden-pc.gov.uk">clerk@hughenden-pc.gov.uk</a>
Hughenden Parish Councillors	Andrea MacFarlane		<a href="mailto:andrea.mcfarlane@hughenden-pc.gov.uk">andrea.mcfarlane@hughenden-pc.gov.uk</a>
Hughenden Parish Councillors	Neil McDonald		<a href="mailto:neil.mcdonald@hughenden-pc.gov.uk">neil.mcdonald@hughenden-pc.gov.uk</a>
Hughenden Parish Councillor	Chris Janes		<a href="mailto:chris.janes@hughenden-pc.gov.uk">chris.janes@hughenden-pc.gov.uk</a>
Buckinghamshire Councillor	Steve Broadbent	07471 144181	<a href="mailto:Steve.Broadbent@buckinghamshire.gov.uk">Steve.Broadbent@buckinghamshire.gov.uk</a>
Buckinghamshire Councillor	David Carroll	01494 716967	<a href="mailto:David.Carroll@buckinghamshire.gov.uk">David.Carroll@buckinghamshire.gov.uk</a>
Buckinghamshire Councillor	Clive Harriss	07768 876568	<a href="mailto:Clive.Harris@buckinghamshiregov.uk">Clive.Harris@buckinghamshiregov.uk</a>

## Helpful Contact Numbers

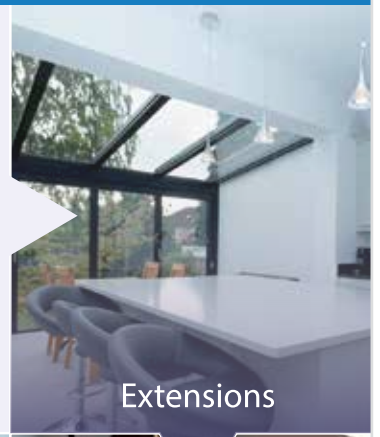
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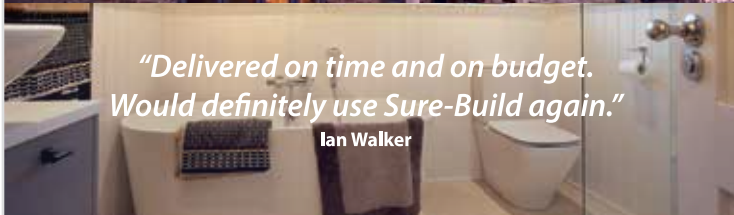


Extensions



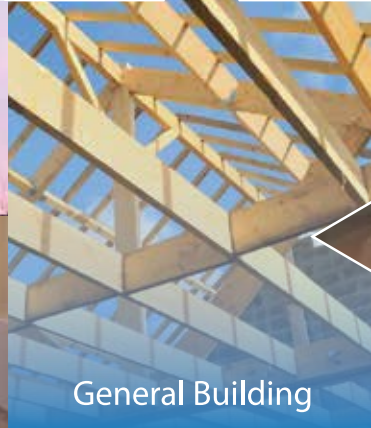
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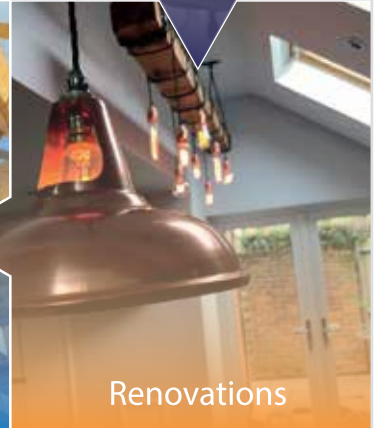


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### Copy Date for June 2022 Gazette, 15 May 2022

Welcome to the May edition of the Gazette, the warmer days and the longer evenings are certainly so welcome! This has been another very busy Gazette month with lots of articles and photographs to squeeze into the space! I have two lovely articles and photos which I have saved for next month's PLATINUM JUBILEE edition of the Gazette, I really would like more articles and photographs please for a special JUBILEE June Gazette. If you have an historic photograph for inclusion, please get in touch and Himself will happily use his high tech camera gear to reproduce it for the Gazette.

As I reported last month, Hughenden Parish Council is now quorate and our councillors are working flat out to clear the backlog and establish a workable plan and vision for our community as they move forward. A temporary Clerk to the Council has been appointed and a permanent clerk will be appointed in due course. Councillor Janes and Councillor McDonald, two of our new councillors, have written short introductory articles which I am delighted to include in this edition. We still have one vacancy for a councillor for our area. If you would like to offer your services as a councillor please contact the parish clerk at [clerk@hughenden-pc.gov.uk](mailto:clerk@hughenden-pc.gov.uk). The Annual Parish Meeting notice is published on this page.

Jonathan Hilder has once again been busy with his camera! I requested photographs of lambs and Jonathan has certainly obliged! I thank him for his

ongoing help and support. My thanks to all our contributors and advertisers, there is no Gazette without you. I sincerely hope that everybody enjoys reading this edition and that you will support and enjoy all the upcoming social events.

Best wishes for a happy, sunny May.

Sonia

#### PLEASE NOTE:



- Annual Gazette Subscriptions will be **£5 for the year 2022.**
- Subscriptions will be collected with the delivery of the **JUNE** edition of the **Naphill & Walter's Ash Gazette.**



#### Annual Parish Meeting

Notice is Hereby Given that Hughenden Parish Council will be holding a  
**PARISH MEETING**  
 at:  
 North Dean Village Hall  
 on  
**Monday 9th May 2022 at 6.30pm**

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

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## Annual General Meeting Report

This last year as usual, has been unlike any other year. The Covid pandemic played havoc with the running of the village hall. For some of the year we had to close and when we were able to open it was under very different rules, we even could not have an attended AGM last year.

As the restrictions were eased and the village seemed eager to make the most of our new-found freedom we gradually emerged to be able to hold our fundraising events. Napfest was held in September when the COVID restrictions were relaxed and although it was a downsized event it was still a decent fundraiser. A slightly different Classics on the Crick saw the village hall run the bar for the event and the agreement was that the village hall kept all the profits which came to just over £1000. Then the fireworks event and I think, because of circumstances, people came from near and far and everything that was for sale, sold out! The profit was by far the biggest that a village hall event has ever raised. The Christmas fayre was also a success and matched previous years fundraising. As usual the Christmas tree lights were put on the tree and the money donated for them more than paid for costs. So I must thank all the volunteers for their hard work in making all of these events a success.

The running of the hall has been a continuing labour for the committee. Just to keep it functioning is a task, let alone the various extra work to sort out leases and maintenance. Paul Rigler has spent at least 100 hours researching leases and the charity commission rules. We have had input from a solicitor, free of charge, and still we are nowhere near granting leases.

There have also been other problems throughout this year. There was a criminal act which resulted in a vehicle fire that could have very nearly ended with the village hall being burnt down. There are still repercussions that have not been fully dealt with.

The ongoing quest to update and improve the hall and playing fields continues but often getting quotes for necessary work is an uphill battle. We are all volunteers and I am grateful to all the committee members who work so hard to make the village hall and playing fields available for the residents of Naphill and Walter's Ash to use and enjoy.

## April Committee Meeting Report

There were 19 members of the committee present on the 4 April meeting of the village hall committee. It was a short meeting as the AGM of the village hall followed at 8.00pm.

The Bon Ami lease was discussed and it was decided that a three month grace period should be offered to Ruth and Dorothy on using the small hall as part of Bon Ami. The tennis club lease was also discussed and progress has been made in contacting a solicitor, unfortunately the terms of engagement do not come cheaply and we were told to expect a bill of £1500 to £2500 for the lease.

On other matters, 120 bags of bark have been spread over the play area. The village hall is grateful to The Timber Group for their offer of timber to replace the rails and boards around the play area. The committee are looking to replace the astro turf benches with benches that are the same as the ones in the play area. The safety inspections on the play area were discussed and it was agreed that we should continue with the present firm for the inspections at a cost of £176 per year.

The good news is that the boiler that was not working is now working and appears to be behaving itself.

The fete will be held on Saturday 11 June and will be combined with the R.A.F. families day and the RAF will be funding the rides. Classics on the Crick will be on Sunday 12 June. The Fireworks will be on Saturday 5 November.

*Clive Lawrence*

Naphill Village Hall Chairman.



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## Bradenham Parish Council

At our last meeting Bradenham Parish Council discussed parking and speeding vehicles in Bradenham village. There is a problem with cars parking in the village. The increased numbers of visitors parking along Bradenham Wood Lane since lockdown, means that Bradenham Wood Lane has become a single track road with few passing places. This causes congestion at peak time with cars making dangerous manoeuvres. The small car park by the pond is frequently full. The car park by the cricket club is not signposted and the condition of the surface is not ideal. Coming down the hill from Walter's Ash the speed limit suddenly goes from unrestricted to 30 mile per hour. A variety of options, including speed reduction through the village, were discussed and it was agreed to engage a highways specialist for views, options and possibilities to improve the traffic conditions for residents and visitors.

Safety improvements on the A4010 were discussed and it was agreed to seek further advice on this matter.

The batteries in our moveable vehicle activated sign have been stolen, which is why it has been out of action for the last few months. It will no longer be safe to position it in Bradenham until we are able to buy a much taller pole. Once the technical issues have been resolved it will be placed on New Road.

We held a very successful litter pick in March and we were amazed how much litter we collected. Bags and litter picking sticks had been provided by Buckinghamshire Council and they collected all our bags and the large items that had been left in the verges. All the volunteers are thanked for doing such a great job.

We still have a vacancy on the parish council. Please contact the clerk if you are interested and would like more information on joining.

The plans for the Jubilee celebrations in the afternoon of the 5th June are taking shape. The Cricket Club and the church are both working on the plans and organisation for the afternoon. Counting on good weather, activities will take place on the green in front of the cricket club with additional activities in the church.

Our next meeting will be May 9th at 7pm in the Cricket Club on the green. We will also be holding our annual parish council meeting that evening.

All residents are invited.

*Deirdre Hansen*, Clerk.

clerkbradenhampc@gmail.com

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## Introducing Two of our New Naphill & Walter's Ash, Parish Councillors

### Councillor Neil McDonald

I felt compelled to step up and become a Parish Councillor for Naphill and Walter's Ash as I, like many others, was concerned over the sad state of our Parish Council when it became inquorate. I've lived in Naphill for 20 years or so and felt it might be time to put a little something back into the community.

My immediate aspirations for our Parish Council are to work with fellow Councillors, both old and new, to get back to business, catch up with outstanding issues and then work with the community towards some kind of plan and vision for the future. Having been in business all my life, I think that a Council should have a strategic vision, just as a business would do. It would be nice to have a better planned and strategic course of actions and expenditure, as opposed to being entirely reactive so that we are working towards a clear plan and set of goals.



As for my interests and hobbies, anyone walking the footpath behind Poachers Cottage, will have observed a variety of classic cars. Please be assured, I'm not a hoarder, things do get finished, eventually, including my rotting fence!

*Neil McDonald*

[neil.mcdonald@hughenden-pc.gov.uk](mailto:neil.mcdonald@hughenden-pc.gov.uk)

### Councillor Chris Janes

I moved to Naphill nearly 20 ago years and love living here. I am married to Amanda and have 2 girls (aged 18 and 20).

I was alerted to the key issues facing our Parish Council through the Gazette. I greatly value the community we live in, as well as the fabulous countryside around us. I believe it is important for us to have a properly functioning Parish Council to fully represent local interests. I felt that it was time to 'Step up'. I hope that some of the commercial skills I have gained working for small and large business alike, as well as my knowledge of the local area, will be of use in my role with the council.



When not at work you will find me on the golf course!

*Chris Janes*

[chris.janes@hughenden-pc.gov.uk](mailto:chris.janes@hughenden-pc.gov.uk)

For more information about our parish council visit:  
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Amy Johnson



Lesley Howard

### Failed to Return

## Naphill Neighbours

This week we were treated to a most informative and interesting talk entitled "Failed to Return". Tony Eaton detailed what happened to Amy Johnson and to Leslie Howard on their ill-fated final journeys. Tony had a wealth of photos about both people and we were all engrossed.

Amy Johnson became famous when she flew solo to Australia in May 1930 taking fifteen and a half days, a record in those days. She had qualified as a flight engineer so was able to repair her plane if need be. This trip made her famous; she was awarded a CBE and ten thousand eight hundred pounds. She was regarded as Queen of the Air and made visits to India, Japan, New Zealand and Moscow. She also crossed the Atlantic on the east/west crossing, crashing 50 miles from her destination. She was invited to the White House and met President Roosevelt; she was feted everywhere she went.

During the war she was one of a team that flew new aircraft from the factory to airfields. She crashed in dense cloud in the Thames estuary. Radios were not installed in new planes until they reached their destination so Amy did not have any access to advice as she flew on in the clouds. She crashed into the

Thames, expecting to land on tarmac. Her body was never found. Amy had lived in Princes Risborough.

Leslie Howard was killed on June 1st 1943 on a flight from Lisbon to Bristol. The plane he was in was shot down by German planes over the Bay of Biscay. It was a civilian aircraft and therefore a war crime. He was a star and had worked in America for years. However, he disliked American isolationism and returned to England to make propaganda films; it is believed he was also a covert British agent. The circumstances surrounding his death remain secret to this day. It was a fascinating afternoon.

Our trip to the Saville Gardens, and on the river, is fully booked but Yvonne Cook will keep a reserve list. Ring her on 563960 if you would like to be a reserve. We shall have an afternoon tea party on August 8th; this had to be cancelled last year.

**Our next regular meeting will be on May 9th , led by Edwin Rye, and involves garden flowers. Meetings commence at 2pm. Visitors and new members welcome.**

*Peggy Ewart*

### Diary Dates

**Next Meeting:  
9 May - Garden Flowers**

**Saville Gardens  
21 July**

**Gardden Tea Party  
8 August**





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## Friends of Naphill Common

### The Common

As previously reported, all the ponds on The Common had frogs and toads present, in large numbers on several of them, with plenty of spawn to be found. Newts are harder to spot, as they lay their eggs individually rather than in large clumps and don't rest on the surface. FoNC have conducted annual newt surveys for several years, using 'traps' made from large plastic bottles with the tops cut off and reversed, allowing newts (and other creatures) easy access, but retaining them for inspection and release. Last year no less than five Great Crested Newts were found in Pickup's Pond (the only pond in which they've been observed in recent years), but there were none found this year, just three Smooth Newts. Failure to capture them doesn't mean they're absent, but it's a little worrying and we'll probably try another trapping session next month.

Another way of assessing newt populations is by DNA analysis from samples of pond water. This requires laboratory analysis and is therefore too expensive for us to undertake, but previous assessments were funded by the Freshwater Habitats Trust (<https://freshwaterhabitats.org.uk/>) and found evidence of Great Crested Newts in both Pickup's and Daisy Ponds (we've never succeeded in trapping any of them in the latter). The limitations of this approach are somewhat opposite to those of trapping, it can prove that there were newts present, but not when or how many.

When we carried out the DNA survey, the Freshwater Habitats Trust also helped us to test the ponds for nitrate and phosphate pollution, most were pristine, with only a couple showing slight traces, which could be from agricultural runoff or other sources.

May I make a plea for dogs that have been treated against fleas and other pests to be kept out of ponds where possible (I realise how hard this can be with water-loving breeds!) The insecticide on their skins can enter the water and kill small invertebrates, which are the basis of the food chain for dragonflies and amphibians.

In other signs of spring, the warm weather has brought out significant numbers of our early butterflies, including Brimstones (the original, yellow 'butter fly'), Red Admirals, Peacocks, Commas and Small Tortoiseshells, all of which overwinter in sheltered spots as adults.

### Activities

We will once again be at the fete, running our Silent Auction, which has been so successful in previous years in raising funds for us and the Village Hall. Please come along and visit us. There are bound to be some items there that you will find attractive.

Marian Miller will lead another of her popular history walks, this time around Bradenham village on 21st June (the longest day!) Watch for further details closer to the date.

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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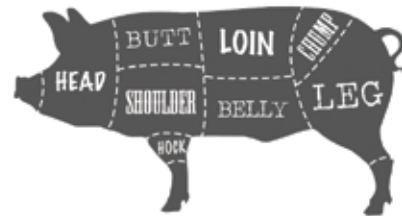
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## Local Tales - *Donkey's Years*

It seems impossible to believe that the Main Road through Naphill could be quiet enough to have girls stretching a skipping rope across it and boys playing marbles on its surface but that's how my father could remember it.

Then, most people who lived in the village worked in the village; either in farming or in the woods or, at the industrial end - Walters Ash - brickmaking, chalk digging and stone cutting. They could walk or cycle to their work. Some of the work was more sophisticated with Marconi, the inventor of the radio transmitting messages to be intercepted in a cottage opposite the Crick, and Armstrong the engineer experimenting with radio-controlled boats on Long Pond in the early nineteen-hundreds.

The coming of car ownership, new housing development and public transport and now home delivery and heavy lorries, has given us the road we have today. The older cottages that face the road and even recent infill, offer little or no off-road parking so that lines of cars are parked along the road or on the pavement. Together the result is a road that is often congested and hostile to pedestrians - dividing the village rather than giving a place to stroll and socialize.

Not many years ago the Naphill Fete was opened each year by a procession led by a brass-band starting from Walters Ash - impossible now. Perhaps never again will hopscotch be played or hoops be rolled along its length (the metal ones made by the blacksmith at the end of Short Road, now Forge Road since the forge closed). But when those innocent pastimes were enjoyed you can be sure that there were other inconveniences, mishaps and interruptions appropriate to the times.

One such, my father recalls, was when the then landlord of The Oak pub (that gave its name to the Oak Row cottages), used to drive a donkey up and down the village carrying its load. The donkey was sometimes as stubborn as sometimes donkeys can be and would lay down in the road and refuse to get up. Exasperated, on one occasion, the landlord pushed his newspaper under the donkey and set light to it with his matches. The donkey got up quickly. After that, whenever the donkey decided to lay down the landlord only had to rattle his matchbox and it would stand up. If only we had such a matchbox for today's problems but not for donkeys.

*Philip Hussey.*

## Hughenden Street Association - *Community Matters!*

There is no doubt that we are living in challenging times. The growing use of food banks, real difficulties paying for heating and a growing sense of concern about the world around us truly give us 'pause for thought'. Regardless of your personal views on any of these matters one thing is clear: community-led groups like Hughenden Street Association continue to play an important role. For many living in the Parish, however it is by no means all, some of these issues may not touch us personally however we may very well know of families and individuals who really are struggling to put food on the table or having to choose between eating and heating. Local and national media have thrown a sharp focus on what life is like for an increasing number of people across the UK. From the earliest days, the Association has encouraged residents to support One Can Trust and groups seeking to help people in need. It has also promoted events taking place to raise funds for the people of Ukraine during these desperate times.

The Association will continue to promote and support initiatives including Mental Health Awareness Week (9th May) and Dementia Awareness Week

(30th May) and Neighbourhood Watch Week (30th May). Staying healthy and safe is important to us all and Hughenden Street Association will continue to promote these issues through its weekly newsletter (to join the circulation list simply email the Editor: [Hughendensa@gmail.com](mailto:Hughendensa@gmail.com) with 'Weekly Newsletter' in the subject line.

A key success factor for the Association is its partnership working with like-minded organisations including the NAWA Gazette. It is by working together to share information and encourage engagement that we make a real difference. If you would like to get more directly involved, please contact Susan Bickerstaffe, Ward Leader, NAWA. Her contact details are: [smbick-erstaffe543@gmail.com](mailto:smbick-erstaffe543@gmail.com) or call 01494 565161. It is YOUR community, and your INPUT is needed to continue to make a REAL difference.

*Hilda Stearn*

Communications Co-ordinator

Hughenden Street Association

E: [hughendensa@gmail.com](mailto:hughendensa@gmail.com) or call 07808 229476



### Our Rhos Residential

At Rhos Y Gwaliau, we did lots of fun activities like going to the beach. We also got a chance to see the stunning landscape of North Wales! We learnt essential life skills like making beds and cleaning. It was a once in a lifetime opportunity! As well as this, we made new friends that we wouldn't usually have talked to before. During the evenings, we had activities like swimming where all of us would go to the pool, which was a lovely bonus; there was a water slide and lots of splashing! The food (from highly qualified chefs) was fantastic and we also had duties! Altogether, we had a great time at Rhos!



### Year 5 Science Week

In Year 5, they have been conducting experiments about forces. They did lots of experiments like: parachutes. For this, they used different objects and discovered that paper was the least efficient material for a parachute. Secondly, Year 5 have made Moon Rovers to go on Mars, (I would definitely go on one)! Some of the best end products were shown in our Key Stage 2 assembly. You never know, they might create the next Mars Rover!



### Year 5 Cake Sale for Ukraine

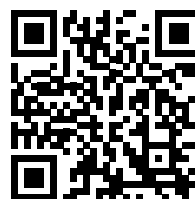
Four of our Year 5 pupils had the lovely idea of holding a cake sale in aid of Ukrainian Refugees. Parents and staff baked and bought cakes for us to sell during the school day and were extremely generous in their donations. We raised a staggering £975 for the Disasters Emergency Committee Ukraine Humanitarian Appeal.



### English in Year 1

In Year 1, they have been retelling the story of The Three Little Pigs. Some versions included pandas and even some cheetahs! All of them were very imaginative.

<https://naphillandwaltersashschool.co.uk>





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**COMMUNITY QUIZ NIGHT** Details on poster! Payment please in cash or online. See our website: [naphilltennisclub.org.uk](http://naphilltennisclub.org.uk) for bank details and further information or email/phone: [naphilltennismembership@gmail.com](mailto:naphilltennismembership@gmail.com)/07905 226203.

By the time you receive this Gazette, our Children's Easter Camp will be over and our popular Junior Coaching will be well under way on Friday evenings after school and on Saturday mornings for the Under-7s.

Adult Beginners' and Improvers' Coaching has started again after the Easter break. Another popular event and much enjoyed by all those who attend. We are duly inspired to get hitting and try out what we have learned!

Wimbledon is on the horizon together with the chance for Tennis Club members to win tickets to the venue through our club's affiliation with the LTA. A great opportunity to see the experts close up!

If you feel inspired and would be interested in joining a friendly group of people of varying ability who just enjoy playing tennis, then come along on a Tuesday or Wednesday morning and join us for a coffee. Alternatively, please contact our Membership Secretary, Sarah Dengel, on 07905 226203/[naphilltennismembership@gmail.com](mailto:naphilltennismembership@gmail.com)

<https://clubspark.lta.org.uk/NaphillLTC>

Jenny Tench



## Naphill & Hughenden Scouts, Cubs & Beavers

The Group has been busy since the last edition. All sections seem to have had an interest in cooking in the last month, in preparation for the various cooking badges that are available. Our Beavers have been cooking pancakes on baked bean tins (other tins are available), the Cubs are working towards their chef's badge, and the Scouts have been lighting fires with flint and steel to allow pancake cooking on open fires. The Cubs have been getting ready for the camping season by practising tent pitching.

There have also been easter egg hunts, hedgerow planting, and St Patrick's day celebrations across the sections.

As a Group we are now looking forward to our annual St George's Day celebration at St Mary's church in

Princes Risborough. St George is the Patron Saint of scouting, and on 23rd April all members of the Scout Association retake our Scout promise. There will be a report of this in the next issue.





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## Growing Your Own



Really chilling news. The United Nations have just announced that the amount of cultivable land on the planet will decrease by a third by the end of this century. This will be as a result of global warming. The UN have also estimated that the world population will increase from about 7 billion at present to 9 billion by 2050, with possible stabilisation after 2050. Nevertheless, an increase of 2 billion mouths to feed when the cultivable land decreases by a third looks like having dire consequences for mankind. There will be inevitable pressure to share out available food – we cannot watch while people starve to death in their billions.

Food rationing in the UK looks likely to return. We import around half of our food at present. I remember food rationing during and after WW2. I remember people growing carrots in their front gardens. In the Republic of Ireland, they are already implementing a policy of “wartime tillage”, giving incentives of €300 to €400 per hectare to encourage greater grain and vegetable production. It could really be time to “Grow Your Own” in your garden or on an allotment.

Our farmers rely on the three artificial fertilisers nitrogen, phosphorus and potassium, of which nitrogen is the most important and is manufactured from natural gas which accounts for 80% of the cost. The price of nitrogen fertiliser has more than trebled in the past year, such that many farmers are reducing the amount they put on their land, accepting the lower food production which will result (and, of course, exacerbating the overall food shortage). But what happened before WW2, when artificial fertilisers were not used? Farmers applied farmyard manures to return nutrients to the soil, and they left the land fallow for one year in four. Nowadays there is no leaving fields fallow – the fields work flat out every year. The lack of farmyard manure on most fields (and application of just the three nutrients nitrogen, phosphorus and potassium) leads to the soil being impoverished for the 16 other nutrients our bodies need, so our people are not getting enough of what they need from their diets – unless they grow their own.

But what about leaving fields fallow for one year in four? The farmers did not know why it worked, but they knew it did work. Modern science has since found the reason why. Nutrients need to be water-soluble in order for plants to take them up. There are

plenty of nutrients in the soil as compounds which are insoluble in water so cannot be taken up by the plants. However, soil micro-organisms slowly attack such compounds and convert a proportion to other compounds which are water-soluble. So, if the soil is left fallow for a year and the soil micro-organisms left undisturbed, Hey Presto! The water-soluble nutrient level increases and better crop yields are achieved in the following three years. That is nature’s way. Let’s hear it for the soil micro-organisms!

(I would agree that using artificial fertilisers gives double the crops, but if those fertilisers become unavailable or too expensive we may have to go back to relying on manure and leaving fields fallow.)

*Good gardening,*

*Mike Mason*

## Hughenden Primary School



Yr. 6 children at Hughenden Primary School really enjoyed a creative afternoon drawing self portraits. A selection of their work can be seen at Pony Expresso in Walter’s Ash.

*Miss Gilliam*



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2021 was an "interesting" year for many of our garden birds with different weather events resulting in smaller counts of many of our garden birds.

January to March was typical with flurries of snow which pushed species like Mistle Thrush, Fieldfare and Redwing into our gardens in above average numbers. This gave way to sustained wet weather which persisted throughout spring. Along with cold temperatures, the damp weather impacted many garden species and most breeding birds were affected. The Tit family, single brooded species that require an abundance of caterpillars to feed their large broods saw a large failure rate. Heavy rain knocks caterpillars from trees and cold weather stops their development so tits can struggle to find enough to feed growing young. The spikes we usually see in May and June following young birds fledging were often non-existent in many species or delayed in others. This delay might be caused by the failure of the first breeding attempt, leading to a second attempt.

The summer's weather was more typical, with some warmer than average spells. Birds that produce

multiple broods did better with some late fledglings. Multi-brooding species have a longer breeding season with species like Robins, Sparrows and Wrens remaining relatively robust in numbers. It can be noted with many garden birds struggling to breed successfully this has a knock-on effect on predators, notably the Sparrowhawks which raise their young to coincide with the emergence of smaller birds from nests, this ensures there is enough food for their own chicks, following the poor breeding season for so many. It seems that Sparrowhawks found it difficult to provide with the lowest count of young birds since records began. This demonstrates how reliant predators are on healthy populations to subsist and how quickly their populations struggle in the absence of abundant, reliable food.

Most garden butterflies had low average counts as a cold wet spring delayed or stopped development. Whites like Large, Small and Orange Tip peaked a lot later than usual and Browns like Meadow, Ringlet and Speckled Wood were barely recorded in June when numbers normally peak.

Gordon



**Gordon's Spring Plant Sale**

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Where has the time gone? FETE is upon us already. You may be pleased to know everything is in place for a fantastic day of fun and entertainment.

We start with the procession at 12pm, led by the Fete Princes and Princesses, who then officially open the proceedings.

On the Crick we have family fun for all, numerous stalls, rides and of course the amazing group 'Red and Grey' will be playing throughout the afternoon.

Don't forget the dog show! Classes start at 12.15pm.

12.15pm – 1pm Musical sit qualifiers

1pm – Prettiest Bitch

1.20pm - Most handsome dog

1.40pm – Best fancy Dress

2pm – Best trick

2.20pm Musical Sit Final



If you would like to register your entries which are £2 per class, you can enter on the day or email [napfestdogshow@hotmail.com](mailto:napfestdogshow@hotmail.com) Keep watching social media for more info.

Stalls include: Naphill Neighbours Cake Stall, Friends of Naphill Common Silent Auction, Bath Bombs, trinkets, Fudge and sweeties, greetings cards, The National Trust wooden carvings and many more.

Food and Refreshments: Food by Noodlenation, Tea and Coffee by the WI, Strawberries and Cream by the Tennis Club, and of course our famous Beer Tent, serving award winning ales and on draught Rebellion Lager and soft drinks.

DON'T FORGET YOUR VILLAGER OF THE YEAR NOMINATIONS -an award presented to the Villager who has made outstanding contributions to the village in the last 12 months. All nominations should be forwarded to [lindaclark894@hotmail.com](mailto:lindaclark894@hotmail.com) before 1 June 2022.

Thank you,

*Linda and the NAPFEST Committee*



# Meet Our Fete Day Royalty!



## Sam

Hi, my name is Samuel Foster and I'm the Prince for the Naphill Fete. My favourite things are biking with my best friend Jacob and the Scullduggery Pleasant series as they open my mind to the world beyond! I am inspired by many people such as David Attenborough and Bradley Wiggins.



## Sophie

Hi, my name is Sophie and I am 10 years old. When I'm not at school I like to read, play games and watch TV. I like doing clubs with my friends, especially Book Club, ballet, netball and swimming. I also enjoy to play piano and after our recent trip to North Wales I think my new hobby might be rock scrambling. I live with my Mum, my Dad and my brother (who has just turned nine) and our two gerbils who are named after our two favourite comics, Beano and Phoenix.



## Ellie

Hi, my name is Ellie Joiner and I'm almost eleven years old. I live in Naphill with my family, my pet hamster Cookie and my dog Rae. I enjoy taking my dog for walks especially when we were on holiday in Swanage but my favourite holiday is going to Spain. I love playing netball, cheerleading, fashion and designing clothes.



## Henry

Hi I am Henry. I like building Lego models of people and animals. It's fun when they won't move. Then I like drawing landscapes. I am 10 years old and have a dog named Trixy.





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# Classics on the Crick



Classics on the Crick will be once again held in June after the temporary Covid enforced move to August last year.

As usual we shall have a fantastically varied selection of cars and bikes on display for everybody to enjoy. The show caters for all types of Classics, from Vintage to Moderns and even the latest supercars. There is still time to enter a vehicle, go to our website for details.

[www.classicsonthecrick.co.uk/](http://www.classicsonthecrick.co.uk/)



A wide selection of food outlets are lined up to provide some tasty treats and the Naphill Men's Club will be once again providing an excellent bar stocked with great Rebellion beers.

This year sees the return of the popular musical tribute act, G-Elvis to provide even more entertainment. Elvis will be singing all his famous hits throughout the afternoon. For the first time we shall also be seeing the appearance of Damo & The Dynamites. Offering more Rock n' Roll with a touch of Rockabilly, expect to hear more classics from the 50s, 60s, 70s & 80s.

Entrance tickets can be bought on the day or for convenience you can buy them in advance via the website:

<https://www.classicsonthecrick.co.uk/>

Adults £6, Children £3, Family Ticket £15

If you are travelling from outside of the village, free parking will be provided nearby courtesy of the Horse's Trust.

All profits from the event will go to the Thames Valley Air Ambulance.

So why not have a great day out and at the same time support a great cause.

If you would like to get more involved, we always need lots of volunteers as the show grows. There are a variety of jobs, and no previous experience is required. Again, full details on the website.

We hope to see lots of you in June.

*The Classics on the Crick Team*

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# Brownies

Don't we all love the light summer evenings?

Sadly, on the first brownie night after the clock change, we had snow!!! So our map & compass walk had to move back a week. Instead we had fun following all sorts of directions inside – games, drawings and blindfold mazes.

We closed off the term with an Easter egg trail and making some yummy little chocolate rice krispie nests.



As I write we are looking forward to our Brownie Jumble Sale at the end of the Easter holidays. It is 2 years since we have been able to do this, so is the first time round for most of our brownies. Not only does this event raise money for the Brownies, but it is a valuable opportunity to learn to take money and give change.

On 7th May, we have entered a team into the Bucks Girlguiding Competition Hike. For Brownies this is a 5k (3mile) walk in the beautiful Buckinghamshire countryside, following directions to complete the route. For Guides and Rangers this can be 10Km or even 20km.

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  
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## Chiltern Hills Arboriculture - *May Day – Traditions Around the World*



This month we will be enjoying the “May Day” bank holiday. The tradition of celebrating this date in the UK can be traced back to the Pagan festivals of the 14th Century. Typically there would be dancing and ritual by a troupe of Morris Men. There would be more dancing by children around the maypole, which was decorated with multi coloured ribbons and often thought of as a fertility symbol. Finally, the crowning of a “May Queen”. Back in those days this was considered the start of Summer. In more modern times that has been superseded by the Summer Solstice or longest day of the year. In 2022 that will be June 21st.

In Germany the festival is called Walpurgisnacht (after St Walburga), or Hexennacht (Witches Night). The Pagan legend has it that witches would meet on this night to celebrate the coming of the new season. In an attempt to keep the witches and evil spirits away local people would light huge bonfires and make plenty of noise. But the church banned Pagan celebrations, so the locals “rebranded” them as St Walburgas feast day to appease the clergy and keep their holiday. The original custom is still observed in northern parts

of Germany. The rest of the country observe a more Christianised version and light fires called Osterfeuer, or “Easter fires”. In southern Germany it is part of youth culture to play pranks on neighbours such as hiding their possessions or daubing graffiti.

Bulgarians celebrate Irminden. The origins of this festival is the traditional belief that all the snakes leave their burrows on March 25th, but their king and leader comes out on May 1st. In order to avoid getting bitten by the snakes everyone takes the day off work and bonfires are lit to scare the reptiles away.

Beltane or “Day of Fire” is the Celtic festival. Ancient Celts believed that the sun was taken prisoner during the winter months. To celebrate its return they would light bonfires. In Edinburgh huge fires are lit on a hill above the city. Another legend is that young women who climb Arthurs Seat at sunrise on May Day morning, and wash their faces with morning dew, will be blessed with lifelong beauty.

In the Czech Republic April 30th is Pálení čarodějnic or “Burning of the Witches”. Huge bonfires are built up to 8 metres tall with witch effigies on top. As it gets close to midnight, when the fires are dying down, it is traditional to find a cherry tree and kiss a young woman under its blossom. May 1st is then celebrated as “the day of those in love”.

So..... apparently lots of bonfires, witches and Paganism..... and we all thought it was just a long weekend with a barbeque thrown in for good measure....

*Mike Beckley*

Chiltern Hills Arboriculture

## Shear Madness

Firstly I must start with the very sad news of Eddie’s passing or as we affectionately called him “Allotment Eddie” a man of few words unless you were talking about his allotment or fishing. I will miss him trundling past the shop with his wheelbarrow, all my love to Avril and their family and friends.

May at last ! After a very very long wait I’m going on holiday! Off to Spain on the 27th and back June 3rd and then I’m only back for two weeks, I’m off to Croatia on the 18th June for two weeks. I will be working longer hours in the two weeks in between my

holidays to make sure I can get you all in. Remember that I’m staying appointment only these days.

May for me means great weather, bbq and friends and Ronfest at The Wheel ! A lovely tribute to an amazing man, live music, box meals and the best part, an ice cream van. I’m sure it will be a great day and the sun will shine, god bless you Ron.

Happy May, until next month

Love as always



*Mandy x*



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## From Bradenham Vicarage - *Keep the faith.*

So how was it for you?

Lent, I mean. Did you manage to do without chocolate/alcohol/sugar/salt and vinegar crisps for the duration? I must confess, during Holy Week, gin and tonic never looked so tempting! However, I wonder if you found the discipline of giving up something for Lent left you with unexpected benefits.

A friend of mine gave up sugar. This was way easier said than done since there is so much hidden sugar in our diets, and she was going to go the whole hog. Not just the white and brown crystals you put in your tea and coffee. Her discipline meant no ketchup, no takeaways, no pasta sauces – in fact, nothing that contained the slightest hint of sugar. (Try it sometime – read the ingredients labels on EVERYTHING you buy. You will be shocked!) She subsequently told me how well she had eaten, cooking everything from scratch to exclude sugar, and how she had dropped a whole dress size over the 6 weeks. Her Lenten fast had raised awareness of the effects sugar was having on her body. She has now resolved to continue with her new found sugar-free eating routine.

So what does happen to all that discipline and those good intentions after Easter?

Do we breathe a sigh of relief and go back to gorging on chocolate, trying to make up for 6 weeks of deprivation in one sitting? Or do we acknowledge that we have learned something from the experience and embrace the lesson?

Evidence shows that smokers who can quit smoking for 5 weeks stand a very good chance of giving up

smoking for good. It seems that it may not take as long as we think to establish routines. If you can do it for six weeks in Lent, then you have started to form a routine that can be continued.

There is not just a physical side to Lent – it is after all a Christian season of discipline and preparation. Many people use it as a time to get their spiritual lives in order – to set a new routine of prayer, reading scripture or meditation. Such practices can lead to healthier spiritual and emotional lives, again something that will give lasting benefit if continued.

Saint Paul, in his letter to the Philippians gives some great advice. 'Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things. ....put it into practice. And the God of peace will be with you.' When we take time to regularly reflect on these values and incorporate them into our lives, our lives will become more attuned to the wonders around and within us. Something which will surely benefit everyone and everything we touch.

The positive aspects of Lent do not need to end at Easter but can be a springboard into new ways of living, seeing or being that can have lifelong and lasting effects. Keep the discipline. Maybe I should be asking 'How IS it for you?'

*Rev Jenny Ellis*

Associate Priest,  
St Botolph's Church, Bradenham

## A Letter from David Carroll, Buckinghamshire Councillor

Dear Residents

Firstly, I should like to thank all the people who volunteer their time to make Naphill a great place to live. I have lived in the area all my life and strive to protect our beautiful environment, particularly our wonderful common. I have always listened and tried to resolve issues where ever possible.

Over many years I have prompted the Council to invest in Children's Services and Adult Care. These are important issues which must be dealt with for the long term, so that the elderly and vulnerable members of the community are supported and protected.

Maintaining the roads within our large area, with a limited budget, is an ongoing challenge. I have

previously reported that the majority of the bigger roads in Naphill and Walter's Ash have been resurfaced. As and when the budget allows, I will continue to press for further road resurfacing work within our area.

In conclusion, I thank the many residents who contact me on various issues and I will certainly continue, as your Community Councillor, to do my very best to support our community and work with you to protect our environment for future generations.

Kind regards,

*David*







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### ***Curiosity Killed the Curate (Well, not quite!)***

As this edition of the Gazette goes to press, we are preparing to celebrate the Queen's Platinum Jubilee. However, as I'm writing this, we're between Good Friday and Easter Sunday; A time of waiting ... but with the benefit of knowing the excitement and celebration of Sunday coming. When Jesus was crucified, the disciples didn't have that advantage and so they had to wait for the festival weekend (Passover) to be over before continuing what they thought would be the next part of their journey of grief ... but what turned out to be a completely unforeseen event (for them).

I have to admit, I'm not great at waiting and so I seem to focus more on the journey than on the destination. Just as the Queen's jubilee celebrates a lifetime of service and the events of Holy Week to Easter recognise Jesus' ministry and journey to the cross, so a pilgrimage gives people an opportunity to consider the journey as much as the place they are headed towards.

Just before Palm Sunday heralded the journey through Holy Week, I was on leave and decided to walk the Archangel Way across the top of Dartmoor. This route, set up by "Devon Pilgrims," winds its way from St Michael's Church on top of Brent Tor to St Michael's in Chagford. It takes in another 10 churches along the way and pilgrims carry a "passport" which they can stamp at each church along the way and record their progress.

I was curious to see how the different churches along the way welcome visitors and pilgrims and look forward to sharing some of those ideas back at our own St Michael's as we think about how we can make people feel welcome as they come into church. Some were tiny churches in the middle of nowhere and others were in towns where tourists were regular visitors to the church building.

The slightly cryptic title to this article comes from an experience at the church in Sourton, where the Archangel Way follows the Granite Way (a disused railway) for a while. In the grounds of the church is a labyrinth and so we paused from the long-distance route to take some time to pray as we walked in the slower, more mindful way that people have for centuries.

During the previous day, my walking boots had rubbed on the back of my ankles and so that morning I had decided to walk in soft trainers with almost no tread (after all, it was only a disused railway!) ... BAD IDEA! ... I was on the top of a TINY grass bank above

the labyrinth and slipped on the damp grass in my eagerness to discover what was below! It seems that knees DON'T bend sideways !!! The good news is that after a couple of days of just walking on the flat, things were much better and I was able to continue on to St Boniface Way from Crediton to Exeter where Bishop Nick of Plymouth kindly signed my Pilgrim Passport!

The main things I think I learned are ...

- 1) A welcoming church is an open church.
- 2) Pilgrims have as many ways of coming to our doors as purposes for their visit.
- 3) It doesn't matter if it's a small church or a large cathedral, as long as the welcome is real.

Buen Camino.

*Rev. Tracey Jones*

### **News from Mothers' Union**

Who would have thought that the subject of our last talk on 'Bricks' would be so interesting!

From the time, 600 BC, when bricks were made using straw and then sun dried, to the 2,600 temples and the Great Wall of China - wow! We heard and saw many examples of different bricks and the talk finished with the brickworks at Naphill.

**Our next meeting is on May 3rd at 7.30 pm in Church House, Hughenden,** when we will be listening to Joanna from the Azalea charity.

*Everyone is welcome - including men!*

*Norma Clarke.*



A "Sing Along" was held at Saint Michaels & All Angels Church to raise funds for the Ukrainian refugees.



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Your Rotary Club needs you! We meet at the Whiteleaf Golf Club on Monday evenings, we have 56 members and, so far this year, we have donated £28,000 to charities, the majority local. Recently we gave more than £7,000 to Ukraine, plus a further £2000 each to UNICEF and the Red Cross for those suffering from the current Crisis. On the 11th of April we manned a stand at the Farmers' Market in Princes Risborough to raise money to sponsor a parachute jump, by a member's nephew, Nick Kavanagh, taking place on the 24th of April. This is in support of The Rotary International Fellowship of Healthcare Professionals who are providing aid to the medics working in Ukraine.

We have contributed to a new staff garden at Stoke Mandeville hospital and to the Princes Centre's Bucks' Older Persons Action Group. Furthermore, we are increasing our relationship with the PR Youth Club, which is doing amazing work with the Town's youngsters. We are also supporting the PR Secondary School and Royal Grammar School Interact clubs (the junior Rotary branch). We support the PR Community

Bus and we will be assisting the PR Town Council at the Queen's Jubilee celebrations, and also hosting an over 75s table at the Jubilee Banquet on the 5th of June.

To enable us to continue our work we need your help. We could do so much more, and we can also offer you the chance to "give back" as part of our extremely sociable group which is primarily focused on the local Community.

If you would like to donate to Nick's charity jump, go to his webpage:

<https://www.justgiving.com/fundraising/NickTandem4Rotary>

And if you want to learn more about Rotary, including how to join our Club you can contact us here:

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



Or contact David White, on [07787 750889](tel:07787750889)

## Naphill & Walter's Ash Residents Association

**The Best Kept Village Competition in Bucks is celebrating its 65th year** - NAWARA is entering Naphill for the 2022 BKVC after a break of 2 years due to the pandemic. To enter the BKVC a village needs to have particular features amongst which must be a place of worship, a playing field, and a village hall. All of which are found in Naphill. In fact Naphill Village Hall and its playing field each got full marks in 2019 as did our notice boards and bus shelter. Naphill won the BKVC competition in the distant past and in 2019 it came only 3 marks below the winners, Stewkley who got 95 marks.

We lost 5 marks because of some weeds at the War Memorial, a dead bush in a pot at a pub and some litter. We missed out on 2 marks because we don't have a cemetery. However, we did gain a Certificate of Merit thanks to the hard work everyone put in to get the village looking near perfect. If you would like a copy of the marking scheme contact Gloria.

There is no reason why we can't hit the top mark this year if we all keep the areas in front of our properties tidy, FONC manages the ponds and the Parish Council tidies up Vincents Meadow and cuts the grass verges.

**Marking** by the judges will take place any time between **1 June and 14 July**. We will ask the judges to avoid visiting Naphill on bin days and days surrounding Napfest on 11th June.

**The Massive May Clean Up and Litter Pick in N&WA 21/22 May 2022** - The Clean-up is of double importance

this year. Not only do we want our two villages to sparkle for the Queen's Platinum Jubilee celebrations between 2nd and 5th June, but Naphill needs to impress the BKVC judges with an even higher standard of cleanliness and attention to detail than we achieved in 2019 with the aim of winning the Best Kept Village in Bucks competition with a population of under 3000. We hope everyone will enjoy pulling together to make this a really successful social occasion. There will of course be those good souls who will act independently to support the cause but do please contact Gloria well in advance of 21-22 May if you are able to organise a litter-pick group in your area and would like help with any clean-up equipment, Bucks Council can provide such as black bags and pick-up sticks.

**Naphill Fete 11 June** - Please visit the our stall to take part in our raffle for a hamper, learn more about what the NAWARA committee has achieved and our plans to move forward.

**NAWARA Annual General Meeting** will take place at the end of June. Date and Speaker to be announced in June Gazette.

**30mph Bin Stickers** remind motorists to slow down. If you would like up to three 30mph stickers for your bins please contact Gloria. *Tel: 563634 or email: [glorialeflaive@msn.com](mailto:glorialeflaive@msn.com)*

*John Russell* - Chairman



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## The Black Lion

Well... What a fabulous Easter that was. Hopefully a really positive sign of things to come for the Summer! You can't beat gorgeous weather in a beer garden if you ask us!

With the late evenings rolling in, we've got some excellent event ideas which we are working on and hope to be able to share with you soon. But in the meantime, here's just some of the great things we've got going on now...

### Music Bingo Bank Holiday Party!

Why not head down and join us for Music Bingo on Sunday 1st May from 6pm. This is our third Music Bingo, and it's very popular! We've had a full house (If you'll please pardon the pun) last month so we recommend booking to avoid disappointment!

This time it's music bingo with a difference! We have a DJ hosting the event with an after party! We're anticipating an amazing atmosphere so don't miss out!

### Saturday Morning Breakfasts

We've got a delicious breakfast menu available every Saturday morning between 10am-12pm

so why not head down and bask in the sunshine with a spot of breakfast and lovely coffee, or even a beer or Prosecco!

We've got loads more in the pipeline, so why not like our Facebook or Instagram page [@theblacklionnaphill](https://www.facebook.com/theblacklionnaphill) or head to our website at [www.theblacklionnaphill.co.uk](http://www.theblacklionnaphill.co.uk) to be kept informed of upcoming events.

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](http://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.

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*

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## Summer is approaching fast

*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.*

This spring and summer we have excellent speakers scheduled for our monthly meetings including a talk on April 27th on Stanley Holloway and a fascinating introduction to the 'accidental art' of Prime Numbers, scheduled for May 25th. You will be able to see examples of paintings generated from a different method of painting by numbers. You may be able to help our 'numerical artist' give names to the works created. You need no mathematical knowledge, so please come and enjoy something rather unusual (and discuss the pictures over tea and biscuits).

In March we discovered the full story behind the creation of 'crested china' and in April we will have been introduced to the various styles of buildings we might see as we travel around the country this summer (petrol prices permitting). Why not join our genealogy group and discover more about your family? You may be related to Henry VIII. We will introduce you to using Ancestry which is available free through our libraries. Or it could be listening to Australian Folk tunes in our Music Group might trigger unknown connections.

Our u3a is gearing up to help our National Organisation celebrate their first 40 years. Our local events are in September. And with the help of Bucks CC, we will be planting a tree locally. More on our special events can be found on our web site. All these activities are designed to help raise the profile of our wonderful and vibrant organisation.

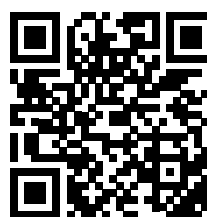
Throughout the coming months we will be launching our own Facebook site. We will invite local community groups onto our pages, and we plan to provide more information to existing as well as potential new members on the activities we offer. We will have pages for each of our groups. We will

be explaining not only how to set up a FB page and access our pages but showing you the security measures we should all be taking. But with the over fifty-five's now the fastest growing members of Facebook, we are confident, that with your help, we can help improve your awareness of our u3a and enhance the benefits of living in our area. Helping people make new friends is a major priority for us and we believe our presence on FB will help us achieve this objective.

Do not miss the opportunities to meet and chat. Plus, as a member you will have access to extra topics offered by other organisations including the continuing and popular series of talks offered through the u3a's 'Thames Valley Network'.

In the meantime, our web site can now also be accessed via the QR code below. It might impress the grandchildren! 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](mailto:hwu3a.membership@gmail.com)

*Paul Gillam*



Editorial Comment: *Paul has written an obituary to David Church OBE (1943 -2021). This is published on our website: [www.naphillandwaltersash.org.uk](http://www.naphillandwaltersash.org.uk)*







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# Toddle In Group nurturing curious minds

## Lifecycles

Spring is arguably one of the most incredible seasons for learning and exploring growth. The children have been on a nature walk to find signs of spring peeking through the ground. Our youngest caterpillar children helped me to spot the early signs of daffodils and bluebells sprouting through the cold ground. Our older children went further afield and found blossom, leaf buds, flower buds, and lots of beautiful spring bulbs. Whilst looking amongst the grass and hedges on the ground, they also spotted litter. Our children identified straight away that litter was not a good thing to find on our ground, and we set about discussing recycling. They children have been learning how to sort the various materials and what they can then go on to become!

For a short time, we introduced the children to tadpoles. The children were enthralled as they watched them develop from frogspawn in to tadpoles. They understood that it would not be fair to have them with us for long, and agreed that they had to be returned to their pond to continue their lifecycle naturally and without our influence. They spent the few days monitoring their growth and change, and enjoyed painting them and drawing what they could see.

As always, our experiences are always supported with books and print. The children have been showing lots of interest in the lifecycles of butterflies, chicks

and trees. They have been watching our magic beans turn in to beanstalks, and have been fascinated by the roots and shoots! I'm certain there will be lots treasures found during walks in the woods and local area during our Easter break.

We have been very busy developing our curriculum at the Nursery. As always, we consulted with our team, our families, our local school and our children. The children were amazingly vocal about what they felt it was important to learn. It ranged from learning more about dragons to being able to do their own zips. We love sitting together for afternoon tea discussing how they feel about their Nursery. It is always such a pleasure to hear their thoughts.

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

*Kim Callaghan Compton*

[www.toddleingroup.co.uk/naphill](http://www.toddleingroup.co.uk/naphill)







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Now the clocks have gone forward, there is an air of anticipation for longer & warmer days. Our resident ducks are back and sampling our new ponds, one within the Heritage Orchard and another 3 in our 1.5 acre Nature Reserve, where we also have a thriving community of Bees and are hoping for our first pots of honey later this year.

We are delighted to be able to continue to welcome visitors to Lindengate, with new extended Summer opening times, enabling everyone the opportunity to enjoy our unique 6 acre gardens. Wander at your own pace through the gardens, marvelling at all the new sights and sounds that have been created over the past few months, including our Yurt Garden, Forest Walk & Heritage Orchard.

We have wifi across our site, so why not bring your laptop and a flask of coffee and work in calm and creative surroundings, by yourself, or bring a group for a team meeting.

Come and enjoy our gardens with friends and family – bring a picnic & sit amongst the wildlife – children

can take part in a nature trail around the site, where we have plenty of new areas to explore. Please check our website before visiting.

From 19th April – Summer opening times (please note last entry 30 minutes before closing)

Wednesdays 4.30pm – 7.30pm

Saturdays 1.30pm – 4.30pm



For more information on our programmes, events, volunteer opportunities & opening times, go to: [www.lindengate.org.uk](http://www.lindengate.org.uk)



## Valley Players



Yes, Mr Darcy is making an appearance for two performances of “Pride, Prejudice and Other Useful Qualities” by Geoff Bamber on 11th and 12th of June. Unless it rains there will be no wet shirt!

Geoff Bamber is an expert at taking a story and condensing it down to approximately 50 minutes without losing any of the essence. This is the story we love with a few comic twists and liberties, that Miss Austen would have appreciated. All the usual characters are there to play their part and entertain. Will Mr Bennet manage to marry off his daughters or will Mr Darcy get his comeuppance?

Valley Players are pleased to invite you to our second “Picnic and Play” performed in a local orchard, the setting is such to bring out the best of a classic English story, you simply have to buy a ticket, £8, and bring a picnic! Gates open at 18.00 with the performance starting at 19.00. Due to the venue, ticket numbers are limited to 50 per night and a parking space has to be booked. Further details are on the website: [valleyplayershughenden.co.uk](http://valleyplayershughenden.co.uk)

Looking forward to seeing you!

*Andrew Pitman*  
Chair, Valley Players



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Over the last few weeks, it feels like COVID-19 infections are rife, and certainly have caused disruption in our lives and businesses. I thought it might be useful to share some tips on ways to boost the immune system, and provide better protection against respiratory tract infections specifically.

### Carbohydrates

Carbohydrates fulfil many functions in the human body, key role is to support the immune system. Carbohydrates have, to some extent, been demonised over recent years, leading to some choosing to reduce consumption of them. Research has shown however that low carbohydrate diets come with an increased risk of acquiring upper respiratory tract infections.

Sufficient levels of carbohydrates also support the body during and after exercise, by helping the blood sugar to remain even, and minimise the release of stress hormones, this helps post exercise recovery too. I fully support reduction of carbohydrates such as processed cakes and crisps as these offer high calories but without helpful nutrients, however we should also ensure we have plenty of good sources of nutrient dense carbohydrates such as whole fruits and vegetables and whole grains which are as close to nature as possible.

### Vitamin C

Consumption of a wide range of different coloured whole fruits and vegetables (for example broccoli, oranges, potatoes) also helps us ensure we obtain enough vitamin C in our diets. Vitamin C has long been recognised as vital to health, however the body cannot make it itself so we have to obtain it from our diet. Research has shown a link between vitamin C deficiency and impaired immunity, which leaves the body more susceptible to infection. Vitamin C can also help the immune system when we are suffering from infection, so we should endeavour to maintain a good intake of fruits and vegetables when we are ill. If insufficient vitamin C is obtained from the diet another option may be to consider supplementation of 200mg of vitamin C daily, as this has been shown to help reduce the duration and severity of upper respiratory tract infections.

### Vitamin D

Vitamin D is known as the sunshine vitamin, because the UV-B rays in sunlight cause the body to produce it when the skin is exposed. It is also available in small quantities in oily fish like salmon and egg yolks. Research has shown that vitamin D is important in protecting the body against unwanted virus and fungal infections, and therefore adequate levels may help reduce the risk of respiratory infections. In a study of 6,789 British adults, Berry et al noted that respiratory infections were lowest in the summer coinciding with the time when the subjects' vitamin D levels were at their highest. If specific diets prevent the intake of foods containing vitamin D naturally, then you can buy certain breads and cereals which have vitamin D added and alternatively, consider supplementation in autumn and winter months. Adults need 10 micrograms per day, and when exposed to sunshine in the summer months should be able to obtain enough that way.

Eating a wide range of fruit and vegetables and good quality meat, fish or other protein sources, also infers many other health benefits. If in doubt, choosing natural unprocessed food is a great place to start.



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