

Naphill & Walter's Ash Gazette



November 2022

Photograph courtesy Paul Goby

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Naphill & Walter's Ash Gazette

November 2022

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Naphill Neighbours	Janet Judge	01494 563186	
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Bookings - Tanya Stevens

Email: hallbookings@naphillvillagehall.org.uk

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www.naphillvillagehall.org.uk

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Hughenden Parish Councillors	Neil McDonald		neil.mcdonald@hughenden-pc.gov.uk
Hughenden Parish Councillor	Chris Janes		chris.janes@hughenden-pc.gov.uk
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Buckinghamshire Councillor	Clive Harriss	07768 876568	Clive.Harris@buckinghamshiregov.uk

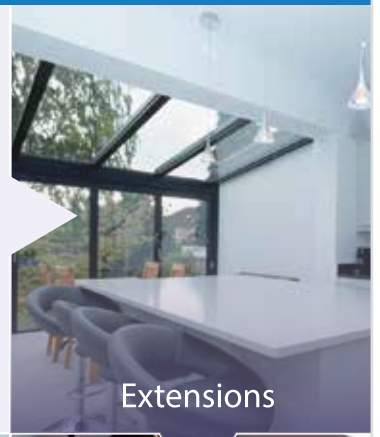
Helpful Contact Numbers

Hughenden Surgery	See website www.ourpractice.co.uk	01494 562189
Out of surgery hours		111
Breast Unit Wycombe Hospital	Breast lumps self refer	01494 526161
Stroke Support Service	Stroke sufferers, carers & family support	0300 3300 761
Shaw Clinic - Genitourinary Medicine	Genitourinary Medicine	01494 425430
Hearing Clinic Wycombe Hospital	Self refer	01494 526161
Specsavers Hearing (NHS hearing tests)	Self refer	01494 520304
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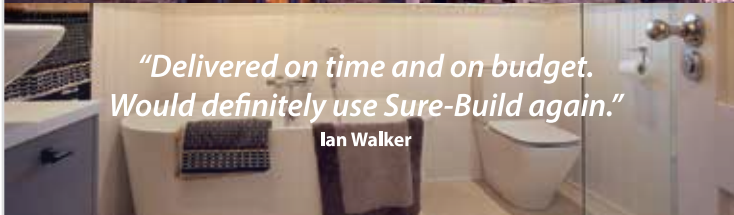


Extensions



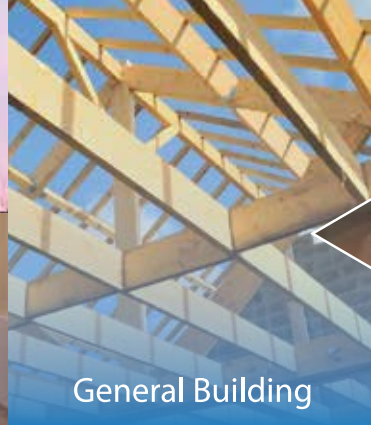
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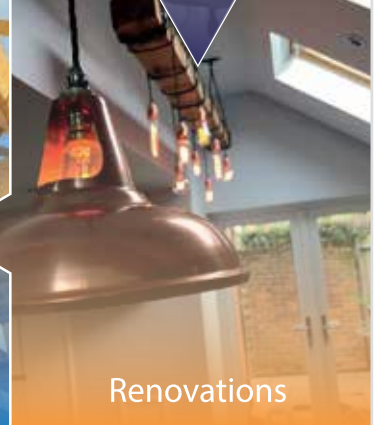


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Copy Date November Gazette 15 November 2022

NOVEMBER! The days are short and the nights are long, the temperatures, along with the leaves are falling, and in our house, the heating is NOT on fulltime as it was this time last year. AUTUMN has arrived and Winter is surely on the horizon but with the alarming increases in the cost of everything, we are certainly being more prudent as to how we heat the house, cook our meals, what we cook and generally how we economise to stretch our budget as far as possible.

The Gazette team met this week to talk about the Gazette budget for next year. Our treasurer, Judy Whitehouse, keeps our accounts in meticulous order and I am truly grateful to here. Our printer will have to raise the printing costs next year but he has assured us that he will do his very best to keep the increase as low as possible, thank you Turville Printing.

The Gazette relies on your subscriptions and on advertisers to fund our costs but we are very aware that our local business and you, our subscribers, are facing ever increasing costs. With this in mind, we will NOT be raising our advertising fees or our subscriptions for 2023, Judy will be sending out the advertising accounts in early January. Fortunately, the Gazette does now have a healthy reserve fund which we plan to use as necessary, to meet any short fall in costs. We thank our advertisers and subscribers for their ongoing support.

As I have previously stated, what goes into the Gazette and how it is presented, is an editorial decision. What was once

produced and assembled on wax sheets and printed on an inked roller in somebody's home office, is now a high tec, costly production which is done to professional standards. I work very hard to produce the Gazette to the highest standards and I will not accept low standard graphics or articles which contain statements which are not accurate. Gazette space is limited and how this is allocated is my decision.

On to the bright and cheerful! We have so much to brighten the gloom with two big community events, both of which have been given lots of space! Please support the Fireworks on 5 November and the Christmas Fayre 2 December. A lot of work goes into organising these events and our village hall relies heavily on these events to finance their enormous running costs.

Next month will be a combined December/January edition so it will cover the Christmas/New Year events and hopefully news of the lights being put on the Village Hall tree. As always, I will, with the help of the contributors, endeavor to make this edition especially bright and cheerful.

My thanks as always to all our contributors for their articles and photographs! Stay safe and enjoy November. I look forward to sharing the Christmas edition with you next month.

Best wishes,

Sonia

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

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Naphill Village Hall & Playing Fields Council Chairman's Report

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A meeting was held by the committee on 3 October. Various items were discussed, mainly the usual items along with the upcoming boiler replacement which should be up and running by the time this is read. The trees that need attending to on the crick, we are awaiting a further quote before we can go ahead with the work. The willow tunnel will be worked on and 2 replacement benches are going to be installed by the play area. A fire survey has been undertaken and will be put on the website in due course. The new user group will be having a meeting before the next committee meeting.

The fund raising activities were discussed and the next one is the fireworks on the 5 November. Most tickets will be sold online, there will be some available in shops or the pub but only until the Friday. There will be a limit on numbers so when the tickets are all sold it will mean that the limit has been reached! If you are planning to attend

the fireworks come a bit earlier to avoid the queue and it would help if you brought CASH for the BAR and BBQ as queues are likely as the card machines slow down due to amount of transactions.

The Christmas fayre will be held on Friday 2 December, come along to buy a range of Christmas gifts and have a glass of mulled wine and mince pies.

The fund raising committees would like to have more volunteers for the activities, if you could help, even if for a short time, it would be much appreciated, just contact us via the website, naphillvillagehall.org.uk

I hope you all have a good time at the fireworks.

Clive Lawrence

Naphill Village Hall Chairman.



WORKING FOR A SAFER COMMUNITY
Wycombe District Neighbourhood Watch Association



I can hear you knocking, but you can't come in!

Nottingham Knockers are a pretty unsavoury bunch. Whilst presenting outward appearances of respectability, they are unscrupulous and tend to target the elderly and the vulnerable.

They get their tag name because traditionally they travel to their target areas from the East Midlands by mini-bus or van, accompanied by a team leader. Usually, they go from door-to-door selling cleaning materials and small household goods.

Some of them are honest and earn a living doing this, but the real aim of most of them is to assess houses and householders in order to pass information back to their leader, targeting particular properties for burglaries at a later date. It is understood that whoever spots a property for a subsequent successful burglary earns a commission. There is often a recognisable track record of burglaries following their calls – usually within a few weeks of their visit.

So, what happens when you hear that knock on your door? First, the 'salesman' will usually be offering cleaning materials, but these will be expensive. The salesman may try to gain your sympathy by saying the goods were made


by a charity. He may also tell you that he is only doing the job while he seeks something better, or that he has just come out of prison and is making a genuine effort to go straight via probation scheme.

Legitimate door-to-door salesmen must have a Pedlar's Certificate signed by a senior police officer. Our man just wouldn't get one! He may produce some piece of dog-eared paper, but this will not be a Pedlar's Certificate or anything to do with his supposed probation course. Tell him that you would like to make a note of it prior to checking with the police. He will probably leave very quickly! They often use quite abusive language when you don't buy from them. Don't be worried by this.

Always report these visitors to the police by phoning 101 or by using the Thames Valley Police website. They will appreciate the significance of your call, especially as these guys may be wanted for crimes elsewhere.

Learn more about preventing this and other crimes by joining Neighbourhood Watch!

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**NAPHILL VILLAGE HALL
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5TH NOVEMBER**

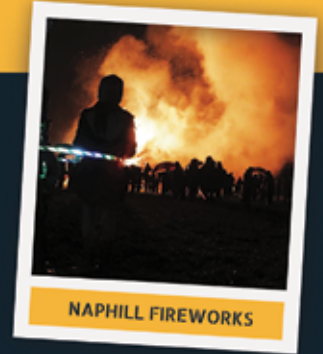
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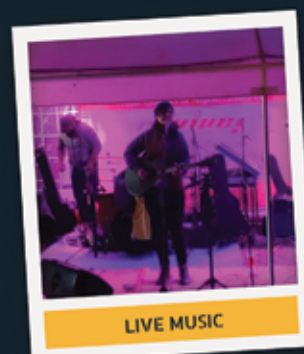
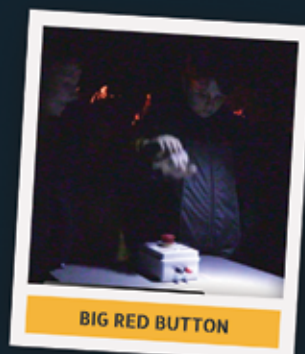
Hi Everyone, not long to go now! Our event this year is being held on Saturday 5th November at the Naphill Village Playing Fields. It is a fantastic event with a brilliant display of fireworks and we are delighted to be hosting our event again. This year the doors will open at 4.30pm, we'll have live music starting from 5pm, the bonfire will be lit at 5:30pm, the firework display starts at 7pm and then we will then have more live music from 7.30 - 8.10pm.

Refreshments include a bar with real ales, lager, cider, wine and soft drinks, we have a BBQ serving hot dogs and burgers and also mulled wine, soup and hot chocolate.

Tickets are available now from our website www.naphillfireworks.co.uk and in local village shops, they are available for £10 adults and £5 children, tickets this year can only be bought in advance, not on the gate. We had to close ticket sales last year due to high demand, so please buy early to avoid disappointment.

There will be no parking in the Village Hall car park or on the roads nearby, so please walk or use public transport. Please do not bring any sparklers, other fireworks, or pets to the event as you will not be allowed in. In addition for safety reasons, please do not wear any reflective clothing. Please note that fireworks are dangerous and we take all reasonable precautions for public safety. You enter at your own risk and are responsible for the conduct of any children with you. We hope to see you there!

Pete Dalby - Naphill Fireworks Committee
petedalby@outlook.com



We're still desperate for volunteers, if you can spare a few hours, please get in touch, thank you.

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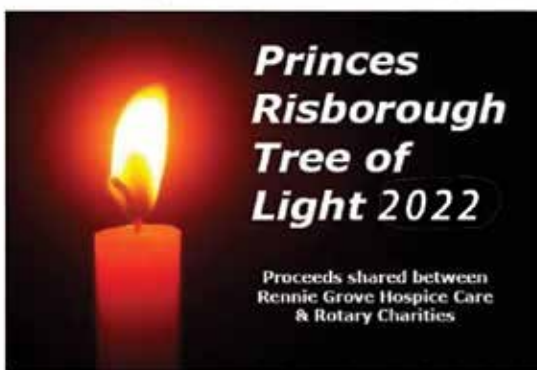


**Service of Remembrance - Naphill Village Hall
Sunday 13th November at 2.30 pm**

A short reminder to you all that the Annual Remembrance Service will be held in the Village Hall on Sunday 13th November at 2.30 pm.

Remembrance Day holds a special place in the National Calendar in which we remember and give thanks to the many thousands of Allied men and women who have given their lives to ensure our freedom. We must all remember the gift of their lives.

Reg Horne



**Remember a Loved One.
Dedicate a Light on the Tree**

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**Dedication Ceremony 4.00pm
Sunday 27th November
in the gardens at the corner of
New Road and Duke Street**



**Tree of Light
Dedication Form**



**The Dedication Ceremony will take place 4.00pm on
Sunday 27 November.**

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Names to be remembered (please print clearly)

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We are encouraging donations via the Bankers Automated Clearing System (BACS) for online payments and would ask that, if possible, your donation could be made direct to the following bank account:

The Rotary Club of Princes Risborough Registered Charity

This is a BUSINESS Account

Sort code: 20-85-73

Account Number: 93085260

However, if you are unable to pay via BACS, you can still donate by cheque or cash, which you should include when you return this form. Cheques payable to The Rotary Club of Princes Risborough.

The size of donation is left to your own discretion. **Please write in the amount of your donation, whatever method you are donating by - BACS, cash or cheque £.....**

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Please send to Princes Risborough Tree of Light c/o Chilternholm, Manor Road, Princes Risborough, Bucks, HP27 9DJ or hand in at Princes Risborough Inf Centre (in the library). Further information from David Griggs 01844 345554.



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Naphill Christmas Gift Fayre

Friday 2nd December,

6.00 - 9.00 pm

Naphill Village Hall

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- * Christmas Home Decor
- * Handmade Fudge
- * Usborne Books
- * Wooden Gifts
- * Jewellery
- * 'Flux Photographic'
- * Cards and Gift Wrap
- * Home Wares
- * Skin Care
- * Mulled Wine
- * and more

Plus your chance to win a Festive Hamper in our raffle!

Christmas Gift Fayre Friday 2nd December 6 – 9pm

How does a glass of mulled wine or fizz and a homemade mince pie whilst doing your Christmas shopping sound?

We have almost 20 stalls booked offering a wide range of products so join us at The Village Hall for the chance to shop local, meet friends and buy some very beautiful and unique gifts at this fabulously festive shopping evening in aid of Village Hall funds. You could also win a Christmas Hamper in our raffle!

30 per cent of the stalls are new to us this year so put this date in your diary, and please come along to support not only the Village Hall, but all the local crafters and traders.

For more details of the stalls that will be there check us out on Facebook

<https://www.facebook.com/groups/NaphillChristmasGiftFayre>



Cathryn Carter & Moira Harris





One of our most important tasks this autumn will be to select the companies that provide us with important practical services such as grass cutting, hedge and verge trimming and maintenance of allotments and other Parish property. We have gone for several years without competitive tendering and this is our opportunity to shape future services around our current priorities.

Last Autumn, the Parish commissioned a residents' survey. Due to changes of Councillors and Clerk, it's taken us longer than we'd have liked to analyse the responses, but we now have a presentation, approved by the Council, ready to share with residents. We know that some residents feel that the survey was not particularly well designed but we believe it has some valuable results that should be shared. We continue to listen to community feedback.

What are some of the key findings? Speeding is by far the issue most on residents' minds. The majority of respondents thought that facilities for younger people, especially over-9s, needed to be improved. The Council has established a working group to focus on playgrounds and facilities for young people and there will be more updates coming. Just under 10% of respondents owned allotments – but the vast majority thought they were an important resource for the Parish. On a happy note, very few residents reported problems with crime or anti-social behaviour and pretty well everyone was happy and liked living in the area.

The findings from the Survey will help shape our priorities. For example, we've pushed hard in recent months to get Bucks Council approval to put up Community Speedwatch signs in the Parish. You might have seen these yellow signs in Hazlemere, for example. Councillor Stan Jones, aided principally by John Marchant and James Perkins, has led the negotiations and twelve locations have been approved. The signs will allow us to deploy more speedwatch stations around the Parish. This is in line with the results of the residents' survey, where respondents asked for more signage and more checks.

During the Pandemic, we saw a significant drop-off in grant applications from organisations doing great work in the Parish. We'd like to remind associations, clubs and action groups that the Parish Council welcomes applications for grants to help improve life and amenities around the Parish.

One consequence of the period we experienced without a Clerk and with an inquorate Council in the Spring was that we got behind on the important work of maintaining Parish land, trimming verges and hedgerows, and keeping road signs and footways clear. Under the guidance of Emily Ranahan, the Clerk, and Cllr Jill Armshaw, who chairs the Environment and Services Committee, we kicked off a Tidy Up programme in August. Post-drought grass cutting of the verges has been done, street signs are being cleared and cleaned, some overgrown allotment plots have been cleared, and village gates are being cleaned and repaired.

The Parish Council has recently brought to a conclusion a long running issue over the ownership of several plots of land on which we rent out many of our allotments. The issue revolved around complex and sometimes contradictory legislation going back to the middle of the 19th century, and over the past couple of decades has been subject to a great deal of legal advice, Tribunals and appeals, by both the Council and individual residents. The Council was unable to support a proposed resolution that there remained strong enough grounds to dispute the existing rulings that the land was not Parish-owned land, and hence decided it could not support spending more money seeking to challenge this. Hence it resolved to pay the outstanding overdue lease payments to Hughenden Community Support Trust.

Gareth Cadwallader

Chairman Hughenden Parish Council



You may not be aware that there are laws governing the encroachment of trees and hedging bordering footways and roads.

There should be clearance of at least 2.2m (7' 2") above a footway, pavement, or verge to allow pedestrians free passage.



Hedges/vegetation should be cut back to the property boundary line so as not to overhang or encroach onto the highway (meaning carriageway, footway, or verge). It is very easy for hedges to get thicker just by a little bit each year, despite being cut back regularly, to the extent that they eventually take up quite a lot of space on a pavement. That hedge may require some radical pruning to put it back where it should be. Indeed, your hedges may need more than one pruning session to keep them inside your boundary line.

Hughenden Parish Council (HPC) own very few hedges, mostly around allotments, the Common in Great Kingshill and some open areas. HPC also looks after a small number of hedges on behalf of Buckinghamshire Council. The vast majority of hedges are owned by you, our parishioners.

We request that you check all of your boundaries to make sure that you are compliant with the above. Especially those with hedges bordering pavements and encroaching onto roads.

Hedges should not be cut within the period 1st March to the 1st September, to support our wildlife, unless they are causing a risk to health and safety, when they can be cut back regardless of date.

Should you be unable to maintain your hedges within the legal guidelines, please contact the office who may be able to suggest a list of contractors who undertake this type of work.

If you are not sure which are your boundaries hedges, you can check them at

<https://mywycombe.wycombe.gov.uk/> by clicking My Maps option and ticking the Land Ownership category. This will take you to the website where you can purchase land registry details of your property which may help you. *(Please see QR code below)*



Emily Ranahan
Clerk to Hughenden Parish Council



Hughenden Parish Council Contact Information!

Call us on: 01494 715296
Email us at: clerk@hughenden-pc.gov.uk



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Bradenham Parish Council

At our last parish council meeting it was confirmed that the Bledlow Ridge Recycling Centre will be reopened, much to the delight of the parish council. Buckinghamshire Councillor Carl Etholen was thanked for his work to get the site reopened together with former Buckinghamshire County Councillor Bill Bendyshe Brown.

We were informed the new data centre being built in Saunderton will require high voltage cabling to be laid from Amersham to Saunderton, this cabling will come through our parish sometime in the future. The new stretch of road surface on New Road is a much quieter, we have asked if that type of road surface could be used when the A4010 gets resurfaced. The white lining on the road in Bradenham village is starting to show through again, we have brought it to Buckinghamshire Council's attention.

It was decided to write to Affinity Water about the frequent repairs to the water pipes on New Road/Main Road asking for a permanent repair, Buckinghamshire Councillor Carl Etholen provided support and we will copy Buckinghamshire Councillor Gareth Williams in our correspondence.

We will undertake some maintenance work to our war memorial, the Lychgate, at St Botolph's church.

It was noted that the time tables for the bus services that run along the A4010 have been changed.

Over the summer months there have been several incidents of vandalism on the green in Bradenham, mainly someone doing "wheelies" on the green. These have damaged the green and the cricket pitch and are unsightly. The National Trust own the green and are aware of the problem. The parish council had been asked if they could consider putting CCTV on the green, but as we don't own the green we are not able to place CCTV there.

Electric vehicle charging points were briefly discussed but as we don't own any land, we have nowhere to place any.

Our next meeting will be Monday 7th November at the Cricket club starting at 7pm. All welcome.



Deirdre Hansen,
clerk to the Council.

clerkbradenhampc@gmail.com

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



Naphill Neighbours

At this month's meeting Naphill Neighbours were treated to a demonstration of cup cake decorating by Tracey, of Tracey's cakes. She shared lots of ideas for simple but effective ways of making small cakes interesting and relevant to occasions such as birthdays, harvest, Halloween and Christmas. These were lovely ideas to share with grandchildren using simple aids such as royal icing (as glue), sweet stamps, sprinkle bits, gold wonder dust, and templates of a gingerbread man and an owl. Cake painting was demonstrated and looked easy. My grandchildren are in their twenties now but would have loved an afternoon of cake decorating in their younger days.

Tracey displayed cake cutters she had designed herself and which could be used in a variety of ways. A tip for keeping small cakes fresh was to ice the tops right up to the edges of the pastry case.

Tracey is based in Longwick and has a very useful website.

Our next meeting is on 14th November. Karen Elliott will be talking and demonstrating 'a festive front door'. Meetings commence at 2 pm.

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Local Tales: The Hanging Man

The precise date of this incident is uncertain, but it must have been in 1945, towards the end of World War II. At that time the Mead family lived in Vivaldi, an attractive white house in Stocking Lane next to Lane Wood. Mr Mead was a talented musician who played the organ in Naphill Methodist Chapel. They had two daughters and a son: all just children at the time. The daughters, Sheila and Hillary, had a bedroom on the side of the house facing the wood.

One dark night they were woken by someone loudly shouting and swearing outside their bedroom window. When they looked out, they could just see a man hanging in a tree on the edge of the wood. It became apparent that he was tangled up in the branches by his parachute and desperately wanted help to get down.

Mr Mead explained that he did not have a ladder but would get one immediately. He then hurried off, a quarter of a mile up to Little Mosely Farm at the top of the lane. There lived a farm worker, Joe Stroud (his son still lives in the village). Mr Mead briefly sketched the situation and asked for a ladder. Not knowing the details of the case, Mr Stroud, quite sensibly, chose the longest ladder on the farm. At the time they had a large cherry orchard, so the best choice was a wooden fruit picking ladder. These are enormously heavy, very long with splayed feet at the bottom. (If you have never seen one, go to Hildreth's garden centre where two are displayed on the ceiling of the shop.)

Joe struggled down the lane carrying the ladder, but when he had manoeuvred it into the wood and to the vital tree, he found that he could reach up and touch the hanging man's feet! He was only a couple of yards off the ground. Joe was not pleased. However, the man was rescued to everyone's relief and with smiles all round. I remember the silk parachute lay at the base of the tree for only a day or so and whilst the harness hung there for ages but of course, this too is long gone!

Unfortunately there is a sad ending to the tale. The airman was a gunner on a British Mosquito fighter/bomber which was struggling home after receiving serious damage. It eventually crashed at North Dean on the hillside just to the left of Piggotts Hill. The brave pilot had avoided the houses, but I believe he was killed. A large black patch marked the hillside for many years.

Trevor Hussey
(With help from Raymond Stroud.)



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The Wheel

By the time you read this the clocks will have changed, and the nights will be longer, but as the chimneys have been swept the fires will be roaring to keep us all warm. And don't forget we have lots of space to be able to accommodate you in our various areas, inside or out (if you wish to be brave!)

Mark and I would like to thank Chloe, Julia, Chef, and the team for letting us go on holiday back to Pembrokeshire, it was much needed after a busy summer. We have not come back with another dog, but Julia now has a chocolate Labrador too, so yes there are now three wondering around. To help you know who's who the following applies:

orange collar = Maxii (Moodle), *pink collar* = Molly (Bob) and now *green collar* = Bonnie (Bon Bon)

Curry Night - Thursday 17th Nov - Chefs fantastic curry night is back. He will be making all his homemade curries and as always that night will be bookings only with limited availability.

Fireworks – Saturday 5th Nov - *We will be selling tickets (Cash Only) on behalf of the committee again this year prices are - Adults £10.00, Children £5.00 (5-12yrs).*

We can't wait for this amazing night of the year and will have our fingers and toes crossed for fine weather. As always, we will be collecting money for the fireworks fund on the night in our garden and carpark if you choose to watch it from here.

Please note our food service times on the day are 12pm – 2.30pm and 5pm – 8pm. Please ensure you book a table as booking are for diners only.

Remembrance Sunday 13th Nov - As always, we will be selling all types of Poppies this year from pin badges to reflective key rings and much more. The Village Hall service is held at 2.30pm and then followed by the laying of wreaths, and a minute's silence. The service is always very well attended and if you are wishing to have lunch with us first, please book to avoid disappointment.

Christmas - Our Christmas menu is now available to pick up from the pub and will run from Tuesday 29th November until Friday 23rd December. Please ensure you book a minimum of two weeks prior (this is due to supply concerns and driver issues). All our Christmas hours will be published in the next Gazette along with details about New Year's Eve.

With winter here, wrap up warm have a great walk in this beautiful area, and then we'll see you for a pint or two while you warm up in a great pub with a great atmosphere.

Thanks to you all as always.

Claire and Mark.

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Photograph courtesy Chris Miller

Friends of Naphill Common

By the time you read this, West Wycombe Estate will have brought a 'mulcher' onto the Common. This is a large caterpillar-tracked vehicle equipped with a flail that can reduce piles of offcuts and holly thickets to woodchip, just a few inches in length. It won't clear every pile of brash in the newly thinned area, leaving some as wildlife habitat – similarly for the holly stands, 'reduce but not eliminate' is the intention. The same type of clearance was carried out on the previous areas selected for thinning, with positive results. This operation should take a few days, and after completion there are no plans for any further thinning work this year. New growth of foxgloves is already noticeable in the recently cleared area, and we can hope for a good show next spring (as we've seen previously in thinned areas).

The refurbishment of the noticeboards at the various entrances to the Common is progressing slowly but surely. The board on Chapel Lane has been returned in its new, cleaned state, and the one on Forge Road has been removed to the workshop. Once this has been renovated, there only remains the board at the Bradenham end of the Common. Buckinghamshire Council have contributed half the costs of this work.

As in previous years, the Bucks Fungus Group held a walk across the Common. The weather was very kind to us, with the Common looking at its pre-autumnal best, and even some dragonflies still active on the ponds. We found a good selection of fungi,

including some rarities, and a detailed report and photos can be found on the BFG web site. To keep numbers manageable, the BFG now restrict their walks to members only, but joining is very cheap and easy if you would like to participate in future walks.

<http://www.bucksfungusgroup.org.uk/>



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

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



Chris Miller
Chairman



Photograph courtesy Natash Jane Goby



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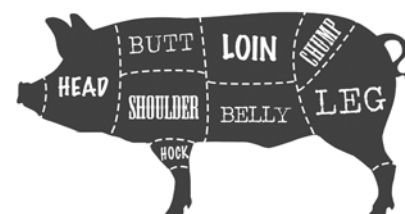
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A Visit to Widmer Farm Park

Having known Widmer Feeds Country Store for many years (we kept up to 5 horses there) I was delighted to be invited by Alice to come and see the families new venture- Widmer Park Farm. The ethos is an affordable trip out in the open air to see animals that kids and adults love, with easy access and wide paths around the pens. The farm is full of rare breed sheep, goats, alpacas, lamas, donkeys, horses and shortly some pigs and I am sure I have missed some. The animals are in large paddocks and seem to love people and are given great housing. The squeals of laughter of children and their parents as the sheep ate out of their hands was great to hear.

Fully licenced by the council, they were fully booked in the first week and that's before the café is finished and the soft play area installed. Alice tells me they have even had their first repeat customer. There is information on each animal and food that you are able to feed them with, those you are allowed to. Handwashing stands are completely set up so that you may wash your hands after feeding the animals.

The barn houses the guinea pig herd with numerous babies who love their daily greens which the animal handlers bring. This is where the toilets will be and shortly the new café will be installed. With a large car park, it makes it an easy destination for those with animal mad small people and big kids like me who enjoyed talking to Sherbet the goat.

Jonathan Hilder





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When Parables Become Real

I am downsizing! My husband has retired from his post as Rector of All Saints, so we must move from our generously sized vicarage to a far more modest property. All the paraphernalia that has been a constant of vicarage life needs to be reduced, reused, recycled or repurposed. I've had a lot of enjoyment from putting out boxes of unwanted items accompanied by a notice inviting people to help themselves to free stuff and help save the planet by reusing, recycling or repurposing our unwanted items. I would put out two or three boxes in the morning, go to work, come home and it was like the tidying fairies had come – everything was gone. On one occasion, even the box containing the items had gone!

The liberation of getting rid of stuff has been amazing. I'm not going the whole hog as suggested by James Wallman in his book 'Stuffocation' (excellent popular psychology read) where you put everything into boxes and only take out what you need as you need it. After 10 days, you should have everything you require, so the rest of your stuff can be discarded. A bit too radical for me, but I do reckon I've been pretty ruthless with my stuff.

So I'm feeling good about getting rid of shed loads of small stuff. Much harder were some of the larger items, like our daughter's cot. My parents had bought a (then) fancy cot for their first grandchild. It was robust enough to stand up to our next child and, since it was a fancy cot, served as a small bed whilst daughter number two grew from a baby to a young child. It was a good cot. I should

have sold it or donated it to charity, but we had the space, so I kept it on the fanciful whim that my daughters would want to place their own babies in what had once been their cot. The treasured cot was flat packed and lovingly transported from vicarage to vicarage awaiting the day when it would come into use once again.

Now there is no storage space, no prospect of any grandchildren and the removals company wants to charge for every item we shift. Sadly, the cot has to go, but we are consoled by the fact that we can take it to the recycling centre and another baby will benefit from it. Wrong! Recycling centre rules have changed. 'It's a bed!' they say, 'We don't take beds!' My beautiful, treasured baby's cot is now useless junk! If I had passed it on 25 years ago, it would have been used by others, but now it is worthless rubbish.

Jesus once told a parable about stuff. He warned against storing riches and stuff, because they can be corrupted and destroyed, becoming useless rubbish. Instead, he spoke of riches in heaven, things that really count and that money can't buy. These things do not rot or rust or become ravaged by time. They are the good deeds, kindnesses, acts of mercy, generosity and forgiveness that we can all do to help make this world a better place.

I have learned a lesson thanks to Jesus' wise words and maybe, in part, James Wallman's too.

Rev Jenny Ellis

Wycombe Photographic Society

November is the ideal month to photograph Fireworks especially as we have our own village firework display on Saturday 5 November. See page 11 for more details.

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

- 2nd Nov - Visiting photographers give a talk
- 9th Nov - Talk by Steve Brabner, 'Stay longer see more'
- 23rd Nov - Themed Assignment - Scapes

To see everything that is happening at Wycombe Photographic Society please visit our website at:

www.wycombephotographicsociety.org.uk

Peter Davis

Membership Secretary

Wycombe Photographic Society





From the Vicarage

It's good to be back! I have had the huge privilege of spending three months over the summer on sabbatical from my parish ministry, and I had a wonderful time.

Highlights included a three day retreat at a Franciscan monastery in rural Worcestershire, a walking holiday in the Lake District, driving around a bishop from overseas prior to the Lambeth Conference, attending a Music Festival in the grounds of a stately home, to watching Cricket at Lords, Edgbaston and Taunton.

However, my most memorable time was two weeks spent in South India. I serve on a diocesan committee that seeks to strengthen links which Oxford diocese has with three overseas dioceses in Sweden, South Africa and India.

Nandyal is a city located some 180 miles South of Hyderabad, in the South of India. It is also the name of the diocese with which we have a link, and I was invited to spend some time visiting my Christian brothers and sisters, which I was able to do in September.

Those who have been to India for themselves will surely never forget the warm and generous hospitality of the Indian people, the amazing food, driving on Indian roads, which are not for the fainthearted, and being immersed in a culture so different to our own in leafy High Wycombe.

I spent 10 days being hosted by Bishop Pushpa, the only female bishop in Asia. I enjoyed good health throughout my stay, and was able to visit many of the churches, schools, orphanages and other diocesan projects, as well as preach three times in the Cathedral of the Holy Cross.



As well as fostering stronger links with my new friends in Nandyal, my trip to India also had a personal family history dimension. My great Aunt and Uncle spent twenty five years in the 1930s – 1950s serving as missionaries in South India, and I was able to explore some of those family roots, which included visiting a Church in Pulivendula, where there is a plague laid in their memory, and the school where my great Aunt was headmistress for five years.

It felt such a privilege to know that I was walking in their footsteps almost 100 years later, and still able to see evidence of their work and lasting legacy.

Rev Dr Chris and Rev Helen Rolles served with the London Missionary Society. Much of their work was itinerant, travelling from town to village, treating the sick with a team of doctors and nurses, as well as bringing the Christian gospel to many who were hearing the good news for the first time. As a result, missionaries such as my ancestors, brought Christianity to India.

I encountered a thriving Church of South India, with ambitious plans to build new churches, help bring hope, healing, and practical support to the most vulnerable in society and a desire to be salt and light within their communities.

I returned to the UK with a renewed appreciation for just how richly blessed we are as a society in so many ways, a commitment to stay in touch with my new friends in Nandyal and a hope to perhaps return to India one day in the not too distant future.

Rev Keith Johnson

Church News

At the end of September at St Michael's, we welcomed back our Vicar, Keith, after his three-month sabbatical which included a visit to South India. We await a full report of his adventures, but we know it included watching cricket too!

Keith's return aptly coincided with Michaelmas tide, when we celebrate our patronal festival of St Michael (Michaelmas is September 29th). Michaelmas Day is one of the four quarter days (the others being Christmas Day, Midsummer Day and Lady Day (25th March) of the ancient agricultural and legal calendar when rents fell due and are still observed, certainly in legal circles. The period of Court sitting from Autumn till Christmas is still called the Michaelmas term. Of course, it is also the time when Michaelmas Daisies bloom.

His return also linked in neatly with our Harvest Services on 3rd October, where we celebrated the gifts of God and shared gifts with the One Can Food Bank. Apart from our usual two morning services at 0900 and 1100, the Church was the venue for the Oxford Diocesan Council for the deaf and hard of hearing Harvest Service, with the communion service being fully signed in British Sign Language, Harvest gifts were added to those already donated, and the service was followed by sandwiches and cake. Evensong again took place as usual at 6pm.

On an autumnal theme, the darker evening allowed participants to view and hear some of the bat population in and around the Park, on our very popular Bat walk. This, and the Harvest services concluded a month in which the church has been looking particularly at the environment and what we as individuals, and as a church can do to help safeguard it.

Next month, we will be in advent and preparing for Christmas. Look out for the leaflet dropping through your door with details of Christmas Services, which you will also be able to find, along with information on all other church activities, on our website. www.hughendenparishchurch.org.uk

Jane Tyrer



As the nights draw in and we head towards the end of a very challenging year it is good to reflect on the positive things that have happened during 2022. Hughenden Street Association (HSA) continues to play a key role in promoting co-operation and friendship across the Parish. The team of volunteers have worked hard to forge meaningful partnerships not just across Parish but further afield. Here is a quick summary:

- **Naphill & Walter's Ash Gazette.** Working with the Gazette has been hugely beneficial to the promotion of the Association to the wider community who may not yet be newsletter subscribers. The HSA newsletter is also uploaded promptly to the Gazette which is much appreciated.
- **Hughenden Valley Climate Group.** A vibrant and determined group of residents keen to make a real difference to our environmental impact. HSA has not only promoted the Group's activities but also highlighted other complementary groups

including Hedgehog Street, Zero Waste Week and most recently the National Hedgerow Week.

- **Neighbourhood Watch.** A partner of HSA the team is focussed on crime prevention and reduction and regular articles are included in the HSA Weekly Newsletter.
- **Wycombe District Dementia Action.** A local advocacy and lobbying group supported by Buckinghamshire Council and seeking to raise awareness and understanding about this dreadful disease.
- **Buckinghamshire Council.** The HSA pilot was promoted by the Council and its officers remain committed to supporting the activities of the Association. Most recently funding was secured to develop some important marketing collateral which we will be launching before the end of 2022.
- **Thames Valley Police.** Representatives sit on the HSA Steering Committee providing an ideal opportunity to raise issues and concerns of residents.

As a volunteer-led organisation HSA recognises the key role of volunteers. Naphill & Walter's Ash is fortunate to have such an able Ward Leader in Susan Bickerstaffe. She really did get involved quickly and working with the Ward Co-ordinator, Anne Smart has already made a hugely positive impact in the Ward. As many readers will be aware Susan has really established the Pub Lunch at the Black Lion providing a convivial opportunity for old friends and new to meet up.

Hughenden Street Association is recognised as an exemplar for community engagement. It has a simple ethos: work together to create a sustainable community group that seeks to engage residents as they would wish. If you would like to support Susan in her work why not have a chat with her? Call her on 01494 565161.

If you would like to receive a copy of the HSA newsletter into your inbox, just email the editor: Hughendensa@gmail.com with 'Newsletter' in the subject line.

Hilda Stearn

Communications Co-ordinator
Hughenden Street Association

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Naphill Brownies

Thank you so much to all who donated, helped and shopped at our Autumn Jumble Sale

Running such an event is actually really good fun when we have so many willing helpers and so many enthusiastic buyers. We are often asked what happens to all the leftover jumble. It does not go to waste. We bag it up, and the wonderful volunteers from the South bucks Hospice take almost all of it to help raise funds for another excellent cause.

Our next Jumble Sale will be the 1st Saturday in March.

The brownies have been clocking up brownie programme activities on a variety of themes, so that we can work towards some lovely badges. We had an evening of tying knots, useful for making bracelets and for joining ropes to throw to someone's rescue.

Our Art evening saw us out-and-about collecting leaves of all shapes to spray and sponge-paint to make colourful silhouettes.

Having done so well running the toy stall at the jumble sale, the brownies then used the money raised to do some money-related games and team activities. It was interesting to notice how unfamiliar our youngsters are with cash these days.

The coming weeks will see us getting out for a walk in the dark and hopefully inviting our friends in for a bring-a-friend night, not to mention the village Remembrance Service on 13th Nov.

On behalf of the Scouts and Guides in the village, I would like to express my gratitude to Nigel Rolfe, for his very generous donation to Naphill Scouts & Guides. The donation was on behalf of himself and his wife Sheila (who sadly passed away last year) and son Neville. Nigel has been an active supporter of Scouting for many years and was a former Quartermaster for Naphill Scouts.

He kindly joined us at the recent AGM of the Scout & Guide HQ committee and presented us with a very generous cheque for which we thank him!

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

Gordon the Birdman



Those hot summer days have long gone and with them the summer migrants, but autumn brings visitors from the north to enjoy our relatively mild winters. Locally, we will only see Fieldfare, Redwing, Brambling and if lucky a Waxwing. The others being species we regard as our resident birds but the chances are that the Blackbirds, Robins, Starlings and Finches we see in winter have come from the continent.

To see the majority of visitors (Geese, Ducks, Swans and Waders) we have to travel to the coast. These birds travel long distances from above the arctic circle, the long distance champion being the Light Bellied Brent Goose, unlike it's cousin the Dark Bellied Brent Goose which breeds in Russia and can be found all along the eastern and southern coast. The Light Bellied can only be seen in Scotland and Northern Ireland. These birds breed in the high arctic areas of northern Canada and it is quite possible they nest further north than any other bird, being as little as 300 miles from the North Pole. Most of the geese nest on bare rock and shingle which is incredibly exposed to unpredictable weather.

If the geese demonstrate supreme hardiness on their breeding grounds, it is nothing compared to their migration to Britain which at around 4,000 miles is the longest of all wildfowl. It isn't just the distance that's impressive – it's the conditions they endure and the terrain they pass over. They have to negotiate the entire Greenland ice cap then have the first of two North Atlantic crossings from Greenland to Iceland. The Greenland ice cap reaches 9,000 feet above sea level and satellite tracking suggests that sometimes the geese sit out adverse weather on the ice cap.

Iceland is a treat in comparison, they being able to refuel on the extensive Eel Grass beds on the west coast. Then having regained their strength they take on their second North Atlantic crossing. This takes them to Ireland where the main body of birds stop at Strangford Lough with some carrying on to the west coast of Scotland.

Gordon

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Hughenden Valley Surgeries is part of Mid-Chiltern Primary Care Network covering five GP surgeries caring for over 44,000 patients.

COVID has had a significant impact on patients, staff and the community; such that our service levels have been significantly impacted.

To improve and enhance the services provided to patients in a new era we have the following news to share with you.

We have recruited:

- a full time Advanced Nurse Practitioner
- two Clinical Pharmacists
- two new experienced Doctors
- a new Reception Manager
- a new full-time Healthcare Assistant
- four new Care Navigators
- a First Contact Physiotherapist
- we have the pleasure of welcoming our new GP Partner, Dr Abid Bashir

We have increased the number of nursing appointments available, increased capacity for phlebotomy, health checks and contraception services.

We continue to train GP Registrars, medical students, Nurses and Physicians Associates.

We are committed to developing existing staff skills in areas including dermatology, immunisations and female health matters.

We have a Paramedic joining the team in November to help support our housebound and vulnerable patients.

We are aware of problems with the existing telephone system and have invested heavily in a new telephone system that is anticipated to be installed within the next 8 weeks.

We are well on the way delivering Flu vaccinations; appointments are available to be booked online (via Patient Access) or telephone.

Medpoint, an automated medication collection point, has been installed to enable patients to

collect their medications without the need to queue at the pharmacy. This service is currently available 08:00 to 18:30 Monday to Friday and will soon be available 24/7.

We have recruited new drivers that are providing a daily medication delivery service to patients who are unable to collect in person.

Hughenden Valley Pharmacy is continuing to support the Covid vaccination programme with the Autumn Boosters. Clinics are delivered on Saturdays and Sundays to minimise the impact to the Practice during the week. Please call 119 or book online via the NHS website.

Hughenden Pharmacy has been equipped with a new consultation room enabling patients to consult with the Pharmacist, who is minor illness trained and can provide additional medical services to treat acute and manage chronic medical conditions.

We are working hard to keep you informed and have developed a new Facebook page: <https://www.facebook.com/hughendenvalleysurgeries>



*Drs Cottam, Wilson, Sutcliffe,
Gallagher, Jinah & Bashir.*



HUGHENDEN VALLEY VILLAGE HALL,
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CHRISTMAS
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Saturday 26th November
10am-3pm

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Mum

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Mum 2021

"Thank you for giving my baby the support he needs to thrive in school. He has progressed and grown so much!"
Mum 2021

"This is a school where the welfare of the pupils is very important. Staff go the extra mile to support pupils and their families."
Mum 2017

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Monday 7th November - 1.30pm

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Our Christmas Menu

Starters

Honey Roasted Figs and Goats Cheese Bruschetta
served with Rocket and a Balsamic Honey Glaze (V, GF)*

Sweet Potato and Nutmeg Soup
served with Toasted Artisan Bread (Ve, GF)*

Smoked Salmon Souffle
served with Smoked Salmon and Dill Crème Fraiche

Ham Hock & Pea Terrine
served with Crostini's and a homemade Piccalilli (GF)*

Black Pudding & Bacon Croquettes
served with a warm apple puree (GF)*

Main Course

Winter Game Pie
served with Fried Smokey Bacon & Brussel Sprouts, Creamy Mashed Potato and Homemade Sage & Thyme Jus Pesto & Parmesan Crusted Fillet of Trout served with Roasted Rainbow Carrots, Herb Buttered New Potatoes and a Beurre Blanc (GF)

Traditional Christmas Dinner Roasted Turkey Crown
served with all the trimmings of a traditional Christmas Dinner but with a twist! Including Honey & Sage Pigs in Blankets, Fried Smokey Bacon & Brussel Sprouts, Roasted Rainbow Carrots, Parsnip Puree, Homemade Yorkshire Pudding, Chestnut Stuffing and Sage & Onion Jus

Roasted Cranberry, Chestnut Stuffed Butternut Squash
served with Rosemary & Thyme Roast Potatoes and a Dijon Mustard and Herb Sauce (Ve, GF)

Slow Cooked Honey & Cider Gammon
served with Roasted Apple, Creamy Mashed Potato, Fried Smokey Bacon & Brussel Sprouts and a creamy Wholegrain Mustard Sauce (GF)

Butternut Squash & Beetroot Wellington
served with Creamy Mashed Potato, Roasted Rainbow Carrots and a Sage & Onion Jus

Desserts

Banoffee Roulade
served with White Vanilla Ice Cream (GF)

Traditional Christmas Pudding
served with a Brandy Cream Blackcurrant & Prosecco Cheesecake served with Blackcurrant Sorbet (GF)

Spiced Chocolate & Orange Cheesecake
served with Salted Caramel Ice Cream (VE)

Sicilian Lemon Custard Tart
served with Cream (Ve)*

2 courses £25.95 | 3 courses £29.95

As Christmas is almost upon us, we at the Black Lion are getting ourselves ready for the festive period with some really exciting events and lots of delicious festive dishes! Why not spoil yourself and join us to celebrate with Friends and Family? 'Tis the Season to be Jolly after all!! For further information, please don't hesitate to get in touch by popping in or visiting our website www.theblacklionnaphill.co.uk.

Thank you, from Tanya, Jon and the team at the Black Lion!

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Update from the Napfest Committee

Dear Ticket holder (or refunded ticket holder),

Since our last update concerning the postponement of NapFest, we have been busy liaising with our suppliers to agree on a new date. We are excited to announce that NapFest will be back on Friday 9 June 2023! With Classics on the Crick taking place on Sunday 11 June, this will make for a fantastic weekend of entertainment for the village.

All online and cash tickets purchased to date (and which have not been refunded) will be valid for the rescheduled Friday event, and if you retain your ticket, we will issue a free drink voucher on entry, to be redeemed at the event, as a thank you for your support.

Our refund policy states that we only have to provide refunds if the event is cancelled altogether (and not in cases of postponement), however we have made an exception up until now, given the unusual circumstances. If you are unable to make the new date we will accept refund requests until midnight on Friday 14 October 2022. Unfortunately, we will be unable to process any further refunds after this date.

For online ticket refunds please email nwafete@hotmail.co.uk with your order ID and name and a refund of the face value of the tickets will be requested for you. Please note that it can take up to 21 days for refunds to show up in your bank account / credit card. For cash tickets purchased in local venues, please see Claire at the Wheel, where your paper ticket can be exchanged for cash.

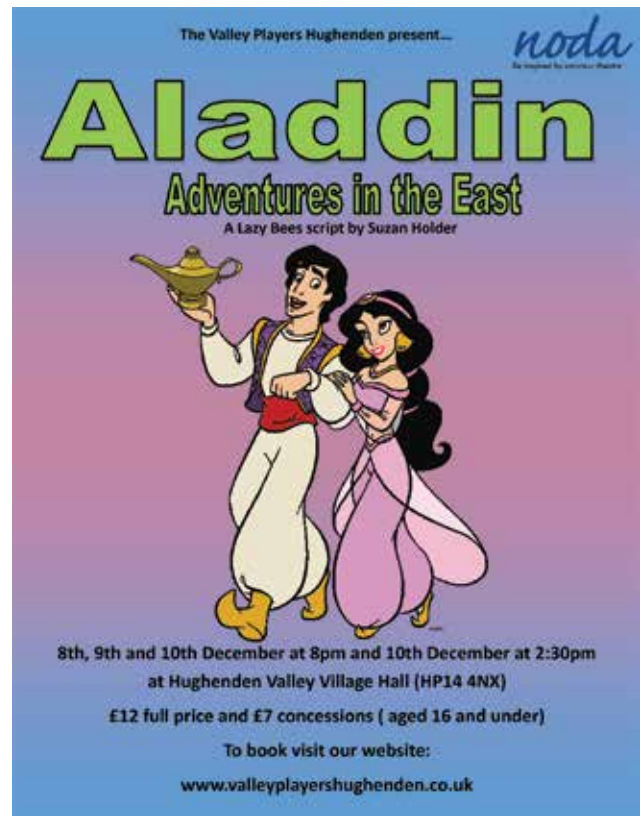
We are now working hard to bring you the very best bands, stalls and food and we will be announcing further details in due course.

We look forward to seeing you on the Crick on 9 June 2023!!

There is currently nothing planned for the Saturday day time and if any local groups or volunteers would like to use the space to organise and run their own village event, please let us know.

All our events are entirely run by volunteers, if you would like to come and help out, we would be really grateful. For NapFest, those who volunteer on the day will be offered free entry.

The NapFest Committee.



Hughenden Valley Players

“It’s Panto time – Oh yes, it is!

Yes, indeed it’s that time of year, when the Festive season looms bright and Valley Players hope to make your pre-Christmas build up go with a bang.

This year we are doing a version of that bright and shiny Panto - Aladdin. Or to give it the full title “Aladdin – Adventures in the East”. The author, Suzan Holder has a track record working with the BBC and certainly has produced a lively, modern script with plenty of songs and some obligatory slapstick!

The traditional story is there with a twist and so too are the traditional characters, Aladdin, Princess Jasmine, Widow Twankey, Wishy Washy and of course the wicked Abanazer!

Book your seats and see if the Genie can work his magic for you!! This will certainly make my life so much easier.

Andrew Pitman



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Shear Madness

Firstly, can I have a whoop whoop for one year of not smoking and 3rd year of beating breast cancer! Cancer is truly a horrible disease and sadly it touches too many people these days. As many of you will remember, you know I lost my best friend and business partner to it 8 years ago but for it to affect a child is heart wrenching.

In September little Jacob Youens was diagnosed with leukaemia, he's only three and is an absolute star! His parents Lucy and Matt organised a children's cancer charity day in the village hall, as usual everybody rallied round with raffle prizes and donations, this is what I love about this place, everyone gets involved in some way and I think it's quite overwhelming for his parents. I had the heart-breaking task of shaving his hair off, his Mummy, Daddy and I were in floods of tears and bless little Jacob just thought it was funny. A week later it was daddy's turn Jacob was the first one to shave Matt's hair off and I did the rest, even mummy had her hair cut short and donated her gorgeous long locks to the Princess Trust who make wigs for children.

If you would like to donate, Lucy has set up a gofund me.com page which so far it has raised over £2,000! This

is just amazing in such a short time! I wish Jacob, Matt, Lucy and baby Kaitlin all the love in the world.

Keep safe and love as always

Mandy x



Naphill Tennis Club

Although winter is approaching, tennis is as popular as ever on our excellent 'Tiger Turf' courts which are so kind to our joints.

The Monday evening sessions for adult beginners and rusty racquets which continued into the early Autumn proved exceedingly popular as did the additional junior coaching sessions. Our coaches, Mel and Becs, make these sessions great fun and you learn something as well! Their tennis 'clinics' which are held at frequent intervals last approximately 3 hours, are usually limited to 12 players

and accommodate all standards of play. A high rating has been given by all who attend.

As usual, you can follow us on our website www.naphilltennisclub.org.uk or on our Naphill Tennis Club Facebook page. For details of membership, email naphilltennismembership@gmail.com or phone 07905 226203.



Jenny Tench

Naphill Tennis Club AGM


**Our AGM will be held on
MONDAY 14th NOVEMBER - 8 pm**

Black Lion, Naphill
www.naphilltennisclub.org.uk



***As usual, there is a free drink
for all members who attend.***

Naphill Tennis Club

**SUNDAY 4th DECEMBER,
'Festive Tennis'** 
from 11 am.



Mulled wine and mince pies!

*Everyone welcome but make sure
you wear some Christmas 'bling'.*



Cardio fitness – Getting Started



The importance of keeping fit is well known and understood, however often it can seem very daunting to get started. As with many things, it is better to start with small steps (no pun intended!), and gradually build up. Below is a simple guide for the first 4 weeks. I would suggest starting with walking, especially as we are lucky enough to have plenty of lovely places to walk in and around Naphill and Walter’s Ash.

How long should I train and how many times per week?

First 4 weeks	Duration in minutes	How many times per week
Week 1	15-20	3
Week 2	20-25	3-3
Week 3	20-25	3-4
Week 4	25-30	3-4

How hard should I be working?

A scale that is often used to assess how hard a client is working is the “Rate of perceived exertion (RPE)”. This is a method where the exerciser assesses how hard the exercise feels on a scale of 0 to 10, where 0 is rest and 10 is maximal effort. When starting off with training, you should aim to work at a “moderate” to “somewhat hard” pace, which equates to 3 and 4 out of 10. As fitness improves, you will be able to cover more distance and walk at a faster pace for the same level of effort.

How can I track my progress?

If you are someone who likes facts and figures, you can measure and record the distance covered in each of your workouts, and track the improvement over time. Alternatively, you can do the same route once per week, and measure how long it takes you, or simply enjoy being able to walk more briskly over the weeks without measuring it specifically.

Other considerations

It is important to feel comfortable and feel safe on your route, so think about the terrain. Footpaths in the woods can be uneven and muddy, so you may prefer to start on the pavements.

It can be more fun to find a walking buddy to share your walks with, or maybe join an organised walk (see the Gazette for details of regular FONC walks, for instance).

At the end of your exercise

Always cool down, by walking at an easy pace (1-2 on the effort scale) for 5 minutes at the end of your walk, to help the body return back to its normal state.

BEFORE starting any exercise programme, you should consult with your GP to confirm that it is safe for you to do so.

I would love to hear how you get on, please feel free to get in touch if you would like advice on weeks 5 onwards!

Thank you for reading,

Hilary

Camomile PT

Personal Trainer and Nutrition adviser

<https://linktr.ee/camomilept>



Camomile PT
Personal Training
and Nutrition

About you

- You are looking to build or regain strength, fitness &/or lose weight, but need some help to keep you on track?
- You like the idea of training on your own or as a group (4-8 people) or a combination?
- You are happy to train online (or face to face in line with relevant guidelines)

I offer

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- Personalised 121 tailored training programmes
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- Locations & times to suit you
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DO SOMETHING TODAY THAT YOUR FUTURE SELF WILL THANK YOU FOR.



Growing Your Own

Firstly, a tip. For many years I have had problems growing parsley. Whether I sowed seed indoors or directly in the ground, I had very poor results. Then, last spring, I bought a small pot of parsley from the supermarket. After taking the crop I extracted the plants from the pot and carefully split the tangled mass of tiny roots into six groups. I planted them in the garden a foot apart and, hey presto! I had the most enormous crop of superb moss-curl parsley. Now news about strawberries. I crop my strawberries in the garden from the end of May until the end of July. The plants then usually produce some flowers in late summer which rarely produce any fruit. But not this year! After our record hot dry summer I had masses of strawberry flowers in late summer and they produced some large ripe strawberries in the autumn.

I have been asked by a reader to praise the hoe. The hoe is undoubtedly the best tool the gardener has. If you can catch the weeds when they are less than an inch high they are very easy to kill off with a little shallow hoeing. If you can go round your plot once a week it is surprising how little time it takes, leaving the small weeds on the surface to dry out. However, if you go away for a few weeks it is a different matter! Then you may need to go round like I do with a spade, shallowly hoe with the spade, grab a handful of weeds, bang them on the spade to release loose soil, then the weeds

go into a bucket en route to the compost heap. Then weekly hoeing with a hoe can resume. I have had my hoe for 53 years. It is a "Dutch hoe", with a stainless steel blade and a long wooden handle. It has been a good friend.

I have made what is, for me, a momentous decision. I'm now into my 50th year of working my allotment at Walter's Ash. I am the longest-serving tenant and the oldest. I won't tell you how old I am but I have celebrated my 21st birthday four times. I am a great-grandad (twice). During the past two years I have found it increasingly difficult to keep on top of my allotment, so I have decided not to renew my tenancy. It is not goodbye to growing my own though. I have always had a big vegetable plot in the garden, plus a large greenhouse and ten espalier fruit trees. I have been expanding my vegetable plot and shall work it more intensively, intercropping and planting another crop as soon as one is finished. Nevertheless, there are some crops which I will no longer be able to grow, such as potatoes and asparagus since they take up too much space. For other crops I shall grow reduced quantities, concentrating on favourites.

Good gardening,

Mike Mason



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Naphill & Walter's Ash Residents Association

Quiz - We held a very successful and entertaining Quiz night on the 7th October with over 70 people attending. They enjoyed an excellent supper and some brain scratching questions from our quizmaster Peter Oxbrow. Who knew there were so many famous Canadians? Grateful thanks to all the local businesses that supported us with raffle prizes. The residents' association is funded through social activities.

Website - Our website continues to increase its content. We have added a new page "Residents Eye View -Local Photos" with photos. The website also has the local planning list and a link to Buckinghamshire council planning page, local events and good news items. Do take the time to have a look. The QR code will quickly get you to the website www.nawara.co.uk

Get Involved - Membership of NAWARA is open to everyone aged 16 or over who lives in Naphill and Walters Ash. We would warmly welcome any resident 18 or over that would like to join our committee. Among our aims are to promote and encourage community cohesiveness and to protect our local environment as well being aware of the

interests and concerns of residents. We are keen to have contact with any local groups or individuals that share the same values.

Date of our next meeting at Naphill Village Hall is Monday 14th November at 7.30pm. All residents' welcome.



Bartha Pitman
NAWARA Chair
www.nawara.co.uk



The photograph of the DeFraine cup and the framed certificate are now proudly displayed in the village hall, marking our Best Kept Village 2022 success.

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Welcome to Lindengate

Lindengate Charity Awarded Queens Award
for Voluntary Services

Help us Continue to Support Our Community This Winter

Lindengate,
The Old Allotment site, Wendover,
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Winter Emergency Appeal 2022

In 2022, Lindengate Mental Health Charity has already supported over 1500 people, through visits to our gardens, volunteering and participation in our programmes. We want to be able to continue to support people, but, in this economic climate, need additional funding just to be able to maintain current levels of service. 1 in 4 people experience mental ill health, which could be one of your loved ones.

Together, we can help change lives. Please support our appeal now.

Why support Lindengate?

- Our programmes are a lifeline for local people struggling with mental health
- We have supported 280 young people so far this year, to improve and maintain their good mental health, through nature-based activities
- Since 2021, over 400 NHS staff have been supported by Lindengate through our Nature Connection programme
- Our Memory Pathways programme is a vital service for people living with memory loss and dementia and their carers
- Our community of 200 volunteers benefit from their time at Lindengate and the opportunity to give back to the community. Their contribution is recognised in our Queens Award for Voluntary Service 2022, equivalent to an MBE

- Our 6 acre wellbeing gardens, which are open to all, have been awarded with a Green Flag Community Award 2022, for having one of the best quality community gardens in the Country

We are recognised as a flagship charity in Bucks, but this does not protect us from the enormous pressure that is being put on all charities. We need £2,500 per day to support the 2000 adults and young people who will benefit from being at Lindengate each year. Despite diversifying our income streams and working tirelessly, Lindengate needs an additional £80,000.

The need within the community is greater than ever and, with the cost of living crisis continuing to rise, Lindengate can be a lifeline to so many.

Donating is easy, you can follow the link Lindengate Winter Emergency Appeal

Or scan the QR code



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New Groups, Exciting Monthly Meetings and Outings

New Groups

On Monday 7th November at 10am our u3a launches its new Geology Group with two exceptionally well qualified geologists acting as joint Convenors. 18 members signed up at an information meeting with the Convenors explaining that this new Group was for everyone – including with those with no or limited knowledge of Geology. Do not confuse this new Group with our Genealogy Group which can help you trace your family history.

Our revamped Craft Group has already attracted several new members. The Group hold their meeting on a Wednesday afternoon. Our popular Discovering Art, Photography, Discovering Science and Music Groups have had record attendances. If you've a free weekday morning or afternoon, we may have just the Group you're looking for. We have over 30 Groups to choose from! New members are always welcomed and our Groups are a very popular way of making friends. Email me for further detail of all our Groups: gilliamph@aol.com

Exciting Monthly Meetings

On Wednesday 26th October we will be enjoying a talk, with films and music on Pageants in England. Mark Freeman, our speaker explains that pageants were an important aspect of popular engagement with the past, and often focused heavily on the medieval period. On Wednesday November 23rd we will be 'Traveling in England with John Byng (1743-1813). Sounds a fascinating talk? Why not come? These meetings are held in Lacey Green Village Hall (bus 300 stops outside). Come and join us. We do not charge for your first meeting at Groups or our General Meetings - where even the refreshments are free!



Outings (Our annual holiday in May 2023 will be exploring Suffolk and its surrounds)

In August we all agreed that our first 'Local History' outing was a success (See the September Gazette) and we would explore further local opportunities before deciding whether we should re-convene our Local History Group with a new format. On October 28th we are visiting Milton Cottage in Chalfont St Giles. Having visited the cottage, I know how much everyone will appreciate seeing the venue and hearing about the life of Milton. It's a story which few of us would have known without this visit.

Do email me gilliamph@aol.com if you would like to join or re-join our Local History Group. We will be holding an exploratory meeting in November to find out what members would like us to cover.



Paul Gilliam



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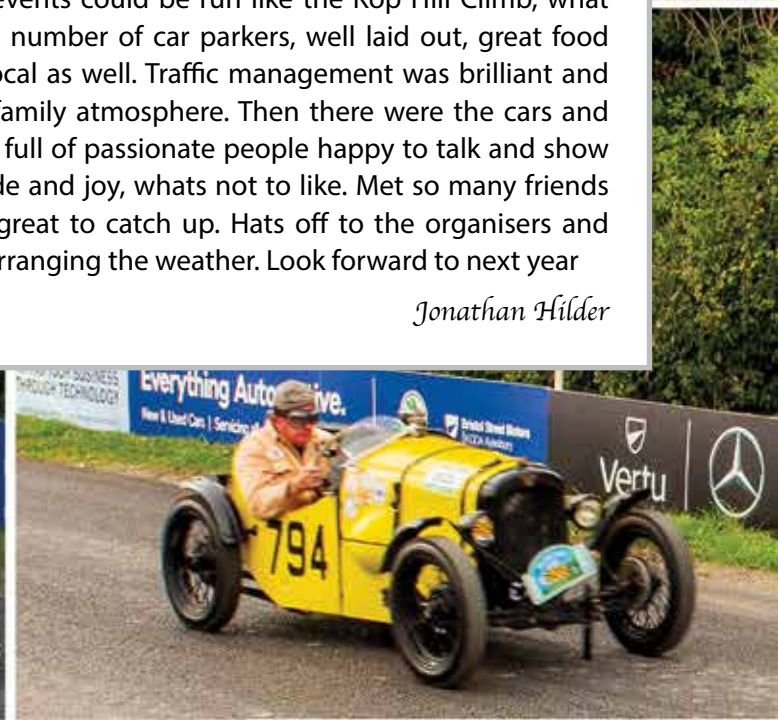




Kop Hill Climb 2022

What if all events could be run like the Kop Hill Climb, what a joy! Large number of car parkers, well laid out, great food stalls and local as well. Traffic management was brilliant and a fantastic family atmosphere. Then there were the cars and bikes, fields full of passionate people happy to talk and show us their pride and joy, whats not to like. Met so many friends and it was great to catch up. Hats off to the organisers and thanks for arranging the weather. Look forward to next year

Jonathan Hilder



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